

AUGUST 2021

NEWSLETTER



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OUR PLACE COMMUNITY OF HOPE

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August Birthdays

Our Place Birthdays

Kimberly A. – Aug 1
Dorian D. – Aug 10
Lisa H. – Aug 17
Diana B.- Aug 24



Famous August Birthdays



Meghan Markle- August 4, 1981
Kobe Bryant- August 23, 1978
Sidney Crosby- August 7, 1987
Shania Twain- August 28, 1965
Shawn Mendes- August 8, 1998
Chris Hadfield- August 29, 1959



If you want to celebrate your birthday with us, let us know!

AVAILABLE SERVICES:

As you may already know, the province's plan to safely and gradually lift public health measures based on ongoing progress of vaccination rates and improvements of key public health and health care indicators. As we are moving through the steps, you may see changes at Our Place weekly so we will try our best to keep you updated.

- **Outdoor Drop-in:** from 12:30pm to 3:30pm! Weather permitting. We encourage you to bring a hat, sunscreen and umbrella to protect you from the sun.
- **Individual Appointments to use Computer/Phone/Wi-Fi :** Appointments will be available for you to come into the center to use the computer, Wi-Fi and/or phone. You can meet with a staff member for support. You can also book a time slot if you would like to join our online groups!
- **Referrals and Assistance:** If you need assistance filling out forms, requesting a shelter bed, finding housing, etc, call the office and we will to our best to help you.
- **NEW! Indoor Groups:** Outdoor groups will be moved indoors with limited capacity.

Programs

The most recent program updates will be posted through our website and on our Facebook page. You may also call us or you may request our weekly calendar when you pick up your meal. ☺

Meals

Meals to-go are served Monday-Friday between 2:00pm and 5:00pm.

Reminders:

- To make sure that everyone gets a meal, we are not able to give more than one meal per person. Seconds will only be given between 4:45pm and 5:00pm *if we have enough. They are not guaranteed.*
- We would like to ask you to bring your plastic bags if possible as we have limited quantities!
- If you are vegetarian or you can't eat pork for religious reasons, please let us know before 12pm on the day you are coming so that we can do our best to accommodate you.









We are continuing to ask for your cooperation with the following:

- * Practice social distancing (maintain a 6ft distance from others) while waiting in line for your meal. We also strongly encourage you to wear a mask while waiting to protect yourself and those around you.
- * Please do not approach the table until the person in front of you has left.
- * *Masks are mandatory while picking up your meal.* Need a mask?? No problem! Just ask us for one.

Weekly Check-Ins

Let us know if you are interested in receiving a weekly supportive phone call from staff to check in and see how you're doing. We are continuing to phone people who are not participating in our drop-in or programs.

AUGUST 2021 PROGRAM CALENDAR FOR THIS WEEK

 OUR PLACE PROGRAMS AUGUST 2-6 2021 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OUTDOOR DROP IN 12:30- 3:30 TO-GO MEALS 2-5 CENTER WILL BE CLOSED ON AUGUST 2ND! Name that Tune! (Indoor Group) 2:30- 3:30 	OUTDOOR DROP IN 12:30- 3:30 TO-GO MEALS 2-5 Trivia (Indoor Group) 2:30-3:30 	OUTDOOR DROP IN 12:30- 3:30 TO-GO MEALS 2-5 Meditation 3:15 Peer Support 3:30-4:30 (Indoor Groups) 	OUTDOOR DROP IN 12:30- 3:30 TO-GO MEALS 2-5 Virtual Anger Management Women: 2:30 Men: 3:30 	OUTDOOR DROP IN 12:30- 3:30 TO-GO MEALS 2-5 Online Writing Group w/Peter 1:30- 2:30  VIRTUAL LIVE MUSIC w/Kevin & Chas 3:30- 4:30
<div> <div> <u>To Go Meals</u> <ul style="list-style-type: none"> * Everyone welcome * Free of charge! * Seconds not served until after 4:45 & are Not guaranteed * If you have a dietary restriction, call before 12pm and we will do our best to accommodate you * Coffee served on <i>Thursdays</i> as we are able * Please wear a mask  </div> <div> <u>Programs & Appointments to Use Computers/Phone/Wifi</u> <ul style="list-style-type: none"> * Selected programs will finally be moved indoors with limited capacity. First come, first served. * Individual Appointments to use Computer/Phone/Wi-Fi are now available! * To sign up for individual appointments, email info@ourplacecommunityofhope.com, phone the office or let us know when you come to pick up your meal. You must wear a mask, follow physical distancing and comply with COVID-19 screening questions prior to entry. </div> </div>				

NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.

Our Place Weekly Programs

Name that Tune! – Mondays at 2:30pm

This is an hour to talk about some tunes. We'll listen to music and try to guess the artists and song titles.

Now in-person! ☺ This group will be held indoors with a maximum of 10 people.

Trivia – Tuesdays at 2:30pm

Now in-person! ☺ This group will be held indoors with a maximum of 10 people.

Meditation- Wednesdays at 3:15

Peer Support Group at 3:30

Guided meditation will begin by 3:20pm. No experience is needed. Come as you are.

The meditation will be held indoors with a maximum of 5 people.

Peer support meetings are a time to connect with others for support, encouragement, and hope. We'll learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try towards having a better life.

Now in-person! ☺ Peer support will be held indoors with a maximum of 10 people.

Virtual Anger Management – Thursdays at 2:30 (Women's) and 3:30 (Men's)

This virtual Anger Management course is for anyone who is interested in getting a handle on their anger and strong emotions.

The training utilizes Cognitive-Behavioural tools and techniques to help individuals navigate tough situations. With topics such as Communication, The Cycle of Violence, and Learning from Mistakes, participants can dive deeper into the root of their anger and learn more about themselves in the process.

There are also many opportunities for individuals to connect the lessons with their past and/or current experiences, as open discussion is encouraged. This group operates from a trauma-informed perspective, and aims to provide a safe, open, and non-judgmental space for individuals to explore their emotions and find new ways to grow.

To Sign Up: Email info@ourplacecommunityofhope.com or call the Our Place office: (416) 598-2919. To complete your registration, Tia or Clarence will call you to introduce themselves and have a quick chat with you.

Online Writing Group – Fridays at 1:30pm

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together.

Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom:

<https://zoom.us/j/93536287038?pwd=RVpzR1pMSGcxQ01UQXZ6YVBHTl0UT09>

Join by phone, dial: **647-374-4685**

When prompted, enter in the Meeting ID: **935 3628 7038**

Virtual Live Music w/ Kevin and Chas– Fridays at 3:30pm

Join us as we welcome back Kevin and Chas! Every Friday, come listen and sing-a-long to all their greatest hits!

Link to join Live Music via Zoom:

https://zoom.us/j/93816554001?pwd=ZElbmNjQ214QXhhNFliUX_FkWFFnUT09

Join by phone, dial: **647-374-4685.**

When prompted, enter the Meeting ID: **93816554001**

Other Programs & Supports

Nicotine Replacement Therapy

Thinking of quitting smoking?? Talk to staff about how you can access support and free Nicotine Replacement Therapy with no wait.

211 Support Listings

You can call 2-1-1 to find community and government services in the Toronto area. The line also can be reached at 416-397-4636. You can also browse listings of Toronto services at <https://211central.ca>

Need help?
Call 211
TTY: 1-888-340-1001
24 hours a day | 7 days a week
Free | Confidential | Live Answer



TEXT 211 | LIVE CHAT
MON - FRI | 7AM - 9PM ET

211 has information about supports for:

- Abuse / Assault
- Community Programs
- Disabilities
- Emergency / Crisis
- Employment / Training
- Family services
- Food
- Francophones
- Government / Legal
- Health Care
- Homelessness
- Housing
- Income Support
- Indigenous Peoples
- LGBTQ+
- Mental Health / Addictions
- Newcomers
- Older Adults
- Youth

Routes mental health groups

Routes now will have some outdoor in-person mental health groups, starting with Summer Hangout and Meditation in the Park. The in-person groups will meet in Viewmount Park in the York region. Routes also continues to offer online groups every weekday, such as Mindfulness, Games, and Women's Group.

For information about Routes programs, contact 416-781-4199.

Routes is a community centre operated by the Canadian Mental Health Association that is currently closed due to the pandemic. Routes is a safe place for individuals who self-identify as having personal experiences with their mental health and recovery and would like to connect with a community of their peers.



Canadian Mental
Health Association
Toronto

From the Our Place Kitchen

Kristel's Rootbeer Float

INGREDIENTS

- 1 ½ pint vanilla ice cream
- 1 (12 fluid ounce) can or bottle root beer
- ½ cup whipped cream
- 4 maraschino cherries



DIRECTIONS

Place 1 scoop of ice cream into each of two tall glasses. Pour root beer carefully over the ice cream. Add another scoop and repeat. If possible, repeat again. Top each with whipped cream and cherries.

Jeanne's Spaghetti Pie

INGREDIENTS:

- 1 (6 ounce) package spaghetti
- 2 tablespoon butter
- 1/3 cup grated Parmesan cheese
- 2 eggs, beaten
- 1 pound lean ground beef
- ½ cup chopped onion
- ¼ cup chopped green bell pepper
- 1 clove garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 1 (6 ounce) can tomato paste
- 1 teaspoon white sugar
- 1 teaspoon dried oregano



- 1 cup cottage cheese
- ½ cup shredded mozzarella cheese

INSTRUCTIONS

1. Cook and drain spaghetti. Stir in margarine, parmesan cheese and eggs, while spaghetti is hot. Form spaghetti mixture into a crust in a buttered 10 inch pie plate.
2. Preheat oven to 350 degrees F.
3. In a skillet cook the beef, onion, green pepper and garlic. Drain off the fat and stir in the undrained tomatoes, tomato paste, sugar, and oregano. Heat through.
4. Spread cottage cheese over the spaghetti crust then pour in the beef and tomato mixture.
5. Bake at 350 degrees for 20 minutes. Sprinkle mozzarella cheese over the top of the pie then bake for 5 minutes longer, until cheese melts.

Mental Health Tip of the Month: Social Anxiety

By Kathryn

Ontario is no longer in a COVID lockdown. After so many months of mostly staying at home—and largely meeting with friends and family over ZOOM, or on the phone—we can now get together with more people. In addition, more stores and services are open, and there are more places to visit (movie theatres, museums, malls, etc.). This all sounds wonderful... doesn't it? Not for everyone.

I've read a number of news articles interviewing individuals and mental health experts on the topic of getting back to a more "normal" way of living after lockdown, and the rates of social anxiety have risen along with the lockdown lift. It was interesting to read about this when the UK opened up ahead of us, and then to see similar stories on Canadian news sites when Ontario opened up.

You can think of resuming a "normal" social life as getting back on a bike after not riding for many months. It's natural to be concerned about how the ride will go, what may or may not happen, and to feel a bit wobbly.

What is social anxiety? In a nutshell, it is a fear of and/or worry about interactions with other people (individuals, groups, crowds) and situations that involve being with other people. The Centre for Addiction and Mental Health (CAMH) says individuals who experience social anxiety often worry about what others will think of them. Common thoughts associated with social anxiety include:

- “Will people think I am stupid?”
- “Will I become too anxious and overwhelmed?”
- “Will others think that I am strange or weird?”

According to the CAMH, the physical signs of social anxiety include:

- blushing
- sweating
- dry mouth
- increased heart rate
- a feeling of tightness in the chest

Like any mental health challenge, social anxiety is experienced on a spectrum; some individuals have more distress than others.

Unfortunately, social anxiety can cause us to avoid getting together with others, going places, and joining in conversations, which are activities that bring us joy, an important sense of connection to others, and increase our confidence.

How to cope with social anxiety

If I feel reluctant to socialize, I find it helpful to remind myself this feeling is normal; I am not alone. I also remind myself that I always feel better for having followed through with a plan to socialize with others. In this way, socializing is like exercising; we may not want to do it but after walking, doing yoga etc. we feel better and are glad we made the effort.

Another tip I use is to tell myself I don't have to socialize for very long. For example, if I feel uncomfortable about going to a party, I will say, 'go for 15 minutes.' Making a smaller commitment reduces stress. I often find that, once I am with others, I feel quite relaxed.

Here are some more tips:

- **Use deep breathing:** deep breathing or some form of meditation can help reduce all types of anxiety. You can continue breathing at a slower pace when you are out with others; no one will notice.
- **Avoid avoiding:** Try not to avoid social situations because avoidance makes social anxiety worse. If you are experiencing post-lockdown society anxiety, slowly build up to your pre-lockdown rate of socializing. Pick activities and gatherings you feel most comfortable with to start out.
- **Check your thoughts:** Anxiety commonly creates what mental health experts call “cognitive distortions”. These are unrealistic and/or exaggerated thoughts. For example, people with social anxiety commonly worry that others will stare or laugh at them. It's very helpful to check your thoughts and remind yourself that thoughts are not “facts” ... just

thoughts. Turn your mind to times when you have socialized and enjoyed yourself so you are focusing on an experience that went well and made you happy.

- **Talk to others about your experience:** Sharing our thoughts and feelings with people we trust can decrease anxiety, and remind and reassure us that we are “normal” and many people live with some level of social anxiety.

Sources

[CAMH – social anxiety disorder](#)

[Very Well Mind – Living with Social Anxiety Disorder](#)

Writing Group Submissions

Our Sin Song By Rodney Frost



Oh, I'll give you a paper of pins
And that's the way Our love begins,
If you will marry me, me, me,
If you will marry me.

You give to me a litre of beer
And that of course will keep me here
Oh yes, I'll marry you, you, you,
Oh yes, I'll marry you.

No drooling priest nor doting clerk
We need to make the marriage work
When I have married thee, thee,
When thee hath married me.

Oh, nature is a lovely thing
No social norms to it we bring
And all the birds on Earth do sing
'Cos we have married we
'Cos we have married we.

267 College Street



By Kathryn Dorrell

Kings and queens in bold, gilded crowns
Crafted from sturdy cardboard stuff
Packed in crumpled, greasy, brown paper bags
Along with the special of the month, week, or day.

Paid for and taken away,
Away to a sliver of green grass
Amidst the shake, rumble, roar
of flashing lights and oppressive sounds
Cars, buses, streetcars, bikes
Whiz by, lost to time.

The city chaos out of mind
When we put on our gilded crowns
And make a royal table
Of the dry, dirty ground.

Clink our chalices
Forged of wax paper cups
We, kings and queens,
And this simple slice of urban space,
Our vast, our majestic, our magical
Camelot.

Butterflies



By Kimberly Acevedo

Have you ever wondered what it means to see different colours of butterflies? I have so I decided to do some research on it and I am going to share what I have learned.

Butterfly brings a message of positivity and hope. It brings good omen and sometimes, it can also be seen as a message from your guardian angel. When a butterfly visits you, it can also be seen as a symbol for some new beginnings in your life. What does it mean when butterflies fly around you? It can mean that your loved ones are trying to connect

with you from heaven or trying to send you a message or blessing. It can be seen as their way of making their presence felt.

You may also have heard the saying 'Butterflies are the heaven-sent kisses of an angel'. It's believed that a butterfly – particularly if it catches your eye by doing something unusual, such as landing on your hand – can also be a sign that the spirit of your loved one lives on.

The most common butterfly is the **Monarch Butterfly**. It is very rare to have a monarch butterfly land on you, and a sign to pay attention to if it happens. A monarch butterfly landing on you is a sign that you are on the right path and are headed in the right direction. It could also be a sign to pay attention and be grateful for what you have in your life right now.

Yellow Butterfly

If you see a flying yellow butterfly, that's a symbolize of a sunny and bright summer. It also represents joy and creativity. When you have a yellow butterfly flying around you, it brings happiness and prosperity. It also means that something fun and exciting is on its way. Yellow butterflies represent a new life in many cultures. They also represent long life, good health, good fortune, and honest prosperity. Gold is yellow and golden or yellow butterflies represent wealth and well-being. A yellow or golden butterfly also symbolizes a “new life”, a transformation or a rebirth.

White Butterfly

A white butterfly is considered to be a message from heaven. If you have recently lost someone close to you, this could be a sign that they are thinking of you. Angels are sent by God to deliver messages (Luke 1:19). If a white butterfly lands on you or flies around you, that is a very positive sign. White butterflies represent purity, spiritual transformation, spiritual communication, good luck, abundance, and peace. White butterflies show up when you are experiencing a deep energetic shift, allowing you to become more aware of yourself and your surroundings spiritually.

Black Butterfly with white on wings

What is symbolism associated with a black and white butterfly? If you've recently lost a loved one, the black colour of this butterfly represents death, while the white colour serves to remind you that your loved one isn't gone. In fact, they are trying to reach out to you.



Black and Yellow Butterfly

Seeing yellow and black butterflies means hope and transformation. The yellow colour represents energy and optimism. This colour combination receives powerful spiritual messages. You'll soon go through enlightenment and spiritual awakening to receive clarity.

Black Butterflies

A black butterfly is generally considered a symbol of misfortune and an omen of death in many cultures, while in others, it is a sign of positive change. In many cultures, it is believed the black butterfly is a symbol of transition, renewal, or rebirth. The black butterfly represents change, transition, freedom and rebirth. The associations



with death and misfortune can also symbolize the 'death' of something bad or negative, or the end of misfortunes. The Butterfly itself is a symbol of death, rebirth and transformation.

Here you have it. Butterflies are a blessing. This year though I have seen so many white ones and they don't come alone most of the time. Mostly where I live these white ones comes in twos.

Butterflies are a gift from God. Which is one of our loved ones coming back to visit us. I love them. There is a sense of peace and happiness when you see them. Happy butterfly hunting everyone.

(Images provided by Kimberley)

Images: All images in this newsletter are free, downloadable files from
<https://pixabay.com/>

**** A big thank you to Writing Group volunteer, Kathryn for her help with the newsletter this month and to everyone who contributed! ****

If you would like to contribute to the Our Place newsletter, please email info@ourplacecommunityofhope.com. We would love to hear from you!

