

SEPTEMBER 2021

NEWSLETTER



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OUR PLACE COMMUNITY OF HOPE

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September Birthdays

Our Place Birthdays

Tina-Marie P. – Sept 11

Dansil H. - Sept 23

Joe S. - Sept 24



Famous August Birthdays

Keanu Reeves- September 2, 1964

Selma Hayek- September 2, 1966

Beyonce- September 4, 1981

Michael Bublé- September 9, 1975

Prince Harry- September 15, 1984

Bill Murray- September 21, 1950

Bruce Springsteen- September 23, 1949

Catherine Zeta-Jones- September 25, 1969

Will Smith- September 25, 1968

Avril Lavigne- September 27, 1984

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.
- **Groups:** Check out our program calendar to find out which groups are held indoors, outdoor and virtual.

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.

SEPTEMBER 2021 PROGRAM CALENDAR FOR THIS WEEK

<div>   </div> OUR PLACE PROGRAMS AUG 30-SEPT 3 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OUTDOOR DROP IN 12:30 - 3:30 TO-GO MEALS 2-5 Name that Tune! (Indoor Group) 2:30 - 3:30 	OUTDOOR DROP IN 12:30 - 3:30 TO-GO MEALS 2-5 BINGO (Indoor Group) 2:30-3:30 	OUTDOOR DROP IN 12:30 - 3:30 TO-GO MEALS 2-5 Meditation 3:15-3:30 Peer Support 3:30-4:30 (Indoor Groups) 	OUTDOOR DROP IN 12:30 - 3:30 TO-GO MEALS 2-5 NEW! ART GROUP (Indoor Group) 2:30-3:30 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 Outdoor Drop-in Presents: LIVE MUSIC w/Kevin & Chas 3:30 - 4:30
<div>  </div> To Go Meals * 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				
Programs Update & Appointments to Use Computers/Phone/Wifi * Name that Tune! And Trivia program will rotate bi-weekly on Mondays. * Outdoor Drop-in Presents: Live Music with Kevin & Chas every <i>Fridays</i> . <i>Weather permitting</i> . * 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!				

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!/Trivia – Mondays at 2:30pm

Name that Tune! And Trivia will rotate bi-weekly.

This group will be held indoors with a maximum of 10 people.

Bingo – Tuesdays at 2:30pm

There are prizes to be won!

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.

Peer support will be held indoors with a maximum of 10 people.

NEW! ART GROUP – Thursdays at 2:30pm

Art & Crafts is a time to explore your creative side and connect with others. It will include drawing and coloring, painting, sketching, collages and many more fun activities.

Suggestions are welcome! 😊

This group 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=RVpzR1pMSGcxQ01UQXZ6YVBHTlI0UT09>

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

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

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!

Live Music will be held outdoors.

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.

Wellness together phone, text, and Internet support

Mental health and substance use support across Canada in both official languages. Services range from one-on-one sessions with a counsellor to basic wellness information. The following services are offered at no cost:

- Individual phone and video counselling. For phone counselling, call 1-866-585-0445. You can call for an hour or arrange for multi-session counselling for 4 to 8 sessions by phone or video.
- Community and peer support, such as Togetherall and CAPSA for mental health and substance use
- Immediate text support. There are numbers for adults and youth in distress. There also are specialized texting numbers for indigenous peoples and for frontline workers.
- Information and videos on common mental health and substance use issues, such as a session on understanding depression and an article on managing stress
- Wellness programs you can do on your own or with coaching, such as a mindfulness program or substance use coping strategies.

To connect with Wellness Together visit
<http://wellnesstogether.ca> or call 1-866-585-0445

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

Understanding Mental Health in Later Life Workshop Series From Hope + Me!

Finding a balance:

Understanding bipolar disorder in later life



[Understanding Bipolar Disorder in Later Life](#)

Thursday September 9, 2:00 PM to 3:00 PM

To register visit

<https://hopeandme.as.me/depression>

Breaking the cycle of worry:

Understanding anxiety disorders in later life



[Understanding Anxiety Disorder in Later Life](#)

Thursday, September 23, 2:00 PM to 3:00 PM

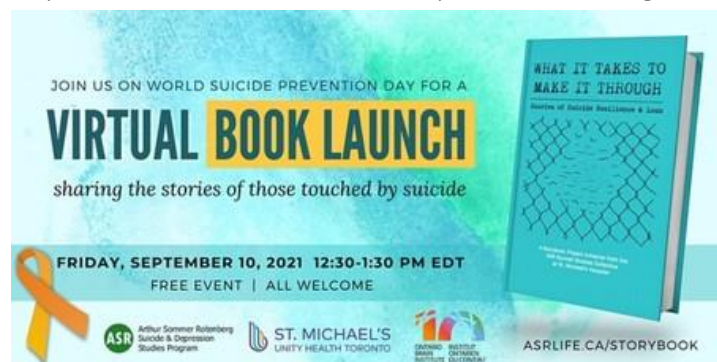
To register visit

<https://hopeandme.as.me/anxiety>

Storybook Project Virtual Book Launch Event

September 10, 2021

A launch event for *What It Takes to Make It Through: Stories of Suicide Resilience and Loss*, a collection of personal stories about suicide published through the Storybook Project.



This *free* virtual book launch will include a panel discussion with several of the book's authors. Also featuring are a Q&A and discussion about suicide prevention with the authors and other therapists. To register, visit <https://tinyurl.com/trv5e33s>

COOLING CENTERS

Information can be found with exact locations and times at

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/hot-weather/cool-spaces-near-you/>

Cooling centers are only open on days heat alerts are issued.

Some of them include;

Metro Hall

Scarborough Civic Centre

Etobicoke Civic Centre

East York Civic Centre

Masaryk-Cowan Recreation Centre

From the Our Place Kitchen

Jessica's French Toast with Fruit

INGREDIENTS

- 1 teaspoon cinnamon
- 4 tablespoon butter
- 4 eggs
- ¼ cup of milk
- ½ teaspoon vanilla extract
- Maple Syrup
- Berries



DIRECTIONS

Melt butter in a pan. Mix cinnamon, eggs, milk, and vanilla in a bowl. Dip bread in mixture and put on the pan until golden brown and flip over until the other side is golden brown. Serve French toast with side of berries.

From Emma's Recipe Drawer- "Phancy" Phoenix Corn on the Cob

INGREDIENTS:

- Corn
- Mayonnaise or butter (so the toppings stick)

Toppings:

- crushed chips- some favorites are sour cream and onion, cheese puffs, Doritos of any flavor
- Parmesan cheese
- Chopped herbs- cilantro, parsley, green onion
- A drizzle of ranch dressing
- Hot sauce or chili flakes?
- Lime juice to top it off and make it "phancy"



INSTRUCTIONS

1. Bring a pot of water to boil and boil the corn for 5-7 minutes
2. Once the corn is cool enough to handle, spread a thin layer of mayonnaise or butter.
3. Add toppings!
4. Eat.

Holidays – September 2021



Labour Day is a public holiday celebrated on the first Monday in September.

This year it falls on Sept. 6th. Labour Day has been a holiday in Canada since 1894.

The concept came out of poor working conditions in the Victorian era when many adults and children worked long hours, seven days a week, often doing unsafe types of work. The day began as a protest and transformed into a holiday that celebrated the efforts of so-called 'working-class people.'

Today it signals the end of summer.

Sources

[The Canadian Encyclopedia, Labour Day](#)
[Time and Date, Labour Day](#)

Rosh Hashanah – Shana Tova!

Rosh Hashanah is the Jewish new year. This year, the holiday begins at sundown on Sept. 6th and ends at sundown on Sept. 8th. The Hebrew words 'Rosh Hashanah' literally mean: 'head of the year'. According to the website myjewishliving.com, the religious holiday is a time of inner renewal and divine atonement.

Rosh Hashanah is considered one of the holiest periods for people of Jewish faith. The website time.com states that those who observe Rosh Hashanah often greet one another with the Hebrew phrase, shana tova, which means good year.

Rosh Hashanah celebrations include lighting candles in the evening, have evening meals, or feasts, that include traditional Jewish foods such as honey cake and brisket. In addition, the holy holiday is a time for blowing the shofar instrument, which is a call to repent and a reminder for Jewish people that God is their king.

Shana Tova to all!

Sources

myjewishliving.com

time.com – [What is Rosh Hashanah](http://time.com)



P.S. See the article on spirituality and mental health in the Writing Group Submissions page

Mental Health Tip of the Month: Reviving Morning Routines

By Kathryn



It makes perfect sense to me that the Jewish New Year, Rosh Hashanah, falls in the season of fall, or very close to it. Forget, January 1st. autumn always feels like the start of a new year to me. Often, during the summer we have taken holidays and slipped out of routines. When suddenly it's September and kids are back in school, we are ready for a fresh start and more structure in our days.

I'm writing this in late August when most of my routines—exercise, walking my dog, meditation, etc.—have fallen apart; I am not doing these things at consistent times and often don't schedule time for them. As a result, I'm less motivated and more anxious. It's no surprise because research shows the things that I have stopped prioritizing (exercise, mindfulness, and a healthy routine) are known to improve our mental wellbeing.

That's why I am recommitting to a healthy morning routine—a concept we've talked about in past peer support groups. Experts say one of the reasons why a consistent and healthy morning routine is so important for us is that it gives us a fresh start each day, allows us to prioritize our health, and sets the tone for the rest of the day. (The emphasis is on *healthy* because hitting the snooze button on your alarm and drinking lots of coffee can also be a routine, and one that may *worsen* mental wellbeing.)

The most famous morning routine is chronicled in Hal Elrod's best-selling book, *The Miracle Morning*. Elrod's recommended morning routine consists of six steps: silence (which may include prayer or meditation), affirmations, visualization, exercise, reading, and journaling or writing (which Elrod calls scribing). You can dedicate a little (3 mins) or a lot (20-30 mins) to each of one these things.



The website [verywellmind.com](https://www.verywellmind.com) has some good, practical tips on creating a morning routine that won't overwhelm you, yet will also challenge you to put some structure in place to ensure you are caring for your health. Tips include:

- Set a reasonable time to get up in the morning. Remind yourself that this practice will get easier over time.
- Decide how much time you are going to dedicate to your morning routine in advance and book it into your schedule for the day.
- Decide what you will do during your morning routine. Medical experts recommend a combination of movement and stillness. Movement can be as simple as stretching, gentle yoga, or walking. Stillness includes prayer, breathing exercises, and meditation.
- Let go of perfectionism, and be flexible and kind to yourself.

Sources:

[miraclemorning.com](https://www.miraclemorning.com)

[verywellmind.com "Benefits of a Morning Routine"](https://www.verywellmind.com/benefits-of-a-morning-routine)

I hope you'll join me in reflecting on how to use time in the morning to nourish your mental health and share your ideas and practices with other people at Our Place.

P.S. I plan to write about evening routines in the October newsletter

Writing Group Submissions

Spirituality and My Mental Health

by Kimberly Acevedo



Over the years, my mental health has improved so much. My spirituality has played a big part in it improving. I look at situations and circumstances in a different perspective now. If something bad happens I know that God loves me unconditionally and he will be with me to get me through. I've learned God will get me through whatever it may be because there is a reward at the end.

I have forgiven, mostly, all the people who have hurt me in the past and in the present. In doing this, I have a sense of peace in my life and in my mind. When you are angry at someone, it will frustrate you and will lead to many different types of health issues. Also, being angry is hurting you more than it is hurting them.

My spirituality helps me deal with stress. How, you may be asking? Well, you change your focus to on how much God loves you and nothing can change that. Also, it helped me to have a better relationship with myself. I am with myself all the time. So, there is no running away from me. I have noticed I have more self-confidence to accomplish things that I always wanted to do. I am not procrastinating as much as I used to.

Sometimes when I get depressed, I will reach out to someone from my church. They remind me who I am. I am a child of God and that I will get through this, just like God has done in the past.

It is important to know your triggers and to try to stop stress before it starts or progresses. If I feel triggered, or I am going to be triggered, I need to remove myself from the situation. I will put on some of my favourite Christian music. I will sing along and pray the triggers away. When I think of how much God and Jesus have done for me, I take a deep breath and I let it out and I say "thank you".

In the midst of this crazy world, we all live in, I find peace, joy, and happiness in my spirituality. Just knowing that there is someone who loves me for me, including all my flaws and weaknesses, puts a smile on my face. God is always there. I can go to God in prayer at any time to ask for help, or ask God for anything. God will give it to me or to you but it has to line up to his will and Word.

God loves you and me!

Chester

By Teresa Carducci



I am a rodeo horse named Chester. My colour is brown and spotted gray in appearance. I am a large size horse who likes to participate in rodeos. I am only 10 years-old. I have only won a few rodeos. There have been only two rodeos in two years. But many other rodeo horses won 10 rodeos in two years. In a rodeo, the horse must buck the rider from his back for it to win.

The other horses are older than me and are around 12 years-old. I live in Calgary, Alberta. I am participating in the Calgary Stampede competitions. There usually seems to be many people who come to see me.

I participate in rodeos when there is an opportunity for me to participate. This is only in the spring and summer. When I am 20 years-old I will stop participating in rodeos. This is because I will be getting too old.

Two writing tips from Kathryn

1. **Just start writing:** That's right! If you are stuck, look around you and write about what you see, or write about the thoughts that are going through your head. On more than one occasion, I have written: "I want to write and I am sitting down in my kitchen with my journal and pen and I don't know what to write about so I am going to describe the room that I am in." This practice often leads us to deciding what we would like to write about, and if it doesn't that is fine, too.
2. **Use a writing prompt:** A writing prompt is a suggestion to get you started and it can morph into a poem or short story, or simply a fun paragraph. For example, I had given Teresa the writing prompt of, what animal represents your soul? Right away Teresa started talking about a horse and later on she wrote the lovely piece about Chester, above. When using a writing prompt, don't worry about getting something right, just write for fun.

Writing prompts you can use in September:

- Describe a creature that represents your soul. It can be a fictional and fantastical creature that is the product of your wonderful imagination.
- Describe the colour of your personality. Think of words such as: sky-blue, ruby, lilac, crimson, golden, etc. Describe why this colour reflects who you are.

Happy writing!

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!

