

# NOVEMBER 2021

## NEWSLETTER



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**OUR PLACE COMMUNITY OF HOPE**

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# November Birthdays

## Our Place Birthdays

Paul F. – Nov.1  
Elizabeth H. – Nov. 6  
Janice B. – Nov.13  
Sheila K.- Nov. 18  
Fermin R. – Nov. 18  
Michael McL.- Nov. 19  
Marina C. – Nov. 22  
Don H. – Nov. 25  
Kierov B. – Nov 30



## Famous November Birthdays

David Schwimmer- Nov 2  
Dolph Lundgren – Nov. 3  
Matthew McConaughey – Nov. 4  
Famke Janssen – Nov. 5  
Emma Stone – Nov. 6  
Tracy Morgan – Nov. 10  
Leonardo DiCaprio – Nov. 11  
Ryan Gosling – Nov.12  
Gerard Butler – Nov. 13  
Rachael McAdams- Nov. 17  
Owen Wilson – Nov. 18  
Scarlett Johansson – Nov. 22



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

## PROGRAM UPDATES FROM OUR PLACE

### Outdoor Drop-In

We have closed the Outdoor Drop-In for the season. Thanks for the good times out there- it was so nice to enjoy time together, in person and in the fresh air!

### Indoor Drop-In

We are so excited to welcome you back indoors as we close outdoor drop-in! Indoor Drop-In will be from 12:00pm to 2:30pm. We do have limited capacity at the moment, but may change throughout the month. Everyone is welcome! You do not have to show proof of vaccination during this time. Masks should be worn at all times!

### Meals

You now have the options to dine indoors or take your meal to go!

### Take away meals

Meals are *now* served Monday-Friday between 3:00pm to 5:00pm

### Reminders:

- To make sure that everyone gets a meal, we are not able to give more than one meal per person.
- **We will no longer serve seconds except on Fridays, which are also 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.

### Indoor Dining

As of November 8<sup>th</sup>, we are now allowing indoor dining Monday to Friday from 3:30pm to 4:15pm! Cut off time to enter is 3:55pm so please come on time. You must be able to show proof of vaccination to be able to eat during this time. You may choose to eat indoors during this timeframe or take your meals to go! Limited capacity indoors.

### 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. 😊

### 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.
- \* Need a mask?? No problem! Just ask us for one.

# NOVEMBER 2021 PROGRAM CALENDAR FOR THIS WEEK

 <b>OUR PLACE PROGRAMS</b> <b>NOVEMBER 1-5 2021</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>INDOOR DROP IN</b> 12:00 - 2:30  Trivial / Name that Tune! <i>(Indoor Group)</i> 1:30 - 2:30    <b>TO-GO MEALS 3-5</b>	<b>INDOOR DROP IN</b> 12:00 - 2:30  Bingo <i>(Indoor Group)</i> 1:30-2:30    <b>TO-GO MEALS 3-5</b>	<b>INDOOR DROP IN</b> 12:00 - 2:30  Meditation <i>(Virtual)</i> 3:15-3:30 Peer Support <i>(Virtual)</i> 3:30-4:30    <b>TO-GO MEALS 3-5</b>	<b>INDOOR DROP IN</b> 12:00 - 2:30  Art Group <i>(Indoor Group)</i> 1:30-2:30    <b>TO-GO MEALS 3-5</b>	<b>INDOOR DROP IN</b> 12:00 - 2:30  Writing Group w/Peter <i>(Virtual)</i> 1:30 - 2:30    <b>TO-GO MEALS 3-5</b>
<p style="text-align: center;"><b>To Go Meals</b></p> <ul style="list-style-type: none"> <li>* Everyone welcome</li> <li>* Free of charge!</li> <li>* <b>We will no longer serve seconds</b></li> <li>* <b>except on Fridays, which are also not guaranteed!</b></li> <li>* If you have a dietary restriction, call before 12pm and we will do our best to accommodate you</li> <li>* Coffee served on <i>everyday</i> as we are able</li> <li>* Please wear a mask</li> </ul> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Programs Update &amp; Appointments to Use Computers/Phone/Wifi</b></p> <ul style="list-style-type: none"> <li>* Indoor Congregate Dining starting on Monday, November 8<sup>th</sup> from 3:30pm to 4:15pm.</li> <li>* All programs are first come, first served!</li> <li>* Book an Individual Appointments to use Computer/Phone/Wi-Fi!</li> </ul>				
<p><b>NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.</b></p>				

# Our Place Weekly Programs

## Trivia | Name that Tune!– Mondays at 1:30pm

Trivia and Name that Tune! Will fluctuate every week!

Limited capacity.

## Bingo – Tuesdays at 1:30pm

There are prizes to be won!

Limited capacity.

## Online Meditation - Wednesdays at 3:15

### Online Peer Support Group at 3:30

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

*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.

Link to join Meditation and Peer Support: <https://zoom.us/j/94221242340>

Join by phone: **(647)374-4685**. When prompted, enter in the Meeting ID: 942 2124 2340

## Art Group – Thursdays at 1:30pm

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!



Limited capacity.

## 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**

# 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.

## Gerstein Crisis Centre

In crisis? Support is available 24-hours a day, 7 days a week at (416) 929-5200.

Gerstein crisis services also include access to short-term crisis beds in west and east Toronto, an in-person mobile crisis team, community support referrals, substance use crisis management, and follow-up. These services are for adults 16+ in the City of Toronto who are dealing with mental health and/or substance use issues and are currently in crisis. This support is a free and confidential alternative to hospitals and medically-based services.



## Sound Times

Sound Times offers a variety of mental health and addiction services in downtown Toronto, Ontario:

- \* meet with a worker if you need help with something
- \* connect with any other services or government offices with help if you need it
- \* get access to a phone or charge your phone
- \* book an appointment with the psychiatrist
- \* meet privately through video conferencing with the psychiatrist
- \* connect with the lawyer
- \* use a computer privately

The centre is located at 280 Parliament St (just south of Dundas) and is open between 9am and 5pm.

Sound Times is operated by people who have their own experience with mental health, addiction and criminal justice systems, so staff can understand what it is like to go through these challenges. Sound Times is a member-driven consumer/survivor initiative. Individuals choose to use the service by becoming members. Support is based on what a person thinks would be helpful to them and is offered in a respectful, capable and accepting manner.



## Daylight Savings 2021

Daylight Saving 2021 is on Sunday November 7<sup>th</sup> this year. Daylight saving time ends at 2 a.m. which is the official hour to set all of our clocks back to standard time. That's when local time will instantly become 1 a.m. and everyone will gain an extra hour of time. The change also has a downside, since many people with traditional 9-5 office jobs will no longer see much daylight outside the office on weekdays until next spring. Daylight saving can be very hard on people's mental health, here are some tips to help prepare:

1. Start preparing a few days early. About a week before "springing forward" start going to bed 15 minutes earlier than your usual bedtime. Your body needs that bit of extra time to make up for the lost hour.
2. Stick to your schedule. Be consistent with eating, social, and bed times during the transition. Exposing yourself to bright light in the morning will also help you adjust.
3. Don't take long naps. Shutting your eyes mid-day might feel tempting, especially if you're feeling sluggish. But avoiding napping is key for adjusting to time change, as long naps in the daytime can make it harder for you to get a full night's sleep.
4. Avoid coffee and alcohol. Put down coffee and caffeinated beverages four to six hours before bedtime.

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## Remembrance Day- November 11<sup>th</sup>, 2021

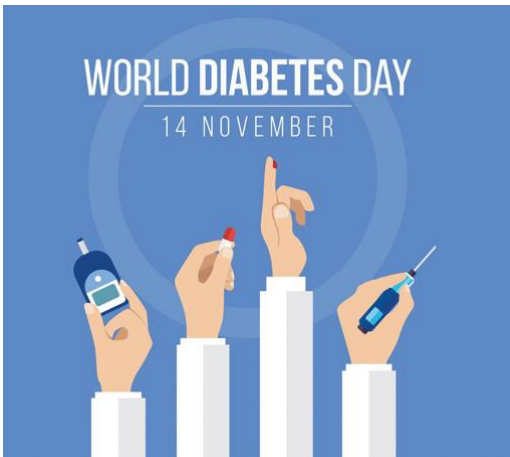
Remembrance Day is a memorial day to commemorate all of the soldiers who died in the line of duty since the First World War, and for those that continue to serve Canada in times of war, conflict and peace. The Canadian Parliament passed the Remembrance Day bill, also known as Armistice Day in 1931. The red poppy, a native plant along much of the Western Front during WW1 has become a powerful symbol for marking remembrance. Wearing a poppy pin is a sign of respect and the poppy campaign run by the Royal Legion raises funds to support veterans and their families. Every year at the eleventh hour of the eleventh day of the eleventh month millions of Canadians gather in parks, community halls and workplaces to stand in honor of those that have fallen. Two minutes of silence is the central element of all Remembrance Day ceremonies, allowing



Canadians time to pause and honor those that have fallen. The Remembrance day ceremony at the National War Memorial in Ottawa is nationally televised, while most media outlets- including newspapers, magazines and television stations run special features to commemorate this day. Lest we forget.

# World Diabetes Day- November 14<sup>th</sup>, 2021

This year's theme is: Access to Diabetes Care- If Not Now- When?



World Diabetes Day was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006. It is marked every year on November 14<sup>th</sup>, the birthday of Sir Fredrick Banting, who co-discovered insulin along with Charlies Best in 1922. World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. This campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public

and political spotlight. The main aims of World Diabetes Day are to be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue. This campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness.

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## Introducing Andre, Andrew and Matt!

“Hello everyone! My name is Andre and I am a new volunteer from the University of Toronto. I am currently in my 4<sup>th</sup> year of undergraduate studying Pharmacology. In my program, we learn about how different medications work on your body and how we can use what we know to make better ones. With Our Place, I will be holding workshops to teach everyone new things about medicine and harm reduction strategies. I look forward to meeting everyone!”

“Hi. My name is Andrew and I am a new volunteer here at Our Place. I study Pharmacology at the University of Toronto, which is basically the study of what drugs actually do to the body. I want to learn more off of the textbook and listen to the real problems people are facing. Meanwhile I will be holding workshops on harm reduction. If you ever want to talk about your opinions on drugs or its impact to you, please feel free to chat with me as I sincerely want to take on your perspective and know more! “



# From the Our Place Kitchen

## Elise's Pumpkin Spice Cupcakes Recipe

### INGREDIENTS

- 2 ¼ cups all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon ground allspice
- ½ teaspoon salt
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ cup butter, softened
- 1 cup white sugar
- 2 eggs, room temperature
- ¾ cup milk
- 1 cup pumpkin puree



Cinnamon Cream Cheese Frosting

- 1(8 ounce) package cream cheese, softened
- ¼ cup butter, softened
- 3 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

### DIRECTIONS

1. Preheat an oven to 375 degrees F (190 degrees C). Grease 24 muffin cups, or line with paper muffin liners. Sift together the flour, 1 teaspoon cinnamon, nutmeg, ginger, clove, allspice, salt, baking powder, and baking soda; set aside.
2. Beat ½ cup of butter, the white sugar, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Stir in the milk and pumpkin puree after the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes. Cool in the pans for 5 minutes before removing to cool completely on a wire rack.
4. While the cupcakes are cooling, make the frosting by beating the cream cheese and ¼ butter with an electric mixer in a bowl until smooth. Beat in the confectioners' sugar a little at a time until incorporated. Add the vanilla extract and 1 teaspoon ground cinnamon; beat until fluffy. Once the cupcakes are cool, frost with the cream cheese icing.

## Manisha's Mini Apple Pies

### INGREDIENTS:

- 1 box of refrigerated Pie crusts (2 per box)
- 2 Apples, chopped in ¼ inch pieces
- 2 tablespoons of Sugar
- 1 tablespoon of All-purpose Flour
- ½ teaspoon Ground Cinnamon
- 1 teaspoon Vanilla



### INSTRUCTIONS:

1. Heat oven to 425 degrees. Remove crust from packaging, unroll and cut using a round cookie cutter; aim to make a total of 10.
2. Press each crust round into an ungreased muffin cup.
3. In a medium bowl, stir apples with sugar, flour, cinnamon and vanilla. Divide and add an even amount to each crust lined muffin cup.
4. Bake 18 to 20 minutes or until the crusts are golden brown and the mixture is bubbling a bit.
5. Let pies cool completely in the pan for about 30 minutes (we know they smell great, but wait!).
6. Loosen the edges and remove the mini pies from the cups!
7. Enjoy!

Extra Goodness... add a dollop of whipped cream or a scoop of ice-cream to enjoy this delicious autumn treat!

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### **MENTAL HEALTH TIP OF THE MONTH: Belly Breathing for Calming Anxiety and Stress**

By Audrey S.

Have you ever found yourself in a situation where you felt out of control or like you couldn't catch your breath? As someone who lives with anxiety, I've often found myself in this position, and in the past, I've struggled with finding a way to bring myself back to baseline. In this article, I'll be covering one of the techniques I've learned called belly breathing, which helps reduce anxiety and calm the body and mind when our fight-or-flight response is activated.

You're probably familiar with the fight-or-flight response. Whether you've heard about it in media or have actually experienced it yourself, this is our body's way of protecting us against potential dangers. When we're faced with a possible threat, like a bear running straight for us or the thought of having to speak in front of a large crowd, our brain sends signals to our body to prepare it for action.

Seeing a potential threat can cause our heart to start beating quickly or cause our skin to flush. We might break out in a sweat or start breathing at a faster rate, our liver might even start working overtime to get the energy our limbs need ready in case we need to make a break for it. This response is completely helpful and necessary when we're facing real danger. However, with conditions like anxiety, our brain might start telling our body to fight, fly, or flee at inappropriate times.

You might have had an experience like this if you've ever started to worry about an important upcoming meeting or have had to wait on important test results from your doctor. With anxiety, it can be easier for us to shift into this stressed-out state. Luckily, there are ways to handle this and calm ourselves so as not to exert all of this energy for something that's not worth worrying about.

Practices like belly breathing have been shown to reduce anxiety and calm both the body and mind. Belly breathing works to engage our diaphragm, one of the most important muscles in our bodies, which is responsible for working our lungs to move air in and out. With this technique, we also engage our vagus nerve to calm us in periods of stress by lowering our heart rate and blood pressure and relaxing our muscles. We can engage both our vagus nerve and our diaphragm using this practice.

### *How to Belly Breathe*

Belly breathing is a great calming exercise that anyone can do, quickly and conveniently. You're already breathing, why not make it really count!

1. Find a quiet place where you can sit or lie down comfortably (on a chair, sitting cross-legged, or lying on your back).
  - If sitting, bend your knees while keeping your head, neck, and shoulders relaxed, keeping in mind that if your knees are higher than your hips you may experience some discomfort after a while.
  - If lying down, feel free to place a pillow under your head and one under your knees for comfort.
2. Place one hand on your upper chest and the other hand between the bottom of your ribcage and belly button.
3. Breathe in through the nose and feel your belly rise as the air fills your lungs fully. The movement should be smooth and not forced. When the breath makes it to the bottom of your lungs, the belly will rise all by itself. The hand on your upper chest shouldn't move much at all.
4. Allow your belly to relax as you exhale slowly through your nose or mouth.
5. Repeat as needed.

- We recommend that you start with a couple minutes a day, gradually working up to 5 or 10 minutes or whatever makes you feel comfortable.

Belly breathing can feel a bit awkward at first because we're so accustomed to shallow breathing in the upper chest. Remember that your diaphragm is a muscle, and with a little bit of work every day you can build up its strength over time. Consult your doctor before trying this exercise if you have lung conditions, like asthma or COPD, and stop immediately if you begin to feel lightheaded.

You're more than welcome to count your breath as it goes in and out, keeping in mind that it is more soothing to the body to exhale for a longer period of time than you inhale. If you don't find this breathing practice helpful for you than you're more than welcome to try other methods to reduce anxiety. These might include reaching out to a friend or family member for support, taking a walk, sitting by a window and noticing whatever is going on outside, or calling a phone line like the ones I have listed below:

Name	Hours of operation	Phone Number
The Warm Line (Mental health helpline, operated by people who have lived experience with a mental health issue)	Noon – Midnight 7 days a week	From Noon - 8 pm call: 416-323-3721 From 8 pm-Midnight call: 416-960-9276 Text: 647-557-5882
Hope + Me TIPS Warm line (Mental health helpline, operated by people who have lived experience with a mental health issue)	9:30 am – 5:00 pm Monday to Friday	1-888-486-8236
Warm Line & Peer Crisis Support Phone and Chat Services	Available 24/7	1-888-777-0979
First Nations and Inuit Hope for Wellness Helpline	Services available 24/7 in Cree, Ojibway, Inuktitut, English, and French	1-855-242-3310
Toronto Seniors Helpline	Monday to Friday from 9:00 am to 8:00 pm Weekends and Statutory holidays from 9:00 am to 6:00 pm	416-217-2077

Gerstein Crisis Centre (Phone crisis support)	Available 24/7	416-929-5200
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Let one of our staff know if you need access to a phone, Our Place is happy to provide phone access during our hours of operation. You are also more than welcome to join in on our weekly peer support meeting that runs on Wednesday afternoons or sign up for our weekly check-in call list if you'd enjoy some more social support and connection throughout the week. Overall, managing anxiety and stress can look different for everyone, what's important is that you do what works best for you and ask for help when you need it. If you end up trying belly breathing, be sure to let us know!

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## Writing Group Submissions

**You Can**  
**By Jacob Bird and TB**

*"If you can walk you can dance,  
If you talk you can sing"  
- a saying from Zimbabwe*

If you can jump, you can glide  
If you can listen, you can peer support  
If you can breathe, you can meditate  
If you can think, you can write  
If you can hope, you can grow  
If you can fail, you can learn  
If you can try, you can succeed  
If you decide, you can move forward  
If you move forward, you're closer to your goal!

Why walk when you could ride your bike?  
Why ride your bike when you could glide?  
Why glide when you could fly? Why fly when you could sleep? Why sleep when you could dream?  
Why dream when you could live your dreams?

Everything you need is right in front of you and it's been there the whole time!!!

**\* 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](mailto:info@ourplacecommunityofhope.com). We would love to hear from you!*

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