

# JULY 2021

## NEWSLETTER

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**OUR PLACE COMMUNITY OF HOPE**

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# July Birthdays

## Our Place Birthdays

Patricia R. – July 2

Kenny C.- July 14

Sandra S.- July 15

Shirley M.- July 18

Ryan M.- July 21

Semion D.- July 24

Bob G. – July 28



## Famous July Birthdays

Princess Diana- July 1, 1961

Tom Cruise- July 3, 1962

Sylvester Stallone- July 6, 1946

Ringo Star- July 7, 1940

Tom Hanks- July 9, 1956

Kristen Bell- July 18, 1980

Priyanka Chopra- July 18, 1982

Ernest Hemingway- July 21, 1899

Robin Williams- July 21, 1951

Jennifer Lopez- July 24, 1969

Matt LeBlanc- July 25, 1967

Sandra Bullock- July 26, 1964

**\*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 now open** 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.

## 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. 😊

**COMING SOON!** : Outdoor programming will be moved to indoor groups with limited seating.

## 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.

# JULY 2021 PROGRAM CALENDAR FOR THIS WEEK

 <b>OUR PLACE PROGRAMS</b> <b>JULY 2021</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OUTDOOR DROP IN</b> <b>12:30 - 3:30</b>  <b>TO-GO MEALS 2-5</b>	<b>OUTDOOR DROP IN</b> <b>12:30 - 3:30</b>  <b>TO-GO MEALS 2-5</b>	<b>OUTDOOR DROP IN</b> <b>12:30 - 3:30</b>  <b>TO-GO MEALS 2-5</b>	<b>OUTDOOR DROP IN</b> <b>12:30 - 3:30</b>  <b>TO-GO MEALS 2-5</b>	<b>OUTDOOR DROP IN</b> <b>12:30 - 3:30</b>  <b>TO-GO MEALS 2-5</b>
<b>Name that Tune!</b> <b>(In-Person!)</b> 2:30 - 3:30 	<b>Trivia</b> <b>(In-Person!)</b> 2:30-3:30 	<b>Virtual Meditation</b> 3:15 <b>Online Peer Support</b> 3:30-4:30 	<b>Virtual Anger Management</b> Women: 2:30   Men: 3:30 	<b>Online Writing Group</b> w/Peter 1:30 - 2:30   <b>VIRTUAL LIVE MUSIC</b> w/Kevin & Chas 3:30 - 4:30
<b><u>To Go Meals</u></b> * 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 				
<b><u>Virtual Programs &amp; Appointments to Use Computers/Phone/Wifi</u></b> * <b>Individual Appointments to use Computer/Phone/Wi-Fi are now available!</b> * To sign up for individual appointments, email <a href="mailto:info@ourplacecommunityofhope.com">info@ourplacecommunityofhope.com</a> , 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. * All virtual programs use Zoom - see staff for sign-up information * There is an option to <i>phone in</i> to all Zoom groups.				

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

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# 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! ☺

## **Trivia – Tuesdays at 2:30pm**

Now in-person! ☺

## **Virtual 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. All mics will be muted during the meditation.

*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 Peer Support Group via Zoom: <https://zoom.us/j/94221242340>

To join by phone, dial: **647-374-4685**

When prompted, enter in the Meeting ID: **942 2124 2340**

## **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](mailto: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**

### **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](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.

### ConnexOntario

ConnexOntario offers information about supports for mental health, addiction and problem gambling. This free and confidential service helps to discover resources you need from a large database. Phone support is available at 1-866-531-2600 between Monday-Friday, 8:30 a.m.-4:30 p.m. Chat and e-mail are available 24/7 on the web site -- [www.connexontario.ca](http://www.connexontario.ca). You are welcome to reach out for support for yourself, a loved one, or a friend.



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### Indigenous Support Lines

Our Place staff are deeply moved by the news of the discoveries of remains of Indigenous children found at the sites of former residential schools. We want to acknowledge the ongoing impacts of residential schools. Support is available from the following phone lines:

- National Indian Residential Schools Crisis Line: 1-866-925-4419
- Indian Residential Schools Survivors Society: 1-800-721-0066
- Talk 4 Healing (helpline for indigenous women): 1-855-554-HEAL
- First Nations and Inuit Hope for Wellness Chat: 1-855-242-3310

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### Beat the Heat

Extreme heat is a health risk. Heat-related illness includes heat stroke, heat exhaustion, heat fainting, heat rash and muscle cramps. Heat-related illness is preventable.

Watch for symptoms of heat-related illnesses which can include:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine

If you experience any of these symptoms, immediately move to a cool place and drink liquids. Cool water is best, not ice cold liquid.

**Heat stroke is a medical emergency.** Call 9-1-1 if you have or someone you are with has high body temperature, along with one or a combination of the following: confused, unconscious, or has stopped sweating. While you are waiting for help, cool the person right away by moving them to a cool or shady place, remove excess clothing, and/or applying cool water to large areas of the skin or clothing.

### Tips to Beat the Heat

- Drink plenty of cool water even before you feel thirsty
- Go to an air conditioned place
- Wear loose, light-colored, breathable clothing and when outdoors wear a wide-brimmed hat
- Avoid the sun and stay in the shade or use an umbrella
- Reschedule or plan outdoor exercise (e.g. run, walk, bike) during the cooler parts of the day (morning or evening)
- Avoid intense or moderately intense physical activity
- Take cool showers or baths or use cool wet towels to cool down
- Never leave a person or pet inside a parked car
- Consult with your doctor or pharmacist on medications that increase your risk to heat
- Call, text, video chat at-risk family, friends or neighbors (especially older adults living alone) to make sure they are drinking plenty of fluids and keeping cool
- If you sleep outside during the day, try to sleep in the shade. Remember the shade moves, so try to sleep in a spot that will be shady for a few hours.

Source: <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/hot-weather/beat-the-heat/>

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## New Addition to the Our Place Team

### Welcome Elise!

Another big thanks to Canada's Summer jobs, as we welcome another addition to Our Place staff. Let's all give Elise a warm welcome!

A note from Elise:

*"Hello everyone! My name is Elise. I am a new part time staff member at Our Place. I started in June and have had the pleasure of meeting some of you already but I am looking forward to meeting everyone and getting to know you all better! Take care and hope to see you soon! :)"*



## From the Our Place Kitchen



## Zoe's Homemade Pink Lemonade

### INGREDIENTS

- 1 cup fresh lemon juice
- 1 cup of granulated sugar
- Water
- 1 (10 ounce) jar of maraschino cherries, juice only



### DIRECTIONS

Add juice to a 2 quart pitcher. In a glass measuring cup, add the sugar and \*2cups\* of hot (almost boiling) water. Stir to dissolve the sugar. Pour sugar mixture into the pitcher. Top off the pitcher (to make 2 quarts) with cold water, add the cherry juice. Stir and enjoy!

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## Elise's Party Punch

### INGREDIENTS:

- 64 fluid oz Hawaiian Punch
- 12 fluid oz pineapple juice
- 1 liter ginger ale


### INSTRUCTIONS

Mix together in a large pitcher or punch bowl. Serve over ice.



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## Mental Health Tip of the Month: You Are What You Eat

By Kathryn 

You are what you eat. I think we are all familiar with that statement. Food is our fuel. If we eat healthily, we have more energy and feel better. A wealth of research studies show that our diet can be a type of medicine for our mental health.

One well-respected research study prescribed a wide range of diets to participants. Some individuals were put on a vegan meal plan, others increased their fruit and veggie intake and decreased processed foods, while others took nutrition classes together. The results among all groups demonstrate that eating healthier decreased symptoms of depression and anxiety, and improved sleep.

I've decided to make three tweaks to my diet based on my research:

1. Consume more pre- and pro-biotic foods such as yogurt, beans, and oats.
2. Eat more fruits and veggies that have magnesium and vitamin C—such as nuts, broccoli, and oranges—because these nutrients can help reduce anxiety.
3. Cut back on caffeine. I don't drink coffee or pop but I have black tea all day long, which can impair sleep and ramp up feelings associated with anxiety.

#### Sources

[\*The Greater Good Magazine – Science-Based Insights for a Meaningful Life: What is the Best Diet for Mental Health?\*](#)

[The Huffington Post, Foods to Eat for Mental Health](#)

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### Writing Group Submissions

Word Cake



On the last Friday in June, writing group participants created another Word Cake. At the start of group, we talked about the word, “hope”, and what it meant to each of us, and “hope” began the first ingredient of this month’s savoury treat.

HOPE  
 despair  
 Anaphylaxis  
 Tolerance                      discipline  
 GRATITUDE, humility  
 Vicissitude  
 Sporadic  
 Butterfly, O butterflies!  
 Accomplishment.  
 D-I-S-S-A-S-O-C-I-A-T-I-O-N ...  
 panegyric  
 Armadillo, Run!  
 Armada.  
 Success. Excellence. Symbolism. Association.  
 On-o-mat-o-poe-ia (How many syllables in that one word?)  
 Pandora opened the box that held all the evils of the world ...

**My Backyard**  
 By Kimberly Acevedo

I love my backyard. Every day something different happens. I have a garden where I grow flowers and this year I am trying to grow some radishes. I hope it works. A good friend of mine got me started to feed the wild birds. I live close to the Humber River, so many different varieties of birds come to feed on the seeds that I put down for them. I do get a lot of different birds, but also animals too.

This is the first time since I left home when I was younger that I have a backyard. Before, I used to always have a balcony.



The other evening a wild bunny rabbit came by to eat the seed that I put down for the birds. He was so cute. A noise scared him, and he stood up on his hind legs and was looking around. I laughed so hard I scared him. That same evening, I saw a chipmunk, so I called him Alvin.

Most of all what I love the most is the birds. They are awesome to watch. The noisiest birds I find are the Robins. They are quite loud.

Here are a few types of birds that come: cowbirds, red-wing blackbird, golden finch, tits, and some big birds as well: hawks, falcons, vultures and eagles. Cardinals (male and female) and Blue Jays are my favourite birds. They are so beautiful. When the birds are chirping, I find it so relaxing. They sing because they are happy. I have started a routine this spring and I am planning on continuing it while the weather is nice and warm. I make my coffee; I grab my Bible and my devotional book, and I go sit at my picnic table. I enjoy doing my devotionals while the birds are singing their morning songs. Feeding and watching these beautiful creatures that God has made has given me a sense of peace and enjoyment. It helps my mental health as well.



I would not change where I live. I love where God put me. I love my backyard.

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### Life! Okay, Flow

By Josh

Walking down the train tracks to Galleria mall. This mall is becoming like a ghost town. One by one the stores are clearing out. Standing on the corner, Dufferin and Dupont, girl I'm waiting on ya. I just can't seem to stop.

I finally return to the gym. I'm entering a crime scene. I wrap the room in caution tape. I scream, don't touch anything! I scream, can't you see the world stopped spinning?

Life okay Flow      life okay Flow      life okay Flow

Sandy is fine. She doesn't need looking out for. In fact, she's laughing at me 'cuz I'm the one who's in free fall. Sometimes she can be a little mean. She said I'm obsessed with you. She's smarter than I knew. Yes, Josh, you got this, too.

Life okay Flow    life okay Flow    life okay Flow

Remember that letter we wrote together? And then I turned it to a song? This is my goodbye, my goodbye singing. I just didn't think it would take so long. Hannah asked me how long to heal a broken heart? I said as long as it takes from the end to the start. This is the beginning of the end. I miss my friend.

I miss okay Flow    I miss okay Flow    I miss okay Flow

Flow my tears the morning said: am I crazy? You're still in my head. You don't hold me. I hold you. You don't miss me. I miss you. Flow my tears my pillow said: it's been years since I've been dead.

Life okay Flow    life okay Flow    life okay Flow

*Note from Josh: ok flow = K Flo, the trainer at Planet Fitness*

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



