

October

Our Place Newsletter

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- Outings and Events
- Free Things in the City
- Community Resources
- Community Member Interview! *NEW*
- Mental Health Tips
- Important Days of the Month
- Recipes

Our Place Community of Hope

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Happy Birthday!

Jeff G - October 13th
Caroline M - October 18th
Patty E - October 20th
Suzanne L - October 22nd
Nancy L - October 30th



Celebrate with us on **Friday October 25th** with a sweet treat during meal time!

October Events

Community Meeting - Join us on **Wednesday the 2nd at 12:15pm** to discuss future outings and programming! If you'd like to share your opinion with the community, come by and help us out

Thanksgiving Crafts - Swing by on **Thursday the 3rd at 1:00pm** to take part in some fun Thanksgiving arts and crafts! This will be a chance to connect and express your creativity.

Outing to Evergreen Brickworks - Sign up with staff to take part in a walk through the beautiful greenery at Brickworks on Thursday the 10th at 3:00pm! Connect with nature and see the leaves change color.

Thanksgiving Gratitude Event and Dinner - Join us between 3:00-3:30 on **Thursday the 17th** to connect with fellow community members through our circle of gratitude exercise! From 3:30 to 5:00pm, we will be serving a delicious Thanksgiving meal!

Pumpkin Carving - Sign up with staff to take part in our pumpkin carving and decorating event on **Wednesday October 23rd at 3:30pm**.

Halloween Dance and Costume Event - Show off your fantastic costumes and enter our competition on **Thursday the 31st** at 3:00pm! Prizes will be available for the scariest costume, most creative, and best movie character! We will also be hosting a spooky dance between 3:30-5:30pm! Bring your friends and enjoy!



Free Events Around the City!

Diwalicious- Taste of Diwali – October 4th-6th at the **Mel Lastman Square** (5100 Yonge Street). Take part in this fun festival to learn about Indian culture, cuisine, while listening to music and enjoying live performances.

Nuit Blanche- October 5th to 6th (7pm to 7am) at **Sugar Beach, Harbourfront Centre, Sherbourne Common, OCAD University, and others!** Enjoy the overnight art celebration and see creations highlighting the theme of *Bridging Distance*.

Etobicoke Comedy Showcase- October 10th, 7:30pm at **Tee Up Comedy Social** (700 Kipling Avenue). Join Etobicoke's newest comedy club for an evening of laughter and fun with some of Toronto's up and coming performers.

Riverside Halloween Fest- October 27th, 10am-3pm at the **Riverside Common Park** (657 Queen Street East)! Get your costumes ready for the annual Halloween festival! Enjoy pumpkin decorating, treats, haunted houses, and a live DJ! You can involve your dog in some of the fun as well.

East York Farmers Market – Every Tuesday from 8am-2pm at **East York Civic Center** (850 Coxwell Avenue). Ontario Farmers market is celebrating their 25th anniversary! All items sold will be locally growing in Ontario.

Luminous, The Photo Art Show – October 5th from 2:00-5:00pm at **Heliconian Hall** (35 Hazelton Avenue). The photography exhibit features 8 female artists from the Heliconian Club. The exhibit will include dancing and music performances from local artists.

Community Resources

Addiction Support Groups - If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.



Cocaine Anonymous

12 Step Recovery program from drug and/or alcohol use.
360A Bloor Street West; 1-866-4636
Monday-Sunday: 9:00am-11:00pm

Peer Support Groups with Across Boundaries

A 7-week per-led wellness program for those navigating addictions challenges.
51 Clarkson Avenue; 416-787-3007
Tuesdays: 11:00am-12:00pm



Marijuana Anonymous at Our Lady of Sorrows Church

A group to support folks recovering from marijuana addiction.
3055 Bloor Street West; 416-231-6016
Wednesdays: 7:30pm-8:30pm

Food - If you require food support beyond our meal programs, please do not hesitate to register with the following agencies. *Some may require Identification and may follow an intake process.*

Daily Bread Food Bank

DBFB helps you find a food bank local to you. Visit dailybread.ca to find instructions on how to register.

Oasis Dufferin Community Centre

They provide emergency food supplies. Require additional information to register.
1219 Dufferin Street; 416-536-4431
Tuesday: 4:00pm-6:00pm; Wednesday: 9:30am-1:00pm



Feed it Forward Grocery Store

A free or pay what you can grocery store option.
2770 Dundas Street West, Unit A; 647-879-2433
Monday-Saturday: 11:00am-6:00pm
Sundays: 11:00am-3:00pm

Christie Ossington Neighbourhood Centre

Provide meals, snacks, showers, laundry facilities, access to a phone, fax and internet..
850 and 854 Bloor Street West; 416-792-8941
Monday-Saturday: 12:00pm-1:00pm

Community Resources

Crisis Support Centres - If you require immediate support during a mental health or safety crisis.

Reconnect Community Health Services

Crisis outreach services for seniors. Provides assessment, treatment and consultation by a Geriatric Addiction Specialist for substance use and concurrent disorders.

1281 St. Clair Avenue West; 416-217-2077

Monday-Friday: 9:00am-5:00pm

Unity Health Toronto

24/7 mental health crisis intervention over the phone. Mobile mental health crisis intervention team providing assessment, intervention, and referrals for individuals experiencing mental health crises (they have trained police officers and a mental-health registered nurse); you can call 416-530-6486 for this service.

111 Sunnyside Avenue, 3rd floor; 416-530-6000

Victim Services Toronto

24/7 crisis intervention. Various services including case management for victims of violence or assault. Provides emotional support and advocacy, safety planning and emergency accommodation/shelter, education workshops, and a therapy dog program.

40 College Street, ground floor: 416-808-7066

Davenport-Perth Neighbourhood Community Health Centre

Offers short-term crisis support and information on ODSP, OW, shelter and housing, health topics, and recreational activities.

1900 Davenport Road; 416-656-8025, or email info@dpmchc.ca



Get to Know... Roger!

By Li



Li: Tell us your name and a little bit about yourself and your interests -

Roger: My name is Roger Y. I've been coming here since 2018. I volunteer at some other organizations around the city. Sometimes when I have a chance I come here, talk to some people, have some fun, do some bingo, some activities.

Li: What is your favourite hobby?

Roger: My hobbies is going to games in the Toronto area, like hockey, basketball, baseball, and football. And some entertainments like street fairs. In the summer time I relax, enjoy myself, go to the beach, and some other activities too.

Li: You said you volunteered, where were you volunteering before?

Roger: The Stop, 40 Oak, Margarete's, serving food, this and that, cleaning tables, and at The Stop I'm in a men's cooking class.

Li: What is your favourite thing to do here/your favourite program/outing/activity?

Roger: I like to play games, bingo, activities. I know Peter too, I go to reading group. Sometimes I like the cooking here by Jeanne.

Li: What about Our Place keeps you coming back?

Roger: The last Christmas party was very good, lots of people. I never seen so many people in my life at a Christmas party. When I come I enjoy people, talking to people, talk to staff, talk to students, talk to the manager, talk to the cook, haha. I see different students come here to help out, every time I come I see different students. And I like the events each month on the calendar if I can make it.

Li: What's your favourite meal here?

Roger: I like the fish, and the salad, the salad is most definitely good.

Li: What kinds of things do you like to do during your favourite season?

Roger: All of them, I mostly like the winter. Sometimes I go skating, play hockey, go for walks, do my grocery shopping, and I always do my house cleaning first. My favourite holidays are Halloween, Christmas, and Thanksgiving.

Li: Do you have any words of wisdom or advice for other members of the community here?

Roger: The staff, students and manager are doing a very good job at the community centre, keeping it real organized, you guys give out stuff sometimes. If the guys want to talk to me, I'm not shy, I'm always here to talk to.

The full interview is available on our bulletin board next to the women's washroom.



Tracking Gratitude and Achievement

By Fanny

There are several benefits to Journaling. It helps with reducing anxiety and stress, tracking emotions and wellbeing, and recognizing potential triggers. There are several ways to journal, and many topics one can discuss. One of the many topics you can touch upon this month is tracking your gratitude and achievements! Reflecting on the day's gratitude by writing down three things you were grateful for and three things you had achieved can boost one's own energy and positivity. It has been noted in a study that 74% of people have experienced journaling as a form of emotional venting, and 65% saw improvements in the ability to manage stress. Writing down our spiraling thoughts helps reduce worrying and rumination allowing our brains to settle down.

Here are some prompts to get your first or next entry started:

1. When was a moment someone unexpectedly showed me kindness? How did it make me feel?
2. Take a photo of something I'm grateful for! How does this make me feel?

For more info, visit: <https://habitbetter.com/top-ranked-benefits-of-journaling/#:~:text=74%25%20of%20people%20who%20do,in%20order%20to%20manage%20stress.>

How to Support Your Mental Health and Strategies

By Zain

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Mental health includes emotional, psychological and social well being- It's essential to your overall wellbeing and quality of life. Self care can play a role in maintaining your mental health and can help in assisting you with any challenges you may be feeling.

Self-care tips:

- **Get Regular Exercise:** 30 minutes of walking can improve your mood and health. Don't feel discouraged if you aren't able to do 30 minutes at once; try a 10 minute walk to start!
- **Prioritize!** Decide what is most important to you and remember you can say "no" to new tasks if you're feeling overwhelmed from taking on too much. Appreciate what you have accomplished.
- **Stay Connected:** Try to chat and meet up with your friends, family members and others who can support you emotionally and with any help you might need! We suggest joining peer support group and social programming at Our Place to stay connected.



Breast Cancer Awareness By Nyoka

For the last 90 years, Breast Cancer Awareness has been celebrated every year in the month of October to raise awareness and stress the importance of screening routinely. Known as “Pink October” due to the pink ribbon worn, breast cancer has dropped nearly half the rate it was before. It is estimated that 1 in 8 women will develop breast cancer in Canada as it is the 2nd most common form of cancer amongst women. As of 2024, there are 30,800 projected cases of breast cancer and counting. While it is mostly common in women, it also occurs in men.

A few risks factors of breast cancer include your family history, as you're more likely to be at risk due to genetic factors but may also be due to shared lifestyle factors or other family traits, alcohol use, obesity and lifestyle choices such as lack in diet and exercise. To help reduce the risk of breast cancer, it is important to maintain a healthy lifestyle, get regular screenings by doing mammograms, and clinical breast exams based on your risk factors as well as genetic testing. While these steps cannot guarantee prevention, they can help lower the risk. Regular check-ups and discussions with healthcare professionals are essential for more personalized details.

You can also reach out to organizations who provide research and information on breast cancer, participate in events such as walks, runs and fundraisers and join awareness campaigns that encourage discussions about breast health.

Resources:

<https://www.canada.ca/en/public-health/services/chronic-diseases/cancer/breast-cancer.html>

World Mental Health Day (October 10th) By Misha

World Mental Health Day, was first established in 1992 by the World Federation for Mental Health and the World Health Organization (WHO). The day aims to highlight the importance of mental health, promote understanding, and advocating for better care worldwide. It's a call to action for open conversations about mental health. The day also underscores the importance of education, empathy, and systemic changes that can help build stronger mental health support in our communities.

The Theme for 2024: “Mental Health in the Workplace: It's Time to Prioritize”

The theme for 2024 highlights the crucial role that workplaces play in our overall well-being. It stresses the need for employers to create environments where mental health is a priority, encouraging actions like mental health policies, flexible work options, mental health training, and access to support resources... (continued on next page).



The theme also addresses common workplace challenges such as stress, burnout, and anxiety, which can take a serious toll on employees' mental health. By putting a spotlight on these issues, the goal is to foster workplaces where employees feel supported, respected, and empowered to manage their mental health effectively.

Organizations are urged to actively work towards removing stigma, offering mental health services, and encouraging open discussions about mental health without fear of judgment. World Mental Health Day 2024 calls on employers, policymakers, and individuals to take meaningful steps to make mental health in the workplace a priority. Supporting mental well-being at work leads to healthier, more productive, and more resilient organizations—benefiting everyone involved.

For more info, visit: <https://wmhdofficial.com/>

Thanksgiving (October 14th) By Michael

Thanksgiving is a harvest festival that is typically celebrated with a large dinner with family and/or friends. During this time, folks giving thanks for not only the meal but the many blessings we experience in life. This could include appreciation for good health, good company, or your pet. In Canada, the 2nd Monday of every October is the dedicated Thanksgiving holiday, though most tend to celebrate it on the Sunday night.

While the origins of Thanksgiving in Canada seem to be associated with early explorers sharing amongst themselves, the most dominant origin of Thanksgiving is the American version. When the early pilgrims shared their first harvest with the Wampanoag people, who taught them how to survive their settlement in New England. Although more and more question how sincere this gesture was given the treatment of Indigenous Peoples by settlers after this moment. Nevertheless, it is this gesture of goodwill that most try to uphold the meaning of Thanksgiving, where the people in your life can come together and share a meal in the spirit of being grateful.

Join us on **Thursday October 17th** for our Thanksgiving celebration. At 3:00pm there will be a gratitude circle for all to share what they're most grateful for. From 3:30-5:00pm a delicious Thanksgiving meal will be provided on a first come first serve basis. Please arrive in a timely manner and bring your loved ones. We can't wait to see you all then.



Recipes from the Our Place Kitchen

One-Pot Mac and Cheese (recipe from Taste of Home)



Ingredients:

- 3 1/2 cups of whole milk
- 3 cups of water
- 1 package (16 ounces) elbow macaroni
- 4 ounces Velveeta, cubed
- 2 cups shredded sharp cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions:

1. Combine milk, water, and macaroni in a pot.
2. Bring to a boil over medium heat.
3. Reduce the heat and simmer until the macaroni is tender and has absorbed the cooking liquid. Will take about 12-15 minutes.
4. Reduce the heat to low, stir in cheeses until melted.
5. Season with salt and pepper!

Vegetarian Stuffed Peppers (recipe from Love & Lemons)



Ingredients:

- 4 red bell peppers; cut in half
- 2 tablespoons oil
- 1 yellow onion; chopped
- 1 jalapeno pepper; chopped (if you like spice)
- 4 garlic cloves; chopped
- 2 teaspoons of chili powder and ground cumin
- 3/4 teaspoon salt and black pepper
- 1 1/2 cups cooked rice
- 1 1/2 cups canned black beans
- 1 cup of frozen or canned corn
- Splash of lemon or lime juice
- 1 cup shredded cheddar cheese
- Salsa!
- 1/2 cup cilantro (maybe you can grab some from the Our Place garden!)

Directions:

1. Preheat the oven to 450°F and line a baking sheet with parchment paper
2. Place the peppers, cut side up, on the baking sheet. Drizzle with olive oil, sprinkle with salt and pepper, and bake for 10 minutes, or until soft.
3. Heat the olive oil in a large pan over medium heat. Add the onion, jalapeño, and garlic and cook, stirring occasionally, for 5 minutes.
4. Add the tomato paste, chili powder, cumin, salt, and pepper and cook for 3 minutes, or until the tomato paste darkens.
5. Remove from the heat and stir in the brown rice, black beans, corn, and lime juice. Season to taste.
6. Fill the peppers with the rice mixture and top with the cheese. Place in a large baking dish and broil for 5 to 10 minutes, or until the cheese is browned.

