

A colorful illustration for the November newsletter header. It features the word "November" in large, bold, yellow and purple letters. Above the letters is a green and yellow umbrella with a small brown animal sitting on it. The background is decorated with blue raindrops, grey clouds, and falling yellow and orange leaves. Below the word "November" is the word "NEWSLETTER" in purple, all-caps letters.

November

NEWSLETTER

IN THIS ISSUE:

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- Community Programs & Supports
- Fresh from the Our Place Kitchen
- Mental Health Tip of the Month
- Writing Group Submissions!
- Something fun! ☺



OUR PLACE COMMUNITY OF HOPE

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November Birthdays



Our Place Birthdays

Paul F – November 1st

Elizabeth H – November 6th

Janice B – November 13th

Paul S – November 14th

Sheila K – November 18th

Fermin R – November 18th

Michael M – November 19th

Marina C – November 22nd

Don Hall – November 25th



Famous Birthdays

Marie Curie – November 7th

Gordon Ramsay – November 8th

Anne Hathaway – November 12th

Scarlett Johansson – November 22nd

Bruce Lee – November 27th

Jimi Hendrix – November 27th

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



Special Events in November

Clothing Drive – Join us on **November 7th** from **12-2:30pm** for the clothing drive! Individuals will be called up in the order they arrived at the drop-in. *Please remember that arriving early does not mean you will be allowed into the drop-in before 12pm as we will need to set up.* More information on the clothing drive is on the poster and online!

Live Music with Kevin, Chas and friends! – Come one, come all! We are excited to welcome back Kevin, Chas and their awesome friends to Our Place for live music! Join us on **November 11th** from **1-2:30pm** in enjoying good music and recollecting memories of the past.

Outing to the Christmas Market – We will be heading to the Christmas Market on Friday **November 25th**! If you would like you join the group and get to the market together, come to Our Place by **11am sharp**! Hope to start the festive season with you all.

Upcoming Changes!

We know you all have been waiting a while for these changes... and we are happy to announce them!

1. Drop-in hours are changing to **12-5pm** from **Monday-Friday** starting **Monday November 7th**.
2. Dine-in will be open to everyone; this means you will no longer be required to provide your proof of vaccination. This starts on **Monday November 7th**.
3. Dine-in will be open from **2:30-3:00pm** and then from **3:00-3:30pm**. This is so everyone has a chance to enjoy a warm meal inside as the weather is getting chillier.
4. If you join drop-in after **3:30pm**, we will keep aside a takeaway meal for you that you can enjoy after leaving Our Place.

Our Place Weekly Programs

Pool Table Time – **Everyday! (in-person)**

Enjoy a game of pool during our open pool hour! Grab a friend and come join us. If you have any questions, or want to sign up, please use the signup sheet or let staff know. J

Anger Management – **Mondays at 12:00 pm (virtual & in-person)**

Our new program will run on a weekly basis. This is a group for anyone who is interested in gaining control over their anger and strong emotions using CBT tools.

Link to join Anger Management: <https://us06web.zoom.us/j/88931569624>

Join by phone: (647)374-4685. When prompted, enter in the Meeting ID:
889 3156 9624

Gaming Tournaments – Mondays at 1:30 pm (*in-person*)

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... CARD GAMES! There are prizes to be won. **Limited capacity.**

Bingo – Tuesdays at 1:30 pm (*in-person*)

Bingo is back in person! Enjoy a game with us as there are great prizes to be won!

Karaoke *NEW* – Wednesday at 1:30 pm (*in-person*)

Yay! Karaoke is making a comeback, but with a few changes. The program will run for one hour on Wednesdays where you can have your moment to shine with a mic! Hope to see and hear you all then. 😊 **Limited capacity.**

Peer Support Group – Wednesdays at 3:30 (*virtual*)

Peer support meetings are a time to connect with others for support, encouragement, and hope. We will 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: <https://us06web.zoom.us/j/87674798802>

Join by phone: (647)-374-4685. When prompted, enter in the Meeting ID: **876 7479 8802**

Art & CRAFTS Group – Thursday at 1:30pm (*in-person*)

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

Writing Group – Fridays at 1:30pm (*virtual*)

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://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

LIVE MUSIC – Fridays at 1:30pm (ON HOLD)

Enjoy some fun tunes performed by Kevin and Chas. We will be broadcasting them during indoor on Fridays! Join us for the show J

Link to join Live Music via Zoom: <https://us06web.zoom.us/j/82850357199>

Join by phone, dial **647-374-4685**. When prompted, enter in the Meeting ID: **828 5035 7199**

Join Our Program!

Anger Management – Online – *contact staff if interested in participating*



Our Place has started a weekly virtual anger management group on Monday's! Anger management is a course for anyone who is interested in getting a handle on their anger and strong emotions. The training will utilize Cognitive-Behavioral tools and techniques to help individuals navigate tough situations. Participants are welcome to dive deeper into the root of their anger and learn more about themselves and what triggers them in the process. This group is open to all, and will be an interactive online group where all are welcome to share their experiences.

Together we will discuss topics such as managing our expectations vs. our reality, understanding and navigating our inner parent, adult and child, and creating an anger control plan.

Community Programs & Supports

Please ask one of the Our Place Staff if you need access to a phone or computer

Nicotine Replacement Therapy: Are you thinking of quitting smoking? Talk to any of our staff members about how you can access support and free nicotine replacement therapy like lozenges and patches with no wait.

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.

<i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887	<i>KeepSIX Consumption and Treatment Services (CTS)– 955 Queen Street East) – 416-461-1925 ext 2264</i>	<i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i>
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Community Fridges Toronto is a mutual aid organization made up of community members and volunteers working to provide food for those in need. They have several fridges and pantries across the city (locations listed below) and they operate on a “take what you need, leave what you don’t” basis. Feel free to visit any fridge to pick up or drop off food.

214 Wright Street	782 Adelaide Street West	250 Westlake Avenue	499 Parliament Street
1132 College Street	870 Dundas Street West	348 Pape Avenue (Pantry)	

Allan Gardens Food Bank 353 Sherbourne Street: You can visit and collect food from the bank once a week either on Thursday or Friday from 12:30pm to 3:00pm. Everyone who is interested must register and complete the intake process if it is your first time visiting. Please remember to bring your own bag.

Bloor West Food Bank 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at appointments.foodbank@gmail.com. The food bank is open every Friday from 12:30pm to 3:00pm.

Parkdale Activity-Recreation Centre (PARC) 1499 Queen Street West: A drop-in space Running daily to support those who do not have stable housing (in shelter, respite). Meal Programming runs from Monday – Thursday from 9:30am to 12:30pm, Fridays from 1:00pm to 4:00pm, Saturday and Sunday from 11:00am to 3:00pm.

Evangel Hall Mission 552 Adelaide Street West: Clothing bank and various drop-in services are available Monday – Friday from 10:30 am to 12:30 pm. If you are need of shower access and laundry facilities, they provide services on Tuesdays and Thursdays;

Registration for these specific services start at 9 am.

Davenport-Perth Neighbourhood Community Health Centre 1900 Davenport Rd:
Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.


Shelter Beds and Respite Centres: If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

Gerstein Crisis Centre: Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

New Circle: If you are in need of warmer clothing for the winter season, please connect with one of the Our Place staff and we will start the online referral process with you.



Diabetic Eye Disease Awareness Month




SAVE YOUR SIGHT.
SEE AN OPTOMETRIST.
GetEyeWise.com

WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy (DR) occurs when blood vessels in the retina are damaged.

Who is at risk? According to Diabetes Canada, DR affects **23%** of people with type 1 diabetes and **14%** of people with type 2 diabetes.



Leaky blood vessels

23%


TYPE 1

14%


TYPE 2

500,000 Canadians are living with DR


What are the risk factors for developing DR?




Poor blood sugar control




High cholesterol



High blood pressure



Smoking



Duration of diabetes

During the month of November, we strive to educate and spread awareness about diabetes and how it affects one's vision and overall health. Diabetes is a disease that does not discriminate and affects over 3 million people living in Canada today. It happens when our body can't control how much insulin is made or how much insulin is used, which changes the level of sugar in our blood.

There are two types of Diabetes:

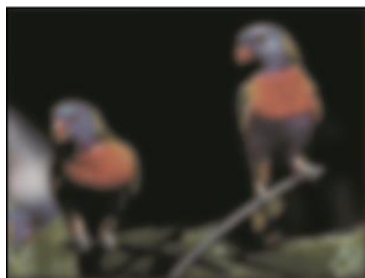
- **Type 1:** When your body cannot produce Insulin on its own.
- **Type 2:** When your body does not produce enough insulin or your body is not using the insulin properly. About 90% of people living with diabetes have type 2.

What are the complications of diabetes? How can they be lowered?

Having unmanaged blood sugar levels can affect your life in many ways. There are complications including: kidney disease, foot and leg problems, and eye disease (retinopathy). For this month, we will be highlighting **diabetic retinopathy**, what to look out for and how to lower the risk.

- Visual symptoms of diabetes usually include blurring of vision, double vision, loss of sight in certain visual fields (tunneling of vision), flashes or floaters within the eyes. *It is important to note that these symptoms may occur with increased stress or other health factors, so if any of them occur, let your healthcare provider know as soon as possible.*
- There are many treatment methods for diabetic retinopathy such as eye health examinations, intraocular injections or laser therapy. These therapies help seal the leaky blood vessels so no more damage can be done, however it is very difficult to reverse the damage already done. This is why it is *crucial* to manage your diet, lifestyle and to attend all your doctor appointments!

Cataracts
Clouding of the
lens of the eye.



Diabetic Retinopathy
Damage to blood
vessels in the retina.



Glaucoma
Damage to the
optic nerve.



If you have any questions related to vision and diabetes, please refer to the following websites:

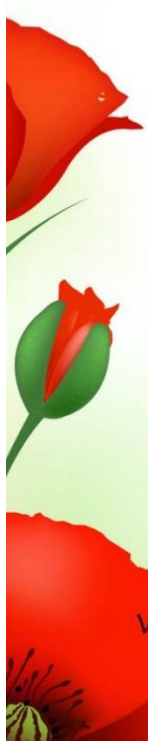
<https://opto.ca/health-library/about-diabetes>

<https://diabetes.ca>



Remembrance Day – November 11th

In Flanders Fields



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Lieutenant Colonel John McCrae

As we know, November 11th is a day to recall and recognize all those that served our country during times of conflict and peace. This day is celebrated in over 54 countries – Canada, Great Britain, France and even Australia! We pay our respects with a moment of silence to honor fallen soldiers. This period of silence is often followed by recitations of the *In Flanders Fields* poem, which will be listed at the end of this piece.

Remembrance Day began with King George V as he wanted to honour those that fought for the freedom of their country. Did you know all the 11s were aligned when the war

ended? It ended at the 11th hour of the 11th day in the 11th month of the year 1918. We continue to honour those that lost their lives until this day at 11 a.m. We recognize not only the hard work they completed, but the loss of time with their loved ones, the loss of the rest of their lives.

When you think of Remembrance Day, an image of red poppies may come up. This is because red poppies symbolize the memory of those that have served, but also hope for a peaceful future. Others also believe the red poppy itself has layers of meaning: red – representing the blood of those who gave their lives, black – mourning for those who lost their lives, and green – hope for the growth of life.

16 Days of Activism Against Gender Violence

16 days of Activism Against Gender Violence starts on November 25th, which is International Day for the Elimination of Violence against Women. This day was created by the United Nations, to honour the Mirabal sisters from the Dominican



Republic who were killed in 1960. The 16th day is December 10th, which is Human Rights Day. These 16 days are centered around eliminating gender-based violence and reflecting on how we can create meaningful change as a society.

Gender-based violence is due to someone's gender, gender identity, or gender expression and most often affects women, girls, and 2SLGBTQQIA+ individuals. As mentioned by the Government of Canada, Data produced by the Government of Canada recognized that specific intersectional populations experience higher levels of violence. This includes and is not limited to people with disabilities, Indigenous women, Black and racialized women and both immigrant and refugee women.

Gender-Based Violence Supports

Canadian Human Trafficking Hotline – 1-833-900-1010

This hotline provides support and referral information for those being trafficked and survivors. It is available 24 hours, 7 days a week and is both confidential and multilingual.

Stride Toronto – Gender-Based Violence Program

Stride Toronto's Gender-Based Violence program is a free program that provides support for those who have been impacted by human trafficking or sex trade. This program offers services including trauma therapy, support groups, and Internet Child Exploitation counselling program (ICE). Their services are centered on helping treat trauma, therapy, while emphasizing human rights.

To complete a referral form, visit <https://stridentoronto.ca/programs/gender-based-violence/>
Or for any other questions, contact GBVinfo@stridentoronto.ca or 416-438-3697 ext. 13265.



Fresh from the Our Place Kitchen



Manisha's Favourite Beef Kebabs

Ingredients:

- 2 packages of ground beef
- 1 egg
- 1 small white or yellow onion diced
- 2 green Thai chilies finely chopped
- ¼ cup dried parsley
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt
- ½ tsp red chili flakes
- ½ tsp cumin
- ½ tsp black pepper



Directions:

1. Preheat oven to 350 degrees F
2. Mix all ingredients in a large bowl using clean hands until everything is mixed evenly.
3. Form small patties with the seasoned ground beef and place on a lined baking sheet.
4. Bake in the preheated oven for 20 minutes. Flip them over and broil for 2 minutes until nice and golden brown.
5. Let the kebabs rest for a few minutes and then serve with rice, salad and some tzatziki sauce!
6. Enjoy 😊

Delicious Slow Cooker Pumpkin Pie Oatmeal

Ingredients:

- Margarine or oil (to coat the slow cooker)
- 1 cup of cut oats
- 2 ½ cups water
- 1 ½ cups milk
- 1 cup canned pumpkin puree
- 3 tbsp. maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice



- ½ tsp cinnamon
- ¼ tsp salt
- Chocolate chips, chopped pecans and maple syrup (for topping)

Directions:

- Coat your slow cooker with some margarine or oil. Add all the ingredients into the slow cooker.
- Cook on low heat setting for 6-8 hours.
- Once ready, stir up the oats and pop some in bowl for you to enjoy! Add whatever toppings you like – our personal favourites are chocolate chips and maple syrup.
- You can pack the rest of the oatmeal in a container and store in the fridge for up to 7 days. To reheat, just pop it in the microwave for 1 minute and add a bit of milk to make sure it all mixes up well.
- Enjoy your warm, autumn ready oatmeal! 😊



Simple, Squash Soup!

Ingredients:

- 6 tbsp. of minced garlic
- 1 tsp olive oil
- 3 tbsp. butter or margarine
- 5 cups of diced butternut squash
- 1 cup diced onion
- 2 tsp salt
- 1 cup apple cider
- 2 cups chicken stock
- 2 cups cheddar cheese
- 4 slices of bread



Directions:

1. In a large pot on medium heat, add butter/margarine, squash, onion, garlic and salt. Let it cook for about 8 minutes until the squash has softened. Add cider and chicken stock. Then let simmer for 10-12 minutes and transfer into a blender and puree until

smooth. Return the soup to the pot and add 1 cup shredded cheese. Stir until melted, keep warm while you make croutons.

2. Spread some of the garlic on each piece of bread. Evenly divide the cheese between two slices of bread. Cover with top piece of bread, roasted garlic-side down. Spread with butter.
3. Heat a non-stick pan to a medium heat. Add grilled cheese, buttered-side down. Spread more butter/margarine on other side. Cook until golden brown and cheese is melted, about 1-2 minutes per side. Cut into squares and serve with soup.
4. Enjoy your meal! 😊



Mental Health Tip of the Month

Practicing Self-Care – by Jessica

Did you know of all the positive impacts self-care can have on your overall well-being? With life being so busy, we often forget to take care of ourselves. It's important to dedicate a couple moments each day to taking care of yourself. For many of us we might think self-care is taking care of our basic needs but, self-care is setting time aside to put you first. This can look different for everybody in a variety of different ways from meditation, a hot bath, going for a walk or pursuing a hobby. Having a routine can also help you make time to practice self-care and recognize when you need to take a break. Some signs you could notice that your body is telling you to take a break could be frustration, feeling tired or being overwhelmed easily. Once you include a self-care method into your daily routine you could soon notice a feeling of weight being lifted off of your shoulders, the ability to be more productive or less anxious and stressed. Again, there are many ways we can practice self-care and below are a few:

- Going for a walk in the neighbourhood or a nature walk
- Meditation or deep breathing for at least 5 minutes
- Take a nap
- Exercise
- Read a book
- Watch your favourite show
- Arts & Crafts



Appealing to Your Senses – by Sim

Figure out what makes you feel calm by experimenting with different sensory input. Once you discover how your body responds to different techniques, you'll be able to calm yourself down when feeling stressed or anxious.

Here are some examples as a starting point. Since everyone is different, you may need to do some experimenting to discover which technique works best for you.

Sight

- Look at a memorable photo
- Take a walk in nature
- Surround yourself with bright colors

Sound

- Sing or play your favourite song
- Pay close attention to nature sounds
- Hang wind chimes near an open window

Smell

- Light a scented candle
- Smell some flowers
- Put on your favourite perfume or cologne

Taste

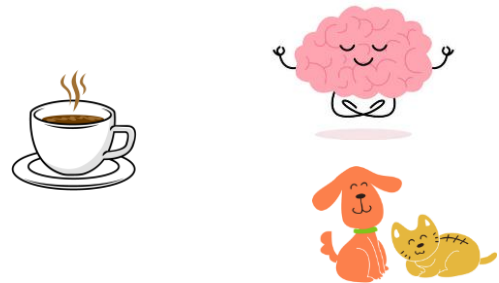
- Chew a piece of gum
- Have a cup of coffee or tea
- Eat a sweet piece of fruit

Touch

- Wrap yourself in a warm blanket
- Pet a dog or cat
- Hold a comforting object

Movement

- Dance around
- Stretch or roll your head in circles
- Go for a walk



Writing Group Submissions

October Time – by Gazimaleana

This is one of my favorite month because it is October. The month of October is a time for giving thanks to our God for what he has done for us on this earth. But, deep inside was very hard for me because it has been 33 years on October 11, 2022 that my adopted mother Frances has been gone out of my craziest life but I know deep inside I would love to say this she didn't excepted me anymore into the life because of who I am.

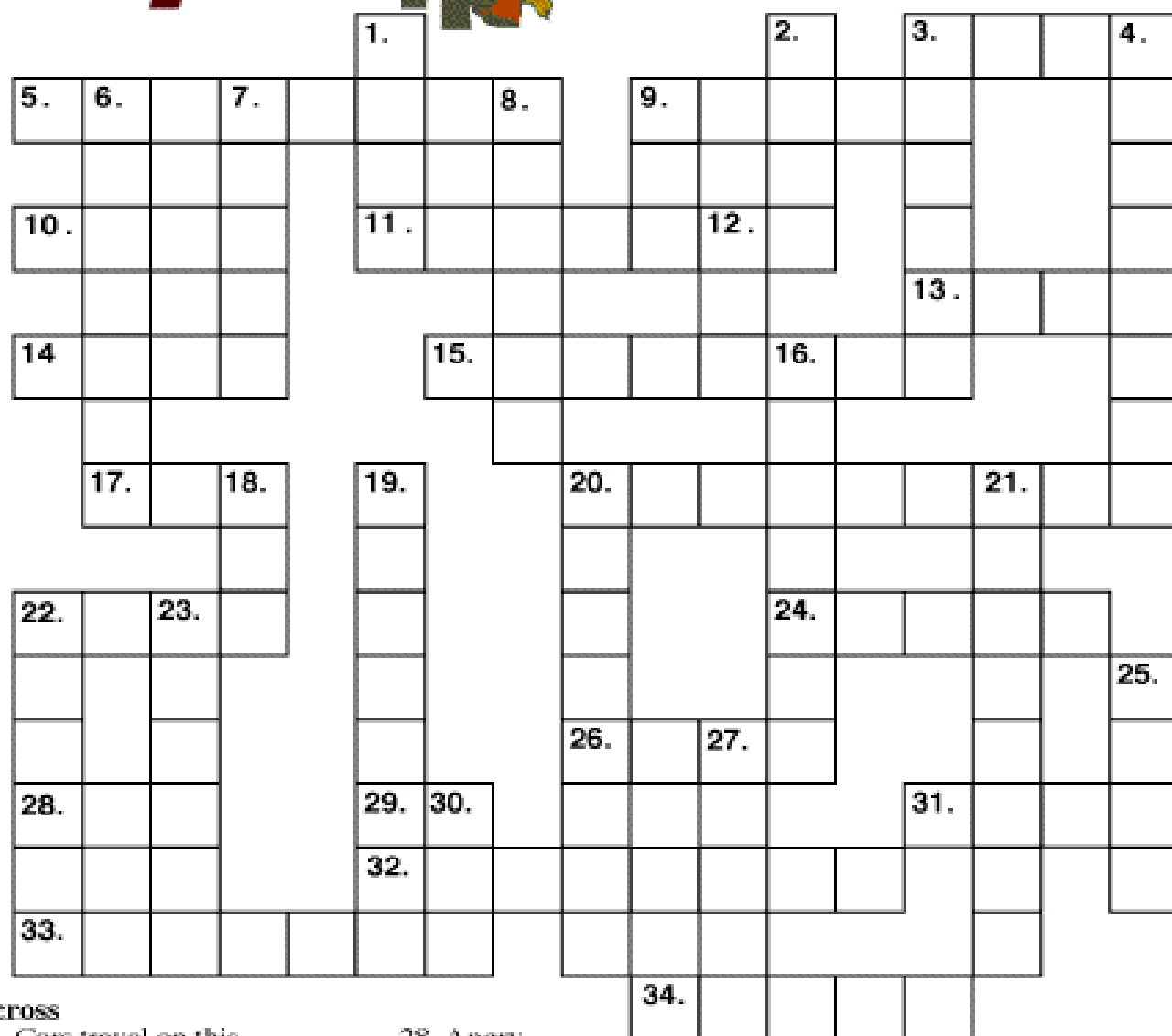
You are wondering why is that is it because she had a big problem with me be transgender. She didn't want me into the family. So but now that she has gone out of my life she just have to get over with it. But know you have to get over with it it a guess mine is not the first time that my heart has been broken, my eyes is not the first time to cry. I am not the first to know. And there's if no time to get over it now because I have gone out from your life for good.

There is more time what I also love about this month is when I got to see all the different and scary costumes for example witches, ghosts, batman, robins, superman, wonder woman, goblins, and green lantern. But the most colors I do like are red, blue and lots of bright colors and so do you know who I am of what character I am but deep down I know that you can't guess of who I suppose to be for Halloween. I not going to give you no hints because if I was going to give you some hints you then know who I am.

While what is your answer of who I am? I am a special lady.



CROSSWORD



Across

3. Cars travel on this
5. Woollen garments
9. Plural of goose
10. An angel has this
11. To make smooth
13. Things aren't always as they _____
14. Who, what, where, _____?
15. Vegetables with many eyes?
17. Maple leaves often turn this colour
20. The first month of Autumn
22. Cautious
24. A tree with white, papery bark
26. To raise children

28. Angry
29. Opposite of out
31. Another name for Autumn
32. Autumn month
33. Gather a crop
34. Ripe fruit or vegetables

Down

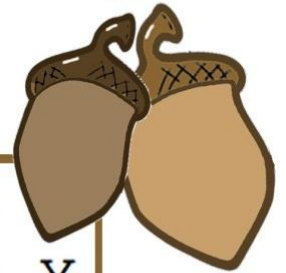
1. Grows on a tree
2. _____ager
3. Playtime in school
4. Last month of Autumn
6. Sunny, cold, rain, eg.
7. The nut from an Oak tree
8. Spring, summer, fall, winter eg.

9. Fetch
12. " _____ your supper."
16. Autumn month
18. Opposite of night
19. Large orange fruits which grow on a vine
20. Nut hoarding animal
21. Used to carry school books
22. What you get from a fireplace
23. One who reads
25. Opposite of hot
27. Brownish yellow colour
30. " He is _____ here right now."

Autumn



WORD SEARCH



E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

