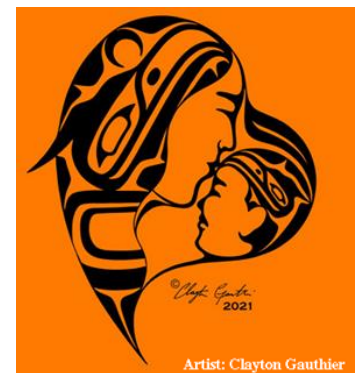


# September

## NEWSLETTER

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- Something fun! ☺



**OUR PLACE COMMUNITY OF HOPE**

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## ***September Birthdays***

### **Our Place Birthdays**

Tina-Marie Painter – September 11<sup>th</sup>

Dansil Howlett – September 23<sup>rd</sup>

### **Famous Birthdays**

Zendaya – September 1<sup>st</sup>

Beyonce – September 4<sup>th</sup>

Prince Harry – September 15<sup>th</sup>

Jimmy Fallon – September 19<sup>th</sup>

Will Smith – September 25<sup>th</sup>

Avril Lavigne – September 27<sup>th</sup>

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

happy  
birthday

## Special Events in September

Art Focus Group – Thursday **September 8<sup>th</sup>** @ 1:00pm

Join us on Thursday afternoon to engage in our first ever Art Focus Group. We will be taking your input about the drop-in and look forward to hearing your thoughts about programming! *Limited Space so SIGN UP QUICK!* 😊

Elections Event! – Wednesday **September 21<sup>st</sup>** @ 1:30pm

Are you interested in learning more about the process of elections and the different political parties in Ontario? Join us for refreshments and an incentive!

Our Place Clothing Drive! – Monday **September 26<sup>th</sup>**

Join us from **12:30 – 4** for our clothing drive. Please bring your own bag for your items!

## 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

**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.**

**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**

**Yoga – Tuesdays at 1:00 pm (*in-person*)**

We will now be offering relaxing yoga! Everyone is welcome to enjoy a calm session! 😊

**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!

### **Current Affairs – Wednesdays at 1:45 pm (*in-person & outdoor*)**

Our Current Affairs program is back! Join us on Wednesdays if you are interested in catching up on world's latest events with us.

### **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 discuss topics such as managing our expectations vs. our reality, understanding and navigating our inner parent, 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](mailto: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.



# Gender Equality Week

Gender is a term that can be used to refer to women, men, and gender diverse individuals. Gender equality ensures fairness and that every individual is given the same opportunities and access regardless of how they identify. The third week of September is Gender Equality Week, a week to acknowledge how gender equality benefits us all and the importance of promoting gender equality in society and the workplace. This week highlights the contributions that have been made to advancing gender equality, specifically by women and other gender identities.



In honour of Gender Equality Week, here are a few of the many impactful Canadian women that we can celebrate:

## *Carrie Best (1903 – 2001)*

Carrie Mae Best was a journalist and civil rights activist from Nova Scotia. During her time, she was faced with extreme racial discrimination and Black women were often given few career opportunities. She became co-founder of *The Clarion*, the first Black owned and published newspaper in Nova Scotia. She used her newspaper as a platform to create change and help end racism. She received a postage stamp in her honour as well as multiple awards for her courage, like the Order of Canada.



## *Viola Desmond (1914 – 1965)*

Viola Desmond was a civil rights and women's rights activist in Nova Scotia. In 1946, Viola went to a movie theatre where she unintentionally used the "whites only" seats. They ordered her to leave and arrested her for the night when she would not back down. Her bravery created awareness and shed light to the racism in Canada. Viola decided to live the rest of her life fighting racial discrimination. She became the first Canadian woman to be displayed on Canadian money.



*Kenojuak Ashevak (1927 – 2013)*

Kenojuak Ashevak was an artist, born in Ikirisaq on the coast of Baffin Island. Her work created a bridge between Inuit and Western cultures. Unfortunately, in the 50s, Kenojuak was diagnosed with tuberculosis. After being in the hospital for 3 years, she settled in Cape Dorset and became one of the first women to contribute to the printmaking shop in Cape Dorset. She was awarded multiple times for her work, which can be seen at the National Gallery of Canada. Her art, *The Enchanted Owl*, can also be seen on one of the Canada Post stamps.



*Dr. Notisha Massaquoi*

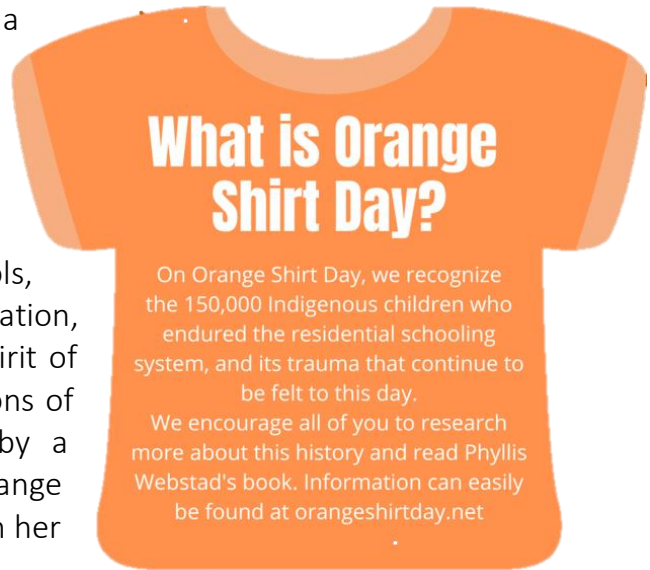
Dr. Notisha Massaquoi has made significant impacts in advancing women's healthcare, specifically for women of colour. She has established multiple organizations, which include Africans in Partnership Against AIDS, The African Resource and Communications Centre, and Harambe Centres Family Counselling Program. She became the Executive Director of Women's Health in Women's Hands Community Health Centre, which is the only community health centre in North America that offers primary healthcare specialized to women of colour. All of her research has contributed to eliminating racism in different Canadian institutes. Currently, she works at University of Toronto as an assistant professor with the Department of Health and Society.





# National Day for Truth & Reconciliation: September 30<sup>th</sup>

National Day for Truth and Reconciliation is a Canadian statutory holiday that coincides with Orange shirt day, on September 30<sup>th</sup>. This day is to honour and recognize the lives that were lost as well as those who survived residential schools, and their families. It is an opportunity for local governments, schools, communities, and members of the First Nation, Inuit, and Metis to come together in the spirit of peace and with the hope of future generations of children. The orange shirt was inspired by a student, Phyllis Webstad, who wore an orange shirt to school but was taken away along with her personal items on her first day.



## *Indigenous Art*

In honour of the 215 lives lost through residential school, Johnny Bandura, an Indigenous artist and musician created the murals 215. The images represented "what these children would have become". The first was a medicine woman and the second was a hunter. Other paintings soon followed such as hockey players, judges, and some wearing traditional clothing. Bandura wanted to find a way to immortalise the 215 lives lost.

On the left: Murals 215 by Johnny Bandura. On the right: Martha, Our Place member, created a medicine wheel durin our art goup to celebrate Indigenous culture.





# Fresh from the Our Place Kitchen

## Elise's Baked Mac & Cheese

### Ingredients:

#### *Macaroni and Cheese*

- 8 ounces uncooked elbow macaroni
- ¼ cup salted butter
- 3 tablespoons all-purpose flour
- 2½ cups milk, or more as needed
- 2 cups shredded sharp Cheddar cheese
- ½ cup finely grated Parmesan cheese

#### *Bread Crumb Topping*

- 2 tablespoons salted butter
- ½ cup dry bread crumbs
- 1 pinch ground paprika



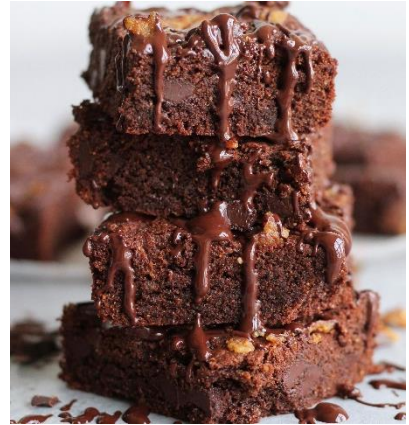
### Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
2. Make the macaroni: Bring a large pot of lightly salted water to a boil. Add macaroni and simmer, stirring occasionally, about 8 minutes; it will finish cooking in the oven. Drain and transfer to the prepared baking dish.
3. Melt 1/4 cup butter in a medium skillet over low heat. Whisk in flour and stir until the mixture becomes paste-like and light golden brown, 3 to 5 minutes.
4. Gradually whisk 2 1/2 cups milk into the flour mixture, and bring to a simmer. Stir in shredded cheddar and finely grated parmesan cheeses; season with salt and pepper. Cook and stir over low heat until cheese is melted and sauce has thickened, 3 to 5 minutes, adding up to 1/2 cup more milk if needed. Pour cheese sauce over macaroni and stir until well combined.
5. Make the bread crumb topping: Melt 2 tablespoons butter in a skillet over medium heat. Add bread crumbs; cook and stir until well coated and browned. Spread bread crumbs over macaroni and cheese, then sprinkle with paprika.
6. Bake in the preheated oven until topping is golden brown and macaroni and cheese is bubbling, about 30 minutes.

## Nyoka's Perfect Fudge Brownie

### Ingredients:

- 3 cups white sugar
- 1 cup butter, melted
- 1 tablespoon vanilla extract
- 4 eggs
- 1 ½ cups all-purpose flour
- 1 cup unsweetened cocoa powder
- 1 teaspoon salt
- 1 cup semisweet chocolate chips



### Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
2. Combine sugar, melted butter, and vanilla in a large bowl. Beat in eggs, one at a time, mixing well after each addition, until thoroughly blended.
3. Sift flour, cocoa powder, and salt into a separate large bowl. Gradually stir flour mixture into egg mixture until blended; stir in chocolate chips. Spread batter evenly into the prepared baking dish.
4. Bake in the preheated oven until top is dry and edges have started to pull away from the sides of the pan, about 35 to 40 minutes. Let cool completely before slicing.

## Zoe's Chai Tea Pumpkin Spice Latte

### Ingredients:

- 1/4 cup Pumpkin Spice Sauce
- 2 chai tea bags
- 1 cup water
- 3/4 cup 2% milk
- Dash of pumpkin pie spice



### Directions:

1. Add the pumpkin spice sauce from this recipe to the bottom of a 16 ounce drinking mug.
2. Boil 1 cup of water and steep two chai tea bags in it for 3-5 minutes.
3. Meanwhile, steam the milk in the microwave,
4. When the tea is finished steeping, remove the tea bags and pour the chai tea into the cup with the pumpkin spice sauce.
5. Next, pour in the steamed milk, holding back the foam with a spoon.

6. Spoon the froth on to the top of the pumpkin spice chai latte. You can even add a little whipped cream here if you want to.
7. Sprinkle pumpkin pie spice on top and enjoy 😊



## Mental Health Tip of the Month

### The Power of a Routine – by Alanna

There are many physical and mental benefits of creating and keeping a routine in life. Humans are creatures of habit, and routines offer us the stability of structure and organization. Keeping a routine can have health benefits such as better stress levels and better sleep. Everyone is different and you don't need to have a fully scheduled routine to get the benefits of a daily routine. Making just a couple of changes that work for you can help you to create a healthier happier version of you.

Here are some tips for creating simple routines in your life:

#### 1. *Create a Morning Routine*

Waking up at a regular time everyday has significant health benefits, and can help with any brain fog that you might experience when waking up. Pick anytime that works for you, perhaps aligning your wake up time with the sun. It doesn't matter if you want to wake up at 5am every morning or 11am, just try and set an alarm for that time and make your goal to wake up every day at the same time.

After you wake up, think of some things you would like to do to kick start your day. Eating a healthy breakfast and getting any form of exercise, even light stretching can help you to have better overall health. Other ideas could include a morning meditation, journaling, or going for a walk.



#### 2. *Create an Evening Routine*

After creating a morning routine, it's time to do the same for your evenings! Set a time that you would like to go to bed that works for you, perhaps anywhere from 8pm-2am and set an alarm to remind you that it's time to go to bed. Schedule a way that you would like to wind down starting 1-2 hours before your set bedtime. Maybe this includes calling and talking to a friend, reading a book, or journaling about your day. Perhaps right down



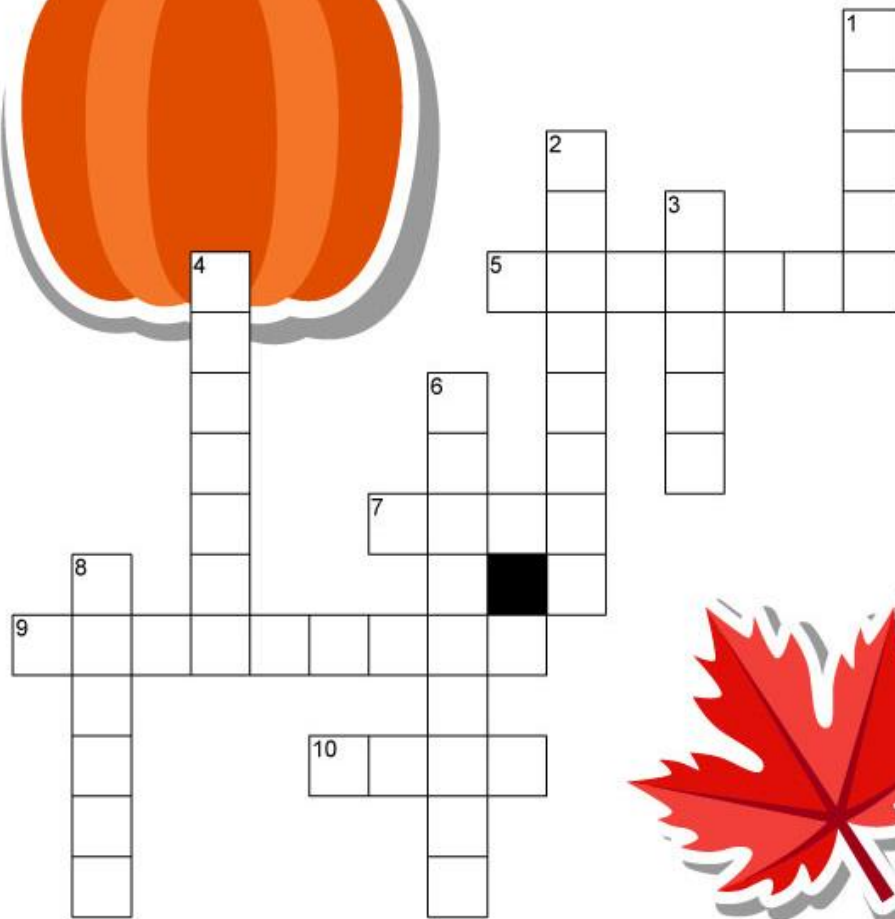
# Autumn Word Search

## Word List

- Chilly
- Football
- Gourd
- Hayride
- Apple
- Cranberry
- Crisp
- Maize
- Pumpkin Pie
- Rake
- Acorn
- Orange
- Yellow
- Red
- Brown

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

# Autumn Crossword Puzzle



## Across

5. An orange vegetable used to carve Jack O' Lanterns.
7. A garden tool used to capture fallen leaves from the yard.
9. The ninth month of the year, when autumn begins.
10. A vegetable that grows inside a green husk with yellow kernels inside.

## Down

1. The seed produced by oak trees.
2. A small, usually brown mammal with a long, fuzzy tail that lives in trees.
3. A type of fruit that can be red or green and is baked in pies.
4. The gathering of crops at the end of the growing season.
6. A dummy used to scare away birds and other animals from eating a farm's crops.
8. The flat, usually green parts of a plant that grow from a stem or branch.



