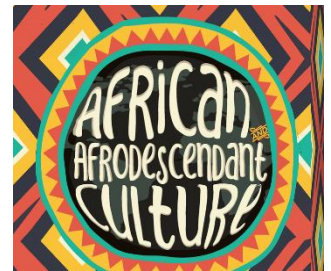




NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE
1183 Davenport Road | 416-598-2919

ourplaceinfo@stmichaelshomes.org | www.ourplacecommunityofhope.com





January Birthdays

Our Place Birthdays

Teresa C. – January 9th

Rachel S. – January 16th

Gordon S. – January 17th

Emma B – January 18th

Norman B. – January 23rd

Mair D. – January 30th

Raymond D. – January 30th



Famous Birthdays

Bradley Cooper – January 5th

Mary J Blige – January 11th

Jim Carrey – January 17th

Dolly Parton – January 19th

Alicia Keys – January 25th

Elijah Wood – January 28th

Oprah Winfrey – January 29th

Justin Timberlake – January 31st

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

Special Events in January



January 9th from 12pm to 5pm: We will be having a clothing drive! Everyone is welcome. There is a limit of 10 items per person.

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 2:30-3:30pm. This is so everyone has a chance to enjoy a warm meal inside as the weather is getting chillier. There is a limit of 2 people per table and a total of 22 people in the drop-in.
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

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! 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 – 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

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 in need of a shower, need access to 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.

Warming Centres: Warming Centres around the city are open when an extreme cold weather alert is announced (temperatures of -15° C or colder, or a wind chill of -20° C or colder). Warming Centres provide resting spaces, snacks, access to washroom facilities, and referrals to emergency shelters.

1. **Metro Hall:** 55 John St, Toronto; Capacity is 45
2. **Mitchell Field Community Centre:** Church Ave, Toronto; Capacity is 50
3. **Scarborough Civic Centre:** 150 Borough Dr, Scarborough; Capacity is 17

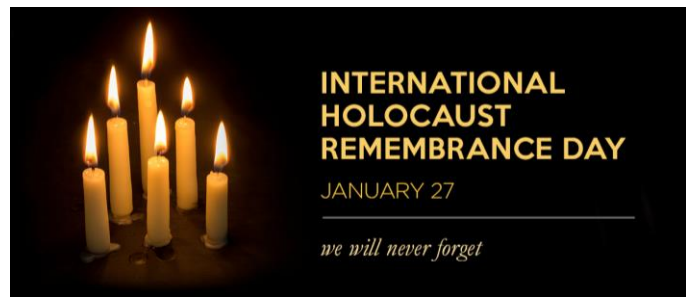
World Day for African and Afrodescendant Culture



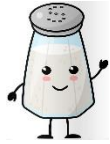
The World Day for African and Afrodescendant Culture is held every year on January 24th and celebrates the many cultures of Africa and African movements around the world. It includes the celebration of the rich cultures, heritage, and achievements of Africans, and recognizes the many contributions they make in various communities. This day also helps promote the need for sustainable development, dialogue, and peace around the world, and allows us to understand how these cultures have contributed to creating global diversity. The reason we celebrate on January 24th is because it was the day that the Charter for African Cultural Renaissance was adopted by the Heads of State and Government of the African Union in 2006. The celebration of this day intends to encourage African states to endorse this charter.

International Holocaust Remembrance Day

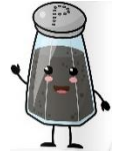
January 27th is chosen as International Holocaust Remembrance Day. Since 2005, many commemoration ceremonies are held annually to honour the anniversary of the liberation of Auschwitz-Birkenau, and the six million Jewish victims of the



Holocaust and millions of other victims of Nazism. This day acts as a date for official commemoration of the victims of the Nazi regime, and promotes Holocaust education throughout the world. Since 2010, the UN has designated specific themes for the annual commemorations. These tributes focus on several subjects such as shared experiences and universal human rights. The Holocaust deeply impacted many countries, and had universal consequences around the world. The commemoration ceremonies are aim to address the residual trauma, maintain effective remembrance policies, care for historic sites, and promote education about the genocide. It also includes educating about the causes, consequences, and dynamics of Nazism, to discourage modern ideologies of antisemitism and hate speech.



Fresh from the Our Place Kitchen



Grilled Cheese and Tomato Soup

Ingredients:

- 1 can Campbell's® Condensed Tomato Soup
- 1 1/4 cups water
- 2 teaspoons butter, softened
- 2 slices of bread of choice
- 1-2 slices American cheese



Directions:

1. Heat the soup and water in a 2-quar saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.
2. Spread the butter on the bread slices.
3. Place 2 bread slices, butter-side down, into a 12-inch skillet. Place the cheese slices on top of one bread and the remaining bread slices, butter-side up. Cook over medium heat until the sandwiches are lightly browned on both sides and the cheese is melted.

Chocolate Molten Cakes

Ingredients:

- 100g butter, plus extra to grease
- 100g dark chocolate, chopped
- 150g light brown soft sugar
- 3 large eggs
- ½ tsp vanilla extract
- 50g plain flour
- single cream, to serve



Directions:

1. Heat oven to 200C/180C fan/gas 6. Butter 6 dariole moulds or basins well and place on a baking tray.
2. Put 100g butter and 100g chopped dark chocolate in a heatproof bowl and set over a pan of hot water (or alternatively put in the microwave and melt in 30 second bursts on a low setting) and stir until smooth. Set aside to cool slightly for 15 mins.

3. Using an electric hand whisk, mix in 150g light brown soft sugar, then 3 large eggs, one at a time, followed by ½ tsp vanilla extract and finally 50g plain flour. Divide the mixture among the darioles or basins.
4. You can now either put the mixture in the fridge, or freezer until you're ready to bake them. Can be cooked straight from frozen for 16 mins, or bake now for 10-12 mins until the tops are firm to the touch but the middles still feel squidgy.
5. Carefully run a knife around the edge of each pudding, then turn out onto serving plates and serve with single cream.

Easy Oven Frittata

Ingredients:

- ½ tsp olive oil
- 85g fusilli or macaroni
- 1 leek or 1 bunch spring onions, chopped
- 85g frozen or canned sweetcorn
- 85g frozen peas 1 red pepper, deseeded and chopped
- 2 large eggs 150ml semi-skimmed milk
- 1 tbsp fresh thyme leaves (preferably lemon thyme)
- 50g extra mature vegetarian cheddar, grated
- 2 tbsp finely grated parmesan



Directions:

1. Heat oven to 190C/fan 170C/gas 5. Grease a 1.2 litre baking dish with the olive oil.
2. Cook the pasta in salted boiling water in a large pan for 8 mins. Add all the vegetables and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and mix well.
3. Beat together the eggs and milk in a jug and add the thyme. Mix the two cheeses together and add most of it to the egg mixture, then season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top. Bake for 35-40 mins until set and golden. Cool for a few mins, then serve with a green salad.

Pork Noodle Stir-Fry

Ingredients

- 3 tbsp sesame oil
- 350g lean pork mince
- 350g egg noodles thumb-sized piece ginger, peeled and chopped, or 1½ tbsp ginger purée
- 3 garlic cloves, crushed, or 1 tbsp garlic purée



- 320g stir-fry veg (we used 2 x 160g bags of mangetout, baby sweetcorn, beansprouts, carrots and peppers)
- 4 tbsp low-salt soy sauce
- 2 tsp cornflour
- 4 tbsp sweet chilli sauce

Directions:

1. Heat the oil in a wok or frying pan. Add the mince, break it up with a spoon and fry over a high heat for about 8 mins until browning. While the meat cooks, boil a kettle, then pour the hot water over the noodles. Set aside for 5-10 mins to soften.
2. Add the ginger, garlic and veg to the pan and stir-fry for 2-3 mins. Mix 1 tbsp soy sauce with the cornflour to make a paste. Add the remaining soy sauce, the chilli sauce and 2 tbsp water. Drain the noodles and add to the pan with the sauce. Cook until the sauce coats the noodles, adding a splash of water if needed, then serve.



Mental Health Tips of the Month

How to Make a Resolution That Will Work For You – by Manisha

New Year's resolutions are known to many, but they can set a negative tone for our year if we aren't careful about them! A resolution is meant to be a positive goal that you can fulfil, it is not meant to be extremely difficult to reach. There may be bumps along the way, but those challenging times can help you grow towards your goal. Did you know only 10% of people continue following them in mid-February?

This year when you set your goals and intentions for 2023, keep in mind the **SMART** method. Make sure your goals are Specific, Measurable, Attainable, Relevant and Time Bound. Let's break this down.

Specific – have details! You want to be healthier in the New Year, but how? This would be like going for walks or meditating to relax your mind.

Measurable – this would mean giving yourself a number that will help you see how close you are to meeting your goal! Connecting back to meditating, this would mean meditating for 5 minutes a day.

Attainable – make sure your goals are within your reach. This could connect to a common resolution of quitting smoking; if times have been stressful it may be in your best interest to cut down the number of cigarettes you’re smoking.

Relevant – choose a goal that makes sense with your life and where you see yourself! Don’t pick a resolution because it’s popular; choose something that would help you feel more fulfilled.

Time Bound – make a deadline for your goal; when do you want to achieve it? In the New Year when you set your resolutions, keep these things in mind to make better and personal resolutions. Please know that your resolutions do not define you and that these goals are like a push towards better choices and decisions. The most important part about resolutions is to be kind to yourself, recognize your progress and to do what makes the most sense for you.

Here are some New Year’s resolutions others have chosen that can help with managing stress in 2023!



Complete Breathing Technique – by Nyoka

Oftentimes the breaths we take aren’t complete. We’re not fully inflating our lungs and are usually just breathing into the upper lobes of our lungs. For greater health benefits, including less stress, less pain, more relaxation, and better oxygenation and function of our brains, muscles, and guts, we can train ourselves to breathe completely, using our



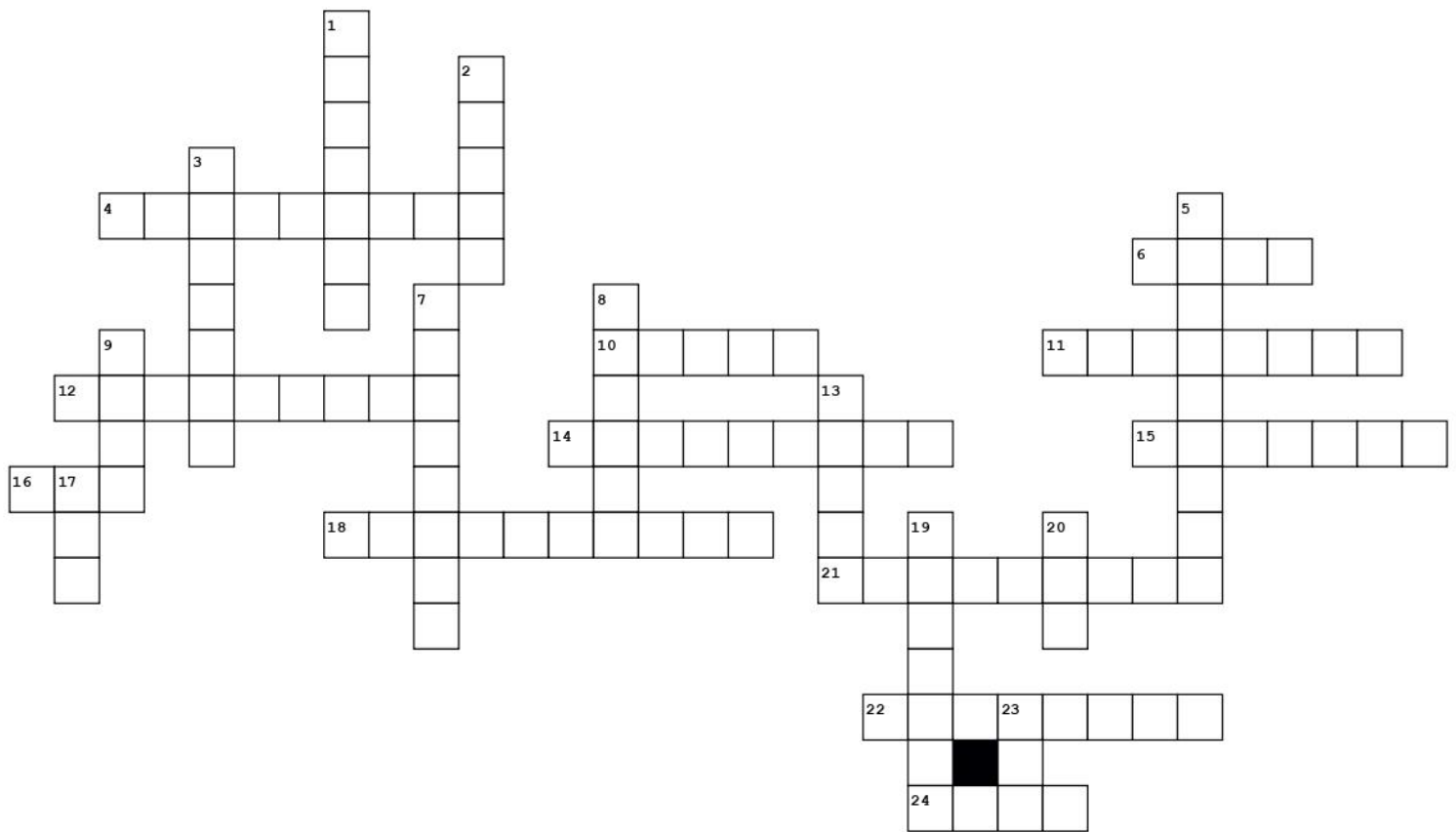
diaphragms and inflating our lungs all the way from the bottom up to the top.

Step 1: Place your hand on the chest and another on the belly. Through inhalation, you raise only the upper hand. Hold the air and expel it through your mouth to make it more conscious. Repeat a couple of times

Step 2: Now, with your hands in the same position we will try to raise your lower hand the one on the belly but not the chest. Repeat a couple of times more.

Step 3: Then, when inhaling, bring the air to the lower part and then to the upper part, causing the lower hand to rise first and then one on the chest.

Step 4: When you get the hang of it, try to practice complete breaths making a slight pause between inhalation and exhalation. Each process of inhalation and exhalation should last about the same time.



Across

- 4. - you drink this as a celebration
- 6. - this passes daily
- 10. - you go these
- 11. - You use this to countdown
- 12. - It's something you do on New Year's
- 14. - it is essential you do this
- 15. - you celebrate these with your family
- 16. - the day before a holiday
- 18. - you spend this with someone
- 21. - You light these
- 22. - you stay up until this time for New Year's
- 24. - girls wear this at parties

Down

- 1. - The month of New Year's
- 2. - you play these
- 3. - they're filled with air
- 5. - you can use them for any holiday
- 7. - you shoot this in the air
- 8. - on holiday's you are always filled with
- 9. - your family is full of this
- 13. - you receive this as well as give it
- 17. - you make this as a promise
- 19. - you can do this with a partner
- 20. - something that has been here for a very long time is
- 23. - when a baby is just born it's

New Year's Word Search

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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



