


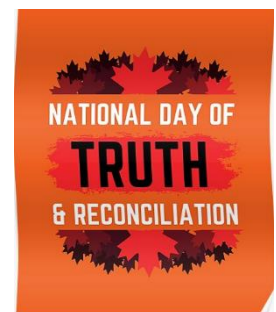
# SEPTEMBER



## NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE

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## September Birthdays

### Our Place Birthdays

Tina-Marie P. – September 11<sup>th</sup>

Dansil H. – September 23<sup>rd</sup>

## Famous Birthdays

Zendaya – September 1<sup>st</sup>

Keanu Reeves – September 2<sup>nd</sup>

Beyoncé – September 4<sup>th</sup>

P!nk – September 8<sup>th</sup>

Fiona Apple – September 13<sup>th</sup>

Nick Jonas – September 16<sup>th</sup>

Nicole Richie – September 21<sup>st</sup>

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

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

Gwyneth Paltrow – September 27<sup>th</sup>

Hilary Duff – September 28<sup>th</sup>



# Special Events/Reminders in September

Monday September 4<sup>th</sup>: We will be *closed* for Labor Day.

Wednesday September 13<sup>th</sup>: Join us on an outing to the [Aga Khan Museum](#)! We will be leaving Our Place at 2:30pm, so meals and drop-in will be available between 12:30-2:00pm. If interested in signing up, please let staff know and we will add your name to our list!

Monday September 25<sup>th</sup>: We will be hosting our *clothing drive* between 12:30-4:30pm, second round of clothing will be given out after 2:00pm. Rules for the clothing drive will be listed on our website and at the drop-in on the specific poster. *Limited quantities available on a first-come-first-serve basis.*

## Upcoming Changes!

We are welcoming back our Coffee & Chat program! Coffee and occasionally some snacks will be available between 12:30-2:30pm. Coffee will not be available with your meal.



## Our Place Weekly Programs

**Gaming Tournaments – Mondays at 2:45 pm**

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... CARD GAMES!

**Bingo – Tuesdays at 1:00 pm**

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

**Karaoke – Mondays at 12:30pm & Wednesdays at 12:30 pm**

Karaoke is making a comeback, but with a few changes. Finally, you can have your moment to shine with a mic! Hope to see and hear you all then.

**Art & Crafts Group – Thursday at 3:30pm**

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. ☺

**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\**

**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.

<p><i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887</p>	<p><i>KeepSIX Consumption and Treatment Services (CTS)– 955 Queen Street East) – 416-461-1925 ext 2264</i></p>	<p><i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i></p>
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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.

**Feed it Forward Grocery Store** 2770 Dundas Street West, Unit A: They’re open every day of the week; Monday to Sunday 11:00am to 6:00pm. The grocery store has items from vegetables, fruits, hot and ready to serve food, canned foods and cupboard items. The pay what you can system works with points (each \$0.50 cents is equivalent to 1 point).

Different items cost different amount of points/dollars (ex. Bread \$1 or 2 points, Salad \$1 or 2 points, Peppers \$0.50 or 1 point). They accept cash payments happily. J

**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 need 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.

## Rosh Hashanah

Rosh Hashanah is Jewish New Year! The holiday will start at sunset on September 15<sup>th</sup> and end at nightfall on September 17<sup>th</sup> this year. Rosh Hashanah marks the beginning of the civil year in Judaism and the anniversary of the creation of Adam and Eve according to the Hebrew Bible. According to Jewish traditions, God inscribes each person's fate for the year into the Book of Life during this time.

One widely known ritual of Rosh Hashanah is the blowing of the shofar, which is an instrument crafted out of an animal horn. It is blown at intervals during prayers and is intended to call the Jewish people to examine their ways and repent for any wrongdoings. Repentance includes confessing before God and resolving to not commit the same sin in the future. Apples dipped in honey are commonly eaten during this time of year to signify a sweet start to the year.

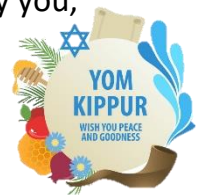


## Sukkot

Sukkot is celebrated for seven days, and will begin on the first day of Tishrei, at sunset on September 29<sup>th</sup> and end at nightfall on October 6<sup>th</sup>. Tishrei is the first month of the civil year in the Hebrew calendar. Sukkot represents the forgoing of materialism and dedication to nationhood, spirituality, and hospitality. The word 'sukkah' refers to temporary dwellings where farmers would live during harvesting season.

### **Yom Kippur**

Yom Kippur takes place on the 10<sup>th</sup> day of Tishrei will start at sunset on September 24<sup>th</sup> and end at nightfall on September 25<sup>th</sup>. The day is centered on atonement (the pardoning of transgressions) and repentance. Observance includes fasting, asceticism (abstinence from sensual pleasures), prayer services at synagogue and sin confessions. By the end of Yom Kippur, it is hoped that one has been forgiven by God. In Leviticus 16:30, the Torah states "for on this day atonement shall be made for you, to purify you, from all your sins before the Lord you shall be purified".



Happy New Year!

## **National Day for Truth and Reconciliation**

September 30<sup>th</sup> is the National Day for Truth and Reconciliation. The day is dedicated to remembering the victims and survivors of the residential school system, as well as their families and communities. The Canadian government began funding residential schools in 1883 to forcibly assimilate Indigenous peoples into colonial society.

### **What is Colonialism?**

Colonialism is the exercise of political and economic control over a people or area by a foreign nation. It can include the occupation of an area by settlers, the exploitation of human, natural, or economic resources by foreign powers, and the disruption of the social and cultural systems of the colonized people. Colonialism is both a historical event and an ongoing process that continues to shape our culture and institutions today.

### **What is Cultural Genocide?**

Cultural genocide can include everything from the destruction of cultural artifacts to the eradication of cultural practices and knowledges as a part of removing the evidence of a people from a specific location. The residential school system was a form of cultural genocide because it strived to separate younger generations of Indigenous people from their communities to "civilize" them and sever ties to Indigenous culture.

### **Honoring Indigenous Communities this September**

Orange Shirt Day also falls on September 30<sup>th</sup>, and sheds light on the inter-generational impacts of residential schools on Indigenous communities and families. The orange shirt acts as a symbol of forced assimilation, and is inspired by accounts from Phyllis Jack Webstad, whose orange shirt was confiscated on her first day of residential schooling. By wearing the colour orange on this day, you can help honor the resilience of survivors and acknowledge the continued impact of our country's colonial history on Indigenous communities today.



## Gender Equality Week



The fourth week of September is Gender Equality Week. Gender Equality Week recognizes how gender minorities (such as women and young girls, transgender or gender diverse people) can face barriers to their health, financial success, and social status.

### What is Gender?

The term “gender” describes the cultural roles, behaviors, activities and traits that people are expected to have based on their biological sex. The definition of gender can also be expanded upon to describe the ways one might diverge from these dominant expectations. Because we typically attribute ones’ gender to their physical characteristics at birth, gender and biological sex are often understood as the same thing. **Biological sex** refers to the physical attributes of ones’ body at birth and gender relates to ones’ internal identity, which can evolve throughout their entire lifetime. Although ones’ assigned gender may align with their biological sex, many peoples’ internal gender identity differs from the one they were assigned at birth. Like **gender**, **biological sex** also exists on a spectrum, and many people's physical characteristics fall outside the binary of “male” and “female”. Intersex people, for example, may have physical or chromosomal characteristics that trouble the idea of there being just two biological sexes.

### What is Gender Expression?

Whether your gender identity aligns with your biological sex or not, most of us engage in some form of gender expression. This is a way of expressing your internal gender identity on the outside. You may choose to grow your hair long, cut it short, shave your

legs, wear high heels, or put on a suit and tie to reference how you feel. It's important to note that none of these methods of gender expression indicate your gender on the inside, as gender can be more fluid than what is visible on the surface.

### What is Gender-Based Violence?

Gender-based violence is violence committed against a person because of their gender. Gender Equality Week sheds light on how gender minorities are more likely to be targeted for gender-based violence. Movements like #MeToo, where primarily women were empowered to speak up about sexual abuse, especially in the workplace, is an example of efforts to address gender-based violence. Gender-based violence intersects with other forms of marginalization to disproportionately impact Indigenous women, young girls, transgender people, women with disabilities, and women living in rural communities. Movements involving the epidemic of Missing and Murdered Indigenous Women (MMIW) addresses gender inequality as it relates to systems of colonialism, which further exposes Indigenous communities to social and systemic violence. The Transgender Rights Movement addresses gender inequality as it impacts those whose gender identities diverge from dominant understandings of what gender can and should look like. Overall, gender inequality and gender-based violence can take multiple forms and permeates many aspects of our institutions and culture. This is why it's important to shed light on these issues and think about how we can do our part to address them.

### How can I address Gender Inequality this September?

You're already part way there! Learning more about who is affected by gender inequality, what gender is, and what gender equality activism can look like is a big part of impacting the communities affected by it. Thanks for doing your part by reading to the end of this article!



## Fresh from the Our Place Kitchen



### Oatmeal Raisin Cookies

#### Ingredients

- $\frac{3}{4}$  cup butter, softened
- $\frac{3}{4}$  cup white sugar
- $\frac{3}{4}$  cup packed light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1  $\frac{1}{4}$  cups all-purpose flour





- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon salt
- 2 ¾ cups rolled oats
- 1 cup raisins

### Directions

- Preheat the oven to 375 degrees F (190 degrees C). Line two cookie sheets with parchment paper or silicone liners.
- Beat butter, white sugar, and brown sugar in a large bowl until smooth and creamy. Beat in eggs and vanilla until fluffy.
- Stir together flour, baking soda, cinnamon, and salt. Gradually beat into the butter mixture. Stir in oats and raisins. Drop teaspoonfuls of batter onto the prepared cookie sheets.
- Bake in the preheated oven until golden brown, 8 to 10 minutes, switching racks halfway through. Remove from the oven and let sit on the cookie sheets for 1 to 2 minutes before transferring cookies to a wire rack to cool completely.

### Zucchini Lemon Orzo

### Ingredients

- ½ cup dry uncooked orzo
- ½ cup finely diced scallions or 1 small shallot (1/4 cup)
- 3 garlic cloves, minced
- ½ tablespoon extra-virgin olive oil, more for drizzling
- 1 teaspoon sherry vinegar
- 1 teaspoon herbs de Provence
- Juice and zest of 1 lemon
- 2 medium Italian eggplants
- 2 small zucchinis, sliced in half lengthwise
- ½ cup crumbled feta cheese
- 2 cups loose-packed fresh herbs - basil & mint
- ¼ cup pine nuts, toasted
- 2 tablespoons panko bread crumbs
- ½ teaspoon sea salt, divided, plus more to taste



## Directions

1. In the bottom of a large bowl, combine the scallions, garlic, olive oil, sherry vinegar, herbs de Provence and ¼ teaspoon of salt.
2. Bring a medium pot of salted water to a boil. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and immediately add the hot orzo to the bowl. Stir in the lemon zest and set aside.
3. Preheat a grill to high heat.
4. Drizzle the eggplant and zucchini with olive oil on all sides, and sprinkle with ¼ teaspoon of salt and a few grinds of pepper.
5. Grill the eggplant for 4 to 5 minutes per side, or until tender and charred, and the zucchini for 4 minutes per side, or until nice char marks form. Let cool slightly, then chop and add to the large bowl. Add the lemon juice and toss. Stir in the feta, herbs, and pine nuts, reserving a bit of each for garnish. Taste and adjust seasonings.
6. Portion into 4 serving bowls and top with the breadcrumbs and remaining feta, herbs and pine nuts. Serve with lemon wedges on the side.

## **Mental Health Tips of the Month**

### Practicing Healthy Thinking – by Sim

Our thinking affects how we feel emotionally, physically, and how we deal with our problems. We often hear that we should practice positive thinking, but we all know that it is difficult to think positively all the time. Sometimes bad things happen and it's normal to feel upset and have negative thoughts during these difficult times. Healthy thinking means looking at the entire situation and then concluding. Sometimes when we feel sad, angry, or anxious, we exaggerate our interpretation of things and fall into thinking traps. **Here are some examples of thinking traps:**

Did you recognize any of your own thinking traps from the list? If so, there are things you can do to help you challenge this way of thinking.

1. Try to separate your thoughts from actual events. Ask yourself the following questions when something upsetting happens:
  - What is the situation? What happened?
  - What are your thoughts? What are you telling yourself?
  - What are your emotions? How do you feel?
  - What are your behaviours? How are you reacting? What are you doing to cope?
2. Identify the thinking traps!
  - Are you using any of the thinking traps and falling into distorted thinking patterns?
3. Challenge the thinking traps!
  - The best way to break a thinking trap is to look at the hard facts. Use the evidence you've collected to challenge your thinking traps. Try to find any evidence that might disprove your negative thought. Once you have worked through some challenges, you can try to think of a more balanced thought to replace the old thinking traps.



### Social Interaction – by Zuhair

Over the course of the pandemic, the importance of social interaction was a common feeling among communities. Going multiple weeks without seeing loved ones and friends can have big impacts on a person's mental health. As defined by the CDC, social isolation is the lack of relationships with others and little to no social support or contact. Social isolation can have an impact on a person's mental and physical health, with research showing many different positive effects of social interaction, from improved well-being all the way to longer life expectancy. It's easy to get caught up in the busyness of life; but it's important to try and make time to connect with others, whether they be close friends or families, or local community members and peers. How can we increase and improve our levels of social connection? Here's 3 tips:

### 1. Establish and maintain social connections.

- ❖ Try and meet with new and different people, making your social circle large and diverse. Having a large diverse social circle can provide us with new and unique opportunities to make life more fulfilling.

### 2. Strengthen the quality of your social connections.

- ❖ Once you've established a social circle, try and improve the quality of those connections. Reach out to others and be supportive of one another. When conflict comes up, address it in a mature and respectful manner.

### 3. Reflect on what support is available to you.

- ❖ It's not always easy to make friends and get out there. That's okay, consider reaching out for support. There is no shame in asking for help, and there are many organizations that provide opportunities for social interaction. If you are struggling to find an organization, please do not hesitate to approach staff and ask for a list.

It's scary to go out and meet new people and try new things. But it's possible you may like the new activity; you'll never know until you try. People also have very different schedules, with different amounts of free time. But it's important to remember to create a balance between the things you have to do in life, and the things you want to do.

## **This Month's Acts of Kindness**

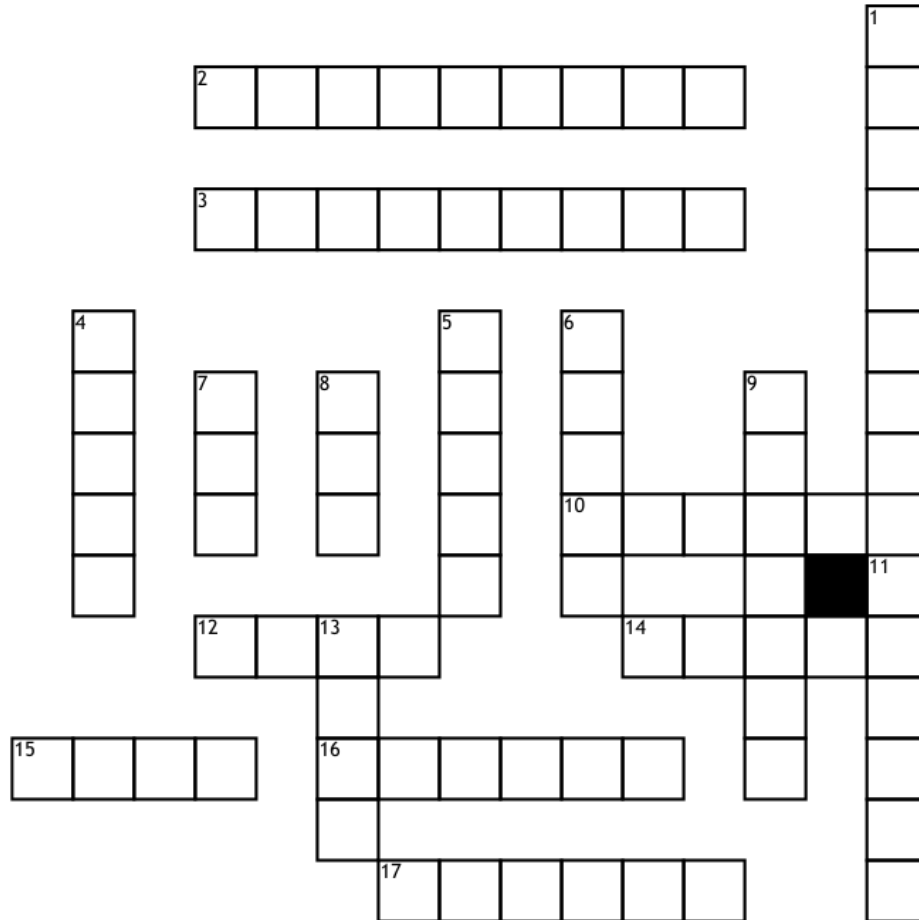
Over the last few weeks, we have observed several acts of kindness from many of our members. None of this goes unnoticed, and we appreciate all that you do!

- Thank you to Dave for helping us put new bags in the garbage bins AND for helping us recover some of our bingo chips!
- Thanks to John for helping another one of our members into the building!
- Thanks to Richard for donating some more cutlery when we were running low!
- Thanks to Paul and Randy for sharing their bingo winnings!
- Thank you to James for turning in Yan's sweater! 😊



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# September



**Across**

- 2. attractive, pretty, handsome, good-looking, alluring, prepossessing;
- 3. the ninth month of the year, in the northern hemisphere usually considered the first month of autumn.
- 10. a violent disturbance of the atmosphere with strong winds and usually rain, thunder, lightning, or snow.
- 12. of or at a low or relatively low temperature, especially when compared with the human body.
- 14. easy to perceive, understand, or interpret.
- 15. of a color intermediate between green and violet, as of the sky or sea on a sunny day.

- 16. the third season of the year, when crops and fruits are gathered and leaves fall, in the northern hemisphere from September to November and in the southern hemisphere from March to May.

17. an institution for educating children.

**Down**

- 1. a public holiday or day of festivities held in honor of working people, in the US and Canada on the first Monday in September, in many other countries on May 1.
- 4. an unpleasant feeling of coldness in the atmosphere, one's surroundings, or the body.
- 5. happening or done before the usual or expected time.
- 6. a deposit of small white ice crystals formed on the ground or other surfaces when the temperature falls below freezing.
- 7. short for influenza.
- 8. tiny drops of water that form on cool surfaces at night, when atmospheric vapor condenses.
- 9. the process or period of gathering in crops.
- 11. giving out or reflecting a lot of light; shining.
- 13. a flattened structure of a higher plant, typically green and blade-like, that is attached to a stem directly or via a stalk.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## September Word Search

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H L J Q F A L L Z E O E Q E K D T G G H F R T  
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September

School

Acorn

Sunflower

Classroom

Fall

Autumn

Harvest

Sapphire

Equinox

Patriot Day

Aster

Labor Day

Migrate

Homework

Apples

Trails

Teacher