

## NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE

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## July Birthdays

### Our Place Birthdays

Patricia R. – July 2<sup>nd</sup>

Helena L. – July 11<sup>th</sup>

Kenny C. – July 14<sup>th</sup>

Sandra S. – July 15<sup>th</sup>

Shirley M. – July 18<sup>th</sup>

Ryan M. – July 21<sup>th</sup>

Semion D. – July 24<sup>th</sup>

Bob G. – July 28<sup>th</sup>



### Famous Birthdays

Missy Elliot – July 1<sup>st</sup>

Lindsay Lohan – July 2<sup>nd</sup>

Tom Cruise – July 3<sup>rd</sup>

Shelly Duvall – July 7<sup>th</sup>

Tom Hanks – July 9<sup>th</sup>

Courtney Love – July 9<sup>th</sup>

Jessica Simpson – July 10<sup>th</sup>

Will Ferrel – July 16<sup>th</sup>

Daniel Radcliffe – July 23<sup>rd</sup>

Sandra Bullock – July 26<sup>th</sup>



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

## Special Events in July

**Friday July 7<sup>th</sup>:** Join us on a trip to Nathan Phillips Square for the Outdoor Art Festival! Drop-in and meals will have adjusted hours. Everyone will leave together at 3:30pm.

**Wednesday July 19<sup>th</sup>:** Join us on an outing to Sunnyside Beach at 12pm to catch some sun! Drop-in and meals will still run as regularly scheduled; everyone will return during meal-time.

**Friday July 21<sup>st</sup>:** Join us for an outing to the Toronto Island. We will provide a meal for those that are attending the outing. As the outing is for the entire day, we will be closed for both drop-in and dining services. You can either meet us at the Ferry Terminal, or leave with us from Our Place **at 12pm!** Sign up with a staff by July 13<sup>th</sup>!

**Thursday July 27<sup>th</sup>:** Join us on an outing to the Brickworks at 12pm. We will be going through the facility and will enjoy the beautiful weather! Drop-in and meals will still run as regularly scheduled; everyone will return during meal-time.

## Upcoming Changes!

Meals will now only be available as a dine-in option between 2:30pm to 5:00pm. **The final meal will be served at 4:45pm.** Please talk to staff if you have any questions or require additional support.

We have a **new program** on **Thursdays (12:45-2:45pm)** called “**Get with Tech!**” that will focus on using laptops and tablets to surf the internet, find housing supports and for working on resumes and job searching. Let us know if you’re interested in joining or leading the group with us! *Honorariums are available for volunteers.*

## Our Place Weekly Programs

**Gaming Tournaments – Mondays at 1:00 pm**

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 1:00 pm and Thursdays at 3:00 pm**

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

### **Karaoke – Wednesday at 1:00 pm**

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.**

### **Art & Crafts Group – Wednesday 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. Suggestions are welcome! 😊

### **Get with Tech! – Thursday at 12:45pm**

This group will focus on learning different tasks involving laptops and tablets. We will discuss topics like: how to surf the internet, how to set up an email address, how to be safe online, and how to find housing support and complete applications for old age and pensions. Let us know if you're interested in joining! 😊

### **Writing Group – Fridays at 1:30pm**

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 with Kevin and Chas – every Second Friday at 1:30pm**

Amazing news! Our long-time volunteers, Kevin and Chas, will be able to put on their best performances on twice a month. Join us in enjoying some great music and with making unforgettable memories. 😊

## **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.

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

**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. Registrations 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.



## **Decolonizing Canada Day**

Canada Day is a federal statutory holiday that marks the anniversary of Canada's Confederation on July 1<sup>st</sup>, 1867. Canada Day has historically celebrated the country's achievement of sovereignty from the British Empire, but has come to informally signify Canada's 'Birthday' as a more casual and family oriented event.

Criticism in recent years surrounding Canada Day draws attention to its implied celebration of the colonization of Indigenous land. The day has also been said to downplay the role that Indigenous peoples have played in the country's history, histories of Indigenous genocide, as well as the hardships that Indigenous communities continue to face in Canada today.

In 2021, thousands of unmarked graves of Indigenous children were discovered on residential school properties throughout Canada. This increased awareness of Indigenous rights issues sparked a movement among many Indigenous communities and allies to cancel Canada Day altogether. However, it seems many cities are beginning to revert back to traditional Canada Day celebrations. Although cancelling the day outright may not seem reasonable to many, challenging its basis is crucial to decolonization efforts and continued Indigenous activism.

Canada Day is one of many symbolic practices in which our national identity is signified, which makes it a good opportunity to consider how we can reconcile our colonial history

and forge a national identity that we can all be proud of. The first step is acknowledging and spreading awareness of these histories and present-day issues. For many, Canada Day is a day of mourning and acknowledgement of Indigenous suffering, so it's important that we do not fall naïve to these internal rights issues within Canada. Let's all plan to have a thoughtful Canada Day this year!

## International Self Care Day

International Self-Care Day takes place on July 24<sup>th</sup>, and is intended to promote the practice of nurturing your mental, physical and spiritual health. Self-care can look different depending on the person, but includes staying hydrated, getting enough sleep, meditating, nurturing your creativity, spending time doing something you love, and so on! Sometimes when we are struggling with our mental health, we can neglect other parts of our wellbeing too. Mental health struggles can lead us to believe that we don't deserve to feel well and we might begin to neglect our wellbeing. A big part of self-care is self-love, and valuing yourself is a big step towards developing good self-care practices. One strategy you could try to improve self-love is thinking about your body like a friend or a pet that you take care of. If you'd want to treat others with love and appreciation, why wouldn't you do the same for yourself? 😊

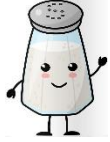


## Islamic New Year

Islamic New Year, also known as the Arabic New Year or Hijri New Year, falls on the first day of Muharram (1<sup>st</sup> month in the Islamic calendar), the evening of July 18<sup>th</sup> this year. The Islamic calendar follows the lunar cycle and is only 354 days long, which is why the event falls on a different day every year. Islamic New Year celebrates the anniversary of Prophet Muhammed's emigration from Mecca to Medina in 622 AD. In 7<sup>th</sup> century CE, Muslims were persecuted for their beliefs, which resulted in Muhammed's exile along with his followers to Medina. This is where Muhammed would forward a constitution that detailed the rights and responsibilities of Muslims, which is a big part of what Islamic New Year commemorates. Happy New Year to all that are celebrating!







# Fresh from the Our Place Kitchen



## Pesto Orzo Salad

### Ingredients:

- 8 oz dry orzo
- 1 tbsp kosher salt
- ½ cup pesto
- 3 tbsp lemon juice
- 10 oz cherry tomatoes
- 1 15/5 oz can chickpeas, drained & rinsed
- ½ cup fresh basil, chopped
- ½ feta (optional)
- ¼ cup toasted pine nuts
- 2 oz fresh arugula or baby spinach



### Directions:

1. Cook orzo. Bring a large pot of water to a boil, add salt. Cook until al dente or according to package instructions. Drain orzo and rinse under cold water.
2. Whisk pesto and lemon juice together in a large bowl until smooth.
3. Add orzo, tomatoes and chickpeas to bowl. Mix until evenly combined. Add basil, feta, pine nuts, and arugula. Fold salad together. Enjoy!

## Cucumber Lemonade

### Ingredients:

- 1 cup water
- ½ cup white sugar
- 1 cucumber, sliced
- 6 lemons, juiced



### Directions:

1. Combine water and sugar together in a saucepan over medium heat. Heat until sugar has dissolved and mixture is about to boil. Place in refrigerator to cool for about 30 minutes.
2. Blend cucumber in a blender or food processor until it is a pulp. Pour through a fine mesh strainer over a bowl. Allow to drain until there is about 2/3 cups of cucumber juice in the bowl, around 15 minutes.





3. Juice lemons.
4. Stir simple syrup, cucumber juice, and lemon juice together in a pitcher. Serve cold.

### Canned Tuna Onigiri

#### Ingredients:

- 1 cup uncooked rice
- 2 cups water
- Salt
- 1 tbsp butter
- 1 can tuna
- 1 ½ tbsp. mayonnaise
- 1 tsp sriracha hot sauce
- ½ tsp rice vinegar (optional)
- 1 green onion
- Sesame seeds (optional)
- 3 sheets seaweed



#### Directions:

1. Rinse rice under cold water with a sieve. Bring 2 cups water to a boil in a medium saucepan. Add salt and butter. Stir in rice. Once simmering, stir once more, cover pot and turn heat down to low. Allow to cook until water is completely evaporated.
2. In a medium bowl, mix tuna, mayonnaise, hot sauce, and rice vinegar together until evenly combined. Stir in chopped green onion.
3. Take about ½ cup rice and gently flatten in the palm of your hand (lightly wet your hands with water to avoid sticking). Add 1 tbsp of the tuna mixture to the center of your rice, close rice over the filling. Shape into a ball before moulding into a rough triangle shape. Sprinkle the outside of the rice with sesame seeds. Set aside.
4. Tear seaweed sheets into rectangles. Place rice at the end of the seaweed paper nearest to you with the tip of the triangle pointing towards the end of the wrap. Fold the two end pieces of seaweed onto the rice. Fold the rice triangle away from you onto the seaweed paper. Trim the excess. Place 2 dots of rice onto the corners of the seaweed paper. Wrap around the sides of your triangle. Enjoy!



# Mental Health Tips of the Month

## How to Ease Feelings of Loneliness – by Ranjeet

Loneliness is an innate human experience that can affect anyone, regardless of age, gender or social status. It is a complex emotion characterized by a sense of isolation and disconnection. You can feel lonely even in a crowded room, or with your loved ones. In today's fast paced and digitally connected world, loneliness has become a prevalent issue. Despite of virtual meetings people still feel alone. The superficiality of online connections often fails to provide the depth and intimacy that human beings crave. Loneliness can have major effects on a person's mental health. There are many strategies that can alleviate loneliness. These include:

### **Acknowledge and accepting your feelings.**

Recognize that loneliness is valid and it is okay to experience it. Avoid suppressing or denying your feelings since this can make the problem worse. Instead, allow yourself to acknowledge and accept your emotions without judgment!

### **Practice self – compassion**

Treat yourself with kindness and understanding. Engage in self- care activities that nurture your physical, mental and emotional well – being. Think of anything you love to do and try to incorporate more of those tasks in your life. 😊

### **Cultivate meaningful connections**

Seek out opportunities to connect with others who share similar interests or values. Join clubs, organizations or social groups where you can meet like – minded people. Attend events or participate in activities that align with your passion.

### **Utilize technology wisely**

Engage in meaningful online communities, join virtual events or workshops or use social media platforms to connect with people. Follow the Our Place Facebook page to stay connected with our community. 😊

### **Volunteer or engage in community activities**

Contributing to a cause or participating in community service can provide a sense of purpose and fulfillment while also facilitating connections with others who are passionate about similar issues.



## How to Address Overwhelming Emotions– by Kristen

Feeling overwhelmed lately, but don't know how to wind down? Here are some helpful tips to manage your emotions:

### **Take a Power Nap**

According to research, a Power Nap can alleviate overwhelming thoughts or feelings just by laying down for 10 to 30 minutes. It increases productivity, boosts alertness, reduces stress, helps you reset before important tasks, lifts your mood, and improves your overall performance. Stress often prevents us from performing at 100%, so taking a Power Nap can stop you from spiralling.



### **Write a Gratitude List**

Sometimes we let our thoughts race by so quickly, or let our daily problems cloud our mind. These thoughts result in overwhelming feelings and raise stress levels, making us susceptible to a mental breakdown or episode. Take some deep breaths and sit down to write a gratitude list. Take a few minutes to write 5 things or people you are grateful for. This time of reflection moves the focus away from overwhelming thoughts.



## **Writing Submissions**

Reno Tv Shows  
By Kimberly

My sister watches good TV shows. She has introduced me to some new TV shows, which has led me to some shows that she doesn't like but I love them. These shows are those that involve renovating and demolition.

These types of shows are full of information. The before and after shows a beautiful transformation. Contractors must be skilled.

My favourite part of the show is when break down the walls to make more space which is called open concept. It isn't an easy job what they do. Each show I watch the contractors

always run into a reno problem or problems. The complications range from minor or very serious.

When I watch the shows remind me of when I see a house or building in the process of being built, where they are taking too long to build. Questions come to mind for example: what problem did they have?

Renovation shows I watched vary. Some are competition between teams to see who has added the most value to the house they are given to build. There are jokes during the shows, so it isn't too serious.

Here are the TV shows that I watch:

- Battle on the Beach
- Rock the Block
- Scott's Vacation House Rules
- Island of Bryan
- Farmhouse Fixer (which stars Jonathan Knight from NKOTB)

The amount of time, energy, and money that goes into these projects is unbelievable.

What these people do with a dump and turn it into a beautiful gateway or a spontaneous place to live in. These people deserve a reward.

## **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 everyone that was here to provide words of support and encouragement to staff during difficult days! Your support means a lot to us and we hope you all know how much we value you all being at Our Place. 😊
- Thank you to everyone that spoke at Emma's Memorial last month, your kind words and appreciation for her mean the world to us!
- Thank you to everyone that came to the High Park Zoo outing and made sure fellow community members got home safely! 😊
- Thank you Don for giving a hand with taking out the garbage!
- Thank you Shirley for helping Zoe bring down the coffee table!





# SUMMER



## WORD SEARCH

Search for the twelve Summer themed words below.



BARBECUE

LEMONADE

SUNSCREEN

BEACH

POOL

SWIMMING

FLIP FLOPS

SUMMER

VACATION

ICE CREAM

SUNGLASSES

WATERMELON



SUMMER