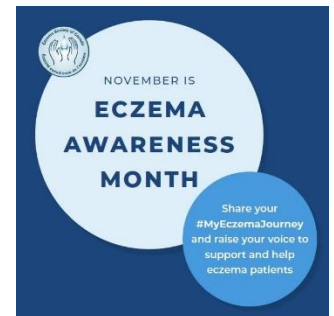




NEWSLETTER

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- Something fun! 😊



OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919

ourplaceinfo@stmichaelshomes.org | www.ourplacecommunityofhope.com



Happy Birthday

November Birthdays

Our Place Birthdays

Paul P – November 1st

Elizabeth H – November 6th

Fermin R – November 18th

Michael M – November 19th

Marina C – November 22nd

Don H – November 25th

Kierov B – November 30th



Famous Birthdays

David Schwimmer – November 2nd

Matthew McConaughey – November 4th

Emma Stone – November 6th

Demi Moore – November 11th

Ryan Gosling – November 12th

Bill Nye – November 27th

Anna Faris – November 29th



Special Events in November

Clothing Drive: Join us on Friday November 17th for our clothing drive between 12:30-4:45pm. Individuals are welcome to grab up to 10 items and second rounds will be available after 1:30pm – or once everyone has gone through at least once. More details will be listed on our social media and posted inside the drop-in.

Talent Show: Come out on Wednesday November 29th to take part in our last talent show for the year! Since the show went so well last time, we would like to host it once again so everyone can take their chance in the spotlight. Sign up with staff if interested in joining. Prizes will be available.

Our Place Weekly Programs

Gaming Tournaments – Mondays at 2:45pm (*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 1:00 pm and some Thursdays at 3:30 pm (*in-person*)

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

Karaoke – Monday & Wednesday at 12:30 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.**

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

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.

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

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.

Veterans Week

Veterans week is a special time of year in which we honour and remember those that have served in Canada. This November marks 75 years of United Nations peacekeeping efforts with over 125,000 members of the Canadian Armed Forces. There are several recognized days that take place during this week, which we will elaborate on shortly. If you would like to read the stories of Canadian veterans, search up “Veteran Memories: Diversity Our Strength” and click the City of Toronto webpage.



Indigenous Veterans Day (November 8th) – This day recognizes and honors the contribution of Indigenous peoples to the Canadian military. Members of the Indigenous community have served in various conflicts, some dating back to the early 1800s. Unfortunately, due to deep rooted racism and discrimination, the service of Indigenous Veterans was often overlooked and disregarded by society for many years. Next, we will be mentioning some well-known, Indigenous Veterans that bravely supported Canada.

➔ ***Lieutenant Cameron Brant (1887-April 1915):*** Lieutenant Brant was a member of the Mississaugas of the Credit First Nation and was enlisted in 1914. He was known to be a strong leader and soldier who lost his life in the Second Battle of Ypres at the young age of 28. If you were to visit the New Credit Veterans Memorial, you would find a plaque with his name on it. You can also visit the Mississaugas of the Credit Library, you’d find a poetry book that once belonged to Brant!

➔ ***Mathew Solomon Mandawoub (1896-1941):*** Mr. Mandawoub was part of the Saugeen First Nation community and served in both World Wars. He first served as a member of the 18th Battalion in France in WW1 and later in the Veterance Guard of Canada in Toronto (a city many of us call home)! After his passing, Mandawoub was recognized with a Military Cross for his service.

Remembrance Day (November 11th) – Remembrance Day is when we recall the sacrifices of Canadian soldiers that lost their lives on duty. On November 11th, Canadians across the nation, hold for a moment of silence of two minutes to show respect through what many call a silent tribute. People also wear poppies as they represent the flowers that bloomed on the battlefield of France and Belgium after the Second Battle of Ypres (1915). Please join us on November 10th, which is when we will be playing a documentary to learn about the sacrifices our troops have made for Canada.

In Flanders Fields by John McCrae 1915

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.



Transgender Day of Remembrance

Transgender Day of Remembrance (TDOR) is a day to honor the lives of trans, two-spirit and non-binary individuals who lost their lives due to targeted, transphobic violence. On this day we also work to recognize and fight for justice to fill the gaps in the system that continue to fail trans people. TDOR first began to honor the life of Rita Hester, who was murdered on November 28th, 1998. It started with the “Remembering Our Dead: web project and has now grown to a Global Day of Remembrance.

Unfortunately, Canada has seen a rise in the number of hate crimes and treats made against transgender people within the last couple of years. Data specific to Ontario provides heartbreaking insight into hardships faced by thousands of folks in our province. It was reported that over 60% of trans people avoided large, public spaces due to fear surrounding harassment. More recent data shows that almost 50% of transgender people (that took part in this specific survey) experienced workplace harassment due to their gender identity. Why is this okay?

On TDOR we must grieve the loss of great people that weren't given a chance. But we also must commit ourselves to doing more than simply reading headlines, reading articles or listening to the news. Societal change comes from within, as an individual and then as a group. Let's work together to make sure everyone feels safe being their authentic selves.



Eczema Awareness Month

The fall and winter months can increase dryness in our atmosphere, but also in our skin! Eczema is a condition that impacts the lives of millions globally since it can affect various areas of the body. Some people experience symptoms of eczema for large parts of their lives without even realizing they have the condition! Since the weather is getting cooler and we have been using sanitizer more often, we will be giving some tips to specifically take care of your hands this season →

- Take off your accessories when you wash your hands! Did you know that soap can get trapped under your rings and cause a bad skin reaction?
- When you dry your hands, make sure you dry in between your fingers since it's thinner skin that dries out quicker.
- Do not peel citrus fruit, onions or garlic with your bare hands! The fruits and vegetables we eat can be irritating to our skin.
- When you wash your hands, please make sure that you use soap and apply a lotion to clean, dry hands. Re-apply your lotion whenever you feel your hands are drying up again.
- Do not scratch your flare ups, this will only make things worse!





Fresh from the Our Place Kitchen



Autumn Butternut Squash Lentil Soup

Ingredients

- ½ tablespoon coconut oil or olive oil
- 3 cloves garlic, minced.
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced.
- 1 large carrot, thinly sliced or diced.
- 1 medium butternut squash, peeled and cubed.
- 1 tablespoon yellow curry powder
- 1 teaspoon ground turmeric
- 1 (15 ounce) can light coconut milk
- 3 cups low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted.
- 2 tablespoons creamy peanut butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups spinach



Directions

1. Add coconut oil to a large pot and place over medium high heat.
2. Next add in garlic, ginger and onion and sauté for 3-5 minutes until onion begins to soften.
3. Add in carrot and butternut squash cubes; sauté for a few more minutes then add in the yellow curry powder and turmeric. Allow spices to cook together for 30 seconds then immediately stir in coconut milk, vegetarian broth, lentils and peanut butter. Season with salt and pepper.
4. Bring soup to a boil, then cover, reduce heat to low and allow soup to simmer for 20 minutes until lentils soften.
5. After 20 minutes, transfer approximately half of the soup (about 3 cups) to a blender. It's very important to protect your hands from steam, so please place a clean dish towel over the lid and puree the soup until smooth. Start slow, then gradually increase the speed of the blender.
6. Pour the puree back into the pot with the rest of the soup and stir to combine. Finally stir the spinach until just wilted.

7. Taste and adjust the seasoning of the soup as necessary. If you like more of a umami flavor try adding another tablespoon of peanut butter, or even a squeeze of fresh lime juice. Serve with cilantro and a handful of peanuts -- it's also great with a little hot sauce if you prefer a little spice!

Lime Chicken Soft Tacos

Ingredients

- 1 ½ pounds chicken breast, cubed.
- 2 green onions, chopped.
- ½ lime, juiced
- 2 cloves garlic, minced.
- 1 teaspoon dried oregano
- 1 teaspoon white sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 10 (6 inch) flour tortillas
- 1 tomato, diced.
- ¼ cup shredded lettuce
- ¼ cup shredded cheese
- ¼ cup salsa



Directions

1. Sauté chicken in a medium saucepan over medium high heat until tender, about 15 to 20 minutes. Add green onions, lime juice, garlic, oregano, sugar, salt, and pepper. Simmer over low heat for 10 minutes.
2. Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas. Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

Pumpkin Tomato Soup with Grilled Swiss Cheese Sticks!

Ingredients for Soup

- 1 tbsp unsalted butter
- 4 cloves garlic, minced.
- ¼ cup tomato paste
- ½ tsp crushed red pepper flakes
- 4 cups low-sodium chicken broth



- 1 (15 oz) can pumpkin puree
- 1/3 cup grated cheese
- Salt to taste
- 3 tbsp heavy cream

Ingredients for Grilled Cheese Sticks

- 8 slices white bread
- 8 slices of deli-sliced baby Swiss cheese
- 2 tbsp unsalted butter

Directions

Soup:

1. In medium pan over medium heat, melt butter. Add garlic and red pepper flakes and cook, stirring, until garlic is light gold in colour.
2. Add tomato paste and cook, stirring, until lightly toasted.
3. Add pumpkin puree, grated cheese and $\frac{3}{4}$ tsp salt.
4. Bring to a boil, then reduce heat and allow to simmer.
5. Once slightly thickened, stir in cream.

Grilled Cheese:

1. Roll bread into flat squares. Place 1 slice of cheese on each piece of bread and then tightly roll them.
2. In a large pan, over medium heat, melt the butter and swirl in the bottom of the pan.
3. Put the rolled ones in the pan and turn them often; allow the bread to become golden and for the cheese to melt (~ 3 minutes).

Mental Health Tips of the Month

Music and Mental Health – How do they relate?

Did you know that music is not only good for the ears, but good for our brains? Many studies find that music supports and can improve one's mental health. On a biological level, listening to music can lower your blood pressure (great for your heart!) and can lower levels of cortisol, which is your stress hormone. People find music to be an escape from all of life's worries – this is why we connect with music and lower our levels of stress,



anxiety and depression naturally. Think about it... is there any song that just transports you to another world? How does it make you feel?

Of course, art helps with expression and releasing feelings that we cannot identify with words. The same is true with music. Research shows that people can feel happier after listening to “sad” music because you can get your feelings out in the open and can help you express yourself safely without the fear of judgment. If you’re ever experiencing a cluster of emotions and cannot pinpoint how you’re feeling. Listen to some music – the lyrics may reach you on a deeper level. Listen, reflect and connect! BUT... be careful with what music you listen to – studies find that listening to heavy and deep techno music aren’t beneficial to one’s mental health and can possibly be *bad* for our moods. We say to each their own! Listen to what makes you happy. 😊

Coping with Seasonal Changes



As the weather starts to change and the colder seasons approach, sometimes we can feel sadness or even depression during the winter season. You may notice that you can feel down and experience lower energy for longer periods during the day that can last until the season changes. Symptoms will be different for everyone and how we cope with seasonal changes will vary. It is important to recognize your symptoms to know how you can take care of yourself during this time.

Below are some tips on how to cope with seasonal changes:

1. Prioritize Self-Care

Practicing self-care is important to ensure you are taking care of yourself and making you a priority. We can often forget to take care of ourselves due to our busy lives and responsibilities. Taking some time out of your day to do something for yourself can help you prepare to take on daily tasks. You can do this by doing a hobby, being in nature or journaling.

2. Get Moving in Nature

During the colder months we are often inside more than in the warmer months, which can cause us to feel down. Being in nature is shown to help boost serotonin levels that can improve our mood. Being outside for even a short amount of time daily increases your exposure to sunlight that can improve your symptoms. You can also bring in sunlight within your home by keeping your blinds open to let as much natural light in as possible.

3. Create a Routine

We often spend most of our time inside during the winter season that can make us feel and become more isolated. Creating a routine can help you have a schedule that you can look forward to everyday. When creating your routine, try to include an activity you enjoy and an opportunity to practice self-care to step back from your responsibilities.

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!

- Thanks to Rachel for sharing her Bingo prize and to Kimberly for returning the favor!
- Thanks to Ed for taking care of the stage computer and wiring! We can finally hear out of both speakers.
- Thank you to Don for bringing back the bins despite the rainy weather! We appreciate your hard work.
- Thank you, Dianne, for bringing in delicious homemade treats to share during coffee and chat.



Writing Submissions

My Life and God – By Kimberly

Have you ever looked back in your life and seen changes that you were amazed by, and wondered why or how it happened?

I have recently. When I look back, I see how everything I went through made me who I am today. All the trials and setbacks were painful. Sometimes pain can be a good thing. God will only give you strength to pull through. One setback that hurt a lot almost 11 years ago, was when my children were taken from me. I look back and realize that God had to do it. I was not what I wanted to be. My lifestyle was not appropriate. So, God had to do some major pruning in my life. Get this he still is.

Many friends have come and gone. Many habits have been broken and new ones been made.

My lifestyle then and now has taken a 360-degree turn. I used to party, hang out with friends that weren't the best crowd to be around. One day I decided I needed to change before it was too late.

Over the past I have noticed all the changes that God put me through. These changes have me stronger as a person. No longer look to others for approval. I never liked myself until God changed me.

The journey with God was long and though to be where I am now. Although my journey is far from over. One thing for sure God isn't done with pruning and putting me through trials and tests.

Now when I see a setback, a trial or a test, I look at it and ask myself 'what is on the other side of this that God only knows?'

So next time you are going through something, know that you will go through the pain, knowing a reward is on the other side.

About Men's Salvation Army Camp – By James

Ok! You're probably wondering what's going on with my life lately for the past few years that I have been involved with men's Salvation Army Camp since 2014. I love going to men's camp to meet new people and see old friends. I have met a true friend. We have been a wonderful, good friends while we all at men's camp. He has understood what gone through his soul and mind. But what I have understand my situation for the past few lives and hearing what God's having to say to all his brother's, sister's and his children.

He has understood my situation for the few months and years what I have been going through lately because that God except people of who they really, they are straight and honesty and I do know this that Jesus doesn't like homosexual. But it's people choices and I know deep in Gods hand and heart that he has except everybody and my favorite thing in the bible is John 3:16 and this is what it says For God so loved the world that he gave his only begotten son, that whoever believeth in him should not perish, but have everlasting life.

When I first started men's camp was at Jackson Points is at 25 Salvation Army Road Jackson Point, Ontario with Michael Ramsay, I think he went with us but I am not sure at this time. It was so fun because I got to meet new friends and new people. Well, we were there we got played tug a war and other different games for example cribbage, monopoly, and more.

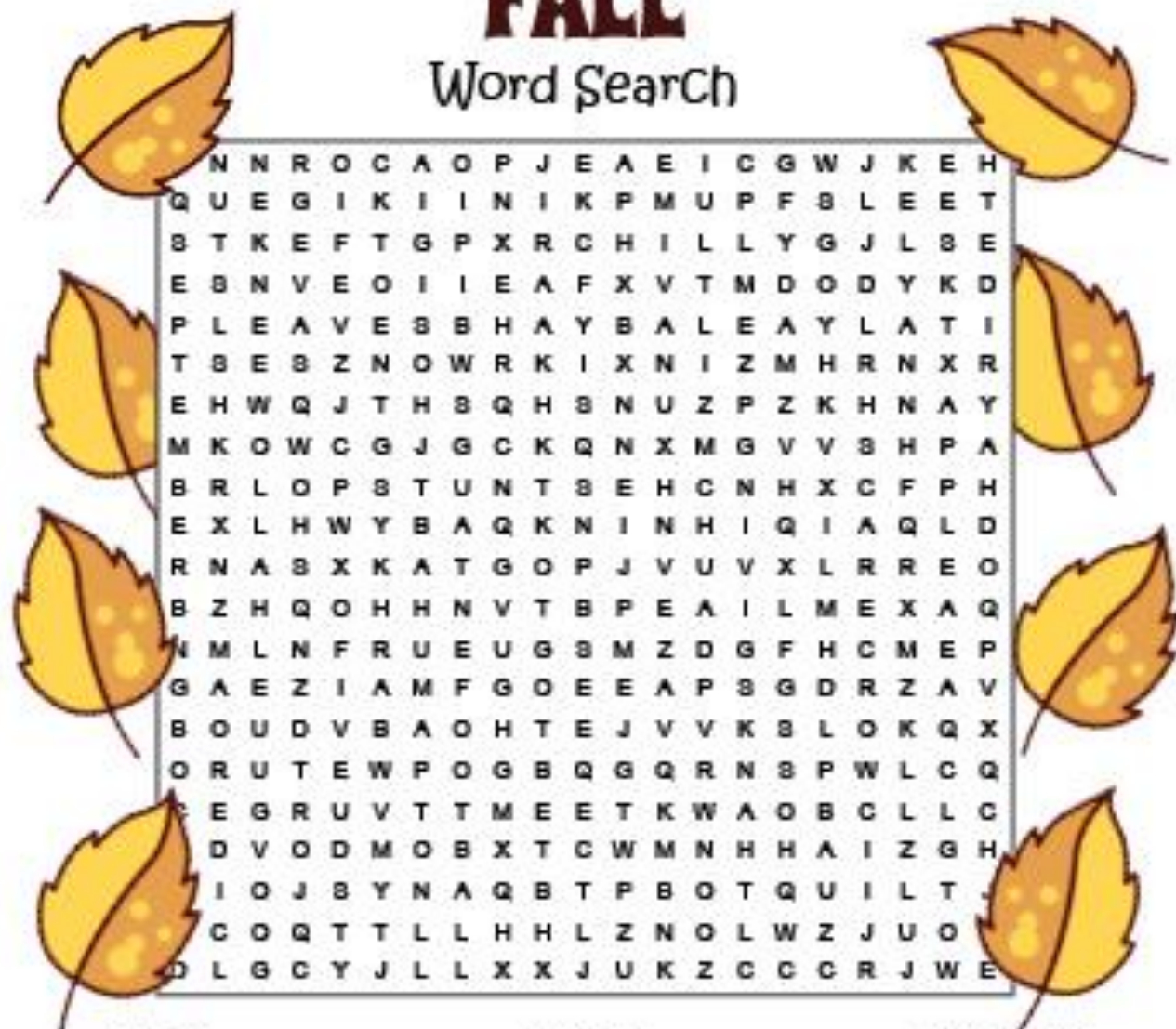
During the times of the different year that we went to men's Salvation Army camp at 25 Salvation Army Road Jackson Point, Ontario from the years 2014 to 2018, and I didn't want to leave because I was having a wonderful time with God and talking to him. Then the Covid came in and we had stop going camp. That right the Covid came in the years of 2019 to 2020 and I was so upset because I had no where to talk to my friends that I had at the men's camp and no one to contact because lost the connected to my wonderful, good friends that was closed to me.

Now that we have missed a year of going to Salvation Army Men's Camp and I have start thinking what to this crazy Covid had to come in when everyone stops talking to all there wonderful friends. I was afraid of going back to church and to the men's camp because we wouldn't get to see any of my friends that I have meet during the past other years. But we finally we back after the year of Jeremy and Amanda Thompson came to Harbor light community church. I finally go to meet the Thompson Family in the year of 2021 and now still with us. We also connected more by emailing, calling each other and we have talked about different kind of relationships with God and my life of understanding of God words in the bible and what been happening with my life with my heart and soul.

Name: _____ Date: _____

FALL

Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.

