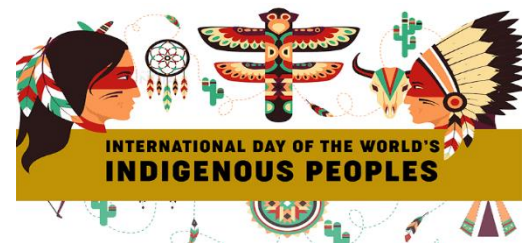




NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919

ourplaceinfo@stmichaelshomes.org | www.ourplacecommunityofhope.com



HAPPY BIRTHDAY



August Birthdays



Our Place Birthdays

Kimberly A. – August 1st

Diana B. – August 24th



Famous Birthdays

Tony Bennett – August 3rd

Charlize Theron – August 7th

Chris Hemsworth – August 11th

Halle Berry – August 14th

Jennifer Lawrence – August 15th

Angela Bassett – August 16th

Demi Lovato – August 20th

Rupert Grint – August 24th



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

Special Events in August

Paint Night: Join us on Wednesday August 2nd at 4:45pm to make a trip to Union Station for their Paint Night event! Meals will be served at regular times and drop-in will be closed at 4:45pm to ensure everyone leaves together! Supplies will be provided at no cost once we arrive to the event.

Self-care Day: Join us on Thursday August 4th during drop-in to get your nails done! We will also be having guided writing and meditation sessions throughout the day. We hope to see you all then. 😊

BBQ: We will be having a BBQ on Friday August 11th between the hours of 2:30-4:45pm. Chairs and tables will be set outside as well so we can enjoy the beautiful weather (if it allows). Come by a little earlier to enjoy some tunes with our lovely volunteers, Kevin and Chas! *Please remember the event will be first-come-first serve.*

Zoo: Exciting news! Our Pace will be going to the Zoo on Wednesday August 23rd at 10:30am *SHARP!* The cost of admission to the zoo will be covered, but TTC fare will not be provided. Please sign up by August 15th, if you are interested in joining us! 😊 Meals will be given to those that are attending the outing. *Limited spots available, so sign up quick!*

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.* The tech (laptops and tablets) will be available for use throughout the week to support your tech and internet related questions! Thanks to the Ontario Trillium Foundation, we have been able to get a hold of some amazing technology to get you closer to the age of tech! We cannot wait to see how this program goes. 😊

ST. MICHAEL'S HOMES - OUR PLACE PROGRAM
PRESENTS THE...

GET WITH TECH!



PROGRAM FOR SENIORS

JOIN US ON **THURSDAYS BETWEEN 12:45-2:45 PM**
TO LEARN AND UNDERSTAND HOW TO SURF THE
INTERNET!

LOCATED AT: 1183 DAVENPORT ROAD, TORONTO,
ON. SIDE ENTRANCE FACING DELAWARE.

*If you have a history with tech use and would like
to volunteer, please connect with a staff person!
Honorariums are available.*

Here are examples of topics we will discuss:

- How to connect to the Internet
- How to make an email account and send emails
- Internet safety!
- Banking and Budgeting 101
- Online Applications for Housing, OW, etc.
- Using the Internet for Fun
- Supporting your Mental Health online
- Resume building & Finding volunteer/work Opportunities



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



Our Place Weekly Programs

Games Tournament – 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!.



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.



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.

<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. 😊

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.

Emancipation Day

August 1st is Emancipation Day which marks the exact day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire. Black and Indigenous Peoples were once enslaved on the land that is now Canada. There were approximately 4200 enslaved people in Canada between 1671 and 1831. About two-thirds of them were Indigenous, and one-third were of African descent.



After British colonial settlers established Upper Canada, the number of enslaved Africans increased significantly. Eventually, they were brought into British North America and outnumbered Indigenous Peoples. The impact of centuries of systemic racism has affected the lives of Black families, subjecting them to greater chances of experiencing homelessness.

Emancipation Day is a day for political and social actions for inclusion and recognition of the continued struggles for liberation. Therefore, each August 1st, Canadians are invited to reflect, educate, and engage in the ongoing fight against intersectional forms of racism and discrimination.

Lighting of the Cn Tower/Toronto Caribbean Carnival

The Caribbean Carnival is rooted in historical rebellion. The tradition is linked to the celebration of freedom and emancipation from slavery and is celebrated in Toronto on Emancipation Day weekend.



On August 3rd, an event will be held to recognize the Emancipation of Slavery and will be commemorated by lighting up the CN tower along with the annual Underground Railroad event. This will also kick off Caribana 2023. The event will be located at **301 Front St. West** from **7pm-9pm**.

Terry Fox Day

TERRY FOX DAY



Terry Fox Day is celebrated annually on the first Monday in August. It honors Terry Fox, a Canadian athlete who ran across Canada run to raise money for cancer research after having one leg amputated due to cancer. For many Canadians, he is a national hero and he now has parks, roads, buildings, and statues named in his honor all across the country.

International Day of the World's Indigenous Peoples

August 9 commemorates International Day of the World's Indigenous Peoples. This date was adopted in 1994 by the UN General Assembly, and marks the date of the first meeting of the UN Working Group on Indigenous Populations. This year, the theme is "Indigenous Youth as Agents of Change for Self-determination." Indigenous populations particularly suffer high levels of poverty, low levels of education and illiteracy, and limitations in the access to health. However, significant progress has been made by Indigenous folks by achieving leadership in various roles, and by defending their lands and resources. On this day, let us all celebrate the incredible strength of Indigenous Peoples worldwide and reclaim their roles as inspirational leaders.



Fresh from the Our Place Kitchen



Beef Quesadillas

Ingredients:

- 6-8 flour 8" flour tortillas
- 2 cups shredded Monterey Jack cheese
- ¾ cup roughly chopped cilantro
- 1 cup corn kernels

Quesadilla Spice Mix

- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp salt
- 2 tsp cumin powder
- 2 tsp paprika
- ¼ tsp black pepper
- ¼ tsp cayenne pepper (optional)

Beef Filling

- ½ tbsp olive oil



- 2 garlic cloves, minced
- ½ onion, finely chopped

- 500g minced ground beef
- 1 small bell pepper, diced
- 1 tbsp tomato paste
- ¼ cup water

Spice Mix:

- Mix ingredients in a small bowl.

Directions

Beef Filling:

- Heat oil in a skillet over high heat. Add onion and garlic, cook for 2 minutes.
- Add beef and cook, breaking it up as you go. Once it changes from pink to brown, add bell pepper. Cook for 1 minute.
- Add tomato paste, water and Spice Mix. Cook for 2 minutes. Transfer to bowl, cool.

Assembly

- Place tortilla on work surface. Sprinkle one side with a bit of cheese, top with beef filling. Sprinkle with corn, cilantro and top with cheese. Fold in half.
- Preheat non stick skillet over medium low heat (no oil, if pan is not non-stick use 2 tsp oil).
- Place quesadilla in skillet, press down lightly, cover with lid. Cook for 3 minutes until underside is super golden brown and crispy.
- Carefully flip over the folded edge. Press down lightly. Cook for 3 minutes until crispy (no lid).
- Transfer to cutting board, cut in half. Serve immediately!

Vegetable and Halloumi Skewers

Ingredients:

- 250 g (9 oz) Halloumi - cut in to 16 cubes
- 24 Cherry tomatoes
- 1 Red bell pepper - cut in to squares
- 1 zucchini - cut in to ribbons
- 2 tbsp Olive oil
- 1 tbsp red wine vinegar
- 1 Lemon - juice only
- 2 Garlic cloves - crushed
- 2 tbsp dried oregano
- 1 tbsp dried thyme
- 1 pinch sea salt and black pepper



Directions:

- Preheat oven to 450 degrees F. Line baking sheet with foil.
- Slice zucchini into ribbons and dice red bell pepper. Keep the cherry tomatoes whole.
- Cut halloumi into cubes of about 2cm.
- Put into a bowl olive oil, red wine vinegar, lemon juice, garlic, oregano, thyme sea salt and black pepper. Mix well.
- Thread on to 8 skewers. If you are using wooden skewers, make sure soak them for at least 30 minutes first, so they don't burn when cooking.
- Put the skewers on the tray and pour any remaining marinade on top. Place in the oven for 15-20 minutes.

Mental Health Tips of the Month

How to Manage Stress – by Camille

Stress is a state of mental tension caused by an unexpected event/major change a person faces and or an ongoing situation a person has little to no control over. Stress doesn't look the same for everyone and can affect people in different ways. It important for people to know the different types of stress which are:

- Physical stress (increase of heart rate)
- Mental stress (anxiety)
- Behavioral stress (eating more/eating less than usual)
- Emotional stress (agitation, moodiness)



Stress is often described as feelings of irritability, anger, impatience, and overburden. Stress can have a major toll on someone leading to even bigger health problems but there are many coping and stress boosters that can relieve stress.

1. Connect with People

A good support system can help ease a problem by physically helping you see things in a different way. Doing activities with family and friends can help to relax and take your mind off things. Talking with family and friends may provide or find solutions to a problem.

2. Practice Self-awareness

Self-awareness is important because it allows you to notice your thoughts, behavior, and emotions regarding stress. If you catch yourself feeling a certain way, you can take the time to consider what may be the stressor and take the necessary actions to managing your stress.

3. Make Time for Yourself

Sometimes we overwork ourselves so it's important to clear dates in our calendar for me time. Time spent alone is a great way to recharge. Time to yourself also allows for people to enjoy being with others because you've had the time to rest and relax.

4. Meditate

Mediating can be a good technique use for refocusing your attention and eliminating feelings of tension or thoughts that may crowd your mind and cause stress. It can help you sort out what is important form what's not important so you can direct your energy, attention, and emotion accordingly.

Self-Care and Making it a Bigger Part of Your Life – by Daphne

When many people think of the term “self-care,” they think of things like face masks and bubble baths. These are great ways to do something good for yourself and uplift your spirits. However, there are many different ways to practice self-care that do not involve having a spa day. Below is a list of a few different things you can do to incorporate self-care activities into your life. Some of these activities can help with stress management, elevating your mood, and even lowering your risk of different illnesses. A good starting point is to pick one or two things and set a goal to do them a certain number of times each week.

There are many ways to practice self-care, so feel free to come up with your own ideas. I have also included a graphic with even more suggestions.

1. Get Regular Exercise

Exercise can help improve your mood as well as your concentration. It also helps with your physical well-being. Just 30 minutes of moderate physical activity each day can make a big difference. And remember, any exercise is better than none!

2. Meditate

Meditating can also help to improve your well-being, both physically and emotionally. Additionally, it can help to manage symptoms of depression and anxiety and improve your sleep. Other benefits of meditation include increased self-awareness, developing a new skill to help with stress management, reducing negative emotions, and increasing patience and creativity. There are many free meditations available through apps like Balance or YouTube. Many guided meditations only take 1 – 5 minutes to complete.

3. Clean/Organize Your Living Space

Research has shown that clutter and mess can have a negative impact on your mental health. Cleaning and organizing your space can help elevate your mood when you are feeling depressed. It can also improve your focus, help to reduce stress and increase your sense of well-being. When my living space gets very messy, I write a list on one side of a piece of paper of all the tasks I need to do. On the other side of the paper, I write the days of the week. Then, I try to complete at least 3 of the tasks I wrote down each day and add them under the weekday they were completed. Scribbling out each completed task and adding it to the other side of the paper helps me see that I have been making progress. Using this method also helps me to not feel so overwhelmed



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 Richard for donating some cutlery to our kitchen.
- Thank you Douglas for decorating Our Place with your creative artwork.
- Thank you Paul M. for giving Rachel your bingo prize.
- Thank you Shirley for helping Joanne and Alison find their way back to the subway after Centre Island.
- Thank you Patty for always having disinfectant wipes handy to share when needed. Very helpful at the zoo!



