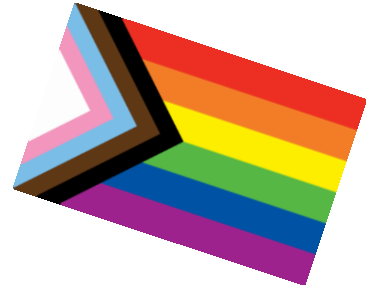


NEWSLETTER



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OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919

ourplaceinfo@stmichaelshomes.org | www.ourplacecommunityofhope.com





June Birthdays

Our Place Birthdays

Nathan H. – June 1st

Rosalee E. – June 13th

Richard G. – June 13th

Carlos R. – June 17th

Joshua G. – June 24th

Chris H. – June 25th

Jeffrey D. – June 30th



Famous Birthdays

Morgan Freeman – June 1st

Marilyn Monroe – June 1st

Anderson Cooper – June 3rd

Angelina Jolie – June 4th

Michael Cera – June 7th

Nancy Sinatra – June 8th

Paul McCartney – June 18th

Maryl Streep – June 22nd

Linda Cardellini – June 25th

Aubrey Plaza – June 26th



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

Special Events in June

BBQ – Join us on **June 8th** between 3-5pm to enjoy a delicious barbequed meal (burgers and hot dogs)! Thanks to the families of RSGC, we will also be enjoying some great snack packs and desserts. Hope to see you all then! *Limited quantities available; please arrive early to ensure you are provided with a meal.*

High Park Zoo – Join us on **June 14th** on an adventure to High Park Zoo! We will be using the TTC to commute and are excited to meet all the beautiful animals. You are welcome to leave with us from Our Place at 3:30pm, or meet us at High Park Zoo. Drop-in will close at 3 pm on this day.

Emma's Memorial – We will be hosting a memorial event for our loving member, Emma. Join us in honoring her kind soul through a friendship art workshop and with a gardening event where we will plant a beautiful plant for her. The memorial will be from 12-6pm on this day.

Our Place Virtual Programs

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**

Friendly Phone Check-ins – Once a week (*over the phone*)

Our friendly phone check-ins are still available for those that would like support outside of Our Place! Join our call list if you're interested. 😊

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 |
|--|--|---|

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.

Pride Month



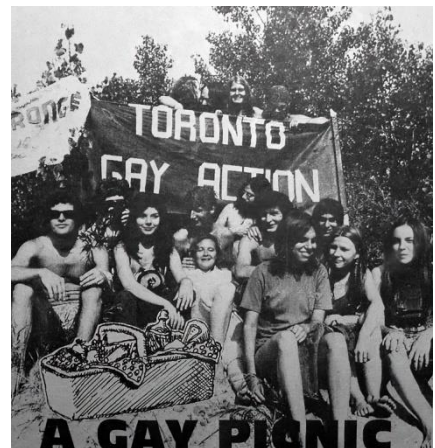
Patrons gathering outside Stonewall, 1969

June is Pride Month, a yearly celebration of the LGBTQIA2S+ community. The most widely recognized historical event associated with the beginning of Pride is the Stonewall Riots in New York City of 1969. The Stonewall Inn was a gay club in Greenwich Village that was incessantly raided by police who would violently haul employees and patrons out of the bar and arrest those in violation of the state's gender-appropriate clothing statute. After a surprise police raid at Stonewall in the early hours of June 28th, 1969, patrons and employees banded together outside the bar and broke into a riot involving hundreds of people. The riots would continue for five more days, and the

following year on the anniversary of the

Stonewall Riot, thousands of people marched from the Stonewall Inn to Central Park, marking the United States' first gay pride parade.

In Toronto, Pride week stemmed from mass protests against the Toronto bathhouse raids, specifically "Operation Soap", in which the Toronto Police arrested 300 men in one of the largest mass arrests in Canada on February 5th, 1981. Operation Soap was a major turning



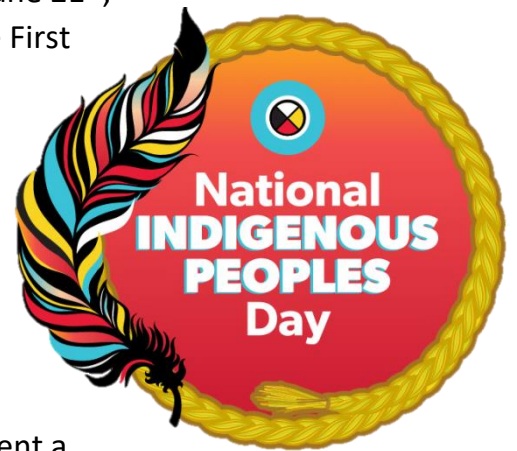
Toronto's first Pride celebration, 1971

point in the LGBTQ movement in Canada, and mass protests followed denouncing the event which would eventually evolve into Toronto Pride Week.

Did you know that the first official pride celebration in Toronto was a picnic hosted at Hanlans Point on Toronto Island? Hanlans has served as a gathering place for the LGBTQ+ community for decades. This year's Pride Parade takes place Sunday, June 25th, starting at 2PM at the corner of Church St. and Bloor St. all the way down Yonge St. to Yonge-Dundas square.

National Indigenous Peoples Day

National Indigenous People's day in Canada takes place on June 21st, and is a day to celebrate the culture and contributions of the First Nations, Inuit, and Metis peoples of Canada. National Indigenous Peoples Day is a great opportunity to learn more about Indigenous culture, as well as the legacies of colonialism that continue to impact Indigenous communities today. Although many will describe Canada as a "post-colonial" society, colonialism is an active and ongoing process that continues to shape the nation we live in today. For instance, all of Canada's legal, governmental, scientific, medical, and major educational institutions represent a colonial system of life that did not exist prior to the settlement of Canada.



In 1876, the Indian Act was passed, which forbade First Nations peoples from self governance and cultural self-expression in an attempt to assimilate them into colonial society. The implementation of residential schools in Canada was another colonial effort at disrupting Indigenous culture, economies, languages, family structures, and connections with the land. Residential schools were present in Canada from the 17th



The Wild Moccasin Dancers group performing at Surrey Fusion Festival for National Indigenous Peoples Day, 2019

century until 1996 when the last residential school was finally closed. The schools were primarily operated by Christian churches and religious organizations, but were administered and funded by the federal government. Residential schools would separate Indigenous children from their families and culture to not only impose Euro-Canadian civility and customs, but to

punish any expression or practice of

Indigenous culture. Living survivors of the Residential School System often attest to the severe abuse and intergenerational trauma that resulted from this assimilation effort, and recent excavations of residential school sites have uncovered thousands of unmarked graves of the children who perished on school property.

Indigenous communities continue to face societal and institutional barriers that impact their health and wellbeing. For instance, many First Nations communities across Canada do not have access to clean drinking water on Indigenous reserves. There are currently 31 long term drinking water advisories on reserves, some of which have been in place for more than 25 years. As a result of colonial-era laws, Indigenous communities are barred from funding and managing their own water treatment systems, yet the federal government has failed to provide clean drinking water in spite of Canada being one of the most water-rich nations in the world. This is why it's so important to bring awareness to the continued impact of colonialism on Indigenous communities today.

Father's Day

Father's Day is on Sunday, June 18th this year, and is a day to show our gratitude for fathers, father figures, fathers-in-law, and guardians. Below are some ideas for things you can do to celebrate Father's Day this year.

Is dad a history buff? Appreciator of the arts? Here's a list of historical and art museums that offer free admission on specific days of the week/month to help you plan your visit.



The Royal Ontario Museum (ROM)

- **When:** Free admission for all every third Tuesday of the month, 4:30PM-8:30PM. June 20th would be the closest Tuesday to Father's Day.
- **What:** The ROM features a wide variety of exhibits including life-scale dinosaur skeletons, cultural artifacts, historical art work, and more!
- **Where:** 100 Queens Park, just outside of St. George station.



The Art Gallery of Ontario (AGO)

- **When:** Visit the AGO for free on any Wednesday, 6PM-9PM. The closest Wednesday to Father's Day would either be June 14th or June 21st. Book your ticket on the preceding Monday to secure your spot using the AGO website that can be found with a quick Google search!
- **What:** The AGO is home to an array of contemporary art works including paintings, sculptures, immersive installations, photography, video and sound art.
- **Where:** 317 Dundas St. West, close to St. Patrick Station.

The Museum of Contemporary Art (MOCA)

- **When:** The MOCA offers free admission every Friday from 5PM-9PM. The closest Friday to Father's Day would be June 16th.
- **What:** The MOCA is home to a variety of contemporary and interdisciplinary artwork, including mixed media, immersive installations, video and sound artwork.
- **Where:** 158 Sterling Road, close to Landsdowne Station.



The Bata Shoe Museum

- **When:** The Bata Shoe Museum is free to enter every Sunday from 12PM-5PM. Father's Day falls on a Sunday, so June 18th is the perfect time to go!
- **What:** The Bata Shoe Museum reflects over 4,500 years of human history through footwear and related artifacts, highlighting the style, development and function of shoes throughout the cultural life of humanity.
- **Where:** 327 Bloor St. West, close to St. George station.



A Warm Welcome to Our New Students



As some of you may have already noticed, we have four new placement students joining the Our Place team for the summer! Please join us in welcoming Kristen, Ranjeet, Camille, and Daphne!

Kristen:

Hi, my name is Kristen and I am a student placement at Our Place. I am a registered social service worker and currently studying Community Mental Health & Addictions. My hobbies include reading novels by V.C. Andrews, drawing, and building paper models. I'm truly looking forward to the outings this summer and to learn more about each one of you! Thank you!

Daphne

Hi there! My name is Daphne (she/her) and I am so glad to have the opportunity to spend some time at Our Place. Some of my hobbies include camping, hiking, gardening, painting, creative writing and reading. I am a big animal lover. I have one dog, two cats, and some fish.

Presently, I am working to obtain my diploma in social service work. I have studied equity studies as well as women and gender studies while working toward my bachelor's degree. After I am done my current program, I am hoping to pursue a master's degree in social work.

I have felt very welcomed by everyone at Our Place so far and I really appreciate this. I have enjoyed getting to know everyone and hearing more about you all. Please feel free to chat with me whenever you see me here.

Ranjeet

Hello everyone! My name is Ranjeet and I am going to do placement until August. This is my first year in the Social Service Worker program. I am an extroverted person who always likes to talk to new people so I think it helps me in the career of social service

work. With my studies, I am doing a part time job at Subway where I connect with new people and I hope to connect with everyone here throughout my placement as I love to know new people. At any point during my placement please do not hesitate to come to me to say hello. I will always appreciate it. Thanks for having me as a student at Our place!

Camille

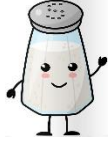
Hi everyone! My name is Camille and I'm a placement student studying Social Service Work. Some things I like to do in my spare time include: reading, drawing and singing. I love working with others. I have worked with children from ages 4-12 and that is what started my interested in studying Social Service Work. What I'm looking forward to in Our Place Community of Hope is to see firsthand how the organization helps support the community. I chose Our Place because I wanted to have more hands-on experience interacting with others and a way for me to put my communication and social skills to use. I'm hoping this experience will give me some more clarity on what I want to specifically do within this field.

In Memoriam

For those who have not already learned, we regret to share that one of our long-time and cherished members, Dominique, passed away in December of last year. You may remember him as an avid Euchre player, an enjoyer of pool and the well-known performer of some of our favourite tunes. He will be missed dearly and always remembered through great memories.

We are saddened to also share the passing of Emma, another one of our long-time members that shared their inviting spirit with us. Emma will be remembered through her kindness and her beautiful friendship with Nancy. It was an honor getting to know her and she will be missed dearly and will forever remain in our hearts.





Fresh from the Our Place Kitchen



Popcorn Cake Pops

Ingredients:

- 6 cups popped popcorn
- 3 cups marshmallows
- 1 cup white cake mix
- 2 tbsp butter
- 1 tbsp milk
- 2 tsp vanilla extract
- sprinkles

Directions:

1. Put popcorn into a bowl.
2. In a medium pot, melt marshmallows and butter on medium heat, stirring constantly.
3. Once melted, remove from heat and add vanilla, milk, and cake mix. Stir well until combined. Pour over popcorn.
4. Stir together until popcorn is evenly coated. Apply butter to hands (so the mixture doesn't stick) and roll popcorn mixture into 2" balls. Top with sprinkles.



Simple Oven-Baked Kale Chips

Ingredients:

- 1 bunch kale (curly kale works best)
- 1 tbsp olive oil
- 1 tsp salt

Directions:

1. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper.
2. Remove kale leaves from thick stems and tear into bite "chip-size" pieces.



- Keep in mind the kale will shrink somewhat as it bakes.
3. Wash and dry kale thoroughly.
 4. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet. Sprinkle with salt.
 5. Bake for 20-30 minutes until crispy or until the edges begin to brown.
 6. Store in an air tight container. Enjoy!

Chocolate “Great Depression” Cake (no eggs, butter, or milk)

Ingredients:

Chocolate Cake

- 1.5 cups all-purpose flour
- 1 cup white sugar
- ½ tsp salt
- 1 tsp baking soda
- 1/3 cup unsweetened cocoa powder
- 1/3 cup cooking oil
- 1 tbsp vinegar
- 1 tsp vanilla extract
- 1 cup water

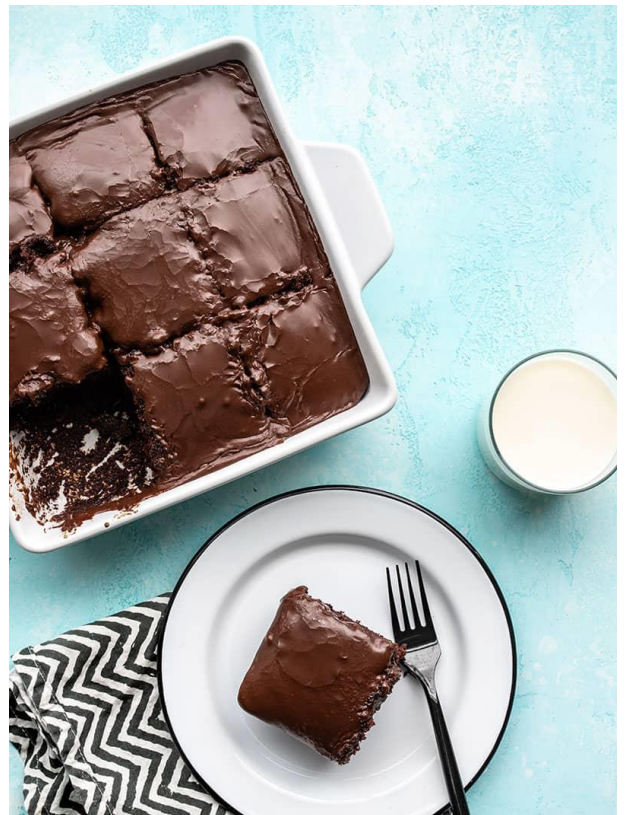
Chocolate Icing

- 1.5 cups powdered sugar
- ¼ cup cocoa powder
- 3 tbsp water
- 1 tsp vanilla extract

Directions:

Chocolate Cake

1. Preheat oven to 350 degrees F.
2. In a large bowl, stir together flour, sugar, salt, baking soda, and cocoa powder until combined.
3. In a separate bowl, combine vanilla, vinegar, and 1 cup water.
4. Add oil to dry ingredients, followed by the water mixture. Stir until the chocolate cake batter is mostly smooth.
5. Pour batter into an 8x8” or 9x9” baking dish. Bake for 35 minutes. Allow cake to cool for 1 hour before adding icing.



Chocolate Icing

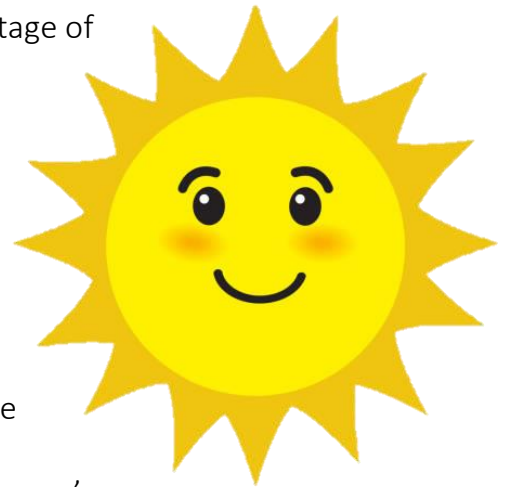
1. Add powdered sugar, cocoa powder, and vanilla extract to a bowl. Add water to bowl 1 tbsp at a time, until it forms a thick but pourable icing.
2. Pour icing over cooled cake and spread until evenly covered. Enjoy!

Mental Health Tips of the Month

Reconnect with Nature

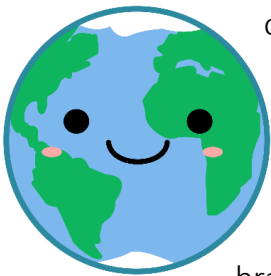
The Mood-Boosting Effect of Sunlight

Now that summer is upon us, it's a great time to take advantage of the mood-lifting benefits of sunlight! Exposure to sunlight is believed to increase the release of serotonin in your brain. Serotonin is a neurotransmitter associated with boosting your mood and helping you feel calm and focused. During the winter time, lots of people struggle with seasonal affective disorder or SAD, which is a form of depression that is triggered by the seasons changing. This is why more people are likely to suffer from SAD during the winter time, since the daylight hours are shorter and we get less exposure to the sun, and therefore our serotonin levels become decreased. Just make sure to apply sunscreen regularly while you're soaking in the summer sun!



The Mental Health Benefits of Barefoot Walking or "Grounding"

Did you know that there are 8,000 nerves in your feet, which is more than any other part of your body? For the majority of human history, people lived in direct contact with the Earth's surface through their bare feet before the development of shoes. When you walk



on the ground barefoot, your body absorbs ions (atoms or molecules with an electrical charge) from the Earth's surface, which act as antioxidants. Antioxidants enhance our health and can make us feel more positive. Grounding is believed to offer many health benefits, such as improved sleep, a reduction in inflammation, improved cell repair, improved blood flow, and increased electrical activity in the brain. Walking barefoot on Earth's surface is also thought to release endorphins, which can improve one's mood and combat depression and anxiety.

Whether you're going to the beach, the park, or your front yard, take the opportunity to

get those shoes off and enjoy the naturally occurring benefits of Earth that are right beneath your feet!

The Mental Health Benefits of Fresh Air

Fresh air helps to raise oxygen levels in your brain, which also increases your serotonin levels. Fresh air is therefore a simple way to boost your mood! It is proven that you can reduce your stress levels by spending just 20-30 minutes outside per day. Being outside can also reduce your cortisol levels, which is the natural chemical responsible for stress. Get out there and breathe!



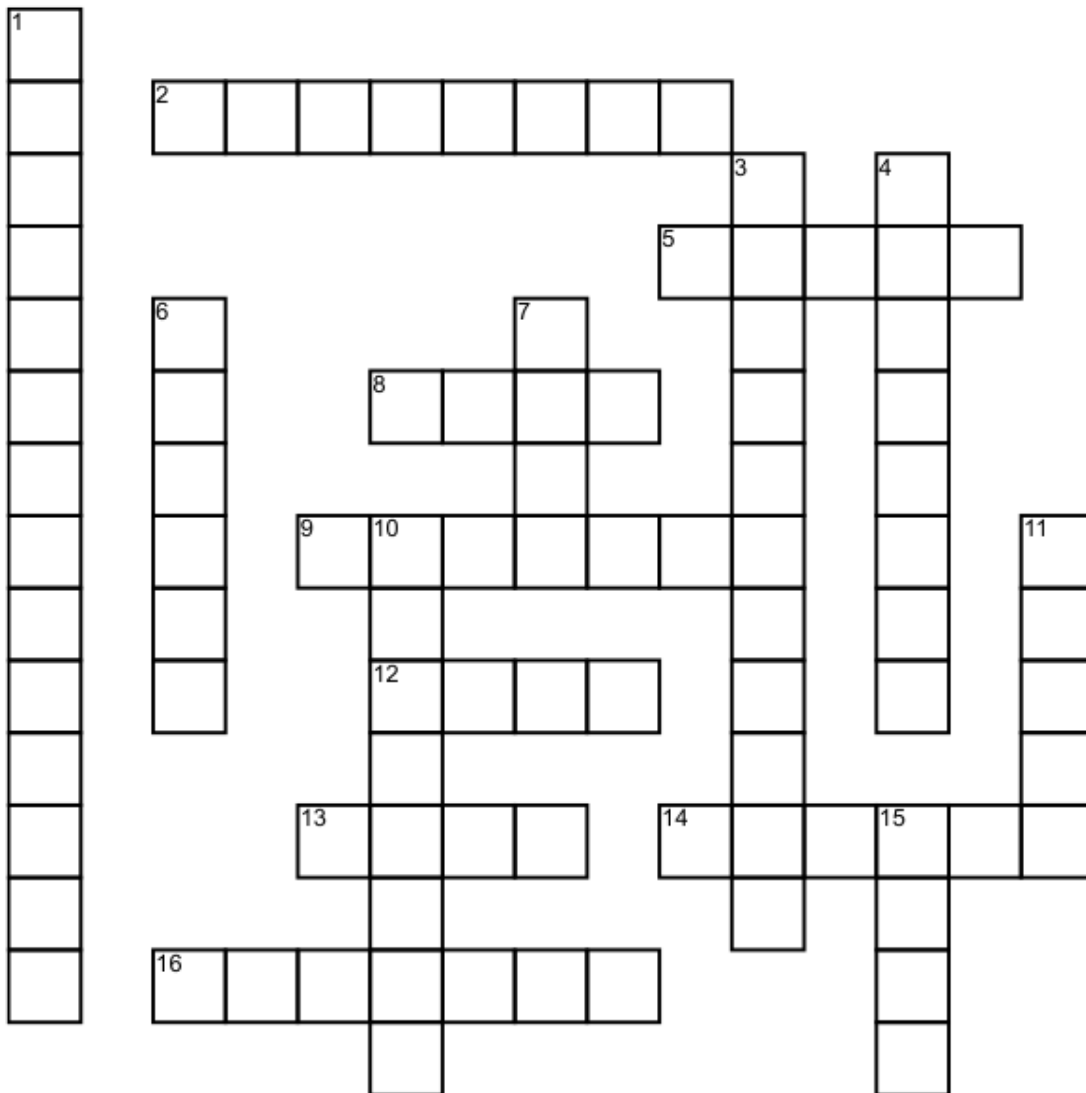
This Month's Acts of Kindness

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 Lisa Ann, Nancy and Don for sharing their bingo prizes with our other members!
- Thanks to Patty for helping us keep the centre clean and for organizing the crossword table!
- Thanks to Khal for making sure our water station is stocked with cups!
- Thanks to John for great music recommendations for the centre!
- Thank you to Randy for donating some amazing Bingo prizes!



June



Across

2. What bugs get their name because the transition of larva to adult happens in this month. These are usually seen in the dark when they are attracted to light.
5. Father's Day became a permanent national holiday in 1972 when this President signed it into law.
8. June is one of how many months with a length of 30 days?
9. For a long time, the most popular month to tie the knot was June. What month officially surpassed June as the most popular wedding month?
12. What is June's Birth Month Flower?

13. September has twice as many summer days as what month?

14. Spring holidays account for the third, fourth and fifth spots on the list of most popular holidays to send cards. What spot does Father's Day place?

16. From what geographic area does the saying 'June's too soon, July's too late for summer' come?

Down

1. This day in June has the longest daylight of the year, typically on June 21st.

3. In the old saying what is 'a swarm of bees in June' worth?

4. Some believe that June was named for the word *juniores*, a Latin word. What does it mean?

6. People born in June fall under two zodiac signs either Gemini or?

7. June is named for what Roman queen?

10. From what musical does the song 'June is busting out all over' come?

11. What number of the month is June in both the Julian and Gregorian calendars?

15. Which of these is not one of the three June gems – moonstone, pearl, alexandrite, ruby?

Name: _____

Date: _____

june

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

cut grass

cappuccino

singing

birds

solstice

afternoon tea

wildlife

sandles

happy

summer

picnics

beaches

tea

warm

sandwiches

barbeques

parties

garden

