

November

Our Place Newsletter

This Issue:

- November Birthdays
- Outings and Events
- Free Things in the City
- Community Resources
- Community Member Interview! *NEW*
- Mental Health Tips
- Important Days of the Month
- Recipes



Our Place Community of Hope
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Happy Birthday!

Elizabeth H - 6th
William S - 14th
Fermin ZR - 18th
Michael M - 19th
Randy G - 21st
Don H - 25th
Kierov B - 30th



Celebrate with us
on **Friday**
November 29th
with a sweet treat
during meal time!

November Events

Community Meeting - Join us on **Monday the 4th at 3:00pm** to discuss future outings and programming! If you'd like to share your opinion with the community, come by and help us out

Live Music with Kevin and Chas - Swing by on **Tuesday the 12th at 3:00pm** to enjoy a beautiful performance put on by our awesome volunteers! Come by and listen to some great tunes.

Outing to Imagine Cinemas - Sign up with staff to join us on an adventure to Imagine Cinemas (Front Street Market Square location) on **Tuesday the 26th at 2:30pm**. Meals will be served from 1:00-2:00pm and drop-in will be open from 12:00-2:00pm.

Distillery District Christmas Market - Join us on **Tuesday the 19th at 2:30pm** to view the beautiful Christmas tree and enjoy the holiday atmosphere! Meals will be served from 1:00-2:00pm and drop-in will be open from 12:00-2:00pm.

Pumpkin Carving - Sign up with staff to take part in our pumpkin carving and decorating event on **Wednesday October 23rd at 3:30pm**.



Free Events Around the City!

Trinity Bellwoods Pumpkin Parade - November 1st

Bid farewell to the Halloween season at the Trinity Bellwoods Pumpkin Parade! Bring your pumpkin carving creation to light up Trinity Bellwoods Park on November 1st, 2024. From 4 PM to 10 PM community members will be exhibiting their pumpkins for all park goers to admire! Located just north of the Recreation Centre on Crawford Street on the east/west path in Trinity Bellwoods Park.

Santa Claus Parade - November 24th

Christmas is around the corner, and Santa is coming to town! See elves, reindeer, and Santa himself on November 24th between 12:30 PM and 3:30 PM. The parade will begin at Christie Pits Park and end at Front Street and Jarvis Street.

Otherworld Film Exhibit - Every Tuesday through Saturday in November

View films, art installations and more! Artist Camille Turner combines themes of Afrofuturism and Black history in her first solo exhibition. The event will take place every Tuesday, Wednesday, Thursday, Friday and Saturday from 12 PM to 5 PM at University of Toronto's Art Museum, located at 15 King's College Cir.

ReconciliACTION at Market Gallery - Every Wednesday through Sunday in November

A multimedia exhibition by Nyle Miigizi Johnston and W'dae b'wae that features paintings, music and animations centering Anishinaabe stories and teachings. The exhibit considers connections between past, present, and future, and will take place on the 2nd Floor of Market Gallery located at 95 Front Street East every Wednesday, Thursday, Friday, Saturday and Sunday from 11 AM to 4 PM.

Anne of Green Gables Guided Costume Tour - Every Tuesday in November

Celebrating the 150th birthday of author Lucy Maud Montgomery, Toronto Public Library is showcasing award winning costume designs by Martha Mann and Marie Day, which were featured in four different productions of Anne of Green Gables. See the costumes and learn about the history of one of the most iconic Canadian works of fiction at the guided tour every Tuesday at 3 PM at the TD Gallery at 789 Yonge Street.

Gone Wild Exhibition - November 1st and 2nd

An exhibition featuring the wildlife of Toronto, including the animals, plants, and insects that we share our city with. See how the terrain of the city is woven together by streets, hives, and nests, and learn more about your animal neighbours. Taking place from 12 PM to 6 PM on November 1st and 2nd at the Museum of Toronto, located at 401 Richmond Street West.

Community Resources

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.



Cocaine Anonymous

12 Step Recovery program from drug and/or alcohol use.
360A Bloor Street West; 1-866-4636
Monday-Sunday: 9:00am-11:00pm

Peer Support Groups with Across Boundaries

A 7-week per-led wellness program for those navigating addictions challenges.
51 Clarkson Avenue; 416-787-3007
Tuesdays: 11:00am-12:00pm



Marijuana Anonymous at Our Lady of Sorrows Church

A group to support folks recovering from marijuana addiction.
3055 Bloor Street West; 416-231-6016
Wednesdays: 7:30pm-8:30pm

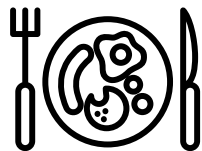
Food - If you require food support beyond our meal programs, please do not hesitate to register with the following agencies. *Some may require Identification and may follow an intake process.*

Daily Bread Food Bank

DBFB helps you find a food bank local to you. Visit dailybread.ca to find instructions on how to register.

Oasis Dufferin Community Centre

They provide emergency food supplies. Require additional information to register.
1219 Dufferin Street; 416-536-4431
Tuesday: 4:00pm-6:00pm; Wednesday: 9:30am-1:00pm



Feed it Forward Grocery Store

A free or pay what you can grocery store option.
2770 Dundas Street West, Unit A; 647-879-2433
Monday-Saturday: 11:00am-6:00pm
Sundays: 11:00am-3:00pm

Christie Ossington Neighbourhood Centre

Provide meals, snacks, showers, laundry facilities, access to a phone, fax and internet..
850 and 854 Bloor Street West; 416-792-8941
Monday-Saturday: 12:00pm-1:00pm

Community Resources

Crisis Support Centres - If you require immediate support during a mental health or safety crisis.

Reconnect Community Health Services

Crisis outreach services for seniors. Provides assessment, treatment and consultation by a Geriatric Addiction Specialist for substance use and concurrent disorders.

1281 St. Clair Avenue West; 416-217-2077

Monday-Friday: 9:00am-5:00pm

Unity Health Toronto

24/7 mental health crisis intervention over the phone. Mobile mental health crisis intervention team providing assessment, intervention, and referrals for individuals experiencing mental health crises (they have trained police officers and a mental-health registered nurse); you can call 416-530-6486 for this service.

111 Sunnyside Avenue, 3rd floor; 416-530-6000

Victim Services Toronto

24/7 crisis intervention. Various services including case management for victims of violence or assault. Provides emotional support and advocacy, safety planning and emergency accommodation/shelter, education workshops, and a therapy dog program.

40 College Street, ground floor: 416-808-7066

Davenport-Perth Neighbourhood Community Health Centre

Offers short-term crisis support and information on ODSP, OW, shelter and housing, health topics, and recreational activities.

1900 Davenport Road; 416-656-8025, or email info@dpmchc.ca



Get to Know... Suzanne!

By Sim



Sim: Tell us your name and about yourself and your interests.

S: My name is Suzanne, I have been coming to Our Place for 11 years. I love the community here. These people understand me like they are my own flesh and blood. I even wrote a song about Our Place. I love to help out and do crafts. My nickname is "craft lady." I love volunteer work too. I am the 4th one out of 12 kids. I have 8 brothers, and 3 sisters (unfortunately 2 passed away). I live all alone here in Ontario since I've been a widow for the past 14 years. I have also been drug and alcohol free for 42 years.

Sim: What is your favourite hobby?

S: I love all types of arts and crafts. I also like euchre and pool. I enjoy the outings at Our Place too.

Sim: What about Our Place keeps you coming back?

Suzanne: The fellowship over here. I know that I can talk to someone and it's not going to go out of this space. I feel safe here. The staff help me a lot too, especially when I'm not feeling well. I appreciate that my dog Rocky can come here. He is very loved around here.

Sim: What's your favourite meal here?

Suzanne: I like the chicken, hot dogs, and hamburgers.

Sim: What kinds of things do you like to do during your favourite season?

Suzanne: I like summer because I love the beach and the park.

Sim: Do you have any special talents?

Suzanne: I love arts and crafts. I've been doing it for many years. I'm most proud of my candle holders, wedding bouquets, and wedding plates.

Sim: Do you have any words of wisdom or advice for other members of the community here?

Suzanne: Self-esteem is important. You shouldn't let other people bother you. I always say when someone says something negative, it should go in one ear, and out the other. I just look at the other person, smile, and just tell them have a nice day. That's how I control my temper.

Sim: What is your favourite thing to do at Our Place?

Suzanne: Bingo and euchre. I'd like to see more games and tournaments at Our Place. It's fun. And outings in the park. I like when we go outdoors.

Sim: If you could have any superpower, what would it be and why?

Suzanne: Witchcraft. I made a promise to my deceased husband 14 years ago that I would do witchcraft. I love it. I used to read tarot cards, but I quit. I could read minds. Once I dreamt about my son when he was 8 months that he broke his arm, 2 weeks later it happened. I predict everything. I feel everything in my hands, I can tell if people are good or bad.

The full interview is available on our bulletin board next to the women's washroom.

Guilt and Self-Care

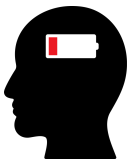
By Zuhair



Often when we practice self-care, there is a subtle feeling of guilt that creeps into our minds. It's a strange feeling; since we're doing something nice for ourselves, the feeling of guilt seems out of place. Typically, it comes up since we feel selfish for taking time out of the day for ourselves. It feels wrong, like we are indulging ourselves too much. The issue is, in order to properly help and connect with others, we need to make sure that we are also taking care of ourselves. You can't constantly give to others without taking time for yourself; your cup will eventually run out.

Trying to get rid of the guilt of self care is easier said than done; it took me a long time to accomplish this with many setbacks in the journey. But here are some tips I found useful:

- **Setting boundaries:** Guilt can creep in when we feel that we are ignoring our responsibilities to others. To overcome this feeling, it is critical that you set boundaries and communicate your needs. It's unreasonable to expect others to know what you want without you telling them. People may need time to get used to your boundaries, and you can help them by being understanding. Hold onto your boundaries, as they'll be worth it!
- **Schedule it in:** Scheduling in your self-care is the best way to avoid feelings of guilt. If you know you've done everything you needed to do, then you will be less likely to feel guilty for taking time for yourself.
- **Self-compassion:** you constantly show love to others, yet feel selfish for showing it to yourself. You are worthy of the love you show to others, and are deserving of it. If you do end up feeling guilty, don't feel ashamed; you're still human, and you're not perfect. A small setback is not the end of the world, and what matters is how you get back up.



Managing Burnout

By Misha

Burnout is on the rise, especially for those balancing remote work and caregiving responsibilities. To manage burnout effectively, try setting clear work-life boundaries by designating times to disconnect from work emails and calls. Prioritize self-care with short breaks throughout the day—whether for a stretch, quick hobby, or simply stepping outside to recharge.

Another helpful strategy is practicing a digital detox: intentionally setting device-free times, like during meals or weekends, to reduce mental clutter and relieve overstimulation. Together, these simple practices promote a calmer, more balanced mindset, empowering you to stay resilient in today's fast-paced world.

Remembrance Day

By Carolina

Remembrance Day is celebrated every year on November 11th to commemorate those who died in armed conflicts, specifically during World War I. This includes all civilians and members of the military that sacrificed their lives or were badly affected by war.

This day is symbolized by red poppies as a visual pledge to never forget those who served. The remembrance poppy comes from the poem called In Flanders Fields written by John McCrae, a Canadian doctor serving in the military. The poem describes the poppies growing in the graveyards where soldiers were buried and to commemorate this day, people wear poppies or place them at war memorials.



How can you participate:

- Wear your poppy
- Watch the national ceremony on tv or online
 - You can view it live on The Royal Canadian Legion's Facebook page
- Find a ceremony that you can attend in person; local ones in Toronto include:
 - Toronto Waterfront (Royal Canadian Legion Branch 344) – 1395 Lakeshore Boulevard West, Toronto, ON M6K 3C1
 - Samuel Smith Cenotaph (Branch 643) – 3145 Lakeshore Blvd West, Etobicoke, ON M8V 1L4 CA

Resources:

<https://www.canada.ca/en/services/defence/caf/militaryhistory/remembrance/remembrance-day.html>

Transgender Awareness Week

By Nyoka

Transgender Awareness Week is observed on November 13–19th every year leading up to Transgender Day of Remembrance, which is honored on November 20th – to honor and memorize victims of transphobic violence. Transgender Day of Remembrance was first a day to remember Rita Henson, an African American trans woman who was killed. During this week, it's a time dedicated to raising visibility and awareness about transgender people, their experience, and the issues they face such as violence, inequality, and discrimination.

This day is not only about raising visibility but also about fostering actions to create safer, more inclusive environments for transgender people. It encourages us all to challenge prejudices and biases, creating pathways for equality and understanding. Every human being has the right to live with dignity and freedom, and transgender people are no exception. They deserve the same power and opportunity to be fully accepted and included in society without prejudice or discrimination.



Being an ally to the community involves actively supporting and advocating. We also need to educate ourselves about transgender identities, terminologies and the challenges they face. Always use inclusive language, referring to them as their preferred names or pronouns and to listen and amplify their voices. This looks like giving transgender people the space to share their experiences and listen without judgement.

National Child Day

By Fanny

National Child Day is celebrated annually on November the 20th. The UN adopted the United Nations Convention on the Rights of the Child in 1989, with Canada joining in 1991. This day is in recognition and acknowledgement of the importance of the rights of children ensuring that all are treated with respect and dignity.

Children are our future! It is important we acknowledge their voices when making decisions regarding their futures and livelihood. As a community, in support of this act we need to commit to protecting children from harm, creating opportunities for children to have a voice, and to ensure basic needs are met under any circumstances.

How can you celebrate National Child Day?

- Educate yourself by watching resourceful videos about children's rights. These videos can be found on Canada's public health National Child Day page or any pages that covers the significance of the National Child Day.
- Organize a fun learning activity! Reading or creating books, doing arts and craft projects, outreach to organizations to help others better understand children's rights, creating a resourceful pamphlet, and many more!

It is important to encourage children to speak up and advocate for themselves. If you witness injustice towards children, don't be a bystander, stand up and say something!

References:

<https://www.nationalchildday.ca/>

<https://www.canada.ca/en/public-health/services/national-child-day.html>



Recipes from the Our Place Kitchen

One-Pot Chili Pasta (recipe from Budget Bytes)

Ingredients:

- 1 onion, diced
- 1 tablespoon olive oil
- 1/2 pound ground beef
- 2 tablespoons all purpose flour
- 1 8oz can of tomato sauce
- 2 cups beef broth
- 1/2 pound pasta shells
- 4 oz cheddar cheese, shredded
- 2 tablespoons relish
- 2 green onion stems, diced

Directions:

1. Add onion, olive oil and ground beef to a large pan over medium heat until the beef has browned.
2. Add flour to the pan and stir for 1 minute.
3. Add tomato sauce and broth to the pan.
4. Add in the pasta, stir and cover the pan with a lid. This will cook the pasta.
5. Stir so nothing sticks to the bottom and turn the heat off once the sauce has thickened.
6. Add cheese and sauces! Enjoy.



One Pot Cheeseburger Pasta (recipe from Budget Bytes)

Ingredients:

- 1 yellow onion
- 1 tablespoon olive oil
- 2 cloves of garlic
- 2 tablespoons flour
- 2 tablespoons chili powder
- 1 15oz can diced tomatoes
- 1 15oz can tomato sauce
- 1 15oz can kidney beans
- 1 15oz can black beans
- 1 15oz can pinto beans
- 1 cup frozen corn
- 2 cups vegetable broth
- 2 cups uncooked macaroni
- 1 cup shredded cheddar cheese

Directions:

1. Dice onion and garlic; cook in pan with oil.
2. Add flour and spices to the cooked onion and garlic; stir for about 2 minutes.
3. Drain and rinse all the beans. Add diced tomatoes, tomato sauce, all beans, corn and broth to the large pot. Mix well.
4. When the pot boils, turn the heat down and let it simmer for 12-15 minutes to cook the pasta. Stir so it does not stick!
5. Once the pasta is cooked, add the cheese and stir until it is all mixed in. Enjoy!

