



386 Queen Street East

Sault Ste. Marie, ON

P6A 1Z1

Phone: 705-945-4971

Website:

<http://ssm-algoma.cmha.ca/>

DECEMBER 2024

Hope House Club 84 Hours:

Monday to Friday:

8:30am - 4:00pm

CLUBHOUSE PHONE NUMBER

705-945-4971

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CLUBHOUSE PHILOSOPHY

Where we create and maintain an intentional Community, run as a partnership between members and staff, where we build upon;

***A guaranteed right to a place to come**

***A guaranteed right to meaningful work**

***A guaranteed right to meaningful relationships**

***A guaranteed right to a place to return**

THE WORK ORDERED DAY

8:30AM-12:00PM

The daily activity of a Clubhouse is organized around a system known as the work-ordered day. The work-ordered day is a period, typically Monday through Friday. Members and staff work side by side, to perform the work that is important to their community. There are no clinical therapies or treatment-oriented programs in the Clubhouse. Members volunteer to participate as they feel ready and according to their individual interests.



THANKS FOR READING!

The newsletter is the monthly information booklet for Hope House Club84.

It is created and distributed by the Administration Unit. Inside the newsletter you will find our club activities, mental health tips, the menu, and so much more! It includes viewpoints and interests of the members of Hope House Club84. If you have any contributions to the newsletter please submit them by the 15th of each month.



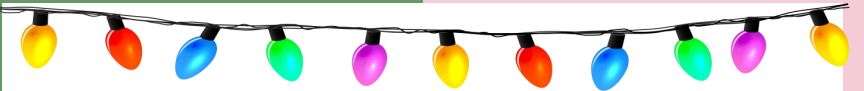
GOALS

WHAT IS YOUR GOAL? WHAT TO WANT TO ACCOMPLISH AND HOW?

WHY IS THIS IMPORTANT TO YOU? DOES IT HONOUR YOUR VALUES?

WHAT STEPS DO YOU NEED TO TAKE?

1
2
3
4
5



BIRTHDAYS!!

Birthday Celebration is

Friday December 27th 2024 at 12:00pm

We are offering a free meal on the actual day of your birthday!

Victoria K.	Dec. 02	Paula R.	Dec. 21
Gary F.	Dec. 03	Jamie D.	Dec. 22
Dennis G.	Dec. 03	Robert W.	Dec. 24
Rick B.	Dec. 07	Paige B.	Dec. 25
Jeffery M.	Dec. 08	Ryley F.	Dec. 27
Stan F.	Dec. 12	Kate-Lynn W.	Dec. 29
Shane D.	Dec. 12	Ron M.	Dec. 30
Maria T.	Dec. 14	Kim P.	Dec. 31
Scott D.	Dec. 14	Carlene G	Dec. 31
John Paul D.	Dec. 18		
Luke K.	Dec. 20		
David K.	Dec. 21		

GALAXY MOVIE NIGHT

WATCH THIS MOVIE AND BRING YOUR TICKET STUB IN FOR A FREE MEAL!

WE ENCOURAGE YOU TO GO WITH OTHER MEMBERS

TUESDAY, DEC. 03, 2024

MOANA 2

7:00PM



EMPLOYMENT SUPPORT PROGRAM

Members looking for employment who use the Employment Support Program receive support as they prepare for, find and maintain paid employment. Members are offered a wide range of specialized services including:

- Employment planning and assessments: Each member is assisted in developing an employment plan tailored to their skills and goals.
- Job placement: Members are supported in finding competitive employment. Services may include on-the-job training, job trials and job coaching. Interview, resume and job-search skills are acquired in this process to ensure the future success of the member
- Job retention: Clubhouse Workers will follow up with members who have found work, to provide support throughout the transition to employment.

INTERESTED IN BECOMING A CLUB 84 MEMBER?

The first step to becoming a member is to fill out a clubhouse application form. From there, you will be contacted by staff in order to schedule an orientation. Membership is open to Individuals living with a mental illness in Sault Ste. Marie. A clubhouse is a mental health program that is comprised of a community of people that promotes wellness through meaningful activities. Together, members and staff run the Clubhouse through doing work-ordered day activities (administrative tasks, kitchen work or maintenance jobs) during the daytime and social recreation activities during the evenings and weekends. Through participation in Clubhouse activities, people are given the opportunities to rejoin the worlds of friendship, family, meaningful work, employment and education. A Clubhouse is a restorative environment for people who have had their lives disrupted and provides a safe place comprised of individuals who believe that recovery from mental illness is possible for all.

DECEMBER Budget

MONTH OF: _____

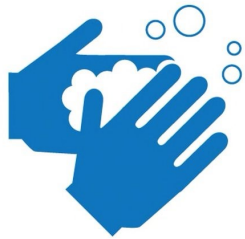
TOTAL INCOME: _____

TOTAL INCOME—(MINUS)TOTAL EXPENSES = MONEY LEFTOVER

ITEMS	AMOUNT	DATE PAID/DUE	LEFTOVER
RENT			
UTILITIES			
GROCERIES			
TOILETRIES			
INSURANCE			
MEDICAL			
TRANSPORTATION			
OTHER			
SAVINGS			
DEBT			
CELL PHONE/ CABLE/ INTERNET			
TOTAL EXPENSES			

REMINDERS:

**DO YOUR PART TO STOP
THE SPREAD OF GERMS**



**WASH
YOUR
HANDS!**

© 2015 | 1-800-368-6868 | 100-777-1200 | #WASHYOURHANDS

How can you reduce your chances of falling sick?

You can...



Eat a healthy, nutrient-dense diet



Minimize your exposure to sick people



Drink plenty of fluids



Sleep your fill



Manage your stress



Wash your hands



Avoid touching your eyes, nose, or mouth



Exercise

Examine.com

DECEMBER PROGRAMS



**CRIBBAGE
TOURNAMENT**





CLUBHOUSE FUNNIES

- **What's every elf's favorite type of music?** Wrap!
- **What do gingerbread men use when they break their legs?** Candy canes.
- **What do snowmen eat for lunch?** Iceberg-ers.
- **What do you call a snowman with a six-pack?** The abdominal snowman.
- **What is it called when a snowman has a temper tantrum?** A meltdown.
- **Why is the Grinch such an excellent gardener?** He has a green thumb.
- **What did one snowman say to the other snowman?** Do you smell carrots?

IMPORTANT RESOURCES

Crisis Services—705-759-3398 or
1-800-721-0077

Regional WARM Line—1-866-856-9276

Information & Access—705-759-5989

Hope House Club 84—705-945-4971

REMINDER** Walk-in counseling clinic offered in the front of the clubhouse building every Tuesday from 11:30AM– 5:30PM

NARCOTICS ANONYMOUS

Sault Ste. Marie Area Helpline Number
(888) 811-3887

Drug addiction treatment center in Sault Ste. Marie, Ontario

Address: 911 Queen St E, Sault Ste. Marie, ON
P6A 2B6

Hours: **Open 24 hours**

Phone: +1 800-452-3363

Addictions Treatment Clinic:

123 East Street
Sault Ste. Marie, ON. P6A 3C7
Telephone: 705-759-6684



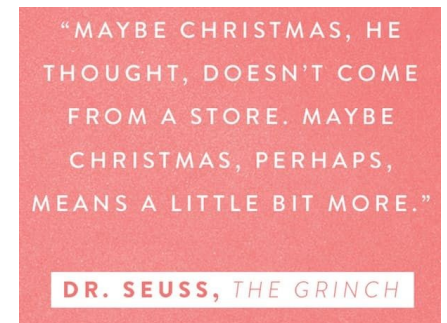
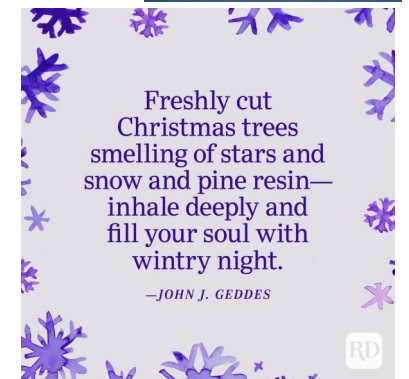
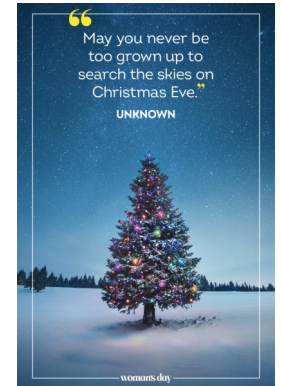
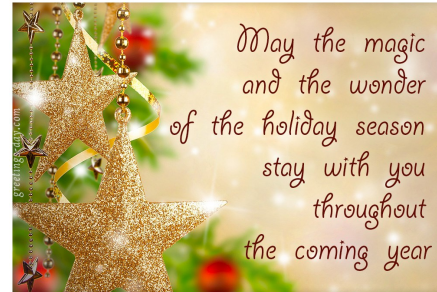
QUOTES:



Cheers to a new year and another chance for us to get it right.

“Kindness is like snow. It beautifies everything it covers.”

—KAHLIL GIBRAN



Bed Bugs

When you first find bed bugs in your home:

DO:

Tell the landlord right away.

Clean up and de-clutter your home.

Use a good vacuum and empty the vacuum into an outside garbage can or put the bag in a sealed bag in the freezer so the bugs cannot climb back out into your home

Don't:

Don't throw out your bed - it may be saved with mattress encasement.

Don't change where you sleep; if you sleep on the couch the bed bugs will follow you there and infect more of your home.

Don't spray all over your home; it leaves toxic chemicals on your things and scatters the bed bugs to other areas. Also, most bed bugs are resistant to current bug sprays.

You have Bed Bugs? Don't Panic! There is a lot you can do:

Don't Bring Them Home

Never bring discarded bed frames, mattresses, box springs, upholstered furniture or electronics into your home. They may be infested with bed bugs.

Kill Them

Make a safe bug spray by mixing 7 ounces water, 1 ounce rubbing alcohol, and 1 teaspoon of liquid dish soap in a spray bottle. Spray directly on the bed bugs for it to work. Rinse and dry sprayed surface thoroughly.

Clean Them Out

Remove clutter and unnecessary items from your bedroom to reduce hiding places and make cleaning more effective.

Mark any items "bed bugs" before throwing them out or take items directly to the landfill. To stop others from taking the bed bugs into their home and spreading the problem.

Remove Them

Use a crevice tool to vacuum everything thoroughly, such as crevices on mattress, bed frame, baseboards and all objects close to the bed. Vacuum daily. Throw out the vacuum bag into an outside garbage can or seal it in a plastic bag and place it in the freezer for several days.

Wash hard surfaces (like bed frames and headboards) with warm soapy water (test first on a small surface to ensure no water damage, such as wood)



HAPPY

Holidays



Homemade
GIFTS MADE EASY

Kill Them With Heat

Wash clothing and linens in hot water and dry in a hot dryer. Throw clean clothing and linens in a hot dryer for 30 minutes. (Clean items can just be put through the dryer cycle)

Discard bags used to transport laundry. Do not reuse these bags. They may re-infest your laundry.

Place heat treated clothing and linens in a large clean bag and seal. Zipper-type and clear bags are recommended.

Make Your Bed an Island

If bed bugs are in your building but not in your apartment, making your bed an island will protect you if they enter your home

REDUCE BITES RIGHT AWAY BY ISOLATING THE BED.

1. Remove clutter from your room and from under your bed.
2. Place bedding and pillow in the dryer on a hot setting for at least 30 minutes.
3. Pull your bed away from the wall, curtains, dressers and bedside tables.
4. Vacuum all surfaces of your mattress and box spring carefully with the vacuum's crevice tool. Make sure to go over seams, handles and buttons. This will remove bugs found on the surface.
5. Vacuum your bed frame and headboard including areas where there are screws and fasteners.
6. Immediately empty the vacuum into garbage can or seal the vacuum bag in a plastic bag and store in the freezer.
7. If there are cracks or holes in your bed frame, apply some caulking to prevent the bugs from getting in.
8. Place your mattress and box spring in a zippered bed bug proof encasement. Put duct tape over the zipper closure.
9. Do not use bed skirts as the bed bugs will use them to climb back into your bed.
10. Keep bed sheets and blankets tucked in so they do not touch the ground.
11. Place each leg of the bed in a clean shallow container, such as a tuna can. Add about 2-3 mm of baby or mineral oil to the bottom of the can. This creates a moat that the bed bugs cannot cross.
12. Keep your pets off the bed. They can bring bed bugs back onto your bed

Myth #1 - You can't see bed bugs. Adult bed bugs are easily spotted. Adult bed bugs are 3mm—5mm in size—about the size and shape of an apple seed—and a reddish brown colour.

Myth #2 - Throw out your bed and you'll be rid of bed bugs. They may be called bed bugs but they don't just live in your bed. They can occupy almost any dark crack or crevice in a room. Almost everything including clothing, bedding, furniture and electronics can be treated to remove bed bugs. By disposing of infested furniture prior to it being inspected and treated, you can actually spread bed bugs. If you need to dispose of furniture or a mattress, make sure it is sealed with plastic and mark to indicate it has infested by bed bugs. If possible, destroy items prior to disposal to make them unusable.

Myth #3 - You only get bed bugs if you live in a low-income neighborhood. Bed bugs can happen to anyone, anywhere. You get bed bugs by coming into contact with them. Increasingly, people who frequently travel become exposed to bed bugs and bring them back home.

<http://www.algomapublichealth.com/environment-inspections/environmental-health/bed-bugs/>

!ATTENTION!

YOU CANNOT ENTER THE CLUBHOUSE
WITH BEDBUGS OR COCKROACHES

- PLEASE STAY HOME IF YOU
HAVE BED BUGS AND/OR
COCKROACHES. PLEASE CALL US TO LET
US KNOW OF YOUR ABSENCE.
- PLEASE USE THE MALL OR OTHER
PUBLIC PLACES WHEN BEING SPRAYED.

YOU CANNOT COME IN WHILE SPRAYING
IS TAKING PLACE

- YOU MUST BE CLEARED BEFORE YOU
CAN COME BACK.

**THANK YOU FOR HELPING US TO
KEEP OUR CLUB SAFE!**





4-Ingredient Hamburger Casserole



INGREDIENTS

- 1 lb medium shell pasta
 - 1 lb ground beef
 - 2 (10 oz each) cans tomato soup
 - 1 1/2 cups cheddar cheese, grated
 - 1 1/2 cups mozzarella cheese, grated
- Kosher salt and freshly ground black pepper, to taste, or seasoned salt

PREPARATION

1. Preheat oven to 375°F and grease a 9x13-inch baking dish.
2. In a large pot of salted water, cook pasta according to package directions. Drain and set aside.
3. While pasta is cooking, brown and break up hamburger in a skillet until no longer pink, seasoning how you'd like. (You can use just salt and pepper, seasoned salt, garlic powder, etc!)
4. Add ground beef, tomato soup, pasta, 1/2 cup water, and half of the cheeses to the baking dish and stir to combine.
5. Top with remaining cheese and cover with foil. Bake 20 minutes.
6. Remove foil and bake 10 minutes more. If desired, broil for 2-3 minutes to brown cheese further.



REMINDER:

**UNIT MEETINGS HAPPEN EVERYDAY
AT 9:30AM AND 1:30PM**

THIS IS AN OPPORTUNITY TO HAVE YOUR
VOICE HEARD, STAY UP TO DATE WITH
CURRENT CLUBHOUSE EVENTS AND
AGENDA ITEMS.

HOPE TO SEE YOU THERE!



WINTER

Word Search Puzzle



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



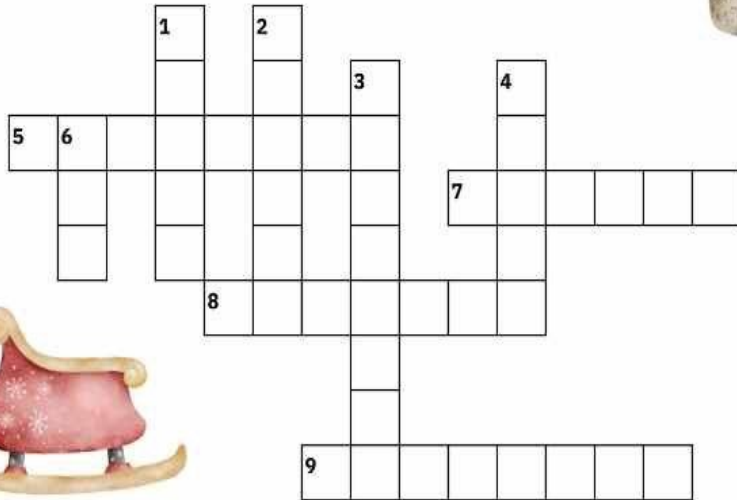
BLIZZARD	HANUKKAH	PARKA
CHILLY	HOLIDAYS	SHOVEL
CHRISTMAS	HOT COCOA	SKIING
COAT	ICE SKATES	SLEDDING
DECEMBER	ICICLES	SLEET
EARMUFFS	JANUARY	SLUSH
FEBRUARY	MITTENS	SNOWMAN
FIREPLACE	NEW YEAR	SWEATER



Christmas Crossword



Read the clues and fill in the crossword grid.



Across

- 5. a special animal with antlers that help Santa pull his sleigh at Christmas
- 7. a special sled that Santa rides on while delivering presents
- 8. a tall, narrow space in the house where Santa is said to come down to deliver presents
- 9. a big sock that children hang by the fireplace for Santa to fill with gifts

Down

- 1. a kind man who wears a red suit, has a white beard, and brings presents to children at Christmas
- 2. a circle made of leaves or flowers, often hung on doors during Christmas
- 3. a small, pretty decoration used to decorate the Christmas tree
- 4. a plant with shiny green leaves and red berries, used for decorations at Christmas
- 6. a magical tiny person who helps Santa make toys at the North Pole

6 Mid Winter Self Care Tips

*care for your mind, body, soul,
& foster your spirituality.*

1. REST, REFLECT & REFRESH.
2. NOURISH YOUR BODY WITH WARM SOUPS AND VEGETABLES.
3. TAKE CARE OF YOUR SKIN AND NAILS DURING THIS TIME OF YEAR.
4. PICK UP A NEW BOOK THAT RELATES TO ONE OF YOUR GOALS.
5. FIND WAYS TO GIVE BACK
6. CONNECT WITH NATURE



Owls & Indigo

OWLSANINDIGO.COM



Monthly Menu



DATE	MENU
Mon 2nd	POTATO SOUP
Tues 3rd	
Wed 4th	CHILI DOGS & SALAD
Thurs 5th	FISH & CHIPS
Fri 6th	<ul style="list-style-type: none"> STUFFED PEPPER CAS-SEROLE
Mon 9th	PHILLY STEAK SANDWICH
Tues 10th	SHEPPARDS PIE & SALAD
Wed 11th	<p>Christmas Dinner Grand Gardens North 4:30pm-7:30pm \$20.00</p>
Thurs 12th	LASAGNA & SALAD
Fri 13th	BROCCOLI CHICKEN CAS-SEROLE
Mon 16th	TACOS



HOLIDAY COMPASSIONATE SELF-CARE CHEAT SHEET

Holidays are *supposed* to be joyful, but let's face it, they can also feel lonely, stressful, overwhelming, or just plain difficult. Here are some tips to help you take care of YOU.

1. It's okay to not be perfect. You don't have to "win" Christmas. Keep it in perspective. Your sanity is more important than the perfectly wrapped gift.
2. Schedule some ME time every day. Whether it's a few minutes to breathe, walk around the block, get a workout in, or simply a moment to shower.
3. Feel free to say "NO." Set boundaries. Ask for help. Communicate your needs directly and respectfully before exploding or harming yourself or others.
4. Remember to be kind to your body. Feed it. Move it. Rest it. It does a lot for you every day, it's easy to neglect. Forgive yourself if you struggle. Try again.
5. It's OKAY to feel your feelings. It's OKAY to be sad. It's OKAY to want to skip the whole Season. It's not a moral imperative to participate in the Holidays.

Holiday Self Care Checklist



Be alone



Plan for difficult family



Create a new tradition



Make a DIY self care kit



Treat yourself



Slow down



Schedule a therapy appt



Make a holiday budget



Set boundaries



Journal



Reflect on the year



Holiday stress is temporary

see the rest at ambitiouslyalexa.com



Monthly Menu



DATE	MENU
Tues 17th	SAUSAGE ON A BUN FRIES
Wed 18th	PULLED PORK & COLESLAW
Thurs 19th	CHICKEN PARM
Fri 20th	
Mon 23rd	MAC N CHEESE
Tues 24th	MEATLOAF, MASHED POTATOES, VEG
Wed 25th	CLOSED
Thurs 26th	CLOSED
Fri 27th	<ul style="list-style-type: none"> TUNA CASSEROLE
Mon 30th	BURGERS & SALAD
Tues 31st	
Wed Jan 01st	CLOSED



**\$1.00 POPCORN
BAGS
11:00AM-3:30PM
FOR SALE IN THE
CLUBHOUSE
TUCKSHOP**

**COME SEE US FOR ALL OF YOUR
SNACKING NEEDS!**



**SLUSHIES WILL RETURN
IN THE SUMMER**

december SELF-CARE

@POSITIVELYPRESENT



DECEMBER SELF-CARE-IDEAS



build a cosy inside fort with pillows and blankets



go ice skating

take a walk in the snow



make some popcorn and watch Harry Potter



reflect on the past year



take up knitting



scrapbook a year in pictures



light some festive candles

December 2024

	Mon	Tue	Wed	Thu	Fri
2		3 Crib Tournament	4 BINGO 1:30PM	5 PARTY FAVOURS 1:30PM	6 HOLIDAY MOVIE 1:30PM
9		10	11 CHRISTMAS PARTY 4:30PM-7:30PM GRAND GARDENS NORTH	12	13 HOLIDAY MOVIE 1:30PM
16 ARDS/ORNAMENTS 1:30PM		17 HOT COCO JARS 1:30PM	18 SANTA CLAUSE BREAKFAST 9:30AM-10:30AM BINGO 1:30PM	19	20 HOLIDAY MOVIE 1:30PM
23		24 CHRISTMAS EVE PARTY 1:30PM	25 CLOSED	26 CLOSED	27 HOLIDAY MOVIE 1:30PM
30		31 NEW YEARS EVE PARTY 1:30PM	1 CLOSED	2 CLOSED	3



HOLIDAY PARTY

2024

WHEN: DECEMBER 11, 2024

TIME: 4:30PM-7:30PM



DOORS WILL OPEN AT 4:30PM

WHERE: GRAND GARDENS NORTH

1324 GREAT NORTHERN RD

TICKETS: \$20.00 FOR MEMBERS & GUESTS

MENU:

SALAD, PENNE, MEATBALLS,
ROAST CHICKEN, ROAST POTATOES, POP,
COFFEE/TEA & DESSERT

PURCHASE TICKETS IN THE TUCK SHOP

DEADLINE TO PURCHASE TICKETS IS
FRIDAY DECEMBER 06, 2024 AT 3:00PM

DECISIONS MEETING

WHEN:

WHERE: CLUBHOUSE

TIME: 2:00PM

WHY:

- DECIDE HOW THE REST OF THE
"100 WOMEN WHO CARE"
DONATION WILL BE SPENT.
- HOW CAN WE ENCOURAGE
MORE MEMBERS TO ENGAGE
IN THE WORK ORDERED DAY

!!PLEASE MAKE SURE YOU
ARE THERE SO YOUR VOICE IS
HEARD!!