



Niagara Regional Housing

Housing Herald

Providing and advocating for quality, affordable housing in Niagara

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How to Eat Healthfully on a Budget

Food prices are rising, so budgeting for groceries is getting tougher. There are ways to eat healthy food without spending alot, including the following tips:

- Don't buy pop. Drink water from the tap. It's healthier and it's free!
- Buy frozen fruits and vegetables. As long as they're not packed in sauces, they're full of nutrients and cheaper than fresh.
- Don't eat at restaurants. Meals at restaurants are generally less healthy, in bigger portions and more expensive than meals made at home.
- Plan your week's meals in advance. You will be less likely to eat expensive, processed food if you have planned ahead and are not in a hurry.



The Healthiest and Cheapest Foods are:

- **Oatmeal** – high in fiber and lowers cholesterol. Eat oatmeal for breakfast or oatmeal cookies for snacks.
- **Eggs** – protein for overall health and to ward off age-related eye problems. Scrambled eggs are good for breakfast and boiled eggs are healthy snacks.
- **Apples** – fiber that may reduce cholesterol. Have apples for snacks or bake in pies and breads.
- **Potatoes** – Vitamin C and potassium. As long as they're not fried, they're healthy – mashed, baked or in a potato salad.
- **Nuts** – essential fatty acids, Vitamin E and protein. You only need a few to get maximum health benefits.
- **Bananas** – potassium and fiber. Eat as a snack or in yogurt or cereal.
- **Beans** – protein and fiber. Eat them in soups, chillis or on their own.
- **Broccoli** – many, many nutrients. Eat in salads, stir fries or uncooked with dip.
- **Spinach** – Vitamin C and iron. Eat it on its own or in salads.

Changes to Rent Payment Dates

Starting July 1, 2011, Direct Withdrawal (also called Pre-Authorized Payment Plan or PAP) rent payments will be withdrawn from your bank account on the first day of each month, not the third day of each month as is our current practice. For example, your July 2011 rent will be withdrawn from your account on July 1st, not July 3rd. It is important that you make sure that you have enough money in your bank account on the first day of each month to cover your rent.



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Order Healthy Food At Lower Prices

The Good Food Box offers a box of fresh food (\$15 for small – serves 2 people or less; \$20 for large – serves 3-5 people) that you can call in your order and pick it up.

During the first three business days of the month you order and pay for your fresh food by cash or cheque at a Host Site close to you. The Host Site will let you know when your box is ready for pickup on the third Wednesday or Thursday of the month. Take a bag or container to carry your food home.

Visit www.mygoodfoodbox.com or 905-414-7883.

Host Sites

Fort Erie

- John Howard Society, 469 Central Avenue
- Aboriginal Head Start, 64 Jarvis Street
- Bridges Community Health Centre, 1485 Garrison Road
- Crystal Beach Public School, 145 Derby Road, Crystal Beach

St. Catharines

- Bethlehem Projects, 151 James Street
- Community Care, 12 North Street
- John Howard Society, 210 King Street
- Niagara Centre for Independent Living, 122 Queenston Street
- Start Me Up Niagara, 17 Gale Crescent

Port Colborne

- Community Living, 100 McRae Street
- Port Cares Reach Out Centre, 61 Nickel Street

Welland

- Canal View Homes, 60 King Street
- Community Living, 535 Sutherland Avenue
- Gateway Residential, 178 King Street
- Hope Centre, 179-181 East Main Street
- John Howard Society, 620 Niagara Street
- Oak Centre, 24 Dorothy Street
- Wellsprings Church, 370 Pelham Road



What Do Community Program Coordinators Do?

Community Programs Coordinators (CPCs) help tenants find the programs and services they need to live healthy, productive lives. CPCs also assist in the start-up of Tenant Associations, which are groups of tenants who organize activities and events (movie nights, social teas, bingo, breakfasts and dinners etc .for their community.) If you need support services, or would like to discuss starting a Tenant Association in your community, please contact your CPC at 905-682-9201 ext. 3935 or ext. 3936.



Friendly Reminders

Putting Up Window Coverings?

Please do not attach blinds, curtains, air conditioners (or anything else) to the new vinyl window frames. Attachments to vinyl cause damage, so instead, please fasten only to walls and ceilings.

Changes To Your Unit

You must have your Property Administrator's written permission to renovate or make significant changes to your unit (ex - fences and garden sheds or anything that attaches to your unit like satellite dishes, television antennas, cable etc.) If you have made significant changes, you will be responsible to restore your unit to it's original state when you move out.

Recycling

Please be responsible. Rinse containers before putting them in recycling bins. Recycled items should not contain food.

Keep Your Children Safe!

NRH does not allow swimming pools, except children's wading pools. Even wading pools must follow these guidelines:

- Cannot exceed 11 inches in height
- Must be above ground
- Must be on patio so as not to damage grass (or must be moved daily to prevent grass damage)
- Must be on tenant's rented property (not in common area or public space)
- Must be emptied after each use to reduce risk of West Nile Virus or injury

Summer Programs For Kids

Summer Recreation Programs for youth will be available in July and August in our Bowden, Manchester, McLaughlin, Old Pine Trail, Rykert and Warden/Waters communities. Call us at 905-682-9201 ext. 3935 or ext. 3936 for more information!

Patio Clean Up

Please clean debris off your patios, balconies and backyards. Your Property Administrator will be doing inspections to make sure they are neat and tidy.

You Need Tenant Insurance!

Your lease requires you to buy a Tenant Insurance Package because it can help you replace belongings damaged by fire, flood, or theft. For more information, please contact a local insurance broker directly (see the yellow pages) or visit www.sohoinsurance.ca.

It's a good idea to compare prices before buying insurance. If you are on Ontario Works (OW) or Ontario Disability Support Program (ODSP), ask your worker if your monthly tenant insurance premiums are covered



Put Your Green Thumb To Work!

Many of our NRH communities have beautiful gardens that need care. If you are interested in taking care of gardens in your community, or if you already take care of gardens, please call your Community Programs

Coordinator at 905-682-9201 ext. 3935 or ext. 3936 to fill out an application. What a wonderful way to enjoy the summer months while helping to make your community beautiful.



How can you reduce your electricity costs?

The cost of electricity changes according to the time you use it. In the summer months (starting May 1), the cheapest times to use electricity are:

Weekdays – 7:00 pm – 7:00 am

Weekends and Statutory Holidays

Do your laundry and use your dishwasher during these times to save energy!



NRH 2011 Board of Directors Meeting Schedule

All regular meetings held on Friday 9:00 am – 12:00 pm
2201 St. David's Road, Thorold, Ontario, Rm CE308

May 27

June 24

July – No Meeting Scheduled

August 26

September 30

October 28

November 25



Note: Meeting dates may change. See www.nrh.ca for the most current schedule.

Congratulations George Webb!

NRH congratulates George Webb, who received the 2010 NTEC Community Service Award at the NTEC Christmas party. George has been working with NRH since 1993 as part of our partnership with NTEC (Niagara Training and Employment Agency). He worked at Carlton Street from 1993-1998 and has been a valuable addition to our Gale Crescent community since 1998. NRH is fortunate to have 3 NTEC staff who assist custodians and add more friendly faces to our communities.

Programs and Services

No Dental Insurance?

Here are two free programs for eligible kids 17 years of age and younger.

HEALTHY SMILES ONTARIO

for Regular Dental Care (e.g. cleanings, fillings)

To be eligible, a child 17 or younger must:

- Live in Niagara
- Live in a household with an Adjusted Family Net Income of \$20,000 per year or below
- Not have dental insurance (like Ontario Works)

C.I.N.O.T

(Children in Need of Treatment)

For Emergency Dental Care

To be eligible, a child 17 or younger must:

- Live in Niagara
- Be identified as having an urgent dental condition by our Dental Program staff
- Not have dental insurance (like Ontario Works)
- Have parents declare that paying for dental care would create financial hardship

Preventive services are also offered to children and youth to help improve oral health and prevent dental disease. For more information or to book an appointment, call our Dental Program at **906-688-8248** or **1-888-505-6074 ext. 7399** or visit **www.niagararegion.ca**.

****Please note:** Ontario Works children (0-17 years whose parents are Ontario Works participants) are eligible to receive regular and emergency dental care. For more information call Community Services at **905-688-8248** or **1-888-505-6074 ext. 6026**

You May Qualify for a Bursary to Assist with Your Education

Niagara Region Bursary

The Niagara Region Bursary provides financial assistance for post-secondary education to Niagara students in financial need. Deadline – August 31, 2011. More details are at **www.niagararegion.ca** or by contacting Gail Webster at **905-984-3688** or **Gail.Webster@niagararegion.ca**

Canada Learning Bonds

Your child may be eligible for the Canada Learning Bond (CLB) to help them with their education after high school. If you qualify, Canada Learning Bonds offer \$500 and \$100 per year until your child reaches age 15 to a maximum of \$2,000. For more information, call **1-800-622-6232** or see **www.canlearn.ca**.



Funding for Children's Sports and Lessons

Pro Kids provides \$100 of funding annually to support children/youth participation in cultural/ recreation programs of their choice such as; painting lessons, soccer, baseball.

PRO-Kids is available to tenants from infancy to age 18 and is funded by Niagara Region, Community Services and Children's Services and NRH. To register for Pro Kids contact Children's Services at **www.niagararegion.ca** or **905-984-3750**.

With the summer fast approaching consider your child's participation in the recreation /cultural program of their choice and register NOW.

Provided courtesy of
Niagara Region Public Health

Stay Healthy This Summer

Summer Health Tips

If You See A High Heat Alert Notice – On days that are dangerously hot, you may see a “High Heat Alert” Notice posted in your community. Please take extra care during times of high heat alert: drink more fluids, rest more and stay inside or in shady areas. Infants, children, the elderly, people with high blood pressure/heart/respiratory problems and those who work outdoors are at possible risk of developing heat-related illnesses.

- To reduce risks of heat-related illness:
- Never leave infants or young children in a parked car.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Make sure that infants and children drink adequate amounts of liquids and that they are protected with sunscreen.
- People over 65 years of age are less likely to sense and respond to changes in temperature. Stay in cool areas and use air conditioning. When the temperature is in the high 90°F range (or high 30°C range) or higher, a fan will not prevent heat-related illness. A cool shower or bath is more effective.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat. They should stay in cool areas.
- Any health condition that causes dehydration makes the body more susceptible to heat sickness. Speak to your doctor.
- Never leave pets (dogs, cats, etc.) in a parked car for any period of time. In periods of high heat, leaving a window open is not sufficient to allow them to keep cool.

Health Bus Spring/Summer Schedule - April 1 to October 31, 2011

The Health Bus is a health clinic on wheels. You do not need a health card and it's FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
Niagara Falls (Day)	Welland (Day)	Port Colborne (Day)	Beamsville (Afternoon)	St. Catharines (Morning)
Project Share 9:00 a.m. - 11:30 a.m. 4129 Stanley Ave, Unit 2 Niagara Falls Elaine Pihach 905-357-5121 Soup Kitchen 11:45 a.m. - 1:00pm Community of Christ Church 4865 St. Lawrence Ave. Niagara Falls Verna Craig 905-354-1640	Welland Public Health 9:00 a.m. – 12:00 p.m. 200 Division St. Welland 905-735-5697	Port Cares 9:00 a.m. – 12:00 p.m. 92 Charlotte St. at the Early Years Centre entrance Port Colborne Linda Reinhart 905-834-3629	Beamsville Community Care 1:00 p.m. – 3:30 p.m. 4309 Central Ave. Beamsville Cheryl Scott 905-563-5822	St. Catharines Housing Help 9:00 a.m. – 12:00 p.m. 129 Church St. St. Catharines Catherine Livingston
			St. Catharines (evening)	Fort Erie (afternoon)
Project Share 2:00 p.m. - 4:00 p.m. 4129 Stanley Ave, Unit 2 Niagara Falls Elaine Pihach 905-357-5121	Welland Public Health 1:00 p.m. – 4:00 p.m 200 Division St. Welland 905-735-5697	Port Cares 1:00 p.m. – 4:00 p.m. 92 Charlotte St. at the Early Years Centre entrance Port Colborne Linda Reinhart 905-834-3629	Southridge Community Church/Shelter 4:30 p.m. – 7:30 p.m. 201 Glenridge Ave. St. Catharines Chris Loewen 905- 682-2477	Salvation Army 1:00 p.m. – 3:30 p.m. 255 Gilmore Rd. Fort. Erie Donna Paterson 905-871-1592

The schedule might change. For information call Public Health:
 905-688-8248 Ext 7512 OR 905-688-3762 OR 1-800-263-5757

Dental Services Are NOT Available

Bed Bugs

What are Bed Bugs?

Bed bugs are small insects (size of an apple seed) with oval-shaped bodies and no wings. Bed bugs usually bite at night and will bite all over, especially around the face, neck, upper torso, arms and hands. They are annoying but are not considered a health threat. Bed bugs can happen to anyone - no one is to blame. Because of widespread travel and limited pesticide uses, almost every city in the world has bed bugs.

Can I Prevent Bed Bugs?

Even the cleanest homes can have bed bugs, but some ways to prevent include:

- Regular inspections

- Vacuum your mattress often
- Clean up clutter
- Seal cracks and crevices
- Inspect furniture or clothes before buying
- Never bring discarded bed frames, mattresses, box springs, upholstered furniture or electronics into your unit
- Inspect your luggage when you return from a trip

What If I Discover Bed Bugs in My Unit?

Call your Tenant Support Representative if you think you have bed bugs in your unit. A Pest Control Company will be called to confirm and help treat the problem.

2011 Proposed Capital Works Jobs

City	Address	Expected Date of Work	Description of Work
Fort Erie	Highland, Jessie Crooks, Bowen	July	Bathroom restoration to current standard
	132 Idylewylde	April	Replace acoustic ceiling tile
		June	Bathroom restoration to current standard
	317 Albany	Oct-Dec	Common room furniture
Grimsby	30 Robinson	Jul-Sep	Rear concrete sidewalks
		May	Roof consultant
Niagara Falls	3896,3916,3946,3980 Sinnicks	July	Repave parking lot and curbs
	4900 Buckley	October	Elevator modernization
	6858 & 6868 Ailanthus	April	New acoustic ceiling tiles 1st and 2nd floor
	Warden & Waters	June	Bathroom restoration to current standard
		July	Repair roof
		July	Exterior lighting
NOTL	300 Davy	August	New concrete patios
		July	Replace windows
Port Colborne	709 A,B,C,D,E King	August	Parking lot improvements
	561 Steele	July	Repave parking lot, curbs and lights
St. Catharines	14 Centre	June	Replace bedroom closet doors
		May	Roof consultant
	15 Gale	October	Modernize elevator
		April	Replace exit signs
		May	Replace ceramic common areas
		May	Roof consultant
		June	Exterior wall repairs
		June	Replace exhaust vents
		September	Consultant retaining wall
		October	Elevator modernization
	436,438,440,442 Scott	September	Replace inner and outer exterior doors
	45 Manchester	April	Replace kitchens and bathroom
	479A,B,C Carlton	May	Roof consultant
		May	Replace carpet common areas
		July	Roof replacement
	59 Rykert	April	Roof replacement
		April	Replace windows
Christopher, Dundonald, Galbraith, Powerview, Wallace	August	Basement wall repairs	
	August	Concrete steps and patios	
Old Pine Trail	May	Parking lot #2	
Welland	140 Elmview	July	Consultant air make-up
	211 King St.	May	Recycling room
	235 Fitch St.	October	Replace recir. pump ¾ lines
	61 Woodcroft	July	Consultant air make-up
		Oct-Dec	Replace common room furniture
	McLaughlin St.	July	Re-pointing (building elements)
		July	Install drains in window wells
		July	New concrete patios and rear steps
	Roach Ave.	July	Replace windows
Victory/Gatfield	May	Ceramic tile backsplash in kitchen	

Community Happenings



Children at McLaughlin Street in Welland enjoy Mad Science at Kids Summer Spectacular 2010. Betty Boyd and the Faith Tabernacle Church have become an important part of this community, as they offer a wide range of exciting programs from the Community House.

Do you have prescription medications that are unused, outdated, and sitting in your medicine cabinets?

It is important to monitor any prescription drugs you have in your home and safely get rid of any unused medications.

Make sure you:

- Keep all medications in a safe place
- List your medications and monitor quantities.
- Set an example. Do not use medications that were not prescribed to you or share medications.
- Talk to your children about the safe use of medications and the risks of misuse.
- Encourage parents and grandparents to take the same precautions.

- Return unused medications to your pharmacy. Visit Stewardship Ontario for a list of pharmacies accepting unused medications at www.stewardshipontario.ca. Do not put unused medications down the toilet or sink or in the garbage.



Information Niagara
JUST DIAL
211

Information Niagara gives residents the contact information for all community and social service agencies. It is your one-stop shop for up-to-date community information and volunteer opportunities in the Niagara Region.

**To use this free service,
just dial 2-1-1
or visit the website at
www.informationniagara.com**

1 800 668 6868
KidsHelpPhone.ca

KidsHelpPhone.ca