

Rent Payment Options

Debit: For your convenience, debit is now available for any payments. NO Master Card or Visa.

Telephone and Online Banking

Telephone and online banking is now available. Check with your local bank to see if this option is available for you. You will be required to provide your tenant number when you sign up.

Pre-Authorized Payment Plan:

With this option, you may pay your rent by arranging to have automatic monthly bank withdrawals from your account. A fee of \$15 is applied to your account for any returned payment.

Post-dated cheques:

You can also pay by monthly cheques or post-dated cheques. Please make sure your cheques have your name, address, unit number and tenant account number on them.

Cash:

Cash is accepted at our offices only. Property Administrators cannot accept cash on site.

Reminder:

Rent is due on the first day of the month.



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Location:

Our office is located at:

Campbell East Regional Administration Building
2201 St. David's Road, Thorold

Mailing Address: Niagara Regional Housing
P.O. Box 344
Thorold, ON L2V 3Z3

For inquiries call:

905-682-9201
1-800-232-3292 (Grimsby or outside Niagara Region)
Fax - 905-687-4844



This program provides children access to recreational programs, such as soccer, swimming, baseball, arts and crafts at no cost. PRO-Kids is funded by the Niagara Region, Community Services and Children's Services and Niagara Regional Housing as part of the National Child Benefit Reinvestment Strategy. It's coordinated by the YMCA of Niagara and is available to tenants from infancy to age 18.

For eligibility or general information call 905-984-3750 or 905-945-2271 ext. 750 (Grimsby), email: pro-kids@regional.niagara.on.ca.

Dr. Albert Rose Bursary

The Dr. Albert Rose Bursary Program is being offered to students who are tenants in rent-geared-to-income housing.

Bursaries will be available to tenants graduating from high school in 2008 intending to enrol in a full-time post secondary education program (1st or 2nd year). Bursaries are available to a maximum of \$3000 annually.

There will also be annual awards available to tenants planning to enrol in short-term academic, trade or skill-based training. These awards

are a maximum of \$1000. Mature students can also apply for the bursary.

The amount of the awarded bursary will depend on the number of qualified applicants. Applications can be received by e-mail at:

bursary.mah@ontario.ca
 Phone: 416-585-6021

For further information and assistance, please contact Melissa Colitti or Michelle Keltos, Community Programs Coordinators at 905-682-9201, ext. 3935 and 3936.

NIAGARA REGIONAL HOUSING'S POOL POLICY HIGHLIGHTS

NRH does not permit swimming pools with the exception of children's wading or splash pools. Swimming pools of any size are not permitted in yards of tenants' homes or in NRH community common areas.

Guidelines for swimming pools that are permitted:

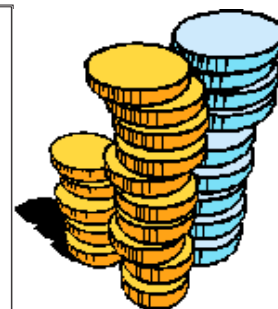
- The swimming pool must not exceed 11 inches in height.
- The swimming pool must be above the ground.
- The pool must be placed on a patio so as not to damage grass or it must be moved daily to avoid damaging grass.
- The pool must not be situated in a common area or public space, but rather on a tenant's rented property.
- The pool must be emptied after each use to eliminate risk of injury or risk of West Nile Virus.
- Niagara Regional Housing Safety Guidelines must be met.

If you have a pool that is prohibited, please take it down within 24 hours. If you have been served with a notice that your pool must be removed, and it is not removed within 24 hours, then enforcement of the city by-law will be turned over to the city municipal enforcement officer.

Community Funding

There is a chance for your community to receive Community Funding to run activities in 2008.

Applications are available in the blue binders located in the common rooms of senior buildings or through your Community Programs Coordinator at 905-682-9201 ext. 3935 or 3936.



Tenant Updates



15 Gale Crescent

Since our last tenant update we at 15 Gale Crescent have been busy with a Mother's Day Tea in May, a Father's Day BBQ in June and some of us even enjoyed another great bus trip to St. Jacob's Market.

July we served a Pancake Lunch and in August a great Summer BBQ. A Fall BBQ in September started us off to a great fall season with corn on the cob, peaches, etc. Even during many weeks of balcony repairs we were still able to hold our BBQ's.

We celebrated Thanksgiving with our annual Fall Pot Luck Dinner and our fall trip to St. Jacob's. We held another Halloween Pizza Party on October 31st collecting \$123.00 to kick start our Christmas Project which was Women's Place this year. November we served a soup and sandwich lunch.

In December our annual Christmas Turkey Dinner was enjoyed by many of our tenants and was catered to by the ladies at The Golden Pheasant with the Social Club paying half the cost. Our Christmas raffle made \$231.00 and together with our generous donations we were able to present a cheque to Women's Place/ Gillian's Place in the amount of \$473.00

2008 began with a Pancake Lunch in January and again on Shrove Tuesday in February followed by a Valentine Tea and very successful bake sale. We are still serving breakfast twice a week with a great turn out. Bingo and crafts are still happening and with a very talented Pauline we have been able to enjoy many seasonal flower arrangements during the year.

Dorothy Bang turned 99 in January and we wish her much love and continued good health.

We are looking forward to spring! The Social Club wishes everyone a healthy and safe summer.

Buckley Towers

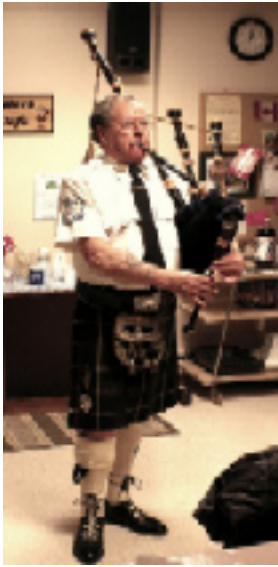
This photo is from our Halloween party. Starting from the left, The Funniest, The Scariest, and The Most Original. Our Common room was decorated and there was food, games with prizes and door prizes. Residents had to put their hand into a mixture of unknown substances to find a certain coloured marble.



These photos are from our New Year's Eve party held in our common room. At midnight we had our own resident Scottish Bagpiper play Auld Lang Syne which brings tears to all every year. There was music, dancing, food and door prizes given.



Tenant Updates



The photo of the Bake Sale was one of two Buckley Towers held. We also had raffles and sold 50/50 tickets. The proceeds from these events went to three families from St. Patrick's Parish in Niagara Falls. These families included 11 children and six adults. Food, toys and certificates were bought and donated by residents. Our committee is called "Heart Of Buckley." They had another Bake Sale on March 15th at 1p.m. Also, Buckley Towers is planning a LARGE Yard Sale in April which the public was invited.

Stamford Court

We are a very active building. We started the year by having a New Year's Party. In February, there was a Valentine Tea for all our new tenants, Tuesdays and Fridays there are many tables playing cards. Wednesday night is our Bingo night and Friday some of the tenants play darts. Once a month, we have a euchre card party and we have a large Canada Day Party on July 1st.

Thank you!

Ida Pearson

Adopt a Garden



Would you like to be a part of making your community beautiful?

Many of our buildings have beautiful gardens that require someone to take care of them. If you are interested in taking care of gardens in your community, or already take care of gardens, we would like to hear from you.

Tenants requesting to take care of, or plant gardens will be given an Adopt-a-Garden application form which includes their responsibilities. Please contact your CPC at 906-682-9201, ext 3935 or 3936 for more information.

Ontario Child Benefit Update

Starting in July 2008, monthly Ontario Child Benefit payments of up to a maximum of \$50 per child per month will begin.

Effective July 2008 (Ontario Disability Support Program) and August 2008 (Ontario Works) the National Child Benefit Supplement (NCBS) will no longer be deducted from social assistance payments; the portion of "Basic Needs" for children will be removed from social assistance and the Back to School and the Winter

Clothing Allowances will not be provided through social assistance.

Families with children under 18 will receive less on their monthly social assistance payments but will keep their full monthly Ontario Child Benefit and full NCBS payments. Eligible families will receive the Ontario Child Benefit with the Canada Child Tax Benefit (which includes NCBS) cheque/direct deposit and will continue to receive social assistance payments separately by cheque or direct deposit.

Families may receive a Transition Child Benefit through Ontario Works or the Ontario Disability Support Program while they are waiting for monthly Ontario Child Benefits to begin.

It is essential that families file income tax in order to qualify for the Ontario Child Benefits and Canada Child Tax Benefit.

Individuals may call Community Services at (905) 641-9230 or 1-866-627-1110 (if calling from West Niagara).



IT'S GARDEN TIME!



Niagara Regional Housing is once again holding it's annual gardening competition. All NRH family and senior communities in the region of Niagara will be included.

All tenants are encouraged to participate.

Niagara Regional Housing staff will perform judging during the month of August.

The judging categories are: family community – individuals and senior community as a whole. Prizes will be awarded to the top three gardens/gardeners in each category.

Shape, design, colour, how well maintained... It all counts.

So, join the fun and help make your community beautiful!

CLOTHES DRYERS WARNING!

Have you ever wondered how a cloth dryer can cause a house fire?

Here are some tips to help avoid this:

- Always clean the lint from the filter after every load of clothes
- Periodically clean out the exterior vent duct work (metal and flex tubing).
- Periodically clean the inside of the machine for lint build up.



Reason: lint build up is fine strands of clothing and may easily ignite when the right conditions present themselves.

Periodically take the lint filter out and wash it with hot soapy water and brush it (i.e.: toothbrush)

Reason: In some cases the filter (mesh) may be clogged by a waxy build up from the fabric softener sheets. These sheets can create an invisible film over that mesh that will contain the heat, possibly burning out the heating unit and worst, a possible fire.

For these reasons, clothes dryers may catch fire and potentially cause your house to catch fire. Using these tips will help keep your dryer working for a very long time and reduce your electric bill.

NRH Strategic Plan

NRH has a new Strategic Plan for 2008-2012. We encourage everyone to visit our website at www.nrh.ca and review our vision for the future.



Garden Competition – Nomination form
Please return by July 31, 2008



Name of Person/Community nominated:

Address of nominee:

Why is this garden/community being nominated?



NRH NEWS

**Home Alone?
Home Safe Tips....**

Remember these important tips if you are home alone:

Go straight home from school. Check the house before you go inside to make sure everything looks fine. Once you are inside, lock the door behind you.

Check in with your parents or neighbours and let them know you are safe.

Never open the door to anyone you don't know.

Never give out information on the telephone to anyone you or your parent(s) do not know.

Know your emergency numbers and keep them by the phone.

Do not have friends over unless you have your parents' permission.

Attention all Residents

Source: The St. Catharines Standard, Keep Kids Safe



Niagara Regional Housing would like to remind you that the discharge of fireworks on NRH Property is not permitted

in accordance with Municipal By-laws.

Thank you for your cooperation in this very important matter of community safety!

Market Rents

On an annual basis, NRH surveys the Niagara rental market and compares current rental rates from the private market, co-op and non-profit housing providers. The purpose of the survey is to determine if the market rents charged by NRH in its owned units still reflect market conditions. In March, the NRH Board of Directors approved increases to the market rents, to become effective August 2008. As a reminder, this will only affect those tenants paying market rent. Everyone else's rent is based on 30% of their gross monthly household income.

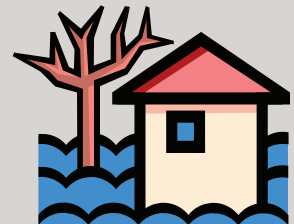
Tenants are Responsible to have Insurance

The NRH lease clearly states, in Section 14 (2) that tenants must carry a valid insurance policy. Recent examples of damage to property, caused by one tenant upon another tenant property include an apartment fire and flooding. In both cases, the tenant who was responsible for the damage was responsible to reimburse the other tenant's losses. Without an insurance policy, the cost would have to be paid from the tenants' savings. NRH's corporate insurance comes into play when NRH is responsible for damage.

Your lease says:

Insurance 14. (1) The Tenant shall not do or permit anything to be done in the Premises or Rented Premises, or bring or keep anything therein which may in any way create a risk of incident or increase in the rate of insurance on the Premises, or contents, or constitute a danger to other Tenants, the Landlord's staff, or any other person found on the Premises. All provincial statutes, regulations, and municipal by-laws respecting safety shall be complied with by the Tenant, the tenant's household, and the tenant's guests.

(2) The Tenant further agrees to hold a valid insurance policy providing coverage which shall include the Tenant's contents of the Rented Premises and Premises, including any automobile and the contents thereof and insure the Tenant, occupants and any guests against all loss or damage, including personal injury, or death. The Tenant agrees to keep said insurance policy current and in force for as long as the Tenant /occupant occupy the Rented Premises and to provide proof of such insurance, satisfactory to the landlord, upon the landlord's request.



Energy Conservation and Compact Fluorescent Light bulbs

All senior units will be receiving compact fluorescent lights for their fixtures. NRH has hired a summer student to visit all senior units and install the new energy-efficient bulbs and take away the old energy wasting bulbs. Described below, you will find some useful information about these new bulbs.

What are compact fluorescent lamps?

Compact fluorescent lamps are the new standard in light bulbs. They use 75% less energy and last approximately 10 times longer than the incandescent bulbs. The Ontario Government has announced a target date of 2012 to eliminate the distribution of incandescent bulbs.

Will I notice a difference?

There is no lighting difference between the Compact Fluorescent lamps and the incandescent bulbs. The only difference is in terms of energy saving and lifespan. The compact fluorescent lamps last approximately 10 times longer than the incandescent bulbs.

What do I do if a light bulb breaks?

You should be aware in the case of a broken compact fluorescent lamp, that certain precautions should be taken. The compact fluorescent lamps have very small amounts of mercury (about a fifth of that found in a watch battery) within the bulb. Although it is a small amount it should still be handled with care. According to the Environmental Protection Agency (EPA), the following safety steps for cleaning up a broken bulb should be taken:

- 1.) Before cleaning up the broken bulb, the room should be well ventilated. This can be accomplished by opening a window.
- 2.) Avoid direct contact when scooping the broken glass and powder. To do so, use a piece of cardboard or stiff paper and place the remains in a glass jar with a metal lid.
- 3.) Use sticky tape to clean up any remaining glass or powder and dispose of in the glass jar as well.
- 4.) Clean the surface with damp paper towel.
- 5.) Dispose of the broken CFL the same way you would with used batteries or oils.

NOTE: A new recycle box will be put in your garbage room, labelled "Light Bulbs Only".

Are you worried About the Mercury in the Compact Fluorescent Bulbs?

Did you know that the amount of mercury in a compact fluorescent bulb is roughly equivalent to the tip of a ball point pen?



Did you know that it would take 100 compact fluorescent bulbs to fill up the mercury in just 1 household thermometer?



X 100 =

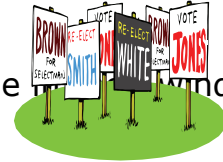


Income Tax Receipts

Tenants requiring income tax receipts should make the request to their Tenant Support Representative.

Political Signage

Tenants in apartments and row houses may place political signage in windows but not in common areas.



Tenants in single and semi-detached units may place political signs on their front or back lawns.

Air Conditioner Policy



Any tenant who has an air conditioner must report it to their TSR immediately. Tenants are responsible for the cost of the unit. Tenants are allowed to use the unit for a maximum of 10 a month for twelve months for the use of the additional space. Any modifications to units may be made/damages to windows to accommodate the installation of the air conditioner.

Pests and Infestations

Any tenant having problems managing pest infestation should call their TSR to discuss the need for our pest management contractor to schedule a visit to their unit.



Do you require child care supports for:

- Employment (to obtain or maintain)
- School attendance (basic or post-secondary education. Including Ontario Student Assistance Program (OSAP)
- Attendance in job-related training programs
- Children with developmental (special) needs
- Families/children at risk for healthy development

Community Services provides financial assistance for placements in:

Licensed centre-based programs
Licensed home-based settings
Recreation programs that meet the funding criteria for children from birth to 18 years of age
Other limited funding options may be available through discussion with a Children's Services Fee Subsidy Caseworker

For information on subsidized child care:
E-mail: childcarecosts@regional.niagara.on.ca
Telephone: 905-984-3750 or toll free 1-800-263-7215, extension 3897

June is Seniors month. Please check out the web site below to access information on healthy aging, programs and events in your communities.

<http://www.regional.niagara.on.ca/living/seniors/events.aspx>

For information about your rights under Ontario's consumer protection legislation, go to www.ontario.ca/consumerprotection or call toll free 1-866-351-5655

Warming Up Centre Now Open

Start Me Up Niagara has extended it's program hours at The Centre to now include Tuesday, Wednesday and Thursday from 10:00 a.m. to noon and from 1:00 p.m. until 3:00 p.m. The Centre provides a place for people who needs somewhere to go during the day.

Regular centre hours are Monday and Friday (same as above) and Saturday and Sunday 11:00 a.m. to 1:30 p.m.

Lunch is served on these two days. The centre is located at 95 Church (corner of Church and Clark Streets) in St. Catharines.

Breastfeeding Clinic

St. Catharines - July 23
- 6:30 - 8:30 p.m. - OEYC - Walker YMCA

HealthBytes Niagara's Health News

HealthBytes is a free e-newsletter available to all Niagara residents. By subscribing, you will receive seasonal health messages, collect health tips you can use, and learn about upcoming events.

HealthBytes will be sent directly into subscribers' inboxes every September, January, April and July.

To subscribe, please send an email with your name and email address to healthbytes@regional.niagara.on.ca or visit www.regional.niagara.on.ca

Niagara Region
PUBLIC HEALTH



Playground Fun!

Playground Fun is a free program that helps get children active with their parents by playing outdoor games together. Over half of Canada's children are not active enough for healthy growth and development. Playground Fun was created to help parents and caregivers to increase their children's activity levels while having fun with them.

Games such as skipping, Chinese jump rope, four square and hopscotch are taught by a volunteer and can be played almost anywhere - a driveway, backyard or even a local park. Minimal equipment is required.

Healthy Living Niagara will be offering Playground Fun sessions at various Niagara Regional Housing sites and local schools in July and August. The sessions will run for about 1-2 hours.

If you would like to volunteer or want more information, contact your Community Programs Coordinator at 905-682-9201, Ext. 3935 or 3936.

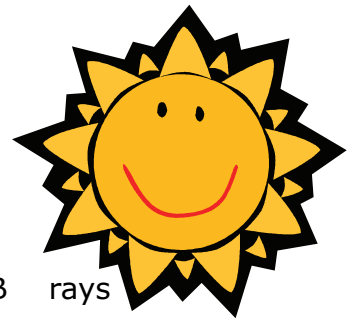
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Sun Tips!

Here are some tips for safety in the sun:

- Limit the time you spend in the sun between 11 am and 4 p.m.
- Look for or make your own shade.
- Dress in clothing that cover your arms and legs.
- Wear a hat that shades your face, ears, and neck.
- Protect your eyes with sunglasses that screen both UVA and UVB rays
- Wear sunscreen with UVA and UVB protection and SPF 15 or higher.
- Apply it 20 to 30 minutes before going outside.
- Reapply it every 2 to 3 hours.
- Always follow product directions and check the expiry date.
- Keep babies less than one year old out of direct sunlight (either under an umbrella, in the shade, or in a covered stroller).
- Do not apply sunscreen to babies less than 6 months old.
- Wear lip balm with SPF of 15+.



For further information see the links and attachments below:

http://www.regional.niagara.on.ca/living/health_wellness/sunsafety/default.aspx
<http://www.dermatology.ca/>