



Niagara Regional Housing

Housing Herald

Providing and advocating for quality, affordable housing in Niagara

2201 St. David's Road , Thorold, ON L2V 3Z3 • Phone: 905-682-9201 • Fax: 905-687-4844 • www.nrh.ca

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Mould and Mildew

Mildew and common house mould are in the air everywhere, but they cannot grow unless they have a moist environment. Here are some things to do to prevent mould or mildew:

- Always vent your bathroom after a shower or steamy bath... turn on the fan or open the window. Keep the door closed so that the moist air doesn't fill the house.
- Wipe-down your shower walls and ceiling after use to reduce moisture. Immediately wipe off any visible mildew or mould to prevent build-up.

- Use a retail cleaning product designed for removing mould or mildew. Several brands of bathroom cleaners and household cleaners are available at your local store that are clearly labelled for removing mould or mildew.
- Make sure that your heating vents are NOT covered or blocked – good airflow prevents moisture build-up.
- Open your blinds or curtains – airflow in the room will help to dry up moisture on the windows.
- In cold weather it is common for moisture in the air to condense on the window glass and for some water to collect along the bottom of the windows. Regularly wipe up any water/condensation that may collect along the bottom of your window frames or window ledges.
- Clean the tracks at the bottom of your windows. There are small "weeper" holes in the track system that allow condensation to escape to the outside. If these are blocked, then water collects at the base of the windows.
- Replace your furnace filter regularly. Good air-flow in your house is important to help control moisture and to dry up condensation.
- Be sure that your clothes dryer is properly vented to the outside.



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



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Seniors... Home Safety Checklist

Maintain your Independence. Prevent Falls and Injuries.

Kitchen

Do you have...

- A sturdy stool for reaching your cupboards?
- Your everyday dishes, kitchen supplies within reach?
- Your tile, linoleum and carpeting secured to the floor?
- The dials on your stove clearly marked ON/OFF?

Tips

- Keep heavy items in lower cupboards and light items no higher than shoulder height.
- If you wax the floor, use a non-slip wax.
- Remove scatter rugs as they are a common cause of falls.
- Don't wear loose clothing while cooking. Fabric can easily catch on fire.
- Turn pot handles inward to prevent accidental "tipping" of the pot.
- Use oven mitts for handling all hot items. Remember, items from the microwave are also HOT.
- An appliance store will order new dials for your stove. A red marker can also be used to mark the stove.
- Use a stool with a handle and legs with rubber tips.



Bedroom/bathroom

Do you have...

- Grab bars in your bathroom?
- A rubber bath mat in your tub?
- A non-skid bath mat beside your tub?
- A clear well lit path from the bedroom to bathroom for nighttime travel?
- Easy access to the telephone and lamp from your bed?



Tips

- Keep a flashlight with extra batteries at your bedside to help you see at night when the other lights in the room are off. NEVER use a candle.
- Post emergency numbers and addresses for easy access.
- To increase your safety, grab bars may be installed around the tub and toilet.
- A towel rack is NOT designed to be used as a grab bar.
- A home health services and supplies store can advise you on safety products such as bath stools for the bathroom.



Medications

Do you...

- Have your medications in clearly labeled bottles?
- Keep your medications in a cool, dry area? (not the bathroom)
- Take your medication in a brightly lit room?
- Bring your out-dated medications to your pharmacist?
- Use only medication that has been prescribed for you?
- Understand the purpose for each of the medications you are taking?

Tips

- Ask your doctor or pharmacist questions about your medications such as why you are taking it, side effects and alternatives to taking medications.
- Complete a Medication Record and keep it with you at all times, including allergies and medical conditions.
- If you have difficulty swallowing medications or opening a container, talk to your pharmacist.

Provided courtesy of:



Community Programs

Focus on Welland's McLaughlin Community

Faith Tabernacle Church made this summer fun by holding events and activities for children and adults on McLaughlin Street, including: Friday Outings, You're the Chef, Drum Lessons and Community Garden. Getting involved made a huge difference to one family, who wrote to Betty Boyd at Faith Tabernacle:

"Thank you so much for all you have done for my children this summer. Every day they wait and watch for cars to arrive and when they come home they are always excited to tell me what they did that day...."

My children have had a very busy summer filled with many activities. I know they will remember this summer forever, and for this I cannot thank you enough...."

NRH encourages you to become involved in your community activities. Getting together as neighbours helps to keep your community a strong, healthy place to live.

For information about Community Programs in your community, please call your Community Programs Coordinator.



Friendly Reminders

Fluorescent Lights

Please contact your Tenant Support Representative (TSR) if you need the fluorescent tubes in your kitchen changed.

Reporting your income

Please remember to return your annual income renewal forms, on time, and with correct income information. If you fail to report your income, you may lose your subsidy, which means your rent may be increased to market rent.

Maintenance Requests

For maintenance requests, contact your TSR by phone or if you are living in an apartment/senior building, fill out a maintenance request card and put it in the site box in your building. Do not report maintenance requests to your building attendant or custodian.

Unnecessary maintenance calls cost us all money.

Is your toilet or sink backed up? Try plunging before you call us for a plumber.

Did you know that if an object is found in your drains or toilet you may be charged back for the maintenance call-out?

We suggest that you:

- Clean hair out of the drains once per week
- Avoid dumping grease or oil down the drains
- Run hot water for a few minutes after you clean greasy dishes, this will make sure it doesn't get trapped in the lines
- Make sure you have strainers in kitchen sinks to catch food from plugging the lines
- Do not flush anything other than toilet tissue



Graffiti

Please contact your TSR for maintenance issues if you see graffiti on any NRH property.

Balcony

Please do not throw cigarette or cigar butts over the balcony. Have a metal container on the balcony and discard them in the container.

Window Safety

For a child's safety, it is important to have safety devices on windows. It is also important that residents know how to remove these devices from windows as improper removal can cause injury. Most new windows have these devices on them. If your windows do not have the safety devices, please contact your TSR to have them installed.

Make sure you know how to activate an emergency release mechanism in the event of an emergency escape.

It is also a good idea to talk to your children about the risks and dangers of windows and balconies.

For more information about window and balcony safety, visit www.windowandbalconysafety.ca.

Community Gardener - 30 Robinson Street

If you are ever on Robinson Street in Grimsby, you may be drawn to the beautiful garden with gnomes and flowers. If there is anyone to thank for the garden, it would be Jessie Benham. Jessie has been a tenant at 30 Robinson Street since 1999. She says that she gardens because she loves to do it! It's not for the recognition, but it's refreshing and it gives her peace-of-mind. As modest

as she is, her work speaks for itself. Jessie has been gardening for 6 years and her hard work shows in the pink, red and green plants in her garden. When asked if she had any tips for us amateurs, she said, "Just love it. Love to be out in nature. And enjoy what you are doing." Thank you, Jessie, for your tips and for helping to make our communities more beautiful!



VENDING MACHINES

The Healthy Food vending machines are now up and running in all our Wellness Supportive Living Buildings (Carlton Street and Gale Street, St. Catharines; King Street, Welland; and Buckley Avenue, Niagara Falls). The meals come from Ina Grafton Gage Village in St. Catharines. They are a nutritious alternative to cooking. They each contain 3- 5 grams of salt and 125 grams of protein. The meals are made with real meat, potatoes and vegetables. They are flash frozen for super freshness.

Meals can be purchased in the common rooms for \$5 each. You can use either coins or paper money. If there are any problems, contact the Wellness Supportive office in your building and they can replace the meal or your money. Contact Ann Marie or Katie at (905) 632-3800 ext. 31 to leave a message.

NRH Board Meeting Schedule

The following dates are scheduled for Board of Director's meetings:

November 16 – Board Meeting

November 22 – Annual General Meeting

January 28th, 2011– Board Meeting

February 2th, 2011– Board Meeting



Seasonal Flu Immunization Clinics offered through Niagara Region Public Health

Beginning November 1 and continuing through until November 17, Niagara Region Public Health will hold 11 free seasonal flu immunization clinics. The seasonal flu vaccine for this year provides protection against the 2009 pandemic H1N1 flu virus, in addition to 2 other flu strains.

Unless there is a medical reason not to, everyone 6 months of age and older can benefit from getting a seasonal flu shot. No appointment is required. Please bring your Ontario Health Card and Driver's Licence (if applicable) to the clinic you plan to attend.



Dates and Times	Locations
November 1, 2010 9 a.m. - 4 p.m.	St. Catharines - Brock University - Gymnasium, Walker Complex, 500 Glenridge Avenue
November 2, 2010 1 p.m. - 8 p.m.	Welland - Rice Road Community Church, 305 Rice Rd.
November 3, 2010 1 p.m. - 8 p.m.	Niagara Falls - MacBain Community Centre, 7150 Montrose Rd.
November 4, 2010 1 p.m. - 8 p.m.	Thorold - Niagara Region Headquarters, Public Health - Main Office, 2201 St. David's Road, Campbell East
November 8, 2010 1 p.m. - 8 p.m.	St. Catharines - CAW Hall, 124 Bunting Rd.
November 9, 2010 1 p.m. - 8 p.m.	Wainfleet - Wainfleet Firefighters' Memorial Community Hall, 19 M7 Park Street
November 9, 2010 1 p.m. - 8 p.m.	Thorold - Niagara Region Headquarters, Public Health - Main Office, 2201 St. David's Road, Campbell East
November 10, 2010 1 p.m. - 8 p.m.	Port Colborne - St. James & St. Brendan Anglican Church - Guild Hall, 72 Charlotte St.
November 15, 2010 1 p.m. - 8 p.m.	Niagara-on-the-Lake - Centennial Arena, 1565 Four Mile Creek Road
November 15, 2010 1 p.m. - 8 p.m.	Grimsby - Mountainview Christian Reformed Church, 290 Main Street East
November 17, 2010 1 p.m. - 8 p.m.	Fort Erie - Leisureplex Hall, 3 Municipal Centre Drive

For more information, please call the Vaccine Preventable Disease Program at 905-688-8248 or 1-888-505-6074 ext. 7425 or visit www.niagararegion.ca

Accessing services from Niagara Region
Children's Services has never been easier!

Introducing Online Registration

Apply online for: **Child Care Fee Subsidy**

Resource Teacher Supports
(for children with developmental challenges)

ProKids
(providing recreational and cultural
opportunities for children and youth)

To apply, visit: www.niagararegion.ca

For more
information, call: 905-984-6900 or 1-800-263-7215

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YEARS
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Niagara Region

Building Community. Building Lives.

www.niagararegion.ca



Big Brothers Big Sisters

Big Brothers Big Sisters St. Catharines has several programs for children aged 6-16. To find out more call 905-646-3230, or go to www.bbbsmentors.ca for more information. The office is located at 428 Niagara Street.

Programs available include the traditional Big Brother/Big Sister Program, Big Bunch Program, In School Mentoring Program, Go Girls Program, Game On Program and the Not Just Homework Program.

Community Health Centres

If you need medical care (and do not have a family physician) or are in need of other primary health related programs, healthy promotion programs or services from any of the following:

- Family Physician
- Nurse Practitioner
- Dietician
- Diabetes Educator
- Mental Health Nurse
- Social Worker
- Consulting Psychiatrist
- Health Promoter
- Community Health Worker

...you can contact or visit local Community Health Centres. For more information please contact:

St. Catharines Community Health Centre

145 Queenston St. Suite 100,
St. Catharines, ON L2R 2Z9
Phone: 905.688.2558
<http://www.greaterstcatharines.chc.org>

Niagara Falls Community Health Centre

4481 Queen St.
Niagara Falls, ON L2E 2L4
Phone: 905.356.4222
<http://nfchc.ca/news/index.php>

Fort Erie, Port Colborne and Wainfleet Bridges Community Health Centre

Holiday Inn - 1485 Garrison Rd
Fort Erie, ON L2A 1P8
Phone: 905.871.7621
<http://www.bridgeschc.ca/services/index.php>



Tenant Insurance

NRH does not provide insurance for your belongings. Your tenancy agreement requires you to purchase a Tenant Insurance Package because it can help you replace furniture, clothes, kitchenware, and other belongings damaged by fire, flood, or theft. It can also pay for accidental damages you, your family, or your guests may cause. Please purchase insurance if you do not already have it.



For additional information and pricing on this valuable and affordable insurance product, 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 your insurance.

Please note that if you are on Ontario Works (OW) or Ontario Disability Support Program (ODSP), they may cover the cost of your monthly tenant insurance premiums.

Ask your worker about it today!



Tips for Winter

Tips for preparing your family home for the fall and winter seasons...

- Shut off all outside water taps from the inside. Open them on the outside to drain and avoid freezing pipes.
- If your windows are cracked, get them fixed as soon as possible.
- Any leaves collected from your yard should be put in clear garbage bags for collection.
- Replace your furnace filter before you turn heat on. Buy a few spare filters so that you are prepared to change them during the winter months, recommended every 2 months.
- Have a shovel ready to remove the snow from your unit's walkway. Also, salt the walkway to remove any ice. Post Office employees will not deliver your mail if walkway is covered with snow and ice.
- Remove any unlicensed vehicles from parking lots. If they are not removed they will be towed away to allow easy access to parking lots for snow removal.

Tips for keeping your car in top shape this season...

- Windshield wipers need to be replaced if they are leaving streaks, are cracked, or are making noise.
- Check your windows for wet leaves which can clog your wiper blades and can reduce performance and visibility
- Fall will bring shorter days. Watch out because less daylight means it's harder to see people on the road.
- Check the air pressure in your tires. Low air pressure reduces control and wears tires.
- Check your battery, fluids, ignition system, thermostat, lights, exhaust system, heater, brakes, and air filter.
- Change your oil and consider switching to synthetic oil for added protection and easier engine startup.