

February Issue

Inside this issue:

Regional Office Update & Rent Payment Refresher

Home Emergency Preparedness Kit & Healthy Heart Tips

Valentines Day Charcuterie Activity & Recipe

Valentines Day Card Craft

Provincial & Local Resources



M'AKOLA
HOUSING SOCIETY

Tenant Newsletter

Happy New Year from M'akola Housing Society! We hope you had a happy holiday and are getting excited for the new year ahead of us. In this issue we focus on getting set up for a productive and safe beginning to the year. Along with regional updates we've included reminders on how to stay on top of your rent payments, health & safety ideas, and some fun seasonal recipes, activities, & crafts.

Regional Office Updates

Check out a the information for your regional offices below to keep your home comfortable and in good condition during the winter months.

Keeping Your Home Tidy

- The beginning of a new year is a great time to ensure your home is tidy and in a state of good repair to start the year off right. Please ensure the inside and outside of your home is tidy and reach out to the toll-free repairs line to inform M'akola of any concerns that require attention or repair: 1-877-384-1423 Ext. 2
- Keep the inside and outside of your home tidy to prevent any damage to the unit and avoid hazards. Items leaned against the outside of your home can be a safety hazard and attract rodents and pests. Items against the exterior of the home like trash and wood could start a fire or be fuel for a fire too.

Proper Disposal of Garbage

- M'akola provided waste bins are for household garbage. Tenants are not permitted to put larger items (ex. couch, bed, or other furniture) in or beside the bins. It is the tenants' responsibility to dispose of these items. Tenants can be charged for waste removal if disposed of improperly.
- If you have a cardboard recycling bin at your complex please remember to breakdown the cardboard before throwing it in. If there are other recycling bins available (glass, plastic, and/or metal) please ensure they go in the correct place. For any questions regarding disposal of garbage or recycling please reach out to your regional office.

M'akola Contacts

You can call the Housing Services Team at:

1-877-590-0204

- For Repairs press 2
- For Rent Review press 3
- For Rent Collections press 4

For all other housing inquiries, questions, or concerns, please email: INFO@makola.bc.ca

The M'akola regional offices are still closed to the public, but you can always call. The contact numbers for all regional offices are:

Victoria Regional Office
250-384-1423

Cowichan Regional Office
250-746-1785

Nanaimo Regional Office
250-756-4217

Port Alberni Regional Office
250-732-9855

Comox Valley Regional Office
250-923.4145

Prince Rupert Regional Office
250-627-7501

Terrace Regional Office
250-638-8339

Please note M'akola offices will be closed the following dates:

Family Day	Feb. 20th
Good Friday	Apr. 7th
Easter Monday	April 10th

Rent Payment Refresher

Rent Payments

- All rent payments are due on the 1st of the month.
- If you are registered for EFT rent payments are withdrawn directly from your account on the 1st business day of the month.
- If the 1st of the month falls on a weekend or Statutory holiday, then your Financial Institution will most likely process the withdrawal on the 1st or 2nd business day of the month. Although to ensure your payment goes through, please have the funds in your account on the 1st of the month.
- Using January 2023 as an example, the 1st of the month was a Sunday, and the 2nd was a Statutory Holiday in lieu of New Years Day, which occurred on the weekend. Most tenants saw their rent come out of their accounts on the 3rd of the month.

- Please note that if your Financial Institution is unable to process the withdrawal and returns the payment then you will incur a \$ 20.00 NSF Fee. This will also be the case if your Financial Institution returns a payment that was made in the form of a cheque.

Rent Payments from the Ministry

- If you receive assistance from the Ministry, please make sure they have your latest Rent Review Letter and/or Shelter Form to them so they pay the correct amount on your behalf. If they are not paying the correct amount, you could end up with arrears or be short on your assistance cheque.

If you have any questions regarding this information, please reach out to Rent Collections at 1-877-384-1423 Ext 4.

January 2023						
SU	MO	TU	WE	TH	FR	SA
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14

Home Emergency Preparedness Kit

In the event of an emergency it is always best to be prepared! We have gathered some tips and a checklist for creating an emergency preparedness kit for you and your family, which you will hopefully never need to use.

Preparedness Kit Checklist

This checklist covers the basic supplies.

- Waterproof matches
 - A compass
 - Water purifying tablets or filtration system
 - Emergency food rations or canned food
 - Whistle
 - Emergency radio
 - Waterproof ponchos
 - Rope or paracord
 - Pocket knife or multi purpose tool
- First Aid kit that includes:
- Tensor bandages
 - Instant ice packs
 - Bandages (varying sizes)
 - Gauze & medical tape
 - Pain medication
 - Survival blanket
 - Flashlight and extra batteries
 - Sanitary wipes/disinfectant



Tips for a Good Kit

When preparing your emergency kit it is important to consider the following:

Who is it for? – Make your kit unique to the members that will need it. Are there personal items like medications that a member of your household will need in the kit. You'll also need different supplies if you have a pet.

Beyond Survival Essentials – Food, water, and heat are basic for survival. Ensure your kit has supplies that will make this possible, but what small possessions could fit with the supplies to go above and beyond? A small game or a deck of cards for entertainment for example.

Hope for the Best; Prepare for the Worst – It is better safe than sorry when it comes to a survival kit. If you have the space for it include extras of supplies you already have or expand to more specific things like multi purpose survival tools.

Dual Purpose Products – Packing products that can serve multiple purposes can help save space in your kit. For example, a crayon can be used to write, but also can be used as an emergency candle by putting it against a flame.

Check Regularly – Once you have created your kit check it routinely to ensure nothing is expired or expiring soon.

Easily Accessible – Make sure your kit is ready in a 'grab and go' scenario. You may not have the time to fetch it out from the bottom of your closet when it's needed. You can also maximize space by storing supplies in other supplies (like a large water bottle).



10 Small Steps for Better Heart Health

To kick off the new year here are some easy healthy suggestions to get you on track for 2023

1. Take a 10-minute walk. If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.
2. Give yourself a lift. Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
3. Eat one extra fruit or vegetable a day. Fruits and vegetables are simple, taste great, and are good for everything from your brain to your bowels.
4. Make breakfast count. Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.
5. Stop drinking your calories. Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.
6. Have a handful of nuts. Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.
7. Sample the fruits of the sea. Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.
8. Breathe deeply. Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.
9. Wash your hands often. Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.
10. Count your blessings. Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.



Valentine's Day Charcuterie Board

This Valentine's Day Charcuterie Board is perfect for your Valentine's Day parties and events. This Dessert Board is a fun way to share your favorite treats.

Ingredients

- XOXO Gummies
- Raspberry Shortbread Heart Cookies
- Mini Dark Chocolate Hearts
- Pink and White Cookies
- Heart Shaped Cookies (here and there)
- Conversation Hearts
- Jolly Rancher Heart Gummies
- Heart Marshmallows
- Twizzler Bites
- Cinnamon Jelly Hearts
- Strawberry Wafers
- Chocolate Heart Pretzels



Instructions

1. Place small candy pieces like conversation hearts in bowls.
2. Stagger your heart shaped cookies.
3. Group ingredients together and place around the larger items.



Recipe

This easy, foolproof chocolate fudge is a snap to make with sweetened condensed milk, chocolate chips, and icing sugar.

Super Chocolate Fudge

Ingredients:

- 1 pkg (350mg) semi sweet choc chips
- 1 can sweetened condensed milk
- 1 ½ cups icing sugar
- 1 tsp vanilla
- ½ cup chops nuts (optional)
- Pinch of salt



Fudge fun fact!

Airtight packages of fudge can be frozen and stored up to a year without losing any flavor, which means you can make a double batch!

Instructions:

1. In a heavy saucepan over low heat, melt chocolate chips sweetened condensed milk.
2. Stir in remaining ingredients.
3. Spread evenly in waxed paper lined 8 inch square pan.
4. Chill 2 or 3 hours or until firm.
5. Cut into squares and enjoy.



Valentines Day Craft: Bouquet of Hearts Card

Make this adorable homemade heart bouquet card and give it to someone special this Valentine's Day! Decorate each heart in their own unique way

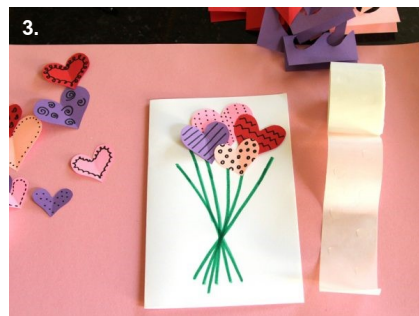
What You Need:

- white construction paper or card stock
- colored paper
- markers
- ribbon
- glue dots or white glue



What To Do:

1. Cut a big pile of hearts from the colored paper. Small enough to fit quite a few on our card. The folded-paper method for cutting hearts is perfect for this project. OPTIONAL—You can decorate the hearts with a black marker.
2. Fold a piece of sturdy white paper in half to make a card. With a green marker or crayon, draw some flower stems that overlap and meet in the middle.
3. Now it's time to add the paper hearts. Attach each heart to the card with a single glue dot (or a small dot of glue) in the center. This makes the hearts easy to overlap and arrange, plus it gives the card some interesting pop-up dimension. Continue filling in the top of the card with hearts for a full heart bouquet.
4. For the finishing touch, tie a small piece of ribbon into a bow and attach to the drawn stems.



Provincial Resources

The following resources may be great supports for your household for health and wellness.

Rent Smart

This course is designed to teach important life skills to individuals, build tenancy knowledge, and help to increase confidence while providing tools to prepare for and maintain stable housing.

The Benefits: Empowers tenants to understand their rights and responsibilities, communicate effectively with landlords, neighbours and roommates, a budget to maintain their housing, and an understanding of how to look after their home.

info@rentsmarteducation.org

Toll free: 833-333-7171

HealthLinkBC: 8-1-1

8-1-1 is a free-of-charge provincial health information and advice phone line.

By calling 8-1-1 you can be connected to a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family

Call toll-free: 8-1-1

healthlinkbc.ca



Crisis Support & Suicide Prevention

Anywhere in BC 1-800-SUICIDE: 1-800-784-2433

Mental Health Support Line: 310-6789

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

One-time top-up to the Canada Housing Benefit

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.

Applications are open until Friday, March 31, 2023.

www.canada.ca > Taxes > Tax credits and benefits for individuals > One-time top-up to the Canada Housing Benefit

Canada Dental Benefit

The interim Canada Dental Benefit is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan.

www.canada.ca > Taxes > Tax credits and benefits for individuals > Canada Dental Benefit

Terrace Resources

The following resources are available in your area and may be able to support your family at this time!

The Terrace Women's Resource Centre Society

4553 Park Ave.

250-638-0228

info@twrcs.ca

Offers resources such as a lending library for baby supplies, free counselling, a craft group, a kids book club, after-school and summer youth programming as well as help navigating forms, applications, taxes, or computers.

twrcs.ca

'Ksan Society

101-4623 Park Ave.

778-634-2343

ksan@ksansociety.ca

Provides counselling and support for victims of violence, a free thrift store, free furniture shed, free kids summer camps for ages 6-15 and more.

ksansociety.com

TDCSS

200-3219 Eby St.

250-635-3178

info@tdcss.ca

Provides many services including counselling for substance misuse, legal advocacy, and family and youth support programs for those with support needs.

tdcss.ca

Thompson Community Services

3242 Kalum St.

250-615-3278

Supports those with developmental disabilities by providing programs for skill development, banking, transportation skills, and assistance with job search.

tcsinfo.ca/northernbc.htm

Here to Help

Provides supports and information on mental health and substance abuse for yourself as well as guidance for supporting your loved ones.

heretohelp.bc.ca

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Culturally competent and experienced help line counsellors are available 24/7 to talk if you are feeling distressed. Chat is also available on the website.

hopeforwellness.ca