

## December Issue

### Inside this issue:

Rent Payment Refresher & Emergency Preparedness

Healthy Happy Holidays & New Years Resolutions

Holiday Watch & Reading List & Recipe

Snowman Holiday Craft

Provincial & Regional Resources



# M'AKOLA

HOUSING SOCIETY



## Tenant Newsletter

Happy Holidays from everyone at M'akola! We hope this holiday season finds yourself and loved ones well. Inside this addition we have provided useful resources to support you through the holiday season as well as activities to keep that holiday spirit up and running! Please be sure to review our office closure dates over the holidays below.

## Regional Office Updates

Check out the information below regarding contacting the office, holiday closures, and unit inspections.

### Contacting a M'akola Regional Office

M'akola policy is all non-urgent questions and concerns will be responded to within 2 business days. If you call a M'akola office and no one is available to answer your call please leave a detailed voicemail with your name, address, and reason for your call to ensure someone can contact you in a timely manner.

Regional offices are open Tuesday, Wednesday, and Thursday to the public from 9AM—4PM. Please note these times are staff permitting. In the event of an urgent concern the office may be closed with short notice. If you stop by the office during these hours and it is closed we encourage you to drop off any rent payments or requested paper work (like Rent Review documents) in the drop box to ensure it's received.

*All M'akola offices will be closed from December 25th to January 2nd. During this time only emergency concerns will be addressed.*

### Annual Unit Inspections

As M'akola continues to conduct annual unit inspections we want to thank all M'akola tenants for your cooperation as we work the Annual Unit Inspection process for the first time since COVID!

If you are a new tenant you may not have had an annual inspection before. M'akola conducts unit inspections each year to make sure buildings are maintained. It is an important process to ensure M'akola continues to provide safe and healthy homes to all tenants.

Please note the purpose of inspections is **not** to assign blame, but for tenants and M'akola staff to work together so all homes meet health and safety requirements. This is also a time to connect with M'akola staff and discuss concerns or questions you may have about your unit.

If you are a long time M'akola tenant you may be familiar with a pen and paper inspection. M'akola has moved to an inspection software so unit information will be recorded electronically. If you have any questions about your inspection please reach out to your regional office!

## M'akola Contacts

You can call or email the Housing Services Team at:  
1-877-590-0204

- For Applications press 1
- applications@makola.bc.ca
- For Repairs press 2
- For Rent Review press 3
- rentreview@makola.bc.ca
- For Rent Collections press 4
- rentcollections@makola.bc.ca

For all other housing inquiries, questions, or concerns, please email: [INFO@makola.bc.ca](mailto:INFO@makola.bc.ca)

Victoria Regional Office  
250-384-1423

Cowichan Regional Office  
250-746-1785

Nanaimo Regional Office  
250-756-4217

Port Alberni Regional Office  
250-723-9855

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:

Dec-Jan	All M'akola Offices closed from the 25th-2nd
Feb	19th Family Day
March	29th Good Friday

## Emergency Preparedness—Emergency Kit

In this edition of the Emergency Preparedness section we are featuring information on emergency kits. Why they are important and ways you can build one yourself!

### Why Do I Need an Emergency Kit?

Emergencies like a significant power outage, earthquake, flood, can happen suddenly giving us very little time to prepare. As the severity of natural disasters increase and become more regular it's important to be ready at a moments notice. Having a kit and plan ready will help you and your family make it through a potential emergency.

### Create an Emergency Plan

It's best to have an emergency plan in place that your family is aware of. The plan should be written down and have important contact information for family members and at least one out-of-area contact. An emergency meeting place is important. Where to find emergency alerts, like [emergencyinfobc.ca](http://emergencyinfobc.ca).

### Emergency Kit and Plan Resources

A thorough Emergency Plan and details in creating an emergency kit can be found on the BC Government website: [www2.gov.bc.ca](http://www2.gov.bc.ca) > Public safety and emergency services > Emergency management

### What Should Be Included?

Your Emergency kit should be specific to your family's needs, like medications, but the basic supplies should include:

- 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

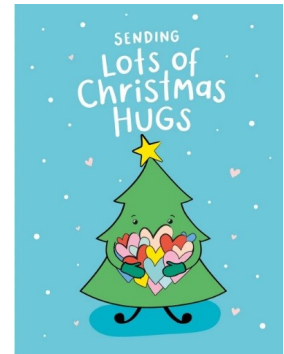
# Happy Healthy Holidays

## The Top 10 Mental Health Tips For The Holidays

1. Be kind to yourself.
2. More is not necessarily better.
3. Keep expectations realistic.
4. Old patterns will naturally start to appear around the holidays, especially when you are with relatives or under stress.
5. Remember that other people cannot read your mind or anticipate your needs.
6. Remember that "family" is another way of saying "people who love, support, and care about me."
7. Pause and think through any major announcements or decisions you want to make during the holidays.
8. Plan sanity time-outs.
9. Choose your battles.
10. Do something silly.

### Resources to Stay Well and Connected During the Holiday Season

- \* Crisis Intervention and Suicide Intervention Centre: call Toll Free: [1-800-784-2433](tel:1-800-784-2433) or visit [crisiscentre.bc.ca](http://crisiscentre.bc.ca)
- \* HealthLink BC: Provides 24 hour, confidential health info & advice Phone 8-1-1 or visit [healthlinkbc.ca](http://healthlinkbc.ca)
- \* Mental-Health & Substance-Use Info : Visit: [heretohelp.bc.ca](http://heretohelp.bc.ca)
- \* Substance-Use Services: Call toll free to [1-866-658-1221](tel:1-866-658-1221)
- \* Bounce Back: Call Toll Free [1-866-639-0522](tel:1-866-639-0522) or visit: [cmha.bc.ca/how-we-can-help/adults/bounceback](http://cmha.bc.ca/how-we-can-help/adults/bounceback)
- \* Kids Help Phone toll free [1-800-668-6868](tel:1-800-668-6868) or visit: [org.kidshelpphone.ca](http://org.kidshelpphone.ca)
- \* Youth in B.C. Distress Line: 24 Hour Line – Phone [1-604-872-3311](tel:1-604-872-3311) or visit: [youthinbc.com](http://youthinbc.com)
- \* Online Services Map: this is an interactive map listing about 350 mental - health & substance-use services for children and youth - View the map at: <http://ow.ly/VFSrT>



## New Years Resolution

For many, New Year's resolutions consist of promises to improve health or eliminate debt. But there couldn't be a better time to organize your life! So here are some New Year's resolutions to help keep you organized and on top of it the rest of 2024!

### New Year's Resolutions to Help Organize Your Life

#### \* Set Realistic Goals

Having overly ambitious expectations can set you up for failure in the long run. Start with small, attainable goals that you can achieve along the way.

#### \* Create a Routine

Not everything on your to-do list is a daily chore. Establish your daily, weekly, and monthly tasks and stick to your schedule.

#### \* Give it Time

Things did not become disorganized overnight. It's okay to give yourself some time to get it together.

#### \* Automate the Process

Use your smart home accessories to your advantage. Set alarms for daily activities and manage your calendar.

#### \* Celebrate Your Victories

Take the time to measure your progress and celebrate when you achieve milestones.

#### \* Don't give up

New Year's resolutions often fail within a week to a month. Stay committed to your goals and keep going – success is within your reach!



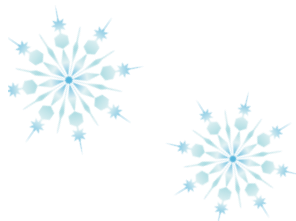
# Holiday Watch and Reading List

Cozy season is upon us! Which means it's the perfect time to settle in with a good book or a holiday themed movie. Below we have compiled a list to make choosing a holiday option easy!



## Movies to Watch

- \* Frosty the Snowman
- \* The Polar Express
- \* How The Grinch Stole Christmas
- \* Elf
- \* Home Alone
- \* The Nightmare Before Christmas
- \* Jingle Jangle: A Christmas Journey
- \* The Holiday
- \* Klaus
- \* A Christmas Story
- \* Rudolph the Red-Nosed Reindeer
- \* Love Actually
- \* It's a Wonderful Life
- \* A Charlie Brown Christmas
- \* Jingle All the Way



## Indigenous Winter Book List for

### Children

#### \* Suupi and the Sun Celebration

Suupi lives in Grise Fiord, Nunavut. After three months of darkness in her community, the sun is finally about to return. Suupi and her friends can't focus on their schoolwork. Today they will celebrate the return of the sun! There will be a sliding competition, a school performance, and a community feast. But Suupi is nervous about performing with her class in front of so many people. Will she find a way to overcome her fear? Language: English, Inuktitut

#### \* Winter's Gifts

The tale of a young Potawatomi girl named Dani whose family celebrates the darkest season of the year by treasuring the slowness that winter brings. Dani's schoolmates think it's silly to think that Earth gives us presents, but on a magical snowy day, her family and Creator give Dani the courage to teach her friends about the gifts of winter-resting, remembrance, and gratitude. Can Dani help them receive winter's gifts? Language: English

#### \* Metis Christmas Mittens

The holiday season has always been a very special time for Metis families. A family-oriented people, the Metis often didn't have money to buy expensive presents, but instead made practical items with much love. In this spirit, award winning author and illustrator, Leah Marie Dorion takes readers back to the Metis tradition of making mittens for loved ones. Metis Christmas Mittens is a touching ode to Metis family life is accompanied by Leah's distinctive and evocative art. Language: English, Michif



## Recipe: Simple Gingerbread Cutout Cookies

### Ingredients:

- \* 3/4 cup butter, softened
- \* 1 cup packed brown sugar
- \* 1 large egg, room temperature
- \* 3/4 cup molasses
- \* 4 cups all-purpose flour
- \* 2 teaspoons ground ginger
- \* 1-1/2 teaspoons baking soda
- \* 1-1/2 teaspoons ground cinnamon
- \* 3/4 teaspoon ground cloves
- \* 1/4 teaspoon salt
- \* Vanilla frosting of your choice
- \* Red and green paste food coloring

### Instructions:

1. In a large bowl, cream butter and brown sugar until light and fluffy, 5-7 minutes. Add egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to creamed mixture and mix well. Cover and refrigerate until easy to handle, about 4 hours or overnight.
2. Preheat oven to 350°. On a lightly floured surface, roll dough to 1/8-in. thickness. Cut with floured 2-1/2-in. cookie cutters. Place 1 inch apart on ungreased baking sheets.
3. Bake until edges are firm, 8-10 minutes. Remove to wire racks to cool completely. Tint some of the frosting red and some green; leave remaining frosting plain. Decorate cookies.

### Kitchen tips

Make your life easier by rolling the dough directly on a piece of parchment dusted with confectioners' sugar. Use the cookie cutter to create shapes and remove the excess dough. Then, slide the parchment onto the baking sheet and bake away!



# Clothespin Snowman Craft

If you think your clothespins look boring, why not give them a winter wonderland makeover?

## What You'll Need:

- \* Natural wood clothespins
- \* Yarn in various colors
- \* Glue
- \* Orange mini pom poms
- \* white paint
- \* Paint brush
- \* Black marker
- \* Scissors



1. Start by painting the clothespins with white paint. Depending on the wood and paint (and to your taste) you might need to do more than one layer. Be careful as the paint can “glue” the clothespin, open it up a few times while it dries.



3. Now take a black marker and draw two black eyes, mouth and black buttons on the snowman body



4. Add a drop of glue between the eyes and mouth and stick on an orange mini pom poms. Wait for the glue to dry and your clothespin snowman craft is done!

2. Once the paint dries completely, it's time to make a scarf. Take a short piece of yarn and wrap it around the clothespin, making a knot. Add a drop of glue to secure it.





## Provincial Resources



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

### Wellness Together Canada

Wellness Together Canada is a free, 24/7 mental health and substance use service, funded by the Government of Canada. It is available to anyone in Canada and Canadians living abroad. The service provides free mental health and substance use resources, e-courses, peer support counselling services by phone, text or video chat to adults and children.

#### Same-day counselling services:

1-866-585-0445 (adults) / 1-888-668-6810 (youth)

#### Immediate crisis support text (SMS) "WELLNESS" to:

741741 (adults) / 686868 (youth)

### British Columbia Aboriginal Network on Disability Society

BCANDS assists and supports their clients acting as a liaison/lead between various service agencies and their clients to address their needs and obtain or develop a variety of health and disability services.

More information can be found on their website:

[bcands.bc.ca](http://bcands.bc.ca)

### Canadian Mental Health Association

The Canadian Mental Health Association provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families.

[cmha.bc.ca/programs-and-services](http://cmha.bc.ca/programs-and-services)

### 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](http://healthlinkbc.ca)

## Cowichan Resources

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

### Hiiye'yu Lelum Society House of Friendship

106-5462 Trans Canada Highway  
250-748-2242

[AJack@hofduncan.org](mailto:AJack@hofduncan.org)

Provides supports for parenting, budgeting, nutrition, cooking, counselling, cultural values, healthy pregnancies, family programs, addiction services, employment and training support, and a 4 Pillars Program for youth ages 7-14 offering games, recreation, time in nature, arts, music, and connection with elders.

[hofduncan.org](http://hofduncan.org)

### House of Friendship Food Programs

The House of Friendship has a food cart every Tuesday at 1PM that provides non perishable food items to those in need.

Gift cards may also be available to those that can benefit.

House of Friendship has a community kitchen that is put together twice a month to plan, budget, shop and cook nutritious meals to take home to participants' families at a very affordable cost.

[cowichancommunitykitchens.org](http://cowichancommunitykitchens.org)

### CWAVS: Cowichan Women Against Violence Society

246 Evans St, Duncan  
250-748-7000

Transition House Support Line: 250-748-8544

[cwav@cwav.org](mailto:cwav@cwav.org)

Providing safe shelter and support for women and their children fleeing physical violence.

[cwav.org](http://cwav.org)

### Family Caregivers Support

1843 Tzouhalem Rd, Duncan  
250-597-0886

Free services for caregivers of adults including information, emotional support, assistance navigating health care, advocacy, and support groups.

[familycaregiverssupport.org](http://familycaregiverssupport.org)

### Cowichan Valley Basket Society

5810 Garden St  
250-746-1566

[office@cvbs.ca](mailto:office@cvbs.ca)

The Cowichan Valley Basket Society provides a foodbank and lunch kitchen, ensuring no individual or family in the Cowichan Valley goes hungry either physically, spiritually or emotionally. Contact to coordinate a hamper, dining rooms are open Monday to Friday, and Sunday Sandwiches from noon to 1PM.

[cvbs.ca](http://cvbs.ca)

### Pathways Cowichan Valley

Pathways BC is a community service directory that includes community service updates and news. Pathways has services conveniently organized by category (ex. Education, LGBTQ+ Community, Food, and more). Within these categories you can learn about programs and services that you may find helpful. Visit the Pathways Cowichan Valley website:

[cowichan.pathwaysbc.ca](http://cowichan.pathwaysbc.ca)