



# Project **GLOW**



February 2020

**A newsletter to inform and help the community find the resources they need to succeed!!**



Please note: WHRC will be opening at 9:30 am on Tuesday, February 12, 2020.



WHRC will be closed on Monday, February 17, 2020 for Louis Riel Day

## Know your Tenant Resource Coordinator

Tenant Resource Coordinators with Winnipeg Housing are here to assist you with finding resources in and around your community to help you maintain a successful tenancy.

Please contact the Coordinator for your building if you need help with resources

Ewa W. at (204) 582-0785 for the following buildings

- ◆ 300 Selkirk
- ◆ 440 Chrislind

Victoria S. at (204) 949-2896 for the following buildings

- ◆ 385 Carlton
- ◆ 145 Powers
- ◆ 355 Sutton
- ◆ 1390 Rothesay

Anna M. at (204) 589-2477 for the following buildings

- ◆ 100 & 102 Robinson St

Fiona C. at (204) 560-2470 for the following buildings

- ◆ 60 Frances
- ◆ 1 Flora
- ◆ 595 Mountain
- ◆ 324 Stradbrook
- ◆ 60 Chesterfield
- ◆ 260 Nassau

Contact Fiona if you do not live in the buildings listed above but require resources.

## Protect Yourself & Your Home

Don't let strangers follow you into the building as you enter. If your building has an intercom, ensure your guests use it when visiting you.

When you receive a call on the intercom, never let someone in if you do not know that person.

Only let workers come into the building or your unit if you know they should be there (for example, notices have been posted) and they have proper identification.

If you see strangers loitering around the building, please contact your Caretaker or the police.

If you observe suspected criminal activity, do not attempt to intervene, phone the police immediately.

Please ensure that a follow up call and written complaint be made to the property manager.

# Heart Month



February is heart month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Heart disease is a general term that for when the heart is not working properly . It affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada .

There are a few things we can do to help reduce our risk of heart disease.

These include lifestyle choices like:

- ◆ Quitting smoking
- ◆ Eating a healthy and balanced diet
- ◆ Monitoring blood pressure and cholesterol levels.

Signs of a heart attack can vary and may be different for women and men. Some sign of a heart attack include:

- ◆ Chest discomfort
- ◆ Sweating
- ◆ Upper body discomfort
- ◆ Nausea
- ◆ Shortness of breath
- ◆ Light headedness

If you, or anyone you know experience any of these signs, call 911 immediately.

[https://www.canada.ca/en/health-canada/news/2017/02/heart\\_month.html](https://www.canada.ca/en/health-canada/news/2017/02/heart_month.html)

<https://www.heartandstroke.ca/heart>

## Good Neighbour Award

Often tenants nominate other tenants who have been kind to them or who make an effort to be helpful. WHRC congratulates Ana C. at 324 Stradbrook for being a great neighbour.

Entries can be made at the office or by calling 204-949-2880. The next award draw will be held at the end of February.

# I Love To Read Month



February is I love to read month. To celebrate I Love to Read Month, the Children's Museum is offering special, imaginative and curriculum-linked programs for N-5 classrooms throughout the month of February! Call their Sales & Bookings Coordinator at 204-924-4005

LiteracyWorks offers free classes to improve literacy. Located at 510-330 Portage Avenue, their number is (204)784-5502. Call them to find out how you can improve your literacy.

WELL or West End Library Learning Program offers literacy classes, , free computer and internet use, and free library programs for learners and their families. Classes are all year and are held in the tutorial room in the West End Library (999 Sargent Ave.)

The Wii Chiiwaakanak Learning Centre is a bridge between the University of Winnipeg and the Aboriginal and inner-city communities. The Centre is a partnership led by a community advisory committee that provides educational and capacity building opportunities for children, youth and families. It is designed to reflect community need for an educational gathering place that is inclusive, to break down the barriers to post-secondary education. The Centre provides free and open access to computers, as well as a number of free educational and cultural after-school and summer programs.

## Contact

Have a question about available resources?

Contact Fiona:

Phone: 204-560-2470

Email: [fclarke@whrc.ca](mailto:fclarke@whrc.ca)

**Project Glow is sponsored by  
Winnipeg Housing Rehabilitation  
Corporation.**

**Phone: 204-949-2880 Website: [www.whrc.ca](http://www.whrc.ca)**

