



Project GLOW



January 2020

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

Happy New Year!

The staff at WHRC wish all our tenants a safe, happy and healthy new year.



WHRC will be closed on Wednesday, January 1, 2020 for New Year's Day



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

Heaters

You may be using a heater to keep your unit warmer during the winter. It has come to WHRC's attention that some heaters are not being used safely. Please follow these tips.

- ◆ Please ensure heaters are not placed in clutter; removed all items from around them. Place them directly on the floor.
- ◆ Heaters should be less than 1000 watts. Also, purchase heaters that will turn off if tipped over.
- ◆ Only use heater when you are in the room, do not leave them unattended.
- ◆ Use one heater and move it from room to room. This is better for the electrical system and will save you money.
- ◆ Please avoid using space heaters as they are a fire hazard.

Annual Income Renewals

Annually WHRC is required to deliver to each tenant an income renewal package that requests tenants provide the office with verification of their current income and a copy of their Certified Income Tax.

The package is delivered 4 months prior to the expiry date of each tenant's current rent. Tenants have 1 month to provide the required information so WHRC can calculate the new rental rate.

Should the information not be submitted prior to the "Due Date" you could be charged market rent for your suite.

Market rents are currently: Bachelor-\$669.00/month, 1 bedroom-\$964.00/month, 2 bedroom-\$1,204.00/month, 3 bedroom-\$1,267.00/month and 4 bedrooms-\$1,440.00/month

Rent adjustment forms should be submitted, before the 20th of each month at the WHRC office. This will be applied to you following month's rent.



Tenant Insurance

Tenant Insurance covers your personal belongings in case there is fire, vandalism or natural disaster. WHRC's insurance covers the building but does not cover your personal belongings. WHRC's insurance also does not cover alternate accommodations in the case of a fire or other emergencies where you cannot stay in your home. This year there were a few incidents where WHRC was doing major repairs in a unit and tenants had to live through them or move out. Insurance can protect you. Tenant Insurance can also protect you if you accidentally harm others (a visitor trips on a rug) or if a guest damages your apartment.

The cost of tenant insurance is dependent on the amount of coverage and the features you choose for your package. It is good to shop around to find the insurance that best suits your family. Make sure to ask lots of questions to ensure you are receiving the coverage you require. Some items you may want to ask about are liability, coverage, replacement costs, theft, and items that may not be covered.

Tenant insurance is available through insurance companies and independent brokers. Find one that meets your needs

Information from Open Doors, a publication of the Residential Tenancies Branch, Issue 13 September 2008.

Christmas Hamper Draw

WHRC would like to say thank you to the tenants whom participated in the Winnipeg Housing hamper draw. This year we were able to give away four hampers.

The winners for the 2019 Christmas hampers are Charlotte at 425 Henry, Hayden at 351 Victor, Rose at 60 Chesterfield and Iman at 60 Frances

Mental Illness Discussion



There is a lot of stigma around mental illness. Stigma can make it difficult for those with a mental illness to ask for help. There are ways you can help change the stigma. Bell Let's Talk has given 5 simple ways we can all help.

- ◆ Language matters— Words such as “psycho” or “nut” can be hurtful. Pay attention to the words you use.
- ◆ Educate yourself— There are myths that exist about mental illness. You can fight stigma by learning the truth about mental illness.
- ◆ Be kind— Small acts of kindness make a difference. That can mean standing up for someone being bullied or showing you care through a friendly smile, helping hand, phone call or visit.
- ◆ Listen and ask— Do not trivialize someone's illness. Instead offer a listening ear.
- ◆ Talk about it— Break the silence. Talk about how mental illness touches all of us either directly or through a friend, family member or colleague.

If you are interested in learning more about Bell Let's Talk, check out their website at <http://letstalk.bell.ca/en/>

If you have questions about your mental health and are looking for support, feel free to call Fiona. There are many different ways to get support for what you are experiencing. Fiona's

Contact

Have a question about available resources?

Contact **Fiona**:

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Project Glow is sponsored by Winnipeg Housing Rehabilitation Corporation.

Phone: 204-949-2880 Website: www.whrc.ca

