

# Project **GLOW**

July 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, July 14, 2020.

## LEASE REMINDER FOR OCTOBER 1, 2020 LEASE RENEWAL



Please forward immediately to WHRC any lease renewals that were due back June 30, 2020 or rent is automatically set to Market rent.

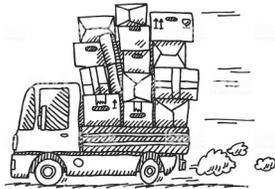
Market rent charges will not be reversed.

If you need help with your lease renewal, please contact your Tenant Resource Coordinator



Please note: WHRC will be closed on Wednesday, July 1, 2020 in observation of Canada Day

## Moving Out?



A reminder to all tenants who plan on moving out of their Winnipeg Housing apartments, please give a full calendar months' notice. If you give less than a month's notice, you will be charged for an additional month and it may damage your rental reference.

Example: If you plan to move out on August 31st, you need to inform the office by August 1st in writing that you will be moving out. Notice after August 1st will mean you are responsible for September rent. If you do not pay the rent for September, it will be taken from your damage deposit.

In order to receive your damage deposit back after moving out, the apartment needs to be cleaned adequately and there cannot be damages. If you have questions about what needs to be completed, contact your property manager for additional information.

## Melon Sorbet Float

This triple melon sorbet float is a perfect refreshing drink for summer.



**Ingredients:** assorted melon balls (watermelon, honeydew, cantaloupe, etc),

2 scoops lemon, raspberry, or other fruity sorbet, fresh mint leaves and seltzer water.

Freeze the melon balls for at least three hours until frozen, put the sorbet into the bottom of a glass, then top with the frozen melon balls. Drop in as much fresh mint as you'd like, then top with seltzer water. Let the sorbet melt to sweeten and flavor the drink. Enjoy!

# Heat Awareness

In a cold place like Manitoba, we do not realize how damaging heat can be. If you are exposed to heat for too long you can become dehydrated and suffer from heat exhaustion, heat stroke, serious illness or death. These can be avoided if you take action to protect yourself.

**Most at risk:** Older adults, infants and children, people with chronic conditions, people who work or exercise in the heat - even if they are healthy and other vulnerable persons.

## Safety Actions

- Know daytime and night time temperatures inside and outside. Be aware of times of high heat so you can be prepared.
- Stay hydrated. Drink lots of water even if you do not feel thirsty. Avoid soda and alcoholic beverages as they can dehydrate you.
- Stay out of the sun. If you need to be outside, go out in the early morning or late afternoon when the sun is not at its highest.
- Wear wide brimmed hats with ventilation, loose-fitting, breathable, light-coloured clothing and sun screen.
- If your apartment is too warm, go to the library, the mall or a community centre.
- Take cool baths or go swimming to cool off
- Avoid using appliances that can heat up your home.
- Check on family members or friends. Older adults and those with chronic conditions are most at risk so visit them to see if the heat is affecting them. Visiting is better than a phone call.
- Do not leave people in vehicles or in direct sunlight.

**Watch for:** headache, nausea, dizziness, weakness, fainting, swelling of ankles, feet or hands, muscle cramps, rapid breathing or rapid pulse, elevated body temperature or dehydration.

**If someone is sick:** call 911 immediately and begin to sponge the person with cold water and fan them.

For additional information: Manitoba Government:

[www.manitoba.ca/health/publichealth/environmentalhealth/heat.html](http://www.manitoba.ca/health/publichealth/environmentalhealth/heat.html)

or call Health Links-Info Santé at: 204-788- 8200.

## Free Yoga in the Park

Every Tuesday and Thursday, 12:00pm until 12:45pm. From June 23 until August 29 there will be free outdoor yoga classes.

Classes are being held in Millennium Library Park.



## 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)**

