

*Winter 2016*

# Community News

*For Tenants of Durham Region Non-Profit Housing Corporation*



**Durham Region Non-Profit  
Housing Corporation**

## What's in this issue?

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- Winter Safety / CDCD Outreach
- Air Conditioners
- DIY Crafts / Recipe
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- Winter Word Search

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*May peace and joy fill your home  
for the holidays!*

**Patti Bell**  
Executive Director

**Dan Carter**  
President



Durham Region Non-Profit  
Housing Corporation

## **Board of Directors 2014-2018**

**President – Councillor Dan Carter**

**Vice President – Regional Chair Roger Anderson**

**Treasurer – Councillor Bob Chapman**

**Board Member – Councillor Nester Pidwerbecki**

**Board Member – Councillor Joe Neal**

**Board Member – Mayor of Uxbridge Gerri Lynn O'Connor**

**Board Member – Councillor David Pickles**

### Winter Safety - Prevention of Slips, Trips & Falls

- Wear Proper Foot Gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Use handrails from start to finish
- Keep walkways clear of debris, water, ice and slippery materials

***Think Safety!***

### Health Tips during Flu Season

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose during coughing or sneezing
- Clean your hands
- Avoid touching your eyes, nose and mouth
- Practice other good health habits – clean and disinfect surfaces, get plenty of sleep, drink plenty of fluids and eat a nutritious diet.

## For Townhouse Tenants: Maintaining Heat in Your Unit

It's hard to believe that December is here – where did the summer go!

The team at DRNPHC is gearing up for the for the Fall and Winter seasons, the cooler temperatures outside means it's time to heat the inside.

It's tough to predict how the outside temperatures may drop, and if there is not enough heat in your unit, the pipes may freeze and eventually burst, flooding your unit and potentially other units as well.

Cost incurred for restoration will be at the expense of the tenant if it is found that the cause for the burst pipe is due to lack of heat in the unit.

The December holiday break is a time where people may spend an extended period away from their units. Should you be away from your unit, please ensure to:

- Have someone check up on the unit every day.
- Ensure the heat remains on and at an adequate temperature in the unit (taking into consideration the outside temperature).

Following these tips will help you avoid unexpected expenses caused by burst pipes, providing you with peace of mind to fully enjoy the winter

## Townhouse Tenants and Ground Floor Apartment Tenants: Preparations for the Winter

With the winter season approaching, we request the tenants make the following preparations to their units:

All exterior water lines **including water lines to the garage** must be turned off. This is completed from inside your unit by:

- Disconnecting all hoses to water lines and store them in the garage or unit. Once water is turned off, please drain exterior line by opening the shut-off valve. Leave the valve in an "open" position to prevent freeze up.
- If there is a vacuum breaker/back flow preventer on the outside faucet, pull the centre knob in the brass fitting to release any trapped water.

**Please contact your Superintendent should you require assistance.** The superintendent will be checking the outside taps in November to ensure this has been completed. Do not turn on the tap after it has been inspected to avoid being held responsible for any damage caused by frozen pipes.

## **IMPORTANT INFORMATION**

**There will be a Housing Outreach worker at Highbush Village and Orchard Valley! Dates in 2017 to be announced**

### **CDCD - Housing Help Durham (905-686-2661)**

**Housing Help Durham outreach workers can assist with any questions regarding your rent or utilities.**

Find out about the Housing Stability Program that helps qualified Durham Region households keep their rental accommodation and not become homeless by offering financial assistance for rental arrears to low income tenants.

The Low-Income Energy Assistance Program (LEAP) is a program that assists with hydro and gas arrears (subject to funding). Housing Help Durham's outreach worker can provide details on how to apply.

The housing outreach worker can also assist with helping low income tenants sign up for the Ontario Electricity Support Program (OESP). The OESP provides low income households with a hydro rate reduction of up to \$50 a month depending on eligibility.

The housing outreach worker also provides information on landlord/tenant rights, food banks, budgeting and more.

**Note:** If you have a window Air conditioner installed in your unit, please remove it from your home for the winter season.



## Holiday DIY Craft Ideas

Take a clear Christmas ornament and fill with Sprinkles or Glitter.



### Darling Deer

Cover toilet paper roll with pattern paper

Cut triangle head and two large and two small oval ears out of paper

Glue small ears inside the larger ones and fold in half.

Glue to top of triangle

Cut felt circles for eyes.

Glue googly eyes. Add pom pom nose

Glue the triangle to the top center of tube

Use straw and pipe cleaners to make Antlers.



*Winter 2016*

### Recipe

## Maple BBQ Pulled Slow Cooker Chicken



### Ingredients

1 Package Skinless Boneless Chicken Thighs or Breast

½ cup (125ml) Ready prepared BBQ sauce

½ cup Onion, chopped

½ cup Red pepper, chopped

1/3 cup (80ml) Balsamic vinegar

1/3 (80ml) Maple syrup

½ tsp (2ml) Smoked paprika

¼ tsp (1ml) Salt

¼ tsp (1ml) Pepper

### Directions

Place chicken in slow cooker. Mix together the remaining ingredients and pour over chicken. Stir to combine. Cover and cook on high for 4 hours or on low heat for 8 hours or until chicken is very tender. Turn off slow cooker and transfer chicken to a plate. Using two forks shred the chicken. Place chicken back into the sauce and keep warm until ready to serve.

Serve chicken on slider or burger buns topped with coleslaw or try it serves over a baked sweet potato.



## Office Hours

## Closures

Regular office hours are from  
8:30am - 4:30pm Monday-  
Friday

December 23rd, 2016 –  
Closed at 12:00pm

December 26th, 2016 –  
Closed

December 27<sup>th</sup>, 2015 – Closed

December 30<sup>th</sup>, 2016 – Closed  
at 12:00pm

January 2<sup>nd</sup>, 2017 – Closed



## Little Free Library

The 20<sup>th</sup> Whitby Pathfinders (Girl Guides of Canada) in collaboration with Durham Housing would like to present to the tenants of **Garrard Heights and Marigold Court** the installation of a “Little Free Library” in each of their communities.

A “Little Free Library” is a free book exchange program geared to children. All books are housed in a little library box! Inside are books free for the community to borrow. The motto of the library is “take a book, leave a book”.

We invite the children of the community to use the library. There are many different books for children of all ages. Simply borrow a book to read, and return the book when you are done reading it. If you wish to keep the book, simply put a different children’s book in its place.

The 20<sup>th</sup> Whitby Pathfinders funded, built, and decorated the libraries themselves and have also arranged the collecting of book donations. The Libraries are now installed in both communities.

The 20<sup>th</sup> Whitby Pathfinders meet weekly at the Garrard Heights community center, and wished to give back to the community that supports them. ***Thank you 20<sup>th</sup> Whitby Pathfinders!***

We hope you enjoy the Libraries and wish you all a Happy Holiday season.



# FUN & GAMES

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone # \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

## WINTER WORD SEARCH



Created by  
Sue Lindstedt  
Grand Forks Herald  
2016

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | E | A | T | H | E | R | W | G | S | F | P | S | F | M |
| O | H | J | V | O | L | J | O | N | J | V | H | N | J | J |
| K | F | R | A | C | S | M | E | O | K | O | L | O | M | G |
| D | R | H | B | P | T | T | D | P | V | B | P | W | W | N |
| I | E | L | J | Q | T | O | I | E | L | J | Q | F | O | I |
| W | E | P | N | I | W | K | L | I | P | N | S | L | K | T |
| S | Z | Q | M | W | Q | D | S | D | Q | M | F | A | D | A |
| N | I | A | K | S | B | I | U | W | A | K | F | K | I | K |
| A | N | S | L | I | D | E | I | S | S | L | U | E | W | S |
| M | G | W | J | C | D | L | L | A | W | J | M | D | S | W |
| W | W | X | I | D | S | N | O | W | X | I | R | B | U | X |
| O | C | C | U | F | D | D | P | C | C | U | A | D | D | C |
| N | V | D | O | M | G | G | N | I | D | D | E | L | S | D |
| S | B | E | P | I | C | C | R | E | T | N | I | W | C | E |
| F | S | L | I | P | P | E | R | Y | R | T | A | H | H | R |

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

**Congratulations to Susanne the winner of our last Newsletter!**