

PHC Pulse

Our Mission:
To strengthen and enrich our communities by creating and sustaining quality homes.

526 McDonnell Street, Peterborough, Ontario K9H 0A6

705-742-0439

www.ptbohousingcorp.ca

Message from the Desk of the General Manager/Chief Executive Officer

It is so nice to see the good weather after what seems to have been such a long winter. The number of rainy days has ensured our grass and community gardens will be bountiful this year and with that, likely flies, mosquitoes and ticks. This is a good time to make sure you are using precautions for bites for everyone including our pets. One homemade spray for animals (not used in the eyes or ears) is equal parts of Pinesol and Apple Cider Vinegar in a spray bottle. Our family has used that in the barn with good results for years!

We are working hard at PHC on our new developments and it is wonderful to see them rising out of the ground. Our staff is also responsible for our Capital Plan for 2019 and will be busy ensuring our tenders are out and new work completed in many of our communities. Our children's program will be at five communities this year and will be skillfully guided by our Housing Social Worker, Lisa Clark.

We have had such tremendous support for our Homeward Bound Peterborough program with our many partners. Rotary has given the Homeward Bound Program two years of support, Trinity United Church has fundraised \$150,000.00 for our participants and with our partners, the YWCA, the program won a grant from the federal government to support it for 5 years. We now have 12 participants and they are fabulous women with career goals and are incredibly motivated to do their best.

We hope all of our residents have a great and safe summer.

Cheers!

Darlene Cook



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We encourage your feedback and comments.
Please let us know if you have any suggestions for our upcoming newsletters.
Send an email to phcinfo@ptbohousingcorp.ca

What's new in the office?

It's Summer Time!

For the months of July and August the office will be closed at 4pm on Fridays.

Effective September 1st 2019 the cost of a lock change will increase to \$50.00
Mailbox lock change will be \$25

NSF CHARGES ON RETURNED PAYMENTS

Peterborough Housing Corporation has a new policy for payments returned NSF (Non-Sufficient Funds). Effective August 1, 2019, if you have a payment that is returned NSF, a twenty dollar (\$20.00) service charge will apply. The charge will be automatically added to your tenant ledger. If this charge is not paid, you are at risk of losing your payment privileges.

If you have any questions please give our office a call at 705-742-0439, extension 200 or 201 and we will be happy to assist you.

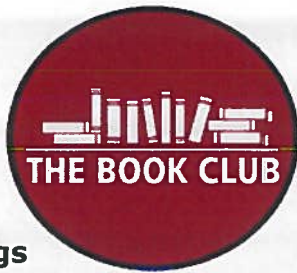
Trinity United Church supports Homeward Bound Peterborough with \$150,000 donation

On Sunday June 9th, following the 10am Sunday Service at its 360 Reid Street Church Building, the Trinity United Church Congregation presented the Lead Partners of Homeward Bound Peterborough - Peterborough Housing Corporation and YWCA Peterborough Haliburton - with a donation of \$150,000.

Homeward Bound Peterborough is an innovative partnership between Peterborough Housing Corporation and YWCA Peterborough Haliburton. Homeward Bound is a four-year education and employment program for single mothers, providing wraparound, holistic support through housing, child care, counselling, tuition paid college education, career track internships and job search support. Through this program, women have access to the stability and support they need to restart their life. Currently, 12 women are enrolled in the program with the next cohort of 4 being recruited in 2020.

In 2016, Trinity Congregation recognized that a program such as Homeward Bound Peterborough would be instrumental in ending the cycle of poverty. Trinity Congregation undertook the support of this program by initially committing to providing funding for the furnishing of the program's housing units. Homeward Bound Peterborough caught the imagination of the congregation as the program turned from a dream into a reality and the funds raised far exceeded expectations.

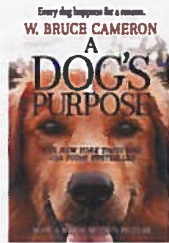




Adult Readings

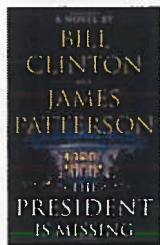
A Dog's Purpose

Author: W. Bruce Cameron
A Dog's Purpose, follows a dog named Toby through 4 different lives by way of reincarnation, exploring how he looks for purpose through each of his lives



The President Is Missing

Authors: James Patterson & Bill Clinton
Set over the course of three days, this novel confronts the vulnerabilities of the US Nation. Co-written by a former US President, this novel includes an inside perspective of the inner workings of the US Government.



The Alice Network

Author: Kate Quinn
In an historical novel, two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption.



Children's Reading

The Velveteen Rabbit

Author: Margery Williams

This children's book chronicles the story of a stuffed rabbit's desire, and ultimate success, to become real through the love of his owner.



Coupons: Where to Start?

Get familiar with your store's coupon policy, it's the only way to know what is or isn't allowed.

Many cashiers may be unaware of policies, it is better to be over prepared rather than scrambling.

If you are unsure about anything speak with a Customer Service Manager for clarification.

Many stores participate in the Scanning Code of Practice but a lot of people are unaware of this. If an item scans for a higher amount than what was advertised in the store, the item will be reduced to reflect

the lower price, if the item is \$10 or less the first one will be free, any additional items will reflect the lower price. For more information and to view participating stores visit www.retailcouncil.org/scanner-price-accuracy-code/

For coupons and more couponing tips visit www.savealoonie.com


KEEP CALM
AND
COUPON TILL YOU DROP

Happy Couponing!

Brick by Brick — DIY Maintenance

Get those carpets and rugs looking new again!

- Blot stains, don't rub them
- Blot the stain with club soda, if that doesn't work mix one part vinegar with one part water and spray, leave for 10-15 minutes then blot off with a clean sponge
- Gum on the rug? Apply ice to freeze it, it will scrape right off
- Reheat candle wax that fell by placing a clean cloth over it and going over it with an iron, after replace cloth with paper towel and repeat.

5 TIPS FOR SUN SAFETY



1 Wear A Hat



2 Protect Your Eyes



3 Apply Sunscreen



4 Seek Shade



5 Cover Up



2019 Summer Programs

All Programs run 9am-3pm closing from 12pm-1pm for lunch. Please attend with your child the first week for paperwork and to meet the staff. Ages 5-12. Contact Lisa Clark PHC Social Worker 705-742-0439x205 or 705-927-1847 for more information.

Mondays @ 835 Cameron Street Resource Centre - Starts July 8th

Tuesdays @ 665 Crawford Drive Resource Centre - Starts July 2nd

Wednesdays @ 999 Hilliard St Resource Centre - Starts July 3rd

Thursdays @ 30 Alexander Ave Resource Centre - Starts July 4th

Fridays @ 572 Crystal Drive Resource Centre - Starts July 5th

Meet your Resident Services Manager On-Site

- Get assistance with paperwork, eg. Lease Renewals
- Get information about community resources or agencies
 - Discuss community matters or opportunities

Please watch for the schedules to be posted in all Common Rooms or Resource Centres. If you would like to arrange a home visit, feel free to contact your Resident Services Manager to set up an appointment.

Janice Scott
705-742-0439 ext. 214
Cell: 705-872-7648
jscott@ptbohousingcorp.ca

Denise Campbell
705-742-0439 ext. 215
Cell: 705-931-5242
dcampbell@ptbohousingcorp.ca

Attention STUDENTS.....Community Involvement Activities

Just a reminder that all students must complete **40 hours of community involvement** to earn their Ontario Secondary School Diploma (OSSD). You can begin to earn these hours as of July 1st of the year you finished Grade 8. Please contact Lisa Smith, Assistant Director Strategic Partnerships, lismith@ptbohousingcorp.ca or 705-742-0439 x 224 for information on how you can earn your hours with Peterborough Housing Corporation.

Peterborough Food Supports

Babies First- A Prenatal Nutrition Program for expectant mothers in their first or second trimester call 705-748-9144 for more information

Come Cook with Us- free 4 to 5 week cooking class 705-743-1000 extension 316 to register for a class near you.

One Roof Community Centre- open 365 days a year from 12 to 7 PM and serves free meals everyday St. John's Anglican Church, 99 Brock St, Peterborough, ON (705) 874-1812

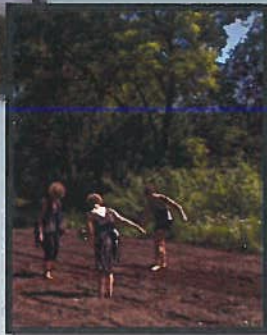
Peterborough Glens- Catch a bus to pick free fruits and vegetables at local farms. 705-749-9977

Nourish Project Workshops, Community Gardens and JustFood Box- contact 705-743-3526 for more information.

YES Shelter Food Bank- For Individuals 16-24 years of age. Tuesday, and Thursday noon-3pm and Saturdays noon-2pm. Contact 705-748-3851.



What's happening in our Communities



The gardens are growing in our communities, check out these beautiful community gardens! Send your pictures to Lisa Clark via email at

lclark@ptbohousingcorp.ca
or through text at 705-927-1847 so that we can acknowledge your hard work in our next newsletter.

Residents are reminded that open air burning (backyard fires) is not permitted within the City of Peterborough. Fire bowls, fire-pit tables, and barbeques that burn propane or natural gas are examples of permitted appliances as long as they are approved by the TSSA.

There is significant risk of fire spreading and health concerns, even the smell of smoke can cause breathing difficulties in adults and children. When a complaint of a backyard fire is received by Peterborough Fire Services, attending crews will extinguish all open air fires that are not contained in an approved appliance and enforcement options, including fines, may be taken against property owners that have open air fires.

Peterborough Housing Corporation would also like to remind residence that the use of fire works is not permitted on any community property.

During the hot and humid days of summer, it is important to remember that swimming pools able to hold more than 12 inches of water are not permitted on Peterborough Housing Corporation property.

If you use a pool, that holds less than 12 inches of water, please ensure children are supervised and remember to empty the water each day, this will keep bugs away and ensure kids and pets are safe.

A Proud Partnership at 196 Antrim Street!

Stemming from our partnership with Community Living last fall when a new accessibility ramp was installed, this summer a new project is underway at Antrim Street. During the installation of the ramp, the garden in the front of the building was significantly damaged. Community Living proposed that their clients, our residents, could assist in the construction of a new garden. With our help purchasing the plants and soil and the help of a contractor to assist Community Living clients in the shaping and planting of the new garden, they will have their hands full this summer building something beautiful in their own front yard.

Canada Learning Bond

The Government of Canada can help you save for your child's education through a Registered Education Savings Plan (RESP).

The Canada Learning Bond (CLB) is money that the Government adds to a Registered Education Savings Plan (RESP) for children from low-income families. This money helps to pay the costs of a child's full- or part-time studies after high school at apprenticeship programs, trade schools, colleges and universities.

No personal contributions to an RESP are required to receive the CLB.

How much a child could get

The Government of Canada contributes up to \$2,000 to an RESP for an eligible child. This includes:

- \$500 for the first year of eligibility
- \$100 each year the child continues to be eligible (up to and including the benefit year in which they turn 15)

Eligibility: Child must be born on or after January 1st, 2004. Be a legal resident of Canada, have a valid Social Insurance Number, be from a low-income family, be named as the beneficiary of an RESP.

Contact the Government of Canada for more information at 1-800-622-6232 or by visiting a Service Canada Centre.

Need help with a job search?

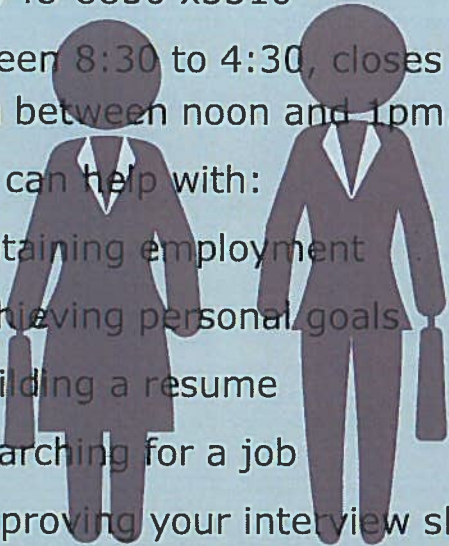
Don't know where to start?

Visit the Peterborough Employment Resource Centre: 178 Charlotte Street Peterborough ON, 705-748-8830 x3310

Between 8:30 to 4:30, closes for lunch between noon and 1pm.

They can help with:

- Obtaining employment
- Achieving personal goals
- Building a resume
- Searching for a job
- Improving your interview skills



Peterborough Ontario Works is a part of a Pilot Program!

Ontario Works recipients may now use an online service to access information about, or make changes to, their Ontario Works case.

In order to participate you must have a valid email address on file with Ontario Works, have an open case managed by yourself (not a trustee or spouse), bank with a supported banking institution (go to <https://mybenefits.mcsc.gov.on.ca/auth/login> for full list of supported banks)

In the future Ontario Disability Support Program recipients in Peterborough may be able to utilize this resource as well.

Peterborough Housing Stability Fund

Recipients of Ontario Works or Ontario Disability Support Program may be eligible to receive financial assistance with the following: last month's rent, heat, hydro, rent, mortgage, or tax arrears, home repairs and appliances, beds and bed covers, moving and storage.

Maximum benefit during one calendar year for a single person is \$700, a couple \$900, a couple with dependents \$1,300.

For more information on eligible expenses and limits please contact your case worker.



Peterborough Social Services
Helping people, changing lives.

Tips to a Successful Tenancy

Do Ask Yourself If You're a Good Neighbour— Much like your neighbours, you may not be aware of how your behavior is affecting them. If you're unsure, take a step back and ask whether or not you're a good neighbour. For instance, ask yourself if you play your music really loud? If you're not sure about how loud your music sounds outside your home, go outside and see what it sounds like. Respect the privacy of your neighbours, no matter how close or far they are. Never gossip about anyone because in a community word travels fast and can be hurtful to others and be a cause for unnecessary conflict.

Do Take a Deep Breath— Take a step back and ask yourself if you are making a mountain out of a mole hill. Think before you speak and take a deep breath and ask yourself "is it worth it?"

Don't Get Defensive— Sometimes your neighbours may take issue with something that they think is bad behavior. If that's the case don't get defensive. Remember, everyone has their own opinion.

Maintaining your Property— It doesn't have to be perfect, however, during the summer months neighbours expect you to mow your lawn regularly. Pick up after your pets daily and do not store unwanted items or garbage in your yard, as it could attract rodents and other pests.

Issues with your neighbours can be a friendly and peaceful affair, and it all boils down to how you approach them. Being willing to work with your neighbours to find a compromise will go a really long way. It shows that you're reasonable and respectful.

All Natural Home-Air Purification!

Consider these affordable, easy-to-grow, pet and child friendly plants to purify your home's air. Natural air purifying can result in health improvements like fewer respiratory problems, allergy symptoms and fewer headaches. All these plants are easy to purchase - even online:

- Spider Plants
- Gerbera Daisy
- Money Plant
- African Violets
- Moth Orchids
- Some types of Succulents (such as echeveria, hens and chicks and rosettes)



FRESH AIR

Peterborough Pet Food Bank

Location: 34 George St N, Peterborough

Hours: Every Friday between Noon and

2pm



Everything you need to know about houseplants

- Success with house plants depends on: Location (including light level) and Water/Care
 - Plants for high/bright light: succulents, cacti, tropical plants (wintering indoors or permanent)
 - Medium Light (most homes can provide): philodendrons, pothos, ivy, fiddleleaf figs, orchids, most flowering/seasonal plants, ferns, goldfish, lipstick, spider plant, anthurium, peperomia
 - Low Light: peace lilies, ZZ Plants, snake plants, Chinese evergreens
 - When transplanting, go up one size (i.e. 4" pot to a 6" pot) as we tend to water to the size of the pot and can "flood" a plant that is too small for a big pot
 - Drainage holes are key - water retention trays help keep spills from happening
 - A Canadian home in the middle of the winter is "drier than the Sahara Desert", so humidity is key for many house plants. Plus, our modern homes are NOT friendly for house plants - dry heat, air tight windows and doors.. etc.
 - Humidity trays (a plastic or clay tray with rocks on it, plant sits on top) and misting do help with the dryness; signs of stress due to dryness include: dried up leaves or brown tips on leaves
 - Water used should not be run through the water softener and should sit in your watering can for a few hours so it is room temperature and allowing the chemicals in the water to disperse
 - Plants should not sit in water; drain out any water left in the saucer or decorative over pot
 - Fertilizer should be used only during months of growth (not winter) as plants rest when light levels are low (winter)
 - Pests can be monitored with "Sticky Strips" and/or controlled by spraying an insecticidal soap (Safer's End All is a great option)
- *brought to us from the Griffin's Greenhouse website.

**Peterborough Housing Office will be
CLOSED on the following dates:**

July 1st, 2019
August 5th, 2019
September 2nd, 2019

**Our regular office hours are Monday
through Friday 8:30 AM to 4:30 PM**

If any resident requires emergency
maintenance during office closures, or
anytime after hours, please call the
emergency maintenance service line at
705-742-7911.

211

2-1-1 is a free,
multilingual, 24/7
® helpline answered by
Community Navigators

who can help callers connect with
services and programs in their
community. Ontario 211 is free,
confidential, and available 24/7.
Service can be provided in 150+
languages. For help finding local
programs and services simply dial 211
from any phone or visit
www.211Ontario.ca.

**Spotted at the
Apsley Public
Library!**



Peterborough Housing Corporation

Staff Directory

Phone 705-742-0439
Fax 705-742-1404
Toll Free 1-833-824-4687

Mailing Address

526 McDonnell St, Office Suite
Peterborough, Ontario, K9H 0A6

phcinfo@ptbohousingcorp.ca
www.ptbohousingcorp.ca

Darlene Cook, General Manager/CEO x204
Allana Stewart, Executive/Legal Assistant x217

Operations

Martin Musgrave, Director of Operations x216

Susan Toms, Assistant Director of Operations x210
Janice Scott, Resident Services Manager x214
Denise Campbell, Resident Services Manager x215
Bob Gillespie, Building Services Manager x209
John Goss, Building Services Supervisor x207
Tania Fredericks, Resident Services Coordinator x212
Rebekah DeBoer, Resident Services Coordinator x220
Rosanna Woodside, Building Services Coordinator x211
Tasha Flynn-Patterson, Building Services Coordinator x213

Lisa Smith, Assistant Director Strategic Partnerships x224
Lisa Clark, Housing Social Worker x205
Maisie Watson, Manager of Homeward Bound x219
Christine Barry, Administrative Assistant x221

Corporate Services

Sondra Fitzgerald, Director of Corporate Services x208
Liz DeCarlo, Business Services Manager x218
Tracey Linton, Financial Services Supervisor x223
Daylee Post, Financial Services Assistant x202
Diana Richardson, Sr Administrative Assistant x206
Charlene Hanchar, Customer Service Representative x201
Rob Raymond, Customer Service Representative x200