

# Quips, Tips & Chuckles

## Senior/Adult Newsletter



FALL/EDITION – 2010

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### SAFETY MESSAGE:



- ✓ **Stand by your pan** – Avoid a cooking fire - # 1 cause of fires in the home.
- ✓ **NEVER** cook with oil on your stove for deep frying.
- ✓ **Be kitchen wise – Never** wear loose fitting clothing or roll up loose sleeves when cooking.
- ✓ **Put a lid on it** – If a pan catches fire, slide a lid over it and turn off the burner.
- ✓ **NEVER** light a candle and leave it unattended.

### Important tenancy information – That you should know!!

The tenant is responsible for the repair of any damage caused by willful or negligent conduct including fires. Tenants are reminded not to remove or disable their smoke alarms. Tenants found to have removed or disabled the smoke alarm are in violation of the Ontario Fire Code section 6.3.3.4 “No person shall intentionally disable a smoke alarm so as to make it inoperable”. The set fine for doing so is \$235.00.



### Need Help?

Can't get to the office during our business hours? Call us at 613-546-5591

### Protect Yourself With Tenant Insurance! Possibly At No Cost To You!



If a fire destroyed your kitchen, a water pipe damaged your apartment, or your home was robbed, how would you replace your belongings? What if you are sued for causing property damage or injury to others? Your landlord's insurance will not cover you or your belongings.

If you are currently receiving Ontario Works or Ontario Disability your insurance could be paid for as part of your shelter costs.

This insurance covers you in two ways:  
1) It protects you from the loss of your personal property as a result of a fire, theft, and damage. It also provides coverage designed to provide for temporary accommodation, if your residence can't be lived in following an insured loss.

2) It protects you from any liability costs as a result of negligent act or omission on your part which may result in loss or damage to another person or property.

To see if you qualify for assistance with tenants insurance contact Ontario Works at (613) 546-2695 or ODSP at (613) 545-4553.



## SENIOR SAFETY TIPS.....



- ✓ Avoid clutter such as papers, books, clothes, and shoes) from stairs and places where you walk. It makes it much harder to get around.
- ✓ Keep items you use often within easy reach, so you can avoid using a ladder or step stool.
- ✓ Use non-slip mats in the bathtub and on shower floors.
- ✓ Improve the lighting in your home. As you get older, you'll need brighter lights to see well. Use lamp shades or frosted bulbs to reduce glare.
- ✓ If you are a senior or have a disability, it's best to wear shoes that give good support and have thin non-slip soles.
- ✓ You might also consider avoiding lightweight slippers (especially backless) or athletic shoes with deep treads.

## SENIORS GENERAL INFORMATION:

### Guaranteed Income Supplement (GIS)

If you have little or no income besides your Old Age Security Pension (OAS), you may be able to receive a monthly Guaranteed Income Supplement (GIS). You must reapply for the GIS each year. You will be able to automatically renew your GIS when you file your income tax return with Revenue Canada by April 30<sup>th</sup>.

Call: 1-800-277-9914.

### Old Age Security Program (OAS)

If you are 65 or older and meet certain residence requirements, you may be eligible for the basic pension, but you must apply.

Call: 1-800-277-9914.

## FOR INFORMATION ABOUT PROVINCIAL SENIORS PROGRAMS

CALL: 1-888-405-0405



## Service

If you do not have a car or are unable to drive and need a ride to a medical appointment, call 548-7810 to arrange a ride at least 2 days ahead of your appointment date.

## HANDY NUMBERS FOR SENIORS

### Health Care & Home Help

#### Assistive Devices and Home Oxygen

**Program** 1-800-268-6021

### BELL CANADA

Relay Services 1-800-855-0511

Hearing Impaired 1-800-268-9242

Special Needs 1-800-268-9243

### CANADIAN RED CROSS

Equipment 613-548-4929

Homemaker Service 613-354-0755

Canadian Hearing Society 613-544-1927

### SENIORS ASSOCIATION KINGSTON AREA

Friendly Visiting & Telefriend Help/Home

Maintenance Program 613-548-7810

Victorian Order of Nurses 613-634-0130

(Homemaking & Foot Care Program; Private Duty Nursing, Wellness Clinics; Alzheimer Respite)

Meals on Wheels 613-634-0123

### CLUBS & RECREATION

Fun & Fitness for Seniors 613-548-7810

Seniors Association Computer Centre  
613-548-7810

### LEGAL & FINANCIAL HELP

Advocacy Centre for the Elderly  
416-598-2656

Seniors Legal Clinic 613-548-7810

### TRANSPORTATION

Disabled Parking Permits 1-800-387-3445

Kingston Access Bus 613-542-2512

Crime Stoppers 613-549-5761

**CRIME STOPPERS** toll free **1-800-222-8477 (TIPS)** – Call when reporting any crime being committed. Your call is anonymous and you could be eligible to receive a cash award.

### PHONE BUSTERS – 1-888-495-8501

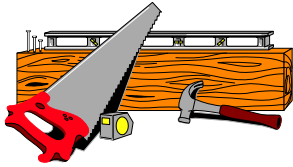
This number is the Canadian call centre for anti-fraud, i.e. internet scams, mail fraud, lottery scams and telephone scams.

### AND ALWAYS REMEMBER....

**NEVER** give out your bank account numbers, credit card numbers or any personal pin numbers.



## FROM THE TECHNICAL DEPARTMENT



### HOUSEHOLD GARBAGE

Not only is garbage smelly but with the heat of your apartment it is surprising how quickly ants/maggots/fruit flies & houseflies can become a problem.

The best way to keep this from becoming a problem in your home is to take out the trash **daily**. Drop your garbage off to the garbage room **daily**.



### SNOW REMOVAL



Just a reminder from the north, snow is on its way whether we like it or not, and it will be here before we know it. Please be aware the snow removal activities will commence **after a snow fall of 50mm (approx. 2")** or more. On large snowfalls, the contractor will require more time to attend to all areas, so please be careful if you need to venture out during these snowfalls. We will be monitoring our walkways, and parking lots, but if you notice **icy** areas please do not use these areas and contact our office immediately.

## FROM THE PROPERTY MANAGEMENT DEPARTMENT



### HOUSEHOLD CHANGES:

Has your household composition changed? Has there been any changes in your income source or the amount?

Please call the office and we will send you a **change form** to complete which you must return within 10 days. Remember the 10 DAY RULE – you must report all income changes within 10 days or risk losing your rent subsidy.

Please let us know of any income changes right away. Don't wait until your lease renewal time. The Notice of Change form is available on our web site [www.kfhc.ca](http://www.kfhc.ca) and at the Kingston & Frontenac Housing Corporation office.

# COMPLAINTS

The proper procedure for reporting complaints is as follows:

- a complaint form or letter must be submitted in writing to your Property Manager
- a complaint form or letter must be signed by the tenant, not on behalf of any third party
- anonymous complaints **will not** be processed. We need your signature and address to resolve your concerns and take legal action if necessary.

## FROM ADMINISTRATION AND FINANCE DEPARTMENT



### Rent Payment Options

- \*\* Certified cheques/Cash/Money Order
- \*\* Post-dated cheques /cheques
- \*\* PAP – Direct bank withdrawal
- \*\* Interac
- \*\* Internet – telephone/online payment

### Holiday Closures

Monday, September 6, 2010 - Labour Day  
Monday, October 11, 2010 -Thanksgiving Day  
Thursday, November 11, 2010  
Remembrance Day

### Newsletters

Are published quarterly. Just log onto [www.kfhc.ca](http://www.kfhc.ca) to print or view a copy.

### Transportation Info



To get to our office route #2 stops right on Van Order Drive. For more information call Kingston Transit at 6130546-0000 or visit their website – [www.cityofkingston.ca](http://www.cityofkingston.ca) – look for the Kingston transit link.

### Internet and Telephone banking is NOW available!

Call the office and speak with Heather at 613-546-5591 ext. 101 to find out more.



### Summer Hours Ends

Kingston & Frontenac Housing Corporation will be returning to our regular business hours on Tuesday September 7<sup>th</sup>, 2010.

Office Hours:

8:15 a.m. to 4:15 a.m.

closed for lunch 11:45 a.m. to 12:45 a.m.



# QUIPS, TIPS & CHUCKLES

## BED BUGS



There has been a rise in the occurrence of bed bugs generally in this area as is the case across North America. There is a misconception in the community that bed bugs are an issue of “bad housekeeping” but this is not the case as they are found in such places as high quality hotels and movie theatres. Bed bugs are small and can hide in cracks and crevices and are typically found around mattresses as they feed on the blood of humans and animals in the night. Please note that curbside finds of furniture and mattresses can be tempting but there may be a reason they have been thrown out it is safer to accept furniture from a known source. If bed bugs are left untreated they can spread quickly to adjoining units in apartment situations. While bed bug bites can lead to swelling, redness, itchiness bed bugs do not spread disease or illness. Tenants should not attempt to treat bed bugs themselves. If you believe that you have bed bugs in your unit please contact the Maintenance Department at this office as soon as possible. (613-546-5591)

### [HOW TO REDUCE CONDENSATION ON YOUR WINDOWS](#)

Have you noticed condensation dripping down the inside of your windows in the winter? What’s causing the condensation on my windows? There are several different remedies to help prevent a potential mould problem.

- 1) Allowing outside air to enter through a slightly opened window, increasing ventilation.
- 2) Turn off your humidifier, if you have one.
- 3) Reduce major sources of water vapour in the home: cooking, washing and bathing.
- 4) Ensure your bathroom exhaust fan is clean and running whenever the washroom is in use.
- 5) Remove heavy window coverings.
- 6) Keep window frames and windows dry.
- 7) Set your thermostat at 68 degrees F. or 20 degrees C.
- 8) Purchase and use a de-humidifier.

## Keep Laughing



Test results indicate that, after exposure to humor, there is a general increase in activity within the immune system, including:

An increase in the number and activity level of natural killer cells that attack viral infected cells and some types of cancer and tumor cells.

An increase in activated T cells (T lymphocytes). There are many T cells that await activation. Laughter appears to tell the immune system to "turn it up a notch."

An increase in the antibody IgA (immunoglobulin A), which fights upper respiratory tract insults and infections.

An increase in gamma interferon, which tells various components of the immune system to "turn on."

An increase in IgB, the immunoglobulin produced in the greatest quantity in body, as well as an increase in Complement 3, which helps antibodies to pierce dysfunctional or infected cells. The increase in both substances was not only present while subjects watched a humor video; there also was a lingering effect that continued to show increased levels the next day.





## Recipe

### Pumpkin Chili

- 3 pounds lean ground beef
- 2 cups solid pack pumpkin
- 2 cans red kidney beans
- 2 medium onions, chopped
- 3 (15-ounce) cans chopped tomatoes
- 2 tablespoons chili powder (less if serving children)
- 1/4 teaspoon red pepper flakes (omit if serving children)
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 bay leaves

In a large casserole, brown ground beef and drain off excess fat. Add the rest of the ingredients, stir well, and simmer over low heat for 1 to 2 hours. Serve with crackers or garlic bread.



### Leaves

by Elsie N. Brady

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

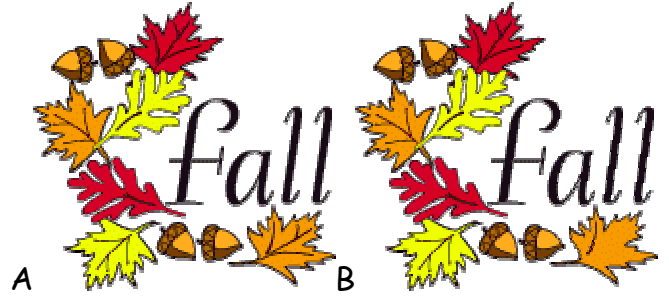


### WAYS TO SAVE ENERGY

- Use the broiler on your stove – it uses less energy and no preheating required.
- Use your kettle, microwave, slow cooker, toaster oven or convection oven instead of the stove whenever possible.
- Don't preheat the oven where food takes more than one hour cooking time.
- Turn out lights in rooms you are not using.
- When washing dishes in the sink, put the washed dishes in a bowl of cold water to rinse the suds. Don't run the water for rinsing.
- Take showers instead of baths and turn the taps off when brushing your teeth.
- In winter, capture solar heating by opening window blinds or curtains in daylight hours.

### BRAIN TEASER

Find the two identical pictures. Check answer at the bottom of the last page.



### Handy Hints

- Cover a chopping board with cling wrap to throw away smells.
- To keep soap handy in the bathroom, attach a stocking to the tap and leave your soap in it.
- Whenever a friend borrows something, write it down and stick where you won't forget - an end to lost books, clothes or CDs.
- Dab a little teething gel around a splinter to numb it and soften the skin before you try to remove it.
- To check how fresh an egg is, put it into a bowl of water and if it sinks it is fresh. If it floats, it is no good.
- Rub a cake of soap over mirrors in the bathroom, and then polish with a soft cloth. This will prevent steam build up.
- Use cooking spray to remove paint and grease from your hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.



**FROM PROPERTY MANAGEMENT &  
TENANT PLACEMENT DEPARTMENT....**



***Communities in Bloom/Kingston Blooms - 2010***



Kingston & Frontenac Housing Corporation has completed our 7<sup>th</sup> successful year with Communities in Bloom event and our **Green Thumb Tenants!**

Kingston & Frontenac Housing Corporation staff members met several times throughout the year to coordinate Communities in Bloom, 2010.

Very successful community barbeques were held in May, 2010 to kick off Kingston Blooms for Kingston & Frontenac Housing Corporation tenants. Tenants who signed up for Kingston Blooms received free topsoil while enjoying hot dogs, drinks and cake.

In July, 2010, seventy-five homes and four apartment buildings signed up to have their homes judged by volunteers from the Board of Directors and staff of the Kingston & Frontenac Housing Corporation. A total of eleven households received a "Five Bloom" rating. Congratulations!

We wish to thank all the participants. Your efforts are appreciated by everyone who lives or visits your neighbourhood. **WELL DONE!!!!**

***FROM THE DESKS OF APPLICANT/TENANT SERVICES  
COORDINATORS  
MARY-LOUISE HEROUX & ANABEL ALMEIDA***

***BRAIN TEASER ANSWER:***

*A and D are the same*

