

QUIPS, TIPS & CHUCKLES

SUMMER EDITION 2010

Senior/Adult

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KFHC Tenant Info

Don't let the Bedbugs bite!

Fire Safety Message

Are you ready for an emergency?

STRANGE BUT TRUE

- Your body is creating and killing 15 million red blood cells per second!
- A car uses 1.6 ounces of gas idling for one minute. Half an ounce is used to start the average automobile!
- Chewing gum while peeling onions will keep you from crying.
- The first CD pressed in the US was Bruce Springsteen's "Born in the USA."

CHANGES?:

Has your family composition changed or has there been any change

in your income source or the amount?

Please call us so we can send you the forms to report the change and update your file. You must report all income changes **within 10 days** don't risk losing your rent subsidy.

INCREASES IN INCOME

Just a reminder, the Old Age Security and Canada Pension benefits are adjusted 4 times each year – January, April, July and October. These adjustments reflect increases in the cost of living as measured by the Consumer Price Index. Most times these increases are so minimal that you do not even notice that your income has increased and in particular, if your cheques are direct deposit. If you have direct deposit then it would be a good idea to check your bank book to see how much your cheques have gone up. Once your monthly income has increased by \$35.00 you must report it to Kingston & Frontenac Housing Corporation so that your tenancy is not in jeopardy and so that your rent can be adjusted and you will not accumulate rent arrears. These increases add up much quicker for couples.

VERONA CATTAIL FESTIVAL

Formerly Verona Festival – August 6th, 7th & 8th.

Location: Verona Lion's Centre on Verona Sand Road.

The Antique Car show will take place on the grounds of McMullen Manor, the Red Green Duct Tape Boat races will take place at McMullen Beach and the Soap Box Derby will take place on Carleton Dr. as usual. The admission is still the purchase of a button which is good for all events the full weekend (You will need to check the website for the cost of admission). Come join the fun!!!!

For more information check out their website.

www.verona.festival@sympatico.ca

Satellite Dish Policy - Apartments

For a number of reasons, including safety concerns, satellite dishes are not permitted in any apartment buildings.

PARKING



- Your vehicle is unauthorized to park in any of Kingston & Frontenac Housing Corporation lots other than visitors parking unless you have a Kingston & Frontenac Housing Corporation sticker at no cost to current tenants.

- Your vehicle is not to be parked in visitors parking for an extended period of time.

- Your vehicle cannot be in a NO PARKING ZONE.

- Your vehicle must be roadworthy, with valid license tags to park in any of Kingston & Frontenac Housing Corporation parking lots.

Failure to immediately move your unauthorized vehicle from Kingston & Frontenac Housing Corporation property will result in your vehicle being towed at your expense!

****If you require a sticker for a second vehicle there is a \$10.00 charge per month.****



Ontario Drug Benefits

This provides limited drug coverage for those 65 and over. You contribute towards prescription drug costs according to your income. You pay \$2.00 a prescription if you are: single with a net income of less than \$16,018 per year; a couple, both over 65, with a combined net income of less than \$24,175 per year. After that, you only pay the dispensing fee of up to \$6.11 per prescription. You must apply to receive this benefit. **Call 1-800-268-1153 or ask about this at your local pharmacy.**

EMERGENCY PREPAREDNESS EMERGENCY GO BAG - Home Survival Kits: *Keep these supplies in an easy to find spot in your home in case you need them in an emergency:*

- flashlight and batteries
- radio and batteries
- ipod / blackberry
- first aid kit
- candles and matches
- extra set of car and house keys
- cash and coins for pay telephone
- food and bottled water
- extra set of clothing
- sleeping bag
- personal supplies (toilet paper, soap)
- medication (have at least 1 week supply of medication in your kit and include copies of your prescriptions)
- duffel bag to carry these supplies in case you have to evacuate
- whistle (great for attracting someone's attention)
- games or cards
- special items for infants, elderly or disabled family members and pets.

CAR SURVIVAL KITS: (Keep in the trunk)

- shovel
- sand or salt
- traction mats
- tow chain
- compass
- cloth or roll of paper towels
- warning light or road flares
- set of extra clothing and footwear
- emergency food pack
- booster cables
- ice scraper and brush
- road maps
- matches and a candle in a deep can

What is Service Canada?

Service Canada is a Government of Canada - wide service transformation initiative to improve the design and delivery of government programs & services to Canadians.

What services & information are offered?

A very wide range including: Canada Pension Plan/Old Age Security, Job Bank, Labour Market Information, Social Insurance Number applications, Employment Insurance information, ecoAuto Rebate Program and much, much more. You can call the Kingston office located at 299 Concession St. 613-545-8559 or visit their website at: www.servicecanada.gc.ca.

SAFETY

Yards and balconies are not for storage. Please keep them clear of any debris.

Newsletters:

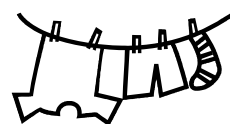
Are published quarterly and are posted online at www.kfhc.ca.

Back by popular demand!

10 Tips to Healthy Eating

& Physical Activity

1. **Start your day with breakfast**
i.e. cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit.
2. **Get moving.**
3. **Snack smart**
A glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.
4. **Work up a sweat**
Exercise- aerobics, yoga or walking.
5. **Don't eat too much of one thing**
Your body needs nutrients like protein, carbohydrates, fat, and many different vitamins.
6. **Get fit with friends or family**
7. **Eat more grains, fruits, and vegetables**
8. **Foods aren't good or bad**
Balancing your choices.
9. **Make healthy eating and physical activities fun!**



REMINDER

NO LAUNDRY SHOULD BE HUNG ON APARTMENT BALCONIES.



FROM

ADMINISTRATION

DEPARTMENT

HOLIDAY CLOSURES

Thursday, July 1st – Canada Day
Monday, August 2nd – Civic Holiday
Monday, September 6th – Labour Day

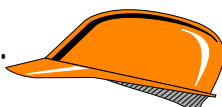
Newsletters:

are published quarterly and are only posted online at www.kfhc.ca



From Technical

Department...



6 LAWN SMART TIPS TO MAINTAIN YOUR LAWN!

#1 – STAY SHARP – Have your lawnmower blades sharpened each year. Sharp blades prevent grass from tearing and becoming susceptible to disease.

#2 – MOW HIGH – Set your mower blade height to high (5 to 6 cm or 3”) so the grass is left tall enough to crowd out weeds and conserve soil moisture. **TIP:** Mow regularly & never remove more than 1/3 of the grass blade at a time (mowing lower stresses the grass).

#3 – LEAVE IT ON THE LAWN – Leave grass clippings on the lawn after mowing. They’re a great nutrient source for the grass (providing up to 1/3 of the lawn’s nitrogen needs over the growing season) and doing so does NOT cause thatch.

#4 – SPREAD COMPOST – Use a rake to spread a thin (1/4”) layer of compost over your lawn each year. Compost adds important nutrients and builds healthy, disease-resistant grass. Alternatively, you can apply a slow-release organic fertilizer, **TIP:** Remember to avoid fertilizing until after the rush of spring growth – excessive early growth can weaken root systems and leave lawns susceptible to disease.

#5 – SOW THE SEED – Overseed your lawn every year with a good quality lawn seed mix (ask staff at your local garden centre for recommendations). A good time to overseed is after aerating the soil, or when topdressing with compost. A strong dense lawn helps prevent weeds from getting established. **TIP:** When removing occasional weeds by hand, add a sprinkle of grass seed mix to any patches of bare earth.

#6 – WATER WISELY - Water deeply, about an inch, once per week (put a tuna can on the lawn to measure how long this takes for your sprinkler). Watering more frequently can cause shallow and unhealthy root systems. **TIP:** Mid-day watering wastes water, as most of the moisture is lost to evaporation. The best time to water is in the early morning.



Concerned about the environment? Want to save on your utility bill?

Then why not switch your existing inefficient hot water tank to a brand new more efficient unit. We can have a new rental tank installed in your unit. Your rent will be reduced to cover the rent amount, and the savings on your utilities and the environment are a bonus. Just give Mary a call at 613-546-5591 ext 115, or Joanne at 613-546-5591 ext 106 for more information.

FROM PROPERTY MANAGEMENT & TENANT PLACEMENT DEPARTMENT...



BED BUGS!

You probably know the old saying “Don’t let the bed bugs bite”

Well, they are real and they do bite.

The following is some information to help you spot them. If you think you have them please call the office to make pest control arrangements.

Bed Bug Appearance: Flat and wingless.

How to recognize Bed Bugs: Bed bugs leave (fecal stains) and/or blood stains on mattresses, furniture, walls, and bedding.

85 % - 90% of bed bugs are found on mattresses and foundation/box springs and are usually hidden in seams or within 15-feet of the bed.

Hiding Places: Carpets-underneath, behind cable and electrical plates/jacks, inside vents, baseboards, headboards and frames, pet beds, couch/seat cushions, covers, under drawers, clothes, toys, and inside computer.

Colour: Light brown, and they turn dull reddish brown after feeding.

To find out more on these little pests you can go online and Google search “Bed bugs”.

ILLEGAL DUMPING

It concerns us all. Illegal dumping, where there are bins located in your neighbourhood, costs everyone since the bins are being filled by people other than yourselves and this leaves you with nowhere to put your extra bags of garbage. When the bins are being abused, housing removes these bins leaving you with no where to put your extra bags.

Storing your extra bags in your back yard can lead to rats/mice and other rodents coming to your area.

If you see anyone dumping illegal material **please** report the car/truck type, the license number and person driving the vehicle to your maintenance supervisor Mike at 613-546-5591 x 130 and Dave at X 109.

FROM FINANCE DEPARTMENT...

Kingston & Frontenac Housing Corporation accepts rent payment in the following ways

1. Online/telephone rent payment
2. Pre-authorize payment (PAP) – Automatic withdrawal from your bank account.
3. Rent pay direct from Ontario Work and ODSP
4. Debit card payment
5. Cash payment
6. Personal cheque, money order, certified cheque

We do encourage our tenants to consider paying their rent either by telephone or online payment through your bank. (i.e. RBC, CIBC, Bank of Montreal, Scotia bank, TD). It’s easy, there is no extra cost to you. You can make your monthly rent payment at your convenience. You don’t even have to leave your home. You are not confined to business hours. If you would like to know more about these options call our office and speak to Heather or Liz @ 613-546-5591 ext 101 or ext 0.



IMPORTANT

FIRE SAFETY INFORMATION!

from
Kingston Fire & Rescue



Dear tenants and staff of Kingston Frontenac Housing Corporation. My name is Delbert Blakney, the Fire Inspector assigned to KFHC. I'm pleased to have this opportunity to provide some fire safety information for your newsletter. Kingston Fire & Rescue recently inspected all KFHC apartment buildings and are pleased to advise you we found the buildings to be in good condition with respect to Ontario Fire Code compliance. Over the next month we'll have a fire truck visiting all individual KFHC single units where our fire crews will be providing smoke alarm information and conducting smoke alarm tests.

Smoke Alarms

Please ensure your unit is equipped with a working smoke alarm on each level of the unit and to test smoke alarms monthly. If you do not have a working smoke alarm or if it fails to operate when tested contact KFHC. Please remember that tampering or removal of smoke alarms is illegal and may result in a \$235 ticket or a fine of up to \$50,000 and up to one year in jail.

Escape Plans

Ensure all members of your family know two ways out of your building and that you have established a meeting place outside your home or building.

Lighters and Matches

Each year children between the ages of three and eight find and play with lighters and matches. These fires can have tragic results. Please ensure lighters and matches are kept out of the reach of children. If your child is found playing with matches, lighters or fire, please contact us to discuss our child fire prevention program.

Barbeques

The barbeque season is here however barbeques are not permitted at KFHC apartment buildings with the exception of the community barbeque provided at each building/complex. Unattended cooking accounts for 50% of residential fires so whether your cooking inside or using the barbeque remember to always watch what your cooking.

Smoking

We have seen an increase in fires caused by people throwing cigarette butts off their balcony. Wind will often blow the cigarette butt onto a patio below and will ignite combustible materials on the balcony. Please extinguish cigarette butts in an ashtray or metal can. Soak the cigarette butts prior to placing in any garbage can.

Further fire safety tips will follow in future newsletters however feel free to contact us with any additional fire safety questions or concerns you may have. The Fire Prevention Bureau phone number is 613-548-4001 Extension 5123.

Wishing you all a fire safe summer.

Delbert Blakney

Delbert C. Blakney
Fire Inspector



FIRE SAFETY INFORMATION

Did you know the Kingston & Frontenac Housing Corporation's first fire in 2008 was caused by improper disposal of cigarette butts?

- **Do you take precautions when you go to bed?** It is estimated that only 4 out of 10 smokers say they check their ashtrays before going to bed each night. Unattended candles are also a major cause of fire.

Kingston & Frontenac Housing Corporation tenants have also had fires due to unattended cooking on the stove.

- **Stay by the stove when the burner is on.** A stove fire can erupt in seconds, so it is important that you are nearby to put out the flames. The most dangerous and flammable cooking ingredient is oil, so never leave hot oil unwatched.

You are reminded that as per Section 28, subsection (a) of your lease agreement and the Ontario Fire Code section 6.3.3.4:

“The tenant shall not disconnect or tamper with any heat, smoke or carbon monoxide detectors, fire alarms, door closures or any other safety equipment installed on the Leased Premises” and “No person shall intentionally disable a smoke alarm so as to make it inoperable”. Should your smoke detector require replacement you should immediately report this to the Kingston & Frontenac Housing Corporation by dialing Mary @ 613 546 5591 @ X 115 or JoAnne @ X 106.

We would like to ensure that all tenants are made aware that **you will be held responsible** for fires due to negligence or carelessness in your unit. In addition, Kingston Fire and Rescue will be notified immediately if any smoke detector is found disconnected and the set fine for doing so is **\$235.00**. Stay attentive, stay connected, and stay alive!

Your cooperation with this issue is necessary and expected.

Patricia Price
Property Manager Area A

Jody Riddle
Property Manager – Area B

APPOINTMENTS WITH YOUR PROPERTY MANAGER

For your convenience be sure to call the office first before coming in to speak to either Property Manager. Their daily work schedule frequently requires them to be out of the office. Patricia Price can be reached at 613-546-5591 ext. 118 and Jody Riddle at 613-546-5591 ext. 117. Save yourself time and gas costs!

Our Automated Voice Attendant!

Just a reminder to our tenants, when you call the office you are greeted by our voice attendant system.

If you are not certain of the name of the staff member you wish to speak with, the voice attendant does list by departments as well! Listen for departments and press the number for the correct department, then the person you are calling or press “0” for the Receptionist.

