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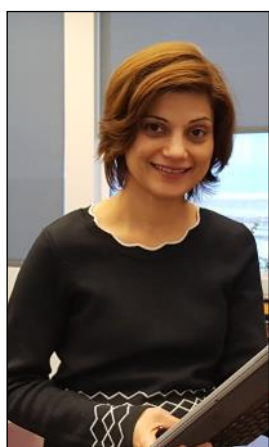
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Letter from The Senior Director of Operations



Life starts all over again when it gets crisp in the fall – F. Scott Fitzgerald

I hope you all feel excited and hopeful for the colder season ahead of us! Some of you are parents of school-age kids, like myself, and are helping children with online schooling, or others may have decided to send their kids to school and continue with everyday life. Whatever you have chosen to do, please do not let the business of everyday life steal the charisma that this changing season brings to us.

We are still amidst the COVID-19 pandemic, however we have adopted new routines to continue to provide services to our clients. Our annual inspections have concluded, and I understand how inconvenient the process was for some families. I thank all of you for accommodating our inspection schedule. Such assessments will allow us to schedule the much-needed repairs required in your homes.

I now want to share some exciting information with you on a few projects we are working on. These projects will make a difference in the lives of our Métis citizens and other Indigenous peoples we serve. We are currently building 23 affordable homes in Edmonton, which are a mix of duplexes to four-plexes. These homes will be ready for occupancy in the spring of 2021. We have renovated over 100 homes this year to provide a safe and secure place for families to live. I do understand the need for affordable housing has not been exhausted yet. We continue to seek partnerships from various governments and like-minded organizations to enhance the quality and supply of housing stock.

It has been a year since we launched our four new programs: Rental Supplement, Student Rental Supplement, Home Repair, and Down Payment Assistance. To date, we have provided financial support to over 800 Métis citizens. We also offered COVID-19 relief to over 750 Métis citizens through the emergency rent supplement. Our Housing Resource Workers (HRWs) Program has been very successful. The services provided by HRWs are available to all of our clients. Please speak with your Tenant Relations Officer if you are interested in booking an appointment with our HRW to discuss the resources which may be available to meet your unique needs.

I always emphasize the importance of learning the use of available technology. Please sign up for our newsletter on our website and GO PAPERLESS by registering your e-mail ID.

Lastly, I offer a sincere welcome to all the new families and extend my gratitude to the families for keeping pride in their homes!

- Bindu Bonneau, Senior Director of Operations

Housing Investment for Métis Capital Housing



In collaboration with the government of Alberta and CMHC, Métis Capital Housing made an announcement to build 23 affordable homes in Edmonton. The following is an excerpt from the official announcement.

Every Canadian deserves a safe and affordable

place to call home. That is why the governments of Canada and Alberta will fund a Métis Capital Housing Corporation (MCHC) affordable housing project to provide homes and create jobs in the community. An affiliate of the Métis Nation of Alberta, MCHC works to provide safe, affordable housing for Indigenous people in Alberta.

The affordable housing development will provide 23 new homes in Edmonton. The modern homes will help meet the demand for affordable housing in the community and are located close to schools, transit and medical centres. The housing project will create an estimated 60 jobs in the province.

The Honourable Ahmed Hussen, Minister of Families, Children and Social Development and the Minister responsible for Canada Mortgage and Housing Corporation (CMHC), along with provincial Seniors and Housing Minister Josephine Pon, and Indigenous Relations Minister Rick Wilson made the announcement today. The Government of Canada, through CMHC, and the Alberta government, will jointly contribute \$6.95 million through the Canada-Alberta bilateral agreement under the National Housing Strategy (NHS). The total project budget is nearly \$8 million, which includes a Métis Capital Housing Corporation contribution of \$840,000.

The Alberta government will fund the project through its newly redesigned Indigenous Housing Capital Program.

The Government of Canada will continue to address needs of Canadians through the Safe Restart Agreement for provinces and territories, and Alberta's Recovery Plan is a long-term strategy to build, diversify, and create tens of thousands of jobs now.

By working together we are benefiting our communities.

Quotes:

*"Through the National Housing Strategy, it is with great pleasure that our Government, is supporting projects like the Métis Capital Housing Corporation, so that collectively, we are better able to lift vulnerable populations of all races, age, and gender, find a home that meets their needs. These types of investments in our communities help create new jobs and stimulate the economy, while providing access to safe, affordable homes." — **The Honourable Ahmed Hussen, Minister of Families, Children and Social Development and the Minister responsible for Canada Mortgage and Housing Corporation (CMHC)***

*"Alberta's government is proud to partner with the Métis Capital Housing Corporation to provide new homes and create jobs for Indigenous Albertans. The Indigenous Housing Capital Program is intended to support housing designed, delivered and owned by, and for, Indigenous communities." — **Josephine Pon, Provincial Minister of Seniors and Housing***

*"Everyone deserves a safe, affordable and accessible home and this important project will provide good homes for families and help address the high demand for housing in Edmonton. This project is a good example of what we can accomplish when different orders of governments and Indigenous governments and organizations work together for the benefit of communities." — **Rick Wilson, Provincial Minister of Indigenous Relations***

*"Having witnessed the accomplishments of our housing branch, I know the role it has, and continues to play, in the lives of Indigenous Albertans. We understand the various needs of our community and design programs to meet those needs. Through Métis Capital Housing Corporation, the Métis Nation of Alberta strives to provide safe and affordable housing to our communities. This agreement will enhance our ability to continue doing just that, by building 23 new units for Indigenous families in Edmonton. These new buildings will go a long way to filling the gap in affordable housing availability for our citizens" — **Audrey Poitras, President, Métis Nation of Alberta***



To Apply for Housing go to www.metishousing.ca

Fall Tips from the Maintenance Department

The maintenance department has suggestions for you to prepare your unit for fall and winter.

- ∞ Report all leaking taps/toilets immediately to the office, this will avoid further extensive damage. Not reporting leaks could result in a tenant charge back.
- ∞ Look for drafts in your doors or windows before the weather gets cold, this helps to save energy and also keeps you warm during the winter months.
- ∞ If your unit has an air conditioner, please remove this from the window and seal the area properly.
- ∞ If you notice shingles missing on your roof, this is an emergency which should be addressed immediately. Not addressing this could result in water getting into your unit from the ceiling.
- ∞ Remember to turn off your outside taps and remove the hose, doing this prevents the pipes from freezing—neglecting this could result in a tenant charge back.
- ∞ Rake up the leaves around your yard and cut your grass one final time.
- ∞ Make sure all your outdoor furniture is put away and stored properly. You know how windy those winter storms can be.
- ∞ Don't forget to change the furnace filter, a clogged filter could stop the furnace which could result in a tenant charge back.
- ∞ Use your bathroom and exhaust fans more during the winter months to prevent moisture in your unit.
- ∞ Do not block your cold air returns or heat vents.
- ∞ Remember to keep all garbage away from the exterior doors to avoid rodents from entering your unit.
- ∞ Check to make sure all your exterior lights are working.
- ∞ If you see tree branches touching your unit, please call this because this could result in damage to the siding.
- ∞ Check your railings, make sure they are secure, if not inform the maintenance department.
- ∞ Ensure you keep your sidewalks and steps clear of snow and debris.



Remember normal wear and tear is not a charge back to the tenant however, wilful damage will result in a charge back. It is always best to inform your Tenant Relations Officer of any damages to your unit.

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Métis Students—Drayden Insurance Scholarship: UPDATE!

Our sincere apologies, the application form was not uploaded to the web site! We have since corrected this oversight. Drayden Insurance has graciously created a sponsorship to better support Métis students in their academic careers.

To nominate a Métis student, fill in the nomination form (a fillable PDF) on our website: [**https://www.metishousing.ca/news/**](https://www.metishousing.ca/news/)

“We truly feel that children are our future,” began Cindy, McGinnis, Branch Manager with Drayden, “... and the best way we can be a part of their success is to help provide them with the opportunity of a greater education.”

We are completely moved and honoured to be given this sponsorship to invest in two scholarship recipients, through both Métis Urban Housing and Métis Capital Housing.

If you have any questions about nominating a Métis student for the Drayden Scholarship: **1-877-458-8684 Ext 1132** or **comms@metishousing.ca**

~ Thank you Drayden Insurance for investing in our youth ~



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Important Information for Tenants

Influenza Immunization Updates from Alberta Health Services

The 2020-2021 Alberta Influenza Immunization program will begin October 19, 2020. All Albertans, six months of age and older, are eligible to be immunized, free of charge; however, this year, AHS is working with pharmacists and physicians to offer immunization to different age groups and demographics. See details below.

Immunization Eligibility & Access through Alberta Health Services:

Starting October 19, AHS will offer vaccine through pre-booked appointment only, to:

- children under five years of age and their family and household members

Those who are eligible to receive influenza immunization through AHS are required to book an AHS appointment using the online booking tool that will be available on this webpage, starting October 13.

Please note: To ensure our clinics can operate safely with all necessary measures to prevent the spread of COVID-19, there will be no drop-in immunizations at any AHS clinic for influenza immunization.

Through other providers:

Starting October 19, Pharmacists will offer vaccine to:

- All Albertans five years of age and older

Physicians will offer vaccines to :

- All Albertans 9 years of age and older
- Some physicians may be offering vaccines to children 6 months up to and including 8 years of age as well, please check with your physician's office

Please call your pharmacist or physician to arrange for influenza immunization.

Additional considerations:

Individuals who do not have a provincial health care number, or who live in a community where there are no other immunizing health care providers, can call Health Link to seek immunization through AHS.

Information on COVID Swabbing

There is a new Assessment Centre

- **Central Assessment Centre** located at Hall A of the Edmonton EXPO Centre (7515 118 Ave.)
Opens 7 days a week from 9:00 am to 4:30 pm
Drop-in or book an appointment online at www.ahs.ca/covid or call Alberta Health Link 811
- **South Assessment Centre** located at 7319 29 Avenue
Opens daily from 9:00 am to 4:30 pm
By appointments only
- **Visit a participating pharmacy**
Pharmacies can now choose to provide swabbing to people who have **no symptoms and are in the asymptomatic testing priority groups.**
Contact a participating pharmacy to arrange a swab.
To see if your local pharmacy offers swabbing, visit Alberta Blue Cross.

Did you know?

November is:

- ∞ Lung Cancer Awareness Month
- ∞ Osteoporosis Month
- ∞ Movember
- ∞ Fall Prevention Month
- ∞ National Domestic Violence Awareness Month
- ∞ Crohn's and Colitis Awareness Month
- ∞ World Congress on Cardiac Nursing and Cardiology—November 4-5
- ∞ Medical Radiation Technologist Week—November 8-14
- ∞ World Antibiotic Awareness Week—November 18-24
- ∞ World Pneumonia Day—November 12
- ∞ World Diabetes Day—November 14
- ∞ World Prematurity Day—November 17
- ∞ National Child Day—November 20
- ∞ International Day for the Elimination of Violence Against Women—November 25
- ∞ Stomach Cancer Awareness Day—November 30

Information for Tenants cont.

HALLOWEEN & COVID 19

Choosing costumes, decorating pumpkins, and getting special treats brings joy to many children at Halloween. Some Halloween traditions may look different this year to keep everyone safe during the COVID-19 pandemic. However, there are still plenty of ways families can have fun while avoiding the scare of being exposed to or spreading the virus.

Most importantly, keep doing what you have been doing: avoid large gatherings, keep a distance of six feet from others, wear a face covering (think superhero!), and wash your hands often.

Halloween Draw!

Send us a picture of your pumpkin carving and be entered into a draw for a \$25.00 gift card.

Send your pictures to:
communications@metishousing.ca

Some ideas for ways to keep safe while celebrating: have a virtual costume party or a spooky movie night, decorate pumpkins, make some Halloween treats for your family. You can decorate a pizza with toppings in the shape of a jack-o'-lantern. In your community, look for outdoor community events. **Remember a costume mask is not a substitute for a face covering unless it has multiple layers of breathable fabric and covers your mouth and nose.**

Outdoor community events... Look for community events focused on safe ways to have fun. These may include programs offered by a park district, arboretum, zoo or other outdoor venues in your area. Stay away from crowds and clustering, and follow safe distance rules even when outdoors.

Avoid indoor events such as haunted houses. A local haunted forest or corn maze may be a better option, as long as cloth face covering use, physical distancing and one-way walk through is enforced. If you think there may be screaming, leave extra distance to lower the risk of spreading respiratory virus. If you go to a pumpkin patch or apple orchard, also use hand sanitizer before and after touching what you pick.

If your children will be outside, mark their costumes with reflective tape. Remind them to be careful around cars, as drivers may not see them. Make sure shoes fit well and costumes are short enough to prevent tripping or contact with flames.

If there is trick-or-treating in your community... Trick-or-treating may be discouraged or cancelled in some areas this year. A family scavenger hunt for treats in your home or yard can be a fun alternative. If trick-or-treating is still on in your neighborhood, avoid large groups or clustering at doorsteps or anywhere else. If you hand out treats, consider sitting outside and lining up individually prepacked treat bags for families to take (don't forget to wear your own mask!). Non-edible treats are a good option, especially for children who suffer from food allergies.



How much touching objects spreads the COVID-19 virus isn't clear. But if your child collects treats from a few, socially distanced neighbors, you may want to wipe the packages or let them sit for a couple days before giving them to your child. And, of course, good hand hygiene like washing hands or using hand sanitizer before and after trick-or-treating is always a good idea!

Remember... Halloween during the COVID-19 pandemic is a chance for you and your children to get creative, and maybe even invent some new traditions for your family! It's also a great opportunity to model flexibility and a positive spirit. If you're excited and make it fun, your kids will have fun, too.

More importantly, this is a good time to teach children the importance of protecting not just themselves but others, as well. The decisions we make on this one day can have a ripple effect beyond our own families. Finding safe ways to celebrate can create magical memories.

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Information for Tenants cont.



Pumpkin Loaf

This pumpkin loaf has a soft and moist crumb with the most amazing flavour. It's easy to make, and it stores and freezes well.

- 2 cups flour
- 1 1/2 cups sugar (or less if you like)
- 1 tsp baking soda
- 2 tsp baking powder
- 1 tsp cinnamon
- 3 large eggs at room temperature
- 1 cup extra light olive oil or vegetable oil
- 2 cups pumpkin puree

Preheat oven to 350 degrees. Prepare loaf pan(s) with oil and lightly dust with flour. If you have smaller loaf pans you will need to prepare two pans. In a large mixing bowl, whisk together the dry ingredients (flour, sugar, baking soda, baking powder & cinnamon). In a second bowl, whisk together the wet ingredients (eggs, oil and pumpkin puree).

Add wet ingredients to dry ingredients, mix until smooth. Pour into loaf pan(s). Bake at 350 degrees for 45—55 minutes, test with toothpick—should come out clean. Let cool in pan(s) for 10—15 minutes, then transfer to wire rack until fully cool.

HEALTHY SLEEP HABITS

Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night. Completing a two-week sleep diary can help you understand how your routines affect your sleep. If you have difficulty sleeping or want to improve your sleep, try following these healthy sleep habits. Talk to your doctor if your sleep problem persists.

Quick Sleep Tips—Follow these tips to establish healthy sleep habits:

- ∞ Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- ∞ Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- ∞ Don't go to bed unless you are sleepy.
- ∞ If you don't fall asleep after 20 minutes, get out of bed.
- ∞ Establish a relaxing bedtime routine.
- ∞ Use your bed only for sleep.
- ∞ Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- ∞ Limit exposure to bright light in the evenings.
- ∞ Turn off electronic devices at least 30 minutes before bedtime.
- ∞ Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- ∞ Exercise regularly and maintain a healthy diet.
- ∞ Avoid consuming caffeine in the late afternoon or evening.
- ∞ Avoid consuming alcohol before bedtime.
- ∞ Reduce your fluid intake before bedtime.

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Lac La Biche

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Peace River

9621 90 Avenue T8S 1G8

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Red Deer/Rocky Mountain House

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Phone: 403-3964848 Fax: 403-342-2452

Slave Lake

353 Main Street, T0G 2A2

Phone: 780-805-6470 Fax: 780-452-1076



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