



Volume 9 Issue 1



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Letter from The Senior Director of Operations



*We empower ourselves every time
we accept responsibility for
choosing the thoughts and feelings
we act on – Karen Casey –*

As social beings, we seek freedom; freedom of speech, freedom of choice, freedom of life. As we navigate through the life cycle, we make several decisions: good and bad!

Once we realize and understand that we are responsible for owning up to our actions, the world of opportunities opens up for us. We can empower ourselves by sharing traditional knowledge, evidence and understanding circumstances we cannot change.

Our goal at Métis Housing is to empower our tenants and clients at all levels. This empowerment comes with the responsibility to commit to living well and make a difference. To achieve this goal, our Tenant Administration Department is working hard to plan various virtual information sessions this year to disseminate information to you, empowering you to make the right decisions for yourself and your families. We hope many of you will take advantage of these sessions and seek support when you need it.

Please continue accessing our Housing Resource Worker Program. Contact your Tenant Relations Officer if you are not aware of what supports and resources are available for you. At Métis Housing, we strive to support our tenants and clients every step of the way.

As a token of hope, renewal and new life from all of us at Métis Housing, I wish you all a happy Easter!

- Bindu Bonneau, Senior Director of Operations



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Empowerment

When I think about self-empowerment, it is the power to take control of your life or your destiny. The strength and confidence to make healthy decisions; to set goals you can achieve. I want to share a story with you that is very personal to me. In February of 2005, my daughter, at the age of 20 years old, was diagnosed with leukemia – a blood cancer. I can only imagine what she felt hearing this news. After the initial shock, she read everything she could about her disease. She made an informed choice to start chemo right away. Moving forward a few months after completing her first round of chemo, she relapsed in November of 2005. She was admitted back into hospital, and chemo started again; however, this time, something terrible happened. Two and a half days into chemo, my daughter, at the age of 21, had a bleed in her brain, something they didn't think would happen because of her age. She underwent emergency surgery with the neuro-surgeon giving her a five percent survival rate. Despite all odds, she was transferred from ICU to the brain injury ward and then eventually back to the hematology ward.

She could not walk, she could not talk, she had very little use of her left side. She tried communicating by writing, but her thoughts were jumbled up. Then about six weeks post brain surgery. I was at the hospital first thing in the morning, and I

was telling her that it was a beautiful day, the sun was shining, it was relatively warm for December, and Christmas was a week away. I said I love you, and she whispered ever so softly, "I love you too, Mom" – that was it; I cried for about 20 minutes, I never felt so much joy.

This day was the beginning of her recovery. She had to learn how to walk again. My daughter danced ballet, jazz, and tap for 16 years. She knew her body well. In the middle of physio one day, the therapist and my daughter were walking down the hallway, and the therapist said, "wow, you are doing great with walking;" my daughter said, "you should see me dance." That, I believe, was her catalyst to move beyond her situation. Her body didn't move like it used to, so she looked for something else to do. Then she discovered yoga. She started practicing yoga 13 or 14 years ago and credits yoga for where she is today. Her left side is just as strong as her right side. It was because she was empowered to heal, she gave herself a goal to overcome her limitations. Today, one of her new goals is to save tuition and become a yoga teacher. She wants to help people who come from the same situation she was in, to show them they too can succeed if they empower themselves. The lesson I learned from my daughter's healing journey is when you focus your mind on your goals you can achieve the impossible.—**L. H.**

How to Buy a Home

Learn from experts how to prepare your finances to buy your dream home and discover how to take advantage of the government support programs for first time home buyers. Join one of two sessions held on Zoom on April 21st at 12pm or April 24th at 1pm. The Zoom meeting ID is: **286 468 3060**. This event is free of charge and open to all. For more details contact **Margarita Hansen at 780.953.3321**.

Disclaimer: Métis Housing or its affiliates do not make any guarantees about the reliability or accuracy of the information presented. Any action you take upon the advice provided during this presentation is strictly at your own risk. We will not be held liable or responsible for any financial gains or losses if you choose to invest.

Métis Students—Drayden Insurance Scholarship: UPDATE!

We thank everyone who nominated a well deserving Métis student. We would have loved to choose all the nominees, to pick just two was difficult. Congratulations to Kylin C. and Brittany G. your scholarship is on the way!

~ Thank you Drayden Insurance for investing in our youth ~

To Apply for Housing go to www.metishousing.ca

Spring Clean Up

It is that time of the year when we begin spring cleaning. If you need to remove larger items that are too big for weekly garbage pick up, look for Big Bin events in your community.

Materials Accepted at No Cost

- Couches, chairs, mattresses and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)
- Tires and scrap metal (will be recycled)
- Yard waste, including branches no longer than 1.2 metres (4 feet) by 0.75 metres (2.5 feet) in diameter

Materials Not Accepted

- Commercial waste
- Household Hazardous Waste - please take to an Eco Station. They will be accepted at no cost
- Reusable Items—No reuse items will be accepted in order to help minimize the spread of COVID-19

Look for a Big Bin Event in your community, following are some we found in the province.

- **Calgary**—<https://www.calgary.ca/csps/abs/partnership-programs/community-cleanups.html>
- **Edmonton**—https://www.edmonton.ca/programs_services/garbage_waste/big-bin-events.aspx
- **Fort Mac**: <https://www.rmwb.ca/en/garbage-and-recycling/seasonal-programs.aspx>
- **Lac La Biche**: (2 weeks in May, registered items, can be picked up for free) <https://www.laclabichedcounty.com/our-services/waste-management>
- **Red Deer**—<https://www.reddeer.ca/city-services/environment-and-conservation/your-home/kick-it-to-the-curb/>
- **Peace River**—<https://peaceriver.ca/community-directory/peace-regional-eco-centre/>

Easy Paper Easter Wreath



SUPPLIES

- Paper plate
- Spring and Easter themed/colored paper
- Glue
- Ribbon (we used a 7/8" wide craft ribbon)

- Egg Cookie Cutter or oval cookie cutter
- Scissors

DIRECTIONS

1. Cut the inner portion from the paper plate, so that you have the outer portion intact.
2. If your paper has a design on it, turn it over and trace the cookie cutter onto the paper for a template.
3. Cut the eggs from the paper and glue onto the back of the paper plate wreath.
4. Cut a piece of ribbon, make a bow, use glue, and attach to the top of the wreath.
5. Cut another piece of ribbon, form a loop, use a glue dot, and attach to the back of the wreath.
6. Hang and enjoy for Easter

Energy Efficiency

Energy efficiency means you are using less energy to do the same jobs, reducing your home’s energy waste and saving money. To effectively increase your energy efficiency involves more than just using less energy—it requires you becoming aware of how energy is used, where it’s wasted and how it can be used more effectively and efficiently in everyday life. Here are some top tips to help your home save energy and be more efficient.

1. Change your light bulbs to LEDs.
2. Wash your clothes in cold water if possible.
3. Air seal your home. Sealing cracks, gaps and leaks and adding insulation can save up to 10% on home heating and cooling costs.
4. Clean or replace all filters in your home regularly. Dirty filters make your system work harder and run longer than necessary.
5. Use your microwave to reheat instead of your stove.
6. Defrost your refrigerator and freezer before ice buildup becomes 1/4-inch thick to ensure your appliances are running efficiently.
7. During warmer months, close blinds, shades and drapes on the sunny side of your home to help keep your home’s temperature cooler. Open shades during cooler months to let the sun warm your home.
8. Don't peek in the oven while baking! Every time you peek, the temperature can drop, making your oven use more energy to bring the temperature back up.
9. Use natural light when possible.
10. Don't leave your electronics on all day long. Only turn on your computer, monitor, printer and fax machine when you need them.
11. Set your thermostat to 17C in the summer and 21C in the winter - every degree of extra heating or cooling will increase energy usage. Setting your thermostat to a lower temperature than normal will not cool your home faster.
12. Using your ceiling fan will allow you to raise the thermostat setting with no reduction in comfort.
13. Refrigerators and freezers actually operate most efficiently when full, so keep your refrigerator and freezer as full as possible (using water bottles if nothing else). Be careful about overfilling them as this will reduce airflow and cause the appliance to work harder.
14. Using washers/dryers at night will keep the house cooler, reduce strain on the power grid during the peak usage hours of 4 PM and 6 PM and reduce the chance of an emergency!
15. Set your refrigerator temperature to the manufacturer's recommendation to avoid excessive cooling and wasting energy.
16. Don't leave bathroom or kitchen ventilation fans running longer than necessary. They replace inside air with outside.
17. Turn off the lights when they're not in use.
18. Don't leave your mobile phone plugged in overnight. It only takes a couple of hours to charge.
19. Turn off the oven a few minutes before cooking time runs out. Your food will continue to cook without using the extra electricity.
20. Watch your appliance placement. Avoid placing appliances that give off heat, such as lamps or TVs, near a thermostat.
21. Dress for the weather. When you're at home, dress in warm clothing in the winter and cooler clothing in the summer to stay comfortable without making your heater and AC work harder.

Information adapted from Direct Energy—<https://www.directenergy.com/learning-center/25-energy-efficiency-tips>

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Medicine Hat

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Peace River

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Red Deer/Rocky Mountain House

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To Apply for Housing go to www.Metishousing.ca