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## *Letter from The Senior Director of Operations*



It has been over a year since I started communicating with you through our quarterly newsletter. Every time I get a chance to jot down a few words to share with you, I feel immense pleasure and gratitude. It is my way of communicating with the families who are with us for several years and families who just started enjoying the warmth of Métis Housing. I thank you for being part of Métis Housing and allowing us to be part of your lives. I want to strengthen this communication chain and welcome you to write us about how your journey has been with Métis Housing and where we can support you in your journey.

One of my good friends commented, winter is not a season; it is a celebration. Even though the year 2020 brought us unexpected circumstances due to the pandemic that led to fear and frustrations, we gained much more from it. We learned the power of self-care, self-reliance, self-worth, and self-love. We stood by each other and held hands in the hope that the uncertainties this pandemic has brought would disappear. We will be ending this year with the same doubts in our minds, but I hope the year 2021 will bring us new rays of hope, prosperity, health, and happiness.

I also want to emphasize again, the use of technology. It has become even more critical during times like these. I want to encourage you to share your email ID with your TRO. Sharing this information will allow us to communicate with you more quickly and exchange information without much hassle. If you have not signed up for Bill Payment or an EFT for your rental payments yet, please contact your TRO. It is a straightforward process and will save you a few dollars in bank fees and a trip to our office.

Our hardworking staff have continued working all hours to meet your needs. We will continue to do so during this holiday season. However, our head office will be closed from December 23, 2020, to January 03, 2021. During this time, our emergency phone lines will stay active to address your emergency needs.

Lastly, on behalf of all of us at Métis Housing, I wish you peace and joy during this holiday season!

**- Bindu Bonneau, Senior Director of Operations**

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## *Tenant—No Smoking, Vaping and Cannabis Policy*

Since the legalization of Marijuana, the management of Métis Housing has conducted several round table discussions focusing on protecting the health of families and maintaining the safety of our homes. We see the health risks of exposure to second-hand smoke, increased risk of fire, and excessive maintenance, cleaning and recovery costs. We also know that landlords in Alberta are required by law not to permit any condition in housing premises that is or may become injurious or dangerous to the public health, including any condition that may hinder in any way the suppression of the disease. Therefore, the management of Métis Housing decided that all forms of smoking including consumption of cannabis

and growing of cannabis plants shall be prohibited.

Métis Housing will adopt a No Smoking, Vaping, and Cannabis Policy effective January 01, 2021. We will adopt this policy through attrition for existing tenants. This means that existing tenants will be exempted (grandfathered in) for the length of their present lease term. This policy shall be applicable from the start of the next renewal of the lease unless you choose to sign this policy lease addendum. New tenants will sign leases with this policy included in the lease documents. Your TRO will reach out to you to explain this policy and how it will impact your household.

## *Tenant Spotlight*

*Dear Tenants of Metis Urban Housing Corporation,*

*My name is Cindy, and I was a tenant of Metis housing for several years and truly loved my home. When I first was offered a unit, the staff of Metis Housing was supportive and excited, as my young Daughter and I were starting a new journey. My home was a cozy little house, located in a wonderful neighbourhood. It was a perfect start for us.*

*As the years passed, my family grew in our home, we loved it. We took care of it and nurtured it and in return, it took care of us. We had many moments that made us laugh and cry, and our home always kept us together. Many special occasions were celebrated there, including my Grandson 's arrival.*

*Through the years I had a wonderful relationship with Metis Housing. Whether it was Annual inspections or Maintenance work, I welcomed them with kindness. I always called if I had any concerns or changes to my situation. As a tenant, I took that responsibility seriously.*

*On August 13, 2020, my biggest fear happened. My home caught fire. I immediately called the emergency number and Metis Housing responded promptly and reached out.*

*Their support was so overwhelmingly, amazing!*

*First and foremost; they were concerned for the safety of me and my family. They were patient, as I took care of my medical issues, due to the tragedy. They stood by me every step of the way and the decisions that I made, and still continue to do so.*

*I chose to leave Metis Housing's program, as I wanted to allow another young family, an opportunity that I was given and am truly grateful for. I am resilient and will get through this.*

*There is not enough "Thank you 's" for all that Metis Housing has given me through the years, in ways of support, understanding, kindness and most of all, respect. I truly appreciate it, from the bottom of my Heart. So treat your home and this amazing Corporation, with kindness and respect.*

*I knew before my tragedy, that Metis Housing truly cares for the wellbeing of their tenants and their families.*

*I wish you all Merry Christmas & great Happiness in 2021. May the Creator bless all associated with Metis Urban Housing Corporation. Stay safe, all.*

*Hiy, Hiy*

*- Cindy Arcand*

## Mental Health

These are tough times for all of us. Reach out if you or someone you know needs help.

- ∞ Pause. Breathe. Reflect—take some slow breaths: in through your nose, then slowly breathe out. Slow breathing is one of the best ways to lower stress, because it signals to your brain to relax your body. Notice how you are feeling and what you are thinking, without judgment. Instead of responding or reacting to those thoughts or feelings, note them, and then let them go.
- ∞ Connect with others—talking to people you trust can help. Keep in regular contact with people close to you. Tell them how you are feeling and share any concerns.
- ∞ Keep a healthy routine
  - ∞ Do the following:
    - ∞ Get up and go to bed at similar times every day
    - ∞ Keep up with personal hygiene
    - ∞ Eat healthy meals at regular times
    - ∞ Exercise regularly. Just doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help
    - ∞ Allocate time for doing things you enjoy.
    - ∞ Take regular breaks from on-screen activity
  - ∞ Don't do the following:
    - ∞ Don't use alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.
- ∞ Be kind to yourself and others—Don't expect too much of yourself on difficult days.
  - ∞ Accept that some days you may be more productive than others.
  - ∞ Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information from trusted sources at specific times of the day.
  - ∞ Helping others can be good for you too. If you are able to, offer support to people in your community who may need it.
- ∞ Reach out for help if you need it—Don't hesitate to seek professional help if you think you need it. A good place to start is your local health worker. Help-lines can also be a source of support.

Source: Alberta Health Services



Regular Exercise



Taking  
A Warm Bath



No Alcohol  
& Nicotine



Limiting  
Caffeine Intake



Sleep Schedule

## Christmas Reindeer Crack

- 3 cups pretzels (I use the small ones)
- 2 cups Bugles
- 2 cups Fritos
- 1 cup Chex Mix
- 1 cup salted peanuts
- 1 1/2 cups of Peanut M & Ms
- 1 package of white Bakers chocolate



In a large bowl mix the pretzels, Bugles, Fritos, Chex Mix, peanuts and M & Ms.

Place the Bakers chocolate in a microwavable bowl and microwave for 90 seconds. Stir and if needed heat an additional 15 seconds until its smooth and creamy. Watch it closely, stop and stir every 15 seconds, otherwise it may burn. You can also use a double boiler on your stove. Drizzle melted chocolate over the mixture in the bowl and mix around to coat it all.

Once fully coated, pour mixture onto a cookie sheet lined with parchment paper and spread out, allow to cool completely. Once cooled, break into pieces. Store in an air tight container. Enjoy!



# BRANCH OFFICES

**Edmonton (Head Office)**

11923 121A Street, T5L 0A2

Phone: (780)452-6440

Toll Free: 1-877-458-8684

Fax: (780)452-1076

**Bonnyville, Cold Lake, St. Paul**

5002 51 Street,

Bonnyville AB T9N 1A1

Phone: 780-573-0285 Fax: 780-452-1076

**Calgary**

#6, 2135 32 Avenue NE T2E 6Z3

Phone: 403-569-9030 Fax: 403-235-3878

**Fort McMurray**

Phone: 780-919-5283 Fax: 780-452-1076

**Grande Prairie**

321, 9804 100 Avenue T8V OT8

Phone: 780-722-1568 Fax: 587-343-3250

**Lac La Biche**

10104 102 Avenue T0A 2C0

Toll Free: 1-877-458-8684 Fax: 780-452-1076

**Lloydminster**

11923 121A Street Edmonton AB T5L 0A2

Phone: 1-877-458-8684 Fax: 780-452-1076

**Medicine Hat**

517 3 Street SE T1A 0H2

Phone: 403-504-4062 Fax: 403-504-4106

**Peace River**

9621 90 Avenue T8S 1G8

Phone: 780-617-4124 Fax: 780-452-1076

**Red Deer/Rocky Mountain House**

#6, 2135 32 Avenue NE T2E 6Z3

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

**Slave Lake**

353 Main Street, T0G 2A2

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



**To Apply for Housing go to [www.Métishousing.ca](http://www.Métishousing.ca)**