



On the Home Front

Volume 8, No 1

February 2018

National Volunteer Week

April 15-21, 2018

"Volunteers do not necessarily have the time; they just have the heart."

~Elizabeth Andrew

"You make a living by what you get. You make a life by what you give."

~Winston Churchill



It's that time of year again, income tax time. Did you know that Community Centres have partnerships with people who will help file your Income Tax? The service is provided by volunteers and is free of charge. You should file because most Canadians get a refund (see www.mymoneycoach.ca). Check with your Community Centre to see if this is a service they offer. ■

We want to hear all about what's happening in your neighborhood. The deadline for submissions for the next *On The Home Front* newsletter is Monday, May 14, 2018. Please submit your photos and consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca.



Buckmasters Circle receives new modern look both inside and out!

The units in Buckmasters Circle, St. John's, are undergoing renovations; and the changes are very impressive. Here's what's happening:

- The building exteriors are receiving new siding, windows, doors and roofing.
- Improvements to siteworks is also underway, including installation of new stairs and walkways. Additional tenant parking has been provided with finish landscaping pending.
- Unit interiors are receiving more modern amenities such as upgraded kitchens and bathrooms.

Besides providing a modern look, the building and site improvements support improved access and life safety. Work will continue through this fiscal year with several more tenders planned.

One tenant expressed his enthusiasm to Engineering Department staff, exclaiming that the work is wonderful to see and he loves living in the neighbourhood. ■



Office of the Citizens' Representative

Did you know that as an NLHC tenant, after exhausting appeals within NLHC, you have the right to petition the Office of the Citizens' Representative regarding decisions taken against you that you believe are unfair or contrary to law. The Office of the Citizens' Representative (www.citizensrep.nl.ca) provides a province-wide ombudsman service, and is an independent office of the House of Assembly.

The primary work of the Citizens' Representative is to accept complaints from citizens who feel they have been treated unfairly with respect to their contact with government offices and agencies. The Citizens' Representative and his staff will attempt to mediate citizens' complaints and if this is not possible, will undertake an impartial and unbiased investigation. If the complaint cannot be resolved throughout the investigation, an investigation report is generated and recommendations can be made to the House of Assembly.

Inquiries, questions and complaint forms may be directed to the Citizens' Representative and his staff at:

Tel: (709) 729-7647	Toll-Free: 1-800-559-0079
Fax: (709) 729-7696	E-mail: citrep@gov.nl.ca
Mail: P.O. Box 8400, 20 Crosbie Place, 4th Floor, Beothuk Building, St. John's, NL A1B 3N7	

Staff: *Barry Fleming* — Citizens' Representative
Bradley Moss — Assistant Citizens' Representative
Sharon Samson — Senior Investigator
Juanita Dwyer — Senior Investigator
Michele LeDevehat — Investigator
Mike Sooley — Investigator
Lorraine Holden — Executive Assistant to the Citizens' Representative
Jocelyn Walsh — Office Manager

2018 Scholarship Program

This year Newfoundland and Labrador Housing Corporation (NLHC) will award a total of twelve scholarships valued at \$1000 each. This will include six Youth Scholarships (two in each of the following regions: Avalon/East, Central, Western/Labrador), and six Adult Scholarships (two in each of the three regions). The deadline for applications for the Youth Scholarship program is August 31, 2018. For the Adult Scholarship Program, the deadline is September 30, 2018. Check out our website at www.nlhc.nl.ca for more information. ■

NLHC and Canada Revenue Agency has New System in place

A new system is in place that will assist NLHC obtain Option C information in a shorter timeframe so that tenant lease renewals and new rental applications can be processed more quickly.

At the time of your lease renewal, you will receive a CRA Consent form that gives NLHC permission to contact CRA and receive your Option C information, which means you no longer have to obtain Option C information yourself. All you have to do is to fill out the CRA Consent Form and return it to NLHC. You will only need to sign the consent form once.

ALL people residing in the household who have income, or are over the age of 18, must sign the consent form in order for NLHC to request income information. ■



Five Ways to Deal with Anxiety

Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Here are five ways to help manage them:

Become a relaxation expert. We all *think* we know how to relax. But chilling out in front of the TV or computer isn't true relaxation. (Depending on what you're watching or doing, it could even make you more tense.) The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it's a false state of relaxation that's only temporary. What the body really needs is daily practice of a relaxation technique — like deep breathing, tai chi, or yoga — that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

Get enough sleep, nourishment, and exercise. Want your mind and body to feel peaceful and strong enough to handle life's ups and downs? Get the right amount of sleep for your needs—not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

Connect with others. Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things. If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. You're not alone.

Connect with nature. Heading out for a walk in the park or a hike in the woods can help anyone feel peaceful and grounded. (Choose somewhere you feel safe so you can relax and enjoy your surroundings.) Walking, hiking, trail biking, or snowshoeing offer the additional benefit of exercise. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.

Pay attention to the good things. A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen.

Note: When anxiety or worry feels extreme, it may be a sign of an anxiety disorder. For someone who has an anxiety disorder, these tips may help; however, getting proper care from a health professional is important.

Source: www.kidshealth.org

What's on the go in your neighbourhood?

Did you know there are nineteen active Tenant Associations in NLHC neighbourhoods across the province? Tenant Associations are volunteer-run groups which provide opportunities for tenants to deliver activities and programs for their neighbourhoods. Educational sessions, seasonal events, and community clean-ups are just a few of many events and activities organized and hosted by Tenant Associations.

NLHC social workers in each region support the Tenant Associations by encouraging the great work being done *by* the community *for* the community.

Don't have one in your area? What are you waiting for? Talk to an NLHC social worker today.

