



Spring/Summer 2009

Volume 2, Issue 2



Tenant Newsletter

Main Office : 450 Scott Street Fort Frances, ON P9A 1H2 Phone: 807-274-5349 Fax: 807-274-0678 Toll Free: 1-800-265-5349
Satellite Office: Rawn Road Centre, P.O. Box 1300, Atikokan, ON P0T 1C0 Phone: 807-597-1431

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10th Annual "Big Bike" Fundraiser

The 10th-annual "Big Bike" fundraiser for the Heart and Stroke Foundation was held May 11/09. Seven teams participated this year, including RRDSSAB who raised \$990. Funds raised totaled \$12,635.96.



RRDSSAB Family Tenants News

Summer has arrived!

In order to ensure the safety of all residents, including children of tenants or those who may live in the area, we wish to advise you of the following:

Trampolines: Trampolines are not allowed to be installed on leased premises, given the potential for serious injury and property damage.

Swimming Pools: You may install a swimming pool, under certain conditions and with the approval of the respective Housing Manager. Should you wish to install a swimming pool, please forward a written request to the attention of Maureen Thomson, Housing Clerk for consideration by the Manager.

We sincerely appreciate your cooperation and assistance in helping us keep our properties safe for all tenants and children

STUDENT BURSARY

The Ministry of Municipal Affairs & Housing continues its support of the Ontario Mortgage and Housing Corporation's Dr. Albert Rose bursary program. The bursary is made available to students living in rent-geared-to-income (RGI) households to help with the cost of postsecondary education or skills training. Last year, 921 students received a bursary award and maximum amount they could receive was \$1,865. If you are interested please stop by the RRDSSAB office and pick up a brochure and application.



Sandra Weir
Non Profit Housing
Manager

Community Garden plots still available



A community garden is being constructed beside the 6th St. & Webster Family Housing Unit. Garden plots will be available to housing tenants, community partners and community members at a large. Plots are available on a first come first serve basis. A knowledgeable gardener will be on site at specific times to share gardening ideas and to help new gardeners.



What is a community garden? Community gardens are small plots of land that are used by individuals or groups to produce local foods. Community gardens are safe, beautiful outdoor spaces where neighbors meet to grow and care for vegetables, flowers and native plant species. A community garden is a space where all people in a community can come together to plan and grow a garden together.

If you would like more information please contact Michelle Shute 274-5349 ext. 231

IN HONOUR OF WORLD ELDER ABUSE AWARENESS DAY

JUNE 15TH

The Fort Frances Elder Abuse Awareness Committee is pleased to present a FREE

Health & Safety Workshop for Seniors

Monday June 15, 2009
at 10:00 a.m

Royal Canadian Legion
250 Church Street - Fort Frances

**Drivewise - Medication Safety -
Frauds & Scams - Safe Banking A
Light Lunch Provided**

For more information or to
register, please call 274-9712 or
274-1403

Sponsored By



District Mental Health Services
older adults program

Ontario Works

If you have a child under age 18, your Ontario Works payment may change as of August 1, 2009. This is because the monthly Ontario Child Benefit payments will **increase** to help low-income families provide for their children. If you have a child under age 18 and are on the Ontario Works program, you **may** see the following changes in your Ontario Works payment if you rent or own your home, or live with your parents:

- 1) If you are a single parent with a child 18 and under, the amount you receive for your family may be lower
- 2) If you have a child 13-17, you will no longer receive an age-related amount for that child. These changes mean:

- you will receive less from Ontario Works **but** the increase in your monthly Ontario Child Benefit payment will make up the difference.
- You will continue to receive other help for your children through social assistance (such as shelter allowance and health benefits). You can also claim some or all of your child care costs if you are working.

If you are not receiving the Ontario Child Benefit, or are receiving less than the maximum amount of the Ontario Child Benefit, you may be eligible for a Transition Child Benefit through Ontario Works.

Shelley Shute
Ontario Works Manager

Kiddies Corner

Hidden picture colouring page

RECYCLING



Find all of the cans, bottles, and newspapers within the recycling center.

(HINT: there are four cans, five bottles and seven newspapers. Also, try to find the old phone book.)

Source: www.crayola.com

Fishy Jokes

Q: What fish can perform surgery?

A: A Surgeon!

Q: What fish goes up the river at 100 kph?

A: A motor pike!

Q: Where does sea weed look for a job?

A: The 'kelp-wanted' ads!



Your Health

Stroke Warning Signs

Call 9-1-1 or your local emergency number immediately if you experience any of these symptoms

WEAKNESS Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

TROUBLE SPEAKING Sudden difficulty speaking or understanding or sudden confusion, even if temporary

VISION PROBLEMS Sudden trouble with vision, even temporary

HEADACHE Sudden severe and unusual headache

DIZZINESS Sudden loss of balance, especially with any of the above signs

Rainycrest Happenings

Seniors Barbeque - June 25

Lions Club - Eye Van arrives June 27

Ministry of Transportation - Senior Drivers Group

Education - June 10 & August 12/13

Please welcome the following Maintenance Staff:



Todd Hayes

Garry Winik

Greg Shoemaker

Terry Carmody - summer student

Charles Walker Smith - summer student

Summer Safety Tips

FUN IN THE SUN

- **Babies under 6 months** - to prevent sunburn, avoid sun exposure and dress infants in lightweight long garments. Parents can apply a small amount of sunscreen at least 15 SPF (sun protection factor) to small areas, such as the infant's face and back of hands.
- **For young children** - Apply sunscreen at least 30 minutes before going outside. The SPF should be at least 15.
- **For older children** - Wear a hat and light coloured cotton clothing. Stay in the shade whenever possible and limit sun exposure during peak intensity hours - between 10 a.m. and 4 p.m. Reapply sunscreen every two hours or after swimming.

HEAT STRESS IN EXERCISING CHILDREN

Before prolonged physical activity, the child should be well-hydrated. Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

POOL/WATER SAFETY

Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under or through. Never leave children alone in or

near the pool/water even for a moment. Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision".

PLAYGROUND SAFETY

Equipment should be carefully maintained. Open "S" hooks or protruding bolt ends can be hazardous. Make sure children cannot reach any moving parts that might pinch or trap any body part.

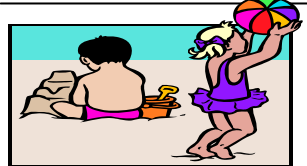
BICYCLE SAFETY

Do not push your child to ride a 2-wheeled bike until he or she is ready. Consider the child's coordination and desire to learn to ride. Take your child with you when you shop for the bike, the value of a properly fitting bike far outweighs the value of surprising your child with a new one. Your child needs to wear a helmet on every bike ride, no matter how short or how close to home.

SKATEBOARD, SCOOTER, IN-LINE SKATES SAFETY

Children should never ride skateboards or scooters in or near traffic. Do not allow your children to set up nets, ramps etc. on roadways.

Source: www.aap.org



Cheese Crusted Walleye

Prep Time: 15 minutes

Cook Time: 15 minutes

Container: broiling pan

Servings: 2

Ingredients:

1 pound walleye (or any firm white fish) fillets

canola oil

salt, adjust to taste

freshly ground black pepper

CHEESE MIXTURE:

1 tablespoon spicy brown mustard

1 teaspoon prepared horseradish

1 tablespoon chili sauce

1/2 cup sharp cheddar,

Directions:

° Preheat oven to broil. Place oven rack on top shelf.

° Lightly oil the top of broiler pan. Cut fillets into serving size. Cover both sides of fillets lightly with oil and sprinkle each side with salt and pepper. Place on prepared broiler pan.



° Broil 5-6 minutes on one side, turn fillets and continue broiling 5-7 minutes or until lightly brown and fish flakes easily. Remove from oven.

CHEESE MIXTURE: While the fish is broiling, combine mustard, horseradish, chili sauce and cheese.

° When fish is done, cover tops of fillets with cheese mixture, return to oven. Broil 1-2 minutes or until cheese melts and browns. Garnish with lemon wedges.

Source: www.recipe-tips.com

Food Safety Tips:

When transporting food to picnic sites, it can be difficult to keep food hot, so keep it cold instead, then heat it up when you get to your destination!

Managing the delivery of services in our community & making effective use of available resources.

Comments or suggestions regarding the Tenant Newsletter? Please contact the RRDSSAB reception @ 274-5349 ext 221