

To access this and past Updates, please visit NHC's [website](#), or Ctrl/click on this link
UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)
**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS
WHO DON'T HAVE AN E-MAIL ADDRESS**

**NOTE: We are using a different platform to send mass e-mails.
Please do not respond directly to these e-mails. If you need to contact us,
please use info@nepeanhousing.ca or the direct staff e-mail address.**

Hi, everyone: we hope you are all doing well and staying safe! Well, can you believe it's May already? Not only is May Mental Health Awareness Month, but it's also Mental Health Week this week of May 3-9. *It's a great time to check in with yourself - how are you really doing?*

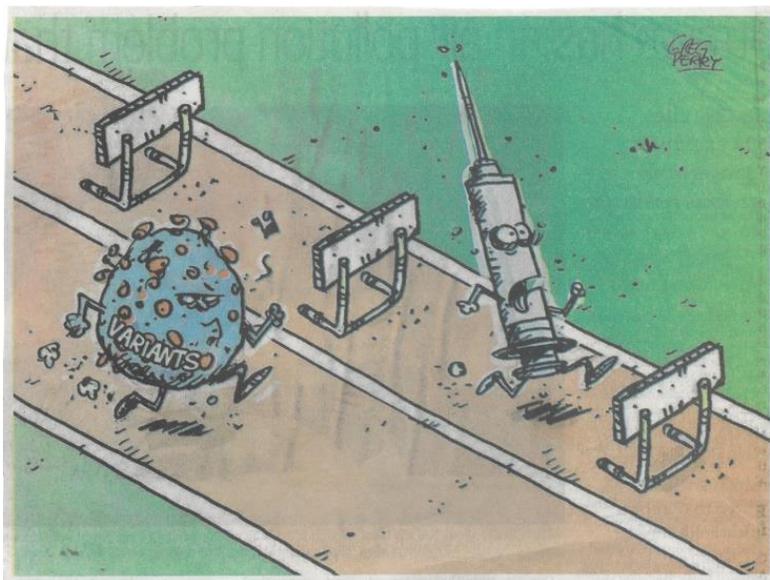
Need help, want to talk? Here are some local mental health resources ready to help:

- [Counselling Connect](#)
- [Kids Help Phone](#): 1-800-668-6868
- [Youth Services Bureau Crisis Line](#): 613-260-2360
- [Ottawa Mental Health Crisis Line](#): 613-722-6914, 1-866-996-0991 if outside Ottawa
- [Distress Centre of Ottawa and Region](#): 613-238-3311

National Immunization Awareness Week

Last week was National Immunization Awareness Week. If you're planning on getting vaccinated, you can learn more about what to expect at your COVID19 Vaccine appointment by visiting:

<https://canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/what-expect-vaccination.html>



Speaking of Vaccines....

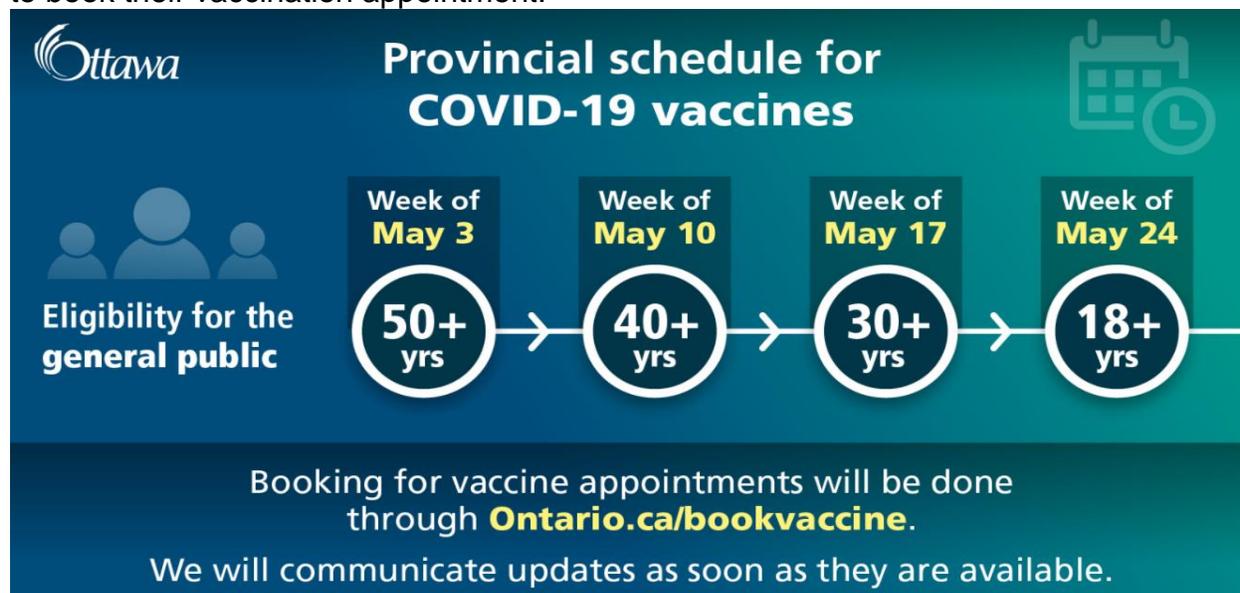
Provincial System & Vaccines

Beginning Thursday, May 6 at 8 am, all Ottawa residents age 50 and over (born in or before 1971) can begin booking appointments to receive the COVID-19 vaccine at community clinics.

In addition, priority populations who have been only able to book through the provincial call centre will now also be able to book online, including individuals with the highest risk health conditions, child care workers in licenced child care settings and education workers who provide direct support to students with special education needs.

Visit [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) to access the provincial booking system or call the provincial vaccine booking line at 1-833-943-3900 between 8 am and 8 pm, seven days a week. Only book or call if you are [eligible](#).

More age groups are becoming eligible for their COVID-19 vaccination appointments in the coming weeks. Check out this timeline and see when your age group will be eligible to book their vaccination appointment.



Pharmacies & Vaccines

The province is dealing directly with pharmacies on their rollout plan of vaccines being offered through pharmacies. For more information about the Province's pharmacy rollout visit here: <https://covid-19.ontario.ca/vaccine-locations>

Vaccine hunting? These volunteers want to help...

Vaccine Hunters are a grass roots community group who is helping to get information out to the public about various vaccine appointments available across Canada and help eligible Canadians find vaccines. You can check them out on:

Twitter: <https://twitter.com/VaxHuntersCan>

and Facebook: <https://www.facebook.com/vaxhunterscan>



COVID-19 Child Benefit

The Ontario COVID-19 Child Benefit provides financial support to families with young learners to help with additional costs during the COVID-19 pandemic. Visit here to learn about funding for students, children and youth to help offset costs during the 2020-2021 school year. To learn more, or find out if your household is eligible, visit here: <https://www.ontario.ca/page/get-ontario-covid-19-child-benefit>.

Seniors Safety Line

Especially as we're in the middle of another lockdown, the safety of our seniors is essential. If you or a senior you know is experiencing abuse, there's help available! Seniors Safety Line is a NEW 24/7 call line to help those experiencing neglect, isolation, physical, psychological, or financial abuse.



1-866-299-1011



Anonymous, Confidential
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Live counsellors,
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awhl.org/online-chat
Monday to Friday 11am-8pm

awhl.org/seniors



Job protection and income support information during COVID-19 for Ontario Workers

To learn about supports to help Ontario workers during COVID-19 and to find resources and information, visit here:

<https://www.ontario.ca/page/covid-19-support-workers#section-1>

COVID Family and Social Services, City of Ottawa

For information on financial assistance, resources for people in need and more, visit: <https://ottawa.ca/en/family-and-social-services/family-and-social-services-covid-19-info>

Connected for Success

The Rogers' Connected for Success offers high-speed, low-cost internet across Ontario, New Brunswick and Newfoundland to subsidized tenants, seniors, families with children and to individuals receiving disability and income support. The new eligibility criteria now include individuals who qualify for Ontario Works (OW), Ontario Disability Support Benefit (ODSP) and Guaranteed Income Supplement (GIS), in addition to those qualified for RGI.

What happens if I am currently on a bundle (TV, Home Phone and Internet)? Rogers representatives will weigh out the options for you to ensure it makes sense for you to make the switch to Connected for Success. Connected for Success cannot be consolidated with any other products, so you may decide to stay with your bundle package.

Where do I sign up or learn more?

To sign up call 1-866-689-0758 or visit: www.connectedforsuccess.ca for more information.



What is the Ontario Youth Apprenticeship Program (OYAP)?

OYAP is a high school program that allows high school students to try a huge variety of apprenticeship-based careers in skilled trades, starting in Grade 11 or Grade 12 through the Cooperative Education program. On May 20th they will be offering a webinar to learn more about the OYAP program including: how to get started, tips for success, the role of the Ministry, what it means to be an OYAP participant versus an OYAP registrant, how to access in-class training, and more. To register, visit: <https://www.eventbrite.ca/e/rpt-9-apprenticeship-planning-webinars-tickets-149142478167>

Black Canadian Scholarship Fund

The Black Canadian Scholarship Fund was established in 1996 to encourage academic excellence and promote community leadership by providing annual scholarships to outstanding, young, black students in Ottawa. The deadline for applications is May 31, 2021. Download the [application form](#). For further information, please contact Janet Adams, Senior Associate, Donor Engagement at the Ottawa Community Foundation, at 613-236-1616 ext. 231.

Kathleen Blinkhorn Aboriginal Student Scholarship

The Kathleen Blinkhorn Aboriginal Student Scholarship assists Indigenous students living in non-profit housing with costs related to their educational expenses such as tuition, books, trade equipment, and transportation. In 2021, five scholarships of \$2,000 each are available. Applications for the scholarship close on **Friday June 18, 2021**. Students with questions can contact scholarships@onpha.org.



Canada Census

Your census. Your community. Your future. This May, your census invitation will arrive in the mail. Census data are used to provide demographic and socioeconomic information to all people across Canada.

How do census data help my community? Knowing how many people live in a geographic area and having basic information about them helps organizations and communities plan, develop and expand programs, services and infrastructure. Census data help determine whether your community is:

- Growing: Plan new roads, transit, water infrastructure and emergency services
- Young: Predict where new schools or daycare spaces are needed
- Aging: Estimate the need for health services and programs for seniors
- Multicultural: Create or expand language programs

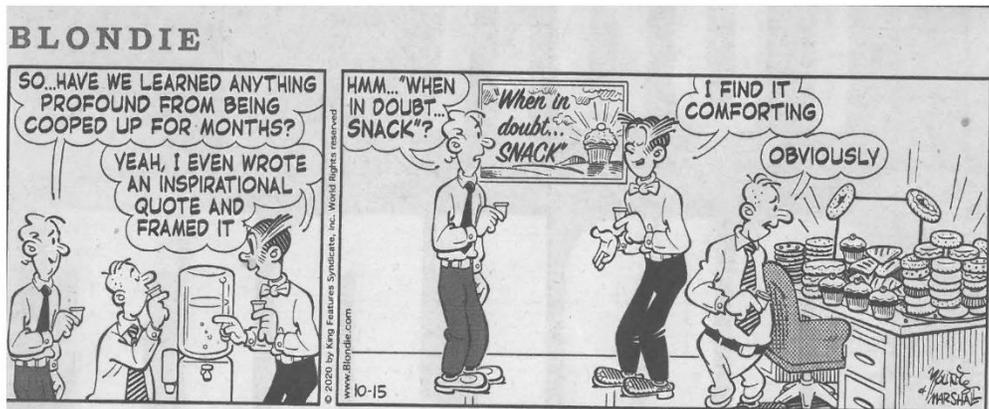
Find more information on census data on the [Census Program](#) page of the Statistics Canada website.

Spring has Sprung!

Yay, spring is here, with summer right around the corner! Everyone is popping their heads out their windows and doors and hoping for a return to pre-pandemic normal soon. While we're waiting, here are a few things to remember:

- Everyone has one. nerve. left. Let's try to ease up on each other – give each other a break. Mental health awareness is stronger after all of this, so remember that health includes other people's feelings.
- Respect other tenants' rights. Slow down when you're driving in the community, turn down the sound system, pick up the little presents your pup left for you over the winter.
- Start fresh. Take down the Christmas decorations and clear up your front and back yard areas.
- Take a breath before responding to someone else's anger. Look for a solution, not an argument.
- Enjoy your family, your health and your community.

Happy Spring!



And one final note...

Please remember that after hours calls for maintenance are for *emergencies* only: flood, power failure to the entire unit, elevator breakdown, no heat, or when someone's safety is at immediate risk. Thanks!