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UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)
**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS
WHO DON'T HAVE AN E-MAIL ADDRESS**

Friday, March 13th, 2020 marked the beginning of our year-long adventure (so far!). Since mid-February, Ottawa is back in the Orange zone, and there are many reasons to stay focused on being vigilant.



Additionally, with schools open, if you have children or youth living in your household who are attending in-person schooling, it's important to be mindful of recent changes to [COVID screening](#) and testing/isolating guidelines which, as of February 22nd, required testing and isolation for single symptoms.

An Important Reminder from Nepean Housing

Please help us help you...

The end of the provincial lockdown means we can now start catching up on non-emergency work orders. Things may have changed since you first called in your work order, especially as it relates to your Covid status or exposure. Please call us to reschedule your work order if you or someone in the household:

- Is showing Covid symptoms
- Has tested positive for Covid
- Has been in contact with someone who tested positive
- Works in a setting that has a Covid outbreak
- Is eligible for testing as part of a targeted testing initiative
- Has travelled outside the province

We need your complete honesty when dealing with Covid. Even an exposure, or suspected exposure, means that our staff must self-isolate, which decreases our staff level, which, in turn, decreases our response time. Your cooperation is greatly appreciated.

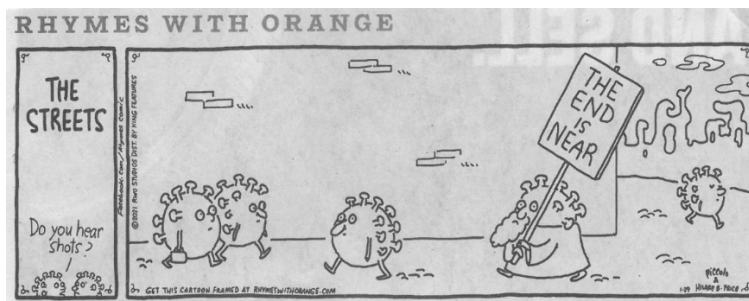
Mental Health and Substance Use Services and Resources:

It's normal for situations like COVID-19 to affect your mental health. Everyone will experience these events in their own way. It is completely natural to feel stress and concern during these times, so it is important to practice positive coping strategies. [Here](#) is a listing of Mental Health Resources available to you.

If you are in crisis, please contact the Mental Health Crisis Line (24 hours a day/7 days a week) at 613-722-6914 or if outside Ottawa toll-free at 1-866-996-0991.

If you or someone you love is experiencing thoughts of suicide or self-harm, call 9-1-1.

The latest from Ottawa Public Health: COVID-19 Vaccine Update



Based on the Ontario Government's [vaccine distribution plan](#), the City of Ottawa's first pop-up vaccination clinics for adults 80 and older and adult recipients of chronic home care will be held in certain neighbourhoods starting this week. The news was announced at City Council last Wednesday. The City and Ottawa Public Health are developing a robust communication strategy for reaching these target groups to advise them on when and where they will be able to get vaccinated.

Visit the City's COVID-19 [Vaccine Distribution page](#) for more information and check out their [FAQs page](#) for answers to questions frequently asked by residents. The number of vaccines received and doses administered are available in the 'Vaccination and Testing' section of Ottawa Public Health's Daily [COVID-19 Dashboard](#). To date, more than 40,000 doses have been administered in Ottawa.



It's that time of year again!

Income tax time! For free income tax clinics in your area, visit:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>

Smoking on NHC property

Smoking anything, including cannabis, is not allowed under NHC's No-Smoking Policy. NHC put a No-Smoking Policy in place in July 2015 that does not allow smoking on any NHC properties. Any tenants who signed a lease in or after July 2015 signed a lease with a no-smoking clause. This means tenants and their guests cannot smoke on NHC properties and in their home. Any tenants who signed a lease before July 2015 did not have a no-smoking clause. This means tenants who signed before this date and their guests can smoke in their homes only.



But remember, at all times, tenants must ensure they do not disturb other tenants' peaceful and reasonable enjoyment of their own homes. This means that even if you are permitted to smoke in your own home, you cannot smoke to the extent that it infiltrates other units or common areas. Just as you can't blare your stereo and disturb people, you can't smoke or vape anything to the point that it disturbs others.

People who are authorized to have and use medical marijuana will be subject to the same rules as tobacco smoking and electronic cigarette use. While a tenant has the right to use medical marijuana, there is no basis to smoke inside the unit. Medical users will not be allowed to smoke or vape medical marijuana in residences where the tenant has signed a No Smoking amendment with their lease and all NHC public places and property.

Package Theft

Online shoppers should be aware of porch pirates: people who simply wait for people's packages to arrive and steal them. With so many people avoiding the risk of shopping in crowds and turning to online shopping, package theft is at an all-time high.

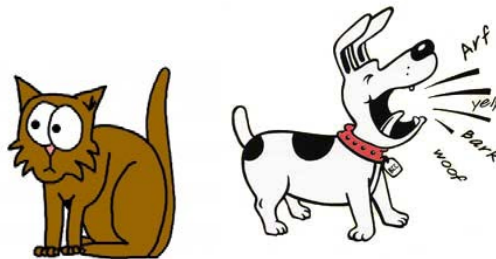
So, here are some safety tips to keep your items safe. Remember to try not to leave packages unattended, and make a specific delivery time when people are home. Requiring a signature for packages is also a good idea. That way if the company misses the owner, that person can pick up their item at the store or reschedule a pick-up time. And of course, be on the lookout for and report any suspicious activity.



Problems with Animals, both domestic and wild

A typical day on the phone and e-mail in the office includes inquiries about vacancies, updates on rent owing, complaints about neighbours, smoking, parking, snow, and... animals.

Domestic animals, such as cats and dogs, cannot be left to roam the community. Not only is this unsafe for the animal – exposed to the elements and environmental dangers such as cars and predators – it is unsafe and a nuisance to neighbours. Cats have damaged property, dug up plants, defecated on lawns, bothered house cats, and have just generally made life unpleasant for many people. Unleashed dogs, even those you believe to be friendly, can make many people very nervous. Wild animals, such as squirrels and racoons, have created their own havoc by eating through screens to get into units, eaten electrical wires, and ripped through garbage bags, leaving damage and destruction in their path.



Please: keep all domestic pets inside and wild animals outside. Don't put food (including nuts) out for wild animals and keep garbage secured in tightly closed cans. Do it for your, your children's and your neighbours' safety and peace of mind.

Have Your Say!

The City of Ottawa is considering a residential vacant unit tax. Implementing a residential vacant unit tax could encourage property owners to maintain, occupy or rent their properties while increasing the housing supply. Creating more available units would remove some housing market pressures by increasing the vacancy rate while reducing housing costs. Homeowners that choose for their properties to remain unoccupied would be subject to a tax. The City recognizes the importance of sustained funding for affordable housing and the residential vacant unit tax would be used as a means to finance a portion towards affordable housing in Ottawa. The City would like your feedback by



completing a brief survey. Visit <https://engage.ottawa.ca/vut> to have your say before March 31, 2021. Filling in the survey does require a registration, but hopefully the effort will be worthwhile for affordable housing.



New Immigrant Woman Award 2021 for a **Mature Immigrant Student** **Applications Invited**

<http://www.zontaottawa.ca/>

This award is for an immigrant woman to assist with her studies at any level, including language training, high school diploma, college or university.

The **Zonta Club of Ottawa** invites applications for this \$1,000 award.

The applicant **must** demonstrate that she:

- Is a resident of Ottawa or Hull/Gatineau
- Immigrated to Canada after the age of 18
- Is a single mother with one or more dependent children
- Has been in Canada for five years or less
- Is in need of financial support to pursue formal education

To apply, e-mail
ottawazonta@gmail.com

With

- Your resume and cover letter
- Two references from persons who are not relatives

By April 30, 2021

Serving the Ottawa Community since 1929

Future e-mails from NHC:
We're transitioning to a new format for sending mass mailings from NHC.
It may end up in your junk mail!
Please keep an eye on your Junk Folder
while we work through this change.