



Building Profile: **Wigwamen Terrace**

Wigwamen Terrace was the first housing to be built in Toronto for Aboriginal seniors, and Native elders have been enjoying its comfortable apartments for more than 30 years. The Terrace is located just north of Bloor Street and Spadina Road, next to the NCCT, the Native Canadian Centre of Toronto.

The L-shaped building has 104 units in a 6-story tower and a 3-story low-rise section. The terrace on the roof of the 3-story portion is what inspired the building's name. This rooftop terrace has vine-covered trellises, benches, tables, and planters full of flowers. It is a secure and private garden

for the use of the tenants. A public courtyard with pine trees and benches is located below, by the side entrance to the building, next to the library.

The apartments are cosy one-bedrooms, with parquet flooring and private balconies. All the stove-top elements are equipped with fire proof "Safe-T-Elements". Nine units on the ground floor were recently renovated to make them fully wheel-chair accessible.

Tapestry (shown above) donated to the Terrace by the artists Rose Anderson and Tom Hill at the official opening in 1979.



The common areas at the Terrace include a movie room, a craft room, a chapel, a laundry room and the Turner Room, which is used for meeting and parties. Tenants also enjoy

visiting in the spacious lobby, under the tapestry of the Great Spirit Manitou (see cover photo). ❖



The living room of an apartment at the Terrace. The door leads to the balcony.



The rooftop garden shared by the tenants of Wigwamen Terrace. Not shown is the greenhouse where tenants can winter balcony plants.

Aging at Home: Aboriginal Circle of Life Services (ACOLS)

For more than a decade, the Native Canadian Centre of Toronto (NCCT) has provided support to seniors in the community through their Aboriginal Circle Of Life Services (ACOLS) program. Under the direction of Caroline Francis, 16 staff members provide personal support services to approximately 200 clients: housekeeping, shopping, meal preparation, and transportation.

The Personal Support Workers (PSWs) also escort clients to appointments, assist in times of crisis, and provide information and referrals to medical support services. In addition, they host numerous well-attended, on-going activities for Terrace tenants: exercise classes, diabetes support groups, movie afternoons, and information sessions on seniors' issues.

Many tenants from Wigwamen Terrace cross the driveway daily for a communal lunch in the NCCT dining room. And if they are unable to venture out, PSWs will deliver the lunch to their clients' apartments. Particularly vulnerable clients can also sign up for daily friendly visits and safety checks. Thanks to the ACOLS program, many seniors are able to remain at the Terrace and live independently far longer than they would be able to without this caring community support.

Individuals interested in accessing the ACOLS program can contact Caroline Francis to arrange for an assessment. Individuals interested in volunteering time or donating items to the program can contact Bonnie Matthews. The NCCT phone number is 416-964-9087; the website address is www.ncct.on.ca ❖

Terrace Waiting List

It wasn't possible to find 100 elders who wanted to live in downtown Toronto when the Terrace opened in 1979, so the remaining apartments were rented to non-Aboriginal seniors. Now, however, all vacancies are filled by Aboriginal seniors from Wigwamen's waiting list.

To qualify for the waiting list, candidates must be Status, non-Status, Métis or Inuit. They are asked to provide a copy of their status card or an "Affidavit of Aboriginal Descent for Housing Purposes", which can be obtained free of charge from Aboriginal Legal Services.

Applicants must also be able to live safely on their own and meet the income criteria for a City of Toronto rent subsidy. You must be 59 years or older to live at Wigwamen Terrace.



SUPPORT FOR SENIORS: ACCESS TO 30 NOT-FOR-PROFIT SERVICES IN TORONTO

◆ A new information line is offering free advice about services for seniors in the GTA. The Community Navigation and Access Program (CNAP) can be used by seniors as well as anyone caring for or concerned about the well-being of a senior – whether the senior is a client, family member, or neighbour.

CNAP’s toll-free phone line is staffed by three full-time, professional Social Workers. Their goal is to take the time to understand each senior’s needs and connect them with the right support service provider in their local community.

You can contact CNAP staff by calling **1-877-540-6565** between 9 and 5:00, Monday to Friday, or via e-mail at www.cnap.ca

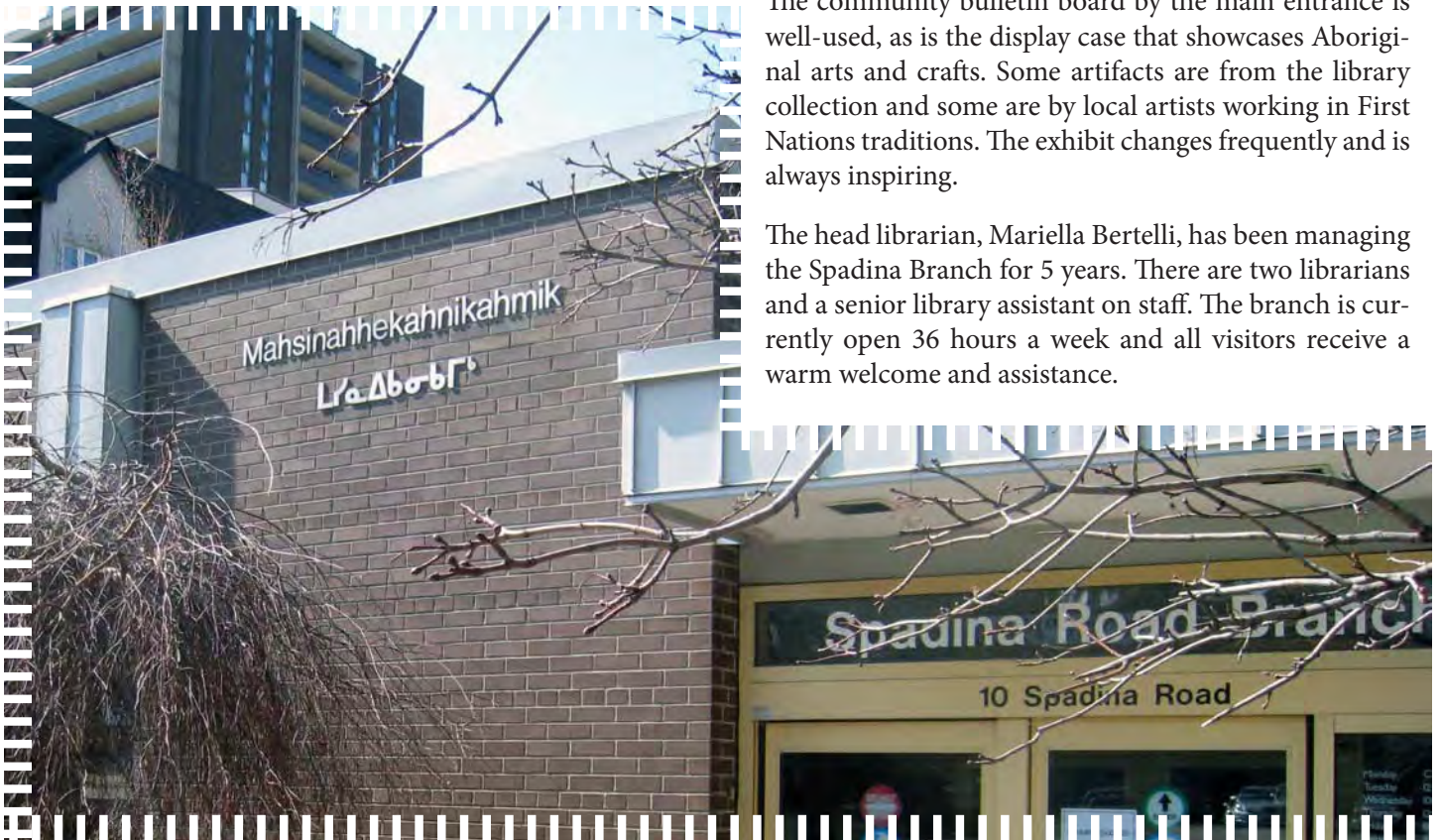
Good Neighbours: Toronto Public Library, The Spadina Branch

Just before the Terrace was built, the Spadina Branch was established to serve the Aboriginal community of Toronto and the residents of The Annex neighbourhood. The branch houses a large portion of the TPL’s Native Peoples Resource collection, including printed materials, audiovisual resources, and language-learning kits.

Many of the Terrace tenants are daily visitors to this library, which is located right next door. The branch is wheelchair accessible and offers services for the visually and hearing impaired in addition to free computer use. As a cost-saving measure, a number of Terrace tenants no longer subscribe to cable TV and rely solely on the library for DVDs or videos. The weekly Community Quilting group and monthly Book Club are also popular. Tenants with visiting grandchildren sometimes attend the children’s programming.

The community bulletin board by the main entrance is well-used, as is the display case that showcases Aboriginal arts and crafts. Some artifacts are from the library collection and some are by local artists working in First Nations traditions. The exhibit changes frequently and is always inspiring.

The head librarian, Mariella Bertelli, has been managing the Spadina Branch for 5 years. There are two librarians and a senior library assistant on staff. The branch is currently open 36 hours a week and all visitors receive a warm welcome and assistance.





RESIDENTIAL SCHOOL SURVIVORS

◆ Many of the Terrace tenants attended Residential Schools and some of them are involved with the healing efforts of the Truth and Reconciliation Commission (TRC). In support of these efforts, there will be a large-scale conference in Toronto from May 31st to June 2nd 2012, called "The Meeting Place: Truth and Reconciliation Toronto". The conference organizers are looking for volunteers to help out during the event. If you are interested in volunteering a few hours of your time, or finding out more, e-mail volunteer.trctoronto@gmail.com

SUPPORT FOR DIABETIC TENANTS

◆ Approximately 60% of Terrace tenants are struggling with diabetes. The Native community does a great deal to support these elders. In addition to the NCCT program, the Diabetes Team from Anishnawbe Health Toronto (AHT) hosts a monthly Sharing Circle and a Foot Care Clinic. And SOADI (the Southern Ontario Aboriginal Diabetes Initiative) hosts regular diabetes seminars and fun educational events like Blood-Sugar Bingo. Located throughout the GTA

Solar Water Heating: Energy from Nature



The solar water heating collectors on the 6th-floor roof of Wigwamen Terrace. The collectors were manufactured in Nova Scotia. Photo courtesy of SolarOntario.com Ltd.

Solar collectors on the roof of the Terrace are used to pre-heat the cold City water that goes into the water heaters. In this way, much less energy is needed to raise the temperature of the hot water that is delivered to the tenants' taps. This saves both money and non-sustainable fuel.

The ten collectors were installed in 2010, at the time of the Terrace's roof replacement. They face south to catch the most sun, and operate all year round.

When the sun is shining, its rays penetrate the tempered glass of the collectors and heat up water that is pumped through small copper tubes in a black solar absorber. When the sun is shining, the pump returns sun-heated water to the building,

but this water never leaves the solar heating system.

The sun-heated water from the collectors is pumped through a heat exchanger, where it pre-heats the cold City water flowing into the building's hot water tanks. Because the cold City water flowing into the hot water tanks has now been warmed-up by the sun, much less natural gas is needed to bring it to hot-water-tap temperature.

This water-heating system is just one of many energy-saving renovations that have been carried out at the Terrace. Others include: low-flush toilets; double-glazed windows; and high-efficiency heat pumps. ◆



FLOWER POWER awards

For over a decade, the most beautiful Wigwamen Family Housing gardens have been recognized in the Flower Power competition. Prizes ranging in value from \$50 to \$200 are awarded. For contest details watch your mailbox or call Jodi at Head Office. Judging occurs in the late summer.

Some of last year's winners.



For information about the following Wigwamen tenant programs and contests, call Head Office or e-mail: info@wigwamen.com

- ◆ Gift Baskets for New Mothers
- ◆ Kids' Book-of-the-Month
- ◆ Back-to-School Packs
- ◆ Wigwamen Post-Secondary Scholarships
- ◆ Monthly Zero-Balance Raffle




Recent winners Zero-Balance Raffle winners, Flo; and Sherry with her daughter, Nikita.




Terry & Peter at your service.

WIGWAMEN MAINTENANCE

- ◆ If you have a maintenance issue, please contact your building management. If you don't have a building manager on site, please call Head Office - 416-481-4451.
- ◆ In event of an after-hours maintenance emergency - a flood, power-outage, or heating failure - call 416-481-4451 and Wigwamen's Emergency Service will send help.

 **WIGWAMEN** provides safe and affordable housing to thousands of Aboriginal and non-Aboriginal families, singles and seniors throughout Ontario.

TO APPLY FOR WIGWAMEN HOUSING

Families & individuals of Aboriginal descent should fill out Wigwamen applications that are available: 

In person: at Head Office, at Wigwamen Terrace (14 Spadina), or 20 Sewells Road;
By mail: call 416-481-4451 to request; or
Online: at www.wigwamen.com

You must submit proof of proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Aboriginal Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services.

Non-Aboriginal Families & Individuals should fill out a Toronto Social Housing Connections application that is available:



In person: at Housing Connections, 176 Elm St., near Dundas & University;
By mail: call 416-981-6111 to request; or
Online: at www.housingconnections.ca

You must submit proof of proof of legal status in Canada and your income with your application.

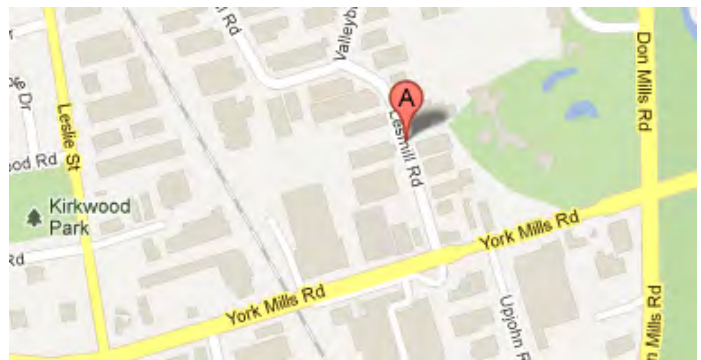
WIGWAMEN HOUSING

- ◆ The Terrace (104 units for Aboriginal seniors)
14 Spadina Road, Toronto, ON, M5R 3M4
- ◆ 20 Sewells Road (92 units for Aboriginal & non-Aboriginal individuals & families) Toronto, ON, M1B 3G5
- ◆ 228 Galloway Road (60 units for individuals & families) Scarborough, ON, M1E 5G6
- ◆ Scattered Housing (for Aboriginal families)
230 homes located throughout the GTA



Wigwamen Head Office

23 Lesmill Road, Suite 106
Toronto, Ontario, M3B 3P6
Tel: 416-481-4551
Fax: 416-481-5002
E-mail: info@wigwamen.com



23 Lesmill Road is located north of York Mills Road, between Leslie Street and Don Mills Road.

To get to Wigwamen's Head Office by TTC:

From York Mills Station take the 122 bus, which stops directly in front of the building; or any 95 bus, which all stop at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

MEEGWETCH

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