



WIGWAN TO WIGWAN

YOUR HOUSE TO HOUSE NEWS

Wigwamen Terrace's superintendent couple have been preparing Christmas dinner for their tenants for 15 years. This year, Fran roasted 3 large turkeys and 3 large hams. Donna, who cooks a dinner for the tenants of Sewells Road, is also famous for her Christmas decorating skills. Every year the children in her building are excited to see her new festive ideas.



Guests and servers at the 15th annual Terrace Tenants' Christmas Dinner.



Sewells Road dinner guests, decorations and Terry serving turkey.





FREE PROGRAM TO HELP YOU QUIT SMOKING CIGARETTES



Nicotine is so addictive that it is very difficult to quit smoking cigarettes without support, advice and medication.

To help with the process, Toronto Public Health and CAMH are now offering a series of free, research-based, workshops that is proving very successful. The five week program, called STOP, includes nicotine patches. For more information, or to find out if you qualify for the program, e-mail stop.study@camh.ca or call 416-535-8501 x4455.

TIPS TO GET ACTIVE EVERY STEP COUNTS!



"If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction." From the physical activity guide available free at www.publichealth.gc.ca/paguide

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LEARN THE WARNING SIGNS OF STROKE

Often, individuals who are experiencing a stroke are not aware of what is happening to them. You can save somebody's life by knowing and recognizing the signs of stroke. They include sudden:

- drooping or numbness of face, arm or leg
- confusion and difficulty speaking
- severe headache
- difficulty walking, dizziness, loss of balance
- trouble seeing in one or both eyes

Even if you aren't certain it's a stroke, don't "wait and see". Call 911 and let a professional decide. For more information, visit www.strokeassociation.org

LEARN THE WARNING SIGNS OF HEART ATTACK

Some heart attacks are sudden and intense, but most start slowly with mild pain. Here are some signs that a heart attack may be happening:

Primary signs:

- chest discomfort
- discomfort in other parts of the upper body
- shortness of breath

Other signs (women are more likely to have these as well):

- cold sweat, nausea or light-headedness
- back or jaw pain

Even if you aren't certain it's a heart attack, don't "wait and see". Call 911 and let a professional decide. For more information, visit www.heart.org



TURNING 65 THIS YEAR? APPLY FOR THE GIS EARLY!

Service Canada now automatically registers qualified recipients for Old Age Security (OAS), but you still have to apply for the Guaranteed Income Supplement (GIS) if you hope to receive that top-up payment. The GIS application can take 4 months to process, so it's smart to apply early. To request an application form, visit a Service Canada office or call 1-800-277-9914.

NOTE: both the GIS and GAINS supplement payments are suspended automatically in July if your income taxes are received even one day late!

PLACE PERRAULT UPDATE

In the two years since Place Perrault was built in Ottawa, it has grown into a strong community, including seniors and young children. The tenants came together on December 21st to decorate a Christmas tree in the main lobby, followed by refreshments in the party room. The kids at Place Perrault are thrilled about Wigwamen's Children's Book Club and all members of the community are looking forward to the spring and summer months when they can enjoy the building's new patio furniture.



SWEET POTATOBANNOCK

This warm winter treat is a delicious way to use up leftover sweet potatoes.

COMBINE WET INGREDIENTS IN A SMALL BOWL:

- ¾ cup leftover cooked sweet potato, mashed
- ¼ cup canola oil
- ¾ cup + 2 tablespoons of non-fat buttermilk

MIX DRY INGREDIENTS IN A SEPARATE, LARGE, BOWL:

- 2 ½ cups flour
- 2 Tablespoons brown sugar (or substitute)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ teaspoon white sugar



- ★ Add wet to dry and mix until just combined into a dry dough.
- ★ Transfer dough to a work surface coated with flour.
- ★ Knead a few times and then pat into a rectangle about 1 inch thick.
- ★ Cut the rectangle into 18 pieces. (Dip the knife in flour before each slice.)
- ★ Bake on an oiled or parchment-paper-lined cookie sheet at 425°F for 12 minutes, or until golden brown and firm to the touch. Serve warm.





FREE DELIVERY OF LIBRARY MATERIALS

Almost 3,000 house-bound Torontonians get library books, music and videos delivered to their homes by friendly Home Library Services

staff. If you're interested, call 416-393-7131 to find out more.

FREE MOVIES

To celebrate Japanese New Year, The Japanese Foundation is showing three free movies (with subtitles) at The Bloor Hot Docs Cinema on January 17th at 12:30 and 3:00; and on January 24th at 2:00. For details stop by the theatre at Bloor and Bathurst or visit www.hotdocs.ca

And doors open at 6:30 every week for **Free Flick Mondays** at the Royal Cinema on College. For a chance to win popcorn and VIP seating, visit <https://nowtoronto.com/movies/now-free-flick-mondays> For info about the Royal, visit www.theroyal.to

MIGRAINE HEADACHE PREVENTION



New research shows that consuming protein within 30 minutes of waking can help to prevent the onset of migraine headaches. Protein-rich foods include nuts, eggs, dairy and meat. Drinking two litres of water per day may also help reduce the frequency of attacks. For more tips and advice, visit <http://headachenetwork.ca>

BED BUG PROTECTION TIPS



If you've had overnight guests for the holidays – or been visiting out of town – you might want to follow these simple bed bug protection tips. Run your clothes and bedding through the dryer on high for 40 minutes as soon as you return from any visit. If you can't do this right away, put them in a tightly sealed garbage bag until you have time. Also: check mattresses for spots of blood or bug feces. These will be many small dark spots that can't be scraped off with your fingernail – usually concentrated near the seams of the mattress at the head of the bed. If you find these spots, or live bugs, ask for an inspection by a pest-control expert.



PEST-PROOF YOUR KITCHEN

The best way to keep mice and roaches out of your kitchen is to avoid feeding the wildlife! Keep food in airtight containers. Wipe counters and sweep the floor often. Empty your compost, recycling and garbage bins frequently. If you have a cat or dog, don't leave food out at night. To get rid of fruit flies, rinse your drains with vinegar three days in a row.





HOUSING SUPPORT WORKER

Jessica Soo-Chan has been organizing events for Sewells Road tenants since the spring including: a cookie making workshop with the Metis Nation of Ontario; presentations by Centennial College and Aboriginal Legal Services of Toronto; and a Healthy Lifestyles course taught by the Diabetes Team of Anishnawbe Health Toronto.

For information about these Wigwamen tenant programs and contests, contact Jasmine Persaud at 416-481-4451 x 126 or jpersaud@wigwamen.com

- ◆ GIFT BASKETS FOR NEW BABIES
- ◆ CHILDREN'S BOOK CLUB
- ◆ BACK-TO-SCHOOL PACKS
- ◆ WIGWAMEN POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE



Aboriginal Head Start children singing carols with the Terrace tenants. The Aboriginal Peacekeeping Force of the Toronto Police sponsors this visit each Christmas.

WINTER WARNING TO TRI-PLEX TENANTS

It's been an unseasonably warm winter, so it's worth remembering that when true winter weather hits it's important to keep your building doors closed. Multi-unit apartment buildings with radiator heating risk burst radiators and flooding

when the front doors are left open.

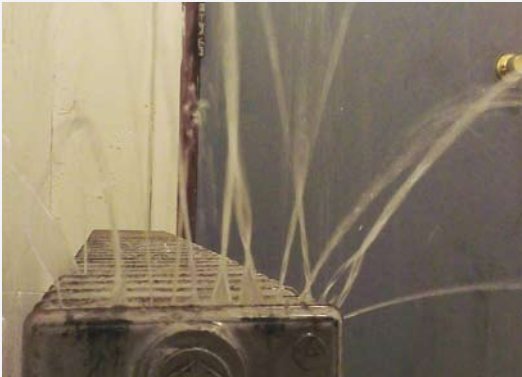
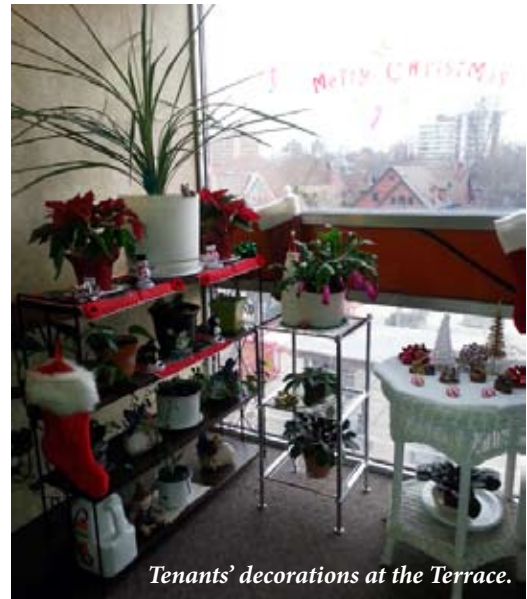


Photo from the Huffington Post website, taken by "thegoodcomber".



Tenants' decorations at the Terrace.

WIGWAMEN MAINTENANCE

- ◆ If you have a maintenance issue, please contact your building manager. If you don't have a building manager on site, please call Head Office – 416-481-4451.
- ◆ Wigwamen's website features an Online Maintenance Request Form: www.wigwamen.com/housing/maintenance-request-form/
- ◆ In event of an after-hours emergency (a flood, or a heating failure, for instance), please call 416-481-4451.

 **WIGWAMEN** Incorporated provides safe and affordable housing to hundreds of Aboriginal and non-Aboriginal families, singles and seniors throughout Toronto and Ottawa.

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) 214 homes located throughout the GTA
- ◆ Place Perrault (41 units for individuals & families) 205 Eric Czapnik Way, Ottawa, K1E 0A5

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 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:



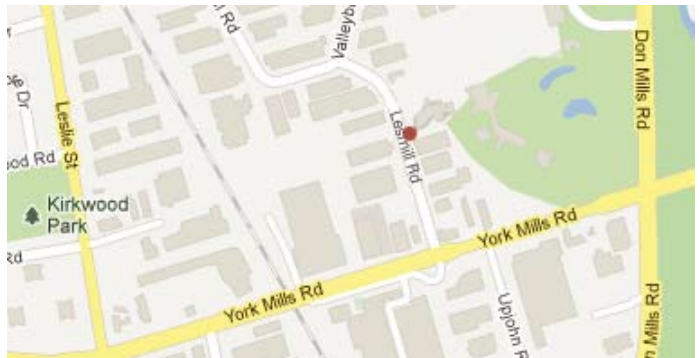
- In person:** at Housing Connections, 176 Elm St., near Dundas & University;
- By mail:** call 416-981-6111 to request; or
- Online:** at www.housingconnections.ca

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



Wigwamen Head Office

23 Lesmill Road, Suite 106
 Toronto, Ontario, M3B 3P6
 Tel: 416-481-4451
 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.

This issue of Wigwam to Wigwam was written and compiled by Lisa Kristensen. Layout by Ellen Pauker.

MEEGWETCH

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