

CREATIVE CONTEST!

Ready to show off your creativity? Want to win PRIZES for your arts and crafts projects? Wait no more!

Presenting Horizon's first ever Community Creatives Contest! We know being stuck at home can be difficult, and we want to make it a little easier and a whole lot more fun. Get creative with what you have in your home, and enter the contest by creating a piece of art, drawing a picture, crafting something unique, making a sculpture, creating poetry and more!

The contest theme is "Home". While we all stay safe at home, we want to see what home means to you during these challenging times. What's keeping you smiling throughout the day? How are you staying positive and healthy at home? Let us know through your creative submission!



CONTEST DETAILS

What counts as a submission?

Anything and everything! Drawings, poetry, glitter, macaroni sculptures, the list goes on... Use what you have in the house and get creative!

How do I submit my creative piece?

Take a picture and email it to moiram@horizonhousing.ab.ca. If you don't have photo or email access, call Moira at 587-393-2653.

What are the prizes?

First place: \$100 grocery gift card
Second place: \$50 grocery gift card
Third place: \$25 gift card

How will the winners be selected?

A panel of Horizon judges will select winners based on three categories:

- 1) Creativity: The more creative the better!
- 2) Theme: Match your submission to the theme: Home.
- 3) Overall Impression: Attention to detail makes all the difference.

When do I need to send in my submission?

Submit your creative piece by April 17 to enter the contest. Winners will be selected and notified on April 30.

All entries give consent for photos of their creative pieces to be shared on Horizon Housing's social media accounts



DELIVERY SERVICES

During COVID-19, delivery and pick-up services have become essential to flattening the curve. Remember to include your intercom number in delivery instructions! Here are a few options to consider:

GROCERY DELIVERY AND PICK-UP

The Grocery Link

<https://thegrocerylink.com/>
(587-578-4197)

Discounted delivery fees for seniors and those with limited mobility!

Inabuggy

<https://www.inabuggy.com/>
(1-844-412-8449)

Grocery deliveries and loyalty points to save on your next delivery!

Save On Foods

<https://www.saveonfoods.com/>
(1-800-242-9229)

Save On's delivery fees are a little less than through other services.

FRESH MEAL DELIVERY

Marko's Kitchen:

<http://www.markoskitchen.ca/>
(403-252-8328)

Locally sourced, locally owned restaurant with delivery or pick-up.

Skip the Dishes

<https://www.skipthedishes.com/>

No dishes, no hassle. Order online.

PRESCRIPTION DELIVERY

Luke's Drug Mart

<http://lukesdrugmart.com/pharmacy/>
(Bridgeland: 403-266-4142)
(Killarney: 403-242-1566)

Local Calgary business with free prescription deliveries and groceries!

London Drugs

<https://pharmacy.londondrugs.com>
(1-888-991-2299)

Call your London Drugs pharmacy to ask about prescription delivery.

Instacart

<https://www.instacart.ca/>
(1-888-246-7822)

Grocery delivery with deals like free delivery on your first order.

Superstore (PC Express)

<https://www.pcxpress.ca/>
(1-844-295-8219)

Order your groceries online and pick them up at a convenient time.

Co-op

<https://www.calgarycoop.com/stores>
(403-219-6025)

Free care packages delivered to Calgarians in mandated quarantine.

DoorDash

<https://www.doordash.com/>

Check out the website or mobile app to order food.

UberEats

<https://www.ubereats.com/>

Not just for rides! UberEats also delivers food right to your door!

Co-op

<https://www.calgarycoop.com/>
(403-219-6025)

Free home delivery! Simply call in your refill and request delivery.

Costco

<https://www.costco.ca/>
(1-855-622-5656)

Costco offers delivery for both new and refill prescriptions.

FOR FURRY FRIENDS

Doodle Dogs

<http://www.doodledogsyyc.com/>
(Parkdale: 587-349-3647)
(Bridgeland: 403-452-2134)

This local business delivers pet items and food for free on orders over \$50. Or request curbside pick-up.

Especially for Pets

www.especially4pets.com
(403-277-0547)

This local business has free delivery on orders over \$50.

Bon A-Pet-Treat Bakery

(Bowness: 403-286-7390)
(Britannia: 403-455-7389)

You can get all the treats delivered for your furry friends.

Global Pet Foods

<https://globalpetfoods.com>
(Edgemont: 403-454-7387)
(Cambrian: 403-457-1914)

Global Pet Foods' Edgemont and Cambrian locations are offering free home deliveries.

Fetch and Stay

<https://fetchandstay.ca/>
(1-855-432-7387)

Free next day delivery. Plus 1% of your purchase goes to a rescue shelter of your choice!

Fairplay Stores

<http://www.fairplaystores.com/>
(403-283-2117)

Offering curbside pick-up and affordable food and supplies.

WELLNESS SUPPORTS

As we settle into a new daily routine, its important to stay connected with supports. Keeping a positive attitude and dealing with stress in a healthy way is vital. Reach out to family, friends or your support agency if you need someone to talk to.

LICENSED HEALTH HELP

Health Link 811

Dial 811.

Dial 811 to talk with a registered nurse over the phone.

OTHER HEALTH SERVICES

Alberta 211

<https://www.ab.211.ca/>

Call or text 211, or use their online chat tool, to find community supports.

In the Rooms

<https://www.intherooms.com/home/>
(888-532-6556)

Join this online community of groups, meetings and other supports to help in your recovery journey.

COMMUNITY SUPPORTS

Text4Hope

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

Text "COVID19Hope" to 393939 to get daily messages of support, encouragement and motivation.

COVID-19 Seniors Info Hotline

<https://www.kerbycentre.com/>
(403-265-0661)

Call the Kerby Centre hotline for senior specific resources in Calgary.

Shaw & EVERFI

www.shaw.ca/shaw-helps/everfi
(1-888-472-2222)

Free access to Shaw Wi-Fi hotspots and EVERFI online courses for K-12.

PurposeMed

<https://purposemed.com/>

This online service lets you chat online with a licensed physician.

Kids Help Phone

<https://kidshelpphone.ca/>
(1-800-668-6868)

Support for kids and adults. Call, chat online or text "connect" to 686868.

Distress Centre Calgary

<https://www.distresscentre.com/>
(403-266-4357)

Access the 24/7 crisis line by phone or their confidential online chat.

YYC COVID-19 Volunteers

Facebook Group

<https://www.facebook.com/groups/570245233569098/>

Members of the group can ask for help or offer services for others.

Calgary Transit

<https://www.calgarytransit.com/>
(403-262-1000)

All March low-income transit passes are valid for use throughout April.

Scholastic Canada

<http://www.scholastic.ca/>
(1-800-268-3860)

Free online classes, activities and materials to stay academically active.

NEED SOME FUN?

Broadway HD

<https://www.broadwayhd.com/>

Free trial to watch nearly 300 recorded productions of Broadway performances!

Virtual Museum Tours

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

Visit virtual museum exhibits from across Canada's museums and heritage organizations.

Netflix Party

<https://www.netflixparty.com/>

Movie nights with friends and family? With Netflix there's no problem! Check out the Netflix Party extension for Chrome.

Stay Active

With free fitness apps and yoga on YouTube you can stay active right at home. Try using water bottles or flour bags for weights!

Catch up on Reading

<https://calgarylibrary.ca/>

Check out books, courses and music online for free from the Calgary Public Library.

Spring Cleaning

Okay, so not that fun, but a perfect time for spring cleaning! Plus it's easier to enjoy the comforts of home when your home is organized.

CONNECT WITH US

Have questions? Visit our website at www.horizonhousing.ab.ca and send your email to tenantrelations@horizonhousing.ab.ca to get the latest updates.

 Horizon Housing Society

 @HorizonYYC

FINANCIAL ASSISTANCE

Are you facing a job layoff? Taking care of kids and have to forego work? You may be eligible for recently announced assistance through the Provincial and Federal government. Here is a summary of key financial resources:

CANADA EMERGENCY RESPONSE BENEFIT (CERB)

The Government of Canada will provide a taxable benefit of \$2,000 a month to:

- Workers who must stop working due to COVID-19 and don't have paid leave or income support.
- Workers who are sick, quarantined, or taking care of someone.
- Working parents who must stay home without pay to care for sick kids or due to school closures.
- Workers who still have employment but are not being paid due to insufficient work and their employer has asked them not to work.
- Wage earners and self-employed individuals, including contract workers, who would usually not be eligible for Employment Insurance.

The Canada Emergency Response Benefit will be accessible online in early April. You can get ready to apply online by setting up your CRA My Account now, and signing up for direct deposit to get your benefit more quickly.

This benefit can be claimed for a total of four months.

EMPLOYMENT ASSISTANCE

Job-Protected Leave

Full and part-time workers can take a 14 day job-protected leave if they are:

- Required to self-isolate
- Caring for a dependent in isolation

Employees do not need a medical note or to have passed a probation period to qualify for protected leave.

Employment Insurance (EI)

Employees may consider using EI Health and Sickness benefits, which:

- Allow up to 15 weeks of assistance if a person cannot work due to medical reasons or self-isolation.

<https://www.canada.ca/en/services/benefits/ei.html>

ALBERTA EMERGENCY ISOLATION SUPPORT

This temporary program is for working Albertans who must self-isolate, and who will not have another source of pay or compensation while they are isolated.

- A one-time payment of \$1,146 will be distributed.
- Apply online at <https://emergencyisolationsupport.alberta.ca/> or call 310-4455.
- If you receive EI benefits, paid sick leave, or other benefits you're not eligible for this support.
- If you were not working immediately before isolating, you're not eligible.

ADDITIONAL ASSISTANCE

Federal Tax Returns

The filing date for 2019 tax returns has been deferred until June 1, 2020.

Any new income tax balances due can be deferred until August 31, 2020 without incurring interest or penalties.

Utility Bill Deferral

Albertans financially impacted by COVID-19 can defer utility bill payments for the next 90 days, regardless of the service provider.

Call your utility provider directly.

UNIQUE SUPPORTS

Canada Child Benefit

An extra \$300 per child will be granted through the Canada Child Benefit, paid in May.

Those who already receive the Canada Child Benefit do not need to re-apply.

Special GST Credit Payment

This one-time special payment will be granted for low- and modest-income families and will be close to \$400 for single individuals and close to \$600 for couples.

There is no need to apply for this payment. If you are eligible, you will receive it automatically.

Student Loan Payments

Alberta Student Loan payments will be paused for 6 months beginning March 30, 2020. Interest will not accrue during this period.

Canada Student Loans is placing a six-month interest-free moratorium on payments, effective March 30, 2020.

There is no need to apply for either of these, if you have student loans, payments will be paused automatically.

RRIF Minimum Withdrawals

The required minimum withdrawals from Registered Retirement Income Funds (RRIFs) has been reduced by 25% for 2020.