

## KEEP IT UP! HELP PREVENT THE SPREAD

The health and safety of our residents and staff continues to be Horizon's top priority. As businesses and services start to open to the public again, it's important to remember, life won't be business as usual for a while yet. It's up to us to continue to stay safe and prevent the spread. Fines of up to \$1,000 can be issued to anyone not following public health orders.

### Mandatory Isolation

As Alberta re-opens some businesses, it's especially important for anyone who has been in contact with someone suspected or confirmed of having COVID-19 to isolate for 14 days. Anyone experiencing symptoms of COVID-19 must isolate for 10 days. When in mandatory isolation you are legally required to stay inside your unit.

### Gatherings Prohibited

Gatherings of more than 15 people are still banned by public health officials. We strongly encourage you not to gather in groups of any size.

### Physical Distancing

Everyone MUST maintain a physical distance of at least two metres between themselves and others at all times. One at a time in elevators and laundry rooms please!

## REMINDERS

### Wash Your Hands

The most effective way to keep yourself healthy and stop the spread of germs is to wash your hands. Remember to scrub with soap and water for at least 20 seconds!

### Keep Your Home Clean

Keeping your home clean and clutter-free will help prevent the build-up of dirt and bacteria. Focus especially on cleaning surfaces and door handles with an anti-bacterial cleaning agent.

### Check Your Mail

If you are expecting a delivery, be sure to check your mailbox regularly for the parcel locker key to pick up your package. If the parcel locker is full, packages are returned to Canada Post depots. Parcel volumes are high right now, and we want everyone to be able to receive their packages.

## FACE MASKS

Two reusable face masks have been delivered to all Horizon homes, thanks to volunteers and Horizon staff. Masks can help prevent the spread of COVID-19. Users MUST follow proper protocols.

If you have more household members or need to leave home more regularly and would like additional masks, we have a small supply available. Please call your Resident Building Manager to request more.

## SAFE INITIATIVES

If you have an idea for a virtual event, a way to connect from afar, or an initiative that builds community while adhering to public health measures, we want to know! Reach out to Moira at moiram@horizonhousing.ab.ca or 587-393-2653 to get your idea up and running.

## RESIDENTS' CREATIVITY BROUGHT HOME TO LIFE

Horizon's first-ever creative contest was a hit! After careful consideration, Horizon's panel of judges chose the winners! Check out all submissions on our website here: <https://www.horizonhousing.ab.ca/category/whats-new/>.



Congratulations to first place winner  
Karen S. from Horizon West!



Congratulations to second place winner  
Mike B. from Alice Bissett Place!



Congratulations to third place winner  
Mykayla B. from Heritage Gardens!

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# RESOURCES

Remember to check previous newsletters for additional resources, which can be found on our website:  
<https://www.horizonhousing.ab.ca/tenants/news-events/>

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## GROCERY DELIVERY AND PICK-UP

### Calgary Meals on Wheels

<https://www.mealsonwheels.com/>  
403-243-3201

Meals on Wheels is offering reduced rates on meal programs in Calgary.

### Fresh Routes

<https://freshroutes.ca/>  
587-779-5009

Food hampers for those in isolation and in emergency financial situations.

## DIGITAL AND TECHNOLOGY ASSISTANCE

### Connected Canadians

<https://www.connectedcanadians.ca/info@connectedcanadians.ca>

Connected Canadians helps older adults develop digital literacy skills. Pair with a volunteer for tech training.

### Electronic Recycling Association

[www.electronicrecyclingassociation.ca/](http://www.electronicrecyclingassociation.ca/)  
403-262-4488

Families in need of laptops during COVID-19 have options! Lease, borrow or buy discounted. Free laptops are donated to those most in need.

### Cyber Seniors

<http://thewayincalgary.ca/>  
403-736-4677

Volunteers help seniors connect with loved ones virtually and learn online basics with personalized lessons.

### Ruckify

<https://ruckify.com/en/relief/>  
1-800-674-3636

Buy donated technology at a low price or rent lended devices! You can also rent games, fitness equipment and more with contactless delivery.

## WELLNESS SUPPORTS

### Alberta Family Wellness Initiative

[www.albertafamilywellness.org/](http://www.albertafamilywellness.org/)  
403-215-4490

Take the Brain Story Certification for free, learning how to build resiliency, reduce stress, and build positivity.

### YWCA Crisis Hotline

<https://www.ywcalgary.ca/>  
403-266-0707

The YW provides a 24-hour crisis hotline for women at risk of or experiencing domestic violence.

## LOOKING FOR WAYS TO HELP?

### Help Seeker

<https://helpseeker.org/>

Search for COVID-related or general help based on your location and need, or, sign-up to offer help.

### VollyApp

<https://www.vollyapp.com/admin@vollyapp.com>

Browse volunteer opportunities across Calgary that interest you.

## FOR THE KIDS

### Flames @ School

<http://www.flamesatschool.com/>

In partnership with the Calgary Flames, you can access fun activities to keep the kids learning.

### YouthLink Calgary

<https://youthlinkcalgary.com/>

Check out the Police Interpretive Centre for family friendly science experiments, activity kits and virtual tours of the police museum!

### Kids Up Front

<http://kidsupfront.com/kidsathome/>

This comprehensive online hub has digital activities, virtual events and resources for the whole family.

### Mindheart's Free Children's Book

<https://www.mindheart.co/descargables>

This free children's book helps families discuss, support and reassure children about the emotions arising from COVID-19 (available in multiple languages).

## STAY ACTIVE

### Virtual YMCA

<https://virtually.ymcacalgary.org/>

Learn more about maintaining a healthy body, mind and spirit at home. Stay connected with the community through stories, recipes, health and wellness tips, videos, activities for kids, and more.

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# CONNECT WITH US

To get the latest updates directly to your inbox, subscribe to our e-newsletter by sending your email address to [tenantrelations@horizonhousing.ab.ca](mailto:tenantrelations@horizonhousing.ab.ca).

 Horizon Housing Society

 @HorizonYYC