

PROVINCIAL RE-LAUNCH: WHAT DOES IT MEAN FOR YOU?

As Alberta businesses begin to re-open their doors, it's important to remember "normal" may look a bit different. Accessing newly re-opened businesses and services can be safe, as long as public health directives are followed. More information about Alberta's relaunch strategy can be found here: <https://www.alberta.ca/alberta-relaunch-strategy.aspx>.

Continue to follow all public health directives:

- Maintain a distance of 2 metres between yourself and others
- Wash your hands frequently and for at least 20 seconds
- Practice good hygiene: cover your coughs and avoid touching your face
- Wear a mask when out in public and follow proper mask protocols
- Indoor gatherings are limited to groups of no more than 15 and outdoor gatherings to 50
- All gatherings must allow for physical distancing
- Monitor for symptoms and if you experience any COVID-19 symptoms, isolate for 10 days or until symptoms have resolved, whichever is longer

We're here to help! Inform us if you have symptoms by calling 403-297-1746 or emailing tenantrelations@horizonhousing.ab.ca so that we can connect you with supports as you self-isolate and continue protecting the health and wellness of those who live and work with us.



GOT AN IDEA FOR YOUR BUILDING?

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

JOIN CHRA'S TENANT LEADERSHIP GROUP

Are you interested in becoming a leader in your building and community? Looking to build your leadership skills? Apply for the Tenant Leadership Group with the Canadian Housing and Renewal Association! Participants will gain valuable training and experiences to improve leadership skills. Apply online before June 5: <https://chra-achru.ca/tenant-leadership-group/>

WEAR YOUR MASK

Wearing a mask can help prevent the spread of COVID-19.

Wearing reusable masks when out in public areas can help prevent the spread of COVID-19. Alberta Health Services is encouraging people to wear masks and to follow proper protocols for putting them on and taking them off. Horizon recently provided all units with two reusable masks for residents to use. If you are in need of another reusable mask, call your Resident Building Manager. With new information being released regularly, make sure to check accurate sources for updates like Alberta Health Services <https://www.alberta.ca/masks.aspx>.

Continue to follow health directives.

Masks are only effective when used properly and in accordance with health directives. ALWAYS maintain at least two metres of distance between yourself and others, and wash your hands frequently and well.

NEW RESOURCES

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

GROCERY DELIVERY AND PICK-UP

Good Food Box

<https://www.ckpcalgary.ca/program-services/good-food-box>
403-538-3780

The Good Food Box program provides boxes of fresh fruits and vegetables at a very low cost.

FINANCIAL

Momentum Webinar

<https://momentum.org/momentum-webinars/>

Check out Momentum's webinars on financial empowerment. New topics every week engage participants in taking charge of their finances.

WELLNESS SUPPORTS

AHS: Help in Tough Times

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Alberta Health Services has put together a comprehensive list of resources available to all Albertans during these tough times. Click the link to find supports for wellness, health, financial, social and more.

Rethinking Our Thoughts

recoverycollegecalgary.ca/course/rethinking-our-thoughts-online/

How and what we think can often make us feel better or worse. Join CMHA Recovery College's one-hour online course to learn about how your thoughts can affect how you feel.

Be Local YYC

<https://shop.belocal.org/>

Interested in shopping local? Check out this online shopping platform to browse Calgary's favourite local products all in one place. Orders are packaged for pick-up at one location.

Seniors' Benefit

www.canada.ca/en/department-finance/economic-response-plan.html

Eligible seniors will receive a tax-free, one-time additional payment of: \$300 for Old Age Security and \$200 for Guaranteed Income Supplement.

Mental Wellness Moments

<https://www.youtube.com/user/AHSChannel/playlists>

Check out Alberta Health Services' YouTube playlist, *Mental Wellness Moments with Dr. Nicholas Mitchell*. These short videos cover a new relatable topic every week.

Rapid Access Counselling

<https://www.cfs-ab.org/>
403-205-5294

Looking for help with a one-time problem? Catholic Family Services offers single session counselling services by video conference to help you make sense of a problem and find ways to solve it.

STAY ACTIVE, HAVE FUN!

Learn a Treaty 7 Language

<https://calgarylibrary.ca/connect/indigenous-services/languages-resource-centre/>

Check out the Calgary Library's Indigenous Languages Resource Centre for videos on learning a key words and phrases.

101 Things to Do at Home

<https://www.familyfuncanada.com/calgary/101-things-to-do-at-home/>

Family Fun Calgary has put together a list of 101 things for the whole family to do at home! Visit the site for at-home inspiration.

City of Calgary Creative Ideas

<https://www.calgary.ca/CSPS/athome/Pages/at-home-activities.aspx?redirect=/csp/pages/at-home-activities/>

Check out Calgary's list of at-home must-try activities!

TRANSPORTATION

Calgary Transit

www.calgarytransit.com/news/may-2020-service-changes

Visit Calgary Transit's website to find out everything you need to know about changes to Calgary Transit routes and stay up-to-date on future changes. All transit pass extensions ended on May 31. You can buy new passes here: <https://citystore.calgary.ca/ctestore/>

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 Horizon Housing Society

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