



## Gift of Warmth

After another year of disruption, we're unfortunately not able to gather safely for a year-end holiday event. But we are sharing another Gift of Warmth!

Please enjoy a cocoa bomb from Cake Envy and honey from Drizzle Honey. Both gifts are from local, women-led businesses in Calgary who source their ingredients locally.

### CAKE ENVY

Cake Envy, is a licensed and approved home base custom order bakery located in Chestermere Alberta. That's a mouthful!! Cake Envy opened the doors January 30, 2020. Not very good timing, who knew but so far, we've survived because of the support Cake Envy has received from people and places such as Horizon Housing.

### DRIZZLE HONEY

Drizzle is a proudly women owned and run enterprise with a small but dedicated team of busy bees! We are adding excitement to an age-old industry with first to market superfood flavours, bee-friendly sustainability initiatives, and trending social media - all in celebration of the precious gift that honey bees create!

### THANK YOU

The Gift of Warmth is made possible through the support of our community donors and volunteers. We would like to thank Commons Church Kensington for their donation. We would also like to thank our volunteers for their help to put the packages together and deliver them to Horizon buildings across the city.

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## Teddy Bear Toss

Thanks to the generosity of the Calgary Hitmen Hockey Club, ENMAX, and Calgary donors, 200 teddy bears and stuffies are waiting in Horizon buildings to go to their new homes. Please visit your building lobby to pick up a stuffy. To make sure there are enough teddies to go around, we're asking that you take one for each young person (or one if you're young at heart).

## Community Resources

### MARKET GREENS

The Market Greens program is for people who are low-income and have an ongoing, diet-related health condition. The program provides a subsidized food voucher for participants to shop Fresh Routes. Contact: 403-283-0554

Every Monday from 4-6pm at the Hillhurst Sunnyside Community Association

### Commons Cupboard

Commons Church 2404 Kensington Rd. NW  
1-877-360-0365

Non-perishable food items, warm clothing, hygiene and care products

### Good Neighbour Community Market

149 5 Ave. S.E.

A “pay what you want” thrift store run by volunteers. Take what you need, leave what you can. Shop and donate Thursday - Saturday 11 A.M. – 5 P.M.

### YW Calgary

Crisis Line 403-266-0707

Domestic Violence Prevention Toolkit 2021  
<https://www.ywcalgary.ca/about-us/resources-publications/>

### Calgary Public Library Wellness Desk

Taking care of our mental health during the long winter days can be tricky. The Wellness Desk is here to help! Learn about Seasonal Affective Disorder, get access to community resources, or visit the Wellness Desk at Central Library or Crowfoot Library this winter.

<https://calgarylibrary.ca/your-library/free-services/wellness-desk/>



## COVID Health and Safety Reminders

- WEAR YOUR MASK OUTSIDE YOUR UNIT
- ISOLATE IF YOU HAVE SYMPTOMS
- KEEP YOUR DISTANCE

### STAY UP TO DATE

Visit the Alberta Health Services website: [www.alberta.ca/coronavirus-info-for-albertans.aspx](http://www.alberta.ca/coronavirus-info-for-albertans.aspx) or by calling 811.

### VACCINES

COVID-19 vaccines help prevent you from getting infected and protect you from getting severely sick if you do get it. All vaccines are safe, effective and save lives.

Everyone 5+ can now get vaccinated, and third doses are now available for many Albertans including if:

you're 60 years or older.  
immunocomprised, First Nations, Metis and Inuit and 18 or older, or if you received AstraZeneca for your first doses.

Find the most up to date info at [www.alberta.ca/covid19-vaccine](http://www.alberta.ca/covid19-vaccine) or call 811.

## Connect with us



[horizonhousing.ab.ca](http://horizonhousing.ab.ca)



403-297-1746



HorizonYYC



# Winter Solstice

The winter solstice is the moment when the North Pole reaches the maximum tilt away from the sun. The term can also refer to the day on which that moment occurs. This year's winter solstice took place on Tuesday, December 21, 2021.

After the winter solstice, days start to get longer again. The winter solstice is also seen as a significant time of year in many cultures, and is marked by festivals and rituals. First Nations cultures, for example, mark the solstice with ceremony and storytelling:



“Traditional storytelling is reserved for the winter months for many nations [including the Blackfoot nation in Treaty 7 territory]. This was a practical choice given the fact that during the other seasons, people were busy growing, gathering, and hunting food. It was in the winter, with the long dark evenings, the snow and wind blowing outside, that telling stories was a way to entertain and teach the children. Another reason is that many traditional stories contain animal characters. To be respectful, people waited until the winter when animals hibernate or become less active so they cannot hear themselves being talked about.”

Source: <https://www.smithsonianmag.com/blogs/national-museum-american-indian/2017/12/20/american-indian-winter-solstice/>

## 7 Types of Rest Everyone Needs

Many cultures also view the winter season as a time to rest. But it is important to note that sleep and rest are not the same thing. Here are examples on how to get rest in seven key areas of your life:

**Physical** – physical rest can be passive (sleeping and napping), or active (Yoga, stretching and massage).

**Mental** – take a short break from what you're doing every two hours as a reminder to slow down.

**Sensory** – Closing your eyes, unplugging electronic devices, or other quiet moments can help give your senses a break.

**Creative** – take a moment to appreciate nature. Or enjoy the arts by listening to

music, or displaying images or works of art that speak to you.

**Emotional** – say ‘no’ and set boundaries when you do not want to do something. Share your emotions and answer honestly when someone asks ‘How are you?’

**Social** – surround yourself with positive and encouraging people.

**Spiritual** add meditation, prayer or community involvement to your daily routines.

# Changes on the Horizon

To better support our residents, we are shifting the maintenance model in our buildings. With the addition of new team members, you and your home will continue to be cared for by the entire Horizon team.

In the past, each building had a Resident Building Manager responsible for a variety of tasks from maintenance and cleaning, to unit viewings and move ins/outs. Now, we have Maintenance Technicians and janitorial staff who rotate between buildings. This means you will see lots of new faces providing care and maintenance for your home.

You will also see more of our Resident Services Team, who are now doing unit viewings and move ins/outs, and are available to answer any questions or concerns about your tenancy through the contact information below.

## Who to Call

### MAINTENANCE & REPAIRS

[maintenance@horizonhousing.ab.ca](mailto:maintenance@horizonhousing.ab.ca)  
403-297-1746 and press #3

Please include your name, building, unit number, contact information, and a brief description of the request. We aren't taking maintenance requests in paper form anymore, to help us address requests as effectively as possible.

### NON-URGENT TENANCY QUESTIONS OR CONCERNS

Contact the Residents Services team at:  
[Tenantrelations@horizonhousing.ab.ca](mailto:Tenantrelations@horizonhousing.ab.ca)  
403-297-1746 and press #2

### IF SOMEONE IS IN DANGER

When immediate action is required for a medical, fire or police emergency — someone's health, safety or property is in danger or a crime is in progress — call 911.

### BUILDING EMERGENCY (FLOOD, NO HEAT, LOCKED OUT)

Call the emergency line: 1-877-891-9060

This number is available after hours. If you're reporting the need for an emergency repair, please only use the emergency line if it is truly urgent and necessary (to protect life or use of the property); otherwise, please submit a maintenance request.

## Prevent Burst Pipes

Open windows and doors put stress on the plumbing and can lead to burst pipes and significant damage in a matter of minutes! If it's below zero, please remember to keep windows and doors closed at all times, and to keep your thermostats set to 20°C or higher. If a pipe does burst because of an open window or door, the resident is responsible for the cost of repairs. If you're having trouble closing your window or latching it securely, please send us a maintenance request.

## A Note About Keys

If you have locked yourself out, please remember there is a fee:

- 5 pm until midnight is \$90
- Midnight until 8 am is \$125

This fee is a chargeback, which means that it only covers the cost to Horizon to get you back in your unit.

