



Start an Indoor Garden with your Leftovers

The Spring season means new growth - why not bring some of the outdoors inside? We share some tips from homesteadsurvivalsite.com to save your scraps from the compost and grow some fresh new veggies right at home!

LETTUCE

After you've torn away its leaves, put the lettuce heart in a shallow bowl along with a half-inch of water and put the bowl on a windowsill or ledge that gets good sunlight. Replace the water every day or two when it gets cloudy or smelly.

After a few days, you will see roots developing and new leaves sprouting. When they're large enough, you can pick and eat the new leaves, then return the lettuce head to clean water and grow more! (These steps can also be done for bok choy or cabbage.)

CARROTS, TURNIPS, BEETS, AND PARSNIPS

These root vegetables are easy and fun to regrow from leftover scraps. Instead of throwing the tops into the compost pile, place them in a shallow container of water. In just a few days, you will notice new green growth.

Allow the growth to continue – changing out the water as needed – until the new plants are ready to be transplanted into soil-filled pots.

TRY THIS OUT AND SHARE YOUR SUCCESSES (OR CHALLENGES) WITH US BY EMAILING: JESSICAC@HORIZONHOUSING.AB.CA

CELERY

You may need to be patient to regrow celery, but you will be rewarded with good results. Place the unused celery base (about an inch or so is needed) in a jar or dish of water on a sunny ledge. You'll want to replace the cloudy water every day or two.

Usually, tiny sprouts will appear within a week. After a few more weeks, there will be enough new growth to pick. If you plant your new celery into a pot with soil, it will grow to full length.

Community Resources

SUNRISE COMMUNITY LINK TAX PROGRAM

Sunrise offers tax filing services for free for people who are living on a low income and have simple Alberta personal taxes.
sunriselink.org/taxation-benefits
403-204-8280

SHELDON CHUMIR DENTAL CLINIC

Sheldon Chumir Centre (1213 4 Street SW) provides reduced-fee dental treatment services to eligible families living on low incomes.
403-955-6888

MOMENTUM: MONEY MATTERS FOR MENTAL HEALTH

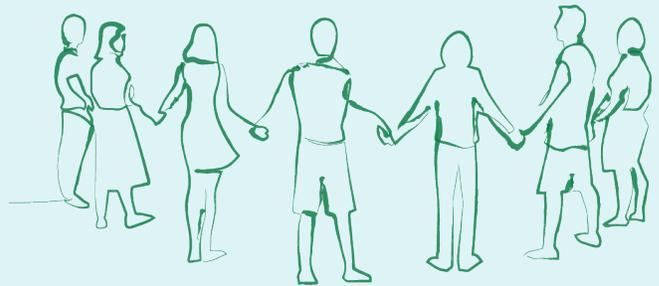
When you're dealing with mental health or addiction challenges, financial struggles can be complicated. Join Momentum's free Money Matters workshops and get help through financial education and financial administration.
info@momentum.org
403-272-9323

KIN MARKET

The Kin Market, where Calgarians can buy fresh fruit, veggies and basics like bread and eggs, is open at the Shawnessy YMCA on Saturdays from 11:00 A.M to 2:00 P.M. and at the Saddletowne YMCA on Monday afternoons from 3:00 to 6:00 P.M.
weareallkin.ca
kin@rescuefood.ca

TELUS FOR GOOD

If you're a low-income senior, you may be eligible for Mobility or Internet assistance for seniors programs with Telus.
mobilityforgood@telus.com
internetforgood@telus.com



Spring Cleaning Tips

DONATE OLD CLOTHING

If you didn't wear it in the past year, it's time to say goodbye!

CLEAN OUT THE KITCHEN

Take everything out of the cupboards and wipe down the shelves. Do the same for inside the fridge and microwave.

CLEAN THE HARD TO REACH SURFACES

Vacuum under the couch, dust behind the bed, and clean other spaces that might get missed during regular cleaning.

CLEAN THE BASEBOARDS

If you have kids, make a game out of it - see who can dust the most without having the duster leave the surface!

HAVE FUN WITH IT

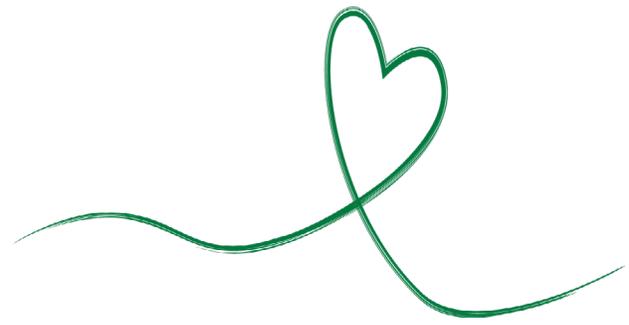
Put on some music and make spring cleaning fun - it'll go by fast!

Help Keep Clothes and Washing Machines Clean

Sometimes you may have to wash something that is very dirty or soiled.

These tips will help you clean your clothes or linens in the most sanitary way and keep the machines clean for the next person who uses it.

- Always wash soiled items separately from other items.
- Using disposable gloves, wipe off any excess dirt with paper towels. Put the used paper towels in a plastic trash bag. Small amounts of easily removed stool can be removed with toilet paper and flushed down the toilet.
- Put the soiled linens in a large plastic bag. The bag should prevent moisture from leaking through. Take the bag to the washing machine.
- Put the linens in the washing machine. Wash items in a prewash cycle first. Then use a regular wash cycle with detergent. Use the warmest temperature recommended on the labels.
- Take off your gloves and wash your hands right away after you handle the soiled clothes or linens.
- Dry clothes and linens in a clothes dryer. Use the warmest temperature recommended on the labels.



COVID-19 Mandates Update

Most restrictions were lifted by the province on March 1. Masks are no longer required in Horizon buildings, but are still a good way to keep yourself and your neighbours safe.

If requested, Horizon staff and contractors will wear a mask before entering your unit.

Remember to stay home and away from others if you feel sick - it's still a legal requirement to isolate if you test positive for COVID or have symptoms.

Vaccines remain a safe and effective way to protect yourself from getting severely ill if you do get COVID.

For the most up-to-date information, visit www.alberta.ca/covid or call Alberta Health at 811.

Thank You!

A huge thanks to everyone who shared feedback in our annual resident satisfaction survey. Stay tuned for updates on what we heard.

Connect with us



horizonhousing.ab.ca



403-297-1746



HorizonYYC

Who to Call

MAINTENANCE

If your home needs a repair, please email or call us:

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 are not taking maintenance requests in paper form anymore to help us serve you better. Maintenance requests are dealt with according to priority based on safety and necessity.

TENANCY QUESTIONS

If you have questions about your tenancy, please email or call us:

tenantrelations@horizonhousing.ab.ca
403-297-1746 and press #2

BUILDING EMERGENCY (flood, no heat, locked out)

If you have an emergency request after hours, please call our emergency line:
1-877-891-9060

Please do not use this number unless it is truly an emergency that cannot wait until the morning. If it can wait till the morning, please email us or call us (see above).

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.

Fire Safety Reminders

- Never leave cooking unattended.
- Don't store anything on or close to the stovetop or inside the oven
- Never leave candles burning unattended.
- Keep matches and lighters out of the sight and reach of children.
- Keep space heaters 3 feet away from anything that could catch fire.
- Replace worn or damaged electrical cords.
- Don't run electrical cords under rugs or between rooms.
- Don't plug too many things into the same outlet.
- Use surge protectors to keep appliances safe.
- If you are concerned about your ability to self-evacuate, let Resident Services know so they can place your name on a list for assistance: tenantrelations@horizonhousing.ab.ca

IF THE FIRE ALARM GOES OFF PLEASE REMEMBER:

- Stay calm! Staying calm will help you exit in the safest and quickest way.
- Grab your keys, and wallet. Consider keeping these items close to your front door.
- Go to the stairwell to evacuate. Elevators won't be working if the fire alarm goes off.



CUT OUT THIS PAGE AND SAVE IT ON YOUR FRIDGE

