



On the Home Front

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National Volunteer Week

2014 Scholarship Program

This year Newfoundland and Labrador Housing Corporation (NLHC) will award a total of twelve scholarships valued at \$1000 each. This will include nine Youth Scholarships (three in each of the following regions: Avalon/East, Central, Western/Labrador), and three Adult Scholarships (one in each of the three regions). The deadline for applications for the Youth Scholarship program is August 31, 2014. For the Adult Scholarship Program, the deadline is September 30, 2014. Check out our website at www.nlhc.nl.ca for more information. ■

National Volunteer Week is a time to recognize, celebrate and thank all volunteers. This year's National Volunteer Week took place April 6-13, 2014. Volunteers make our communities stronger, healthier, and more vibrant. It's an opportunity to show them that their work matters. In Happy Valley-Goose Bay, six volunteers from Perrault Place TA were recognized for their contributions to their community! As a thank you, they were treated to lunch at Cozy Corner Restaurant and names were drawn for some prizes.



▲ Newfoundland and Labrador Housing Corporation CEO Len Simms thanked the many Tenant Association volunteers at a special annual reception in their honour at St. John's headquarters on April 10th. The over 30 Tenant Associations in social housing neighbourhoods throughout the province work together to make a positive difference in their communities by selecting activities and programs that engage people of all ages in community life.

Seniors Resource Centre

*Have a question?
Need a Service?
Don't know where to turn
for help?*

Telephone: 737-2333

Toll-Free: 1-800-563-5599

Email: info@seniorsresource.ca

Website: www.seniorsresource.ca



◀ Special congratulations was in order for Ed Dunne, a 25-year volunteer and board member with Virginia Park Community Centre in St. John's, who was recognized by the City of St. John's on April 8 as one of the city's top volunteers for 2014.

We want to hear all about what's happening in your neighborhood. The deadline for submissions for the next On The Home Front newsletter is Friday, August 15, 2014. Please submit your photos, consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca

► NLHC Social Worker Cynthia Lewis (right) shares a laugh with Amanda Warren (left) and Amanda Mahoney, both with the United Neighbours Tenant Association in St. John's. Their group serves Brophy Place, Kelly Street, Hunt's Lane, McGrath Place, Blackwood Place and MacMorran Community Centre. The pair have been volunteering with their tenant association for about a year and have done a lot of great events, says Cindy. "They put 100 per cent into what they do."



Newfoundland Labrador

Housing

We earn a living by what we do, but we make a life by what we give.

Family Wellness, Tips for Summer

- ◆ School will soon be out for the summer – go out and have some fun in the sun! Just remember to apply sunscreen before you and your kids head outside, and re-apply every few hours.
- ◆ Satisfy your sweet tooth by eating naturally sweet snacks such as fruit, peppers, or natural peanut butter.
- ◆ Don't use food as a reward or to kill time when you are bored. Write your feelings down in a journal, take up a hobby or attend an event instead. Try to stay active!
- ◆ Set a goal to drink five eight-ounce glasses of water each day.
- ◆ Dance around the house with the kids to burn calories, build lean muscle, and enjoy some quality family time.
- ◆ It's OK to play with your food! Encouraging children to create shapes or objects using multiple colors increases their chances of eating their creation.

Crisis Phone Lines

Mental Health Crisis Line
Telephone: 1-888-737-4668
Toll-Free: 1-877-753-8550
Website: www.cmhanl.ca/

Kids Help Line

Telephone: 1-800-668-6868

Financial Information Help Line

Telephone: 855-723-8140

Monday to Thursday
4:00 pm to 8:00 pm
Island time

Website:
www.creditanddebtsolutions.ca

Community Sector Council

Website:
www.communitysector.nl.ca

Office of the Citizens Representative

Telephone: 1-800 559-0079

Email: citrep@gov.nl.ca

West Heights Tenant Association

West Heights Tenant Association recently held a couple of Easter events. During one of the events, movie gift cards were given to all of the teens and volunteers. They also celebrated their annual Family Easter Party, which was well attended by all ages! NL Jungle Pets made an appearance and was a huge hit. The children loved the parrot and the big fluffy bunny. Activities included egg decorating and every child received a loot bag filled with goodies! West Heights is currently planning their summer events — Clean and Beautiful Day, Canada Day and a family day event. ■



Perrault Place Tenant Association

Perrault Place held their annual Easter party at the neighborhood center with 25 children in attendance! They had a blast decorating eggs and making Easter baskets for the Easter Bunny to fill! Perrault Place is now planning their annual camping event, which is held at the Christian Youth Camp. ■

Cochrane House shows off new space



The residents of Cochrane House, St. John's, were proud to show off their newly renovated recreation room at a grand opening held on April 17th. The room was made bigger by NLHC's maintenance crew who removed a bathroom that was no longer needed. The residents just love the new space. NLHC Social Worker Charlene Taylor (pictured back) and HAO Marion Green (right) joined the residents to celebrate their special day. ■

Are you currently in an abusive relationship? Take this short quiz to assess your situation

- ◆ Does your partner make all the decisions?
- ◆ Does your partner take control of the money?
- ◆ Does your partner blame you for everything that's wrong?
- ◆ Does your partner act possessive, jealous or controlling?
- ◆ Does your partner control your activities and check up on you?
- ◆ Does your partner put you down, tease or bully you?
- ◆ Does your partner threaten to leave if you don't do something?
- ◆ Does your partner make you feel afraid?
- ◆ Does your partner isolate you from family and friends?
- ◆ Does your partner have a short fuse, get violent, or hit you?

If you recognize any of these signs, you or someone you know may be a victim of abuse. This type of behaviour does not stop (as usually promised) without serious intervention. Victims tend to stay in these dysfunctional relationships for a variety of reasons: they believe they are partly responsible; they feel worthless, ashamed and guilty; they have no income and few supports; they fear for their children, their pets and themselves, and they live in hope that things will change.

If you would like to learn more, go to: www.coalitionagainstviolence.ca. There you'll find helpful advice and a list of resources that may provide you with assistance. Remember, you are not alone; help is available.

ATTENTION CORNER BROOK:
The WestRock Community Centre AGM is scheduled for June 17th at 7:30 p.m.
All are welcome!