

January 2021

COVID-19 Update

On December 26, 2020 the province of Ontario entered a lockdown phase which included our region. During the lockdown and our current stay-at-home order, everyone is encouraged to stay home as much as possible and limit trips out for essential purposes. We encourage tenants to continue to follow the advice from Public Health and practice social distancing, handwashing and wearing a mask in public places.



Additional information can be found on the Public Health website at publichealthontario.ca.

Grey County Housing Staff Available

In an effort to control the spread of COVID-19, the Grey County Administration Building is currently closed to the public, but we are still available to help. Housing staff are working remotely and can be reached at 519-376-5744.

Maintenance issues can be reported by completing a maintenance request form or sending an email to housingrepairs@grey.ca. If there is an emergency after hours, such as a flood, fire, lockout, plumbing or electrical issue, please call the housing after hours line.

Phone: 519-376-5744
Fax: 519-376-0445

Email: housing@grey.ca

Supports and Services

Don't be afraid to ask for help if you need it. There are many supports and services available to tenants who need them.

- Call **211** for access to a wide range of social, health, food, housing and community supports, open 24/7
- Call **Telehealth Ontario** at 1-866-797-000 to get confidential health advice or information from a registered nurse.
- Call your **Housing Community Relations Coordinator** or other Housing staff at 519-376-5744. We're here to help.
- Call **Canadian Mental Health Association Grey Bruce** if you or someone you know needs mental health and addictions outreach supports. Call 519-371-2390 or 1-877-470-5200.
- Call **TheDo** at 519-376-1560 or visit thedo.ca. **TheDo** is run by the United Way and connects tenants with a person in the community to talk and get help with further service options.

Virtual Learning for Children

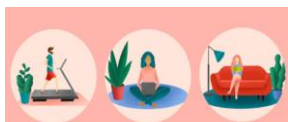
With the announcement from the provincial government around the



decision to delay the return to in-person learning, many children will be continuing with virtual learning at home. We encourage you to reach out to your teachers and school for assistance with devices, connectivity or resources to assist your child's learning at home.

Coping with Stress during the Pandemic

It is normal to feel sad, stressed, confused,



scared or angry during a crisis. Here are some helpful tips on coping with stress during the pandemic:

- Talk to people you trust – contact your friends and family and let them know how you are feeling.
- Maintain a healthy lifestyle – including proper diet, sleep, exercise and social contacts by phone or email.
- Don't use smoking, alcohol or other drugs to deal with emotions.
- If you feel overwhelmed, talk to a health worker or counselor.
- Try to limit the time you and your family spend watching or listening to the news.
- Think of previous methods that have helped you manage stress and use those skills to help manage your emotions.

Holiday Spirit

We were happy to see so many buildings looking festive over the holidays. It was wonderful to see our tenants helping to make the holiday season cheerful and bright. Grey County Housing wishes all our tenants all the best in the New Year 2021!



Rent

Due to the pandemic, there is a rent freeze for 2021. Annual rent reviews are no longer done by move in date, but rather by area.

During the Administration building closure, rent can be paid by one of the following ways:

- Leave it in the rent boxes at the building.
- Mail a cheque/certified cheque to Housing.
- Set up electronic funds transfer with a Housing staff member.
- Call your Tenant Services Coordinator to make other arrangements.