

CRHC

WINTER

2023

CONTACT US

klambert@crd.bc.ca

250 360 3376

About anything in
the Newsletter

**Chance to win \$100!!!
Emergency contacts**

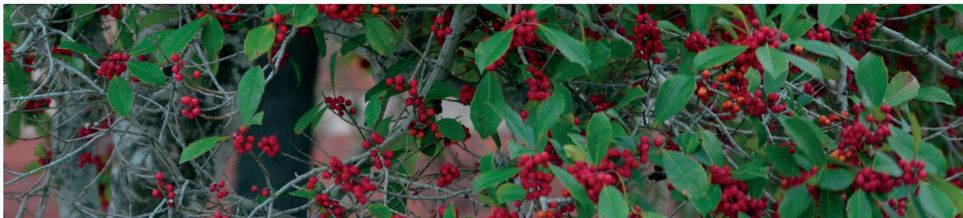
Welcome to the Winter 2023 CRHC newsletter. There's a big incentive in this Newsletter! Fill out and return the emergency contact sheet (last page of the Newsletter) in the next two months (or call or email with emergency information) and you will be entered in a draw to win one of 4 \$100 gift cards. That's right, \$100 each. We will draw winners in time for the Spring Newsletter. If you need help, let us know. Contact us at klambert@crd.bc.ca or 250 360 3376. If you want to enter the draw but want to keep your information private, just let us know.



FOOD WASTE

Last Newsletter we wrote about food waste. One of our tenants at Westview suggested a way to make produce last longer. They suggested storing leeks, celery and spinach (the adult kind) with its 'feet' in water so it doesn't dry out. And it could even continue to grow and produce more. Good tip.

The answer to the quiz was 5,219,500,000 slices of bread!



THE HOLLY AND THE IVY

A holly tree can live up to 250 or 300 years, although near Castile and Leon, Spain, the oldest tree is reportedly well over 600 years old. The tallest holly on record is in Canon Wood in Preston Candover, England, and is nearly 83 feet tall or 25.20 metres. Bees and hummingbirds both love hollies!



MUSHROOMS IN THE COMPLEXES

Mushrooms start in the cool, wet weather. Most are pretty and harmless. However, we do get some dangerous mushrooms in BC. If you see a mushroom and aren't completely sure what it is, please leave it alone and tell your caretaker. Deathcap mushrooms are one species of concern and don't look that different to some edible mushrooms. Let your children know never to touch mushrooms except ones from the store!

CHRISTMAS FIRE SAFETY

The most dangerous time of the year for household fires is now! Trees are one source of fuel. Make sure your tree is VERY well watered. This helps with needles dropping, clear up AND fire safety. Lights in your home are lovely but check them every year, make sure they meet Canadian standards, and don't buy from places you don't know to be reputable. Don't bunch up wires, put them under anything or otherwise constrict them. Watch for trip hazards! If in doubt, dispose of them responsibly. Cooking is also a risk in the colder months. Don't leave food unattended. People can use more alcohol at this time of year. Being under the influence and doing anything else (smoking, cooking, using tools, putting up decorations) increases risk so minimize risk as much as possible. Candles should never be used in your home. LED versions are available and are very pretty. If you have any questions, talk to your local Fire Department Information team.



HAPPY HOLIDAYS FROM THE STAFF

We wish you all a season full of peace, happiness and homefulness.



UPDATING EMERGENCY INFORMATION

CRHC keeps an emergency contact sheet for each tenancy at Fisgard Street. It is really important for us to have this information. Some of the ways we might use this information are; if emergency services like the hospital are trying to contact someone in the event of illness, if concerns are raised about your wellbeing and we can't get a hold of you, or if there is a death. It helps us to know what you would want, if you are unable to tell us.

We'd like to make sure our information is correct. The second half of this Newsletter is the sheet we use. Please fill it in and return it to Reception at CRHC, 631 Fisgard St., Victoria BC V8W 1R7. Or you can send your information to klambert@crd.bc.ca, or call 250 360 3376 and let us know. If you need assistance, please ask. We're happy to help.



Have a great Winter!





CAPITAL REGION HOUSING CORPORATION

EMERGENCY CONTACT INFORMATION

The Capital Region Housing Corporation has an emergency contact system to assist residents in the event of illness, injury, fire or other emergency.

Thank you for your assistance in completing this important document.

YOUR CONTACT INFORMATION

Name (Last, First):

Address (Unit, Building Address):

Home Phone:

Cell:

Email:

RELATIVE OR FRIEND

Name:

Relationship to you:

Address:

Telephone: Home:

Work:

Cell:

Email:

DOCTOR

Name:

Address:

Telephone:

EXECUTOR/NEXT OF KIN INFORMATION

Have you appointed an executor for your estate?
And/or who should we contact in the event of your death?

YES / NO

Name:

Number/contact:

TENANT SIGNATURE:

DATE:

