

Spring 2022

CRHC Spring Newsletter

The clean sheet edition!



Welcome to the Spring 2022 CRHC Tenant Newsletter. This one is focused on cleaning and decluttering in Spring! If you would like to see something in the Newsletter next time contact Kate Lambert klambert@crd.bc.ca 250 360 3376 with suggestions.

Click the links!

We have lots of links for you to click at Tenant Updates. If you open this Newsletter there you will see lots of clickable links to explore. For example, all the resources on the next page for people with disabilities are linked to in the Newsletter online.

www.crd.bc.ca/crhc/tenant-information/tenant-updates

One of our talented tenants, Graham Lloyd, sent this beautiful photo in.



Tenants have been kind enough to send photos in to brighten up both our days, and the Newsletters. This one is from Wasp. If you or your children are keen photographers, you can send in your photos to klambert@crd.bc.ca and we will try to use them in future Newsletters. Let us know how you would like to be credited, and don't include identifiable things like people's faces or the license plates of cars. Thanks! [Click the link for tips on taking a great photo.](#)

Get Growing Victoria



It's that time again! Seedlings will soon be available from Get Growing through the support of the City of Victoria. We need to know SOON if you are interested in receiving free seedlings. Call Kate, Jen, Kevin or Nick in Tenant Engagement and order seedlings! This year's choices:

Tomato (Fantastico and/or Early Girl), Cucumber, Zucchini, Broccoli, Chard, Kale, Lettuce, Basil, Chives, Nasturtiums, Calendula, Shiso.

PLEASE ORDER BY 19 MARCH! We will be running collection days rather than delivering as in the past. Let us know if you are unable to collect seedlings.

[Click this link for Get Growing! Contact](#)

Changes to mask wearing

The Provincial Health Officer has announced that some restrictions have been relaxed including the face covering requirement in indoor public spaces. At CRHC this means that masks are now optional in public areas.

As always, we ask staff, contractors, tenants and guests to be considerate of other people's levels of comfort with the new guidance.

[Check the link for the Province's news on this.](#)

Ask us!

One of our wonderful caretaking staff suggested some tips on managing the garbage and recycling area. After the snow, pick-ups were delayed and the areas became really full. We can avoid this by doing the following:

1. Break down boxes. The paper recycling gets really full if we don't and then other tenants can't recycle.
2. Don't overfill the bins. Even a few inches over and CRHC is charged a lot extra. CRHC is a non-profit and any extra expenditure should be avoided.
3. Don't put large items in the garbage and recycling area. Ask your caretaker who can let you know if the item can be broken down or if you need hauling.
4. Squash those plastics. If you aren't returning those plastics for a deposit refund, squash them to take up just a fraction of the space. That leaves more room for everyone else.
5. Watch for contamination. If someone puts something in the paper and cardboard bin which isn't paper or cardboard, the whole bin can go to landfill.
6. Clean and dry your recycling. If the recycling is full you can keep it inside if the bins are full. Another great reason to clean it!
7. Tenants often make garbage and recycling a children's chore. Children often don't like to lift bags over their heads and frequently don't recycle adequately. This is a chore to supervise or do yourself.

Please click the link for some lockdown recycling tips. Not all of them apply to communal recycling.

Did you know?

Milk and plant-based beverage containers are now eligible for a 10-cent deposit return at Return-It sites in BC. Rinsed, caps on or straws pushed in, unsquashed.



Send your answers!

To be entered to win one of 2 x \$25 gift cards please send answer to Kate at klambert@crd.bc.ca or call 250 360 3376. The riddle is, I spin but I'm not a fan, you put clothes in me but I'm not a closet, I fill with water but I'm not a glass. What am I?



Decluttering for kids

Before about 4 years old, it can be difficult to include children in decluttering. They are very attached to items and motivated to hold onto them. After about 4, they can be taught to declutter.

Think about what motivates your child. Children who are motivated by having some money to spend can be encouraged to consign or sell old toys. Children who care about the environment will want to recycle. Children who want to help others will donate toys. Children who like a clean, tidy space will help you tidy. Work with them.

Is your child slow-approach or fast-approach? Do they like change and new things, or are they very attached and don't like change. Fast-approach children will be fine with you saying, "OK it's Saturday we are going to clear some space, let's go!" They will enjoy just getting it done. Slow approach children may become distressed and hold on to more if you don't give time and space to adapt. For them, discuss it first. You can put three bins in their room and say, "garbage, recycle/donate and keep, work at your own pace" See how they are doing in a few days.

With support and motivation, children can be excellent declutterers.

Too many possessions?



This is a very difficult conversation to have. Sometimes we know we have too many items in our homes, it's interfering with our daily life and we feel overwhelmed and like we can't do anything about it. We can feel stuck and don't know where to start.

Especially during the last two hard years, excess items can be a way to manage stress. Social pressures to clear up, and supports to dispose of things (for example inspections and visitors) haven't happened. You can feel unable to clear things and ashamed that you can't manage this without support. But you might feel you don't want support because you either feel ashamed or feel you will be pressured into disposing of items you feel compelled to keep. Avoidance is completely understandable but this is something which doesn't go away on its own and support can really help.

This behaviour is sometimes called hoarding, and it's a fairly common, recognized health issue. There are three things that are an indication you may need support to help you manage items:

1. Ongoing and significant difficulty getting rid of items. Also strong urges to acquire new items. These don't tend to be essential items.
2. Living space is extremely cluttered, interfering with its intended use.
3. It interferes generally with your life.

You don't need to struggle alone. Support is available from the HEAT team 250-361-0227, mental health supports and others. Let the Tenant Engagement Team know if you need support to access these.

You have to take action if the possessions are covering baseboard heaters, stoves, beds or other essentials. Or if it is affecting your or your children's wellbeing.



Moisture in your windows

Help us keep your unit healthy. Do you get mildew in your window areas? One of our CRHC caretakers writes:

Tenants need to be aware that window tracks should be cleared of debris so that water can move easily from the track to the outside of the window. In the picture above you can see four drain holes that need to be cleared regularly to prevent overflow of water (condensation) onto the window sill and down the wall. Be sure to wipe down windows and tracks weekly throughout the winter to prevent excessive condensation issues.

To clean the glass, spray the glass with a window cleaning solution and use old newspaper to dry it off.



Techniques for getting it done

Do you struggle with getting cleaning, tidying and organizing done? Do you have additional needs, either physical or psychological?

If you struggle because of ADHD or other neurodiversity, you are not alone. Chunking your time into manageable pieces can help. Need to clean the whole house? It seems insurmountable. But tell yourself you will spend 25 minutes working really hard on the carport, then have a little break, that's possible. The Pomodoro Technique is an example of this method. [Click the link.](#)

If you have physical disabilities that prevent you from tidying or cleaning there are sometimes supports that can help. Talk to your Tenant Engagement Team about supports.



Annual inspections

Annual Unit Inspections resume in 2022, which is in compliance with the current BC Public Health Orders. This is following a lengthy pause since early 2020 due to Covid-19. The purpose of these inspections is to ensure that your unit meets health, safety and housing standards. Annual Unit Inspections usually occur sometime between February and July. CRHC Caretakers will be delivering Notices of Entry sometime this year, which will include specific details regarding the date, timeline and any preparation requirements. The Notice of Entry will also include specific details regarding the additional precautions we're taking to ensure everyone's safety.

[Click the link for information about landlords' access.](#)



How to clean blinds

Like everything, blinds have to be cleaned or maintained eventually. They don't need to be cleaned weekly but depending on various factors like air quality, smoke or pets, a monthly clean is what we call perfect timing.

1. Close the blinds in one direction and clean with a micro fiber cloth or a sock. Then close the blinds in the other direction and clean. Note of caution, spraying with water prior to cleaning can just make the task dirtier and it is not recommended. If you want to moisten up the micro fiber cloth put some vinegar on it.

2. Using your vacuum with the small sucking attachment you should be able to pick up all the dust.

3. If you find areas that are sticky or seem to have something sprayed on the blinds you can easily remove the blinds and soak them in your bath-tub. A little soap and after an hour the sticky surface should be clean. You can hold the blinds in the shower and use the hand shower to wash them off, after step 1 and 2.



Toilet cleaning hacks

Giving the toilet bowl and seat a good scrub is an unavoidable task. Products marketed as toilet bowl cleaner will obviously do the trick but if you're looking for more natural cleaning products try the following:

1. Clean the bowl with baking soda and vinegar

- Combine 1 part baking soda and 1 part white vinegar. Pour the mixture in and around the bowl, using your toilet brush to push it up under the rim.
- Let sit for 10-15 minutes and then scrub and rinse clean.
- If cleaned once a week, you'll stay ahead of the buildup and won't need to intervene with harsh products.

2. Remove the toilet seat to really clean all that grime

- Did you know that on most newer model toilet seats, you can easily snap open and remove the seat? See the picture above this. It's probably much easier than you think! And then you have clear access to scrub away anything left behind.
- On older model toilet seats that are screwed on, your best bet is an old toothbrush or cotton swabs to really get in the nooks and crannies.

3. Drip-dry the toilet brush

- Before putting your dirty toilet brush back into the dirty toilet brush holder, you can let it air dry after you use it. Just close the toilet seat onto the handle of the brush so the brush part is hanging over the bowl.
- For added freshness, pour some boiling water over the brush in this position to kill off more germs.

