

Neilson Creek

News and Views



WINTER EDITION 2022

COMMITTEE UPDATES

Social Committee

The Social Committee would like to thank everyone who came out and enjoyed our Halloween children's activities and CarnEVIL Haunt.

Your turnout made this year's event a great success!

We especially want to thank all of the community VOLUNTEERS who helped to make this event happen - donating candy, helping with indoor and outdoor decorations, and participating as characters inside the CarnEVIL

- **We are very grateful for your contributions in this event.**

The positive feedback received from the community is the reason why the Social Committee puts in the work, effort, and hours required to bring events like this to Neilson Creek - Thank you for your appreciation!

Congratulations:

- Children's Halloween Candy Jar count game winners: Jacynda #16, Jordyn #29, and Aliyah #25

Congratulations:

- 50/50 raffle winners: Barbara/Christine Chanderbhan #8 won \$168!

Thank you to all community members who participate in the raffles

- *Your support is greatly appreciated!*

Upcoming Social Committee events:

1) **50/50 Bingo and Dinner Night**

- All members are invited to come out and have fun!
- **Friday December 2, 2022 @ 7:00 p.m.** upstairs at office

2) **Christmas Basket Raffle**

- Ticket sales will begin end of November
- *details to be announced*

3) **Christmas Pajama Party Movie Night**

- A cozy evening of fun, snacks, and ELF!
- **Friday December 16, 2022 @ 7:00 p.m.** upstairs at office

4) **Christmas at the Creek** - a community celebration

- **Saturday December 17, 2022** - *details to be announced*

Reconciliation Committee

The rules committee is up and running again after being disbanded for a couple of years. These members are committed to managing bylaw issues and disputes from a human first approach. The first order of business is the committee has been changed from Rules to the Reconciliation Committee.

Second we are working on keeping pet and vehicle registrations up to date. If you have pets or vehicles please drop off a note to the office or email Deborah with the subject line being "registration unit#" and the information in the body;

Vehicle: make, model, color and license

Pet: description, name, registration ID, shots, and spay or neuter info.

We will be going door to door for those with what might be outdated or no information.

Bylaws and co-op rules are in place to keep our community safe, protect our property, respect our neighbors and maintain fairness. Ultimately to sustain a peaceful thriving neighborhood. Bylaws and rules are meant to serve us all, and this committee was created to support and enforce them and is still responsible for this purpose. That being said, by centering humanity we encourage our fellow neighbors to work together and with this committee to solve our problems.

There is a disconnect amongst us here at Neilson Creek. Covid and lockdowns kept us safe inside, but our neighborhood and community has suffered. For some of us our mental health and relationships have been challenged. There is an obvious divide. The Reconciliation committee wants to center humanity in how we approach disputes that arise and work together in following the bylaws and expectations we all agreed to when we became members.

We never know what someone may be dealing with behind angry words, or an unkept front lawn. Please remember to be kind. We may not all be friends but we are neighbors and the children here are looking up to and learning from us.

The Reconciliation Committee



Inspection Committee

Some Guidelines to Help You Prepare for Your Annual Unit Inspection:

Here at Neilson Creek, each and every unit is to be thoroughly reviewed on a yearly basis. This inspection generally takes 30-45 minutes. The unit inspection serves many purposes which benefit both the members and co-op as a whole. One purpose of the inspections is to assess any current or possible future maintenance problems. Sometimes, if we can catch a problem early, we can ensure that it gets dealt with properly, preventing further and/or more costly repairs. This, in turn, keeps our rental costs to a minimum. It allows us to create an overall picture of the state of the units within the co-op. If we are noticing for example that MANY of the refrigerators are aging, we can recommend that it will soon be time for the co-op to consider replacing them. If there is an area of concern in a particular unit (eg.garage that is totally rusted) we can recommend that the co-op deal with it right away on an individual basis. Inspection time can also be an ideal time for members (especially new members) to ask questions about their unit (eg.where is the main water shut off)

Some people worry that they need to have their homes spotless for inspection. NO. We are not there to criticize you because your kids left their toys all over the house, etc. We all have families and lives too and know about these things. We ARE concerned with matters of housekeeping which affect maintenance or safety. For e.g, we will look inside the oven to ensure it is in a normal state of cleanliness since dirty ovens are a fire hazard. Similarly, dirty window tracks lead to deterioration of the window mechanism so these will be checked along with other similar items.

Also, you can trust that the inspections will be conducted in a professional manner and that we do not gossip about what we see in your home. We understand that during the inspections, we are visitors in your home and we WILL respect your privacy. If there are any matters of concern in your unit, the inspection committee members will let you know and give you 2 weeks to address them. At this time, they will be required to come back to ensure that any necessary work has been done.

To prepare for your inspection and to prevent the inspection committee from needing to return to your home a 2nd time, here are some things you can take a look at prior to their visit.

- | | |
|---|--|
| <input type="checkbox"/> All closet clips must be securely in place | <input type="checkbox"/> Patio and screen doors must be on tracks |
| <input type="checkbox"/> All door stops must be in place | <input type="checkbox"/> ALL handrails MUST be in place |
| <input type="checkbox"/> All doors must be properly on hinges and free of holes | <input type="checkbox"/> Furnace and humidifier filters must be clean |
| <input type="checkbox"/> Toilets, sinks and faucets are secure and do not have any leaks | <input type="checkbox"/> All 3 smoke alarms will be tested with aerosol smoke spray. If this is a problem, please let us know upon entry (if your smoke alarms are not working, they must be fixed/replaced within 24 hours) |
| <input type="checkbox"/> There must be adequate caulking around tub | <input type="checkbox"/> Does the unit need painting |
| <input type="checkbox"/> Tiles need to be free of dirt and grime | <input type="checkbox"/> Carpet on stairs must be kept clean |
| <input type="checkbox"/> Is the member handbook present? | <input type="checkbox"/> Overall cleanliness-we must be able to inspect all areas of the unit. Therefore, floor, counters, etc. must be free of excessive clutter |
| <input type="checkbox"/> Fridge, stove and oven must be reasonably clean | |
| <input type="checkbox"/> All light fixtures must be in place and in working order | |
| <input type="checkbox"/> Countertops must be clear so that the inspection team can assess for crack, burns, nicks, etc. | |
| <input type="checkbox"/> Window screens do not have holes and all locks and pull strips are in place | |

Please note that these are not ALL of the items we will be looking for. This list is meant to give you a general idea in hopes that it can help speed up the inspection process and make it easier on BOTH you and the committee member who have been assigned to your unit.

If you have any questions or concerns about your inspection, please call the office at 416-282-3669



Cooperative Housing Federation of Canada

Background Information for Human Rights By-law

Does the Human Rights By-law state the human rights that are protected? No. People's human rights are part of the law of the Province, not things that the co-op adopts in a by-law.

What are the prohibited grounds of discrimination in housing?

The prohibited grounds of discrimination in housing are:

Race	Ancestry	Place of Origin	Disability
Colour	Ethnic Origin	Citizenship	Family Status
Creed	Sex	Sexual Orientation	Marital Status
Gender Identity	Gender Expression	Age	The Receipt of Public Assistance

What is harassment?

Harassment is inappropriate comment or conduct that is known or should be known to be unwelcome. It is illegal if it is on a ground stated in the Human Rights Code. The prohibited grounds of harassment are substantially similar to the prohibited grounds of discrimination.

Some examples of harassment when based on a prohibited ground are:

Epithets, Slurs or Jokes	Name Calling or Nicknames	Jokes, Cartoons or Graffiti	Verbal Abuse
Displaying offensive or derogatory images	Practical jokes causing awkwardness or embarrassment	Condescending or patronizing behavior undermining a person's self-respect	

What are the co-op's legal responsibilities?

As a housing provider the co-op has to follow the Human Rights Code in all areas of its operations. This includes its role as housing provider and as employer.

The co-op is responsible for the acts of the co-op as a corporation. It also can have responsibility for the acts of its staff and anyone acting on its behalf. This can include directors, officers, committee members and others.

7 Co-operative Principles

The 7 cooperative principles are guidelines by which co-operatives put their values into practice.

1. Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

3. Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5. Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public – particularly young people and opinion leaders – about the nature and benefits of co-operation.

6. Cooperation Among Cooperatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.

7. Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

DOG PARKS

A quick reminder that dogs must be on a leash at all times. **It's the Law!**

Please do not let your dogs off the leash in the field at 209. This area is not a dog park but there are some in the area where you can go to let your dog run free and play.

Don't forget to **STOOP AND SCOOP**. There are children that like to run around and play and parents do not want to have to worry about free running dogs or that their child may step in dog poop left on the ground.



Here is a list of some dog parks in the area:

Park Name	Address	Fenced	Hours	Parking
Botany Hill Park	277 Orton Park Rd	Yes	7 am - 10 pm	Yes - Free
Colonel Danforth Park	Old Kingston Rd & Military Trail	Yes	24 hours	Yes - Free
Thomson Park (Has multiple sections for different sized dogs)	Brimley & Lawrence	Yes	Daylight	Yes - Free
Pickering Dog Park (Has multiple sections for different sized dogs)	Grand Valley Park	Yes	8:30am-4:30 pm closed Sunday	Yes - Free

Benefits of taking your dog to a Dog Park

There are several benefits a dog park has to offer as far as your pet is concerned. It gives them an opportunity to be free of a leash, an opportunity to be able to roam in a large area instead of being confined to a small fenced-in area or enclosure and it also gives them an opportunity to socialize with other dogs, and with other people as well. Here are just some of the benefits to bringing your dog to a Dog Park.

1. **Socializing** - Your dog will hopefully learn to socialize with other dogs. This can be a great benefit to both you and your pet if it acts afraid of people or of other dogs when you take it for a walk, or it is overly protective or aggressive. One of the first things obedience classes stress is socializing.
2. **Its Legal** - As leash laws continue to become increasingly restrictive, many community public leadership committees are seeing dog parks as a way to let dogs run free and get adequate exercise without penalty to pet owners or potential damage to private property.
3. **Exercise** - Public dog parks allow dogs to get ample off-leash exercise and social activity with other dogs. When dogs get the adequate physical and mental exercise they need, humans are able to notice a decrease in the level of troublesome behavior from their dogs which will benefit society as well.

Calling all Kids!



Would you like to have your drawing featured on the front cover of the Neilson Creek Newsletter?

If your answer is “**YES**” then read on

Get out some paper along with some crayons, pencil crayons or markers and get drawing



Let your imaginations run wild and be as creative as you like

The contest will be split into four age groups: 3-5 yrs | 6-8 yrs | 9-11 yrs | 12-14 yrs

One winner from each age group will have their drawing featured on the front cover of one of the 4 newsletters for next year (2023). Winners will be chosen based on the most creative drawing

Each **WINNER** will receive **2 Cineplex Movie Passes**

Please drop your submission off at the office or at unit 18. You must put your name, age and unit number in the bottom corner of your picture for it to be entered into the contest



The closing date for submissions is January 16, 2023

Be creative and have fun!

“Neilson Creek News & Views” IS GOING ELECTRONIC

DOING OUR PART FOR THE ENVIRONMENT!

Your next newsletter in February 2023
will arrive to you **via email**

They will **no longer** be printed and delivered to your
mailbox

The newsletter will be sent to you by Deborah

Coloring pages will be printed by the newsletter committee and left on
the small table in the hall just outside of the office

***If you wish to receive a hard copy due to the fact that you do not
have a computer or access to email, please fill out the slip below
and drop it off at the office***

----- ✂ ----- ✂ ----- ✂ ----- CUT HERE ----- ✂ ----- ✂ ----- ✂ -----

I wish to receive a hard copy of the newsletter

Name _____

Unit # _____



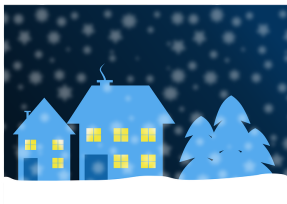
WINTER LIFE TIPS



Winter Driving

Winter driving can be challenging especially when it's snowing. Here are some tips to help make it safer for everyone on the road!

- Get your vehicle ready for winter in the fall by **installing four matching winter tires** and have a **Winterizing Inspection** done to ensure your vehicle is in top working condition.
- Pack an emergency kit. Your kit should include **food that won't spoil, such as energy bars, water, blanket, extra sweater & boots, first aid kit with seatbelt cutter, small shovel, scraper, snowbrush, candle in a deep can with matches, wind-up flashlight, whistle, roadmap and a copy of your emergency plan.** These items are very important if you are going on a long distance road trip.
- You should have the following items in your trunk. **Sand, salt or cat litter (non-clumping), antifreeze and windshield washer fluid, tow rope, jumper cables, fire extinguisher, warning light or road flares.**
- Learn and practice **winter driving skills** before you need them.
- Check road and weather **conditions.** Give yourself **extra travel time** in bad weather.
- **Remove all snow** from your vehicle before each trip (this includes from the roof as keeping it on there can become dangerous for yourself and other drivers)
- Avoid using cruise control on slippery roads. **Slow down and wear your seatbelt.**
- Travel with a **fully charged phone.**
- Last but definitely not least, **NO DRINKING AND DRIVING.**

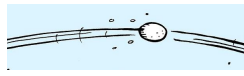


Winterizing Your Home

Warm weather is gone, colder weather is here!

These are just a few tips for you that can help you get your home prepared for these **cold** months ahead!

- Make sure your front & backyard are clear of leaves/debris to prevent rodents/pests from making your yard their winter home causing unnecessary damage to your property.
- Cover up your AC Unit with a tarp and turn off the water supply to your outside faucets.
- Properly put away any outdoor furniture/BBQs etc to ensure that the winter weather doesn't damage it so you can enjoy it for as long as possible.
- Change your furnace filter every 3 months. Dirty filters restrict airflow and increase your furnace's energy demand by making it work harder. Changing them will not only help with the air quality in your home but it will also help you save money on your energy bills!



Winter with Children

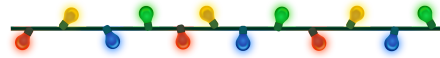
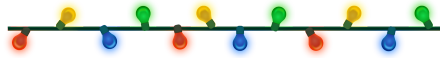
We all know how hard it can be to raise children. Add winter into the mix and it can be down right stressful to get through! There are plenty of things you can do to help your family get through these next months of winter. Check out the list below!

- Stick to a routine. Having a routine not only helps parents keep calm but kids thrive on them! Predictability of their day should help them regulate their emotions and prevent tantrums.
- Make plans. Big or small, kids love having things to look forward to. Plan to go indoor swimming once a week or have a day where you help your kids bake some goodies or do a seasonal craft.
- Snowy day? Bundling the kids up to go outside can be extremely stressful! Get into the habit of making the kids use the washroom before starting to get ready. Have a basket for each child to have their hats, mitts, scarves etc. in so you aren't searching everywhere for their stuff. Do what you can to make this task as easy as possible for yourself and your kids.
- Be active! There is nothing better for your family's mental health than activity! Winter months tend to make people stay indoors and be less active which can cause issues with Mental Health. Studies show that being active for at least 1 hour each day helps the body and mind fight off seasonal mental health issues. There are plenty of free or little cost activities you can do as a family to be active such as swimming, skating, walking (outdoors/indoors at recreation centers such as The Pan Am center. Check out our Winter Activity page for some fun ideas!
- Kids get stressed too! One way to help our children when they are stressed is communication! If you think your kids are feeling stressed, ask them. If you see they're upset, help them to calm down so they can think more clearly – a few deep breaths usually helps. Ask them how they feel, and why they think they feel that way. Listen carefully to what they say. Help them to consider different options and let them choose what they want to do and what (if anything) they'd like you to do. Make sure to follow up by asking them how things are going and if their choices are helping.



- You, as an individual, are a key piece to your family. Make sure to “fill up your own tank” once and a while. We can't drive a car on an empty tank, same goes for ourselves! Make sure to set some time aside for yourself, do something you enjoy doing. Maybe it's doing meditation, going for a walk while listening to your favorite podcast or meeting a friend for dinner at your favorite restaurant! There are plenty of things you can do for yourself to help keep your own “tank” full so that you can continue to be the rock for your family!

How To Make and Stick to a Holiday Budget



The holiday season is one of giving, which often means it can easily become the season of spending too. To help take the stress out of the holiday season, consider creating and sticking to a holiday budget.

MAKE A PLAN

To start saving ahead of the holidays, it helps to create a plan. Begin by making a list of all of your expected holiday expenses. In addition, create a detailed shopping list. For each individual you are gifting, you should have one or two ideas within a designated price range.

DETERMINE YOUR BUDGET

Now that you know where your money is going, determine how much you have available to cover holiday expenses this year. It's important to not plan on spending more than you have saved initially. Divide your budget according to the different spending categories you'll have this holiday season. This means assigning a specific amount for each gift, as well as each outing, office holiday party, or another event.

TRACK YOUR PURCHASES

Keep track of all your purchases. Bring your gift list, along with your budget sheet, on every shopping trip. Additionally, be sure to keep track of the cost of your holiday-related outings and other expenses so you will be able to more accurately budget next year.



As you begin to purchase gifts and spend money, be sure to subtract the amount from your running Christmas budget total. This will let you know how well you are sticking to your budget and will make it easier to make adjustments between categories if needed.

Other Tips for Saving Money During the Holidays

- Do most of your shopping online. Shopping online can save you money and time, as it gives you the ability to compare shops to find the best price. Don't forget to look for free shipping codes and allow plenty of time for your gifts to arrive.
- Make DIY presents for those closest to you.
- Gift experiences rather than physical items. While physical presents are great, sometimes experiences can be more worthwhile. Instead of getting an at-home cooking set for your daughter who wants to be a chef, for example, consider purchasing cooking lessons for the two of you to do together.
- Start saving early. If you put aside money each month to cover your holiday expenses at the very start of the year, you will stress a lot less about your holiday spending when the time comes. Consult last year's budget to see how much you spent, then divide that number by 12. This is about how much you need to put aside each month in order to cover the next year's holiday spending.
- Keep your budget realistic. It can be challenging to manage the pressure and desire to give holiday gifts, leaving many people to make tough choices over what to cut in order to give. It may feel heartbreaking to skip gifts or give much less than you would like to, it is likely to be much less burdensome than taking on debt or cutting your spending on necessities.





With everything that has happened the last couple years many people are struggling. They are having a hard time with food insecurities, feeling isolated and falling behind on their education. Below is a list of some places in our area where you can apply to be a volunteer and lend a helping hand.

Scarborough Centre for Healthy Communities (Formerly West Hill Community Services):

Become a friendly visitor for Seniors in Scarborough. As a volunteer of the Friendly Visiting Program, you will provide regular weekly visits to the home of a client, or provide regular weekly telephone calls to a client if requested/recommended. The purpose of this program is to provide frail, isolated seniors, adults with disabilities and/or dementia with a long lasting connection to their community, by matching them with a volunteer who will visit or call on a regular basis at an arranged time. Volunteers and clients engage in meaningful social relationships that are not only beneficial for the clients, but the volunteers as well. Visits are primarily social in nature and do not involve personal care or homemaking services. The goal is to develop a warm and friendly relationship with the client while encouraging independent living within the community.

Please email or call SCHC for more information and to apply for this meaningful volunteer role. Training and ongoing support provided.

jmalik@schcontario.ca@schcontario.ca or please call

416-642-9445 ext. 4418



Scarborough Centre for Healthy Communities (Formerly West Hill Community Services):

We have an urgent need for "Meals on Wheels" volunteer drivers. Scarborough Centre for Healthy Communities (SCHC) needs your help. Only 2 hours a week is required as a licensed driver to ensure all of the meals we deliver every week continue. For the majority of our clients they depend upon the Meals on Wheels program to get basic daily nutrition.

Help us by calling Lori at 416-847-4127 or emailing volunteerprogram@schcontario.ca right now.

Daily Bread Food Bank:

All year round the Daily Bread Food Bank is looking for people to Volunteer their time to help put meals on the table for many families, if this interests you please visit their website to register to become a volunteer.

[Individuals - Daily Bread Food Bank](#)



Toronto Public Library - Cedarbrae:

Cedarbrae Leading To Reading Help a child (grades 1 to 6) experiencing reading and/or homework difficulties. Encourage reading and learning, engage in a variety of learning-related activities, occasionally help with homework, keep a logbook of the child's progress. Act as a mature reading/learning role model. Meet the same student weekly for one hour. Application form available at:

<http://www.tpl.ca/ltr>



Community Resources

BOF Black Business Loan Program

- <https://blackopportunityfund.ca/funding-programs/bof-black-business-loan-program/>

Black Opportunity Fund is committed to providing funding and helping to build the capacity of Canadian Black-led businesses. We have built a lending capacity and support network with an anti-oppression lens, that will ensure that Canadian Black entrepreneurs will have a well-capitalized and thoughtful lending partner in BOF. Applicants can apply for financing loans in the range of \$10,000 to \$50,000, to help you grow and advance your business.

Food Banks/ Free Food Pantry

Located in our very own Co-Op office at 235 there is a new Food Pantry, members are welcome to use (Donate and Collect). Members needing to use the food pantry – this is truly for you to use anonymously. Come any time up till 9:30pm. Go to the office laundry room and take what you need from the cupboards. No one needs to know who you are or what food you need. Generally, there is no one in the office from 5:00 p.m. through 9:30, except for Wednesday. If you wish to donate any **Non-Perishable** food items please bring them to the office and leave them on the table in the hallway.

Feed Scarborough- Rouge Park Food Bank

- <https://scarboroughfoodsecurityinitiative.com/food-bank>

The Salvation Army Scarborough Citadel Food Bank

- <https://www.scarboroughcitadel.ca>

Crisis Lines and Shelters

- Scarborough Women's Shelter: 416-397-0322
- Warmline: 416-960-9276
- Distress Center: 416-408-4357
- Scarborough Health Network Community Crisis Program: 416-495-2891
- Kids Help Phone 24/7 e-mental health service offering free, confidential support to young people in English and French. Phone: 1-800-668-6868



YWCA

YWCA Toronto offers girls their own space where they can talk, explore, dream and plan. We provide girls and young women a safe and fun space to develop leadership skills and try new things. Caring staff offer girls and young women counseling, settlement services, help with school, career support, parenting support and fun activities. Phone: 416.961.8100 Website: <https://www.ywcatoronto.org/>

Victim Services Toronto

Victim Services Toronto provides immediate crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities affected by crime and sudden tragedies. 24 hours / 365 days a year *Phone*: 416-808-7066

EAST SCARBOROUGH STOREFRONT

A project of  MakeWay














The East Scarborough Storefront uses the power of collaboration to support people and build community in an inner suburban neighborhood in East Scarborough.

East Scarborough is one of the most diverse communities in the country. Almost 30% of the people living in East Scarborough live below the poverty line. East Scarborough is home to the highest concentration of social housing in Ontario and to the largest Aboriginal community in Toronto outside of the downtown. East Scarborough is geographically located on the fringes of Toronto and is plagued by lack of economic opportunities and poor transit.

If you wish to drop in please call ahead at 416-208-9889, as some services require an appointment, and sometimes program times change.

Below are some of the services that are offered by the East Scarborough Storefront (storefront KGO)

 EDUCATION Services	 EMPLOYMENT Services	 FINANCE Services	 HEALTH Services
 LEGAL Services	 MENTAL HEALTH Services	 RECREATION Services	 SETTLEMENT Services
 SOCIAL Services	 WOMEN Services	 YOUTH Services	

They also offer use of:

- Computers (Shutdown 15 minutes before closing time)
- Fax Machine
- Photo copier
- Scanner
- Public Phone
- Community Resource Information

Our Community Resource Centre is located at 4040 Lawrence Avenue East, in Scarborough. We are currently open to the public Monday to Thursday: 10am to 3pm. Our Community Resource Specialists are here to answer questions and share resources via our phone line which is open Monday to Friday 9:00 am to 5:00 pm

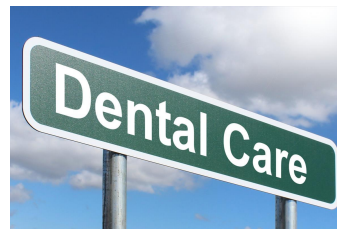
Community-Based Services for Seniors

There are many services available to help seniors access food and essentials, get health and personal care in their homes, get mental health support, and more. Call 211 (24 hours a day, 7 days a week) or the Toronto Seniors Helpline (416-217-2077) to be referred to the right support for you.

Dental Care

FREE Dental Care for low-income seniors is available in **24 clinics** across the city.

Call 416-338-7600 for more information.



Friendly Phone Calls

There are many agencies and groups who offer phone calls from trained volunteers to check in with seniors, have a friendly conversation and keep in touch. Call 211 or Toronto Seniors Helpline (416-217-2077) to be connected to a phone call service for seniors.

*** ACT OF KINDNESS ***

Have an elderly neighbor who could use the help shoveling snow? Do you know of someone who is struggling? Send them a box of groceries! Uber, Instacart, Longos Grocery Gateway and Mama Earth Organics all have a food gift option

Senior Services/Activities

Heron Park Community Centre Programs

Line Dance: Register in-person

Registration Date: December 7, 2022 at 7:00 a.m.

Ages: 60 years and over FREE

- Variety of courses offering both dance instruction and social dancing. Dance to a broad range of music from traditional to country to modern.



Osteo Fit: Register in-person

Registration Date: December 7, 2022 at 7:00 a.m.

Ages: 60 years and over FREE

- These classes are suitable for all levels, focusing on providing a minimum of 20 minutes of cardiovascular exercises that use large muscle groups in a continuous and rhythmic manner. Most classes will also include a muscle conditioning component. Regular participation can help improve one's cardiovascular system (heart/lungs), flexibility, balance and coordination. Small equipment may be used.

Seasonal Affective Disorder (S.A.D.)

Do you get depressed during the dark days of late fall and winter? You might have seasonal affective disorder, or S.A.D.

Seasonal affective disorder is a form of depression that occurs at the same time each year, usually in winter. It can affect your mood, sleep, appetite, and energy levels, taking a toll on all aspects of your life from your relationships and social life to work, school, and your sense of self-worth. While S.A.D. can make it hard to motivate yourself, there are plenty of things to help yourself feel better.



Tips for Dealing with Seasonal Affective Disorder (S.A.D.)

1. Get as much natural sunlight as possible - it's free!

Whenever possible, get outside during daylight hours and expose yourself to the sun without wearing sunglasses. Sunlight, even in small doses, can help boost serotonin levels and improve your mood.

- Take a short walk outdoors, have your coffee outside if you can stay warm enough.
- Increase the amount of natural light in your home and workplace by opening blinds and drapes and sitting near windows.
- Some people paint walls in lighter colors or use daylight simulation bulbs.



2. Exercise regularly—it can be as effective as medication.

Find exercises that are continuous and rhythmic such as walking, weight training, swimming, martial arts, or dancing—where you move both your arms and legs. Aim for 30 to 60 minutes of activity on most days. Even something as simple as walking a dog, for example, can be good exercise for you and the animal, as well as a great way to get outdoors and interact with other people.

3. Reach out to family and friends—and let them help.

Close relationships are vital in reducing isolation and helping you manage S.A.D. Participate in social activities, even if you don't feel like it. It may feel more comfortable to retreat into your shell, but being around other people will boost your mood.

- Call or email an old friend to meet for coffee.
- Join a support group for depression.
- Volunteer your time.
- Meet new people with a common interest by taking a class or joining a club.



Continued on next page

4. Eat the right diet

- Foods such as oatmeal, whole grain bread, brown rice, and bananas can boost your feel-good serotonin levels without the subsequent sugar crash.
- Foods rich in certain omega-3 fats—such as oily fish, walnuts, soybeans, and flaxseeds—can also improve your mood and may even boost the effectiveness of antidepressant medication.
- Take a vitamin D supplement, but check with your doctor first.



5. Take steps to deal with stress

- Practice daily relaxation techniques such as yoga and meditation.
- Do something you enjoy (or used to) every day. Having fun is a great stress buster, so make time for leisure activities that bring you joy, whether it be painting, playing the piano, working on your car, or simply hanging out with friends.

6. Try light therapy

Light therapy aims to replace the missing daylight of winter by exposing you to bright light that mimics natural outdoor light. Daily exposure can suppress the brain's secretion of melatonin to help you feel more awake and alert, less drowsy and melancholy.

- **A light box** delivers light with up to ten times the intensity of normal domestic lighting.
- **A dawn simulator** is a device that gradually increases the amount of light in your bedroom in the morning to simulate the rising sun and wake you up. The light gradually increases, just as natural sunlight does, over a period of 30 to 45 minutes. Instead of waking up in darkness, you wake to what looks like a sunny morning.

Other resources:

Mood Disorders Association of Ontario offers free support programs to people across Ontario who are living with depression, anxiety or bipolar disorder.

- Telephone Support Line: 1-888-486-8236.
- Monday to Friday, 9:30 a.m. - 5:00 p.m.



Looking for information about Mental Health, Addiction, or Gambling Services and Supports in your Community? ConnexOntario can help. For mental health services in Ontario, call 1-866-531-2600 (toll-free).



Winter Activities for Kids And Families



Not sure what to do this winter?

Here's a list of mostly free activity ideas to try with your family!

Christmas activity ideas to do with the Kids over the Holidays

- | | |
|---|--|
| <ul style="list-style-type: none">• Baking Christmas cookies• Write Christmas cards• Make popcorn Garland• Write out your wish list and mail it to Santa | <ul style="list-style-type: none">• Watch Christmas movies on Crave (included with your Bell Package) Netflix or Disney+• Build a gingerbread house• Decorate the house and yard |
|---|--|

Things to do in Toronto this Winter

- | | |
|---|---|
| <ul style="list-style-type: none">• Go ice skating at Nathan Phillips Square or better yet, we have a community center right up the street. Strap on a pair of skates and have some fun!• Go tobogganing: An obvious one but so much fun and easily accessible at parks around the city.• Try snow tubing: Like tobogganing, snow tubing involves rocketing down a snow-packed track with no breaks and the added element of spinning in an inner tube. The best part? It's no skill, all-thrill fun! There are several snow tubing locations near Toronto including: Ski-Lakeridge, Horseshoe Resort, Tube and Terrain Park at the Roc and Mount Chinguacousy.• Camp out in the living room: This is especially fun with younger kids. Grab your pillow, make a blanket fort & hang some twinkle lights or sleep under the Christmas Tree.• Walk through the tunnel of lights at Bloor-Yorkville BIA from November 26 to December 31, 2022• Missing summer? Warm up in a beautiful tropical garden at Allan Gardens Conservatory located at 19 Horticultural Ave, Toronto | <ul style="list-style-type: none">• Explore a wonder-filled adventure inspired by fire, ice, and light at Snow Magic in Ontario Place. This year's event runs from November 12th to January 23rd, 2023.• Go on a winter hike: Even though it's cold, it's always nice to get outside in nature for a while.• Casa Loma holiday light tour. Wander through a dazzling light display in the gardens and tunnels decorated for the holiday season with live performances during November and December.• Check out Icefest: see over 70,000 pounds of ice carved into sculptures in Bloor-Yorkville. Feb 18-19, 2023 Located at Village of Yorkville Park. Address is 115 Cumberland St, Toronto• Glow Christmas: Step out from the cold and into the warmth and magic of Glow Christmas! At Canada's premium indoor holiday festival, you and your loved ones are invited to savor delicious foods, sip on holiday inspired drinks, shop for one-of-a-kind gifts, decorate cookies with Mrs Claus and enjoy story time with Santa himself – all beneath the glow of a million twinkling lights. All of December 2022. Located at Toronto Congress Centre - 1020 Martin Grove Rd, Etobicoke |
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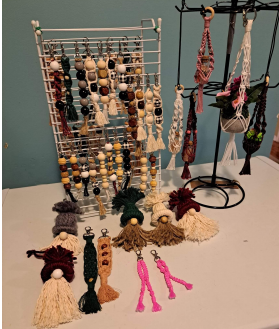







CLASSIFIEDS

Easy to Place, Easy to Find, Easy to Buy!



BUSINESS

Item	Description	Contact Info
<p>Robin's Macrame</p> 	<p>Macrame items available for purchase. Plant hangers, floating shelves, Christmas gnome ornaments, keychains and mini decorations for car rearview mirrors.</p> 	<p>Contact Robin Pye by text only @ 416-287-1375 (245 unit 99)</p> 
<p>Crystals & Reiki with Lisa B.</p> 	<p>Offering distance Reiki, Cord cutting & crystals for all ages & animals around the world. Located near Port Union & Lawrence. Join us for Live Facebook sales and in person events. Send a private message for any enquiries you may have!</p> 	<p>Please send a private message for any enquiries you may have!</p> <p>Facebook: www.facebook.com/Reikiwithlisab</p> <p>Lisa@Lisab.ca</p>
<p>Embee Natural Soaps</p> 	<p>Embee Natural Soaps make small batches of handmade soap bars using all natural ingredients that your skin will love. From mild and gentle to exfoliating we offer the perfect bar for everyone! We frequently attend vendor shows in and around the GTA. Visit our social media pages for details on our up and coming events!</p>	<p>Contact us for more details! Facebook (Embee Natural Soaps) Instagram (embee_natural_soaps)</p> 

If you are wanting to sell/buy or promote, please email us at newsletter@neilsoncreek.com or drop off (in an envelope) to unit 18. You must indicate if you are selling, buying or promoting with a description, and your contact information.

Discount Stores for Christmas

Once Upon a Child

We provide a great selection of gently used kid's clothes, shoes, toys, furniture and baby gear with a savings of up to 70% off retail. Once Upon A Child buys and sells gently used kids' clothing, shoes, toys and baby gear, so you can recycle your children's nearly new items and get paid on the spot. Visit your nearest location and turn those items into cash or trade them in for things you need.

Locations:

- 45 Overlea Blvd, Toronto, ON M4H 1C3
- 18 Harwood Ave S, Ajax, ON L1S 7L8

Phone: 705-726-7577
Phone: 905-427-4194



Plato's Closet #1 Ranked Teen Resale Franchise

A retail-resale brand aimed directly at one of the marketplace's most demanding and discerning demographics: teens and twenty-somethings. Bring in your gently used brand-name clothing and accessories and get paid on the spot.

Locations:

- 2650 Eglinton Ave E, Scarborough, ON M1K 2S3
- 1755 Pickering Pkwy, Pickering, ON L1V 6K5

Phone: 416-267-5286
Phone: 905-428-2900



Krazy Binz

Krazy Binz Liquidation is a bargain bin discount store like no other. We offer STEEP discounts with the price FALLING EVERYDAY until the final day of the week! Prices for items in the bins will never exceed \$25.

Locations:

- 1590 Dundas St E, Mississauga, ON L4X 2Z2



Talize

Talize is a Canadian owned and operated for-profit thrift retailer. We're passionate about Sustainable Fashion because we know we're helping the planet at the same time as providing you amazing value! That means offering unbeatable prices on brand names, designer fashions, accessories, leather goods, footwear, housewares, books, toys and more - all while contributing to the health and sustainability of our planet

Locations:

- 1615 Dundas St E, Whitby, ON L1N2L1



Samko and Miko Toy Warehouse

Brand name toys and books at unbeatable prices. Tired of your child complaining about being bored, worried they're not getting a head start on their education, looking for the best place to buy toys and books? Visit Samko and Miko Toy Warehouse. They've got everything your child needs for healthy and mentally stimulating playtime.

Location:

- 60 East Beaver Creek Rd, Richmond Hill, ON Phone: 905-771-8714
- Mon - Wed: 10 - 4 | Thurs - Fri: 10 - 8 | Sat - Sun: 10 - 5



28th ANNUAL TORONTO AUXILIARY POLICE



TOY DRIVE



This annual event supports hundreds of children in need and their families from the Scarborough area. The Auxiliary Officers from 41, 42 and 43 Divisions are seeking the charitable and generous support from the community, local businesses and students from area schools. All donations of new unwrapped toys are welcome. We are seeking toys for boys and girls of all ages.

Your donations may be dropped off at the following locations:

- 41 Division: 2222 Eglinton Avenue East
- 42 Division: 242 Milner Avenue
- 43 Division: 4331 Lawrence Avenue East (East of Manse Rd.)

For more information, please contact Police Constable Alison Avery at 416-808-4274 or email 9134@tps.ca.

HERON PARK COMMUNITY CENTRE

Invites You To Attend



HO HO HO!

VISIT WITH SANTA

Saturday, December 10, 2022

- 12:00 - 12:45 pm and 1:00 - 1:45 pm

Cost is \$2 / person

- Tickets can be purchased at the reception desk at Heron Park Community Centre starting Monday, December 5th. Participants must be registered in order to attend the event. 1 ticket per person registering. There will be 100 tickets sold at 9:00 am and 100 tickets sold at 7:00 pm.

Activities Include: Cupcake Decorating (served with clementine juice, coffee/tea), Santa's Craft Workshop-tree Ornament, Photo taken with Santa for Keepsake.

New Year's Eve



Nathan Phillips Square

- Find the ultimate New Year's Eve bash at Toronto's City Hall. Kick off 2023 at Nathan Phillips Square with free live music, ice skating, food and drinks trucks, and an Instagram-worthy fireworks display that starts at midnight. Check the City of Toronto website closer to the date for the lineup and schedule information.

How do you celebrate New Year's 2022 at home with family and loved ones?

- Cook a new recipe with your family
- Board game night
- Make DIY crafts
- Create your own photo booth
- Do a Karaoke night
- Watch funny movies
- Spend time with yourself
- Light sparklers
- Have lots of snacks
- Prepare the perfect cocktail
- Have a sleepover in the living room

What do many Canadians eat on New Year's Eve?

- While they're a year-round favorite, long rice noodles are especially celebrated on New Year's Eve for their ability to promise a long life when eaten uncut. In this dish, noodles are mixed with stir-fried chicken and veggies whose flavors come alive with ginger, and then doused with a smooth milk and coconut sauce.

Traditions in Canada

- Some people mark the stroke of midnight by opening bottles of champagne or sparkling wine and drinking a toast to the New Year and the health of everyone present. Others take a short vacation to enjoy Canada's natural beauty at its wintry best or to take part in winter sports, such as skiing and snowboarding.

The First Country Around The World To Start 2023

- **Country:** Republic of Kiribati | **State:** Christmas Island
- Converted Time (Toronto, ON, Canada): 5:00 am EST on Saturday, December 31, 2022





VALENTINES DAY

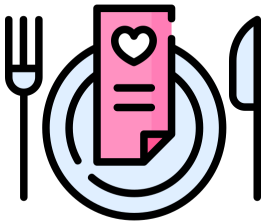


Did you know?????

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. In the mid-19th century, there was an increase of interest in Valentine's Day, first in the United States, then in Canada. It was promoted by manufacturers of paper lace and cards as a means of increasing their sales.

4 Tips to celebrate Valentine's Day

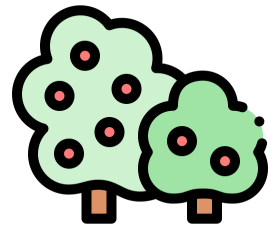
Tips N°1: Prepare a romantic meal at home



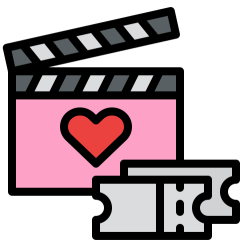
The simple things are often the most appreciated. A one-on-one dinner will be perfect to enjoy this special day. If you're not a food lover (or just don't like it), don't hesitate to order a good meal from a local restaurant. In addition to pleasing your loved one, you will support the local economy!

Tips N°2: A walk in the woods

In Canada, no excuses, there's always a forest nearby! A nice walk among the trees or in a park can be a very good idea to spend some time together reminiscing about your past and dreaming about your futures together.



Tips N°3: Turn your living room into a home cinema



Grab popcorn, a blanket and put on a new or classic Valentine's Day movie. Snuggle up with your love and enjoy the movie together.

Tips N°4: Send flowers or any other gift

If, unfortunately, you are separated from your loved one on February 14th, consider sending flowers or any other gift that will please them. A little attention is always appreciated. And even if you are together for Valentine's Day, having a bouquet or any other gift delivered can also be a great idea for a surprise.



Family Day

February 20, 2023



Activity Ideas

Family Fishing Weekend - February 18 to 20, 2023 (FREE)

- Try ice fishing on the Family Day long weekend.
- Canadian residents can fish in Ontario for free during family day long weekend (12:01 a.m. Saturday to 1:59 p.m. Monday). This means you do not need to buy a fishing license if you want to fish!

Family Skate Day Please check with locations for their schedules.

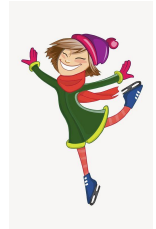
- Heron Park Community Recreation Centre located at 292 Manse Rd, M1E 3V4 Phone# 416-396-4355
- Scarborough Village Recreation Centre located at 3600 Kingston Rd, M1M 1R9 Phone# 416-396-4048

Family Hiking Day

- Cedar Trail - Located in the stunning Rouge National Urban Park. A popular place to get a taste of nature in the GTA area. The Cedar Trail is a 14-kilometer loop trail for hiking, walking, trail running, year-round. The area has incredible biodiversity, which adds to your experience.

Tobogganing

- Adams Park located at 2 Rozell Road in Scarborough
- Thomson Memorial Park located at 1005 Brimley Road in Scarborough



Day at the Movies

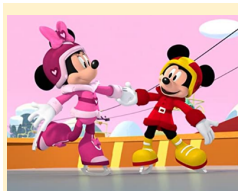
- Cineplex Odeon Morningside Cinema located at 785 Milner Ave, Scarborough, ON M1B 3C3
- Cineplex Cinema located at Scarborough Town Centre, 300 Borough Dr, Scarborough, ON M1P 4P5

Visit The Toronto Zoo

- Located at: 2000 Meadowvale Rd, Toronto, ON M1B 5K7 Phone: (416) 392-5900
Although a lot of the Toronto Zoo is outdoors, they do have many wonderful indoor pavilions with amazing animals to visit. You could spend an entire day at the Toronto Zoo just going from pavilion to pavilion!

Check out Ripley's Aquarium

- Located at: 288 Bremner Blvd, Toronto, ON M5V 3L9
Immerse yourself in a world of 20,000 aquatic animals and discover your own underwater adventure. The Aquarium boasts more than 5.7 million liters of water, North America's longest underwater viewing tunnel, and more than 100 interactive opportunities! Get up close and personal with several touch exhibits featuring scarlet cleaner shrimp and stingrays. This awe-inspiring attraction consists of ten carefully curated galleries showcasing a cross section of saltwater and freshwater environments from around the world, starting with species from Toronto's backyard, the Great Lakes basin.



Holiday Dessert Recipes

Salted Caramel Cookies

Ingredients you will need:

- 1 cup butter (slightly softened)
- 1 cup dark brown sugar
- ½ cup sugar
- 1 large egg
- 1 large egg yolk
- 1 teaspoon vanilla



- ¼ cup caramel sauce (more for drizzling on cookies)
- 2 ½ cups flour
- ½ teaspoon baking Powder
- ¾ teaspoon baking Soda
- 1 teaspoon salt
- sea salt flakes (optional)

Directions:

- Heat oven to 390 degrees. In a large mixing bowl, cream together butter, brown sugar, and sugar for at least 4 minutes, scraping the sides of the bowl often. Add egg, egg yolk, and vanilla and mix for 1 minute. Stir in caramel.
- Fold in flour, baking powder, baking soda, salt and mix well.
- If possible, use a light-colored baking sheet. Roll cookies into light balls and place on a parchment paper-lined baking sheet. Bake for 8-11 minutes or until lightly golden on the sides. Remove from the oven and let sit for several minutes. Drizzle caramel all over each cookie before serving. Enjoy!



Fruity No-Alcohol Punch

- 4 yellow peaches
- 1 cup pineapple juice
- 250g raspberries
- 4 cups ice cubes
- 1.25 L lemonade, chilled
- Fresh mint sprigs, to serve

Directions:

- Roughly chop 3 peaches. Place chopped peach and pineapple juice in a food processor. Process until smooth. Transfer to a sieve set over a bowl. Using the back of a spoon, press peach mixture through a sieve. Discard solids. Place 1/2 the raspberries in a bowl. Lightly crush with a fork. Thinly slice the remaining peach. Place ice cubes in a 2 litre capacity jug. Add peach slices and purée, and crushed and whole raspberries. Pour over lemonade. Using a large spoon, stir to combine. Top with mint. Serve.



Recipes continued on the next page...

Hot Chocolate Cookies

Ingredients you will need:

- ¾ cup of softened butter
- ¾ cup of sugar
- 1 teaspoon of vanilla extract
- 2 large eggs
- ¾ cup of brown sugar
- ½ teaspoon of baking powder
- 1 teaspoon baking soda
- 3 tablespoons of baking cocoa
- 2 and ¼ cups of all purpose flour
- ½ cup of instant hot cocoa mix
- 1 teaspoon of salt
- 1 cup of vanilla marshmallow bits (not full marshmallows)
- 1 cup semisweet chocolate chips

Directions:

- Preheat the oven to 375°. In a large bowl, beat butter and sugar until light and fluffy, 5-7 minutes. Beat in eggs and vanilla. In another bowl, whisk flour, cocoa mix, baking cocoa, salt, baking soda and baking powder. Gradually beat into the first mixture. Gently stir in marshmallow bits and chocolate chips. As many as your heart desires!
- Drop dough by tablespoonfuls 2 inches apart onto greased baking sheets. Bake until set, about 10-12 minutes. Remove to a wire rack to cool completely and enjoy!



Chocolate Covered Strawberries

Ingredients you will need:

- Strawberries
- Your choice of chocolate (chocolate chips, an aero bar, etc)
- Any other toppings you'd like (sprinkles, icing, caramel, nuts, etc)

Directions:

- Wash and dry your strawberries. Take off the hull of the strawberry if you desire. Prepare your desired toppings.
- Line a baking tray with parchment paper to place the dipped strawberries on.
- Melt your chocolate in the microwave and Dip the strawberries into it. Coat in your toppings.
- Lay the chocolate covered strawberries onto your tray and allow them to dry completely.

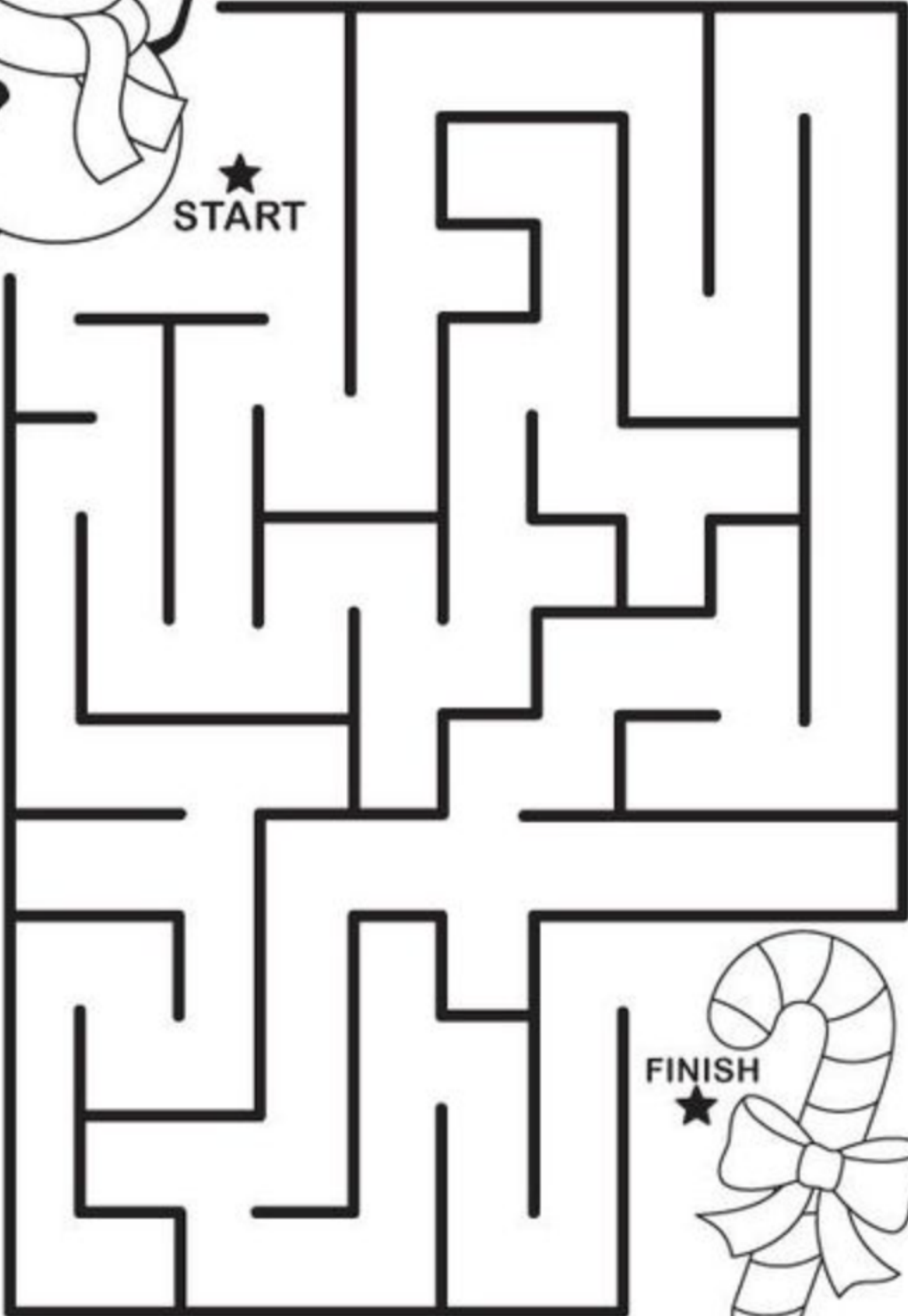




Help Frosty find his way to the candy cane!



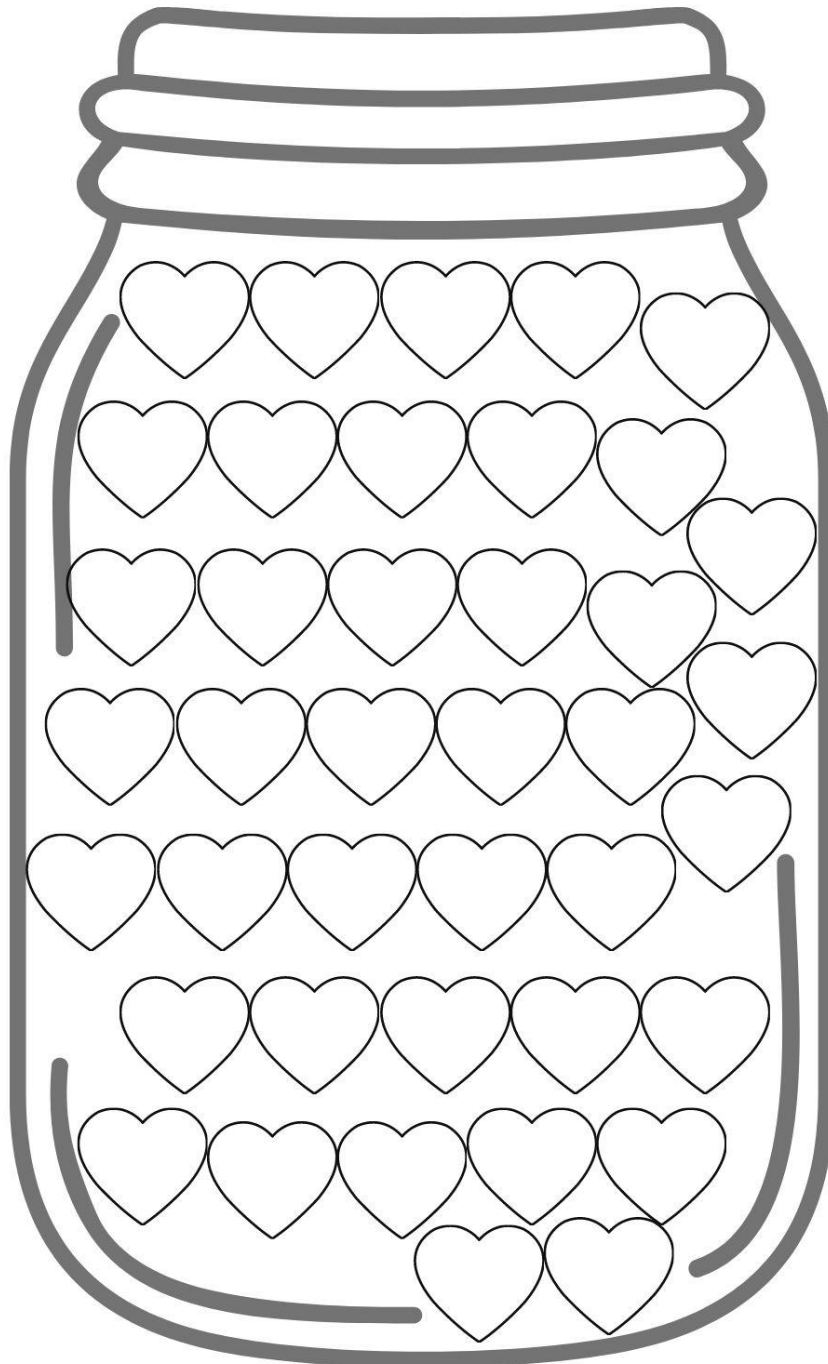
★
START



FINISH




Savings Tracker





♡ = \$ _____


Goal \$ _____


Please feel free to cut these out to use for your Christmas Gift Name Tags


	<p>Peek-a-Boo</p> <p>To:</p> <p>From:</p>
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Dear Santa,

This Christmas, I am _____ years old.

This year, I have been... good all of the time
 good some of the time
 naughty (but nice!)

What I would like most this Christmas is...

_____ and _____

And I promise to leave out _____ for you!



Merry Christmas, Santa!

Love, _____

P.S. Please say "Hi" to _____ for me!