

SENIORS HOUSING NEWSLETTER

314 3rd Street South
Lethbridge, Alberta, T1J 1Y9

Business Office &
Emergency Maintenance

(403) 329-0556

(24-hour answering service)

Lethbridge Housing Business Office will be Closed for the Holidays:

Friday, March 30th, 2018 (Good Friday)

Monday, April 2nd 2018 (Easter Monday)

Monday, May 21st, 2018 (Victoria Day)

**Community Workers: Candice Fisher or Marcie Frederickson
at (403) 320-5981 or (403) 394-9658**

Are available for referrals to other agencies for support, stop smoking programs, or help with personal issues or concerns.

If you are turning 65 this year, or are 65 already and do not have all of your Pensions in place, see the Community Workers for assistance with completing Pension Applications.

It is Tax Season.

Did you know that you can get your taxes done for FREE at Nord-Bridge Seniors center by calling 403-329-3222 OR for FREE at LSCO by calling 403-320-2222.

Once you have completed your 2017 Taxes, submit a copy to the LHA Business Office—we can keep it on file for your Annual Review.

Do you have Tenant's Insurance?

If you don't - You should!

Tenant's Insurance is important to keep your belongings safe. Even if you believe your belongings aren't worth very much, the cost of replacing everything you own could really add up.

Tenant's Insurance covers more than just your belongings. Check with your current insurance provider or shop around to find the best deal.

Spring Inspections will be starting in mid-March. Letters will be sent out approximately one week prior to the date of the inspections.

If you have any maintenance concerns, please be sure to call 403-329-0556 to report them.

All Lethbridge Housing properties are **No-Smoking**.

Anyone who is caught smoking in their apartment OR on the balcony will be written up, and if you have more than one violation of your Lease Agreement on file,

Your Tenancy could be at Risk.

If you know someone is smoking inside the building, please put your concerns in writing and address them to Kayla.

All tenants need to be following their Lease Agreements, any who are not will be dealt with accordingly.

Do you have a My Service Canada Account?

You can use it to print off Taxes or T4's, change your address or personal information, or access Pension information.

If you don't already have one, contact the Community Workers for help or see below for more info.

Steps to register for My Service Canada Account

my information,
within my reach

Follow the steps below to register for My Service Canada Account, through a Sign-In Partner with your Personal Access Code.

- Step 1: Visit Canada.ca/my-service-canada-account.
- Step 2: Under "Don't have an account?", click on "Register".
- Step 3: Before you register, you need an access code. Under "Do you already have an access code?", click on "Yes, I already have an access code".
- Step 4: Click on "Continue to Sign-In Partner".
- Step 5: Select your bank from the list.
- Step 6: Enter your banking information and password. Click on "Sign in".
- Step 7: You can now register for "My Service Canada Account". Click on "Continue".
- Step 8: Read "Create my profile" to proceed with registration. If you agree with the conditions, click on "I agree".
- Step 9: Read the "Privacy notice and terms and conditions". If you agree, click on "I agree".
- Step 10: Under "Create my profile", choose option 1: "New user". Click on "Continue".
- Step 11: Complete the "Create my profile" page. Click on "Continue".
- Step 12: Click on "Continue" to confirm your profile.

The screenshot shows three stages of the registration process:

- My Service Canada Account**: A header section with a "Register" button circled in red. Below it, the question "Don't have an account?" is followed by a "Register" button circled in red.
- Before you register**: A section asking for an access code. The question "Do you already have an access code?" is followed by two buttons: "Yes, I already have an access code" (circled in red) and "No, I need to request an access code".
- Access My Service Canada Account**: A section titled "Choose from one of two options to access MSCA:". Under "Option 1", the "New user" button is circled in red. To the right, there is a list of sign-in partners with logos for Financial Group, Scotiabank, TD, and BMO.

You now have access to My Service Canada Account!

If you or someone you know is struggling with addictions, there is help available.

McMan Lethbridge has a Mobile Addictions Outreach Initiative that can help anyone who struggles with addictions and refer them to the supports they require. These supports are fully client driven, and will be created in a way to best fit the needs of the client.

In order to reach them, please call 403-328-2488

McMan Lethbridge also offers SMART Recovery, an alternative to the 12 Step Program for people at any point in their recovery process. For more information on this program, please call 403-328-2488

Prairie Treatment Clinic combines addiction treatment and counseling for increased success in helping people overcome addiction. There are walk in hours on Mondays, Tuesdays and Wednesdays from 10AM until 3PM, and Fridays from 9AM to 11AM. The clinic is located at 901 3rd Avenue South or appointments can be booked by calling 403-942-7077

Your family physician also remains a valuable resource if you are struggling with addiction and can make referrals to available resources as well.

Health Link Nurses can also provide you with information regarding any addictions programs nearby by calling 811.

If you aren't sure where to start, AHS runs an Addictions Helpline which can be reached by calling 1-866-332-2322

If you are noticing an increase of needles or other drug paraphernalia in or around your building, ARCHES can be contacted for clean up by calling 403-332-0722.

If you have any other questions or concerns regarding Addiction Information, the Community Links booklets have a section of local resources for Addictions. If you would like a copy please contact CMHA Lethbridge by calling 403-382-5465 or by stopping by their office located at 426 6th Street South.

