



NORFOLK HOUSING ASSOCIATION

FEBRUARY 2023

CONTACT INFORMATION

1118 Kensington Road NW
Calgary. AB T2N 3P1

Phone: 403.270.3062

Email: admin@norfolkhousing.ca

www.norfolkhousing.ca

After Hours Emergency:
403.651.3717

OFFICE HOURS:

Monday - Friday
9:30am-4:00pm

Upcoming Holiday Closures:
February 20th

FOLLOW US ON INSTAGRAM
AND FACEBOOK FOR UPDATES,
EVENTS, AND MORE.



NORFOLK
HOUSING
ASSOCIATION

NEWSLETTER NOW AVAILABLE IN A FORMAT FOR THE VISUALLY IMPAIRED

Great news!

Our incredible resident, Tait, has generously offered to convert the newsletters into HTML to make them available for the visually impaired on our website!

You can find these new versions of the newsletter (along with all of the recent digital versions) at norfolkhousing.ca/information-news (under the "Current Residents" tab).

Please share with a neighbour you know may struggle to read this newsletter!

COMMUNITY ADVISORY GROUP MEETING NOTES AVAILABLE ONLINE

Did you know that we make ALL Community Advisory Group meeting notes available on the website!? It's true! So if you've missed a meeting, you can head to our website and catch up there.

www.norfolkhousing.ca/information-news



NEIGHBOURLY NODS



At the last Community Advisory Group, the idea came up that it would be nice to say thank you to one another for the little things so many of our neighbours do for each other - and around the buildings.

While not everyone is comfortable with having their names published, **we thought it could be fun to share these Thank Yous like anonymous classifieds!**

Want to join in the fun and thank a neighbour? Submit nominations to info@norfolkhousing.ca with the title "Neighbour Nod"!!

Here's a sample: Thank you to our neighbour at Bowen House who goes outside most days and sweeps up the front steps. We appreciate you and the beauty you add to our home!

BULLETIN BOARDS

A friendly reminder that the bulletin boards in lobbies and near doors at the buildings are COMMON and you're welcome to post items of interest or neighbourly support!

Please just ensure that you remove your items once they are no longer relevant or are showing a lot of wear. Thank you!



NALOXONE KITS

Overdoses are still on the rise and they're scary - but you can help. Naloxone kits are available FREE at pharmacies and pharmacy staff will also provide training on how to use them! If you worry about what to do if you see someone in the neighbour overdosing, or riding transit, please consider carrying a kit with you in your backpack. You could save a life!



STRUGGLING WITH ADDICTION



If you or someone you know is, or might be, struggling with addiction, there are resources to help. Start here:

Addiction Services Helpline

Community Addiction and Mental Health Clinics
Location: Sheldon M. Chumir Health Centre
Call 1-866-332-2322

Provides community-based treatment for people with a moderate to severe mental illness. Services may include:

- intake assessment
- psychiatric consultation
- individual and or group therapy
- managing medication
- transition services (e.g. Independent Living Support)
- case management



CALGARY DOLLARS

Deliver Newsletters at Flett Manor

We are looking for anyone who wants to earn Calgary Dollars to deliver newsletters at Flett Manor on the 1st of each month! Deliverers earn C\$25!

Host a Calgary Dollars Chat

Host a casual neighbour event in your apartment and a Calgary Dollars rep will come to share about the program, help people get set up, work on setting up ads, and just brainstorm! All you have to do is call the Calgary Dollars office (403.270.3200), or email programs@calgarydollars.ca and put on a pot of coffee!

Hosts receive C\$25, and guests will receive \$5 Calgary Dollars for coming - it's a win for everyone!

Be a Community Ambassador!

Organise an event for your community and receive C\$50-C\$100! Event options include:

- Swap Shops
- Treasure Hunts
- Film Screenings
- Children's Programming (Face Painting / Button Making / Board Games /
- Game Nights / Art Kits / Crafting Nights, etc.)
- Mind & Body Health Sessions

Honorarium payments will reflect the amount of time and effort needed to coordinate the event, and the number of event attendees. A small budget may be provided by Norfolk Housing Association