



On the Home Front

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2016 Scholarship Program

This year Newfoundland and Labrador Housing Corporation (NLHC) will award a total of twelve scholarships valued at \$1000 each. This will include six Youth Scholarships (two in each of the following regions: Avalon/East, Central, Western/Labrador), and six Adult Scholarships (two in each of the three regions). The deadline for applications for the Youth Scholarship program is August 31, 2016. For the Adult Scholarship Program, the deadline is September 30, 2016. Check out our website at www.nlhc.nl.ca for more information. ■

Volunteer Week

Volunteer week is April 10-16, 2016. Let's take some time to celebrate the amazing work you do every day in your neighbourhoods.

"Volunteers are the roots of strong communities."

We want to hear all about what's happening in your neighborhood. The deadline for submissions for the next On The Home Front newsletter is Monday, May 2, 2016. Please submit your photos and consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca.



March is Nutrition Month

The theme of this year's Nutrition Month is "Take a 100 Meal Journey: Make Small Changes, One Meal at a Time."

Dieticians of Canada is on a mission this month to help Canadians everywhere take small steps that can make a huge difference towards better nutrition and health. Instead of making big changes all at once, which can be too overwhelming, they suggest taking one change and practising it over 100 meals (Canadians will consume approximately 100 meals in a month). Each week during this 100 Meal Journey, dieticians will share tips, strategies and ideas to help make the change easier and make it last.

Statistics show that 52% of Canadians 20 years or over have chronic diseases such as diabetes or heart disease, and four out of five are at risk, with diet and lifestyle being major factors. Starting with a small change and practising it over and over, Dieticians of Canada believe that these numbers can change.

For tips, ideas and recipes to help you on your 100 Meal Journey, and for more information, visit www.NutritionMonth2016.ca. ■

West Heights Tenant Association

West Heights celebrated the Christmas season with some great events. They had a bowling party for children ages 0-12 years and everyone had a blast! Joy Harris, a new addition to the neighbourhood, made some beautiful cupcakes in the shape of a Christmas wreath...yum! Thanks Joy (hoping she will make them again next Christmas ... hint, hint!). The adult social party was a laugh, as usual. Magician Michael Conway performed some of his amazing tricks and everyone really enjoyed his show. There was plenty of food to go around, and no one left with an empty belly.



The teenagers and volunteers were given Cineplex gift cards (lucky!). The group is having some renovations done and hope to have the work started by January. West Heights is currently planning a volunteer dinner to show their volunteers how much they are appreciated! ■

Seniors Resource Centre

Have a question?
Need a Service?
Don't know where to turn
for help?

Telephone: 737-2333

March is Fraud Protection Month

March is nationally recognized as Fraud Protection Month — a time to raise awareness of the dangers of various types of fraud. Following are a few fraud-prevention tips to consumers:

- If you get a voice mail from your credit card company that asks you to call back, only call back using the number listed on the back of your card. Never respond directly to the contact number offered in the message.
 - If someone calls from a "government agency" requesting money, ask for a certified letter on an official letterhead.
 - Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or social security numbers to unfamiliar companies or unknown persons.
 - Never respond to an offer you don't understand thoroughly.
 - Consumers can call the Consumer Affairs Division of Service NL with questions or complaints regarding misleading advertising or email, mail or telephone scams at 1-877-968-2600.
- For information about existing and emerging types of fraud, visit Canadian Securities Administrators at www.securities-administrators.ca or the Canadian Anti-Fraud Centre at www.antifraudcentre-centreantifraude.ca.

NLHC Hosted Stakeholder Input Sessions

This marks the 5th year NLHC has hosted province-wide Stakeholder Input Sessions. Between February 23-26, individual sessions were held in St. John's, Grand Falls-Windsor, Corner Brook and Goose Bay.

Issues influenced by the OrgCode report, *A Road Map for Ending Homelessness in Newfoundland and Labrador*, were the focus of the discussions which were further informed by a survey sent to all invitees. The survey provided an idea of what was felt to be the most pertinent issues both province-wide and in each region. Responses from the surveys helped to shape the direction of the sessions.

Approximately 50 people attended which included representatives from various government departments, faith groups, advocates, non-profit groups, community advisory boards, community centres, police departments, etc.

The sessions started with a general presentation on NLHC programs, followed by a presentation on Housing First and then discussion of the following:

- The greatest practical challenges of implementing the Housing First philosophy in NL
- Senior and youth homelessness; causes and responses.
- Eviction, triggers and solutions.

The sessions were a success with stakeholders engaged and discussions well-rounded and thorough. Once compiled, the results will be released in a "What We Heard" document. ■

Gluten-Free Black Bean Brownies

With Easter fast approaching, there will be lots of chocolate treats to tempt you. If you would like to indulge in a little chocolate, here's a delicious, healthier alternative to the traditional chocolate eggs and bunnies.

Ingredients

- 1 (14 oz) can of low-sodium black beans, rinsed and drained
- 2 large eggs
- 1/2 cup cocoa powder
- 3/4 cup sugar (or less to taste)
- 1/2 tsp oil
- 1 tbsp unsweetened almond milk (or dairy, skim)
- 1 tsp balsamic vinegar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp of freshly ground coffee
- 1 cup semi-sweet chocolate chips, divided

Directions

- Preheat oven to 350°
- Grease non-stick 9x9-inch square baking pan with baking spray or line with parchment paper, leaving a 2-inch overhand on all sides.
- Blend the black beans, eggs, cocoa powder, sugar, oil, almond milk, balsamic, baking soda, baking powder and coffee in the blender until smooth and pour into a bowl.
- Fold in 1/2 cup chocolate chips until combined. Pour batter into prepared pan and sprinkle evenly with remaining chocolate chips.
- Bake until a toothpick comes out clean, about 30 to 32 minutes.
- Allow to cool. Cut into squares.



Cold and Flu Prevention for all Seasons

- Add a tablespoon of chopped garlic or onion to chicken or beef broth. Though they cause your eyes to water and your nose to run, onion, garlic, ginger, horseradish, and turnips also stimulate lymph circulation and improve your body's defense system.
- Sprinkle ground cinnamon and clove on your hot cereal, or add a sprinkle of cinnamon to your coffee. Aromatic

herbs and spices such as cinnamon, clove, cayenne, eucalyptus, or ginger warm the body as well as provide anti-oxidant protection.

- A few tablespoons of ginger powder added to a warm bath can bring soothing relief from aches and pains. Ginger tea brings warmth, stimulates circulation, and reduces congestion. ■



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