



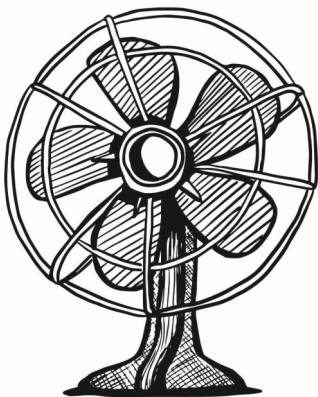
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How to Beat the Summer Heat

Summer is upon us and with it comes the heat. It's not only keeping cool that we need to think about, it's also about protecting you and your family from heat exhaustion, heat stroke or heat cramps. Following are a few ways to help:

- ∞ For those who like to keep active—change the time of your workout to early morning or late evening.
- ∞ Wear light coloured, loose-fitting clothing—preferably cotton rather than synthetics.
- ∞ Fill a spray bottle with water and keep it in your fridge for a quick, refreshing spray to your face.
- ∞ Use fans to help circulate the air.
- ∞ Make homemade popsicles.
- ∞ Place your sheets in a zip lock bag and put them in the freezer. Take them out and put on your bed before going to sleep.
- ∞ Put plastic water bottles filled with water in the freezer and take one with you when you go out.
- ∞ Have a cool shower or bath.
- ∞ Avoid caffeine as this will promote dehydration.
- ∞ Avoid hot foods, try lighter options like fruit, cold plates, and salads.
- ∞ For those of us without air conditioners; treat yourself to a movie or spend time in a mall or public space.
- ∞ If you have a basement—it's a great place to cool down.
- ∞ Hydrate, hydrate, hydrate—stay indoors when you can to avoid direct sunlight especially during the hottest time of the day.
- ∞ Don't forget about your pets—they need protection from the heat as well.
- ∞ Don't leave your kids in the car while you run into a store even for a minute.



Lawn Care

Summer heat can take a toll on your lawn. Follow these simple tips to help keep your lawn

- ∞ Mow at the right height—adjust your mower height to leave grass taller.
- ∞ Water properly—water deeply and infrequently.
- ∞ Watch for pests and treat accordingly.
- ∞ Clean up after your pooch—flush the area with water to dilute the urine and pick up the solid waste.
- ∞ Avoid parking on the grass.
- ∞ Sharpen your mower blade.
- ∞ Let clippings lie—this practice saves time and fertilizer.
- ∞ Pick up litter
- ∞ Tackle those weeds.

2016—2017 Annual Report

Metis Urban Housing Corporation (MUHC) was created on November 26, 1982 to provide affordable, adequate and suitable housing to low and moderate income Indigenous families. MUHC currently has 507 units in 14 urban centers, under the Urban Native Housing Program funded through the Alberta Seniors and Housing Ministry of the Government of Alberta (GOA).

The 507 housing units under MUHC are subsidized through financial transfers from the federal government that are now managed by the GOA. These financial transfers allow for low to moderate income Indigenous families to have subsidized rental rates based on their gross household income.

The Bulk of the MUHC houses are in Edmonton and Calgary. The 2016-2017 occupancy rate has improved to 75% of all units due to many units needing renovations to be rentable. In 2016 over 90 units were renovated using outside contractors and our in-house maintenance team. Renovations/repair plans 2017-2018:

- ∞ 2017 – planning to repair/renovate the following
 - 44 units across the province approved in the current budget.
 - 29 units (2017-18) additional funding approved from Alberta Government for new siding, insulation, doors, windows.
- ∞ 2017-18 – requesting additional funding to renovate units that came vacant since August 2016
 - 43 units across the province requiring repairs and renovations to be rent ready



- 7 units that need to be replaced due to foundation and mold issues
- 5 units that were destroyed in Fort McMurray fire to be replaced in 2018

A key focus of the Board and the Executive Director has been ensuring a positive working relationship between MUHC and its funders Alberta Seniors & Housing. The Board has also established a replacement reserve fund. The intent of the Replacement Reserve is to ensure an adequate funding reserve to properly maintain the homes in a rent ready condition. The waiting lists for MUHC continues to grow and currently sit at around 1350 for MUHC representing a total of almost 6,000 individuals in need of affordable housing. The MNA and MUHC have been actively involved with the Federal and Provincial governments in the development of a National and provincial Housing Strategy. It is our hope that this new strategic approach will bring stability to the social and affordable housing sector.

The Board has also developed and approved a long range 7- year Strategic Plan to guide MUHC into the future to assure it is sustainable in providing affordable housing.

To Apply for Housing go to www.metiscapital.ca

Upcoming Events

Please join us for these upcoming events:

- ∞ **TENANT BBQ**—watch for more information to follow about Tenant BBQ events held in your community.
- ∞ In conjunction with **APTN ABORIGINAL DAY LIVE**—The Métis Nation of Alberta and its affiliates (Apeetogosan, Métis Urban & Capital Housing, and Rupertsland Institute) will be setting up and hosting a Métis village in Victoria Park on June 21 & 22, 2017. This event is open to anyone who wishes to attend. Check out the APTN website for more information: aboriginaldaylive.ca.
- ∞ Celebrating 150+ years of Métis History in Canada—The **89TH MÉTIS NATION OF ALBERTA (MNA) ANNUAL GENERAL ASSEMBLY**, *Celebrating 150+ Years of Métis History in Canada*, will be hosted by Region 6 of the MNA from Thursday, August 10th – Sunday, August 13th. The AGA will take place at the Belle Petroleum Centre in Peace River, Alberta. For more information, please contact Marilyn Lizee at 780-455-2200 ext. 392, or email mlizee@metis.org.

Nihgi Lodge-Vacancies Available

The Nihgi Métis Seniors Lodge is respectfully dedicated to the well-being of our Métis, Indigenous, Non-Indigenous Elders and Veterans. The lodge is a 40 suite building located in North Central Edmonton. The suites are furnished and enable the residents to live in an independent apartment style setting with a range of supported services. **No Damage Deposit required.**

Services included in the monthly rent are:

- ∞ 3 full meals and 2 snacks
- ∞ Weekly Housekeeping and Laundry
- ∞ 24 Hour staffing and Surveillance
- ∞ Emergency Call System
- ∞ Recreation
- ∞ Catholic Service on Sunday in common area
- ∞ Television/telephone in common area
- ∞ Parking
- ∞ Utilities are Included



We have three types of Suites at the lodge:

- ∞ Corner suites with a private bathroom
- ∞ Units that are 198 square feet with a shared bathroom
- ∞ Units that are 160 square feet with a shared bathroom



For more information please call Jackie or Lizette at **780-471-2443**.
Email: nihgi@metiscapital.ca

To Apply for Housing go to www.metiscapital.ca

Renaissance Tower-Vacancies Available

Do you know someone who would like to live in the Renaissance Tower?

Renaissance Tower is located at 9505 105 Avenue, right in the heart of Boyle Street Community. There are one and two bedroom suites with many different layouts available. Highlights include:

- In suite washer and dryer.
- Two elevators for residents to move around freely from floor to floor.
- Garbage chute on every floor.
- Underground parking is available.
- Top notch security on site 24 hours.

Renaissance Tower has an amazing view of downtown Edmonton from the 7th floor Gathering room. This room features furnished plush couches and chairs. The Gathering Room can be booked for small private functions. A great way for tenants and their guests to visit.

Amenities in the area for your convenience are:

- Edmonton Transit is half a block away
- Edmonton City Centre mall, Canada place, the Edmonton Public Library and Churchill Square are all within walking distance.

On-site management is available to address tenant concerns and to book unit tours.

For Further Information please contact:

Leah or Marilyn at: Telephone: **587-521-2630** or email: renaissance@metiscapital.ca



Fire bowl and view from 7th floor balcony.



Typical kitchen layout



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