



Vaccinations are in full swing!

Vaccination clinics began on February 19 in the Office municipal d'habitation de Montréal's (OMHM) low-rent housing for seniors. Those tenants were given priority following the vaccination campaigns in seniors' residences. As of March 10, residents of 57 high-rise apartment buildings have been vaccinated, and hope is spreading in these buildings.

How it works

Each of the five CIUSSS on the island of Montreal coordinates the vaccination campaign for its own area. The OMHM is consulted and kept informed, but does not determine the sequence of events.

Tenants are generally notified 24 to 48 hours before their vaccination clinic takes place. Information may be relayed to them in a number of ways: a phone call from the OMHM, a notice posted on the bulletin board at the building's entrance, a letter left at the front door of each apartment, messages displayed on digital screens, or through automated phone calls.

"Tenant committees as well as outreach workers and community organizers are informed at the same time as everyone else," explained Nathalie Morin, directrice de l'organisation communautaire (Community Organization Director) at the OMHM. "They then get to work, assisting the team of nurses when they arrive."



On February 19, Dorothy, a Habitations Isabella resident, was the first person living in low-rent housing for seniors to get vaccinated.

There are two possible vaccination procedures:

- 1) Each tenant receives the vaccine sitting in a chair at the entrance to his or her apartment.
- 2) Tenants are invited, each in turn, to the common room at a specific time to receive their vaccine there.

Let's stay safe!

All tenants are encouraged to get vaccinated to better protect themselves. According to information received by the OMHM, the vaccination campaign in low-rent housing for seniors should wrap up by the end of March for the first dose. However, even after being vaccinated, tenants must continue to follow health

measures because it takes around three weeks for the body to build up an immunity. In addition, a second dose will be needed in the weeks following the first vaccine. Moreover, a vaccinated person could potentially spread the virus, even without showing any symptoms.

Until the majority of the population has been vaccinated, we must **continue to wash our hands frequently, wear a mask in public and stay 2 metres apart.**

Putting in that final effort



March 2021 marks a very sombre anniversary: a full year of turmoil caused by the global COVID-19 pandemic. Given these

circumstances, some associations have not survived. Thanks to your ongoing and genuine commitment, however, the vast majority have been able to keep going and have worked hard to maintain community spirit. If we have managed to avoid a COVID-19 disaster among Montreal tenants living in low-rent housing, it is because people everywhere are being careful and mindful of their neighbours and those around them. This success is due to our joint efforts as well as effective communication with public health authorities in Montreal.

Nevertheless, this is not the time to let our guard down. Even though vaccinations of our senior tenants have begun, and spring is just around the corner, we still must rally and make a final effort to eradicate this pandemic once and for all.

This is why we need to continue to work together to protect everyone's health and why you need to keep us informed! You are best placed to give us feedback on the day-to-day reality of residents in low-rent housing.

Our most sincere thanks,

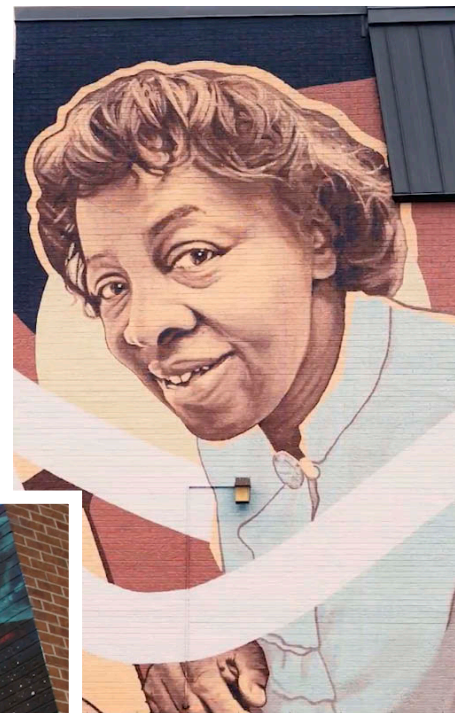
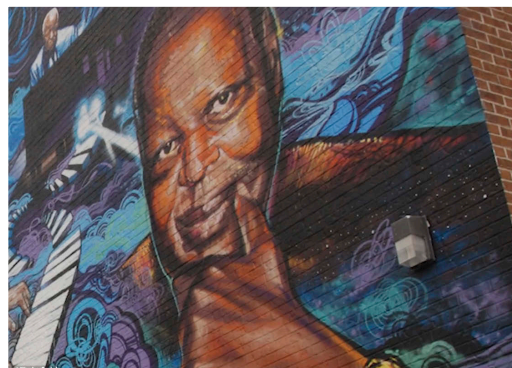
Nathalie Fortin, directrice
Service de la gestion des milieux de vie
Director of Community
Relations Management

Fighting racism

Montreal's low-rent housing population is very diverse. It includes members of visible or ethnic minorities as well as people with physical or mental health issues. Through its action plan on systemic racism and discrimination, the Office municipal d'habitation de Montréal (OMHM) hopes to ensure that its living and work environments are truly inclusive.

The OMHM will therefore provide mandatory training on the subject of cultural bias and stereotypes to its employees. The aim is to have its entire workforce, from the Board of Directors to on-site staff, reflect the diversity of its community and an openness towards others. This plan will improve access to all types of employment for racialized groups and ethnic minorities, and provide internships to young tenants from these groups.

Training for members of tenant associations will include a component on the benefits of cultural diversity. Residents who are racialized or from ethnic minorities will also be encouraged to become more involved in the community life of their building so that the various participatory bodies (CCR or Advisory Committee of Tenants, sector committees, etc.) better represent the diversity within our communities. A solid plan to create more harmony, more inclusion, and less discrimination!



While murals on exterior walls of several low-rent housing buildings pay tribute to renowned jazz musicians, the OMHM intends to take action to combat all forms of discrimination within its walls as well.

Associations in action

Over the past year, tenant associations have fed, entertained, supported and brought comfort to countless Montreal low-rent housing residents. Here are some examples of what has been achieved, often in collaboration with community organizations.

Angelo Mastrocesare, Chair of the tenant association at Habitations La Pépinière, is brimming with ideas. From outdoor films in summer to the snowman-building contest in February, he spices up the lives of families living at the complex. For his latest project, he obtained a Zoom licence so that tenants can share recipes, complete with live-streamed demonstrations.

Monique Bélisle is another tenant association Chair who keeps busy at Habitations Adélar-Langevin. After providing everyone with roast chicken at Christmas, she has continued to distribute food on Fridays to about fifteen seniors, with the help of the Boyce-Viau youth centre. Now, as winter draws to a close, she is helping to set up a no-contact "tax clinic".

At Habitations Drolet, association Chair Sylvia West works in collaboration with Resto Plateau to provide low-cost meals to residents. Every two weeks, this community organization delivers popular dishes (meatloaf, shepherd's pie, lasagna, apple crumble, etc.) to half a dozen tenants, just as it does for other low-rent housing projects in the Plateau Mont-Royal neighbourhood.



While active women of Saint-Henri handcraft Christmas decorations, children make snow angels at Habitations La Pépinière, the Drôladon troupe gives its Balconfits show in Rosemont and low-cost meals are delivered in the Plateau Mont-Royal neighbourhood.

Further west, the Centre communautaire des femmes actives de Saint-Henri, which is run by Alice Robertson of Habitations Lenoir, has been recognized as an essential service. This community centre for women can host six people at a time, providing craft activities and, on Thursdays, breakfast. In addition, when Alice Robertson receives substantial food donations, she shares them with Épicentre, a community grocery store recently set up by Solidarité Saint-Henri.

There are other initiatives that also deserve to be highlighted: the *Balconfits* shows at Habitations Saint-Marc and Bellechasse; a biodegradable balloon release at Habitations Dupéré, Pierre-Bernard, and Thomas-Chapais; the tenant association applying for accreditation by Moisson Montréal at Habitations Nicolet... There is no shortage of ideas among our tenants!

Meet CCR's new Executive Committee

The Comité consultatif des résidents (CCR, i.e., Advisory Committee of Tenants) endeavours to ensure the democratic continuity of its mission and the succession of tenant representatives. Each year, it selects

three of its members to lead discussions and any follow-up activities. This executive committee is also responsible for liaising with OMHM staff.

The CCR's 2021 Executive Committee consists of:

- Richard Gagné, Chair;
- Carole Guilbault, Vice-Chair;
- Suzanne Payant, Secretary.

ID²EM: Reinventing community life

The ID²EM (*Initiatives de développement durable, d'entraide et de mobilisation*) is a program encouraging initiatives for sustainable development, mutual support and engagement in order to help tenants reinvent community life. By getting together and giving volunteerism the recognition that it deserves, tenants are tackling a wide range of issues, including welcoming new tenants, providing technological support to residents, creating a sustainable food system, empowering tenants with mental health issues, cultivating urban plots and beautifying their grounds. It is working out so well that several projects have been renewed this year!



At Habitations Rosemont, children are gardening, participating in workshops and... bringing home the fruits of their labour.

PROJECTS ACCEPTED FOR 2020-2021

Responsible tenant association(s)	Project
Habitations Saint-Michel Nord	Welcoming new tenants
Habitations Robert-Papin	Community garden
Habitations Mayfair	Plugged in and connected
Habitations Des Fleurs, Îlots Saint-Martin, Pivot de la Bourgogne, De l'Érablière, Tour-Albert, Quesnel-Coursol II	The neighbourhood committee feeds its people
Habitations Rosemont for families	Putting down roots for a sustainable future—Part 2
Duff-Court Neighbourhood Committee	Cultivating our backyard
Habitations De la Visitation	My housing is my home

Two videos on the subject of bedbugs

The Office municipal d'habitation de Montréal (OMHM) has produced two videos for its tenants on how to reduce the risk of getting bedbugs and how to prepare an apartment in the event of an extermination: *Recognizing bedbugs and taking action* and *Getting prepared for a bedbug extermination*.

If you see bedbugs in your home or hear of another tenant who has seen some, please contact the call centre immediately (514-872-6646). It is essential to act quickly to prevent bedbugs from spreading to your neighbours' homes! Don't worry, you won't lose your apartment because of bedbugs.

To view both videos: omhm.qc.ca/en/pest-control and omhm.qc.ca/en/bedbugs



Tenants supporting tenants

Groupe Locataires-Ressources (GLR) is a tenant support group made up of low-rent housing tenants like you who offer training on important topics such as:

- preparing for an annual meeting;
- using a computer (Computers 101);
- managing an association's finances.

GLR can also provide help with:

- setting up a tenant association;
- effective note taking at meetings;
- leading your annual general meetings;
- completing your financial statement.

For more information, please contact the Comité consultatif des résidents (CCR or Advisory Committee of Tenants) at ccr.mtl@gmail.com.



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Please send your comments and suggestions to suzanne.dupaul@omhm.qc.ca.