



Let's stay safe. Let's stick together!

Since the beginning of the month, Montrealers have been living under red zone restrictions. While this is only a partial lockdown, we need to limit our contacts as much as possible. Fortunately, tenants in our low-rent housing projects are as unified and respectful as they were at the start of the pandemic.

All our outreach workers are with you, the tenant associations, as you roll up your sleeves once again. With the help of the community organization team of the Office municipal d'habitation de Montréal (OMHM) and its many partner organizations, you are meeting the most pressing needs in your buildings.

Identify critical needs

Despite the contact limitations in place, plenty of initiatives remain possible. Although several activities have been suspended in common rooms, some humanitarian services have become more pressing than ever.

Permitted essential services include:

- food aid (solidarity grocery store, meals on wheels, food assistance services);
- initiatives to break social isolation (telephone calls, personal support, referral services);
- homework assistance;
- flu vaccination clinics organized by a CIUSSS.



Don't give up!

At this critical time, we must build on the relationships we have created and strengthened over the past six months. By helping the OMHM avoid the many obstacles in our path, you have been precious allies. Faced with a challenge, we have become true partners. Let's maintain that mindset. Let's continue to communicate effectively and work together. Let's stay the course until the storm has passed.

Nathalie Fortin
Directrice de la gestion des milieux de vie
Director of Community Relations Management

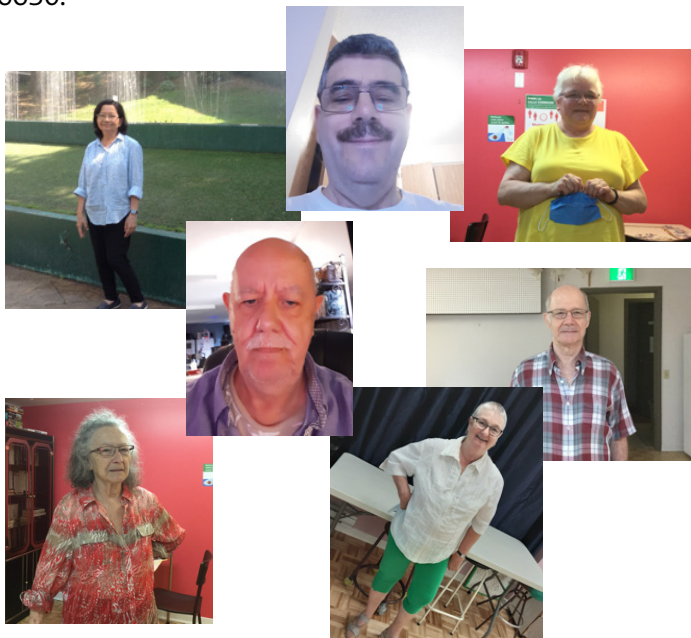


Follow the OMHM's Facebook page to find out what is happening in low-rent housing projects. You can also write us via Messenger. Check in regularly to learn about the latest recommendations from public health authorities in regard to your housing environment during the pandemic.

Initiatives in times of COVID-19

Your adaptability at work!

With the pandemic, the *A Vigilant Volunteer Is Watching Over You* project has changed. Daily rounds to check on the wellbeing of seniors are now carried out by phone, and these exchanges have led to even more mutual support! During these calls, volunteers were alerted to tenants' needs during lockdown: groceries, household chores, medical appointments, etc. With the help of Kashila Veerapatrapillay, agente de milieu (community outreach worker), volunteers provide the necessary information to ensure that each senior gets the help they need. If you are interested in implementing this project, you can reach her at 514-402-6630.



Some of the vigilant volunteers watching over our seniors

Creative wellness!

During lockdown, "creative wellness kits" were distributed in downtown and Plateau Mont-Royal low-rent housing projects. This initiative was made possible through seniors' support organizations, Le Milieu cooperative, and community organizers at CIUSSS Centre-Sud-de-l'Île-de-Montréal and OMHM. The envelopes contained mandalas for colouring, sudoku and crossword puzzles, examples of physical exercises to do at home, along with a list of local resources. With the help of tenant associations, nearly 2,000 kits were delivered, with lots of positive feedback.



CIUSSS and OMHM community organizers working together to assemble the wellness kits.

Helping kids succeed

For the third year in a row, Coup de pouce jeunesse Montréal-Nord is offering homework assistance services to 17 kids living at Habitations Place Normandie. Thanks to funding by the OMHM Foundation, the organization is meeting an urgent need, because children have fallen behind due to school closures this past spring. In collaboration with the tenant association, the common room was reorganized in compliance with health measures, allowing kids to take turns from Monday to Thursday to receive help with their school work.

Operating without an AGM

Due to the second wave of the pandemic, tenant associations must postpone their annual general meetings (AGMs). The mandates of association representatives are automatically extended until the health emergency is lifted.

However, all tenant associations must still submit their financial statements to the OMHM by the end of the year. Remember to have them approved by the tenant committee! As soon as the pandemic is over, associations will need to present these statements at their AGMs and have them approved by members.

An informative tour

Following a request by the Comité consultatif des résidents (CCR, i.e. Advisory Committee of Tenants), community organizers from the Office municipal d'habitation de Montréal (OMHM) visited tenant associations in September 2020.

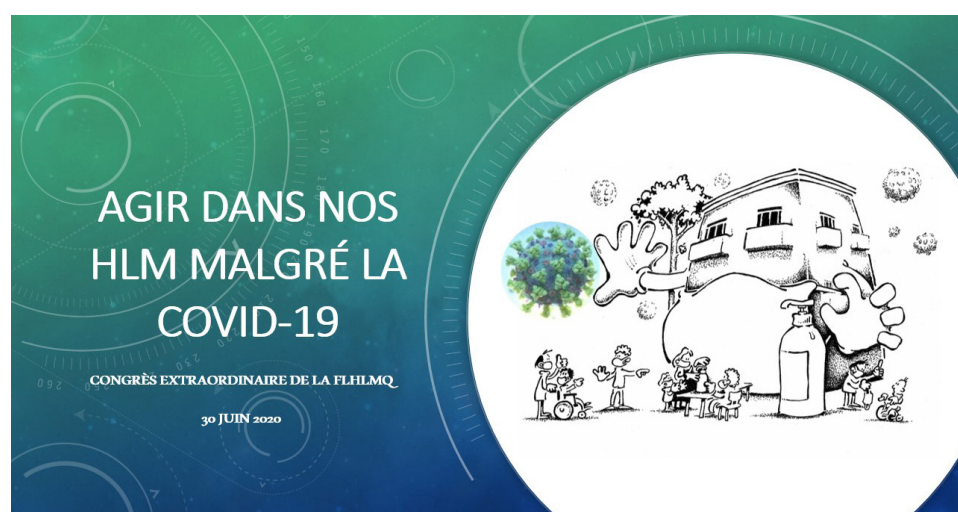
The purpose of these meetings was to update associations on all the health measures to be followed in buildings and common rooms. They were also reminded to apply for their annual grant if they had not already done so.

The tour also served to clarify the OMHM's obligations with respect to the pandemic, as well as the role of tenant associations. In addition, the OMHM committed to providing associations with updates when the situation evolves.

A unifying virtual FLHLMQ congress

Internet access has become an essential need in the pandemic, and the Fédération des locataires de HLM du Québec (FLHLMQ) moved full speed ahead on the digital shift. Held online on June 30, the organization's 20th annual congress welcomed 146 virtual attendees from across Quebec, and the video has had 344 views since.

In addition to the main topic on the agenda—the impacts of the pandemic—the FLHLMQ presented its 2019–2020 operational results. This included the \$100 increase in the housing transfer allowance and its anti-bullying campaign in low-rent housing. The annual report, financial statement and various proposals were adopted through an online vote.



Launch of an intergenerational project in Rosemont

Why is the tenant association of Habitations Rosemont—a low-rent housing project for families and people living alone—receiving a grant from the *New Horizons for Seniors* program? To educate seniors living in the Rosemont high-rise building on new communication technologies!

"The project will be rolled out in several stages," said Malherbe Minault, président du comité de locataires (president of the tenant committee). With the help of Pierre Malchelosse, intervenant de milieu (outreach worker), Minault will survey senior residents to find those interested in learning how to use the Internet, particularly to keep in contact with loved ones. Minault is hoping to attract 15 to 20 people, who will be trained by a professional. Afterwards, residents will be able to borrow a laptop or tablet to use at home.

The project will also include two additional components during the pandemic to connect low-rent housing tenants with one another:

- food aid for residents;
- young volunteers from the housing project shopping for seniors who are unable to get out.

Our offices remain open!

The Office municipal d'habitation de Montréal (OMHM) is keeping both of its territory offices open. Face coverings are mandatory and health measures must be followed.

West territory

2247, rue Delisle, bur. 300
Montréal H3J 1K4



**Georges-Vanier
metro station**
(orange line)

East territory

3330, boul. de l'Assomption
Montréal H1N 3S4



**Assomption
metro station**
(green line)

Alimony and calculation of rent

Changes worth promoting

Since August 2020, up to \$350 per month can be deducted from alimony income for each dependent child when calculating rent in low-rent housing projects. This means that some tenants in your building may be eligible for a rent reduction!

Share this information with your neighbours who have children. Also, if you know someone living in a low-rent housing project who receives support for dependent children, tell them to contact us as soon as possible so that we may review their file. It could save them money...

The SHQ wants to fund your big project

If your tenant association has a great project that is in need of funding, here's an opportunity you won't want to miss!

Until November 6, 2020, the Société d'habitation du Québec (SHQ) will be accepting applications for the *Subvention en soutien aux projets structurants pour les personnes vivant en logement social* (grants to support structuring projects for individuals living in social housing), or SPPVLS. For this third edition, 15 projects will receive up to \$15,000 per year for three years.

Previous grants have provided residents of low-rent housing projects across Quebec with homework assistance services, garden plots, literacy workshops, cooking and nutrition classes, mentorship and mediation sessions, as well as specific services for seniors and people in distress.

For more information, search for SPPVLS on the SHQ website at habitation.gouv.qc.ca (in French).

Reminder of measures to follow

(as of October 16, 2020)



- › Wearing a mask or face covering is strongly recommended in and around the buildings
- › No visits inside apartments (except for compassionate reasons, repairs, or—in the case of a person living alone—one visitor at a time)
- › No indoor or outdoor gatherings
- › Common rooms closed and locked, except for organized humanitarian services

If you are experiencing any flu-like symptoms (congestion, cough, fever, diarrhea, loss of smell, etc.), get tested and self-isolate as you wait for your results.

Questions on COVID-19? Call 514-644-4545.



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