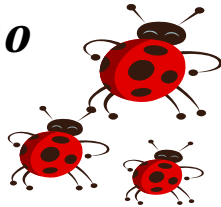


**SPRING EDITION 2010**  
**SENIOR / ADULT**  
*Ladybug, ladybug*  
*Fly away home!*



<b><i>In This Issue</i></b>
<i>Upcoming Events</i>
<i>Income Tax time</i>
<i>KFHC Department Info</i>
<i>Holiday Hours</i>



### City By-Laws/Pet Leash Rules

- ◇ Dogs/cats must be on a leash in the yards and in all apartment buildings, and not running in laundry rooms, hallways and in the common room.
- ◇ In apartment buildings, bag animal feces and please put in garbage room. Do not leave at doorways.
- ◇ Dogs & cats must have a licence.

### PET TAGS...

#### Get your pet tags (cats & dogs)

The City of Kingston is reminding residents that all pets must be licenced. Dog & cat licences expire and must be renewed each calendar year.

Pet licence tags are available at all municipal offices, the Kingston Humane Society and some veterinary clinics.

For more information call (613) 384-1770, ext.150 or visit the city website [www.cityofkingston.ca/pets](http://www.cityofkingston.ca/pets).

**Pet licences can be renewed online @ [cityofkingston.ca/pets](http://cityofkingston.ca/pets). The application for registering new pets is also available to be downloaded from the site.**

Owners who have received a renewal notice can use the registration number, and Visa or Mastercard, to renew their pets' licences online.

### TAX BREAK

#### Kingston Transit Tax Credit

Monthly transit passes are eligible for a non-refundable 15.25% federal tax credit. Keep your monthly transit passes and receipts if you plan to claim the tax credit on your 2009 income tax return.

For more information contact:  
 Kingston Transit- 613-546-4291 ext 2392

### “Step Safe” Fall Prevention Tips

1. Exercise regularly
2. Eat balanced meals
3. Take time for friends
4. Plan ahead
5. Visit your doctor
6. Drink alcohol responsibly
7. Use medication safely
8. Wear supportive shoes
9. Use walking aids correctly
10. Remove clutter & secure rugs
11. Light up the night
12. Do a home safety check

### CRIME PREVENTION TIPS -

#### Financial or Credit Card Fraud

- Get a copy of your credit report every 6 months to make sure there isn't any new accounts opened in your name.
- Rip or shred old cheques/bills before throwing out.
- Guard your personal I.D. number (PIN #). Never write them down on your personal planner, note pad, wallet or purse.
- Read your monthly statements carefully and report any discrepancies.
- Illegal activity – call 1-800-222-TIPS(8477)
- NEVER give out bank or credit card numbers.

### Policy Matters -10 Day Reminder

Has your income source or amount changed?

Did anyone move IN or OUT of your unit?

You must report all income changes within **10 days**. Failure to do so may put your tenancy at risk and result in loss of your subsidy.

Any changes in your source of income or the number of persons living in your unit must be reported immediately or within 10 days. Please don't wait until you are facing an arrears situation.



# Quips, Tips & Chuckles

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## PROCESS INCOME TAX FREE

### Please note new location.

The Volunteer Information Centre is running an income tax clinic.

Free to individuals with an income less than \$25,000 or family income less than \$35,000.

### Salvation Army - 342 Patrick St.

Call 613-548-4411 for more details regarding eligibility.



## EARTH HOUR

### **It's back!**

On Saturday, March 27, 2010 from 8:30 p.m. – 9:30 p.m.

**VOTE EARTH** by simply **switching off your lights for one hour**, and join the world for Earth Hour and save our planet!

## AMUSING FACTS!!!!

Of all the words in the English language, the word 'set' has the most definitions!

Coca-Cola would be green if colouring weren't added to it.

Right handed people live, on average, nine years longer than left-handed people.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' It's where we get the phrase "mind your P's and Q's"



## TENANT INSURANCE

SoHo Tenant Insurance is being offered through SoHo Insurance Incorporated as a low-cost group insurance plan for social housing residents in Ontario. Prior to this there was no insurance available to tenants in the social housing sector. Contrary to belief tenants are not covered by the Landlord's insurance.

This insurance ranges from 51 cents a day to 70 cents a day and covers personal property as a result of fire, theft and damages and covers liability costs resulting from negligent acts causing loss or damage to the property of others.

There are two insurance plans available:

### **Option #1**

- \$10,000 of personal possessions
- \$2,000 for additional living expenses
- \$300 deductible
- \$500,000 in legal/liability costs

Payment with application - \$40.00

9 Monthly Payments - \$15.65  
(1<sup>st</sup> of the month)

**Total** \$180.85

### **Option # 2**

- \$20,000 of personal possessions
- \$4,000 for additional living expenses
- \$300 deductible
- \$1,000,000 in legal/liability costs

Payment with application - \$40.00

9 Monthly Payments - \$21.50  
(1<sup>st</sup> of the month)

**Total** \$233.50

To get started, you can phone your Property Management Assistant at Kingston & Frontenac Housing Corporation and request an application form or download an application form from their website at

[www.sohoinsurance.ca](http://www.sohoinsurance.ca) or contact SoHo

Insurance Incorporated at Toll Free number – 1-866-440-2492. Call today.

**Francyne Givogue**  
**General Manager**



FROM

ADMINISTRATION

DEPARTMENT

Current Board Members



Linda Wood – Chair

Dorothy Hector - Vice-Chair

Mark Gerretsen

Dianna Teeple

Bill Glover

Gerard Hunt

## EASTER HOLIDAY CLOSURE

April 2, 2010 – Good Friday

April 5, 2010 – Easter Monday

FROM

FINANCE

DEPARTMENT...

Did you know that Kingston & Frontenac Housing Corporation accepts rent payments in the following ways?

- ✓ CASH /CHEQUE/INTERAC: At our office located at 119 Van Order Drive.
- ✓ PAY DIRECT: by completing the pay direct form available at the office.
- ✓ CHEQUES can be mailed to our office or placed in our night deposit box located at the front entrance.
- ✓ ONLINE BANKING: from your bank's website.
- ✓ TELEPHONE BANKING: on the telephone through your bank.
- ✓ PRE-AUTHORIZED PAYMENTS: You can get the details from Dawn our Financial Assistant.

\*\* You will need your Kingston & Frontenac Housing Corporation account number for the initial set up of online or telephone banking.

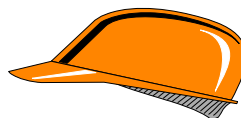
If you do not know your account number, please contact Dawn at 613-546-5591 ext 101.

**THERE ARE NO BANKING FEES FOR TELEPHONE OR ONLINE SERVICES**

From

Technical

Department....



## PLEASE REMEMBER...

It is in violation of the Ontario Fire Code, and Kingston & Frontenac Housing Corporation policy to store any fuel related storage containers or engines, in your apartment or townhouse. These must be secured at a minimum of 10' from your unit or any structure.

Under the Ontario Fire Code tenants residing in an apartment building are not allowed to store a gas fired barbeque and/or a propane tank of any size on Kingston & Frontenac Housing Corporation property. This applies to all residents of the building including the ground floor residents who may or may not have access to outside through their apartment. Tenants are NOT permitted to store barbeques and/or propane tanks in their apartment, on their patio, on their balcony, or in any on site storage that may be available for tenant use.

## Harmful living environment...

Please report any plumbing leaks to our office. Surfaces left untouched will continue to become wet and eventually start to grow mould. The battle with mould will continue unless we can stop it at the source. Please ensure dryer vents are attached and vented outside. The increased humidity from an improperly vented dryer is very harmful to your living environment, and to your unit.



# Quips, Tips & Chuckles

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## From Property Management Department

### PARKING REMINDER

- Your vehicle is unauthorized to park in any of Kingston & Frontenac Housing Corporation parking lots, unless you have a Kingston & Frontenac Housing Corporation sticker.
- Your vehicle is not to be parked in visitors' parking for an extended period of time. Permission is only granted during **business hours only**.
- Visitor parking is allowed, but **only** in designated areas.
- Your vehicle cannot be in a NO PARKING ZONE
- Vehicles parked on grass or lawns will be towed
- Your vehicle must be roadworthy to park in any of Kingston & Frontenac Housing Corporation parking lot.

**Failure to immediately move your unauthorized vehicle from Kingston & Frontenac Housing Corporation property will result in your vehicle being towed at your expense!**



### SENIORS ASSOCIATION HAS SOMETHING FOR EVERYONE!!

Since 2001 the Seniors Association has been located at 56 Francis Street in Portsmouth Village (the old Portsmouth Public School). They offer a wide range of activities and events. They have program rooms, a computer lab, a woodworking shop, a restaurant, a cafe, a full-size gymnasium as well as a mini-gym.

The Seniors Association offers a wide variety of programs for every individual from the physical challenge of exercise classes, dancing classes, badminton, table tennis, Tai Chi and Yoga, to the mental stimulation of bridge groups, art instruction, computers and foreign languages. This is a great way to get out at meet others.

Visitors are encouraged to drop in for guided tour.

#### **Membership fees are as follows:**

Single: one year - \$35.00; two years - \$65.00

Household: one year - \$60.00; two years - \$115.00

(A household membership is for up to 3 persons living in the same residence.)

