



February 2019 Newsletter

Government Relations



from left: MNPHA Board Members Lawrence Poirier, Karl Falk, Joanne Schmidt, and Laurie Socha; Minister Heather Stefanson; MNPHA ED Christina Maes Nino; Legislative Assistant Janice Morley-Lecomte

MNPHA Meets with Minister of Families, Heather Stefanson

The Board and staff of MNPHA met with Minister Stefanson to discuss our Association, the envisioned role for MNPHA in Manitoba's Housing Strategy, and ongoing partnership with Manitoba Housing to support non-profit housing providers. Here are 3 take-aways from our meeting:

1. Manitoba Housing plans to release its housing strategy in the Spring, at the same time as information will become available regarding the Bi-Lateral Agreement with Canada for the National Housing Strategy. This will provide important information on Manitoba Housing's future direction and funding priorities.
2. Manitoba Housing is focusing on integration within the Department of Families, so they are achieving shared goals. This means that the strategy and activities of MB Housing will consider at how MB Housing can support Families' priorities such as reducing homelessness, and reducing the number of children in the care of Child and Family Services.
3. MNPHA will plan quarterly meetings with Deputy Minister Jay Rodgers to discuss our members' and association's activities and needs. Let us know if there are items you want us to raise at these meetings by contacting Christina, execdir@mnpha.com

MNPHA Member Resources



Image Flooring Inc. is a locally family owned and operated business that has been serving the flooring needs of Manitobans for over 25 years. Our friendly and knowledgeable staff

use their many years of flooring experience to guide and assist our customers through the flooring selection process and assist them in finding the flooring which best suits their needs. Our 2500 plus square feet of showroom offers a vast choice of all flooring products available for residential and commercial applications, and we are able to offer you supply only, or supply and install with our long term, experienced professional installers.

Our goal at Image Flooring is to provide you with 100% satisfaction throughout your entire flooring purchase process, from the no charge onsite visit and measure, to the selection of product, the order, the delivery and installation, and the after sales service.

We can also set up a stocking program customized to your specs, where we would stock carpet, flooring, tiles, etc. in our warehouse for a quick turnaround

If we can be of assistance to you for any of your flooring or tiling needs, large or small, we would enjoy the opportunity to earn some of your business. At Image Flooring, we take pride in the community and in building long term relationships with all of our customers.

Please feel free to contact us at anytime and let us show you how Image Flooring can help you add value to your building!

Image Flooring Inc.
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Mobile/Text (Richard): 204-296-2595
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Email: richard@imageflooring.ca

Website: www.imageflooringinc.ca

Image Flooring Inc. is a proud member of
 PPMA Professional Property
Managers Association

Wellness Advice

Did you know that MNPHA's Group Health Benefits provider offers monthly wellness newsletters for group participants? This month, Body Bulletin Canada is all about heart health.

February 2019

Checklist: Your Heart's Must-Haves

What are the key elements that can help protect your heart? Check the following habits that you typically observe or hope to develop for heart health. Then start watching your progress.

- ✔ **Waistline:** I keep my waist circumference below 88 centimetres if I'm a woman or 102 centimetres if I'm a man. Excess belly fat raises heart disease risk.
- ✔ **Power moves:** I stay physically active and get at least 150 minutes of moderate-intensity exercise weekly. Examples: routine brisk walks, a dance class or cardio machine workouts.
- ✔ **Numbers game:** I know my blood pressure, cholesterol, glucose and triglyceride levels through regular checks by my health care provider. Maintaining optimal levels is critical to heart health.
- ✔ **Positive food:** I enjoy a diet rich in fresh produce, whole grains and lean protein sources (fish, beans, lean meats) to help fight arterial disease and unwanted weight gain.
- ✔ **I don't smoke.** Smoking significantly raises the risk of heart disease and diabetes by damaging the blood vessels and raising blood pressure and heart rate.
- ✔ **Yes for nutrition:** I rarely eat refined grains or processed foods. These products (e.g., low-fibre, high-sugar foods and preserved meats) remove many healthful components in the original food sources.
- ✔ **I laugh a lot.** It feels good and relieves stress and depression. Laughter helps lower stress hormones and artery inflammation and increase HDL (good) cholesterol.



It's never too late to be heart smart for you and your family.



February is Heart Month.

BEST bits

■ **This Valentine's Day, give a special gift to yourself or someone you love.** Set a date to quit smoking or encourage your loved ones to quit. Quitting greatly decreases your risk for heart disease, heart attack and stroke. **First step:** Tell your health care provider you want help quitting. Learn more at the Canadian Lung Association, lung.ca/quit.

■ **Pain reliever reminder:** Taking nonsteroidal anti-inflammatory drugs (NSAIDs) can increase the risk of heart attack, stroke, heart failure and elevated blood pressure. The risk increases in those with heart disease and when higher doses are taken long term. Many people use NSAIDs, including ibuprofen and naproxen, to help reduce pain and inflammation. **Take the lowest effective dose, and limit the time you use them.** Check with your health care provider to learn more.

■ **Music to your heart?** Listening to music can be stimulating and healthful as it relaxes your arteries, improving blood vessel function, heart rate and blood pressure levels. It can ease anxiety in heart attack survivors and enhance recovery from stroke. Music therapy is most beneficial when you listen to tunes you love, sing along or play an instrument.

It does not matter how slowly you go as long as you do not stop.


— Confucius

The Smart Moves Toolkit, including this issue's printable download, Simple Steps to Heart Health, is at personalbest.com/extras/Canada19V2tools.


[You can Read the Full Newsletter Here](#)

Do you want to learn more about MNP's Group Health Benefits? [Contact us here](#)

MNP Events



Ready, Set, (Re)Build!



March-April, 2019 (Online and In-Person) Ready, Set, (Re)Build!

If you are considering building or rebuilding affordable housing in your community, Ready, Set, (Re)Build! (RSB!) is for you. RSB! is a blended course, with material adapted from BCNPHA who have been successfully implementing the course for years. It consists of an online component and face-to-face session, that will walk you through the development process. RSB! is for organizations of any size who are contemplating, or in the process of building or redeveloping affordable housing in their community.

[Learn More and Register](#)

Building Effective Partnerships for Housing and Support

On January 29, MNPHA hosted a workshop on Building Effective Partnerships for Housing and Support. Speakers Codi Guenther (New Journey Housing) and Crystal Wels (Downtown Commons, UWCRC 2.0) spoke about their partnership to provide 15 units of affordable housing to New Journey Housing's newcomer participants.



The partnership utilizes the resources and strengths of each organization to meet their respective goals: for the Downtown Commons to provide an opportunity for creating a community with a wide-cross section of people from different cultural, economic and social backgrounds; for New Journey Housing helping newcomers attain sustainable housing.

[Download the PowerPoint from the Workshop Here](#)



Building
Partnerships
2019

The 7th Annual
Manitoba Non-Profit Housing Association
Conference

SAVE THE DATE
November 18-19
CanadInns Polo Park
www.mnpha.com/conference

Save the Date! MNPFA's 7th Annual Building Partnerships conference is being held November 18-19, 2019 at CanadInns Polo Park. The conference planning committee is currently setting priorities for the educational sessions and speakers at the event. If you have a suggested topic or speaker, please provide them to Christina by [e-mail](#) or phone (204-797-6746) by February 28.

News and Updates



CHRA National Congress on Housing and Homelessness - Register Today!

You can now register for the Canadian Housing and Renewal Association's 51st National Congress on Housing and Homelessness taking place in beautiful Victoria, BC from April 2 to 4, 2019.

The National Congress on Housing and Homelessness is an exceptional opportunity to gather, learn and network with a growing Canadian body of practitioners, policy makers, front-line workers, government officials and key stakeholders in our sector. The 2019 Congress is expected to welcome over 550 delegates from across Canada and the United States.

At a time of profound change and opportunity in the social, non-profit and affordable housing sector, this is one Congress not to miss. Register before February 13, and take advantage of Early Bird rates!

[Register Here](#)

[Learn More Here](#)

Nominate **your favourite volunteer** today!



THURSDAY
11
APRIL
CLUB REGENT
EVENT CENTRE

36th
annual
Volunteer
AWARDS



Do you have an amazing volunteer you would like to celebrate?

Volunteer Manitoba's Annual Awards celebrate volunteers making a difference in Manitoba. Nominate a volunteer by February 8, 2019. More information is available [here](#)

**WINNIPEG
STREET HEALTH
SURVEY
REPORT LAUNCH**

Join us on

**WEDNESDAY
FEBRUARY 20, 2019
10-11:30AM**

Sinclair Park Community Centre
490 Sinclair Avenue, Winnipeg



Edible Trees Grant Program

Tree Canada helps fight food insecurity by planting fruit and nut bearing trees and shrubs in communities.

Tree Canada's Edible Trees program promotes the planting of trees that provide a bounty and offers funding for municipalities, schools, and community

groups/associations to plant trees and shrubs in their neighbourhoods.

Grants of up to \$3500 are available. Apply by March 1, 2019. [For further information and to apply, click here.](#)

Job and Volunteer Board

MNPHA's Job Board: Not only for Employment Postings Anymore!

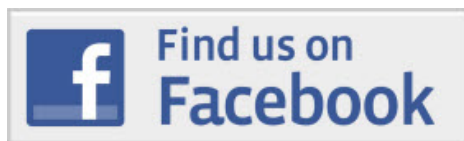
Did you know that MNPHA's job postings are the most "clicked" item in our newsletter? MNPHA has heard from our members that they would like a place to post Board Member openings.

Do you have a position you are trying to fill in your organization? MNPHA is always accepting job and volunteer postings for display on its website.

The Job Board is located under the Resources tab on the [MNPHA website](#).

To have your position added to the board, send the pertinent information to:

execdir@mnpha.com



Are you on Facebook?
MNPHA is too.

Click [HERE](#) to visit our page.

See what's happening on our social sites:

