



## February 2020 Newsletter

# MNPCHA Member Resources

### Funding Opportunities Available Now



#### Co-Op Community Spaces Funding

Capital funding of between \$25,000 and \$150,000 is available for projects that:

- Are available and accessible for community use
  - Align with one of the three funding categories (recreation, environmental conservation or urban agriculture)
- Can be completed within two years
  - Provide the opportunity for permanent signage

Apply by March 2. [Learn more here](#)

#### Canada Summer Job Grant

Canada Summer Jobs provides wage subsidies to employers from not-for-profit organizations, the public-sector, and private sector organizations with 50 or fewer full-time employees, to create quality summer work experiences for young people aged 15 to 30 years.

Not-for-profit employers are eligible to receive funding for up to 100% of the provincial or territorial minimum hourly wage. Public and private sector employers are eligible to receive funding for up to 50% of the provincial or territorial minimum hourly wage.

Apply by February 24. [Learn more here](#)

#### Catherine Donnelly Call for Proposals: Housing Initiatives

The Foundation will consider applications for projects that address homelessness and the scandalous lack of affordable housing through research, policy development, capacity building and advocacy within the sector. They want to hear from groups engaged in collective efforts to examine and craft solutions for the root causes of Canada's housing crisis, in particular innovative and cutting edge projects that give priority to Indigenous Peoples and to newcomer/refugee/immigrant communities.

Applicants seeking a grant will submit a Letter of Inquiry via the on-line application process. The inquiry letter should include a brief description of how the project achieves the goals of the Foundation; a short overview of the project or purpose for which assistance is required; the organization's history and objectives; along with a brief budget and time-line of activities.

Apply by February 17. [Learn more here](#)

## Indigenous and Northern Initiatives Grant Program

The Fund with grants up to \$25,000 challenges Indigenous and non-Indigenous Manitobans to engage in new and innovative approaches to reconciliation. Proposals submitted to the Indigenous and Northern Initiatives Fund will contribute to the following outcomes:

Improve relationships between Indigenous and non-Indigenous peoples in Manitoba.

- Improve the quality of life for Indigenous peoples, particularly with respect to economic development, job creation and educational initiatives.
- Support activities that align with the Path to Reconciliation Act, the Truth and Reconciliation Commission of Canada's Calls to Action and/or the United Nations Declaration on the Rights of Indigenous Peoples .
- Show clear, concrete and positive project benefits that align with the priorities of government as expressed in the provincial Speech from the Throne, ministerial mandate letters, the 100-Day Action Plan, and/or other provincial strategies and priorities.

Apply by February 7. [Learn more here](#)



### Solutions Lab Funding

Solutions Labs provides funding and expert solution lab consultants to help solve complex housing problems using innovation methods and tools. Teams with diverse experience and knowledge will outline and identify:

- The housing problem they wish to examine in the lab
- Their strategy to co-develop and test possible solutions
- A roadmap that communicates a clear path for solution uptake and replication

The goal is to develop world-leading solutions to housing problems that can contribute to the National Housing Strategy's key priority areas. Grants range from \$25,000-\$250,000.

Apply by March 20. [Learn more here](#)

# Celebrating the Spirit of Housing



## Profile: Spirit of Achievement Winner, Madelene Field

The Spirit of Achievement recognizes a tenant or tenants associated with an MNPHA housing provider member who made a meaningful contribution towards making their own non-profit a better place to live, the well being of their neighbourhood and fostered connections among tenants and others within their community.



Video About Madelene Field, Donwood Manor Volunteer and Resident

Previous Spirit of Achievement Award Recipients:

- 2018 - Victoria Seniors Association, Westman Lions Housing
- 2017 - Charles Huband, Westminister Housing Society
- 2016 - Carriage House North Volunteer Residents
- 2014 - Fred Douglas Place Residents' Association & Council
- 2013 - Dawn Sands
- 2012 - Bethel Place Activities Club



Many non-profit housing By-Laws were created at the time the organization was created and first signed an operating agreement, and have not been updated since. It may be time for an update! As a governing legal document, include the most important practices you are committed to into the document so the "logistics" of running your organization are clearly articulated, well-organized, and simplified. Other practices that will likely change from time-to-time can be part of board policy, rather than by-laws.

Through the Urban Indigenous Housing Policy Support Project, MNPHA worked with providers to develop a template for renewed minimalist bylaws, with a simplified membership structure for organizations. These bylaws should be paired with policies. Note that the sample is for a general non-profit corporation, and not relevant for all legal structures (co-ops or life leases).

The template is available for free for MNPHA members, it is password protected so contact us if you need the password to download:

[Sample: By-Laws](#)

[Summary: Rationale for Using Simplified Membership Structure](#)

*[MNPHA's Board Toolkit](#) has been designed for non-profit housing boards in Manitoba. It is web-based, and has print-friendly features. It summarizes ten functions of the board, along with tools developed and shared by MNPHA Members for the benefit of their colleagues in the sector.*

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## MNPHA Member Survey

As a sector, we serve thousands of individuals and families, employ hundreds of people, and have assets and purchasing power that we can leverage. MNPHA is conducting a survey to help us use accurate numbers when describing our collective resources.

This survey will ask about your organization's basic information, structure, staff, budget, spending, and future plans. Depending on the availability of this information, the survey may take about 25-30 minutes. You can also do the survey by phone or in-person by contacting Jessica at [projects@mnpha.com](mailto:projects@mnpha.com); 204-797-6746

Survey for those who manage one building: available [online](#) or as a [Word document](#)

Survey for those who manage multiple buildings: available [online](#) or as a [Word document](#). Both online and word have an attached [excel document](#)

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Welcome to our New Member  
who joined MNPHA in December/January

Associate Members  
[Exchange District Pharmacy](#)



### Watch Out for These Heartbreakers

Heart disease is the second-leading cause of death in Canada (after cancer). And 9 in 10 Canadians have at least 1 risk factor

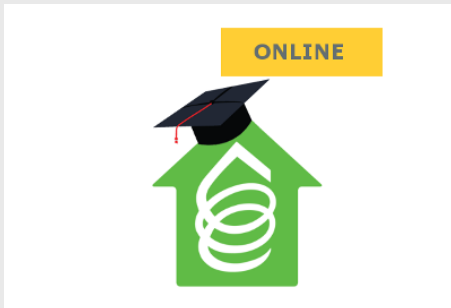
for heart disease and stroke. Below are some lifestyle habits and physical conditions that can raise your risk for heart trouble:

- **Lack of sleep:** Ongoing poor sleep contributes to risk factors, including obesity, hypertension and diabetes, that lead to heart disease.
- **Sleep apnea:** People with this condition stop breathing briefly and repeatedly during sleep, sometimes hundreds of times per sleep session. Sleep apnea raises the risk for hypertension, arrhythmias, cardiovascular disease, stroke and heart failure.
- **Lack of exercise:** Routine exercise strengthens the heart muscle and helps prevent or control hypertension, high blood sugar and weight gain.
- **Migraines:** Studies suggest that women who have migraines with aura (visual disturbances) are at a slightly higher risk for heart disease.
- **High Body Mass Index (BMI):** Having a high BMI or a mother who had a high BMI during pregnancy is a risk factor.
- **Stress and PTSD:** Having post-traumatic stress disorder or chronic stress is linked to heart disease. Stress releases adrenaline, a hormone that temporarily causes breathing and heart rate to speed up and blood pressure to rise.
- **Poor dental care:** People with heart disease also tend to have bad gums. Brush your teeth twice daily, floss once daily and visit a dentist regularly.
- **Autoimmune diseases:** Having an autoimmune disease, such as rheumatoid arthritis, produces inflammation that can produce plaque in the arteries.

**Review this list with your health care provider. Even modest improvements in your general health can improve your heart health and well-being overall.**

[Read the February Body Bulletin](#)

Wellness newsletters are provided by People First, MNPHA's group health benefits provider. MNPHA's group benefits plan allows large and small organizations to benefit from the purchasing power of the sector. [Read more](#)



## Online Courses

Did you know that MNPHA members can access the BC Non-Profit Housing Association's HousingU courses at member rates? The Winter 2020 online courses include:

1. [Building Systems 101](#)
2. [Board Governance](#)
3. [Building Maintenance](#)
4. [Green Asset Management](#)

[Contact us](#) by e-mail or at 204-797-6746 to register at member prices. Learn more about [HousingU here](#)

## News and Updates



### VICTORIA LIFELINE: SENIOR LIVING MADE SAFER

Victoria Lifeline has proudly supported independent living in Manitoba for over 30 years. Lifeline is an easy to use personal response service that lets residents summon help 24/7. We provide reliable, cost effective solutions for senior living facilities so residents can live safely and remain independent for as long as possible.

For many older adults, healthy aging is about staying independent and living life to the fullest. The unfortunate reality is that as people age, they have an increased risk of falling and of developing chronic health conditions. In fact, one in three people over aged 65 will fall each year and over 85% of seniors are living with at least one chronic condition. This can impact their physical and emotional well-being, as well as their ability to live independently. Victoria Lifeline can play an important role in

resident safety and provide much needed peace of mind to family members and caregivers.

With building-wide service, Victoria Lifeline provides:

- State-of-the-art equipment. Each suite is assigned a communicator unit and residents can choose between a neck/wrist button or upgrade to fall detection or the mobile service at a special senior housing rate. A less than market monthly fee is built right into the rent and we provide central billing.
- Personalized service - each resident will have their own Care Plan, which includes vital health information and designated Responders. Lifeline's highly trained Response Associates act fast in a medical emergency, sending an ambulance right to your building with up-to-date building access information.
- A dedicated account manager who will liaise with both building management and residents.
- Free education sessions on healthy living & fall prevention by a certified fall prevention educator.



Connect with our Senior Living specialist Vicki Russenholt  
(204)956-6768 or e-mail: [vrussenholt@victorialifeline.ca](mailto:vrussenholt@victorialifeline.ca)



## Winnipeg Food Atlas Launch

If you are interested in food security and nutritional health in Winnipeg, attend the launch of the Winnipeg Food Atlas on Feb. 5th (see details below).

The Winnipeg Food Atlas, published through the Manitoba Collaborative Data Portal, is a community-developed resource to facilitate discussion and

action around food and nutrition security issues in the Winnipeg Health Region. The Atlas spatially depicts the Winnipeg Health Region foodscape and important contextual features.

February 5, 2020, 2:30pm-4:30pm

Sergeant Tommy Prince Place, 90 Sinclair Street, Winnipeg

Please RSVP to [aboakye@spcw.mb.ca](mailto:aboakye@spcw.mb.ca)

[View the MbCDP](#)

# Want to win \$1,000?

## SAFETY DEN

Where your ideas are put to the test

### What is SAFETY DEN?

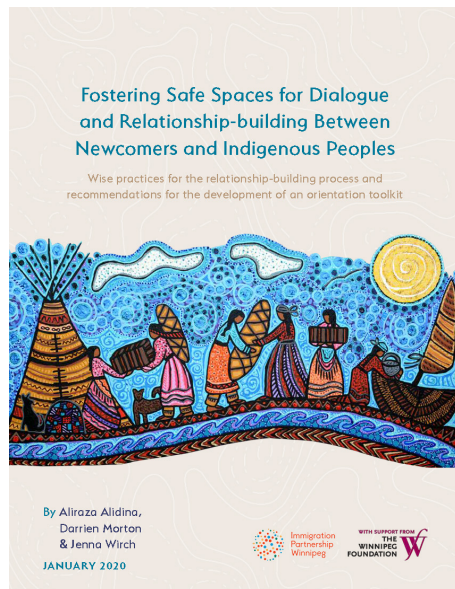
Long Term Care Association of Manitoba (LTCAM) along with SAFE Work Manitoba are embarking on a new event at its May, 2020 conference called Safety Den - a take off on the popular TV show, 'Dragons Den'. This is an opportunity to present your innovative safety ideas to the "Dragons" and Win \$1,000!

Safety Den Category 1 is open to all management, staff, residents and volunteers who are engaged/interested in providing care and services to seniors throughout the province of Manitoba in various settings, for example: Personal Care Homes, Supportive Housing Residences, Retirement Residences (a.k.a Assisted Living), Adult programs, and Community, Home Care, and Seniors Resource Centres.

### How do I apply?

Simply submit your safety idea to [jlegeros@ltcam.mb.ca](mailto:jlegeros@ltcam.mb.ca) prior to March 20, 2020. A committee formed by SAFE Work Manitoba will review and determine the top three submissions. The top three submissions will be asked to present to the Dragons at the LTCAM conference on May 12, 2020 to determine first, second and third place and prize allocation.

[Learn more here](#)



### New Report: Fostering Safe Spaces for Dialogue and Relationship-building Between Newcomers and Indigenous Peoples

Winnipeg, Manitoba has one of the largest proportions of urban-dwelling Indigenous Peoples in Canada and a rapidly emerging newcomer population. Both broad communities share much in common including histories of colonization; shared cultural, traditional, and communal values; and experiences of racism and socioeconomic challenges. This makes Winnipeg an important case study on relationship-building processes between the two communities.

In partnership with The Immigration Partnership Winnipeg and The Winnipeg Foundation, this study endeavored to gather diverse voices, perspectives and experiences to understand the importance of relationship-building between newcomer and Indigenous communities.

The report focuses on the dynamic relations between the two communities in the

present context of Winnipeg. Following insights and stories gathered, it suggests several wise practices for the relationship-building process as recommended by participants. In so doing, the report seeks to inform a framework related to the development of an orientation toolkit for newcomers.

[Download the report here](#)

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## Wahbung Abinoonjiiag will Support 50 Manitoba Housing Units Set Aside for Women and Children Affected by Family Violence

The province announced Monday it has partnered with Wahbung Abinoonjiiag, an Indigenous domestic violence prevention centre that focuses on children and their families. Wahbung will help the province set aside up to 50 existing Manitoba Housing units solely for women affected by domestic violence and their children.



Fedja Redzepovic manages housing at Wahbung Abinoonjiiag. He says while having dedicated spaces will help women get into safe housing faster, it isn't nearly enough. "Absolutely not, I mean I run a housing program and we have a few hundred people waiting to access affordable and safe housing, so this is just scratching the surface," he said.

However, he said, "[the province is] helping us in the way they can and I'm absolutely grateful for the opportunity."

[Read the CBC Article Here](#)

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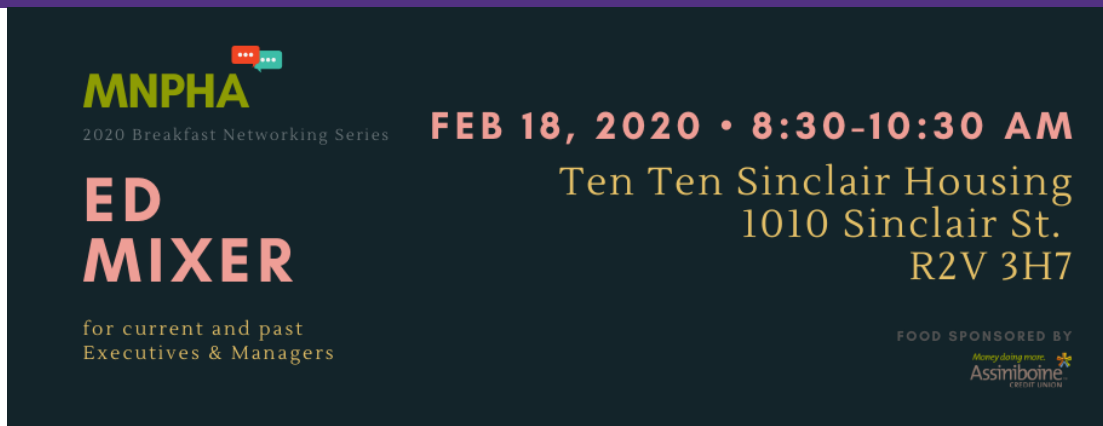
New Social Enterprise at RaY: The RaY Moving Company provides commercial and residential moving services, as well as junk removal at competitive rates. This social enterprise provides training opportunities for youth and its proceeds go directly back into RaY's programming.

RaY Level Up! Moving Company offers:

- Residential moving
- Office moving
- Junk or yard waste removal
- Support in applying for EIA (Employment and Income Assistance) moving expense reimbursement

[Learn more or request an estimate](#)

# MNPHA Events



**MNPHA**  
2020 Breakfast Networking Series

**ED MIXER**

for current and past  
Executives & Managers

**FEB 18, 2020 • 8:30-10:30 AM**

Ten Ten Sinclair Housing  
1010 Sinclair St.  
R2V 3H7

FOOD SPONSORED BY  
Assiniboine Credit Union

The ED Mixer will be the first event of a new networking series. We intend to create an informal occasion so you can meet other EDs/Managers to talk about common challenges, and build relationships. You will also visit Ten Ten Sinclair Housing to learn about their mandate, portfolio, program, and universal design features. The event is sponsored by Assiniboine Credit Union, and is free with a complimentary hot breakfast.

[Register here](#)



**MNPHA**  
2020 Breakfast Networking Series

**BOARD MEMBER MIXER**

for current and  
prospective Board  
Members

**FEB 19, 2020 • 8:30-10:30 AM**

Ten Ten Sinclair Housing  
1010 Sinclair St.  
R2V 3H7

FOOD SPONSORED BY  
Assiniboine Credit Union

Board members are invited! The Mixer is an informal occasion where you can talk to other boards about common challenges such as recruiting new board members, strategic planning, or building partnerships. You will also visit Ten Ten Sinclair Housing to learn about their mandate, portfolio, and program. The event is sponsored by Assiniboine Credit Union, and free with a complimentary hot breakfast. Value guaranteed!

[Register here](#)

## Government Relations

# Shared Priorities

## Sustainable Progress

### A 12-Month Action Plan for Manitoba Families

The Government of Manitoba released a 12-month action plan for the Department of Families, including details on its priorities for housing. Key items include:

- Manitoba Housing will continue devolving housing management to the non-profit and municipal sectors, and upgrading and selling assets where it makes good sense.
- The department will leverage federal funds under the National Housing Strategy to modernize the portfolio (for example, through capital upgrades, expansion, divestments, income-mixing) and reduce reliance on government subsidies.
- Manitoba Housing will continue to build capacity among providers through education/training and sector amalgamation. A particular focus will be on opportunities to build the capacity of Indigenous housing providers.
- Priority attention will also be given to supporting populations who have additional barriers to accessing the housing market (for example, youth aging out of the child welfare system, and women and children experiencing domestic violence).

[Read the full report here](#)

What does this mean for you? It means that the non-profit housing sector needs to be **prepared to double its management and tenant service capacity**. That means **engaged and active boards of directors and managers**, who know who they serve and are making strategic decisions. It means engaging with each other and with government now and into the future: networking, partnering, sharing, and leveraging multiply our capacities.



## PRE-BUDGET SUBMISSION IN ADVANCE OF THE 2020 BUDGET

JANUARY 2020

The Canadian Housing and Renewal Association has shared its pre-budget submission, recommending three measures that the federal government should take in 2020 to address the deficiencies in the affordable housing sector that would reduce core housing need and housing inequality:

1. Develop and implement an Urban, Rural, and Northern Indigenous Housing Strategy

2. Expand upon the measures already contained in the National Housing Strategy to create new supply of affordable housing, including an additional \$10b to the National Housing Co-Investment Fund and \$1b to the Federal Lands Initiative over the next 10 years.

3. Improve and enhance measures already taken to protect the long term viability of community housing in Canada.

The full submission [is available here](#)

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CHRA's Indigenous Caucus has called on the federal government to develop, fund and implement a "For Indigenous, By Indigenous" Urban, Rural and Northern Housing Strategy in the 2020 Federal Budget. To demonstrate broad support for this call, the Caucus is organizing a "Tweetathon" on February 6 to remind the Federal Government of our demands to properly develop and fund an urban, rural and northern Indigenous housing strategy.

[Learn more and download sample graphics and posts here](#)

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## MNPHA Submits Provincial Budget Recommendations

MNPHA presented our recommendations for housing to Minister Fielding on January 15 at the 2020 Budget Consultation. While our budget document outlines 5 measures to support the non-profit housing sector, we focused on two key items:

1. Introduce a renewed Rental Housing Construction Tax Credit, to waive the PST on

new supply of non-profit housing.

2. Continue to partner with the non-profit housing sector on community delivery of social housing. The government of Manitoba has an objective to exit most aspects of direct provision and management of housing; the non-profit sector is committed to doubling our capacity so it can own, operate, and maintain this housing so that it is affordable, forever.

[View the full budget submission](#)

## Picture of the Month



### November Picture of the Month: Donwood Manor

Donwood was founded by members of the Mennonite Brethren Church, on land donated by a member, in 1970.

The organization includes five buildings that "represent a continuum of care from independent living in a life-leased condo to assisted living in the elderly persons housing through to personal care in the personal care home" said Nina Labun, CEO.

Donwood will host a 50th anniversary banquet on April 27; [you can learn more here.](#)

**Picture of the Month Feature!** As MNPHA's team has been visiting our members, we have seen all the interesting, fun, and innovative things you do to improve the lives of tenants, your staff teams, and the communities around you. We wanted to find a way to share this regularly so members can learn from each other.

Newsletters will now include "Pictures of the Month" - no idea is too simple or too complex. If you are doing something you think should be shared with your colleagues in the non-profit housing sector, send a photo and brief description to us by December 3 to be included in the January newsletter.

## Opportunities Board

### University of Winnipeg Community Renewal Corporation 2.0 - Bookkeeper (Full-time)

UWCRC 2.0 is seeking a Bookkeeper who will be responsible for maintaining the financial

records for UWCRC 2.0 Real Estate Development, Business Development, Property Management Services and ancillary business units by accurately recording the day to day financial transactions of the corporation. The Bookkeeper directly reports to UWCRC 2.0's Comptroller and assists the Comptroller, CFO, and all team members within the organization with the ongoing financial management and record keeping of the corporation.

Salary Range (hiring): \$43,098 - \$46,816

Apply by February 5, 2020.

[See the full posting here](#)



### **UWCRC 2.0 - Property Manager (Full-time)**

UWCRC 2.0 Inc. has an opportunity for a full-time experienced Residential Property Manager to join their growing team of professionals. UWCRC 2.0 is a non-profit corporation that is proud to be contributing to Winnipeg's downtown renewal. The Residential Property Manager will report to the Senior Residential Property Manager and will work cooperatively with other members of the property management team to serve residential and commercial tenants in the expanding mixed-income residential housing portfolio ranging from studio to three bedroom apartments.

Apply by February 7, 2020.

[See the full posting here](#)

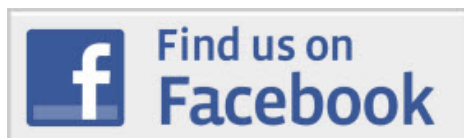
Did you know that MNPHA's job postings are the most "clicked" item in our newsletter?

Do you have a position you are trying to fill in your organization? MNPHA is always accepting job and volunteer postings for display on our 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](mailto:execdir@mnpha.com)**



Are you on Facebook?  
MNPHA is too.

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

See what's happening on our social sites:



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