

HANSEN BUILDING UPDATES

SMOKING IS NOT PERMITTED IN THE BUILDING

Hansen is a smoke-free building. If you do smoke, ensure to use the designated smoking areas outdoors.

BUILDING HEALTH & SAFETY—COVID-19

The building is being thoroughly sanitized on a regular basis throughout the week to ensure the health and safety of all tenants.

AVOID GATHERINGS - PRACTICE PHYSICAL DISTANCING

Social distancing is key in ensuring we keep all tenants in the building safe during the outbreak. Avoid gathering in hallways, parking, outdoors, lobby space, and common areas.

PROPERTY MANAGEMENT OFFICE

The office remains closed to the public at this time as it is not set up for physical distancing. Tenants may speak with the Property Administrator by calling the Property Management office number at 905-455-9693.

RENT PAYMENTS

A friendly reminder to pay your rent—please call the Property Management office to book an appointment to pay your rent. If you have any concerns regarding your rent, please contact Olga to arrange a payment schedule.

GARBAGE DISPOSAL—Potential Charges

Due to ongoing issues with garbage disposal, Property Management may begin to issue charges accordingly. Do not leave garbage bags on the floor in the garbage chutes. Do not throw cardboard boxes down the garbage chutes.

BIKE ROOM UPDATE

Please remove unstable bikes or parts from the bike room before August 26.



Hansen Community Newsletter August 2020

SHIP will be closed on Monday August 3rd

Civic Holiday Fun Facts

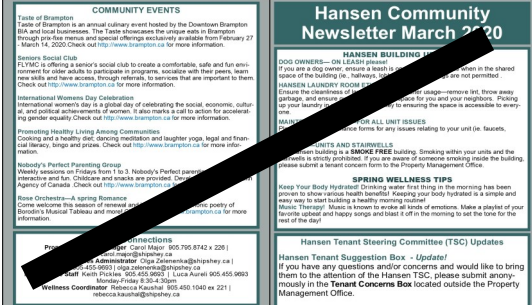
1. The tradition of a holiday in the middle of summer in Toronto dates back to 1869 and was formally created in 1875 when the first Monday in August became the August Civic Holiday in Toronto. Today, Civic Holiday is a non-statutory holiday in Ontario and provincially regulated employers are not required to treat this as a holiday.

2. British Columbia was the last province to establish an August holiday when British Columbia Day was created in 1974.

3. Though there will be regional variations, typically banks and government offices will be closed on Civic Day and public transport may run on a reduced schedule



Due to the ongoing COVID-19 outbreak, **all programming at Hansen is postponed until further notice.**



Grocery Shopping Tips

Plan ahead before shopping

- Check to see what food you have at home before shopping.
- Check flyers for sales and discounts.
- Plan a menu for the week.
- Make a shopping list based on your menu.
- Avoid buying items not on the list. This will save time and money.
- Eat before shopping. People tend to buy items they don't need when hungry.
- Make healthy choices.

Where to look in the store when shopping

The outer aisles of the store is where you will usually find fresh unprocessed food. Processed and packaged foods are usually in the centre aisles. The most expensive foods are often at eye-level on the shelves so look on the top and bottom shelves.

Buying Vegetables and Fruit

- For a good price, buy locally grown produce when in season.
- Freeze if you can't eat it all before it starts to spoil.
- Cook vegetables from frozen – this will help keep the nutrients.
- Try not to cover vegetables in a lot of breading or sauces – these are higher in fat.
- Use leftover vegetables in a stir fry or add to a tossed salad and sugar.

DO YOU WANT MORE INFORMATION AROUND COVID-19?

Check out the following resources:

Telehealth Ontario

Phone Number: 1-866-797-0000

Website: www.health.gov.on.ca

Peel Public Health

Phone Number: 905-799-7700

Website: www.peelregion.ca/coronavirus

Ontario Ministry of Health

Website: www.ontario.ca/coronavirus

Food Security

Seniors Only—Special Hours

Please check with your local grocery store to confirm hours.

Sobeys

8975 Chinguacousy Rd, Brampton
Phone: (905) 796-1517
Hours: 8:00 am-9:00 am

FreshCo

398 Queen St W, Brampton
Phone: (905) 454-8840
Hours: 8:00 am-9:00am

Metro

156 Main Street S, Brampton
Phone: (905) 459-6212
Hours: 8:00 am-9:00 am

Walmart Brampton North Supercentre

50 Quarry Edge Dr, Brampton
Phone: (905) 874-0112
Hours: 8:00 am-9:00am

Local Food Banks

Knights Table

Address: 287 Glidden Rd #4, Brampton.

Phone: (905) 454-8725

Hours: Breakfast, Lunch & Dinner served everyday.

Salvation Army

Address: 9395 Bramalea Rd, Brampton.

Phone: (905) 791-1085

Hours: Tuesdays & Thursdays at 10am-3pm

St. Louise Outreach Centre of Peel

Address: 32 Haggert Ave N, Brampton.

Phone: (905) 454-2144

Hours: Please call the number above for instructions on food bank protocol for pick up.

***Please call to confirm hours of operation, as they may be subject to change.*

Staff Connections

Property Services Manager Carol Major 905.795.8742 x 226 | carol.major@shipshey.ca

Property Administrator Olga Zelenenka@shipshey.ca | 905-455-9693 | olga.zelenenka@shipshey.ca

Maintenance Staff Keith Pickles 905.455.9693 | Luca Aureli 905.455.9693
Monday-Friday 8:30-4:30pm

Wellness Coordinator Rebecca Kaushal 905.450.1040 ex 221 | rebecca.kaushal@shipshey.ca