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UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)

**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS  
WHO DON'T HAVE AN E-MAIL ADDRESS**

**NOTE: We're moving to bi-weekly updates; next release on August 19**

Hi, everyone: it's Wednesday of week 22, and we hope you're all doing well. Ottawa had a rough couple of weeks with COVID numbers on the rise. While the latest figures over the past couple of days appear to be going in the right direction, a local epidemiologist is cautioning that test results may be backlogged after the long weekend. We really hope that everyone continues to follow safe COVID prevention practices including limiting social circles to a max of 10 people and being cautious when joining in social gatherings outside of their social bubble.

**Since we are on the subject of social circles and gatherings, here is reminder of the difference between the two.**

*Social Circles:* no distancing needed within the circle/bubble (key word: within), involves your household and selected people who DON'T JOIN OTHER CIRCLES (keeps risk of transmission down). Maximum of 10 people

*Social Gatherings:* needs proper 2m distancing with masks indoors (always) and outdoors when distancing from those outside your bubble can't be maintained. Maximum of 50 people indoors and 100 outdoors.

### **School is Back in the Fall**

The long-awaited plan to reopen Ontario schools was unveiled last week, and it has drawn mixed reviews from parents and teachers alike. To learn about what the province is doing when returning students to the classroom, visit:

<https://www.ontario.ca/page/guide-reopening-ontarios-schools>

### **⚠ Scam Alert! ⚠**

You should be cautious when any person claiming to be a Service Canada or 1 800 O-Canada employee contacts you in a way that you are not normally contacted by the federal government. Here's how to be sure: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada/fraud.html>

### **The Covid Alert App**

Have you heard that there is now a COVID Alert app? The COVID Alert app can let people know of possible exposures to a COVID positive individual before any symptoms appear. For more information or to learn if your smart phone can support the app, visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

## **Housing Loss Prevention Program (HLPP), Canadian Mental Health Association**

The Housing Loss Prevention Program provides support to eligible non-profit housing providers and their tenants in the greater Ottawa area. Its goal is to maintain positive landlord-tenant relationships and prevent eviction. For more information, visit:

[https://e7763c34-b9cd-48cb-a711-376bc70b0f23.filesusr.com/ugd/cfb807\\_737074100a9944818088eac9509edeec.pdf](https://e7763c34-b9cd-48cb-a711-376bc70b0f23.filesusr.com/ugd/cfb807_737074100a9944818088eac9509edeec.pdf)

## **Emergency Preparedness**

Over the weekend, Environment Canada issued a Tornado Watch for Ottawa, bringing back a lot of memories for many of us who experienced the shocking effects of the 2018 tornado. As if we didn't already have enough to deal with in 2020. All sarcasm aside, have you thought about your emergency plan in the case of a natural disaster? To learn more about the steps to emergency preparedness and helpful tips such as how to build emergency preparedness kits and more, visit: <https://ottawa.ca/en/health-and-public-safety/emergency-preparedness>

## **Canada Revenue Agency Webinar on Tax and Benefit Information for Seniors**

Wednesday, August 5, 2:00 PM to 3:00 PM - TODAY

Join CRA for a special webinar on tax and benefit information, including COVID-19 measures and emergency benefits.

**A Canada Revenue Agency Outreach Officer will discuss the following topics during the webinar:**

- Doing your taxes on time
- Common types of income
- The GST/HST credit
- Common tax credits
- COVID-19 measures and emergency benefits
- Services and tools
- Scam awareness
- Community volunteer income tax program

The CRA Outreach program is designed to ensure that Canada's vulnerable populations receive the benefits and credits they are entitled to. Using a client-centric approach, the objective is to make tax and benefit information more accessible for all Canadians as well as to help raise awareness and educate people on the benefits and credits to which they are entitled.

**Click [here](#) to sign up. Spaces are limited.**

A link to access the webinar will be emailed to you.

## **Connect Counselling**

How are you doing today? (*good “ish”*) How are you really doing? (*meh*)

If you need to talk, a free phone or video counselling session is a click away: Visit:

<https://www.counsellingconnect.org/>

## Just for Fun

