

Thank you to the Honourable Minister Bill Morneau for making an appearance at NIP's Chinese Senior's Knitting Club on March 14, 2019. The seniors all had a wonderful time, thank you, Minister, for your support!



Information in Action

On February 27th, the Chinese Seniors Information Fair on Elder Abuse hosted by Neighbourhood Information Post took place in Regent Park. We had seven local agencies sharing their information with the Chinese seniors in our community. Thank you to all who came out to aid in making our program a success. The fair was an amazing opportunity for the seniors to socialize in the community and learn more about elder abuse in our society.

A special thanks goes out to the Alzheimer Society of Toronto, Canadian Hearing Society, Chinese Family Services, Chinese and Southeast Asian Legal Services, Hong Fook Mental Health Services, Polycultural Immigrant and Community Services, and the SEAS Centre for their support!



Our Mission

Neighbourhood Information Post (NIP) strives to provide programs and services that make it possible for all marginalized and socially isolated people in our community to live a stable, quality life in a suitable home by: responding to community needs; by developing programs that empower people now and for the future; engaging in community partnerships to advance our mission and educating partner agencies about the success of our programs.

Our Vision

To be a vital community organization committed to homelessness prevention, housing stabilization, economic stability, and improved quality of life for vulnerable households in eastern Downtown Toronto.

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Honey Bee Nutrition Program

Our Honey Bee Healthy Eating Nutrition Program has once again been a success in Moss Park! Our multi-week healthy eating and nutrition program introduced participants to a plethora of new and exciting cuisines from all over the world, introducing new and interesting ways to cook and incorporate healthy cooking into a part of daily life. From Korean to Mexican food, recipes books were created and distributed to participants. With so many new and exciting ways to cook in a healthy way, we hope everyone finds a way to eat clean!



Community members preparing a healthy meal through the Honey Bee Nutrition Program



A delicious and nutritious meal prepared by our participants!



Upcoming Events

Moss Park Festival: Are you looking to engage with fellow residents within the Moss Park community? Our annual Moss Park festival is coming up on Saturday July 27th, 2019 from 1:00pm to 5:00pm! Bring your lawn chair and come by to enjoy the festival featuring live music and a BBQ running from 1:00 pm to 2:30 pm. Located at the Moss Park Greenspace (Ontario and Queen), swing by for some community fun! For more information, contact Sophia at sophia@nipost.org.



CHINESE SENIOR PROGRAM

NIP continues to serve seniors at our drop-in program and regular recreational programs.

NIP helps seniors with form-filling, translation, referrals and learning basic IPAD and social media skills. NIP's Chinese Senior Hobby Groups continue with activities such as knitting, arts & crafts, singing, fitness and photography. Please see page 4 under "Upcoming Events" for more details!



Chinese Seniors Arts and Crafts group



Members of our Chinese Senior Program and hobby group



Our Chinese Senior Knitting group is hard at work!

Healthy Eating Program

From May 8th to June 12th 2019, the Healthy Eating Series Program for parents of children 6 years old and younger in the Regent Park and Moss Park communities was run by our program coordinators Yanjun and Amy. Parents or guardians of children less than 6 years of age participated in this six-session cooking and nutrition program where participant discussed how to maintain a balanced and healthy diet, as well as new and innovative ways in cooking.



Participants of our Healthy Eating Sessions had a great time learning about cooking and nutrition

Please call or visit us for more information or if you would like to apply for our programs!

ENERGY ASSISTANCE

Ontario Electricity Support Program (OESP)

The OESP is a program for low-income families that provides a monthly credit on electricity bills. Once approved the credit will be applied on each new monthly electricity bill for the next 2 years. You can get from \$35 to \$75 of your electricity bill each month. If you need a break on your hydro bill, give us a call and we will be glad to do an application with you!

Low-Income Energy Assistance Program (LEAP)

LEAP is designed for low-income individuals and families. Upon successful completion of the application process, the funds will be credited to your electricity bill. Households can be approved for only one grant in the calendar year.

LEAP grants are limited to individuals from low-income households who:

- Have energy bills that are currently in arrears; or
- Have recently received a disconnection notice

If you have any questions about LEAP Program, please contact Neftali at 416-924-2543 x223.



RENT BANK

NIP has assisted thousands of families who faced eviction because of rental arrears or were in need of first and last month's rent.

If your income is low but steady and you are not receiving social assistance, you may be eligible to apply.

Loans taken out from Toronto Rent Bank are interest-free and funded by the government.

This is a no fee and we provide a flexible repayment plan.

For more information, please contact Maja at 416-924-2543 x226.



TRUSTEESHIP

This free service is for low-income individuals who may have some difficulties managing their finances.

The service consists of:

- Paying your rent /utilities/other monthly bills on time;
- Creating a budget;
- Learning financial literacy skills;
- Landlord & tenant negotiation;
- Community support;
- Assistance to achieve financial independence.

This service is dedicated to helping individuals manage their cash flow in order to help facilitate an understanding of personal finance as well as money management skills.

For more information, please contact Meerra at 416-924-2543 x227.



UPCOMING AND ON – GOING EVENTS



Activities	Location	Date and Time
Moss Park Festival	Moss Park Greenspace (Queen and Ontario)	1:00pm – 5:00pm Saturday July 27 th , 2019
Chinese Senior fitness group (partnership with Flemingdon Health Centre)	246 Sackville	9:30am - 10:30am every Tuesday
Chinese Senior Photography group	252 Sackville	9:30am - 11:00am on the 1st & 3th Friday of each month
Chinese Senior Knitting & Crochet group	252 Sackville	11:00am - 12:00am on the 1st & 3th Friday of each month
Chinese Senior Singing group	252 Sackville	11:00am - 12:00am on the 2nd & 4th Friday of each month
Chinese Senior Arts & Crafts group	252 Sackville	9:30am - 11:00am on the 2nd & 4th Friday of each month
On-site case management services for tenants	252 Sackville	10:00am - 12:30pm every Tuesday
Chinese Senior IPAD monthly group	Toronto Public Library (Parliament Branch—Story Room)	1:30pm to 3:00pm on the 1st Thursday of each month
Birthday Celebrations for tenants	330 Gerrard St. E.	11:30am - 2:00pm the 2nd Friday of each month
Chinese Senior IPAD weekly group	Coming Soon!	1:30pm - 3:00pm every Friday

If you would like to know more about our upcoming events or how to donate, please contact us at 416-924-2543 or nipost@nipost.org

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