



NEIGHBOURHOOD INFORMATION POST

Bikes for Youth and Kids!



NIP was able to secure a donation from Bikes Without Borders for some of the kids and youths in Moss Park. Overall, 26 bikes were distributed. A big thank you to Bikes Without Borders! NIP looks forward to continuing this partnership with them.

WHAT'S INSIDE?

CELEBRATING AMY

DREW'S GUIDE TO DAILY
MINDFULNESS

AGM 2022

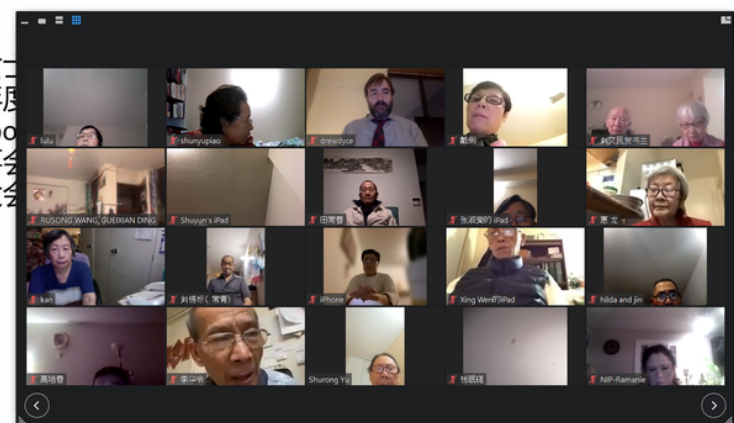
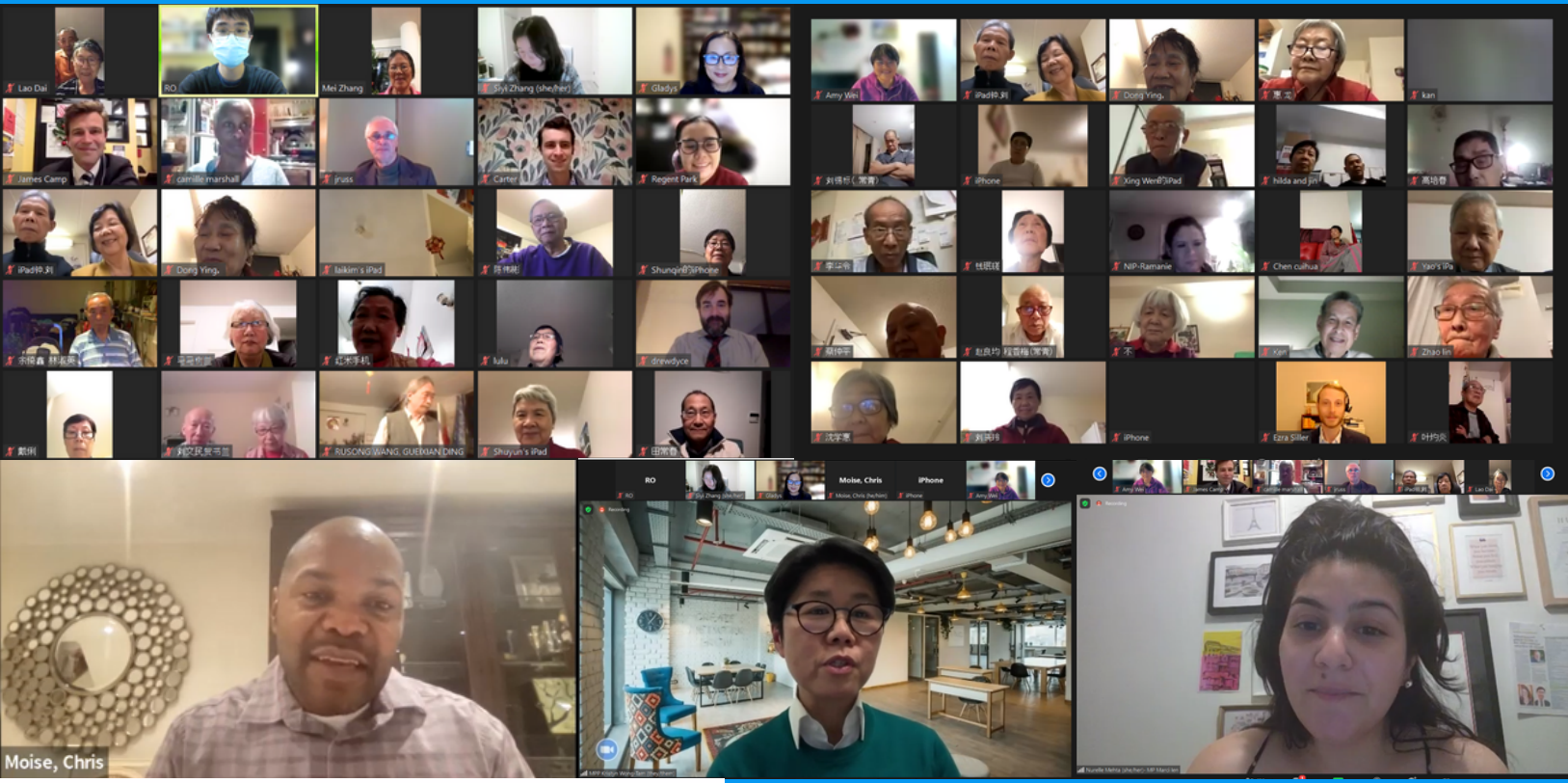
MOSS PARK SPRING FESTIVAL

NIP PROGRAM UPDATES

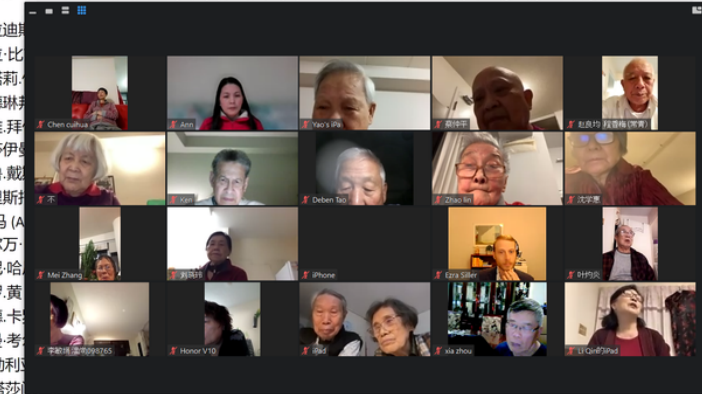
AND MORE



Annual General Meeting 2022



接下来，我继续给大家介绍我们的工作人员，成员有：



Neighbourhood Information Post held its Annual General Meeting 2022 on the 29th of November 2022. We would like to thank MPP Kristyn Wong-Tam and Councillor Chris Moise for their presence. We also would like to thank MP Marci Ien for sending us her well wishes through her staff, Nurelle. We are grateful to all of them for their generous support and their tremendous contributions in the community.





NIP Program Updates

FINANCIAL ASSISTANCE PROGRAMS



ENERGY ASSISTANCE

LEAP:

LEAP (Low-Income Energy Assistance Program) is a grant program that provides emergency relief to eligible low-income customers who are in arrears with their electricity bill payments. Eligible households may apply up to \$500 (\$600 for customers with electrically heated homes). Please call 416-924-2543 x 231 if you would like to apply.

OESP:

OESP provides a monthly credit to eligible customers based on household income and household size. The credits are applied directly to eligible customers' bills. If you are a customer of an electricity utility and are low-income, you may qualify for OESP. For more information, please call 416-924-2543 x231.

Emergency Energy Fund (EEF):

Low-income Toronto residents who are not receiving assistance from Ontario Works or Ontario Disability Support Program (ODSP) may qualify for help from the City of Toronto with energy-related emergencies to reconnect, prevent disconnection or to assist in the payment of energy arrears for electricity, gas, or oil services. To find out if you qualify for the Emergency Energy Fund please call 416-397-7368.



HOUSING TRUSTEESHIP PROGRAM

NIP offers a Voluntary Housing Trusteeship Program that provides money management supports to vulnerable individuals by helping them with monthly budgeting, social supports and ensuring that their rent and bill payments are paid on time. The program stabilizes their housing and prevents eviction.

The Trusteeship Program works closely with the City of Toronto to address homelessness in Toronto and to assist people who are newly housed.



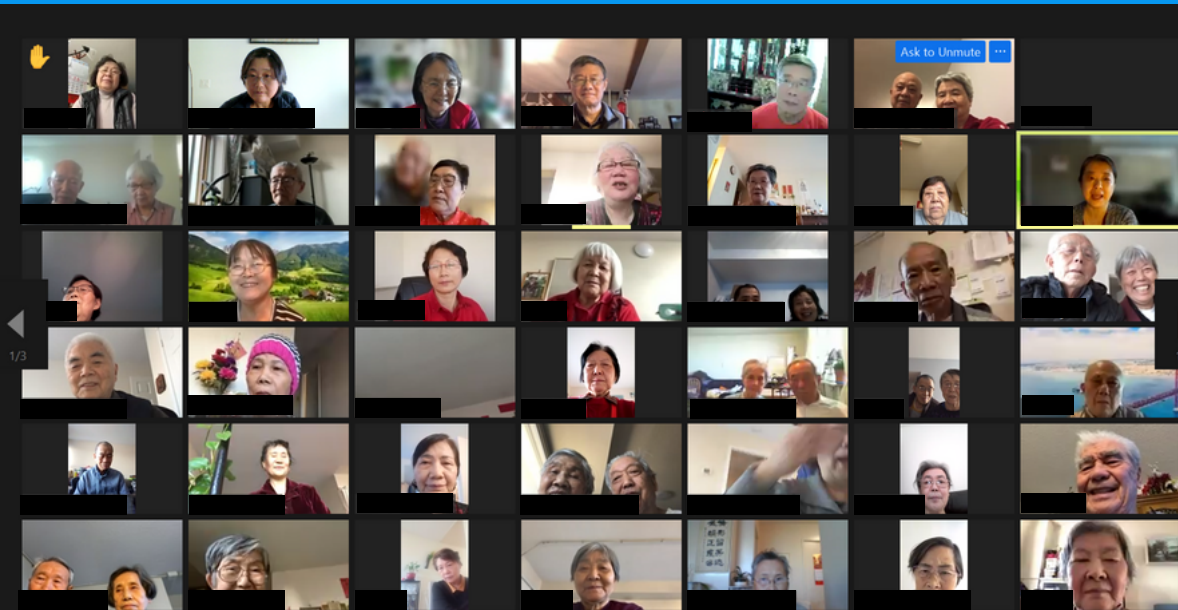
TORONTO RENT BANK

The Toronto Rent Bank provides support to low-income Toronto residents who are behind in their rent or need help with a rental deposit. The program provided 2285 households with financial assistance in 2022.

To apply, contact our call center at 416-397-7368 from 9 am to 4:30 pm on Monday to Friday.



CHINESE SENIORS PROGRAMS



NIP is offering a variety of hobby groups (e.g. indoor planting, arts, calligraphy, photography etc) and skill-building workshops for more than 100 Chinese seniors in our community.



The Chinese seniors are also connected through more than 10 WeChat Groups led by NIP. We have a group of enthusiastic and dedicated peer leaders and volunteers who continue to make important contributions to our programs by sharing their expertise and ideas, and donating their time. The seniors all share the belief that "everyone is for me; I am for everyone". It is exciting that these seniors have such a strong desire to learn and participate in community activities, striving to integrate into the community and reduce their isolation. They all learn from each other and provide each other with encouragement and support. They have set a great example for younger people with their positive attitudes and healthy lifestyle.



NIP's Income Tax Clinic



Hear from our director, coordinator, and volunteer...

DID YOU KNOW?

Through NIP's Income Tax Clinic, Volunteer Chartered Accountants assist over 100 low-income households to file their income returns every year, free of charge. And now the service is available throughout the year.

"Thanks to the team at NIP, volunteers like me from CPAOntario are able to provide income tax preparation services to eligible clients and families in downtown Toronto. Tax time can be stressful and we are pleased that we can assist so many people meet their tax filing obligations and continue to access the social services they need."

- Ann Richards, Volunteer Chartered Accountant

"Thanks to our Income Tax Clinic Volunteer Coordinator, Russ, we have been helping many low-income households file their tax on time for over 20 years. We have also made the service available year round. We look forward to serving more income tax clients in the coming months."

- Gladys Wong, Executive Director

"Our tax clinic service is now accepting appointments by phone to assist those in the downtown region. Please call us at 416 924 2543 for more information and to see if you are eligible!"

- Ron, NIP Tax Clinic Coordinator



Thanks, Ramanie!

What our clients say...

“

In May, 2023 I applied for a LEAP grant to assist with Hydro expense incurred in my co-op apartment in Toronto.

Ramanie was the person assigned to my LEAP application. I found her a reliable and effective guide to the LEAP program, and to the application process. Ramanie was very patient, and responsive to my questions. I consider her involvement as an important factor in the successful outcome of my application.

In all, my experience of the LEAP application process was greatly enhanced by the help and guidance of Ramanie.

”





Drew's Guide to Daily Mindfulness

Set a Reminder

You won't practice mindfulness if you don't remember to in the first place. You can set a reminder using your work calendar, or your smart phone.

Or put up an inspirational wall poster or even a religious symbol to remind you to be mindful whenever you look at it.

When you do practice at work, here are some simple things you can do...



Observe Your Thoughts

What has been the content of your thoughts today? Have you been hard on yourself? Maybe you need to give yourself some compassionate thoughts and show yourself some gratitude just for showing up today.

Have your thoughts been scattered? Or fast and excited? Perhaps you can sit and take some deep breaths for a couple minutes to help you calm down and focus.



Be Grateful

Just taking a few moments to be grateful, for even the smallest things, can help put us in a positive head space. You can be grateful for little things such as sunshine, morning coffee, a house plant, your ability to work well with others, your new shirt, a favorite pen, anything at all can be used as a source of gratitude, even gratitude for the challenges we face that help us grow as individuals.



Focus On Your Breath

By bringing our attention to our breath we can help our mind focus. Notice how you are breathing. Is it shallow or deep? Take five deep belly breaths and focus your attention on your inhale and exhale. Repeat that three times and practice it multiple times during the day.



Deep Listening

Just sit with your eyes closed and listen and deeply and intently as possible. Don't think about what you're hearing, just focus on the process. Listening is a passive activity, so you can relax into it without stressing or exerting yourself.



Hear what one of our clients have to say about the Emergency Energy Fund...

"The Energy Assistance Program, more specifically the Emergency Energy Fund made a positive impact on my life as I had fallen behind on my hydro bill after a job loss due to the Covid-19 Pandemic and furthermore a rocky few years to follow. My program worker made sure to guide me through the process, and was very reassuring through each step. Thank you to the Neighbourhood Information Post for their help and the Emergency Energy Fund for coming to my aid during this difficult time as I get back on my feet."

Drew hosts a Mindfulness session every week on Thursday 12 PM that is open to all staffs.



Celebrating Amy

We were able to catch up to Amy amidst her busy last day at NIP. Here is the captured conversation.

Could you describe your role at NIP?

I am a regular employee of NIP. My main responsibility is to oversee projects for senior Chinese citizens. This includes organizing daily hobby group activities for seniors, as well as working on the New Horizons Seniors Program, which is a federal government initiative, and other tasks assigned by NIP's Executive Director.

What kind of work were you previously involved in before this in China?

Before joining NIP, I had studied and gained some theoretical knowledge on community work and Neuropsychology in China, but I had never had the opportunity to put it into practice. Working at NIP has given me the chance to apply my previous knowledge to practical situations.

All the best wishes to you from everyone at NIP!



Happy Retirement Amy!

What inspired you to do what you do?

The enthusiasm that seniors have for life, the dedication of many senior volunteers, and the influence of Canadian culture have inspired me to learn from them and be motivated to do my part for society. We should not pursue emptiness but live down-to-earth lives. Everyone will grow old and everyone will need help from others. Being able to serve seniors now is my pride and I must cherish it.

Can you describe any particularly memorable moments or experiences you had while working with the Chinese senior hobby group?

The recently concluded NHSP project aimed to encourage seniors to use digital storytelling to express their lives. They needed to learn AI knowledge and many new social media apps, but every participant participated with great enthusiasm, attending lectures, making videos, and sharing in their groups. They overcame great difficulties and learned new knowledge, and they were happy. The happiness of seniors is the driving force of my work. I am very grateful to be with them.

How do you think the program has impacted the seniors who have participated in it?

We have many senior friends who persist in learning new knowledge, and many of our volunteers are in their 70s. They keep learning new things and are eager to help those who need help more than they do. All of this moves me deeply.

What are your plans for the future after retirement?

Life is very short, and after retirement, I will probably have many things to learn and constantly enrich myself.



Moss Park Spring Festival



NIP hosted the Moss Park Spring Festival on the 13th of May, 2023. The event was a fun filled fest with live music, balloons, henna, food, and much more. We would like to thank MPP Kristyn Wong-Tam, Councillor Chris Moise, MP Marci Ien, and everyone who graced us with their presence at the festival.



MARK YOUR CALENDARS!

UPCOMING MOSS PARK PROGRAMS

**JUL
15**

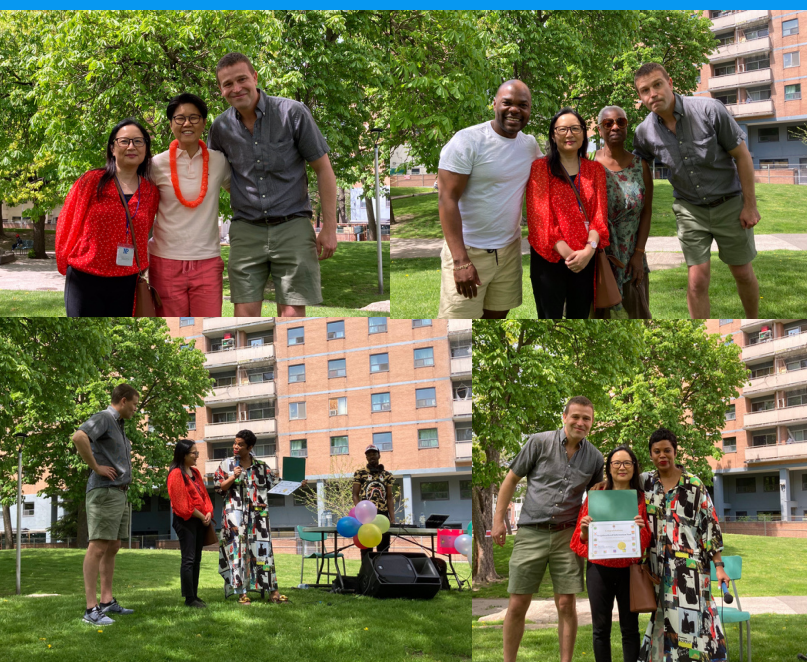
Moss Park Photobook launch and exhibit
(2nd floor of the Parliament Street Public Library)

**JUL
29**

Moss Park Summer Festival

**SEP
23**

Community Recipe Book Launch



269 GERRARD STREET EAST, TORONTO ON, M5A 2G3
NIPOST@NIPOST.ORG | (416) 924-2543 | NIPOST.ORG

f @niptoronto





We are here to help!

CURRENT SERVICES

Income Tax Clinic – Please call Ron at 416-924-2543 ext. 233 for appointments or more information. Filing is now done by phone.

Rent Bank – Please call 416-397-7368 (RENT)

Emergency Energy Fund (EEF) – Please call 416-397-7368 (RENT)

Hydro and Electricity Programs – If you wish to apply for LEAP or OESP, please contact Ramanie at 416-924-2543 ext. 231.

Senior's Programs and Moss Park Activities – Please call 416-924-2543 and leave a message.

Form Filling and Mail and Message Service – Please call 416-924-2543 to make an appointment

"Helping local community members & newcomers"

Support us by donating:



Stay connected with us for updates on our programs, events, and what we have to offer!

Follow us on Social Media:

@niptoronto

