

La **R**ose des **V**ents



Office municipal
d'habitation
de Montréal

Office municipal d'habitation
de Montréal Tenant Newsletter | **December 2021**
Volume 20 N° 1

Happy Holidays to all tenants!



Youth
soccer league


Safety and
prevention
action plan

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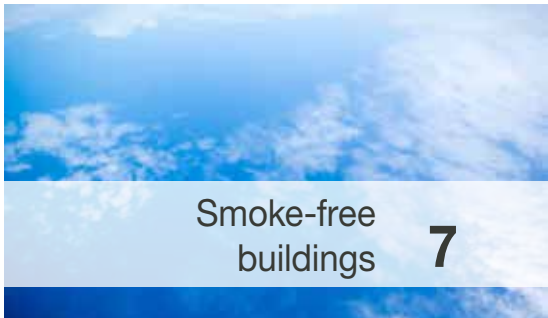
This month



Conflicts between neighbours **5**



Centre des femmes **9**



Smoke-free buildings **7**

► Editorial

3 Message from Danielle Cécile

► News

6 New apartments in Rosemont
13 Free soccer league for young people

► Security

4 New action plan in safety and prevention
14 Cooking fires

► Profile

11 The Great Denise

► Info on low-rent housing

12 Pay your rent by bank transfer

► Health and wellness

15 Take care of yourself at low cost

► Environment

8 Flower and Garden Club

► Rubbing shoulders

10 News from you!



QUESTIONS, COMMENTS OR SUGGESTIONS?

Write to us!
rosedesvents@omhm.qc.ca



Happy Holidays to all tenants!

Please note that all Office municipal d'habitation de Montréal (OMHM) offices will be closed on **December 24th, 27th, 28th and 31st 2021** and **January 3rd and 4th 2022**. However, the Call Centre will remain open for emergencies. You can reach it by calling 514-872-6646.



Office municipal d'habitation de Montréal

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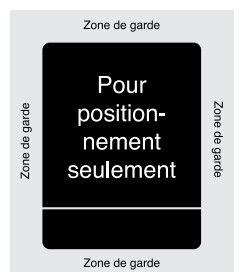
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Hopes and dreams

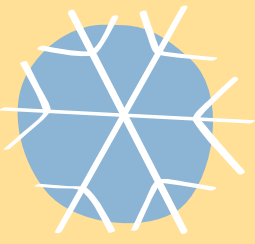
Danielle Cécile
Directrice générale de l'OMHM
(Executive Director of the OMHM)



A whole year hoping to see the end of masks and hands chapped by disinfectant. But also, four seasons spent under the sign of benevolence and resilience. The kindness that we had for each other. The resilience you have shown again this year.

The pandemic has shaken us, but it as not defeated us! We still dream of vibrant and lively living environments. We always dream of putting our buildings back in good condition and some government announcements this year gave us back hope. And we will continue to dream of providing a roof to all the households that need it so badly in Montreal.

These dreams are possible. Because there are many of us, tenants, staff of the OMHM, partners, volunteers, to put all our heart into it. Together we can go far and make a difference.



I wish you a healthy year, filled with hope and dreams, so that we may fully live in the moment.

Happy 2022!



Danielle Cécile

A **new** safety and prevention action plan



The OMHM is launching the new 2021–2025 integrated safety and prevention action plan. For the first time, this plan was developed by a committee of tenants and OMHM employees.

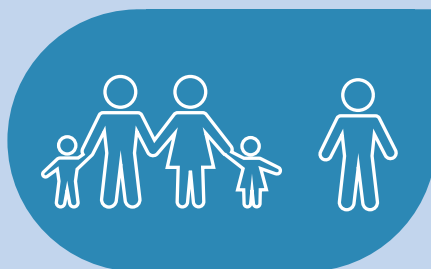
Safety, a sense of security and prevention have always been an issue in our living environments. The latest integrated safety and prevention action plan is a continuation of previous plans. It promotes employee awareness and involvement, resident participation, and the collaboration of various external partners.

Adapted to the situation

“For this fourth action plan, we ensured that it adapts to the changing context and current safety and prevention needs,” said Michel Fortin, chargé de projet en prévention (Prevention Project Manager) for the OMHM. “The tools we have been implementing since 2005 are still relevant, but the ways of doing things have evolved and must continue to evolve as needed,” he added.

A new approach was used to prepare a plan that meets current needs. “For the first time, a joint committee composed of four representatives from the Comité consultatif des résidants en HLM (CCR or Advisory Committee of Tenants in Low-Rent Housing) and three representatives from the OMHM created the plan,” said Fortin. The outcome of the discussions is a plan that affects three client groups: seniors, families and people living alone. This approach makes it possible to have specific objectives that are designed and adapted to the target groups.

In closing, it should be noted that a monitoring committee, which also includes employees and tenant representatives, will make sure the actions in the plan are carried out.



For more information
omhm.qc.ca/en/publications

Conflicts between neighbours: **peaceful communication**

We live in close proximity to one another, and everyone has their level of tolerance for certain situations. Conflicts between neighbours can quickly escalate if not managed. Do not wait for the situation to become unbearable. Sometimes the solution is simple when the problem is addressed quickly.

There are several sources of conflict:

- noise
- the smell of smoke
- pets
- garbage

Communication between neighbours can be difficult, yet it is the best way to solve a problem. Here is a peaceful way to communicate that may help you and your neighbour find a solution:

1. Stay calm
Both parties need to remain calm to explain the situation, and more importantly, to listen to each other. It's not easy, but everyone needs to stay calm so they can make their point.



2. Explain
Neither party should make accusations or assign blame. Everyone should share their view of the situation, their feelings about it and why they think the situation is problematic. A good way to explain yourself is to use "I" statements. For example: "I feel that you're making too much noise in the evening when I have to go to bed early."

3. Seek solutions
Both parties should identify several possible solutions to the problem. It is important that each person respects and listens to their neighbour's solutions.



4. Choose a solution
Both parties should choose a solution that works for both of them, and then implement it. The solution may not work perfectly. If the situation does not seem to improve, another calm discussion with the neighbour may be necessary.



The building is above the Rosemont metro station. Buses will go under the building. This is an architectural feat!

New apartments for seniors in **Rosemont**



In September 2019, the OMHM undertook a major project at the corner of Rosemont and Saint-Denis. The building, temporarily named Îlot Rosemont, will house several OMHM offices on the first three floors. The other floors will be a seniors' residence, La Résidence Des Ateliers from the ENHARMONIE network. Construction will be completed in fall 2022.

La Résidence Des Ateliers: for independent seniors aged 75 and up

Starting on the 4th floor, the building will house a residence for independent seniors aged 75 and up. Most of the 193 apartments have one bedroom, a balcony and large windows. The rent will include one meal per day and several services (electricity, heating, phone, cable TV, recreational facilities, etc.).

INTERNET
REPAIR
REQUEST

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Don't want to call to make a request for repairs?

Visit omhm.qc.ca and click on Repair request to access our online form.

It's simple and easy to use! When you submit the form, you will receive an automated email notification.

Don't have an email account or access to the Internet? Don't worry! File your request by phone at 514-872-6646. Your request will be processed just the same way as those made online.



Pilot project is a breath of fresh air

Since the summer of 2020, 90 households in Habitations Saint-Michel Nord have been living in buildings designated “smoke-free” as part of a project run by the Office municipal d’habitation de Montréal (OMHM). A year later, a survey of these tenants confirms the success of this project.

 **96 %**
want their building to stay
smoke-free forever


 **93 %**
want the OMHM to extend the smoke-free
building initiative to other low-rent housing
projects in Montreal

“It’s good for my health and my children’s health,” tenants say. They point out that banning smoking cigarettes, cannabis and other substances helps keep the apartments cleaner. They also say it protects the environment and reduces the risk of fire.

“Our assessment indicates that the OMHM should maintain smoke-free status at Habitations Saint-Michel Nord. We must try to implement this project elsewhere while finding ways to respect smokers’ rights,” said Nathalie Fortin, directrice de la gestion des milieux de vie (Director of Community Relations Management) at the OMHM and project lead.

Despite the ban, there is still a smell of smoke

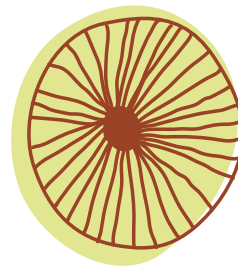
The survey also raised an issue with the project. Cohabitation between smokers and non-smokers living in the same smoke-free building is not always harmonious. There are smokers who moved to a smoke-free building and pledged to respect the smoking ban. However, this is not always the case. “Solutions will have to be found if smoke-free buildings are here for good,” said Nathalie Fortin.

 **20 %**
said they saw someone smoking on the
premises despite the ban

 **80 %**
have smelled smoke in
their apartments

Update

A full project evaluation report has been submitted to the OMHM Board in December. This report includes recommendations for maintaining Habitations Saint-Michel Nord’s smoke-free status. It also recommends adding more smoke-free buildings to the OMHM’s current housing stock.



Flower and Garden Club: a season in **bloom**

Once again this year, the activities organized by the Flower and Garden Club were a success. Thank you to all the tenants who participated in one or more of its activities. Here is a brief overview in pictures.

17 youth projects

It is important that young people pay special attention to eating well and beautifying their living environment. Among the 17 projects are the urban agriculture projects at Habitations Delorimier and Thomas-Chapais.



Luz Stella Garcia Giraldo and **Carole Tremblay**, at Habitations Du Parc Frontenac

“We work hard to make our building beautiful. We already have lots of ideas for next year!”



“We started this gardening project 10 years ago with the Éco-quartier Ville-Marie. And it is still every bit as involved. This wonderful and long collaboration has been quite extraordinary!” says Elaine St-Onge, organisatrice communautaire (Community Organizer) for the OMHM.



John Danis, at Habitations Parthenais

“I’ve been into nature ever since I was a boy.”

“The children were proud of their work,” explains Manon Martin, Outreach Worker at Habitations Thomas-Chapais. “Several parents also participated by giving the children pointers or supplying snacks, tools and the like.”

The Flower and Garden Club is supported by its partner Sentier Urbain. Congratulations to everyone who was out gardening this summer. See you all next year! To take advantage the Club’s services in the 2022 season, register as of **Monday, March 28, 2022**.

Winners of the Gardening Kit Draw

Guylaine Plourde,
Habitations Pierre-de-Coubertin

Adrienne Lambert,
Habitations De Marseille

Monica Regacho,
Habitations Isabella

Jozef Kerkes,
Habitations Terrasse Ontario

Solange Bonnier,
Habitations De La Mennais

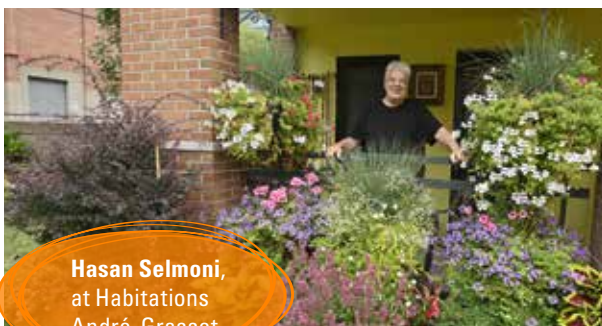
Lucie Hébert,
Habitations Viauville

Luz Stella Garcia Giraldo,
Habitations Du Parc Frontenac

Éric Malette,
Habitations Séguin

Carol Couillard,
Habitations Shevchenko

Elizabeth Engleman,
Habitations André-Grasset



Hasan Selmoni, at Habitations André-Grasset

“Flowers and plants are my passion!”





Helping women help themselves

Do you need a helping hand in your personal life? Do you have a limited budget for essential items? You are welcome at the Centre des femmes whether you were born in Quebec or elsewhere. The Centre offers services in French, English, Arabic, Spanish and Creole. It is also a place to meet other women and share your knowledge and experiences with them. Forge ties of mutual support and friendship!

The Centre des femmes de Montréal is an organization that was created in 1973 by women, for women. Year after year, the Centre continues to make a difference in the lives of thousands of Montreal women and families. An array of services are available under one roof!

Are you looking for a job?

Would you like to get back into the job market? Have you recently moved to Canada? Would you like to go back to school or find a job in a male-dominated field? Take advantage of support that takes your needs into account and progresses at a pace that is right for you. At all times, counsellors are guided by principles of respect, active listening and confidentiality.



Employment Assistance Services

emploi@centredesfemmesdemtl.org

514-842-6652

Personal Support

spl@centredesfemmesdemtl.org

514-842-4780

centredesfemmesdemtl.org



Services are provided by videoconference, in person or telephone.

RUBBING SHOULDERS



Bringing joy to people's lives
Jacqueline Brière, tenant of Habitations Curé Vianney-Savaria, is a woman who likes to serve everyone in need and has been active and present for her neighbours for 15 years. She is dedicated, conscientious and treats everyone as her own family. Recently, she added some festive spirit by decorating the floors of her building for Christmas.



Thank you for everything, Sylvain Labrecque!
 It is with deep sadness that we heard of the passing of a member of the OMHM Board of Directors. Sylvain Labrecque, a tenant member, had been an active volunteer for several years with tenants and authorities alike. Our deepest thoughts are with his family and friends. They had the opportunity to spend time with this passionate man blessed with a deep desire to advocate and find solutions for the common good of low-rent housing tenants.



Two new elected members for the OMHM Board of Directors
 Following the resignation of a tenant member on the Board of Directors and the passing of Mr. Labrecque, elections were held to replace them until the end of the term. Raymond Saulnier and Suzanne Payant were elected. They have already been on the OMHM's Board for a few months. The next election will take place in **April 2022**.



Living in low-rent housing: a guarantee of longevity?
Prudence Désir celebrated her 100th birthday. She is here with Ms. Charland, president of the Habitations Marie-Victorin tenant association. She is the third tenant in her building to pass this milestone! Did you know that there are 17 centenarians living in low-rent housing? Good health to everyone!

The great **Denise:** Living in the Present



We often wonder how long we can stay healthy. What is the secret to happiness? To answer these questions, we were fortunate to meet a tenant who is now 92, Denise Lecours or “the Great Denise” as she is known in her neighbourhood.

Denise has lived in the same neighbourhood for 91 years. She arrived in the Saint-Jacques neighbourhood when barely one year old. She has seen a lot of change over the years: “My father worked very hard. I remember he redid the floors at home because our apartment sat directly on the soil. My mom who looked after us couldn’t allow herself to get sick because of the cold,” she says. Her father hoped to leave the neighbourhood for a larger apartment. In little Denise’s head, she hoped she would never have to leave the neighbourhood and her friends, and that’s what happened!

At the age of 13, the young Denise left school to start working, and she did not stop until the age of 70. Up early every morning, she would head off to work at her aunt’s catering business. She worked there for 56 years! She says it’s the work that kept her healthy. Following the death of her father, she moved in with her mother at Habitations Saint-André, which had just opened. She stayed there for 47 years. Four years ago, she had to move across the street, to Habitations Sainte-Catherine d’Alexandrie, because her building required major work. After so many years in the



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same apartment, she says she felt uprooted: “It was hard saying goodbye. It was my home, you get attached to it. I had to go to a smaller apartment. It’s hard to part with our things because there won’t be as much space. Now I am better. You have to accept it.”

Her secret?

Denise Lecours says that since her youth, she has a routine and that it is important to take care of yourself. Every morning she gets up and takes the time to dress with care. Every day, she goes out for a little walk. “You have to get out of your apartment at least once a day and get some air,” she says. The lockdown affected her, but she speaks a lot on the phone: “It keeps me busy! I never call anyone, I always worry I’ll be disturbing them. My friends and family know that I get up early. At night, even if I’m watching TV I’ll answer the phone, it’s more important,” she says.

Keeping close ties

She never wanted to go anywhere else. All her life, it was unthinkable to move away from the neighbourhood that raised her. But she isn’t nostalgic about the past. “The past is over, nothing can be changed. Every day is a new day and tomorrow I don’t know what’s coming. I’m happy, every day I talk to my friends, my family, I listen to them.” Could that be the secret to happiness? Live in the moment and have healthy relationships with your community, family and friends. Thank you, Denise, for the wise words!

Info HLM

Patrice Bernier, spokesperson for the Foundation, gave seven young people the chance to live an unforgettable experience attending a match of the Montreal Football Club, team of which he was captain (under the name of the Montreal Impact). Raïssa Épale (on the right), new Executive Director of the Foundation, was with them.



The **Foundation** has reinvented itself



The OMHM Foundation has unveiled its new name: Fondation La Clé. Younger tenants also sat on a committee to help create the foundation's new image.

The Fondation La Clé's mission is to help Montreal's youth living in low-rent housing to keep up their studies and fully realize their potential. The new name simply and effectively describes the foundation's role and how it can help young people by giving them the tools needed to succeed, achieve their dreams and reach their full potential.



Visit the brand-new website:
www.fondationlacle.ca

Pay your rent by **bank transfer**



The Office municipal d'habitation de Montréal now offers you the option of paying your rent by bank transfer via the following financial institutions:

Banque Nationale • Banque Scotia • Desjardins
Banque Laurentienne • RBC Banque Royale • BMO Banque de Montréal

Three ways to pay your rent :

- at the ATM or teller's counter
- online or through your banking app
- by calling the institution.

Contact your financial institution for more information on how to pay online.

To find and add the Office municipal d'habitation de Montréal as a recipient for your transfer, type Office and choose Office municipal d'habitation de Montréal from the list. Then indicate your 11-digit reference numer. To find this number, consult your lease renewal notice. You can also consult the section *Tenant Services/My rent, my lease* at www.omhm.qc.ca/en/.



Youth launch new Low-rent housing Soccer League

In this period of uncertainty marked, in part, by a decline in physical activity among young people, the MOUV (a non-profit organization created by and for youths in low-rent housing) and the OMHM are launching the Low-rent housing Soccer League.

The main objective of this new league is to provide access to free sports activities for Montreal youth aged 12 to 18 living in low-rent housing. It also allows them to broaden their interests and make new friends. “This new activity aims to provide alternatives to young people through sports and encourage interaction with positive role models,” adds Iman Youbi, a MOUV member and one of the league’s founders.

Runs until spring

The season is expected to run until March 2022, subject to COVID-19 guidelines. Games and practices alternate weekly for a total of two games and two practices per month. The games take place on weekends to accommodate the youths’ school routines.

There are two age categories: 12-14 and 15-18. Of course, Public Health guidelines have to be followed when scheduling and coordinating the League’s activities.

Do you know any young people who might like to join the league? Please tell them to contact us!



Cooking fires: it happens so fast!

This is the number 1 cause of fires in our buildings.

It's important to pay attention when using the stove. Stepping away for a phone call, to watch a show that catches your attention, or falling asleep while the burners are hot: these are fire hazards.

Do not cook if you have consumed alcohol or other substances. Wait until the effects have worn off. Your safety and the safety of others is at stake.

A few tips:

- ✓ Stay in the kitchen until everything is cooked. Do not go to another room.
- ✓ Do not leave anything on the cooking surface when it is not in use.
- ✓ Keep children away from the stove.
- ✓ Always have a lid on hand. If it is not the lid that goes with the pot, just make sure it can cover the pot completely.
- ✓ Turn the pot handles toward the centre of the stove so that children can't reach them.

If you see flames, call 9-1-1 immediately.

Be careful whenever you are cooking!

Let's get outside this winter!

With a number of free activities resuming in Montreal, it is the perfect time to get out of the house and enjoy some fresh air. Parks are offering a host of activities and festivities for all ages! Offering over 150 ice-skating rinks, the city's large parks allow you to escape and enjoy nature.

Skating, snowshoeing, cross-country skiing, strolls in the park or sledding? Let's get outside this winter!

Luminothérapie

December 2, 2021, to
February 27, 2022

Place des Festivals
☑ Place-des-Arts

Noël dans le parc

(Christmas in the Park)

Free outdoor shows all through
December.

For programming:
noeldansleparc.com

Merry Montreal

December 31, 2021,
in the evening

Experience holiday magic in
Old Montreal's historical
setting. A magical way to
start 2022!

Place Jacques-Cartier
☑ Place-des-Arts

Montréal en lumière - 23rd edition

February 17 to 27, 2022

Celebrate winter at the
Quartier des spectacles!
On the menu: arts,
gastronomy and light
installations.

☑ Place-des-Arts

More affordable self-care

The New Year is approaching! Take this opportunity to focus on your needs. There are places that offer much cheaper services.

HAIR STYLING

St-Laurent Académie
Telephone: 514-284-0661
Website: stlaurentcoiffure.com/clients-services/

DENTIST

Two new front-line clinics offering free services to
people without insurance.

Jim Lund Dental Clinic
McGill University Faculty of Dentistry
To get an appointment, you must first open a file
with the Welcome Hall Mission
Telephone: 514-937-9317

Clinique de dentisterie sociale Dentaville
Hôpital Notre-Dame
CIUSSS of Centre-sud-de-l'île-de-Montréal
Telephone: 514-413-8777

EYE GLASSES

Bonhomme à lunettes: affordable glasses!
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Website: Bonhommealunettes.org/english/

MASSAGE THERAPY

Clinique-école de l'Académie de massage
1001 Sherbrooke Street E.
Telephone: 1-800-475-1964
Online booking: academiedemassage.com/clinique-ecole

PSYCHOLOGY

Clinique universitaire de psychologie de Montréal
Telephone: 514-343-7725

Le levier, accessible
psychotherapy services
Appointment via voicemail:
514-273-7365
Website: lelevier.ca





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- ✓ Lease
- ✓ Maintenance
- ✓ Parking
- ✓ Repairs
- ✓ Extermination
- ✓ Cohabitation
- ✓ Building rules, etc.

If the employee does not have the answer to your question, they will tell you who else to contact within the OMHM.

THREE ADDRESSES FOR DIFFERENT SERVICES



Service Desk East

3330, boul. de l'Assomption
Montréal (Québec)
H1N 3S4



Assomption



Service Desk West

2247, rue Delisle
Bureau 300
Montréal (Québec)
H3J 1K4



Lionel-Groulx



Services offered

- ✓ Rent payments
- ✓ Various requests and information
- ✓ Complaints



Lease Management Administrative Office

255, boul. Crémazie Est
Bureau 150
Montréal (Québec)
H2M 1M2



Crémazie

Services offered

- ✓ Lease renewals and amendments
- ✓ Lease termination
- ✓ Parking spaces
- ✓ Housing transfer applications



Office municipal
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