### **Staying Healthy** Colds, Flu and COVID



Remember to:

Stay home if you are sick

Wash your hands

Keep your distance

Wear your mask

AMHSKFLA

### The Salvation Army CFS 2021 Christmas Campaign

Are you in need of assistance?

Call 613-507-4151 Mon-Fri 9AM-4PM

to register over the phone



**Applications:** Nov 1st-26th (Mon-Fri)

Pick-up will be at: 342 Patrick St. Dec 6-17th (Mon-Fri 10AM-6PM)

### You must bring ID for ALL household members at pick-up

or the gift card(s) will NOT be released to you.



Giving Hope Today



**Newsletter Fall 2021** 



Office\* hours for **119 Van Order D**r. Monday to Friday 8:15am-4:15pm CLOSED from Noon to 1:00pm

\*We have decided to permanently close the Satellite Office at the **Rideau Heights Community Centre** 

### **Upcoming KFHC Office Closures**

November 11 Closed



December 16 Closed at 11:30 am



**December 24 Closed December 27 Closed December 28 Closed** 

> January 3, 2022 Closed

Rent is due on the 1st



Crisis Line 613-544-4229

Telephone Aid Line Kingston (TALK) 613-544-1771



## Winter is coming!

#### TIME TO MAKE SOME SEASONAL CHANGES...

- If you have a furnace, change your furnace filter
- If you have an air conditioner, **remove** it from the window
- If you want to keep the cold air out, close your windows and keep the warm air in
- If you lived in Iceland, your walkway would be heated walk ways but here you need to get your shovel ready for snow.
- If you lived in the Caribbean you could wear sandals all year but it's time to wear sturdy footwear to avoid slipping

# Game On!

Street Hockey is back on!

312 Conacher Dr Parking Lot

Find us on Facebook at

Kingston Crusaders Street Hockey League

Weeknights and weekends usually around 5:30pm-8pm



Our Maintenance Department

#### TAKING YOUR CALLS

We have new people answering the phones! Depending on where you live, you will talk to either **Maria** or **Karen**. They will take down your information and do up a work order.

#### **DOING THE WORK**



A KFHC van means a maintenance worker is around. We have had some changes here too. Our maintenance workers are John, Tom, Ryan, Jason, Sean, and Jon. You might also see Glen driving his garbage truck, and making sure our properties look their best.

# Community

Santa Claus IS coming to town!

The Santa Claus Parade is happening!

Saturday November 20@ 5PM



#### PEST MANAGEMENT

Our pest management company is HomePro. Thank you for calling right away if you see any pests!

#### AFTER HOURS

After Hours calls for maintenance are for **Emergency** calls only and are managed by an answering service. Examples are floods (not leaks) and no heat.

#### GARBAGE

Thank you for putting your tied garbage bags out to the curb on garbage day!

## Pet Corner

#### Be prepared for an emergency

In case anything happens to you, make sure you have a back-up caregiver for your pet(s).

## Winter affects your pets too!



As the weather gets colder, remember if it's too cold for you outside it is probably too cold for most pets.

Towel dry your pet as soon as they come inside, especially feet and in-between toes.

Remove any snow balls from between foot pads.

