

Message from CEO Robert Byers

The October issue of Namerind News brings more information on Namerind's long-term sustainability plans. Below, you will read more about a national conference on sustainable solutions for housing providers that we have been planning for the better part of a year. The conference was held in September and was a great success. It was wonderful to see housing providers, along with financial experts, developers and architects come together at this event.

Other than our ongoing passion for developing innovation in affordable housing, what allows Namerind to execute new and exciting projects successfully is our team. In this



newsletter, you will hear from both our pharmacist as well as a member of our office staff who will explain a little bit further how we manage to make a difference in our community every day.

As always, it is our goal to be financially and environmentally self-sustaining and we work towards this with

new projects and ideas each day. For more information on Namerind and our community initiatives, please visit our website at www.namerindhousing.ca.

As always, I welcome your feedback on our newsletter as well as any questions or suggestions you might have. Please contact us at any time for information or to get involved.

Recent Announcements

Namerind Co-Hosts National Conference on Sustainable Solutions for Housing Providers

In an important step forward for affordable housing in Canada, Namerind Housing Corporation and the National Aboriginal Housing Association (NAHA) co-hosted a three-day conference from September 14-16th, aimed at ensuring that as housing organizations grow in Canada, they are doing so in a sustainable way.

Namerind's main aim in organizing the event was to bring together leading architects, development consultants, housing providers, and other experts in order to share ideas and bring together those working in Canada's housing sector. Through various presentations and group activities, the conference proved a

huge success as participants made new connections and were inspired by new ideas and approaches to sustainable housing.

From the opening keynote address delivered by Jim Green on Vancouver's Woodward Project – Canada's largest mixed-use real estate development, to the closing address delivered by Michael Boucher on community building and a call to action, the conference's 21 speakers walked participants through innovative ideas in affordable housing that could be tailored to any organization.

The issue of sustainability was central at each presentation and interaction, not only for organizations themselves, but for the way in which they can interact with and benefit the communities they serve. Among others, participants left with new perspectives on and solutions for sustainable human resources practices, models for financial independence and community building.

What's New

- On June 30th, 2011, **Namerind hosted the 4th annual Family Day** – a chance for staff, Board Members, tenants, contractors, tradespeople and their families to relax and enjoy the summer weather together. Approximately 50 families participated in activities at Evraz Pool and Park, including a dunk tank, piñatas, games and the annual BBQ. A favourite of resident families and staff for the last four years, this summer day of fun once again proved a great way to bring the community together. Thanks to all the staff who worked hard to put on the event this year!



- **Namerind's contractors and skilled trade workers now work on residential and commercial projects** across Regina, in addition to renovating and updating all Namerind properties. Whether clients are renovating to move into a new office space, updating their kitchen or adding new decking and landscaping to their yard, Namerind has become a one-stop destination for all contracting needs. By contacting Namerind, individuals or corporations are easily able to hire the appropriate contractors and receive fair, reliable quotes for high quality work.

Ask the Expert



Bev Brooks is the pharmacist at the Namerind-owned Winnipeg Street Pharmacy. All profits from the pharmacy flow back to Namerind to be reinvested in affordable housing in Regina.

Q: What are some key items from the pharmacy that everyone should have in their home?

A: There are some basic things that I always tell individuals and families to stock at home to create a first aid kit. Something for pain, like Advil or Tylenol, as well as hydrocortisone cream, bandages in varying sizes, antiseptic, a thermometer and dosage spoons. If you have children, it is a good idea to keep things like bandages and non-medicinal first aid items away from prescription medications and other things that you may not want them to access. You can also keep cold or allergy medication at home but I often recommend speaking to a pharmacist so that you can choose something for your exact symptoms, instead of a more general pill that might have medications your body doesn't really need.

Q: Can you describe how best to maintain your medicine cabinet?

A: The first thing I will say that is a surprise to a lot of people is that your medications should not be stored

in the bathroom or any other room where there is excess moisture, heat or cold. Storing medication instead at room temperature where there is not too much humidity, etc. will prolong its effectiveness. Also, once a year, you should go through your first aid kit and medicine cabinet and replace anything that is expiring or used up. To properly dispose of much of the contents, it is best to bring things directly into the pharmacy where we can dispose of it safely and without harming the environment.

Q: What other tips would you give to individuals or families?

A: Always ensure that you have a list of emergency contacts right by the phone. Along with fire and police, you should have numbers for family doctors, pharmacy, hospital, school and any other family members who should be notified in case of an emergency. Also, never share medications, they should only be taken by those they are prescribed to. Another great tip if you have children is to know their weight. Whether dosing medication at home or talking to your pharmacist, you will need to know the weight of your child to determine the right dose. Make sure that your children always understand that medicine is not candy. Explain to your children what they are taking and that it should only be something they do with a parent or guardian present.

CONTACT

Namerind Housing Corporation
1121 Winnipeg Street Regina, Saskatchewan S4R 1J5
Phone: 306 525-0147 • Fax: 306 525-0111 • www.namerindhousing.ca

Meet our Staff



Name:
Charmain Lerat

Position:
Finance and Administrative Assistant

Describe a typical day for you at Namerind:

I spend a lot of my time each day working in finance, doing things like bank reconciliations, work orders, invoicing and inputting other data. I am in charge of ensuring that our twice-monthly cheque runs are organized on time each time as well as our payroll. It's extremely important to all of us that our staff, contractors and suppliers get paid on time and I take this job seriously. I also have a number of administrative and office management duties in the office that allow me to work with most of our staff, as well as see people who come into the office for various needs.

What is your favourite thing about working at Namerind?

I'm very lucky that my job consists of a number of different things each day. I work in various departments on different projects all the time, which is exciting. Each day provides me with new challenges and I continue to learn here. Of course it doesn't hurt that I also really enjoy working with my colleagues on all of the different things I work on.

Outside of work, what are some of your favourite ways to spend time?

When I'm not at Namerind, I'm usually with my nine year-old daughter. She is in various lessons throughout the year like swimming and skating and I like to spend time with her and the rest of my family and friends. I also really enjoy gardening and yard work and just generally being outdoors.

Charmain has been part of the Namerind team for over 3 years.