

IT'S COLD OUTSIDE!

How to Prevent or Handle Cold Related Illnesses

February in Winnipeg historically has the coldest and sometimes the warmest weather during the winter season. Being prepared and knowing how to handle cold related illnesses during this time of the year is important to you and your family's well being as well as other community members'.

Extreme Weather Response developed by End Homelessness Winnipeg in collaboration with the Extreme Weather Response Committee has important information about how to respond to cold conditions.

Recommendations for keeping warm to prevent cold and wet-related illnesses include:

- Check weather forecasts often and stay alert for weather watches and warnings
- Wear clothing appropriate for the weather, such as a wind and water resistant outer layer, warm socks, gloves, hat, and scarf
- If you get wet, change into dry clothing as soon as possible
- Be aware of safe places where you or others can go to warm up
- Be aware of the signs of frostbite and hypothermia, and who to call if you need help
- Avoid consuming alcohol before going out in the cold. Alcohol can increase the risk of hypothermia because it increases blood flow to the extremities of the body

- If you are caught in a severe snowstorm, or outside in extreme cold conditions, look for shelter. Even if you find shelter, keep moving to maintain your body heat

Cold and Wet Illnesses: What are the differences?

Trench Foot: Trench foot results from prolonged exposure to a damp and cold environment. No freezing occurs, but there can be permanent damage. Signs of trench foot include:

- Numbness or pain, leg cramps, swelling, tingling pain, blisters or ulcers, bleeding under the skin, or gangrene (sores, cold skin, fever, dizziness)

Response:

- Take off socks
- Clean the feet right away
- Dry feet thoroughly
- Apply heat packs or immerse feet in warm (not hot) water for up to five minutes

If symptoms of trench foot fail to improve, call a doctor.

Frostnip: Frostnip is an early stage of frostbite, where only the skin freezes. Signs of frostnip include:

- Irritation, tingling or burning sensation in the area affected
- Those with fair skin, may observe it as yellowish, reddish or white, but soft to the touch

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COMMUNITY COMMITTEE MEETING
ONLINE

KEEP YOUR EYE ON SOCIAL MEDIA FOR NEXT DATE!
FOR MORE INFORMATION VISIT OUR WEBSITE AT
WWW.SPENCENEIGHBOURHOOD.ORG
OR EMAIL THE COMMITTEE CONTACT PERSON
LISTED ON PAGE 4

RENTAL SAFETY COORDINATOR



Eviction Support
Tenant-Landlord Mediation
RTB Support
Hydro Arrears
Bedbug Support
...And more!

Vanessa Wiedeman

204-998-5993

Vanessa Spencehousing
rentalsafety@spenceneighbourhood.org



INDIGENOUS INPUT IN LOCAL HOUSING PROJECT COORDINATOR

Cheryl Starr

Cell: 204-979-9169
(9:30 AM - 4:00 PM)

Cheryl Spencehousing

Cheryl@spenceneighbourhood.org



Want to advertise in our newsletter?
Go to spenceneighbourhood.org/get-involved/newsletter for more information.

Receive up to
\$14,000

toward the purchase
of a home in Spence!



Conditions apply
Eligible income:
\$35,000-\$75,592

The Spence Neighbourhood Homebuyer Assistance Program (SNHAP) puts the rising cost of homeownership within reach of qualifying families who may be able to afford the monthly costs associated with owning a home, but who may have difficulty saving for a down payment.



spenceneighbourhood.org/announcements/snhap
for details!

Free Snow Removal Service for Local Senior Residents

Youth Crew is able to provide
free week day snow removal services
for local seniors.

Give Leslie a call at 204-801-6740
or email

firstjobs@spenceneighbourhood.org



DONATIONS NEEDED THANK YOU!

WE24 - Jackets, Socks, Shoes/Boots, Toothbrushes, Tooth Paste, Deodorant, Soap, Razors, Bottled Water, Back Packs, Granola Bars, Individual Snack Items, Mitts and Hats

All donations can be dropped off at 430 Langside (MERC) or contact Chantel at donations@spenceneighbourhood.org



Mail Pick Up & Dinner/Hygiene Door Service

430 Langside (MERC)

Monday - Friday

4 pm - 7 pm

Spence Neighbourhood Association (SNA):

Website: www.spenceneighbourhood.org

615 Ellice Avenue (Head Office):

Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, & Housing

430 Langside Street (Magnus Eliason Recreation Centre - MERC):

Building Belonging, Children, Newcomer Youth Outreach, West End 24 Hour Safe Space, & Youth Drop-In

365 McGee Street (West End Commons):

Youth Employment Hub, First Jobs 4 Youth, & Youth Crew

231 Isabel Street (Central Neighbourhoods):

Gang Action Interagency Network (GAIN)

350 Spence Street (Axworthy Health & RecPlex):

Community Sports Program

Email: liaison@spenceneighbourhood.org

Response:

- Passive warming: move to a warm room, remove wet clothing, wrap in dry blankets.
- Do not thaw skin if there is a risk that it can refreeze, i.e., further risk of exposure
- If no further risk of refreezing, consider warming by immersing in warm (not hot) water
- Do not apply direct heat or place near heat source
- Do not rub, massage or shake injured skin as this can cause more damage
- Avoid walking on frost nipped feet

Frostbite: Frostbite is a severe injury occurring when skin and body tissue freezes due to prolonged exposure. Frostbite can cause permanent damage to the affected area. Frostbite most often affects fingers, toes, ears or nose but can also occur in other areas.

Signs of frostbite include:

- Numbness or loss of feeling in affected area
- Skin that is hard or waxy to the touch
- Fair skin that appears white or grayish-yellow
- Blistering after thawing

Response:

- Severe frostbite requires immediate medical attention: call 911
- While waiting for help to arrive, begin treating with passive warming: move to a warm room, remove wet clothing, wrap in dry blankets
- If moving to a warmer space, try to pad or splint affected areas to minimize further damage

Hypothermia: Hypothermia is a life-threatening condition that requires immediate medical attention. It occurs when the body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature averages 37 ° C. Hypothermia occurs when the body temperature drops below 35 ° C. Signs of hypothermia include:

- Uncontrollable shivering, drowsiness or exhaustion, confusion, fumbling hands, memory loss, or slurred speech
- In severe cases, unconsciousness and decreased pulse or breathing, or cardiac arrest.

Response:

- Hypothermia requires immediate medical attention: call 911.

While waiting for help to arrive:

- Find shelter
- Keep muscles moving
- Dry and gradually warm the body, especially the centre of the body
- Wrap in blankets/dry clothing or warm by skin-to-skin contact with another person
- Drink warm, sweet liquids • temperature
- If the person is unconscious, lay them down and avoid shaking them or handling them roughly as this can affect the heart and create an irregular heartbeat

For more information on Extreme Weather Response go to: <https://endhomelessnesswinnipeg.ca/wp-content/uploads/2021/06/202106-Extreme-Weather-Response-Plan.pdf>

SNA's West End Twenty-Four Hour Safe Space program (WE24) assists those without homes to stay warm and dry in. Please consider helping these community members by donating warm clothing, jackets, socks or boots and contact Chantel between 9am-3:30pm Monday to Friday 204-688-9236: email donations@spenceneighbourhood.org to arrange a time to drop off these much appreciated and vital donations.

HOMELESSNESS OUTREACH MENTOR

Are you currently experiencing homelessness or couch surfing?

Jasmine
204-999-4485
Jasmine Spencehousing
row@spenceneighbourhood.org

SNA SPENCE Neighbourhood ASSOCIATION

****Please call, Facebook message or email to make an appointment**

Website and Social Media

Website: www.spenceneighbourhood.org
 Facebook: [SpenceNeighbourhoodAssociation](https://www.facebook.com/SpenceNeighbourhoodAssociation)
 Twitter: [SNAcommunity](https://twitter.com/SNAcommunity)
 Instagram: [SNAcommunity](https://www.instagram.com/SNAcommunity)



CHILDREN & YOUTH PROGRAMS

Building Belonging

Our School Year 2021-2022 program for ages 6-12 runs Monday to Friday 3:30-5:30pm, with a daily meal, structured activities and pickup from John M King and Sister Mac schools and walk home available. Programming will follow social distancing guidelines and spaces may be limited. During any program closures due to restrictions families in the Spence neighbourhood can register to receive weekly activity packages delivered until we are able to reopen. Registration forms are available at the M.E.R.C (430 Langside St.) or on the SNA website. Contact us at buildingbelonging@spenceneighbourhood.org.

Newcomer Youth/Youth Drop In Program

Our Newcomer Youth/Youth Drop In Program delivers cultural recipe packages every Friday. If you are a youth between 12-17 years old and want to get a package you can contact newcomer@spenceneighbourhood.org or through Facebook: @spencemerc. We are here to support you!

Community Sports Program

We have Soccer at 5:7pm Tuesdays and Thursdays, and on Saturday from 12-1:30pm. We also have basketball at MERC for drop in every night 6:30-9 pm. We will be having a few different programs for sport coming soon. We will have Family Yoga, Beginners Yoga, Guided Meditations, Adult Basketball Leagues at the RecPlex, and have a drop in program for Dance. Reach out to sport@spenceneighbourhood.org for additional information.

Youth Employment Hub

The **First Jobs 4 Youth** program is providing remote services. Applications are closed. The Coordinator can be reached at aaron@spenceneighbourhood.org

Youth Crew is open and is performing essential services at the WestEnd Commons. Contact Leslie at firstjobs@spenceneighbourhood.org or call 204-801-6740 for all other inquiries.

WE24 Overnight Safe Space

Monday - Sunday
11:00 pm - 7:00 am
430 Langside - MERC
Cell #: 204-333-9681



MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Holistic Housing

SNA Homebuyer Assistance Program

For more information:

www.spenceneighbourhood.org/announcements/snhap

All other programs are working remotely.

See advertisements for contact information for Homelessness

Mentor, Rental Safety Coordinator, and Indigenous Input into

Housing Coordinator

housing@spenceneighbourhood.org

204-783-5000 Ext. 105

Environment and Open Spaces

Repairs & Maintenance to Garden Spaces is ongoing. The all-season greenhouse at 689 Maryland Ave is now complete.

Please email greenhouse@spenceneighbourhood.org if you are interested in volunteering. Office hours are still limited

due to the pandemic. Please email

greenimage@spenceneighbourhood.org for general inquiries

or leave messages at: 204-783-5000 ext. 102

Community Advisors Wanted!

The Greenhouse project can only succeed if it is meeting the needs of the neighbourhood. We are seeking local residents to sit on an advisory council to help guide the direction of work at and around the greenhouse site. This will be a small group representing different elements such as youth, elders, gardeners & neighbours. The council will meet at least 4 times a year and a modest honorarium will be offered.

Email greenhouse@spenceneighbourhood.org if you are interested.

Take some time to learn about Black History Month at:

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>



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Holistic Housing

615 Ellice
Contact: Housing Coordinator at
204-783-5000 ext.105
housing@spenceneighbourhood.org

Community Connecting

615 Ellice
Contact: Community Connector at
204-783-5000 ext.106 or
safety@spenceneighbourhood.org

Community Economic Development

365 McGee
Contact: Youth Employment Hub
Coordinator at 204-801-6740 or
firstjobs@spenceneighbourhood.org

Youth & Families

430 Langside
Contact: Youth Programs Manager at
mungala@spenceneighbourhood.org

Environment and Open Spaces

615 Ellice
Contact: EOS Coordinator at
204-783-5000 ext. 102 or
greenimage@spenceneighbourhood.org

