

neighbours

METCAP LIVING RESIDENTS NEWSLETTER

New Year New Beginnings!



We want to wish our MetCap residents a very happy new year. We hope 2023 brings you lots of joy, peace and prosperity. We're kicking off the new year with lots of helpful reminders to help keep you safe while making your home the best it can be.

Bring on the Cozy Vibes



There are many ways to stay warm as temperatures drop. Here are a few quick tips that can help:

- 1 Opening curtains and blinds during the day to warm up your home.
- 2 Maximizing air flow by ensuring heaters and radiators are not blocked by curtains or furniture.
- 3 Keeping windows closed during colder days and reporting window damage right away to your Resident Manager or through the Resident Portal at <https://www.metcap.com/portal/>.

HELPFUL TIPS

ELECTRICAL SAFETY

We're asking all residents to please be careful about electrical overload, which happens when too many appliances are using the same circuit. Electrical overload can lead to power outages and, more seriously, fires.

Here's what you can do to prevent electrical overload:

- Never use extension cords or multi-outlet converters for heavy appliances.
- All major appliances should be plugged into a wall receptacle unit. Only plug one heat-producing appliance into a receptacle at a time.
- Positioning kitchen appliances like toasters and coffee machines so they don't all run off one outlet.

WINTER CONTEST

Tell us about your favourite winter activity for you chance to win a fun prize!

Send us your entries along with your name, address and phone number via email to contest@metcap.com



FALL CONTEST WINNERS

Congratulations to the winners of our Fall contest. Here are some winning drink recipes for all of us to try.

Angela M.'s Pumpkin Spice Latte

Combine milk of your choice, pumpkin puree from a can, pumpkin spice, vanilla extract or vanilla bean paste and sweetener of your choice. Top with whipped cream and sprinkle with some ground cinnamon or nutmeg.

Prachi M.'s Fruit Punch Mocktail

Combine orange juice, ginger juice, pomegranate juice, apple juice and lemon juice. Keep chilled until ready to serve. Garnish with orange slices, lemon slices, and pomegranate seeds. Pour contents in a large serving bowl with lots of ice cubes, Before serving, add sparkling water, Garnish

A.M.'s Karak Chai

My favorite fall drink recipe is karak chai (Indian-style milk tea) and espresso. It is tasty when served hot and paired with biscuits or fritters.

A REMINDER ABOUT COMMON AREAS

Please help us keep common areas neat and tidy for all residents. Carts, strollers, bikes, boxes and other personal items should not be stored or left in common areas. Other things to keep in mind are:

- Making sure footwear is free of snow and slush before entering buildings.
- Cleaning up after yourself, which includes your pets.
- Throwing garbage down chutes and not leaving them on the garbage room chute floor.
- Storing shoes and mats inside your home and not in hallways or common areas as this is a fire hazard.

Minimizing Humidity



Humidity in your unit can sometimes be uncomfortable. It can also lead to condensation buildup or other maintenance issues. Allowing air flow throughout the unit can help minimize humidity-related issues in your unit. Using a dehumidifier may help to reduce the humidity in your home.



IMPORTANT NUMBERS

Fire and Medical Emergencies: 911
Resident Helpline: 1-877-638-2271

After Hours Emergencies:
416-340-0536 (GTA only)
or 1-866-511-0536

TENANT INSURANCE

Tenant insurance is a very critical component of renting a property. It could help cover your personal property against common risks such as theft, fire and loss. We request that tenants provide a copy of their tenant insurance agreements to their Resident Managers for their records.

