



E-Mail Newsletter

MAY 2013

ISSUE #43

Office hours:

Neepawa:

Resource
Centre

290 Davidson

Monday 9-6

Tues-Fri

11:00 – 6:00

**All
services
are free
of charge**

Neepawa & Area Immigrant Settlement Services Services for people from around the world

What we do:

We provide assistance to people who are learning to live in a new country. Settlement services help people develop skills and knowledge to participate in a new society.

Settlement Assistance:

- Information and orientation about life in Canada and your community
- Help filling out forms such as: Manitoba Health, SIN, Criminal Record Check, Canada Child Tax Credit etc.
- Review of Manitoba Provincial Nominee and Permanent Resident applications, Criminal Record Check, etc.
- Support, information and assistance concerning immigration issues
- Advocacy referrals
- Referrals for education, employment and housing
- Commissioner of Oaths and Notary Public services

Anytime you call our office and leave a message ... would you please spell your first and last name and give us your phone number so we can call you back? We don't have call display and aren't always sure who left us a message. Thank you!

Congratulations, you have received your nomination from the Province! We have the list of documents you will need to submit for your Permanent Residency by the due date on your letter. Come on it for the list ... we can help.

*****Guess What? We are on Facebook!*****

Look for us at “**Neepawa and Area Settlement Services**” on Facebook. Like us and get updated daily. However, our Facebook is for information purposes only please. Comments will be removed.

Permanent Resident Card Renewal Tips

During the 5 years that you have your Permanent Residence Card, it would be an excellent idea to keep a copy of every plane ticket you have used when you left Canada. Keep your documentation/plane tickets in an envelope in a safe place. That way, when it comes to renew your card, you can advise CIC exactly how long you have been out of Canada (if at all) AND have the supporting documentation to prove it! ☺ And never throw away your Permanent Resident papers ... ever. Guaranteed you will need them one day.

Please, please, please check your e-mails at all times. Some people have missed some important e-mails from CIC and the Province and no longer have status now!!! Oh no!! Trying to get restoration in Canada takes 3 months and you may not be able to work while you wait for your new work permit. So, please keep up with your e-mails. In-box and spam ... just in case.

Cardiovascular Risk in the Filipino Community

According to the latest World Health Organization data published in April 2011 the top five causes of death in the Philippines are:

- Coronary Heart Disease
- Influenza & Pneumonia
- Stroke
- Hypertension
- Tuberculosis

Filipinos, particularly new immigrants, are susceptible to stress from work and family issues. Some of their coping strategies include unhealthy eating and smoking.

Hereditary heart diseases and a high fat, high cholesterol and high sodium Filipino diet are big concerns. Smoking, dietary habits, stress, socioeconomic status and lack of time lead to the cardiovascular risks.

There is a big difference between eating in the Philippines and in Canada for new immigrants. First off, a Filipino diet contains a lot of salt. The fact that vinegar, coconut milk, lime, tamarind, garlic, ginger, onions and pepper is far more affordable ... this allows more frequent use of these ingredients and in greater quantities.

Traditional Filipino dishes are fried and desserts are rich in sugar and starch and are eaten frequently.

Eating comfort foods can also lead to poor health, of any nationality.

Comfort food provides a sense of home and security and helps to alleviate the stressors of adapting to life in a new country.

Take out and fast food is more affordable in Canada rather than in the Philippines and because of this, new immigrants will consume more unhealthy foods.

Prevention Strategies

- Develop programs centered on the family where the support on family and friends are essential
- Increase quitting smoking programs to change this social norm
- Teach dietary monitoring which will show the Canada Food Guide and how it works
- Provide alternative food choices perhaps adaptations to the traditional dishes using less salty and less fatty ingredients
- Teach coping strategies
- Ensure that communities receive accurate health information, see your Dr, attend health fairs, borrow library books on health information
- Nurses at community health centers will be trained about heart health

Neepawa & Area Settlement Services will be contacting various health agencies in the area in order to set up a workshop. In the meantime, visit heartandstroke.ca/help and read "Help Make Death Wait" to start protecting yourself.

RBC News

With spring finally here, many more newcomers to Canada will now be thinking of buying a home. This is a very exciting opportunity, especially with low-rate financing available via a Mortgage (even if you do not have permanent residency yet)! If you are thinking of buying a home, we encourage you to consult our with our mortgage specialist for a pre-approval appointment, which will provide a clear indication of how much of a home you can afford! Here is a summary of some of the key requirements to be prepared for when applying for a mortgage:

- The down payment (minimum 5%) must be saved in your account for at least 90 days (3 months),
- A letter of employment showing employment for 1 year or more, along with a current paystub,
- A current valid Work Permit with an expiry date of 1 year or more,
- Your Canadian Credit Bureau report with a minimum of 12 months established positive credit history,
- History of rent payments by cheque or automatic debit can be used to show additional credit history (**it is VERY important to not pay your rent by cash each month, as this cannot be used as credit history**),
- Other alternative options to a Canadian Credit Bureau (if you have limited credit history):
- When 12 months of Canadian credit bureau history is unavailable, you may provide 2 other sources of credit registered in your name that demonstrate timely payments for the past 12 months (for example: hydro/gas, telephone, cable, cell phone, or rental payment history)

Jason Epp | Branch Manager, Neepawa/McCreary Marketplace | **RBC Royal Bank**
101 Davidson St, Box 1236, Neepawa, MB, R0J 1H0 | T. 204-476-7301 | F. 204-476-3817
| C. 204-212-0432

Just a friendly reminder to write down your User Names and passwords for your Yahoo, MPNP and CIC accounts and keep them someplace safe. Everyone is so busy and it is easy to forget. And your accounts are so important.

When you make an appointment with us ... please make sure you arrive on time. Showing up late will not guarantee you will be seen. Thank you for showing our office the courtesy of your respect. We appreciate it. ☺

If you have lost your wallet, make sure that you cancel and replace all of your important cards. Service Canada has prepared a list to help you through this process so that you replace your cards and identification in the right order.

<http://www.servicecanada.gc.ca/eng/lifeevents/wallet.shtml>

Did you know that:

- **That if you hold a 5A Manitoba Driver's License, you still have to have a fully licensed driver with you at all times as you are still a beginner driver. It is an offence to do otherwise.**
- **That when you extend your work permit, you must let Manitoba Health and Manitoba Public Insurance (car license and insurance) know as these dates are all tied to your permit!!**
- **Worried that your medicals will soon be expiring? Come see us at the office. We can help advise you on what to do next.**

Healthy Baby Community Support Programs help pregnant women and new parents connect with other parents, families and health professionals. Healthy Baby group sessions offer social support and informal learning opportunities to encourage early, regular prenatal care and promote healthy infant development. These programs:

- encourage healthy eating through nutrition activities and information
- promote breastfeeding
- promote awareness of health and healthy life style choices
- provide parenting ideas and positive parenting choices
- foster awareness of babies' nurturing needs, growth and development

In Manitoba, Healthy Baby programming can be found in over 100 communities. In our area, you can learn about pregnancy, health, nutrition and your baby's development before and after your baby is born. Learn parenting tips, nutrition activities and tips on bonding with your baby by calling "Baby Steps" at 204-476-7554, 204-476-7842 or 1-888-682-2253.

When you Change your General Delivery Box # to a P.O. Box #

If and when you change your General Delivery Box number, it is very important that you advise certain individuals, agencies and companies that your "address" has changed to a regular P.O. Box number. These contacts may include:

- Manitoba Provincial Nominee Program
- Citizenship and Immigration Canada
- Manitoba Health
- Your Employer
- The person and/or the company who completed your Income Tax
- Where you bank
- Anywhere you have a monthly bill such as hydro, internet, cell phone etc.
- Manitoba Public Insurance , if you have a drivers licence
- Your family!

Rental Housing:

Neepawa – 407 Mountain Avenue (Churchill Block), extra large 2 bedroom apartment available, includes heat and water, fridge and stove. Call Debbie 204-841-1298.

Neepawa – 407 Mountain Avenue (Churchill Block) large 1 bedroom apartment includes appliances and utilities. Call Debbie 204-841-1298.

Neepawa – 4 bedroom home, \$200 for two people in a room and \$250 for one per room. Includes equipped kitchen, washer and dryer, internet and can be furnished or unfurnished. Utilities not included. No pets and no smoking indoors. Call 204-570-2795.

Police Clearances

Please be aware that when you include members of your family in your application for PR, police clearances from overseas must be included for your spouse and any children over the age of 18 years old along with your own.

Medical Services

Hurray! You are now in Manitoba and are covered under the Manitoba Health Care Program. Unfortunately, the Health cards are taking a long time to be processed. But until you receive your health card in the mail, it is critical that you bring your passport and CPR papers to the Doctor's and/or hospital so you can be seen free of charge. Once you receive your purple Manitoba Health Card, keep it with you at all times. In your wallet or purse. Always. Your Manitoba Health card expires on the same day as your work permit. So make sure you get your Employer to update Manitoba Health with your new work permit or come to our office if you aren't sure what to do.

Sending CIC Documents on your own

When you send CIC payments or documents on your own **it is critical** you write down your file number/I.D. number down on everything you send or scan to them!!! If you do not, CIC does not know who the payment or document belongs to. Remember there are thousands of documents being received daily. This may result in you not getting your work permit and then you cannot work or your permanent resident application may be delayed. Yikes!

Please be advised that our office will be closed on Monday, May 6th from 9:00 am to 1:00 pm in order that we can attend a meeting with the Province. Thank you.

Letter from your Editor:

It is with a heavy heart that I announce that our beloved Settlement Worker Cindy Fenning will be leaving us soon. Her husband, an RCMP Officer, has accepted a transfer to Alberta. I miss her already. ☹️
On May 13th, Don Walmsley will begin training as the new Settlement Worker in our office. Don comes with many years of experience working with the government and is looking forward to working with everyone.
I don't know about you, but I am ready for spring! Go warm weather! Until then ... Just remember, smiles are contagious ... so go forth and contaminate as many people as you can 😊
God bless.

Contact information:

Cheryl Campbell

Neepawa and Area Immigrant Settlement Services

290 Davidson Street, Neepawa, MB

E-mail: nadcoimmigrant@mymts.net

Website: www.neepawasettlement.com

Facebook: NeepawaAndAreaSettlementServices

