



# E-Mail Newsletter

JUNE 2012

VOLUME 1, NUMBER 32

## Office hours:

### Neepawa:

Resource  
Centre

290 Davidson

Monday to  
Friday

11:00 – 6:00

Services  
available  
in:

English

Filipino

All  
services  
are free  
of charge

Program  
paid for  
by the  
Province  
of  
Manitoba

## 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, Manitoba Provincial Nominee, Permanent Resident, 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

### Rental Housing:

**Neepawa** – suites available at Churchill Block – contact Debbie at 841-1298.

**Neepawa** – 2 bedroom apartment in lower level of house at 341 Davidson. Contact Julia at 841-1036

**Neepawa** – 3 bedroom house with finished basement, yard and garage. Includes washer, dryer, fridge, stove and air conditioner. Contact Karen at 570-2574

**Neepawa** – 1 bedroom for 1 or 2 people (ladies or couple) close to NACI/HMK call 476-4025

**Neepawa** – 2 bedroom apartment above Sears, contact 76-2377 or 476-2176

**Neepawa** – 4 bedroom house @280 Main including appliances, hydro and water extra. \$1,100.00/month. Damage deposit \$550.00.

**Minnedosa** – 2 bedroom house; furnished; washer, dryer, fridge and stove; \$400.00 per month plus utilities. Contact Darcy at 867-4658.

**Minnedosa** – 2 bedroom basement suite; fully furnished; fridge, stove, washer and dryer; utilities included. \$400.00 for one person (\$600.00 for 2) Contact Mary Usick at 867-3827

### Dates for RCMP finger printing:

Please let us know if you need fingerprinting done and I will arrange a date for this month.

### To Paluwagan or not to Paluwagan?

One of the key savings issues with some immigrants, is that they are used to supporting "paluwagan", which is a popular saving vehicle in the Philippines for the grassroots to save money (rather than the bank). It serves the purpose of easing the burden by contributing regularly to a common (combined) fund, whereby each contributor has its turn of payout for the same amount contributed every pay period. However, this

practice is very risky, because the funds are not protected, no written agreement to support the contribution is in place, and everything is based on trust. We have seen numerous times that friendships and marriages were broken because of involvement in this practice. Others who are not part of this practice tend to send all their money back home, without realizing the importance and benefits of having their savings in Canada.

We are now educating newcomers about the benefit of building their savings to strengthen their networks as they prepare to work on their application for permanent residency, rather than engage themselves into "paluwagan". This can be achieved by opening a Tax Free Savings Account (TFSA) with a pre-authorized payment, which will help them a lot to achieve both their short and long term goals. By having their money invested in a TFSA, they are also able to enjoy the benefit of earning interest on their savings tax free.

At RBC, we are able to assist newcomers to make some small changes on their spending behaviour through budgeting, which can make a huge difference in their savings. We are also encouraging new immigrants to bank smarter by getting banking packages that reduce fees, which can help them save as well. Further, we are continuously educating our clients to utilize the use of RBC "myFinance Tracker" tool in their online banking, which provides instant analysis of their expenses and is very helpful in helping to manage their spending and create budget, which will eventually lead them to a huge savings long term.

Dan Delfin, RBC Account Manager

## **This is important enough to repeat!**

### **Medical Services**

Soon after you arrive in Neepawa, you will need to arrange for a family doctor. It is important to do this **before** you get sick or have an issue that requires a doctor's care. If you do not have a family doctor, you should do this very soon!

There are 4 doctors in Neepawa that are taking on new patients. You can call either the Beautiful Plains Community Clinic (476-3189) or Mountain Medical (476-3381) to make an appointment. Tell them you would like to make an appointment for a "new patient" visit.

### **IMPORTANT** things to remember when making an appointment:

- If your family is also going, be sure to tell them when you call so that they can book enough time for the doctor to see all of you.
- If you cannot speak and understand English, you must bring an interpreter with you. It is impossible for the doctor to give you good care when he/she cannot communicate with you.
- If you are making an appointment regarding a work related injury, you must tell them so when you make the appointment.
- Bring your Manitoba Health card with you to the appointment.

The medical clinics are open from 9:00 am to 5:00 pm, Monday to Friday. You must make an appointment for between these hours. If you show up without an appointment you will have to wait to be seen. It may not be possible for you to be seen on the same day.

If you need to take time away from work to go to the doctor, please ask your supervisor.

If you require a prescription refill, please book an appointment at least a week

ahead with your doctor. Do not walk in with an empty pill bottle expecting immediate refills. It is your responsibility to make sure you have enough medication.

Your **Manitoba Health card** expires on the same day as your work permit. Be sure to bring your new work permit to the Settlement Office as soon as you receive it so that your benefits can be updated. If you do not do this you will be charged for medical services.

### **Neepawa Hospital – 476-2394**

The Emergency Room at the hospital is for **emergencies** only.

Below is a list of examples that you would go to the hospital for:

Chest pain, bleeding injuries, possible broken bones, intense headaches, severe allergic reactions, eye injuries, pregnancy complications and children with high fevers

Below is a list of examples that you should see your family doctor for:

Check ups, rash, cold, sore throat, blood pressure check, medication refill, anything that you have had for several days (or longer) and forms filled.

### **Road Safety – Occupant Protection:**

Child Car Seats > Stages:

Please refer to [http://www.mpi.mb.ca/english/rd\\_safety/occupantprotection/stages.html](http://www.mpi.mb.ca/english/rd_safety/occupantprotection/stages.html) For helpful tips, recalls, videos, highway traffic act fines when you don't seat your child properly and how to get support here in Neepawa.

Please also refer to:

[http://www.mpi.mb.ca/english/rd\\_safety/occupantprotection/or\\_child\\_car\\_seat.html](http://www.mpi.mb.ca/english/rd_safety/occupantprotection/or_child_car_seat.html)



### **Client Survey Time**

**We, at the office would appreciate it if you would complete the Client Survey sheet when you are in the office at your next visit. The reason is because, there is a list of workshops and courses that we would like to begin this fall. We would also like to hear from you which courses, workshops or any other services you would like this office to begin which you feel would benefit you and your family.**

### **Photocopy and Fax Charges**

**As you may have heard when someone comes to our office and requests personal photocopies and faxes to be sent on their behalf ... which have nothing to do with Immigration. We are now charging the following:**

**Photocopies: 10 cents each**

**Faxes: \$1.00 each page locally**

**Long distance Faxes: \$1.50 each page**

**The reason for this is because the costs for phone charges for faxes have risen and this office cannot afford to send personal faxes out free of charge.**

**I'm sure you can appreciate how this affects this office's costs.**

**We have been in contact with other Settlement Services offices and this is their policy as well.**

### **Neepawa Settlement Services**

**If you have any questions regarding your file, please contact someone in this office. Getting advice from someone from another e-mail address that you may have, will lead to confusion. This person may not have an update on your file and we cannot give out information on your file due to the confidentiality nature of your details. Thank you.**

### **You are not alone – please reach out for help!**

**Being away from your family for such a long period of time, stress and other life issues can get the best of all of us at any time.**

**Coping can be difficult, no doubt about it.**

**But you are not alone. We can ask family, friends and the Mental Health Unit for help. Please ask for help before your work is affected and/or your daily enjoyment of life is affected as well.**

**These issues can also affect our children and spouses when they first arrive in Canada. All services are confidential. If at any time, you feel that you need help and that you are experiencing extreme difficulty, please call your Doctor first or go to the Neepawa Hospital or the nearest Hospital right away if after hours.**

**Neepawa Mental Health Unit services is available free of charge.**

**Call for an appointment 204-476-2341.**

**This office is currently setting up volunteers to assist you in other languages for translation if required. More information will be coming soon.**

### **Message from the Editor:**

I'd like to thank everyone for their patience in accepting our own newcomers to the Settlement Services office. Including myself.

Cindy Fenning comes to us from Flin Flon, Manitoba. Another newcomer! Both Cindy and I are trying really hard to get up to speed on immigration documents and we both appreciate your patience. Poor Gigi! Being newcomers to

Neepawa, Manitoba we also share your concerns and if there is anything we can help you with ... please just let us know.

I have new and exciting plans for new workshops to begin once we have the initial group come in from the Philippines. We've been told there will be over 400 coming to Neepawa and this holds wonderful possibilities for this office and for their community. The Volunteer Community is working hard to making sure that their transition to Canada is smooth and our office promises to aid at every opportunity.

Look forward to workshops for the spouses and children who are new to Neepawa. Courses on how to start your own business including home daycare businesses!

Anything else you can think of? Bring it to us and we'll work on it!

Let's all hope June 2012 brings warm wishes to our newcomers along with warmer weather.

Take care.

Cheryl Campbell

**Contact information:**

**Cheryl Campbell**

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**Website: [www.neepawasettlement.com](http://www.neepawasettlement.com)**