



Project

GLOW

November
2009

A newsletter to inform and help the community find the resources they need to succeed!!



Jingle Bells

Tenants wanting to register for a food hamper from the Christmas Cheer Board can **start calling on Thursday, November 12.** For those on Employment & Income Assistance (EIA), call 948-2022. Persons who are employed and/lower income can call 989-5683. Callers will be asked questions, such as family size, age of children, income, and expenses (rent & utilities).

The Salvation Army also has a food hamper program that is open to any low income family. You don't have to be on EIA to qualify. They also have the Christmas Toy Centre. Children must be under 15 years to qualify for any toys. To register for either a food hamper or toys, call **946-9490 starting Monday, November 02.**

Winnipeg Harvest does not have holiday hampers, but provides emergency food services. Call 982-3660 to inquire about food banks in your area and to register. This service is available year round.

Win a Food Hamper!



WHRC is giving away two holiday food hampers to WHRC tenants. The draw is open to all WHRC tenants who have their rent paid up-to-date. Only one entry per suite will be eligible to win. One draw will be held for a family and another draw for an individual or couple.

The entry deadline is **Friday, November 27 at 3:00pm.** The winners will be notified immediately, and announced in December's newsletter. Ballots are available at 60 Frances, or call 949-2880 to have your name entered. Good luck!!



Free Kids Hats, Scarfs, and Mittens

If you are a WHRC tenant and in need of children size hats, scarves, and or mittens, please call Fiorina 949-2896. There are a limited number available and will be given out on a first come-first basis.

Daylight Savings

Don't forget to set your clocks **BACK** one hour on **Sunday, November 1st at 2:00am.**



*The WHRC office will be closed
Wednesday, November 11*

Annual Housekeeping Reports

WHRC is visiting suites to complete the Annual Housekeeping Reports. We encourage all tenants to spend time making sure their suite is up to WHRC housekeeping standards prior to our visit. You will receive at least 24-hour notice that we will be entering your suite. WHRC has selected the following buildings to be inspected in November:

**275 Colony St.
435 Sargent St.
Single Family Houses**

Sometimes, house keeping can become overwhelming. Call Fiorina at 949-2896 to learn ways to keep your apartment up to WHRC standards.

It's that "S.A.D." time of the Year

Seasonal Affective Disorder (SAD), also known as 'winter depression' or 'winter blues', is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or, less frequently, in the summer.

People who experience SAD may start feeling mildly "depressed" around the fall months, and continue to feel this way during the winter months. Symptoms of SAD can include low energy, extreme fatigue, oversleeping, increased appetite with carbohydrate craving, overeating, weight gain, problems with sleep and appetite, loss of interest and motivation, reduced concentration to the point where they have difficulty functioning at work or at the home, as well feelings of sadness, anxiety, hopelessness, worthlessness, and low self-esteem. All of these symptoms can lead to the depression, which characterizes a person suffering from this disorder. With more severe episodes, people may avoid human contact, or have suicidal thoughts.

Seasonal affective disorder ("affective" is a psychiatric term for mood), or SAD, describes people who have these clinical depressions only during the autumn and winter seasons. During the spring and summer, they feel well and "normal". There is however, a much less common type of SAD, known as "summer-onset depression" which usually begins in the late spring or early summer and goes away by winter.

What causes SAD?

Experts believe that SAD is somehow triggered by the brain's response to decreased daylight exposure. No one really understands how and why this happens. Current theories about what causes SAD focuses on the role that sunlight might play in the brain's production of key hormones.

Experts believe that two specific chemicals in the brain, melatonin and serotonin may be involved in SAD. These two hormones help regulate a person's sleep-wake cycles, energy, and mood. Shorter days and longer hours of darkness in the fall and winter may cause increased levels of melatonin and decreased levels of serotonin, creating the biological conditions for depression.

Melatonin is linked to sleep. The body produces this hormone in greater quantities when it's dark or when days are shorter. This increased production of melatonin can cause a person to feel sleepy and lethargic. With serotonin, it's the reverse — serotonin production goes up when a person is exposed to sunlight, so it's likely that a person will have lower levels of serotonin during the winter when the days are shorter. Low levels of serotonin are associated with depression. So increasing levels of serotonin helps to reduce the symptoms of depression.

How Common is SAD?

SAD affects millions of North Americans each year. Research shows SAD is more common in women than in men. Although some children and teenagers experience SAD, it usually affects people over the age of 20. It's estimated that about 6 in every 100 people (6%) experience SAD. People with relatives who have experienced depression are also more likely to develop it. Individual biology, brain chemistry, family history, environment, and life experiences may also make certain individuals more prone to SAD and other forms of depression.

How is SAD treated?

Because the symptoms of SAD are triggered by lack of exposure to light, and they tend to go away on their own when available light increases. Treatment for SAD often involves increased exposure to light during winter months. For someone with mild symptoms, it may be enough to spend more time outside during the daylight hours, perhaps by exercising outdoors or taking a daily walk. Full spectrum or therapeutic light bulbs that fit in regular lamps can help bring a bit more daylight into your home during the winter months. Another option is "talk therapy". Talk therapy (psychotherapy) focuses on dealing with the negative thoughts and feelings associated with depression and helps ease the sense of isolation or loneliness that people with depression often feel. Another treatment is taking Vitamin D. Consult your doctor about any treatments.

If you think you might suffer from any sort of depression, visit your doctor as soon as possible. Or call the **Mood Disorders Association of Manitoba at 786-0987**. If you are ever in crisis, contact the **Mobile Crisis Unit at 946-9109**.

Project Glow is sponsored by Winnipeg Housing Rehabilitation Corporation

