

HOLIDAY CLOSURE

All York Region Ontario Works offices
(Georgina, Newmarket, Richmond Hill and Vaughan)
will be closed for the:
Civic Holiday, Monday, August 1st, 2011

OW FINANCIAL

Let us know when things change...



It is your responsibility to report changes in your situation to your Case Worker right away. This is to make sure you receive the correct amount of assistance from Ontario Works and to assess if you qualify for other benefits. Notify your Case Worker if you:

- receive earnings, training allowances or OSAP
- receive income from other sources, such as rental income, WSIB, child care income, EI or support payments
- buy or sell any assets such as property or vehicles
- open or close bank accounts
- redeem any investments
- borrow money from family, friends or a lending company
- start work
- attend a training program or return to school

Have you set up Direct Bank Deposit (DBD) yet?

DBD is a faster and more reliable way to get your OW payments. Call your Case Coordinator to get a DBD registration card today!

EMPLOYMENT & TRAINING



Want to work in Customer Service or Food Services?

Industry Specific Certification and Training
A Customized Return-to-Work Action Plan
A Personal Career Assessment
Job Search Techniques
Personal Success Skills
Work Experience

Smart Start is delivered at various locations throughout York Region

Please call for dates, times and locations

1-866-256-0861

smartstart@jobskills.org jobskills.org/smartstart

Delivered by:



Location: Richmond Hill
Start Date: September 12th, 2011

GET S.E.T. FOR SUCCESS

This is your opportunity to participate in skills upgrading to meet your needs and get industry-specific certification.

There is no cost to enroll in this program. Training is for people living in Georgina and surrounding areas.

For more information or to enroll call:

Georgina Trades Training Inc.
905.722.6300

Space is limited.



Funded in part through The Regional Municipality of York's Community Development and Investment Fund.

Retail and Grocery

Customer Service Training Program



The March of Dimes offers a three-week customer service training program in retail, grocery and other related sectors.

This program provides employability and customer service skills, safe food handling, job search techniques, interview skills and more!

This program is offered monthly in many locations in York Region. For more information, please call: 905-895-7529 ext. 6503

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STEPS

Society for Permanent Recovery

Are you in recovery or impacted by drug or alcohol addiction? Don't miss the chance to enroll in this

EIGHT WEEK PROGRAM

STEPS offers a pre-employment program providing computer training, individualized supports, job placements and much more.

To participate in this program you must be in recovery or impacted by drug and/or alcohol addiction and unemployed or underemployed.

For more information call Jackie Tersigni at 905-850-3490 ext. 2507

NEXT SESSION DATES IN NEWMARKET AUG. 29th TO OCT. 21st

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EMPLOYMENT & TRAINING

youthreach //

If you are between the ages of 15 and 30, looking for work, and have experienced conflict with the law, we can help!

Choose a time and a place that best suits you for:

- One-on-one employment counselling
- Resume writing and job search help
- Connecting to jobs
- Referrals to community resources
- Free access to computers, wireless internet, telephones, newspapers, community info-boards and more....

Call Cerian Segal today at 1.888.256.1112 ext. 2612
Making the right connections can make all the difference!

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CHILDREN & FAMILIES

PLAY

FREE RECREATION AND SPORT PROGRAMS

FOR ELIGIBLE children and youth AGES 4 TO 18
 and single parents receiving Ontario Works.

Choose from: arts and crafts, dance, martial arts, sports, swimming, yoga and much more!



Gym memberships and drop-in activities are also an option.

Call the KIDSLINE at
1-888-703-KIDS (5437)
TTY 905-762-0401

and press Option 6 to see if you qualify.

Eligibility includes: children, youth and single parents receiving Ontario Works, Child Care Fee Assistance or Rent Geared-to-Income tenants.

HEALTH



WHAT YOU NEED TO KNOW ABOUT BED BUGS

It is possible for anyone, anywhere to experience a bed bug infestation, but they can be prevented and controlled.

What are Bed Bugs?

Bed bugs are small insects with oval-shaped bodies and no wings. They are about the size of an apple seed and reddish brown colour. They usually come out and bite at night. Bed bugs can live in your bed and can also be found in almost any dark crack or crevice in your home.

For Help with Bed Bugs:

You may qualify for financial assistance if you are experiencing a bed bug infestation. For more information on bed bugs or financial assistance to help with infestations call:

Health Connection

1-800-361-5653 | TTY: 1 866 252 9933 | www.york.ca

NUTRITION

Grocery Store Tour

Did you know that most of what you really need to buy is located around the outside of the grocery store? Here you will find foods such as vegetables and fruit, breads and grain products, milk products and meats and seafood. The aisles are usually for snack foods, baking products, canned goods, cereals and frozen products. Go around the outside of the store first for the basics and then down the aisles for specific items.

- **Produce:** For the best nutrition, choose brightly coloured vegetables and fruit. They contain more antioxidant power and health-enhancing substances called phytochemicals
- **Bakery:** Whole grain breads, buns, pitas and bagels contain more B-vitamins, fibre and iron, than white and enriched products. Look for the words "whole grain" at the beginning of the list of ingredients. This is the only way to ensure that you are eating a whole grain product.
- **Dairy:** Choose milk and yogurt that have 2%MF (milk fat) or less and hard cheeses with 20% MF or less. These milk products have less saturated fat than the regular types and contain the same amount of bone-building nutrients.
- **Fresh meat, fish and seafood:** Purchase leaner cuts of meat or trim away any visible fat from chicken, beef or pork. Choose fish often as these contain heart healthy omega-3 fats.

Rice-Stuffed Green Peppers

Green peppers are in season in late summer, so it's a good time to make a double batch of these stuffed peppers. You can freeze the stuffed peppers and bake them another time.

6	medium-sized green peppers	6
1 tbsp	margarine	15 mL
1	large onion, finely chopped	1
¼ tsp	garlic powder	1 mL
1	can (28 oz/796 mL) tomatoes	1
1 cup	water	250 mL
1 cup	rice	250 mL
2 tsp	dried oregano	10 mL
2 tsp	dried basil	10 mL
	salt and pepper, to taste	
1 cup	tomato or pasta sauce	250 mL
	grated cheese (optional)	

1. Cut a thin slice off the top of the peppers. Carefully remove and discard the seeds and white inner ribs. Cook the peppers in boiling water for about 3 minutes. Drain. Place peppers upright in a small baking dish.
2. Turn on stove to medium heat. Melt margarine in a large frypan. Add onion and garlic powder. Cook until onion is soft, about 3 to 5 minutes.
3. Next, stir in tomatoes, water, rice, oregano and basil. Add salt and pepper to taste. Heat to boiling, turn heat to low, cover and simmer until rice is tender, about 20 minutes.
4. Turn on oven to 350°F (180°C).
5. Spoon rice mixture into the peppers. Bake stuffed peppers for 30 minutes or until the peppers are tender. If you like, put some grated cheese on top and continue baking until the cheese is melted.
6. Serve with heated tomato or pasta sauce.