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METCAP LIVING RESIDENTS NEWSLETTER

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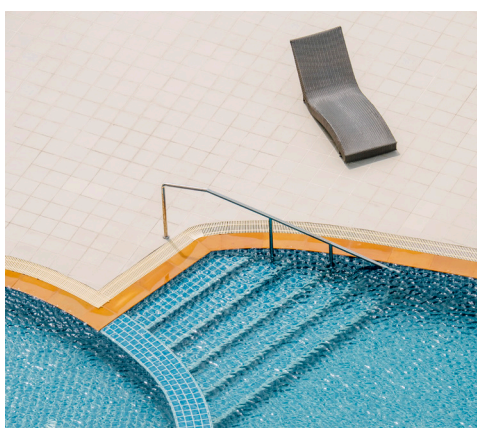
## Sunshine, ice cream and memories abound!



Spring may be a tough act to follow, but it's hard to beat the joy of summer. For a few short months we can pack away the bulky jackets, feel the sun on our skin and enjoy gloriously long days. There are so many activities to choose from and most of us slow down to spend time with loved ones.

In this issue we're sharing important safety reminders, tips for responsible dog ownership and how to stay cool during hot days.

### Beat the heat!



There are many simple ways to keep cool this summer. Here are some of our favourites:

- 1 Keeping windows and balcony doors open to help with air circulation.
- 2 Installing blackout curtains to help block out the sun.
- 3 Staying hydrated through creative means like homemade popsicles.
- 4 Exercising or doing physical activity early in the morning or later in the evening if possible to avoid being outside during the hottest part of the day.
- 5 Visiting your local cooling centre. Municipal websites will have information on these resources.
- 6 Taking a trip to your local splash pad or pool. Many municipalities have splash pads or pools that are free to use.
- 7 Checking out your local library, which will have a good mix of activities to keep you entertained (and cool) all summer long.

### AC INSTALLATION



Please have your AC unit installed by a certified contractor to ensure it is safely installed. All units must be installed in a window that has a balcony underneath. For those units without a balcony, portable ACs are a safe alternative. Once running, be mindful of your downstairs' neighbours by making sure water is not dropping on to the apartments below.

#### 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



## SUMMER CONTEST

Tell us about your favourite summertime childhood memory to win a fun prize!

The winner will receive a lovely prize!

Send us your entries along with your name, address and phone number via email to [contest@metcap.com](mailto:contest@metcap.com).

## FIREWORK SAFETY

Please be advised that fireworks can not be used on balconies or anywhere else on MetCap properties. They can cause fires which can spread quickly and can cause serious injuries if used incorrectly.

**SPRING CONTEST WINNERS**

We're excited to announce the winners of our Spring newsletter contest. Todd and Joyce shared precious memories from when someone showed them unexpected acts of kindness.

**Todd B.** St. Catharines, Ontario

*My neighbour, always visits her neighbors on special occasions. Recently, she insisted on taking me and my dog to the vet and even offered to take me shopping and for coffee so I wouldn't be worried while waiting for the appointment to finish. My neighbour is the epitome of 'the Good Neighbour.' I am grateful for her kindness and happy for the opportunity to say so!*

**Joyce F.** Oshawa, Ontario

*Our neighbor was an absolute God send for us after I had a knee replacement. Before my surgery we made arrangements with him to walk our rambunctious dog first thing in the morning, so my husband was free to help me with my needs. Bright and early, every day, he came, no matter the weather and took out dog out for a walk. If the dog didn't cooperate and do what she should, he came back and took her out again without being asked to do so. He is such a special person, thank you neighbour.*

## BEING A RESPONSIBLE DOG OWNER

Your dog is just as much a part of the MetCap family as he or she is part of your family. It's important we all do our part to ensure our furry friends and residents can live together happily. This is why we're sharing a few reminders.

- 🐾 Dogs must be on leashes when outside of your unit and in common areas.
- 🐾 Always clean up after your dogs. Remember, if they poop you should scoop.
- 🐾 You are always responsible for your dog's behaviour. Please do your part to ensure the safety of other pets and residents.

## A Garbage Bag a Day Keeps The Pests Away

No one wants unwanted critters in their home. Keeping your home pest-free is as simple as:

- Throwing out garbage on a regular basis.
- Storing food properly.
- Keeping the sink clear of dirty dishes.
- Regularly decluttering.
- Cleaning up sticky messes right away.

Please report any pest-related issues to your Resident Manager right away so issues can be treated in a timely manner.

## OFFICE CLOSURES

MetCap offices will be closed on:

- Canada Day - Mon, July 1
- Civic Holiday - Mon, August 5, 2024 (excluding Quebec)
- Labour Day - Mon, September 2, 2024

## 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, flood and loss. We request that tenants provide a copy of their tenant insurance agreements to their Resident Managers for their records at [resident.insurance@metcap.com](mailto:resident.insurance@metcap.com).