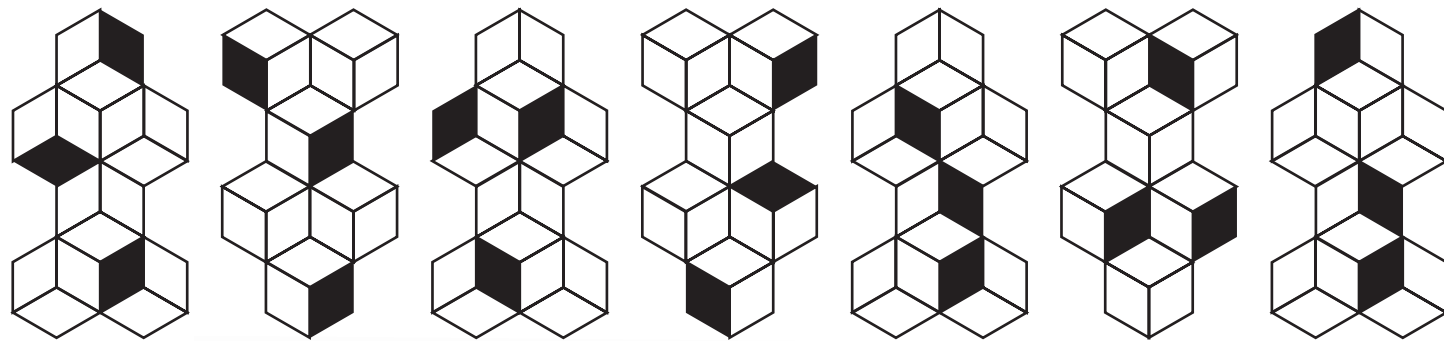


FIND THE TWINS

Spot the two identical geographical elements (rotations allowed).



Please use a **DARK BLUE** or **BLACK INK** pen when writing your cheques.
The bank's scanning system will only read dark coloured ink.

24-Hour Office Lines For Emergencies

In the event you have a serious, time sensitive issue with your unit (ie. kitchen sink backing up, toilet clogging, power issues), please call your building phone number below:



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755 York Mills Road	416.444.8515	30 Trudelle St	416.267.7804
55 & 65 Ellerslie Ave	416.225.1111	1275 Danforth Rd	416.267.7804
4000 Yonge St	416.481.4000	50 Cosburn Ave	416.423.6697
265 Cassandra Blvd	416.445.7704	240 Cosburn Ave	416.818.2555
275 Cassandra Blvd	416.445.5637	21 & 25 Gulliver Rd	647.291.2515
375 Bay Mills Blvd	416.298.8922	6061 Yonge St	416.221.0929
35 Wynford Hts Cres	416.449.2420	10 Hogarth Ave	416.466.1979
45 Wynford Hts Cres	416.445.0323	655 Broadview Ave	416.465.4140

Interactive map online at mandrholdings.com/residential

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For over 50 years, M&R Holdings has been an integrated, family-owned building development and property management company. We believe that maintaining high standards is good business for us and for the people and businesses that call our buildings home. We are dedicated and committed to improving the quality of both our new and existing buildings. Our buildings are not simply properties: they are our reputation and our future.

BEING PREPARED

Talking To
Kids About
Fire Safety



FIRE EXTINGUISHERS

Four tips for better results in the event you need to use your extinguisher.

LIVE ORGANIZED

Skip "Spring Cleaning" by using these tricks and habits

EARN \$300

by referring a new great resident



Talking to Kids About Fire Safety

Talking to your children about fire safety can be a tricky and perhaps intimidating topic. It may be hard to know what information may save your kid's life (and what information is appropriate based on their age), but talking to them now about fire safety may mean the difference between life and death in the event of an emergency.

Though it is rare, fires can be started in apartments through cooking, arson, smoking (especially in bed), candles left unattended or electronics faulting, so it is important to take the time to speak to your kids about the risks of fire, and what to do in the event a fire is detected. Below are some tips for talking to kids about fire safety.

Point Out the Dangers in Your Own Unit

Use the moments when you are using the stove, a lighter or electronics to talk about the dangers of those items, and what may happen if they are not used carefully.

Visit a Fire Department

Meet the brave people who are there to protect you if something goes wrong. If you want to visit a Toronto fire station and have a group of six people or less, you may drop by your local fire station between 9 a.m. and 9 p.m. You do not need to book a tour.

Cater the Information Appropriately Based on Age

Keep instructions simple and short when kids are very young and slowly add more as they mature. Be clear to use the word "if" rather than "when" to avoid scaring a child into believing a fire is inevitable. Tell your kids what you think and feel during any practice or learning so they know that their feelings are similar to yours.

Practice What to Do When You Hear an Alarm

Practicing crawling on your belly to avoid smoke, touching a door to check for heat before opening it, and "stop-drop-and-roll" in case you get touched by flames. Reinforce that we cannot stop and get toys - the fire fighters will take care of our toys.

Teach Kids Where to Find the Nearest Fire Alarm

Pointing out the nearest pull station in your hallway every time you walk by it will make it more natural for a child to remember where it is when an emergency may be overwhelming their mind.

Create an Emergency Plan and Where to Go During a Fire

Just like a fire drill at school or Church, create a plan for at home and practice what everyone should do in the event of a fire. Practicing what to do, how to get out of the building and where to meet could make a huge difference in the event of an emergency.



Need Help Making a Plan?

Refer to the "IN CASE OF FIRE" signs near each pull station or speak to your building superintendent.



FIRE EXTINGUISHER TIPS

- Be familiar with the instructions on the side of your extinguisher, each one is slightly different.
 - When you notice a fire, pull an alarm before you try extinguishing the flames.
 - Make sure your back is to the door - leave a safe path to your exit.
 - Aim for the bottom of the fire, and sweep back and forth.

More info on Emergency Preparedness for Children at <https://www.getprepared.gc.ca/cnt/plns/mrgncychildrn-en.aspx>

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Coming soon:
2019 TENANT SURVEY



SKIP SPRING CLEANING; FEEL ORGANIZED

SPRING IS ALMOST HERE! And that means we are only a few months away from Spring Cleaning! This year, if you wanted to avoid making an entire weekend out of it, here are some tips to help you get more organized right now.

Embrace Your Organization Style

Surprise! Not everyone is a minimalist like many articles seem to suggest or show in their photos. Some people are collectors, and therefore your cleaning style should reflect that. Of course, downsizing can have an impact on things like your mood, how much space you have left and your appreciation for particular items, but if an item still brings you joy, make a specific space for it rather than throw it away.

Make the Best of Your Unused Space

The easiest way to get organized is to have plenty of storage space and group similar items together in those spaces. So what happens when you have more stuff than space? Consider using the places in your apartment that you are not using well for additional storage solutions. One way this can be done is by purchasing a bed that has storage drawers underneath. Also, take advantage of the vertical height in your apartment by using shelves and wardrobes for storage. Finally, explore the other options for furniture with hidden storage built into them. There are coffee tables, couches, ottomans, night stands, mirrors and more that focus on function AND organization.

Spread Your Organization Schedule Over Time

Some people prefer to dedicate a weekend (or multiple) to get everything done at once. Another option is to make a simple list of what needs to be sorted through and cleaned, and create a schedule for when to tackle each task. Perhaps the first place you start is with your clothing on a Saturday morning. Maybe that Monday evening you focus on a bathroom. By blocking smaller times on your schedule to do smaller tasks, you can avoid having to dedicate an entire weekend or more to feeling more comfortable in your home.

Find Reasons to Love Getting Organized

Sorting and cleaning takes time and energy that could be used for "fun things" in life...so learn to explore a mindset that getting organized is fun! Set out on a journey to discover long-lost items or clothing you had forgotten about and love. Because you are moving a lot, it is a free workout.

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USING A 'SPARK OF JOY' TO SORT YOUR CLOTHES

Japanese tidying expert Marie Kondo's new Netflix series and book "The Life-Changing Magic of Tidying Up" share a simple process for decluttering clothes and other items in your life, all based around the central theme that "Unless you truly, deeply love an item, it has no business in your home."

Collect all of your clothes from your closets, drawers and cupboards and pile them on your bed or floor.

Don't forget your shoes, underwear, socks and seasonal clothing. Do this separately for each family member, but only sort your own items. Take a moment to look at all that space.

Go Through The Pile

One by one, hold up each piece and ask yourself "Does this spark joy for me?" Only the pieces of clothing that make you think 'Yes, I love it!' should go back into the closet or drawers.

Try Everything On In Your 'Maybe' Pile

Instead of asking "How does this look," try asking "How does this make me feel?"

Remove Unused Items

If an item no longer gives you a spark of joy, thank it for the service it provided you and donate or toss it.