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FIRE SAFETY FOR SENIORS

Seniors may be affected by health issues such as reduced mobility and poor eyesight and hearing. There are several factors to consider for keeping seniors safe:

↳ Electrical blankets can be a source of fires, particularly if the blanket has any frayed cords or is left on for many hours at a time

↳ Buy large, deep, non-tip ashtrays to prevent cigarettes falling out, in case your senior relative nods off while smoking.

↳ Take all the ashtrays out of the bedroom. Falling asleep while smoking in bed is the number one cause of fires with seniors.

↳ Older electrical appli-

ances that have been around for 30 or more years may have frayed wires. Check them out thoroughly.

↳ Buy a timer as a reminder to turn off burners or the oven.

↳ Put a smoke detector outside every bedroom and check them once a month.

↳ Consider getting wheels-on-meals to deliver or having someone help out with the cooking, if your senior relative is taking medication that makes them sleepy.

↳ Seniors can be attached to their belongings. If they are unduly anxious about losing prized possessions in a fire, make up a bag with

their most precious belongings inside or invest in a fire proof safe. You don't want them being delayed while leaving a burning building because they are rescuing belongings.

↳ Test the escape route and always have two available routes. If one of the escape routes is through a window make sure it's easy to open. Any security bars on doors and windows should have quick releases.

↳ Make sure your senior knows where all fire exits are. If you live in a retirement home or care facility and need assistance find out what kind of evacuation plan is in place.

FEDERAL ELECTION

**MONDAY,
OCTOBER 21, 2019**
**DON'T FORGET TO
VOTE**

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AUTUMN & WINTER HOME SAFETY TIPS FOR SENIORS

Extended exposure to cold drafts in the home can lower an elderly person's body temperature, increasing their chance of getting sick.

How To Help Your Senior Stay Warm

(Continued to page 2)

AT LEAST 60 DAYS' NOTICE TO END OF RENTAL PERIOD IS REQUIRED TO TERMINATE TENANCY

QUESTION

On August 15, I gave my landlord written notice that I would be ending my tenancy on September 30. (I am on a month to month basis lease). My landlord wrote back to me saying: "Your notice is not the length required by the Residential Tenancies Act. However, relying on your notice, I will attempt to re-rent the apartment at October 1. If I succeed, that will be the end of the matter, and I will use your deposit for last month's rent for September. If I cannot rent the apartment for October 1, I will try to rent the apartment as soon as I can, and I will look to you for the rent for the period during which the apartment remains unrented through October 31."

A couple of days later, my landlord asked me to sign an agreement to terminate on September 30. He wouldn't tell me why and I refused to sign. He was really annoyed. Now my landlord wants the rent for September, even though I paid the last month's rent when I moved in. Do I need to pay that money? What should I do now?

ANSWER

Your landlord was correct in indicating that your notice was short. To properly terminate your tenancy, the Residential Tenancies Act ("RTA") requires at least 60 days' notice. The end of a rental period for a month to month lease is typically the last day of the month.

The RTA provides that if a tenant vacates after giving short notice, the tenant is responsible to pay rent until the earliest date for which proper notice could have been given on the day the short notice was given. In your case, that would mean you are likely on the hook for rent through October 31. If you had signed the agreement to terminate effective September 30, that would have taken you off the hook.

However, the RTA also requires landlords to attempt to mitigate the loss suffered when receiving short notice by re-renting the rental unit as soon as possible. Your landlord's letter said that he was going to do that.

It is unfortunate that your landlord did not tell you why he wanted the agreement. It is possible that your landlord

fears that, after telling you that you may be responsible for paying rent for October, you may decide to stay in the unit during the month of October. Your landlord may well have had a new tenant ready to rent the unit on October 1, but the landlord wanted it to be crystal clear that the apartment would be empty and ready for the new tenant, to avoid having two tenants for the same rental unit for October.

What you should do now is to contact your landlord immediately, and tell him that you will sign the agreement to terminate. Hopefully, that will enable him to rent the unit at October 1. If he succeeds in doing that, then your last month's rent will pay for September, and you will not need to pay more. However, if your landlord can only rent for October 15, then you will need to pay for the 15 days the unit will be vacant.

SOURCE: BY DICKIE & LYMAN LLP: WHO PRACTICE LANDLORD/TENANT LAW AND OTHER AREAS OF LAW

AUTUMN & WINTER HOME SAFETY TIPS FOR SENIORS

{ Encourage your loved one to wear several layers of clothes at once. Natural body heat is trapped in the air pockets between the layers helping to stay warm.

{ Keep a throw blanket on the chair

or couch within easy reach.

{ Rearrange the furniture. The backs of chairs and couches can form a barrier against drafts from windows and doors.

{ If the home has double hung windows, make sure they are fully closed

on the top and the bottom.

{ If the home has older windows, plastic sheeting can be placed over the entire window to provide a layer of insulation without blocking the light.

HOME FIRE SAFETY CHECKLIST

The Fire Safety Checklist provides some helpful tips on how you can protect your home from fire, and how your family can be better prepared in the event of an emergency.

If a fire occurs in your home, remember to:

- ⌘ Alert everyone in your home and follow your escape plan.
- ⌘ Never go back inside for any reason.
- ⌘ Call the Fire Department (9-1-1) as soon as possible from a safe location.
- ⌘ Meet firefighters and tell them of any people or pets who may still be

inside.

Fire Inspection Checklist

- ⌘ Check all electrical cords and ensure they are in good condition, if damaged be sure to replace them right away.
- ⌘ Ensure appliances and lights are plugged into separate outlets.
- ⌘ Test all smoke alarms to make sure they are in working order.
- ⌘ Make sure all escape routes are clear of clutter and easily accessible.
- ⌘ Check the kitchen and make sure that curtains and other things that can burn are cleared away from the stove-

top.

- ⌘ Have your chimney inspected and cleaned regularly (at least once a year).
- ⌘ Have your furnace inspected at least once a year.
- ⌘ If you have portable space heaters, ensure they are at least one metre away from burnable items.
- ⌘ Check your clothes dryer and make sure the vent and filter are clean.
- ⌘ Make sure all of your extension cords are used safely and are not under carpets or across walking areas.

7 TIPS FOR A HEALTHY FALL SEASON

Although the weather is still warm, fall season has begun. Stay safe and Healthy by following these general tips during the fall season.

- ⌘ Protect yourself against the flu by getting a flu vaccine.
- ⌘ Wash your hands with soap and clean running water for at least 20 seconds to avoid getting sick and spreading germs.
- ⌘ Do not drink and drive. Did you know alcohol-related motor vehicle crashes kill someone every 48 minutes?
- ⌘ Test and replace batteries. Check or replace your carbon monoxide batteries along with your smoke alarm batteries. Test alarms every month to ensure they work properly.
- ⌘ Keep food safe. Follow basic food

steps such as separate foods to avoid cross-contamination. Always clean hands and surfaces often.

- ⌘ Drive safely as it gets dark earlier. Aim your headlights correctly and clean your windshield to eliminate streaks.
- ⌘ Have a safe Halloween. Check the candy your children receive from trick-or-treating.

DO NOT OVERLOAD EXTENSION CORDS

- ⌘ As you start to use electric blankets, holiday decorations and additional area lights with earlier nightfall and cooler temperatures, do not overload extension cords.
- ⌘ Cords that are overloaded or coiled when in use can overheat and cause a fire. Inspect all electric cords

in your home for signs of damage or wear (cracked/frayed/bare wires, loose connections, etc.) before plugging them in and never use a cord that feels hot to the touch.

- ⌘ Do not nail or staple a cord to the wall or floor. In addition, do not pinch cords in windows, doors or under

heavy furniture, or through walls or ceilings.

- ⌘ Make sure the cord is rated for your intended use and meets the needs of the appliance or device it is plugged into.

RECIPE OF THE MONTH

Chicken Thighs with BBQ Sauce

Ingredients

8 Skinless, boneless chicken thighs
1/2 cup Barbecue Sauce –
(chicken & rib)

Instructions

Prepare oven to 400° F - spray
baking sheet with PC Canola Oil
Cooking Spray.

In bowl, toss thighs with barbecue
sauce until well coated. Place thighs
on prepared baking sheet.

Bake in centre of oven for 20 to 25
minutes, turning once, or until
cooked through.

*Serve garnished with fresh parsley
sprigs.

FALL FOR THESE AUTUMN SAFETY TIPS

While safety is important throughout
the entire year, there are a few safety
precautions to take as we enter the
cool autumn and winter seasons.

Watch for children: School is back
in session, so watch street corners for
children waiting for buses and make
sure you follow correct road laws
when it comes to stopping for school
buses. Children also like playing in
piles of leaves. Be safe in neighbor-
hoods where leaves may pile up.

Change smoke alarm batteries: The
batteries should be changed twice per
year. Many people use Daylight Sav-
ings Time as an easy way to remem-
ber to change smoke alarm and car-
bon monoxide detector batteries.

**Get a flu shot and prepare for
other illnesses:** Protect yourself and
those around you from becoming
sick. Many pharmacies and walk-in
clinics are available to give you a flu
shot. Washing your hands on a regu-
lar basis will get rid of germs. Avoid
going to work or school when you're
sick. Your co-workers and fellow stu-
dents will thank you.

Be careful with space heaters:
They may be small, but they pack a
powerful punch, able to heat one
area or room on their own. Make
sure there is plenty of space around
the heater so it can vent and you
don't want it to accidentally set
something close to it on fire. Don't
leave a space heater unattended.

JOKE CORNER

(Q) What did Bacon say to Tomato?

(A) Lettuce get together!

(Q) How do you organize a space
party?

(A) You planet!

(Q) What is the difference between a
school teacher and a train?

(A) The teacher says spit your gum
out and the train says "chew chew
chew".

(Q) Why did God make only one Yogi
Bear?

(A) Because when he tried to make a
second one he made a Boo-Boo

(Q) Why did Mozart kill his chickens

(A) Because they always ran around
going "Bach! Bach! Bach!"

A father gifted his daughter a New
bag. The girl replied, "Thanks for the
Baghdad!"

ENSURE THAT RETURN-AIR VENTS IN THE HOUSE ALLOW AIR TO FLOW

Your home's return-air vents ensure that the air inside your home circulates
properly.

If vents are not allowing air to flow because of an obstruction, your heating sys-
tem will work harder to heat your home, leading to higher energy bills.

Examine your vents and ensure that air can pass through. Clear obstructions
such as clothes, toys and furniture from in front of vents.

FALL PREVENTION TIPS FOR SENIORS

- ❏ Remove items from the home that are trip hazards, like piles of newspapers,
magazines, and shoes, especially if they pile up on the stairs.
- ❏ Remove small throw rugs.
- ❏ Install grab bars next to the toilet and in the bathtub or shower.
- ❏ Use non-slip bath mats in the tub and shower.
- ❏ Install good lighting in every room, stairways, and the entry.
- ❏ Make sure that prescriptions don't cause drowsiness or disorientation that
could increase the risk of falling.
- ❏ Make sure that your loved one's eyeglass prescription is checked every year.