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AUGUST IS FIRE SAFETY FOR SENIORS

Adults over age 65 are at the highest risk of being killed or injured in a fire. Here are some important fire safety tips for seniors and others of all ages.

{} If you smoke, smoke outside

Wet cigarette butts and ashes before throwing them out or bury them in sand.

Never smoke in bed.

{} If you use medical oxygen, don't smoke

Never smoke in a home where medical oxygen is used.

Post "No Smoking" and "No Open Flames" signs inside and outside the home.

{} Be kitchen wise

Never leave cooking unattended.

Don't cook if you are

drowsy from alcohol or medication.

{} Give space heaters space

Keep them at least three feet (one metre) away from anything that can burn - including you.

Shut off and unplug heaters when you leave your home, or go to bed.

{} Stop, drop, and roll

If your clothes catch on fire: stop (don't run), drop gently to the ground, cover your face with your hands. Roll over and over or back and forth to put out the fire.

If you can't do that, smother the flames with a towel or blanket.

{} Smoke alarms save lives

Have working smoke alarms installed outside each sleeping area and

on every level of your home.

Have someone test your smoke alarms once a month by pushing the test button.

{} Plan and practice your escape from fire and smoke

If possible know two ways out of every room in your home.

Make sure windows and doors open easily.

{} Know your local emergency number

It may be 9-1-1 or the fire department's phone number.

Have a telephone in your bedroom and post the local emergency number

Once you've escaped a fire, call the fire department from a neighbour's phone or a cellular phone.



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SMOKERS BEWARE

Smokers are seven times more likely than nonsmokers to be fire victims. Smoking materials are the NUMBER ONE cause of home fires that kill seniors.

NO SPECIAL ARRANGEMENTS NEEDED FOR PICKUP OF LARGE GARBAGE

QUESTION

I rent a house in South Keys with three other students. We are all moving out at the end of this month. We have begun to pack things up and have noticed we have a large amount of garbage. We also have some bigger items such as an old futon and a loveseat to throw away. Do we need to arrange for a special pickup of these items? What do we do if it is time to move out and we still have garbage left in the house?

ANSWER

Large items, such as your futon and loveseat, are picked up at the same as residual curbside garbage (i.e. every two weeks).

(For buildings with bin collection, tenants should arrange the disposal of oversized items with their landlord, and not put them in the building's garbage bin. Provided the landlord calls the city's Solid Waste Management Services, large items will be picked up when the curbside collection takes place in the neighbourhood, rather than on bin collection day).

In South Keys (and Old Ottawa South and Glebe), the next collection day for residual garbage (like move-out garbage) is Wednesday, August 31.

On Wednesday, August 24, the collection is only for the black box (for newspaper, fine paper and cardboard) and the green bin (for organics, like food waste).

The collection days for residual garbage, blue box, black box and green bin collection vary across Ottawa. A tenant or resident who lives anywhere in Ottawa can check for their garbage and recycling days by visiting www.ottawa.ca, and under "hot topics for residents" choose "Garbage and Recycling collection calendar". If a person enters their address, they can pull up their collection calendar. Anyone can sign up for email or instant message reminders.

People who are moving out at the end of the month need to put their move-out (or move-in) garbage out at the curb after 6 p.m. on the day before a collection day for residual garbage, or make arrangements with a neighbour or their landlord for them to do it. If you cannot be there on that date or make an arrangement with a neighbour or your landlord, then put the move-out garbage at the back of the property. Any garbage that will attract animals needs to be in a sealed plastic or metal container so that animals do not get in it and

spread it around.

Recycling or residual garbage is not to be left out at the curb until 6 p.m. on the day before garbage day, and should be set out by 7 a.m. on garbage day.

The city can fine a tenant who puts out garbage at the wrong time. The city can also charge back cleanup costs to the landlord or even fine the landlord. Between a fine and a cleanup charge, a tenant and landlord could be on the hook for \$500. In principle, a landlord can collect that from the tenant who put the garbage out, but recovering the money may be time consuming. It is much better to avoid the problem by addressing it before it happens.

For their own sake and for the good of the community, landlords should ensure their tenants know the garbage days, and when they are allowed to put garbage out to the curb. That is especially important for tenants who are moving out or new tenants who are moving in.

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

PREVENT KITCHEN FIRES

☞ Stand by your pan: If you leave the kitchen turn the burner off.

☞ Watch what you are cooking: Fires start when the heat is too high. If you

see any smoke or the grease starts to boil, turn the burner off.

☞ Turn pot handles toward the back of the stove: Then no one can bump

them or pull them over.

☞ Keep a pan lid or baking sheet nearby: Use it to cover the pan if it catches on fire. This will put out the fire.

SENIORS

The Ottawa Police works closely with members of Ottawa to ensure security and safety. In particular, seniors have expressed concerns about being prepared or knowing what to do in certain situations. The following information provides a good start for raising awareness about crime prevention issues specific to seniors.

Would You Know What To Do If....

- {} you were asked to pay for something that you "won"?
- {} A suspicious stranger came to your door?
- {} You arrived home and found your door or window open?
- {} A member of your own family or a caregiver left you feeling threatened?
- {} Incidents or vandalism or graffiti

were on the rise in your neighborhood ?

- {} A so-called bank official asked for your credit card information over the phone?

Stay Safe - Be Alert

- {} Be street smart - be aware of your surroundings and know who's around you. Be wary of isolated spots, like basements, laundry rooms and parking lots. Always try to walk in well-lit areas and try to never walk alone. Ask a family member or a neighbor to escort you.
- {} Know what constitutes **elder abuse**. Whether it is physical, sexual, financial or mental abuse or neglect, these actions are crimes and help is available to you.

- {} Make sure your home your home is not an easy target for criminals. Take advantage of Ottawa Police's **Home Security Inspection Program** where, at your request, police representatives will visit your home (house, condo, apartment, etc.) to provide a free safety audit - assessing ways to make your home safer.

- {} Follow these safety tips when it comes to **door-to-door sales**.

- {} Get involved in **Neighborhood Watch** - it's one of the best ways to meet your neighbors and make your community safer.

- {} If you come home and see a door ajar or a window broken, call the police immediately. **NEVER** enter the dwelling.

FIVE SUMMER FIRE SAFETY TIPS

If you plan on making fire part of the fun at your next summer gathering, make sure to consider these five tips for preventing burns and other injuries:

Fire and children don't mix. Don't let children handle fire tools.

Be prepared. Keep a bucket of water, running hose or fire extin-

guisher nearby in case of emergency.

Keep your distance. Keep your seating area should be at least eight feet away from a grill or fire pit. Make sure trees, buildings or overhangs aren't too close to the flames.

Watch out. Never leave a fire unat-

tended, even if it's in an enclosed pit. A strong wind can carry flames quickly.

Extinguish properly. Don't let a fire die out on its own; douse it with water and cover with dirt to avoid dwindling embers being carried off by the wind and igniting nearby structures.

USE ELECTRICITY SAFELY

- If an electrical appliance smokes or has an unusual smell, unplug it immediately, and have it serviced.
- Replace any electrical cord that is frayed or cracked.
- Extension cords are for temporary use only. Don't overload them or run them under rugs.
- Don't temper with your fuse box or use improperly sized fuses.

RECIPE OF THE MONTH

Balsamic Butternut Squash

3 tbsp olive oil

2 tbsp thinly sliced fresh sage (about 6 large leaves), divided

1 medium butternut squash, peeled and cut into 1 inch pieces (4 to 5 cups)

½ red onion, halved and cut into slices

1 tsp salt, divided

2 ½ tbsp balsamic vinegar

¼ tsp black pepper

Heat oil in large cast iron skillet over medium-high heat. Add 1 tbsp sage, cook and stir 3 minutes. Add squash, onion and ½ tsp salt; (squash should fit in crowded single layer in skillet). Reduce heat to medium; cook 15 minutes without stirring.

Stir in vinegar, remaining ½ tsp salt and pepper; cook 10 minutes or until squash is tender; stirring occasionally. Stir in remaining 1 tbsp sage; cook 1 minute.

JOKE CORNER

(Q) Why can't the blonde dial 911?

(A) She can't find the eleven.

(Q) What did the duck say when he bought lipstick?

(A) Put it on my bill.

(Q) My sister bet me a hundred dollars I couldn't build a car out of spaghetti.

(A) You should've seen the look on her face as I drove pasta!

(Q) Where do animals go when their tail fall off?

(A) The retail store.

ONLY WORKING SMOKE ALARMS CAN SAVE YOUR LIFE

Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.

IT'S THE LAW!

HOMEOWNERS

It is the responsibility of homeowners to install and maintain smoke alarms on every storey of their home and outside sleeping areas.

LANDLORDS

It is the responsibility of landlords to ensure their rental properties comply with the law.

TENANTS

If you are a tenant of a rental property and do not have the required number of smoke alarms, contact your landlord immediately. It is against the law for tenants to remove the batteries or tamper with the alarm in any way.

Failure to comply with the Fire Code smoke alarm requirements could result in a ticket for \$360 or a fine of up to \$50,000 for individuals or \$100,000 for corporations.

❏ When installing smoke alarms, refer to the manufacturer's instructions for information about correct placement.

❏ Test your smoke alarms every month using the test button.

❏ Replace smoke alarm batteries at least once a year, and whenever the low-battery warning chirps.

❏ Smoke alarms don't last forever. They are required to be replaced within the time frame indicated by the manufacturer. This is usually ten years.

❏ When replacing interconnected smoke alarms, it is advisable to replace all units in the system at the same time. If you need to replace a single malfunctioning alarm, make sure the new alarm is compatible with the existing units.

❏ If your smoke alarm frequently activates when you're cooking, DO NOT REMOVE THE BATTERY. Consider moving the alarm to another location or replacing it with a photoelectric unit.

STOOP AND SCOOP

5 Reasons why you should stoop and scoop.

❏ Dog waste adds up

❏ It is a health hazard

❏ It is an environmental hazard

❏ Removing dog waste is responsible

❏ Dog waste can cost you

Dog waste - It's your business

❏ Pick it up: Use a bag or shovel to pick it up the waste and take it home for disposal.

❏ Disposal: The best method of disposal is to flush waste down the toilet. But don't flush the bag. Toilets flow to the sewage treatment plant or septic tanks. Both systems are equipped to handle this kind of waste. Flushing poop also helps us divert waste from the landfill site.

Pet Owners: We need your help to clean up our environment. Responsible pet owner is part of the total solution. **STOOP AND SCOOP!**