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ATTENTION ALL CURRENT & NEW TENANTS

If you are planning to move out, you are aware that you give us at least sixty (60) days prior to your move out date. Before you move out please keep the place the way it was before you moved in. Please see the Cleaning Checklist.

Cleaning Checklist

- ☞ Clean stove including oven, racks and drip pans.
- ☞ Wipe down hood fan, inside and out.
- ☞ Clean refrigerator in-

side and out.

- ☞ Wipe out the inside of all cupboards and drawers, including medicine cabinets.
- ☞ Wipe down all sinks taps and counters.
- ☞ Clean bathtub, tiles, mirrors and toilets.
- ☞ Remove dust from light fixtures, windowsills and ledges.
- ☞ Wipe down walls, doors and woodwork to remove dirt, marks and fingerprints.

☞ Vacuum and damp mop all hard surface floors.

☞ Vacuum all wall to wall carpets.

☞ Remove all picture hooks, tape, stickers and window coverings.

☞ Remove all personal belongings, furniture and garbage from the premises, including the basement, balcony, patio and your locker.

☞ Return all keys/access cards to the office.

2019 WINTERLUDE

**Fri, Feb 1, 2019 to
Mon, Feb 18, 2019**

Winterlude was created in 1979 to celebrate Canada's unique northern climate and culture. The celebration is held every February in Ottawa and Gatineau.

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TOP 10 MUST HAVES FOR SENIOR SAFETY

Each year 1 of 3 adults over 65 will fall.

- ☞ Secure your scatter rugs so they aren't a trip hazard.
- ☞ Handrails on both sides of the stairwell.
- ☞ Install handrails in the restroom.
- ☞ Make sure entryways,

stairs & pathways are properly lit.

- ☞ Grabbers help reach items more than an arms length away.
- ☞ Install or inspect smoke alarms to assure proper functioning.
- ☞ Medical Alert Systems allow easy call for help in

an emergency.

- ☞ Properly label & store medications. Setup medication reminders.
- ☞ Schedule frequent family or neighbor times to check-in.
- ☞ Don't forget to get non-skid bathroom mats to prevent slips.

THERE'S NO PLACE LIKE HOME!

Don't Let Your World Go Up In Smoke

Here are some important ways to keep your home safe from fire. Make these a top priority.

In The Kitchen

Cooking is the number one cause of home fires. Take these steps today to prevent a cooking fire in your home.

☞ Stay in the kitchen when you are frying, grilling, broiling, or boiling food.

☞ If you leave the kitchen, turn the burner off.

☞ Keep things that can burn away from your cooking area.

☞ Turn pot handles toward the back of the stove so they won't get bumped.

Electrical Sense

Follow these safety tips to prevent an electrical fire:

☞ Plug only one heat-producing appliance into the electrical outlet. Never use an extension cord. Examples of heat-producing appliances are: microwave, coffee maker, and portable heater.

☞ Extension cords are for temporary use only.

☞ If you have an electrical cord that

is frayed or broken, don't use it.

Safe Home Heating

Heating is the second leading cause of home fires. You can prevent a heating fire with these simple tips.

☞ Keep anything that can burn at least three feet away from fireplaces, wood stoves, portable heaters, and radiators.

☞ When you leave a room or go to bed, turn heaters off or unplug them.

☞ Have your furnace, chimney, and chimney connector inspected by a professional each winter. Make repairs before cool weather sets in.

***Plug portable heaters directly into the outlet.**

Don't use extension cord. Make sure your heater has an automatic shut-off switch that turns it off if it tips over.

Prevent A Fire From Starting

Many things in your home can catch on fire if they touch a flame or something hot.

☞ Always smoke outside.

☞ Use deep, sturdy ashtrays.

☞ Put cigarettes all the way out. Do this every time.

☞ Put water on cigarette butts before throwing them in the trash.

☞ Smoke only when alert. Never smoke in bed or if drowsy.

Candles

Any open flame is dangerous. If possible, use battery-operated candles. If you use candles in your home, prevent a fire by following these tips.

☞ Put candles in sturdy holders.

☞ Place candles at least 112 inches away from anything that can burn.

☞ Make sure candles cannot be reached by children or pets.

☞ Blow out all candles if you leave the room, get sleepy, or go to bed.

***Warning: Medical oxygen can explode if a flame or spark is nearby.**

Even if the oxygen is turned off, it can still catch on fire. Never smoke around medical oxygen.

***Children under four years old are at higher risk of home fire injury and death than older children.**

Home Protection

Fire prevention is important, but also make sure you and your home are protected.

☞ Put working smoke alarms on every level of your home and inside and outside sleeping areas.

☞ Test your alarms each month.

☞ Create and practice your home fire escape plan at least twice a year.

CLEANING TIPS & TRICKS

Unclog A Drain:

Forget buying those expensive cleaning products! All you need is vinegar, baking soda & boiling wa-

ter to unclog a drain!

Remove kitchen/bathroom cabinet gunk:

Mix a solution of vegetable oil & baking soda, then use an old toothbrush to scrub all that gunk stuff out of the cor-

ners of cabinet surfaces.

Lipstick:

Blot with acetone-based nail polish remover, followed by the detergent solution, and rinse.

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WINTER SAFETY

The winter season is the worst season for fires in Canada. That is why all Canadians must be mindful of the importance of fire prevention and safety. During the winter, we must heat our homes, most of our meals are prepared and eaten indoors, our clothing is dried indoors and people who smoke tend to do so indoors. Besides following the advice provided for in the other fact sheets on this site, for the winter remember that:

☞ Heating appliances such as space heaters should not have anything combustible closeby and need at least one metre (three feet) of space around them. Inspect the electrical cord attached. If it overheats, you have a fire hazard. Keep young chil-

dren away from them.

☞ Electrical and heating systems can fail and become fire hazards. Ensure they are regularly checked by a professional, especially prior to the winter season when fireplaces, heaters, appliances and other electrical equipment are in maximum use.

☞ Smoking in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.

☞ Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.

☞ Teach children that fire is not a toy;

it is a tool we use to cook food and heat our homes.

☞ Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.

☞ Never use a flammable liquid near a flame or source of spark. Beware of hidden sources of sparks like water heater pilot lights, electric motors or heaters. Never smoke while pouring or using flammable liquids.

☞ If even a small doubt exists about any appliance/equipment that you use, do not hesitate to contact a qualified technician. It may save your life, and the lives of your loved ones.

HOW TO PUT OUT KITCHEN FIRES

When a fire starts in the kitchen, you need to act fast to keep the fire from getting out of control. But how you act depends on what kind of fire you have and where it is. Follow these instructions for putting out kitchen fires:

☞ If you have a fire in the oven or the microwave, close the door and keep it closed, and turn off the oven. Don't open the door! The lack of oxygen will suffocate the flames.

☞ If your oven continues to smoke like a fire is still going on in there, call the fire department.

☞ If you have a fire in a cooking pan,

use an oven mitt to clap on the lid, then move the pan off the burner, and turn off the stove. The lack of oxygen will stop the flames in a pot.

☞ If you can't safely put the lid on a flaming pan or you don't have a lid for the pan, use your extinguisher. Aim at the base of the fire - not the flames.

☞ Never use water to put out grease fires! Water repels grease and can spread the fire by splattering the grease. Instead, try one of these methods:

(i) If the fire is small, cover the pan with a lid and turn off the burner.

(ii) Throw lots of baking soda or salt

on it. Never use flour, which can explode or make the fire worse.

(iii) Smother the fire with a wet towel or other large wet cloth.

(iv) Use a fire extinguisher.

☞ Don't swat at a fire with a towel, apron, or other clothing. You're likely to fan the flames and spread the fire.

☞ If the fire is spreading and you can't control it, get everyone out of the house and call 911! Make sure everybody in your family knows how to get out of the house safely in case of a fire. Practice your fire escape plan route.

Clean The Blender:

Fill the blender with warm water & a

drop of dish soap. Turn it on & let it go for a few seconds.

Then rinse it out with warm water and you're all set!

RECIPE OF THE MONTH

Old Mama's Fashioned Chili

Ingredients

1 lb. ground beef
2 (15oz.) cans black beans, undrained
2 (15 oz.) cans kidney beans, undrained
2 (14.5 oz.) cans stewed tomatoes, undrained
2 green bell peppers, cut into 1/2 inch dice

1 yellow onion, cut into 1/2 inch dice
4 cloves garlic, minced
1 (1.25 oz.) package chili seasoning mix, or to taste
1 dash hot sauce, or to taste
salt & ground pepper to taste

Directions

Cook and stir ground beef in a skillet over medium-heat heat until crumbly and browned, 5 to 10 minutes. Drain.

Stir drained ground beef, black beans, kidney beans, tomatoes, green bell peppers, yellow onion, garlic, and chili seasoning together in a large pot over medium-high heat. Bring to a boil, reduce heat to low, and simmer, stirring occasionally, until vegetables are slightly tender and chili is heated through, 15 to 20 minutes. Season with hot sauce, salt, and ground black pepper to taste.

THE FLU

Wash Your Hands Often

☞ even after getting the flu shot, washing with soap and water for at least 15 seconds helps keep the virus from spreading.

☞ if soap and water are not available, use a hand sanitizer (gel or wipes) with at least 60% alcohol.

Cover Your Mouth When You Cough or Sneeze

☞ use a tissue and throw it out rather than putting it in your pocket, on a desk or table.

☞ if you don't have a tissue, cough into your upper sleeve

Don't Touch Your Face

☞ the flu virus spreads when people with the flu cough, sneeze or talk and droplets enter your body through your eyes, nose or mouth.

Stay At Home When You're Sick

☞ Viruses spread more easily in group settings, such as businesses, schools and nursing homes.

Clean (and disinfect) Surfaces & Shared Items

☞ Viruses can live for up to 48 hours on hard surfaces like countertops, door handles, computer keyboards and phones.

CUT PHANTOM POWER TO LOWER ENERGY COSTS

Everywhere in the home: Phantom loads may be adding to your electricity bill without you even being aware of them. It's time to take action against standby power.

Everywhere in the home: This invisible power consumption is the result of "standby power" – the term used to describe the electricity that keeps the clocks, timers, remote controls and other features on our home electronics working and ready to go on the instant we press a button. But this means our televisions, CD players, computers, microwaves, cordless phones use energy even when we've turned them off.

The simplest solution to phantom loads is to control the loads with power bars. Plug appliances like your computer and television into a power bar and plug the power bar into the wall. That way you can shut down everything at once.

CHALLENGE YOURSELF

10 Ways to be Active at home without any equipment:

Climb Stairs, Crunches, Squats, Dance, Walk, Push-ups, Leg lifts & Calf raises, Chores ie vacuuming, Laundry basket lifts, Soup can dumb bells.

* Try working these into your daily routine! Exercise is good for the body,

mind and soul. It maintains blood sugars and keeps us healthy.

* "Some inside things you can do to be active is - put on your favorite music and dance, walking on the spot, leg curls while sitting on the couch, walk a couple of times up and down the stairs, be creative have fun!"