



# MADAWAN MASENYGUN

## PREVENTION SAFETY FOR SENIORS

Prevent unnecessary falls and improve your safety by making yourself aware of the environmental hazards. Then take action to have them corrected by:

} Installing secure hand-rails and bright lights with switches at the top and bottom of stair-ways.

} Repairing loose or uneven steps, checking

stairs for worn or loose carpeting and installing anti-slip treads.

} Always wearing shoes with traction and making sure throw rugs are placed over rug liners with non-skid backing so that you avoid falls throughout the house.

} Installing grab bars for the toilet, bathtub and/or shower, and using non-slip mats or decals on ceramic

surfaces both inside and outside the tub.

} Installing nightlights in areas you frequent at night. Also, consider keeping a flashlight near your bed.

} Storing frequently-used items on lower shelves in the kitchen to limit the use of stools or step-ladders. If you must use a step stool, use one with a bar to hold onto.



### INSIDE THIS ISSUE:

- Prevention Safety For Seniors
- Fact: Cooking Is The Number One Cause Of Residential Fires In Ontario
- Roof leaks Can Take Time To Find & Solve: Tenant Insurance Is A Wise Investment
- Reminders To Tenants
- The Golden Rule For Toilets
- Green Bin You Grease
- How To Avoid Bringing Bedbugs Back From Vacation
- Prevent Smoking Fires - Smokers Beware
- Recipe Of The Month
- Texting And Driving

## FACT: COOKING IS THE NUMBER ONE CAUSE OF RESIDENTIAL FIRES IN ONTARIO

Keep a proper-fitting pot lid near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Do not move the pan.

Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.

Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.

Keep children away from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.

Cool a burn by running cool water over the wound

for 3 to 5 minutes. If the burn is severe, seek medical attention.

### Always make sure to:

Stay in the kitchen and pay attention when cooking!

Drink responsibly when cooking.

If a fire occurs, get out immediately and call 911.

## ROOF LEAKS CAN TAKE TIME TO FIND AND SOLVE: TENANT INSURANCE IS A WISE INVESTMENT

### QUESTION

I live in a row house in Ottawa. During the recent thaw, I discovered the corner portion of my bedroom floor was wet, and some expensive furniture barely escaped being damaged. I spoke to the property manager and he sent a roofer to investigate the leak. As far as I know, no repairs were done. No new leak has occurred since then, but I am concerned that the leak will come back. What can I do to get some action?

### ANSWER

Your landlord is responsible for maintaining your unit in a good state of repair, and that includes taking responsible steps to correct roof leaks in a timely manner. What is timely depends upon the nature of the problem and its solution, the availability of tradespeople to do any needed work, the effect the leak has on you and other factors.

A proper examination of a roof is very difficult to do during the winter months. Some leaks are brought on only by unusual weather, such as heavy rain along with wind in a particular direction, potentially making a problem even harder to diagnose. As well, roof repairs are often not feasi-

ble during the winter.

Until the spring, you are best to move the furniture farther away from the area where the leak occurred, and keep a careful eye on that area. If any renewed leak occurs note that date, time and weather conditions, and report that information to your landlord.

Depending upon the nature of the problem, the steps needed to correct it could be simple or more involved. It is generally acceptable for your landlord to attempt a simpler situation, such as a patch or re-caulking, as a first step. One possible cause of leaks is the presence of ice or other debris on the roof, trapping water. Or, there could be a leak in a different part of the roof resulting in water flowing to the place where it penetrates your unit.

If there is a second leak, or in the spring if you do not think your landlord has taken proper steps to fulfil his or her obligations, then you can make an application to the Landlord and Tenant Board. You can seek an order that your landlord do specific repair work within a given time period.

You can also apply for a rent abate-

ment to compensate you if a second leak has occurred. In determining an abatement amount, the board will consider whether you reported each leak promptly, the landlord's maintenance program and their response to each leak, the length of time that leaks have persisted, and how much impact the leaks have on you.

In the meantime, you are responsible for minimizing any damage the leak may cause, such as keeping your furniture and other belongings away from the affected area until the problem is resolved.

You and every tenant are well advised to obtain tenant's insurance so that if your furniture or belongings are damaged by water infiltration you can obtain reimbursement for the expense of replacing the furniture or belongings. Insurance on belongings usually comes bundled with insurance against liability, which will protect you if you accidentally damage the building or other tenant's belongings. Both types of insurance are economical and well worth having.

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

## REMINDERS TO TENANTS

If you tenant(s) are going to be away from your home/unit for an extended period of time, please shut off water valves to save water consumption and to avoid floods.

These valves are located below the sinks and behind toilet.

Also, notify the office if you plan on being away from your unit for more

than one week or inform the office if you have someone watching your unit.

Thank you for your attention!

## THE GOLDEN RULE FOR TOILETS

When in doubt, throw it out! (Or in other words, if it's not toilet paper or human waste, DON'T flush it! Put it in the wasted bin instead).

### What NOT To Flush Down The Toilet

Your toilet is not a green bin or a garbage can. Flushing certain items can result in a back-up of the sewer line into your home or can create problems at the City's wastewater treatment plant.

The following items **should never** be flushed down the toilet:

- } Personal care wipes/baby wipes, diapers, cotton swaps, human/or pet hair, dental floss, tampons, sanitary products, condoms, old medicine.
- } Grease, fats, or oils from cooking - they congeal and cause other items to get stuck, creating clogs and massive blockages. This is a really broad category that includes meat fats,

lard, vegetable oils, shortening, butter, margarine, and many dairy products.

} Coffee grounds, they pretty much do the same thing grease does. These are just a few mentioned.

**Only flush the three Ps - pee, poop and toilet paper! These are the only items that belong in your toilet. There is no more need to get any more complicated. This is all that should go down the toilet.**

## GREEN BIN YOUR GREASE!

### Did You Know?

Nearly half of the sewer pipe blockages in Ottawa are caused by the accumulation of fats, oils and grease.

When liquids fats, oils, and grease are washed down a sink or toilet, these materials solidify and stick to the inside of your plumbing or to city sewer pipes. This can result in a blockage and lead to sewer backups.

### How To Help Prevent Backups

- } **NEVER** pour fats, oils or grease down sink drains or toilets.
- } **DO NOT** use hot water or chemicals to flush grease down the drain.
- } **DO NOT** install or use a food grinder/garburator in your kitchen sink.

**ALWAYS** place strainers into sink drains to catch food scraps.

### How To Properly Dispose Of Fats, Oils and Grease

- } Let grease cool and harden, then scrape it from trays, plates, pots and pans, and grills into your green bin.
- } Pour liquid cooking oil or any liquid food waste into a biodegradable container (such as milk carton) and place into your green bin.
- } Absorb all liquids fats, cooking oils or grease with paper towels and place the soiled paper towels into your green bin.

## HOW TO AVOID BRINGING BEDBUGS BACK FROM VACATION

When escaping to the sun this winter, you're probably expecting to come back with a tan, not bedbugs.

Before leaving for vacation, travelers are urged to learn how to spot bedbugs and avoid bringing them home in their luggage, clothing and other personal items.

Bedbugs can hide in many places, like under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads and in

night tables, so make sure to check everywhere.

- } Put your luggage on a tile floor or in the bathtub, instead of on the bed or carpet.
- } Inspect the room for bedbugs. Use a credit card and a flashlight to check cracks and crevices.
- } Check the luggage stand and then keep your luggage there instead of unpacking.

} Inspect the sleeping area, lifting each corner of the mattress and examining any creases.

} Check the furniture and walls.

} Take a close look at electrical outlets, light switches, phones and clocks.

} During your stay, place your shoes in an open area.

} Do not store anything under the bed.

## RECIPE OF THE MONTH

### BRAISED WINTER VEGETABLES

#### Ingredients

- 3 carrots, peeled, & cut into chunks
- 3 small white turnips, peeled & cut into chunks
- Half rutabaga, peeled & cut into chunks
- 1 large sweet potato, peeled & cut into chunks
- 3 tbsp canola oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- Chopped freshly parsley

#### Directions

Place carrots, turnips, rutabaga, sweet potato in roasting pan. Sprinkle with oil, salt and pepper. Cover pan and roast in a preheated oven (400F) for 35 minutes or until vegetables are tender. Serve garnished with chopped parsley if desired.

## PREVENT SMOKING FIRES - SMOKERS BEWARE

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

If you or others in your home smoke, prevent fires before they start.

} Use large, deep, non-tip ashtrays. Never leave a lighted cigarette in an ashtray or leave an ashtray on the arm of a couch or chair.

} Before going to bed or going out, check between, on and under upholstery and cushions for cigarette butts that may be smothering.

} Douse cigarette butts completely with water before discarding them.

} Make it a **RULE** to never smoke in bed or while lying down, especially when you are drowsy or

taking medication that makes you sleepy.

} **NEVER** permit smoking around the storage or use of an oxygen tank.

#### MATCHES AND LIGHTERS

} Use only one disposable lighter at a time and store extra matches and lighters out of sight and reach of children.

} Ensure children understand that any matches or lighters they find should be given directly to an adult.

} Teach children not to play with matches and lighters.

} Use safety matches (that light only by striking on the box).

} Use child proof lighters only. Allow matches to fully extinguish and cool before disposing of them. Put them in water.



### TIPS TO AVOID DISTRACTED DRIVING/TEXTING AND DRIVING

- } Allow phone calls to go to voicemail
  - } Do not text, surf the web or read emails
  - } Stop at safe locations (rest stops or commuter lots) to make and receive calls
  - } Keep your eyes and mind on the road
- Turn your cell phone off

} Place your cell phone in the trunk of your car

} Download safety app

### WHAT YOU CAN DO TO PREVENT TEXTING AND DRIVING?

} Everyone has a role to play in preventing distracted driving

} As a passenger, remind the driver to focus on their driving if they reach for the phone - take responsibility for your safety

} Ensure the person you are contacting is not engaged in driving. If they are, tell them to call you back when it is safe to do so.

} Help promote safe driving and the Leave the Phone Alone campaign with your friends and family.

#### FINES/PENALTIES

} In Ontario, the fine for distracted driving is \$490.00 and 3 demerit points (September 2015)

Sunday, March 12th, when clocks are set one hour ahead, it's a timely reminder to change the batteries in your smoke/carbon monoxide alarms.