

## COMMITTEE: HEALTH AND SAFETY

### YCC323 SUPPLEMENTARY INFORMATION

Source: Viewpoint 50 Year in Review for 2014

Subject: Toronto Public Health 2014 Presentations; Defibrillator Training

## Health and Safety Committee

### A) 2014 Seminar Presentations provided by Toronto Public Health

In conjunction with the office of Toronto Public Health, Ciara Parr, RN, MSc (A) and Stacey Kimura, RD, the committee facilitated three seminars for our residents:

- Falls Prevention
- Cooking for one or two, and
- Reading Food labels.

Each seminar was well attended. Ciara and Stacey are excellent presenters. In addition to providing useful advice, those who attended the cooking demonstration had the opportunity to enjoy a healthy bowl of soup cooked in our meeting room kitchen.

The following pages highlight the three presentations. We are exploring additional opportunities for 2015.

### B) Defibrillator Training









The committee also hosted a refresher course on the use of the defibrillator located in the main lobby.

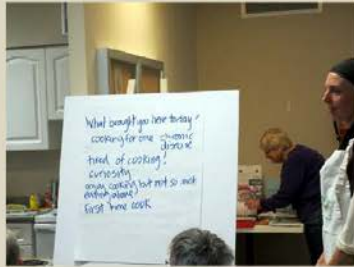


Instructions on the use of the machine are stored below the defibrillator or refer to the link on the website for more detailed assistance.

<http://ycc323.com/handsbrochures.html>

Falls Prevention - May 28, 2014

 <p><b>Preventing Falls</b> <b>Safety Workshop</b> <b>Presentation by Toronto Public Health</b> <b>Ciara Parr, RN, MSc(A)</b></p>	
<p>Advertising workshop</p>	<p>Stretch break for attendees</p>
	
<p>Always use an anti-slip bath mat</p>	<p>After falling, roll onto your side</p>
	
<p>Use arms to raise to sitting position</p>	<p>Cross floor by crawling on hands &amp; knees, or using military crawl if knees are bad</p>
	
<p>Pull yourself up to sitting height</p>	<p>Rest often – both during &amp; after experience</p>



Ciara (with Marsha in background)



Manev, Stacey and large audience



Ciara and Marsha



Stacey begins presentation



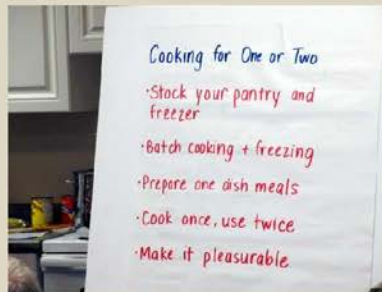
Manev hands out soup



delicious soup



Stacey and Manev clean up



- Cooking for One or Two
- Stock your pantry and freezer
  - Batch cooking + freezing
  - Prepare one dish meals
  - Cook once, use twice
  - Make it pleasurable