

Minutes of the Health and Safety Committee

Wednesday, February 5, 2014

Present: Marsha Melnik (chair/recorder), Claire Hardie, Pauline Walsh, John Hardie (liaison)

Regrets: Niloofar Irani

1. a) Dec minutes accepted. b) Agenda created.

2. Communications to and from the Board:

- see item #7

3. CPR/Defibrillator Workshop (Wed Jan 29 7-9 pm):

- Marsha

The session was attended by 20 residents giving positive feedback and thank yous.

Concern was raised that most of the attendees were the more senior residents and not the 'younger' folk.

Valerie Woods let us know that the pads from the Defibrillator had expired.

Isan has suggested that next time we try scheduling for an afternoon on the weekend.

More people got involved this time using the 'dummy' for CPR practice.

Cost was \$270 + tax (same as last time). Suggestion that workshop be repeated in 2 years time.

4. Refresher presentation from the Fire Department:

- Pauline

Pauline contacted Paul Fortunato at the FD (Education) Dept with possible dates in March or April.

She had not received a reply yet and will email again.

5. Elevator flyer for brochures/video info available on Website:

- Marsha

Date has been moved to March. Extra copies will be made available in the Management Office.

6. Sidewalk Shovelling and De-Icing:

A concern was raised about the times during our bad weather days when the walks were quite dangerous having not been cleared/salted. John will speak to Isan.

- John

7. Request from the Board:

- John

In response to the Board's concern about the safety of seniors who live alone, the committee decided to investigate having presentations available for all residents on topics of interest to seniors – eg. Preventing falls, memory loss, lifelines, and other health issues.

Research:	Public Health Dept	- Marsha
	Silver Circle (Agency for Seniors)	- Claire
	Safe Seniors Calendar website	- Claire
	Preventing Falls Program	- Pauline

8. New Communication Initiative from the Board:

-John

John presented a monthly 'update' proposal that he is distributing to residents for feedback.

It will be posted on the website and hard copies will be available from the Management Office.

It was suggested that these copies could be in a magazine rack (similar to the defibrillator info sheet) outside the management office. This location is quite effective since the 72 hour Self-Sufficiency brochures were put there over the holiday season and were picked up by many.

The 'Update' will have a section for submissions from all the Condo committees, so we can use this as another way to advertise our workshops. Niloofar can also publish the mini-descriptions of each of the brochures/videos available on the Health and Safety web page.

- Niloofar

