

## Minutes of the Health and Safety Committee

Wednesday, June 25, 2014

Present: Marsha Melnik (chair/recorder), Claire Hardie, Pauline Walsh, Bill Vance

Board Liaison: John Hardie

1. a) April minutes accepted. b) Agenda accepted.

2. Welcome to our new member, Bill Vance.

3. Communications to and from the Board: - none

4. Falls Prevention Workshop (Public Health) May 28 – Feedback

It was a successful event with about 20 people in attendance. It was an excellent presentation by Ciara Parr with very valuable information. Pauline will post an article on Falls Prevention from the Toronto Star (June 21). Pictures of the event will be posted on the website.

5. ESS – Seniors Exercise Program

June 11 – Meet and Greet: About 18 attended

Sessions to be held on Wednesdays (1 – 3) and Thursdays (1:30 – 3:30)

- starts June 25 and June 26

First hour will be for active seniors with second hour being more therapeutic exercise.

6. Ciara Parr has sent us some suggestions for Public Health presentations in the fall (next page).

After some discussion it was decided to have the following presentations (in order) to start off:

1. Cooking for One or Two

2. Cooking in Large Batches (for future meals)

3. Understanding Food Labels

→ to be discussed – Group Cooking

John will speak to the Dietician at neighbourhood Loblaws to see if some workshop can be set up.

7. Lead Levels in our water pipes

A resident raised this concern and it had been addressed in “What’s Happening” (June)

8. Rooftop Barbeques

This is a request from the Board for the Committee to investigate the safety issues.

Preliminary discussions with the Office Manager and Superintendents indicate that there are several issues that would have to be dealt with by making structural changes which would be very costly.

Further needed research is beyond the scope of this committee.

9. Other Business:

1. John reported on a proposed meeting between Board and all Committee Chairs to review each Committee’s goals; meeting to be arranged by Board

2. Report in What’s Happening that space is still available in the Seniors Exercise Program.

10. Items for Next Meeting:

- Calendar of Events for the Fall

**Next Meeting:** Thursday September 11 at 11:00 in the Meeting Room

