

Prime Timer Focus

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SUMMER SAFETY TIPS TO BEAT THE HEAT

©John Mossa, *Independent Skills Trainer, CILT*

The following information is from Toronto Public Health and the Emergency Medical Services (EMS): In the summer, the combination of high heat and humidity can be very dangerous.

People at risk during these weather conditions include:

- People with disabilities and/or people who have diabetes, heart and respiratory conditions
- The elderly
- Infants and preschool children
- People taking certain medications, for example, mental health conditions. For partial list of medications that may cause higher risk for heat-related illness please see http://www.toronto.ca/ems/safety_tips/hot_1.htm

Tips on how to avoid heat-related illness:

- Drinks lots of water and natural fruit juices even if you don't feel very thirsty.
- If you don't have air conditioning, keep drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.
- Fans alone may not provide enough cooling when the temperature is high.
- Go to air conditioned or cool places such as shopping malls, libraries, community centres or a friend's place.
- Spend some time near the lake or waterfront where it is cooler.
- Wear loose fitting, light clothing.
- Keep lights off or turned down low.
- Take cool bath or shower periodically or cool down with cool, wet towels.
- Avoid alcoholic beverages, coffee and cola.
- Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler & smog levels may not be as high in the afternoon. Wear a hat.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Never leave a child in a parked car or asleep in direct sunlight.

- Consult your doctor or pharmacist regarding the side effects of your medications.

Summer Safety: Fan Facts

DO...

- Use your fan in or next to a window. Box fans are best.
- Use a fan to bring in the cooler air from outside.
- Use your fan by plugging it directly into the wall outlet. If you need an extension cord, it should be Canadian Standards Association approved.

DON'T...

- Use a fan in a closed room without windows or doors open to the outside.
- Believe that fans cool air. They don't. They just move the air around. Fans keep you cool by evaporating your sweat.
- Use a fan to blow extremely hot air on yourself. This can cause heat exhaustion to happen faster.

If you're afraid to open your window to use a fan, choose other ways to keep cool. See the other tips listed above.

Get help from a friend, relative or doctor if you have these symptoms of heat illness:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion
- Nausea

Friends and relatives can help someone with heat illness by doing the following:

- Call for help
- Remove extra clothing from the person
- Cool the person with lukewarm water, by sponging or bathing
- Move the person to a cooler location
- Give the person sips of cool water not ice cold water

Even a few hours in cooler environment during extremely hot weather lowers the core body temperature and helps save lives.

Hot Weather Warnings for Toronto

Toronto's hot weather response plan coordinates the efforts of City of Toronto and community agencies to prevent illness during periods of extreme hot weather.

When hot weather becomes oppressive due to high temperatures and other factors, the Medical Officer of Health issues a **heat alert**. It may be upgraded to an **extreme heat alert**.

A **Heat Alert** means that the conditions brought on by a hot air mass are such that the likelihood of additional deaths, above those that are typical for the same time of year, is more than 65 percent. In an **Extreme Heat Alert**, the figure is more than 90 percent.

Help for you when you need it

When a Heat Alert or Extreme Heat Alert is issued by the City's Medical Officer of Health, the Toronto EMS Community Medicine Program has specially trained paramedics available to visit you in your home on a non-emergency basis to:

- Provide you with a personal medical assessment to identify any risk (s) to your health caused by extremely hot weather.
- Use specialized equipment to determine if the temperature or temperature-related conditions inside your home cause risk to your health.
- Provide you with personal instruction on how you can cool down yourself and your home in a safe, effective manner.
- When necessary, provide you with transportation to a location where you can cool down for a couple of hours and give your body some relief from the effects of extremely hot weather.

If you feel ill, faint, have difficulty breathing or feel disoriented visit your doctor or nearest hospital.

In an emergency call 911

For more information about the health effects of extreme heat call **Canadian Red Cross Heat Info Hotline 416-480-2615**. During heat alert and extreme heat periods ask for a free heat-health risk evaluation of your home by the EMS Community Medicine Team.

For more information on how to prepare for summer call **Toronto Health Connection 416-338-7600** or visit www.toronto.ca/health

Enjoy a Good Meal and the Company of Other Seniors!

SPRINT (Senior Peoples' Resources in North Toronto) is a non-profit United Way member agency that provides a wide range of effective community and home support services in North Toronto to help seniors and persons with cognitive and physical disabilities live independently in their own homes.

This support also helps family and friends in their care, and fosters strong, supportive communities. Services are provided by professional staff and dedicated volunteers who recognize your wish to remain in your chosen place of residence as long as you are able. People -- especially seniors -- eat better when they are with other people. As well as reducing social isolation, their nutrition also improves.

SPRINT's Community Dining program offers a unique opportunity for seniors to meet with other seniors, eat a delicious and nutritious meal, and live independently within their community. Anyone who is 55+ from the community and persons with disabilities are welcome to attend Community Dining events.

SPRINT's Community Dining program offers breakfasts, lunches, afternoon coffee breaks, dinners and Sunday brunches at seven permanent locations throughout North Toronto.

Locations include:

- North Toronto Memorial Community Centre—200 Eglinton Ave. W.
- SPRINT - 140 Merton Street, North Toronto Seniors' Buildings

Community Dining Programs offered at the North Toronto Memorial Community Centre from October to June include: Wednesday Lunches at 11:45 a.m. for \$5.50. "All You Can Eat" buffet brunch provided every second Sunday (except during the summer) from 11:00 a.m. to 1:30 p.m. for \$6.00. Friday Night Dinner and Entertainment - may be provided the third Friday of the month. (Cost varies depending upon entertainment provided).

Weekly lunches are provided at the following North Toronto seniors' buildings:

- Monday** - The Sherwood, 2567 Yonge Street
- Tuesday** - George Barker Manor, 384 Mount Pleasant Road
- Thursday** - Montgomery Place, 130 Eglinton Avenue East
- Thursday** - Joseph Brown Manor, 3179 Yonge Street
- Friday** - Moore Place, 801 Mount Pleasant Road (light lunch break includes sandwiches for \$2.25)

Lunches start at noon, and are available for only \$4.75 per person. For more

information or to obtain a current Community Dining calendar, please call SPRINT's Community Dining Department at **416-481-6411**, and ask for **Claudette (ext. 238)** or **Sonja at extension 232**.

Potato/Vinagrette Chicken Salad

Ingredients:

1 large yam
4 oz green beans
1 tbspn extra virgin olive oil
6 oz chicken breast cut into cubes
1/4 cup no-fat vinagrette dressing
6 oz chopped Romaine lettuce

Directions:

In large pot, boil 16 oz of water.
Cut yams into quarters and place them in boiling water.
After three minutes, add green beans and boil for another four minutes.
Preheat a separate pan and spray with Pam, then add chicken and cook for about six minutes or until the meat is no longer pink.

Place all ingredients in large salad bowl, add vinagrette dressing and enjoy!

Women SUPPORTING Women

Catholic Family Services Peel-Dufferin and Interim Place Transitional & Housing Support Program are pleased to offer their **Fall 2006 Workshop Series—"Women Supporting Women"**, for women 18 years of age and older who have experienced or are currently experiencing some form of abuse (emotional, financial, physical, sexual or spiritual abuse) in an intimate relationship. Workshops are run Wednesday evenings in Brampton 6:30pm to 8:30pm. You can attend all or just some of the workshops that interest you.

ALL WORKSHOPS ARE FREE AND NO REGISTRATION REQUIRED.

For exact workshop location, please call (905) 450-1609, x112.
For more information about the workshops or to book
a cultural interpreter, dial extension 107.

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| September 27 | Defining Abuse and Safety Planning |
| October 4 | How Abuse Affects You and Your Children |
| October 11 | Coping with the Effects of Abuse & Balancing Your Energy |
| October 18 | Ways of Taking Care of Yourself |
| October 25 | Basics of Family Court & Criminal Court Process |
| November 1 | Strengthening Self Esteem |
| November 8 | Legal Information on Immigration and Domestic Violence & Housing Information |
| November 15 | Warning Signs of Abusive Patterns |
| November 22 | Understanding What Happens in Groups for Abusive Men |
| November 29 | Strengthening Your Support Network |

For Sale

2001 Dodge Grand Caravan Sport (Paid \$38, 100)

- 3.3L V6 engine
- Power windows/locks and power drivers seat
- Air Conditioning, including rear zone controls
- AM/FM Stereo with 4-disc CD changer
- Speed control
- Deep tinted windows (including aftermarket driver/front passenger side)
- Fog lamps
- Power Liftgate and Power passenger side sliding door
- 4-wheel Disc Brakes
- 16-inch Aluminum wheels
- 82,000 km

Wheelchair Accessible Conversion (Paid \$28, 879)

- Lowered floor for 57.5 inches of height
- Power side entry Ramp, using factory remote
- Electro-mechanical kneeling feature (lowers vehicle for easier entry)
- Easy-out removable Driver and Front passenger seat (factory seats)
- Securement belts for manual tie down positions (centre or front passenger side)
- 3-Passenger seat at rear of vehicle
- Manual override for all controls in case of emergency
- EZ Lock Electric securement at driver position (would require customization to suit disabled driver, everyone is different)
- Standard Hand controls (does not impede use by other drivers)
- Conversion done by Sparrow Hawk Industries (Braun Entervan)

TOTAL PAID IN 2001 = \$66,979

ASKING \$32, 500 CALL 519-944-6945