



Quarterly NewsLetter

March 31, 2024

The Seniors LEAD Intergenerational Program



Celebrating Success: The Final Newsletter of the Year!

Dear Seniors,

Welcome to the final newsletter of the 2023-2024 New Horizons grant! We want to extend our gratitude for your unwavering support. You have all been instrumental in the resounding success of our programs, from our first gathering in June 2023 to our most recent event this past March.

Your participation, feedback, and enthusiasm have been invaluable to us. We have a brief break coming up, but we promise we'll be back soon with exciting new events and activities.

But before we take our break, we have an exciting announcement to share! We are thrilled to partner with Shepherd Village for another enlightening session on **Fire Safety Education**.

Join us as Justin Law, a Public Educator and Community Risk Reduction Officer for The Toronto Fire Services, leads this session **on April 08, 2024, from 11:00 AM to 12:00 PM at the Community Hall**.

So, get ready to be well-equipped with all the tips and tricks you need to keep yourself and others safe. Mark your calendars, and don't miss another great opportunity to enhance your fire safety knowledge!

We value your presence and look forward to your continued engagement. Stay tuned for more exciting updates and upcoming events from LEAD!

Best regards,

The LEAD team

In this newsletter you can expect:

Fire Safety event update

Photos from events

Springtime Adventures Await!

LEAD Puzzle and Contact info

Fire Safety Education Recap

On Thursday, February 29, 2024, we had a crucial session on Fire Safety led by our expert, Justin Law, a Public Educator and Community Risk Reduction Officer for The Toronto Fire Services. He shared invaluable insights on what to do in case of a fire, covering the essential aspects of Fire Safety: who, what, where, when, and how.

Here are some key steps to remember:

IF THE FIRE IS IN YOUR SUITE:

If there is a fire in your suite, staying inside is unsafe! Stay away from poisonous smoke!

1. Evacuate Immediately:

1. Everyone evacuate immediately.
2. Close, but don't lock all doors behind you.
3. Pull the red fire alarm pull station next to the stairwell on your floor and yell "fire."
4. Leave the building using the nearest exit stairway.
5. Do not use the elevator.
6. Never go to the roof; smoke rises! Doors to the roof are locked, and you could become trapped.

2. Call for Help:

1. Call the fire department at 9-1-1 from a safe location (never assume this has been done already).
2. Meet the firefighters when they arrive and tell them where the fire is.

3. Stay Out and Stay Safe:

1. Once out, stay out.
2. Do not return to the building until the fire department tells you it's safe.

WHEN YOU HEAR THE FIRE ALARM:

Stay in your suite until you are rescued or until you are told to leave.

1. Fire Outside Your Suite:

1. You can remain there if the fire is not in your suite.
2. To prevent smoke from entering your suite, use duct tape to seal cracks around the door and place wet towels at the bottom. Seal vents or air ducts the same way.

2. If Smoke Enters Your Suite:

1. Call the fire department at 9-1-1 and tell them where you are. If you have a balcony, move to it and close the doors behind you.
2. If you don't have a balcony, go to the most smoke-free room, close the door, and seal it with duct tape and towels. If necessary, open the window for fresh air.
3. Keep low to the floor where the air is cleaner.
4. Listen for instructions from authorities and hang a sheet from the window or balcony to show emergency personnel where you are.

For more information and questions, we encourage you to attend the next Town Hall **on Monday, April 08, 2024**. It's an opportunity to delve deeper into Fire Safety measures and address any concerns.

Your safety is essential; being informed and prepared can make all the difference in an emergency. Let's continue to prioritize Fire Safety awareness and take proactive measures to protect ourselves and our community.

Stay safe and vigilant.



Photos from the Event



Springtime Adventures Await!

As the season of renewal blossoms around us, it's the perfect time for seniors to embrace new experiences and make the most of the outdoors. Our list of spring activities is tailored to inspire joy, relaxation, and connection with nature. So, let's dive into the possibilities that this vibrant season brings.

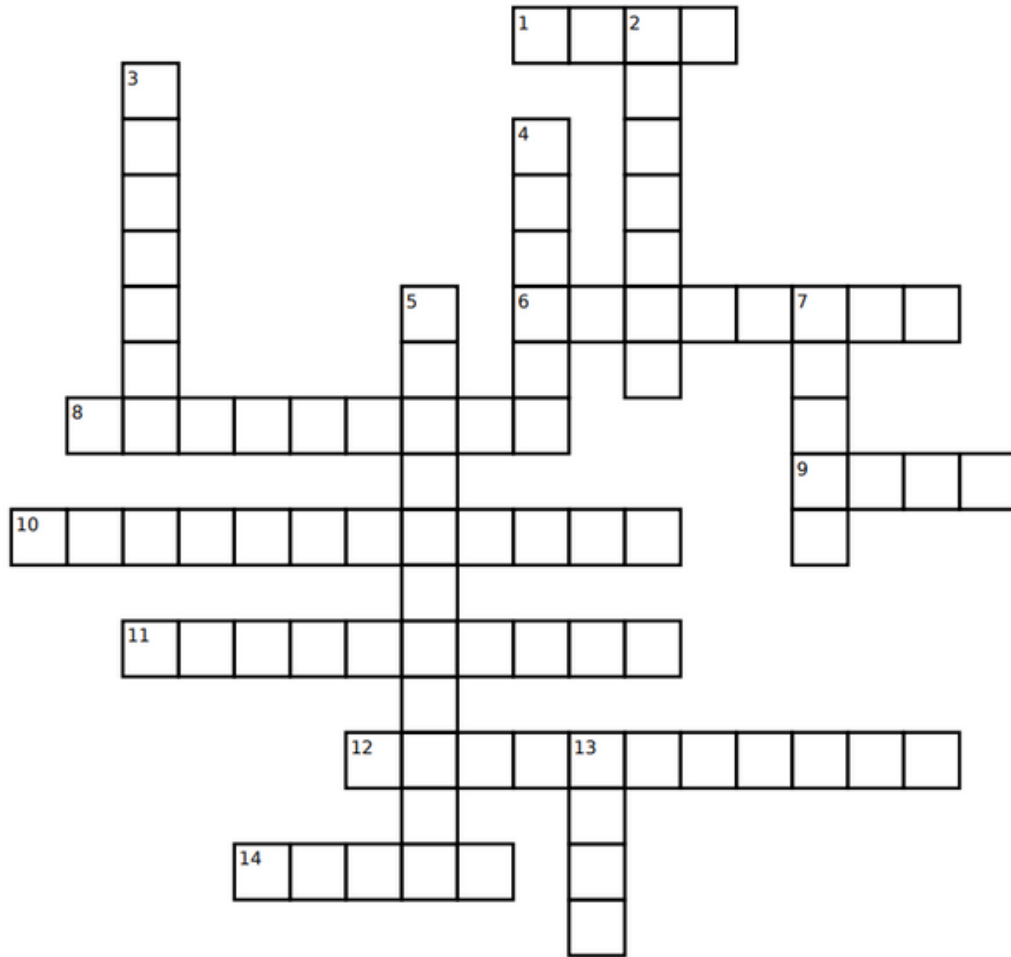
Here are a list of things you could do this spring:

- Outdoor Walks
- Bird Watching
- Decorate for spring
- Get involved with activities taking place in the Village.
- Baking
- Spend time with family and friends
- Take part in outdoor exercises.

- Volunteer at the Village or other places that interest you
- Visit nearby attractions and scenic spots
- Read and Relax: Set aside time for reading books and magazines or engaging in hobbies like puzzles, sudoku, or crossword puzzles for mental stimulation and relaxation.

HELLO
Spring

LEAD Crossword Puzzle



Down:

2. The process of becoming new or fresh, often associated with springtime
3. Flowers opening up on trees and plants
4. A situation in which difficult choices have to be made between different courses of action
5. A system or device that allows fresh air to enter and leave a room or building
7. A device that makes a loud noise to warn people of a fire or other danger
13. A rapid chemical process of combustion that produces heat, light, and various products such as gases and ash

Across:

1. Having a high temperature, not cold again
6. To get out of a dangerous place quickly
8. A sudden, urgent, usually unexpected occurrence or occasion requiring immediate action
9. Water falling from the sky in drops
10. A device that puts out fires
11. A device that makes a loud noise or emits an audible warning signal when it detects smoke, indicating the presence of a potential fire.
12. A person who extinguishes fires
14. Having bright sunlight and no clouds

For any questions or suggestions, please contact
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