

SEPTEMBER 2026

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September 7th
Labour Day

September 22nd
First Day of Fall

September 30th
National Day for
Truth & Reconciliation

National Day for Truth And Reconciliation

The National Day for Truth and Reconciliation is observed on September 30th. This day is an opportunity to deepen Canada's understanding of the intergenerational effects of residential schools and to reflect on their enduring legacy as part of the ongoing journey toward truth, healing, and reconciliation.

Healthy Aging Month

Healthy Aging Month is celebrated every September. Below are Five Pillars of Healthy Aging:

Nutrition: Eat a balanced diet rich in vegetables, fruits, whole grains, and lean proteins; drink enough water to stay properly hydrated.

Physical Activity: Aim for regular, moderate movement like daily walks or balance exercises.

Mental Stimulation: Keep your brain active by learning new skills, reading, or playing strategy games.

Social Connection: Maintain strong ties with friends, family, and community groups to prevent loneliness.

Preventative Care: Keep up-to-date with annual physical exams, routine health screenings, and recommended immunizations.



Fire Safety & Preparedness

Before an emergency

- Read your building's emergency procedures for two stage fire alarm, posted in common areas and in the Residential/ Apartment Guides.
- Learn the location of:
 - The nearest exit stairwells. See map located on the inside of your unit/ apartment door and at elevators.
 - Alternative exits in case one is blocked.
 - Manual fire alarm pull-stations.
- Never use elevators during a fire alarm unless firefighters specifically instruct you to do so.
- Keep your room/ apartment door and hallway clear of clutter.
- Never hang items or cover sprinkler-heads equipped in your room/ apartment.
- Know where your room/ apartment keys, phone, eyeglasses, hearing aids, mobility aids, medications, and shoes are so you can access them quickly.
- If you use a walker, cane/ mobility device, plan how you would reach the exit stairs or a designated safe location.
- Contact Reception at 905-827-4139 ext. 101, if you have mobility, hearing, or vision limitations that may inhibit your ability to evacuate the building safely without assistance.

When the fire alarm sounds

Unless building staff or firefighters give different instructions:

1. Stay calm and take your essentials (keys, phone, mobility aid if needed).
2. Feel your apartment door with the back of your hand.
 - If it is cool, open it slowly and check for smoke.
 - If there is heavy smoke or heat, stay inside, close the door, and call 911.
3. If the hallway is clear, leave immediately using the nearest safe stairwell.
4. Close your door behind you to help slow the spread of fire and smoke.
5. Safely exit the building.

Fire Safety & Preparedness

If you cannot leave safely

If smoke or fire blocks your exit:

- Stay inside your unit/ apartment.
- Keep the door closed.
- Call 911 and tell them:
 - Your building address.
 - Your apartment number.
 - That you are unable to evacuate.
- Seal gaps around the door with wet towels or blankets if smoke is entering.

If you need extra assistance

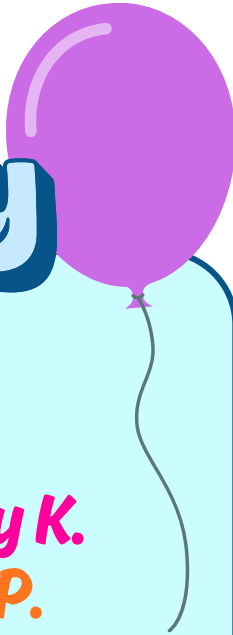
If you would have difficulty evacuating:

- Arrange a buddy system with a trusted neighbour if possible.
- Keep an up-to-date list of emergency contacts readily available.
- Ensure mobility devices are readily accessible.

Reduce fire risk

- No smoking or vaping in any area where oxygen is being used or stored, even if oxygen equipment is temporarily turned off.
- Never disable or cover smoke alarms.
- Be careful when cooking; never leave cooking unattended.
- Do not use candles, as they are not permitted. Instead, use battery-operated alternatives.
- Avoid overloading electrical outlets or power bars.
- Keep exits and hallways clear of clutter.
- Do not cover, block, or seal ventilation vents. Vents may be part of the building's required smoke-control or ventilation system and blocking them can interfere with how the building is designed to manage smoke.

**Happy
Birthday
To You!**



Derryl D.	Ed W.
Sarah P.	Penny K.
Ian W.	Sara P.
Carlos M.	Fabian T.
Sharon V.	Giulia C.
Mike B.	Mercedes R.

Message From Property Management

Please note that the consumption of alcohol is not permitted outside of your unit. OSCR does not permit residents to have open alcohol in any common areas- this includes both inside the building and the outdoor property. We thank you for your cooperation.

HEALTHY LIVING *highlights*

September 4th / 2:30pm
Name That Tune

September 9th / 10:30am
Exercise with Anthony

September 18th / 3:00pm
Yoga & Stretching

September 30th / 3:15pm
Dancing with Derek

