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GIGNUL MASENYGUN

TAKING CARE OF YOUR DRAINS DOESN'T HAVE TO BE DRAINING

The holiday season is great because it allows us to spend time with our families and friends. The holiday season can also be a bit stressful when it comes to meal planning and preparation. Unfortunately, it's not uncommon for drains to get clogged.

Here are some things you should never put down your drain:

☞ Coffee grounds - they can cause a buildup to occur in your pipes. Your best bet is to recycle or toss them in your compost green bin.

Egg shells - the membrane of an egg can cause a sticky mess.

☞ Grease and oils - they're the main cause of fatbergs which are gross and can wreak havoc on your pipes.

☞ Pasta and rice - because pasta and rice are high in starch, they expand when put into water. It's ok for small amounts of each to go down your drain, but never intentionally dump a large amount.

☞ Potato skins - They're full of starch and it only

takes a small amount to clog your drain. By the time you realize you have a clog, you'll have a big mess.

☞ Flour - when mixed with water it creates a glue-like paste.

☞ Bones - they're very durable and tough for garbage disposals to grind completely.

☞ Raw meat - the fat in meat can cause a fatty buildup in your drain.

Keep these important tips in mind all year round!



**Merry Christmas
Happy New Year
Gignul tenants & family!**

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HOSTING A HOLIDAY PARTY THIS YEAR? KEEP YOUR GUESTS SAFE

Alcohol Safety

Many holiday parties serve alcohol. If that's the case for a party you're

hosting, here are some steps you can take to decrease the chances of an alcohol-related accident occurring:

Be mindful of how much people consume. Let people enjoy a few drinks, but if someone (continued to page 2)

16 HOLIDAY COOKING SAFETY TIPS

With Holiday gatherings, company to feed, and dishes to prepare, your kitchen likely gets a lot of use during this time of year. And with more kitchen fires happening in the last two months of the calendar year than in other months, it's important to ensure your kitchen is as safe as it can be.

Here are some tips for keeping your kitchen safe and your holidays disaster-free.

- 🔗 Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas, and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace old batteries at least once a year if your smoke alarm requires it.
- 🔗 Don't wear loose clothing or sleeves that dangle while cooking.
- 🔗 If you are frying, grilling or broiling food, never leave it unattended - stay in the kitchen. If you leave the kitchen for even a short period of time, turn off the stove.
- 🔗 If you're simmering, baking, roasting or broiling food, check it regularly.
- 🔗 Use a timer to remind yourself that the stove or oven is on.
- 🔗 Keep kids and pets away from the cooking area. Make them stay at
- least three feet away from the stove.
- 🔗 Keep anything that can catch fire - pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains - away from your stove, oven or any other appliance in the kitchen that generates heat.
- 🔗 Clean cooking surfaces on a regular basis to prevent grease buildup.
- 🔗 Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens, and small appliances are turned off.
- 🔗 Consider purchasing a fire extinguisher to keep in your kitchen. Contact your local fire department to take training on the proper use of extinguishers.
- 🔗 Test Smoke Detectors. Before you start your holiday cooking, make sure your smoke detectors are working properly and that the batteries have been recently replaced. According to the National Fire Protection Association (NFPA), "three of every five home fires deaths resulted from fires in homes with no smoke alarms (38%) or no working smoke alarms (21%)."
- 🔗 Keep a fire extinguisher handy. Having a fire extinguisher nearby will keep an unexpected kitchen fire from escalating quickly. Make sure you store your fire extinguisher in a place that is
- easy to access, and also make sure each of your family members knows where to find it.
- 🔗 Be careful with steam. Steam, while not typically thought of as dangerous, can cause serious burns. Use caution when lifting the lid off of boiling pots of water or when opening a steam bags straight out of the microwave.
- 🔗 Keep lids nearby. Grease is responsible for most kitchen fires, so if you are frying something, make sure you have a lid nearby to smother a small grease fire if one should start.
- 🔗 Keep appliances in working order. It's smart to make sure your major cooking appliances are working properly - especially if they are on the older side. Be sure to keep your oven clean and stove wiped down. If you notice any appliance issues, unplug the appliance and have it examined by a professional at before using it again.
- 🔗 Unplug if not in use. Small appliances like toasters, coffee pots, and slow-cookers should be unplugged when they are not in use. Even when powered off, these appliances continue to draw electricity when plugged into an electrical outlet. To avoid any potential danger, it's best to leave them unplugged when you aren't using them.

HOSTING A HOLIDAY PARTY THIS YEAR? KEEP YOUR GUESTS SAFE!

seems to be taking it to an unsafe or unhealthy level, it's fair to cut them off - after all, you're the one hosting

the party. Don't embarrass them in front of people, but remind them that it's your house, and it's your responsibility to keep them safe from harm.

Don't let tipsy friends drive home. It's a no-brainer that someone who is

visibly intoxicated, stumbling, or slurring their words shouldn't be behind the wheel, but some people will insist they're "good to drive." Instead of letting them drive home, encourage

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HOUSEHOLD SAFETY MEASURES: HOW TO STOP A GREASE FIRE

Grease Fires

Many of us cook every day without thinking twice about the safety hazards that reside in the kitchen.

Grease fires are oftentimes more dangerous than other fires because if they're not extinguished properly, it is easy for them to spread. Using the wrong material to douse the flame can end in you getting seriously hurt and your home severely damaged.

Grease fires need to be smothered and should never be doused with water. Pouring water on burning grease causes flaming oil to spread. For small grease fires, turn off the stove, cover the fire with pot lid and let it sit until it is completely cool. It is possible to kill smaller grease fires

with baking soda – always keep plenty on hand and within easy reach. For larger fires, get everyone out of the house at once and call for help.

How to Stop a Grease Fire the Right Way

Let's say you're frying your favorite food and suddenly you notice wisps of smoke escaping from the oil you're using. Before you know it, there are flames leaping up from the pan. What should you do? The key to putting out a grease fire is to suffocate it by cutting off any oxygen flow. Here are a few ways you can do this safely:

Here are a few ways you can do this safely:

☞ Turn Off the Heat Source. ...

☞ Cover With a Metal Baking Sheet or Lid. ...

☞ Pour Salt or Baking Soda on the Flame. ...

☞ Use a Class B Fire Extinguisher. ...

☞ As a Last Resort, Call 911 and Evacuate Your Home. ...

☞ Use an Appropriate Oil For Frying or Cooking. ...

☞ Remove Moisture From Food Before Frying.

To use a fire extinguisher, remember the acronym PASS:

Pull the pin.

Aim low at the base of the fire.

Squeeze the handle slowly.

Sweep the nozzle side to side.

TWELVE HOLIDAY SAFETY TIPS

☞ Keep decorations at least three feet away from heat source – especially those with an open flames, like fireplaces and candles.

☞ The best decorations are safe decorations, so when you're decorating, make sure not to run cords under rugs or furniture.

☞ If you have a natural Christmas tree water it to keep it fresh and safe.

☞ Always turn off your decorations when you leave your home and when you're sleeping.

☞ If you're using extension cords or adapters that add receptacles, consider having a qualified electrician add more outlets to your home.

☞ Only use electronics in dry areas. As tempting as it is, you just can't decorate your aquarium with icicle lights.

☞ Remember that phones and tablets should stay on your night stand.

☞ Every home needs a working smoke alarm in each bedroom, outside sleeping areas and on every level, including the basement.

☞ If you're using space heater, switch it off before leaving the room.

☞ Inspect your decorations and discard any that are damaged or worn out.

☞ Keep batteries stored safely in their packaging and out of reach from small children and pets.

☞ The best gift for your family is an Arc-Fault Circuit Interrupter breakers or outlets. Many electrical fires that occur every year could be prevented by AFCIs.

HOSTING A HOLIDAY PARTY THIS YEAR?

them to spend the night or call a taxi.

Serve plenty of food and water. Drinking on an empty stomach is a

bad combination. Alcohol is absorbed slower if there is food in someone's stomach, which keeps them from getting to intoxicated too quickly. Having food on-hand for guests to munch on during the party can prevent this from

happening. On that note, also encourage everyone alternate between alcohol and water, as this is will encourage people to drink slower and rehydrate throughout the evening.

RECIPE OF THE MONTH

Parmesan Spinach Balls

Ingredients

2 pkg. frozen chopped spinach, thawed and drained
2 cups Italian-style seasoned bread crumbs
1 cup parmesan cheese, grated
1/2 cup butter, melted
4 small green onions, finely chopped
4 eggs, lightly beaten
Salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C)

In a medium bowl, mix the frozen chopped spinach, Italian-style seasoned bread crumbs, Parmesan cheese, butter, green onion, eggs, salt and pepper.

Shape the mixture into 1 inch balls. Arrange them in a single layer on a large baking sheet.

Bake in the preheated oven 10 to 15 minutes, until lightly browned.

FIRE SAFETY FOR SENIORS

Seniors may be affected by health issues such as reduced mobility and poor eyesight and hearing. There are several factors to consider for keeping seniors safe:

⌘ Electrical blankets can be a source of fires, particularly if the blanket has any frayed cords or is left on for many hours at a time.

⌘ Buy large, deep, non-tip ashtrays to prevent cigarettes falling out, in case your senior relative nods off while smoking.

⌘ Take all the ashtrays out of the bedroom. Falling asleep while smoking in bed is the number one cause of fires with seniors.

⌘ Older electrical appliances that have been around for 30 or more years may have frayed wires. Check them out thoroughly.

⌘ Buy a timer as a reminder to turn off burners or the oven.

⌘ Put a smoke detector outside every bedroom and check them once a

month.

⌘ Consider getting wheels-on-meals to deliver or having someone help out with the cooking. If your senior relative is taking medication that makes them sleepy.


⌘ Seniors can be attached to their belongings. If they are unduly anxious about losing prized possessions in a fire, make up a bag with their most precious belongings inside or invest in a fire proof safe. You don't want them being delayed while leaving a burning building because they are rescuing belongings.

⌘ Test the escape route and always have two available routes. If one of the escape routes is through a window make sure it's easy to open. Any security bars on doors and windows should have quick releases.

⌘ Make sure your senior knows where all fire exits are. If you live in a retirement home or care facility and need assistance find out what kind of evacuation plan is in place.



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