



Canton Akron Safety Council

Sponsored by the BWC Division of Safety and Hygiene
In cooperation with the North Canton Area Chamber of Commerce

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November's Featured Program...

Speaker: Shannon Ortiz

Topic: Suicide Prevention

Date: November 20, 2019

Time: 7:30 AM - 9:00 AM

Location: MAPS Air Museum



Shannon is the Founder, President, and Chief Executive Officer of Light after Loss. Shannon lost her husband, Craig, to suicide August 3, 2016, leaving her and their two young girls behind. She was the Director of Counseling Services at The University of Mount Union and the President of the National Alliance on Mental Illness in Stark County at the time. She was no stranger to the struggles of mental health and suicide as it was something she helped people cope with everyday. Despite that, the last thing she ever dreamed of was being on the other side of that coin. Craig had struggled with Bipolar Disorder for many years, but just like everyone else, she never thought everyone else's story would become her story; a number on someone's chart. Through her own journey of grief and trauma, Shannon eventually stepped down from her position at both Mount Union and NAMI in order to heal; to help her two young daughters heal. The only cure for grief is to grieve. After being a counselor for nearly 10 years, she also learned that the trauma related to unexpected loss like suicide is unique to only those who have experienced it. Survivors of suicide loss are at an increased risk of taking their own lives due to unresolved emotions surrounding the unimaginable because suicide loss is often unspeakable. Shame, embarrassment, guilt perpetuate the silence that led them there is the first place. Nearly a year after stepping away from her career and her job, she feels beyond blessed to have had the ability to work toward healing. Light after Loss is a way of paying it forward and bringing purpose to the pain. She feels everyone deserves to have the resources and support to have hope for healing. She wants to be a light for others who sit in darkness and in the shadow of death by putting faces and stories to those left behind showing the world we are more than just a number. We are survivors.

Upcoming Meeting Dates:
November 15 ~ special program on PTSD in the workplace ~ 9:30-11:30
November 20
December 18

November 2019
Volume 3; Issue 3

NEED MORE INFORMATION? CAK SAFETY COUNCIL

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50 / 50 REMINDER

Tickets are
\$1 each
6 tickets for \$5

Just a reminder that we conduct a 50/50 drawing at each meeting. The proceeds from the drawing are donated to a local charity each year. Last year the Safety Council presented the SAM (Serving Area Military) Veterans Support Center with over \$200 for their ongoing initiatives .

DEB'S SAFETY CORNER



Q: What are some safety concerns that I should be aware of during the holidays at home and at work?

Answer: There are many factors to consider keep you safe during the holidays. These can apply to work and home. Below are a few to get you started:

- Inspect electrical cords and decorations for damage before use.
- Check electric decorations for a certification label. Decorations without a label have not been tested for safety and could be hazardous.
- Do not overload electrical outlets. Overloading outlets with high wattage appliances are a major cause of holiday fires.
- Protect cords from damage. Cords should never be pinched by furniture, doors, windows or attached by nails or staples.
- Follow the package directions on the number of lights sets that can be plugged into one socket.
- Turn off, unplug, and extinguish all decorations when leaving the house unattended or going to sleep.
- If using a natural Christmas tree, water it fre-

quently to keep it fresh and safe. If using an artificial tree, check that it is labeled “fire resistant”

- Keep decorations at least three feet away from heat sources – especially those with an open flame, like fireplaces and candles.
- Ensure all smoke alarms and fire extinguishers are in good working condition.
- Prepare your car for winter and keep an emergency preparedness kit with you.

You can even go a step further and as part of a holiday gift, provide smoke detectors, first aid kits, fire extinguishers or emergency car kits as a token of appreciation.

