

Issue 10
OCTOBER 2022

Your "GOOD TO KNOW" *Plan Ahead* Many Mansions Resident Newsletter

FALL FUN IS HERE !

BE PREPARED! HAVE A PLAN !!

Emergency Preparedness Plan

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- ◆ How will I receive emergency alerts and warnings?
- ◆ What is my evacuation route?
- ◆ What is my shelter plan?
- ◆ What is my family/household communication plan?
- ◆ Do I need to update my emergency preparedness kit?
- ◆ Get masks (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2: Consider specific needs in your household.

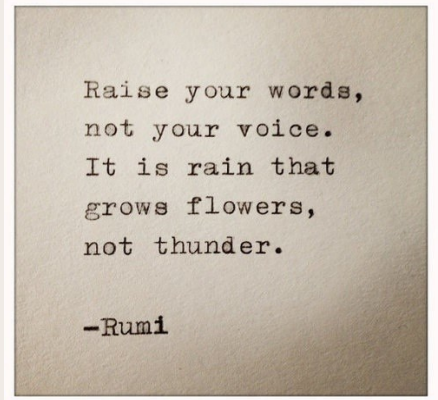
As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities:

- Medical needs including prescriptions and equipment
- Dietary Needs
- Disabilities or access and functional needs including devices and equipment
- Pets or service animals

Step 3: ***Fill out*** a Family Emergency Plan

Step 4: **Practice!!!!!!** your plan with your family/household

CASE MANAGERS WILL HAVE EMERGENCY FORMS AVAILABLE IN THEIR OFFICE .



"The Warm Line" A peer support phone line 855-845-7415



**The Elections will be here in no time.
NOVEMBER 8, 2022
Your Voice Matters!**

Mr. C's Humor Corner — He's Back !

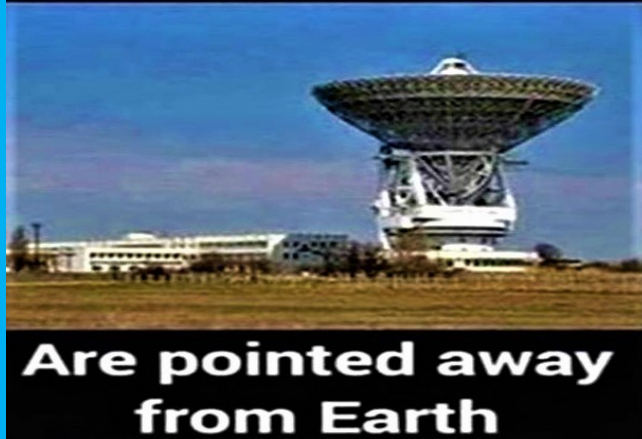


NATIONAL DAYS
What's Your Fav?
OCTOBER 2022

OCT. 4TH	TACO DAY
OCT. 7TH	WORLD SMILE DAY
OCT 10TH	INDIGENOUS PEOPLES DAY
OCT. 29TH	Mid-Term VOTING BEGINS
OCT. 31ST	HALLOWEEN



Have you ever noticed that
all instruments searching
for intelligent life...



Are pointed away
from Earth

What is the open enrollment for Medicare?
When you first become eligible for Medicare, you can join a plan. Open Enrollment Period; From **October 15 - December 7 each year**, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).

What are the 3 requirements for Medicare?

Be age 65 or older; Be a U.S. resident; AND be a U.S. citizen

Your case managers can assist you with any questions you have.



How to Make Homemade Ice Cream Without a Machine !

The homemade ice cream ingredients needed for this recipe are simple:

- Heavy whipping cream
- Sweetened condensed milk
- Vanilla extract

1. To make homemade ice cream without a machine, simply whip the cream until stiff peaks form 2. Fold the whipped cream into the sweetened condensed milk and vanilla extract.

- ♦ **Add flavor mix ins.** At this stage, you can fold in any desired flavorings or mix-ins.—**Once you've made your base, you'll need containers for freezing.** You can use an 8×5-inch bread loaf pan for your container but know that a metal container will freeze the ice cream faster and better than a glass pan.