

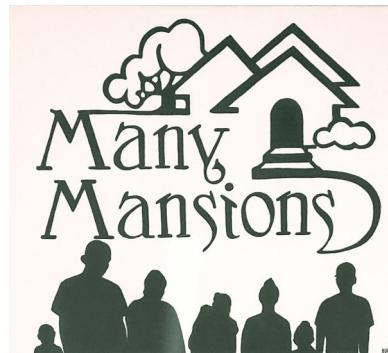


Your Monthly "Did You Know" Newsletter

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 (attached)

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 8x5-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.

Issue 5

October 2020

National Days

Oct. 5th	Do Something Nice day
Oct. 10th	World Mental Health Day
Oct. 16th	Global Cat Day
Oct. 24th	Make A Difference Day
Oct. 28th	Chocolate Day
Oct. 31st	Halloween

What's Your Favorite?

Raise your words,
not your voice.
It is rain that
grows flowers,
not thunder.

-Rumi

Mr. C's Corner Good Tips—Do dry, itchy eyes make you feel extremely uncomfortable?

Understanding what causes eyes to be dry or itchy is the first step in knowing how to get some relief. Dry, itchy eyes can strike most people of any age, anytime and anywhere.

One of the most common causes of dry, itchy eyes is when eyes do not produce enough tears to keep them moist. Tears are made up of fatty oil, water, and mucus. Every time we blink, tears create a film that spreads across the front surface of our eyes to help keep them lubricated, wash away any dirt and keep the surface of our eyes clear. When our eyes do not produce enough tears, we can experience a dry, itchy feeling in our eyes, as well as redness and light sensitivity.

Some other causes of dry, itchy eyes can include; seasonal allergies, aging, medications (like antihistamines), contacts that do not fit correctly, eye infections; (like conjunctivitis) (pink eye) and doing a lot of digital eye straining.

Try these tips to help relieve & prevent dry, itchy eyes (Especially when we are quarantined & stressed out in our apartments.) (Remember; stress, fear, depression & not getting enough sleep can cause eye problems also.)

Use over-the-counter drops (read the label carefully & and use one that is for your symptoms) or take prescription eye drops, or artificial tears, (Follow directions carefully). They work by supplementing your eye's existing tears with more lubrication.

Wear sunglasses when you go outside; to protect your eyes from UV rays; They also protect your eyes from direct wind & dust, which can irritate & dry your eyes.

Use a humidifier in your apartment, to add moisture to the air & relief to your eyes. (This really helps.)

Apply a cool wet compress, (like a washcloth), over your closed eyes several times a day, to relieve discomfort.

Position digital screens at eye level to help reduce eye strain & be sure to take frequent breaks from all types of digital screens.

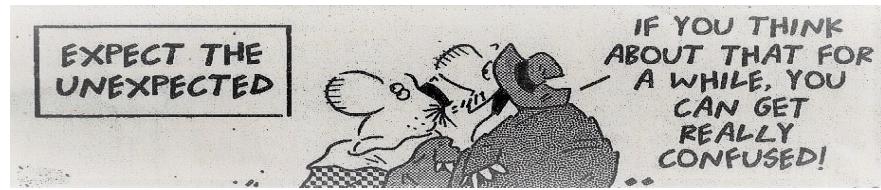
Blink several times (and close your eyes for a few seconds each hour) after reading for a long period of time or watching TV and/or working on your computer for long periods of time.

Avoid air getting blown directly into your eyes continually, by a fan or from an air conditioner.

Avoid smoking & being around secondhand smoke. That really dries out your eyes & dries the inside of your lungs.

If you or any one you know continues to experience persistent dry, itchy eyes, or the symptoms worsen, be sure to schedule an appointment with your eye doctor who can help evaluate the symptoms, determine the cause and recommend appropriate dry eye treatment options to help you feel better.

Do Not Gamble With Your EyeSight !



"RESIDENT SPOTLIGHT"

Alice A. - Richmond Terrace

Hello my fellow residents of MANY MANSIONS. My name is Alice. I live at RICHMOND TERRACE APTS. I have been here for 16 wonderful years. I was born in SAN FRANCISCO. I am a BIG 49ers fan! I have 5 boys, 2 of those are twins. I have 3 grandsons.YES! Nothing but BOYS! My oldest 20 year old grandson is in WASHINGTON DC (MARINES) I'm a very PROUD GRANDMOTHER !

I love to read, and cook and of course EAT! lol. I have 2 dogs who I love dearly. "LADY",my Cocker Spaniel & TOBY, my Morkie. I love to take them walking to JANSS MALL (we go window-shopping).

We have been through a few Managers here at RICHMOND TERRACE. They have all been SO GREAT ! Especially our CASE MANAGERS. Always ready to help in any way possible. I feel SAFE, & am HAPPY with every professional worker here at MANY MANSIONS and I love their WORK SHOPS TOO. THANK YOU MANY MANSIONS FOR 16 WONDERFUL YEARS. & HOPEFULLY ALOT MORE YEARS TO COME !

