

MIDTOWN NEWSLETTER

AUTUMN 2020

Laundry Hacks Worth A Look:

1. For grease or makeup marks, pretreat with baking soda and vinegar.
2. If you're out of dryer sheets, throw a ball of clean aluminum foil in the dryer, with your clothes.
3. Having trouble with liquid soap getting everywhere? Try using laundry pods instead.
4. Try using a hamper in your kitchen area to collect dirty dish towels and rags before laundry day.
5. Hate searching for socks everywhere in your clean laundry? Wash them in a mesh bag to keep them all together.

Did you know?

According to IGA's Facebook page, they deliver!

- ♦ Monday, Wednesday & Friday local deliveries. Military discount on Tuesdays. Senior discount on Thursdays.
- ♦ Contact the store for details: (315) 274-0355

Kinney Drugs also delivers!

- ♦ Can't get to the pharmacy? Have it brought to you.
- ♦ Contact the store for details: (315) 265-2770 (Market St) or (315) 262-0529 (Maple St)

If you have trouble getting out of the house, check to see if your local stores offer deliveries.

More and more places are offering deliveries, often for a small fee or free of charge.

Please note that VPHH does not affiliate with any of these companies. This information is meant to be informative options available to the community.



According to a University of Chicago study of 1,500 centenarians, children born between September and November are more likely to live to be 100 than those born at other times of the year. One theory suggests that exposure to seasonal infections (especially in summer) early in life can have a long-lasting effect on health.

OFFICE HOURS ARE

9:00 AM—4:00 PM

MONDAY—FRIDAY

(315) 265-3680

100 RACQUETTE RD

Fire Extinguishers

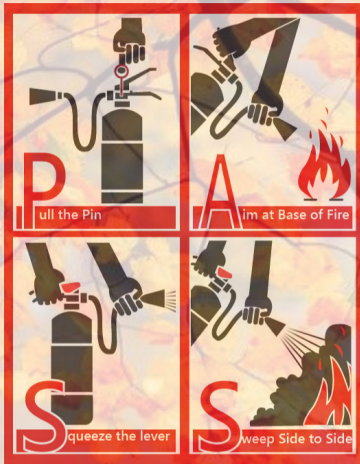
- ⇒ Get training from the fire department or a fire extinguisher manufacturer. Fire extinguishers from various manufacturers operate in different ways and there is no time to read directions during an emergency. Only adults should handle and use extinguishers.
- ⇒ If you try to use a fire extinguisher on a fire and the fire does not immediately die down, drop the extinguisher and get out. Most portable extinguishers empty in 8 seconds.

Before you begin to fight a fire with a fire extinguisher, be sure that:

- ⇒ The fire department has been called.
- ⇒ Everyone has left or is leaving the home.
- ⇒ The fire is small and not spreading.
- ⇒ Your back is to an exit you can use quickly.
- ⇒ There is not much smoke in the room.

Remember the word PASS when using a fire extinguisher:

- P:** Pull the pin, holding the extinguisher upright.
- A:** Aim low. Point the extinguisher at the base of the fire.
- S:** Squeeze the lever slowly and evenly.
- S:** Sweep the nozzle from side to side.



**FIRE
SAFETY**

Make Sure To Plan Your Escape Routes And If A Fire Starts:

- ⇒ Remember to GET OUT, STAY OUT and CALL 9-1-1 or your local emergency phone number.
- ⇒ Yell "Fire!" several times and go outside right away. If you live in a building with elevators, use the stairs. Leave all your things where they are and save yourself.
- ⇒ If closed doors or handles are warm or smoke blocks your primary escape route, use your second way out. Never open doors that are warm to the touch.
- ⇒ If you must escape through smoke, get low and go under the smoke to your exit. Close doors behind you.
- ⇒ If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.
- ⇒ Once you are outside, go to your meeting place and then send one person to call the fire department. If you cannot get to your meeting place, follow your family emergency communication plan.

Thunderstorms are produced by cumulonimbus clouds and form when air rises rapidly. Sunlight can drive the rising air in these clouds, or air can rise rapidly for other reasons, i.e., cold fronts can push warm, moist air upward as they move across a region, or air blown into a mountain range can be forced to rise. Compared to more active parts of the United States, thunderstorms are relatively rare in Alaska, New England, North Dakota, Montana, and other northern states where the air is generally cold. On the other hand, Florida's Gulf Coast experiences the greatest number of thunderstorms out of any U.S. location. These types of storms occur on average 130 days per year in Florida.