





### **Friendly Reminders:**

- ❖ We still have COVID at home test kits and N-95 masks available. If you need more, your RSC know.
  - ❖ To order your own home test kits-call 1-800-232-0233 from 8am- midnight (EST) or go to [www.COVIDTests.gov](http://www.COVIDTests.gov)
  - ❖ **Farmer's Market Coupon booklet distribution** will be scheduled for mid- July 2022! Be on the look- out for flyer(s)
  - ❖ **Still time to complete your Renter's Rebate application for 2021. Call your RSC to complete your short application.** Needed paperwork includes all sources of income for 2021, proof of disability if under 65yrs old and a tax return if filed for 2021.
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### **2<sup>nd</sup> COVID Booster clinic with Big Y of Manchester Pharmacy on...**

- ❖ **Thursday, July 21, 2022**
- ❖ **Location: Westhill Congregate, 10 Ada Lane, & Spencer Village, Pascal Lane, Manchester**
- ❖ **Time: 9:30am-noon- The congregate**
- ❖ **Time: 1:00pm-4:00pm- Spencer Village**

- ❖ **Cost: Free**
  - ❖ **Important: bring your insurance card and COVID card**
  - ❖ **Some extra vaccine cards will be available!**
  - ❖ Both Moderna & Pfizer vaccines will be available. 3<sup>rd</sup> & 4<sup>th</sup> doses are the same and can be provided by request!
  - ❖ **Please, sign- up with your RSC, Shannon by calling 860-643-2163 x 110**
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**Mobile Pet Clinic for October 2022 with Our Companions- Location of Manchester site TBA.**



### **Summer Health Tips:**

- Stay active by doing exercise in the morning or evening when it is likely to be cooler outdoors. If possible, exercise in shady areas. ...
- Drink plenty of water to avoid dehydration...

- Wear lightweight, light-colored, loose-fitting clothing to help sweat evaporate and keep you cooler. ...
- Get your rest. Routines may vary with summer events but aim to get seven to nine hours of sleep a night. ...
- Connect with others. ...
- Wear sunscreen.



## **Taking Care of the “Whole You!”-Mental health & addiction services & support are available...**

1. **Intercommunity-860-569-5900**-counseling, detoxification, out-patient services, & recovery support - services. Medicaid accepted.
2. **CHR-Crisis line-1-877-884-3571**
3. **CHR- warm line from 6pm-10pm-1-866-927-6225**



## **July 1<sup>st</sup>, 2022 – “International Joke Day”**

### **Joke of the day-**

-Where do hamburgers take their sweethearts on Valentine's Day to dance? The Meat Ball!

### **Management Corner-**

Be considerate of your neighbors while enjoying your own music and keep in mind the quiet hours are from 10pm- 7am per the ordinances/laws of the town of Manchester.

### **Mowing and Landscaping**

We appreciate the effort residents take regarding gardening and planting. However, please avoid anything that obstructs or impedes the ability of Maintenance to mow and trim the grounds. We do our best to work around obstacles and ask that residents assist us by moving any personal items that prohibit mowing.

### **Recycling and Garbage**

Please note that the blue containers behind our units are for **recycling only**. Do not dispose of garbage in those containers.

**Have a safe and fun Fourth of July!**

