



NSHP INFOLINE

Next Step Home Pro-

WINTER

2016

Winter fun often moves indoors during the coldest and snowiest part of winter.

Some fun things to do:

Movie nigh (Netflix or your own movies will save money)

Helping those in need. Check on your elderly neighbor or relative. Help older ,disabled neighbors dig out sidewalks and cars

Host a snow storm party

Have a coloring contest (coloring pages are on back)

What you need to know about the Flu:

The Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to sever illness, and at times can lead to death. The best way to prevent the Flu is by getting a Flu vaccine each year.

Signs and Symptoms of Flu:

Fever or feeling feverish/chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue

Flu is spread:

Flu viruses spread mainly by droplets made when people with Flu cough, sneeze or talk. A person might also get Flu by touching a surface or object that has Flu virus on it and then touching their own mouth, eyes or possibly their nose.

Complications of Flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions.

Best way to keep from getting the Flu is to get your Flu shot.

Winter

The season between Autumn and Spring on the Northern hemisphere usually the months of December, January and February or as reckoned astronomically extending from December solstice to the March equinox.

Keep warm with some **Winter Squash Soup with Roasted Pumpkin Seeds:**

Ingredients:

- 4 tablespoons unsalted butter
- 1 medium onion, coarsely chopped
- 1 celery rib, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 1 cup white grape juice
- 1 quart chicken stock or low sodium broth
- 1 quart water
- 4 pounds kabochaor butternut squash—peeled, seeded and cut into 1 inch cubes
- Salt and freshly ground white pepper
- 1 pinch of freshly grated nutmeg
- Salted roasted pumpkins seeds, honey and diced cucumber for garnish .

Preparation:

In a large pot, melt the butter. Add the onion, celery and garlic and cook over moderate heat, stirring until softened about 5 minutes. Add the white grape juice and simmer for 3 minutes. Add the stock and water and bring to a boil. Add the squash, cover partially and simmer over moderately low heat until tender, about 30 minutes.

Working in batches, puree the soup in a blender. Return the soup to the pot, bring to a simmer and season with salt, white pepper and nutmeg. Garnish with the pumpkin seeds, a drizzle of honey and the cucumber.



Tips to save energy and lower your bill:

1. replace worn weather-stripping
2. Cover windows with plastic film
3. Keep curtains open during the day
4. Use insolated curtains
5. And most important dress warm

Housing Information:

There are approximately 90,000 units of state and federally assisted public housing in Massachusetts. Public housing developments are apartments that are built and subsidized by either the state or federal government and are managed by local housing authorities. Here in Fall River that would be the **Fall River Housing Authority Tenant Selection Office**
220 Johnson Street
Fall River, MA 02722
508-675-3519

To find out what is available in Fall River you should contact the housing authority.

The rent a public housing tenant pays is based on household income and whether the costs of utilities (electricity, heat, cooking fuel) are included.

Housing continued:

To be eligible to live in state public housing a household must typically earn no more than 80 percent of the area median income (Example: for a single person in Massachusetts 80% of median would be \$41,650). To live in state assisted elderly public housing, you must be at least 60 years old. If you are a person with a disability, you must meet certain criteria to be eligible for state or federal housing for disabled person. (The local housing authority would be able to give you what the criteria is)

How to apply for state public housing:

You must fill out an application (you can pick up an application at any housing authority office or you can download from the Fall River Housing Authority web site.

Section 8 Housing Choice Voucher Program:

The federal governments provides the funds for Section 8. Recipients receive their benefits through local housing authorities or regional housing agencies.

Local agency for the South Shore would be :
South Shore Housing Development Corp.
169 Summer Street
Kingston, MA 02364
781-422-4200

Eligibility is based on gross income. 75 percent of all households selected to receive Section 8 must have incomes within 30 percent of the area median income (\$24,250 for a family of four in Fall River). Income limits vary depending on the number of persons in the household and the region in which they live at the time they are selected for assistance.

Section 8 recipients federally pay between 30 percent and 40 percent of their income for rent. The Section 8 voucher pays the difference between rent charged by the landlord and the tenant's contribution to the rent.

You may call your local housing (Fall River Housing Authority) to get move information on applying for public housing and other housing that are available in the area.

The Homeless Project is collecting new and gently used household necessities for families transitioning from temporary to permanent housing in our communities: Questions—please email Maurice Cyr at Maurice@unfr.org.

Donations can be dropped off on Wednesdays between 10:00am-1:00pm at:

First Baptist Church
228 North Main Street
(use Pine St entrance)
Fall River, MA

Dangers of Electrical Fires:

According to FEMA, electrical fires kill an average of 310 people every year and seriously injure 1,100 more. December and January are the most dangerous months for electrical fires due to the increased usage of electricity for heating, appliance and lighting. Electric fires can be generated from any number of causes, such as old, worn out wiring, overloaded extension cords, running cords underneath carpeting or area rugs as well as light fixtures and bulbs.

There are safety precautions you can take to avoid electrical fires such as regular inspection of your appliances and wiring to make sure they are still in good condition, replacing any electrical components that are worn out and not overloading wall sockets or extension cords. Also, make sure that fire alarms are in good working order.

In case of an electrical fire, call the fire department immediately. If you are able to reach the main breakers, shut off the electricity. Make sure your hands are not wet and the fire is not actually near the breaker box before doing so. Do not attempt to turn off electricity or put out a fire at the risk of endangering yourself. Use a class C or ABC all purpose fire extinguisher to put out a small electrical fire. No other type of extinguisher will work on these types of fire. If you don't know what kind you have, don't guess leave the house.

What is carbon monoxide:

Carbon monoxide (CO) is deadly, colorless, odorless, poisonous gas. Carbon Monoxide is produced by the incomplete burning of various fuels such as, coal, oil and natural gas. Products and equipment powered by internal combustion engines such as portable generators and cars.

About 170 people in the United States die every year from Carbon Monoxide produced by non-automotive products. These products include malfunctioning fuel burning appliances such as furnaces, ranges, portable generators, fireplaces and charcoal that is burned in homes and other enclosed areas. The Centers for Disease Control and Prevention estimates that several thousand people go to hospital emergency rooms every year to be treated for CO poisoning. Of these about 170 people die every year.

What are the symptoms of CO poisoning:

Because CO is odorless, colorless and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High Levels of Co poisoning is more severe.

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Death

To prevent CO poisoning:

Make sure appliances are installed and operated properly. Have the heating system inspected and serviced yearly. Be sure to have an operating Carbon Monoxide detector in your home. Check your CO detector yearly to insure that it is operating properly. If your CO detector goes off you should leave the house right away and call the fire department from outside your home.

If you have articles or information that others could benefit from or be inspired by please drop them off or mail to : Next Step Home Program At: Infoline 466 No. Main St. Fall River, MA 02720