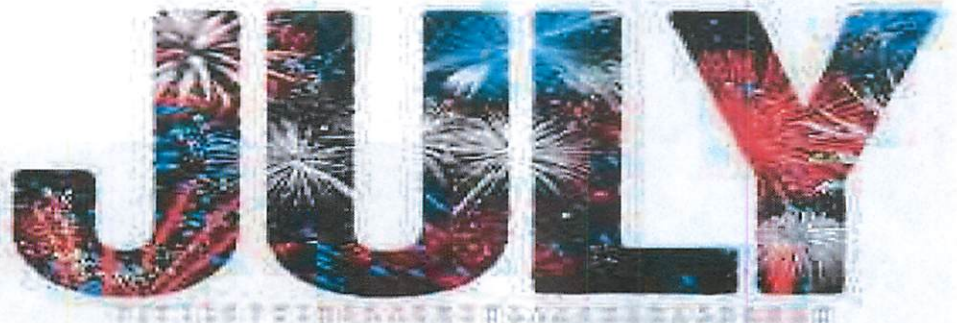


Hope of Martin

Community Development Corporation

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Keeping your house cooler in the summer heat

- *Do not use the stove or oven to cook if you don't have to.
- *Utilize house fans for nighttime cooling by opening your windows and placing a box fan in them.
- *Set your ceiling fans counterclockwise to create more circulation.
- *Create vertical gardens in your home because living walls help improve air quality and reduces ambient temperature.
- *Avoid running high powered appliances until nighttime.
- *Fight the humidity and purify the air by diffusing freezing water with an aromatherapy diffuser.
- *Naturally cool a room with plants.
- *Get creative with an ice chest and a fan. Fill an ice chest with ice cubes and place the fan behind it angled downward.

Hope News

Hope has no empty apartments and are now at a 100% occupancy rate. Please return the paper I mailed out with the resident charges signed. I still have not received everyone's.

Ways to prevent heat-related illnesses and death during hot weather

- *Stay in an air conditioned indoor location as much as you can.
- *Drink plenty of fluids even if you don't feel thirsty.
- *Schedule outdoor activities carefully.
- *Wear loose, light weight, light-colored clothing and sunscreen.
- *Pace yourself
- *Take cool showers or baths to cool down.
- *Check on a friend or neighbor and have someone do the same for you.
- *Never leave children or pets in cars.
- *Check the local news for health and safety updates.



Seven anti-boredom activities for the kids

- 1) Collect a handful of rocks and paint them or write something inspirational on them. Then hide them on a family walk to put a smile on the face of strangers.
- 2) Create a little Scavenger Hunt. Gather ten items from the back garden that are a part of nature and create a piece of art.
- 3) Get arty with your pet's portraits.
- 4) Give your bedroom a temporary transformation. Pinterest has interesting ideas.
- 5) Set up activity stations, for coloring-in, modeling clay, cut and paste, puzzles, games, etc.
- 6) Put pen to paper to a pen pal.
- 7) Do the line drawing game, keep your pen on the paper (you are not allowed to lift it) and see what you can draw.