

Hello Fall! September is here!



September is Infant Safety Month! Here are a few tips:

- 1) A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys.
- 2) Learn to use your child's car seat the right way.
- 3) Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home, and in all sleeping areas. Test the alarms to make sure they work.
- 4) Place your baby's crib and other furniture away from windows and blinds. Your baby is safer without any strings or cords within reach.
- 5) Set your water heater to 120F to avoid scalds.

We are also hosting an **Infant CPR Class** on September 19th. The cost will be a discounted rate of \$39 per person. More details to follow!

The weather in San Deigo is going to be warm through the month of September so we have a few tips to help conserve energy and stay comfortable. SDGE suggests keeping ac at 78 degrees and use ceiling fans to cool your house. A great way to make this change isn't by going all in, it's by taking little steps. Just increase your temperature one degree at a time. You'll hardly notice the temperature change but you'll certainly see the difference in your bill. One degree is a whopping 3% of your usage. That could easily send you over the baseline. Make sure your thermostat is set to manual (not program) and your fan is in the auto position (not on). And finally, please visit the Community Center to pick up a new filter (every 30-60 days), regularly vacuum your intake vent and hose off your condensor outside. All of these little actions will make a BIG difference!

DATES TO REMEMBER

- 09.04 Labor Day
(office closed)
- 09.13 Early Out Snack
- 09.14 Ladies' Bingo
- 09.19 Infant CPR Class
- 09.22 Family Bingo Night
- 09.22 First Day of Fall
- 09.27 Early Out Snack
- 09.28 Card Making Class

