



Habitat Happenings
A Newsletter for Habitat Families
February 2011

A reason to keep a "thought of the day/month" is to create a special focus on concept, idea, spiritual principle, or other inspiring tidbit.

Thought of the month:

"My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return."

— [Maya Angelou](#)



Dial 2-1-1 for Heating Assistance

Many families in Connecticut struggle to keep their homes heated in winter and often do not know where to turn for help. United Way 2-1-1, Connecticut's toll-free information and referral service, can help residents understand their options and get connected to the resources they need.

In 2010, 2-1-1 received over 50,000 requests for information on energy assistance from those needing help with heat and utility bills.

To learn more about the energy assistance programs available in Connecticut, dial 2-1-1 or visit our online [e-library](#).

United Way 2-1-1 operates 24 hours a day, every day of the year. To get help or give help dial 2-1-1 or visit www.211ct.org.

Filing Income Taxes for Free

VITA offers free tax filing assistance from sites in Hartford, Manchester.

The VITA Program offers free tax help to low- to moderate-income (\$38,000 and below) people who cannot prepare their own tax returns. Please take advantage of this free service in comparison to the \$150.00 that some public firms charge to file income taxes. Please contact CRT for more information. Days and hours of service may vary with location.

Hartford

CRT 1229 Albany Avenue 560-5128

CRT 25 Main Street 560-5782

CRT 395 Wethersfield Ave 560-5800

CRT 555 Windsor Street 560-5750

Manchester

Manchester Human Services

479 Main Street, Manchester

(860) 647-3095

Giving Back

If you are interested in partnering with a prospective family please contact Tracy 541-2208 ext. 115

Save the Date: Habitat Family Picnic May 14 or May 21(rain date) at the Keney Park Pond House at the Edgewood Street Entrance in Hartford. Please let us know if you would like to volunteer on the 2011 planning committee. If you are interested in volunteering please contact Tracy at 541-2208 ext.111

Clearing Snow and Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips

- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- If you use a snow blower (also called a snow thrower), follow these safety guidelines:
- Read the owner's manual before starting your snow blower. Make sure you understand all the recommended safety steps.

- Make sure all people and pets are out of the way before you begin.
- Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Then use a stick or broom handle to remove the material.
- Do not leave the snow blower unattended when it is running.
- Fill up with fuel before you start, when the engine is cool.

