

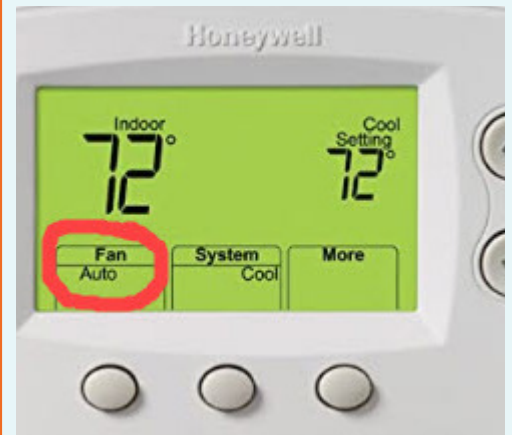


north coast community homes

QUARTERLY NEWSLETTER

Get the Most Out of Your AC This Summer!

Keeping your fan thermostat setting on **AUTO** is the most energy efficient option. The fan will only run when the system is on and not continuously. This will ensure your home stays at a comfortable and consistent temperature while also saving energy and money.



MARK YOUR CALENDAR

Resident Picnic

Sunday, September 18, 2022

at the

Cleveland Metroparks Zoo

11a - 2p



NCCH Residents will be treated to a day of wildlife, learning and fun at the Cleveland Metroparks Zoo.

- Residents will have to full access of the zoo and exhibits
- Lunch provided for residents & care providers
- Each resident will receive a commemorative t-shirt

You will receive additional information and details on how to get registered in June.



Meet NCCH Resident Gary!

When Gary has free time, he enjoys watching Nascar and likes to visit The Rock & Roll Hall of Fame. His favorite Nascar driver is Joey Logano. Gary has been to several Nascar races, likes to collect souvenirs, and is always happy to share his knowledge of Nascar and stats on many of the sport's drivers.

Family is very important to Gary. When his brother comes to visit, the two of them often sit outside and drink coffee together. Outside, on the patio, is a favorite spot for Gary.

Gary has been a NCCH resident for over 18 years. He has built a close relationship with his caregivers and loves that they keep his house clean & organized.



Banana Oatmeal Muffins

INGREDIENTS

- 2 ripe bananas
- 1 1/2 cup oats
- 1 egg
- 2 Tbsp yogurt
- 1 tsp vanilla
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 2 Tbsp coconut oil

www.homemademastery.com

INSTRUCTIONS

1. Preheat the oven to 350F
2. Mash one banana and whisk with the egg, yogurt and coconut oil.
3. Add the vanilla and baking powder.
4. Add the oats and chop 1/2 banana in chunks - add these to the mixtures too.
5. Pour the batter into silicone muffin cups and top with a slice of banana (optional).
6. Bake the muffins for 20-30 minutes, checking on them every now and then. The muffins are done when they're nicely brown and a toothpick comes out clean when you punch them with it.
7. Let cool off and enjoy!

STAY CONNECTED

Visit NCCH.ORG | sign-up to receive email updates

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Follow & like NorthCoastCommunityHomes



@northcoasthomes



North Coast Community Homes

House Maintenance Issue!

NCCH is your partner in keeping your home safe and in good working condition for the residents and caregivers. To place a maintenance work order request,

Contact Mark

North Coast Community Homes
Maintenance Hotline, **216-365-2620**

After Hours, emergencies, weekends,
or holidays, **216-662-1880, press 2**



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