

Community Corner Tenant Newsletter

Maintenance Requests

Did you know you can submit maintenance requests online?

Go to [HodgesCompanies.com](https://www.hodgescompanies.com) and click "Submit a Service Request." This is a quick and easy way to get your maintenance request into Hodges' work order system.

If you don't have internet access, please call your request in Mon-Fri 8am to 4:30pm:

1-800-742-4686 | TDD 1-800-545-1833 x 110

For emergency requests on nights, weekends, and holidays:

Ashland, Laconia, Meredith, Tilton: 603-536-1265 | Wolfeboro: 603-224-9221

Healthy Recipe for Ratatouille

This is a great recipe to use up all that fresh, summer produce!



Ingredients

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 Tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon ground black pepper

Instructions

1. Preheat oven to 425°F.
2. Peel onion and garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2-inch pieces. Slice zucchini and squash into 1/2-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, combine onion, eggplant, zucchini, squash, garlic, olive oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
5. Spread veggies out in a single layer on a baking sheet. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.

Serving Size

Serves 4,
1 1/2 cups per serving

Nutrition Facts

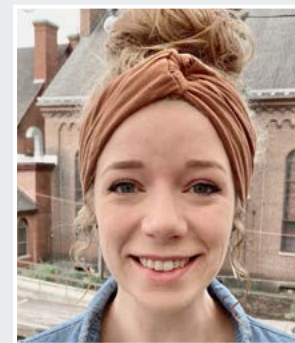
Serving Size 1 1/2 cups	
Servings Per Recipe 4	
Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Sugars 7g	
Protein 3g	
Vitamin A 20%	Vitamin C 30%
Calcium 4%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Resident Services Updates

LRCO's Resident Services Coordinators (RSCs) are here to connect you with resources that help you reach your goals.



Laconia & Tilton

Melissa Shadden-Cyr

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603.524.0747 x 105



Ashland, Meredith & Wolfeboro

Kerri Lowe

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Holiday Decorations

The fall and winter holidays will be here before we know it! We encourage you to decorate your apartment to create those special memories with your family and your neighbors. **As you decorate, please do not affix anything to the exterior of the building using nails, staples, or screws because that damages the paint/siding.** We also ask that you not put decorations in common areas (lawn, walkways, parking lot) because that can pose a safety hazard or interfere with maintenance.



Here are some ideas for ways you can decorate while staying in compliance with your lease:

1. Wrap lights around horizontal porch railings (if you have a porch, deck, or balcony) without stapling or nailing them down.
2. Use a wreath hanger that hooks over the top of your front door to hang a festive wreath or other door hanging.
3. Use scotch tape to hang festive paper decorations on the inside of your windows.
4. If you have a porch and a patio table, you can display holiday decorations on the table.
5. You can display free-standing decorations on your porch/deck/balcony as long as they do not impede entry/exit to your apartment.

We kindly request that everyone take their decorations down within one week after the holiday to help keep your property looking its best.

Resources to Help You Thrive

Emergency Rental Assistance Program

The NH Emergency Rental Assistance Program is administered by your local Community Action Program (CAP) agency. Visit [CAPNH.org](https://www.capnh.org) to apply.

Your Resident Services Coordinator would love to assist you with your application, so please call if you want some help! We have seen dozens of LRCD tenants receive thousands of dollars from this program, including many people who thought they would not be eligible. Please apply today if you find you are having difficulty paying rent and other bills. This program is a great opportunity for you to get caught up and get that weight off your shoulders.



Dental Grants Available

LRCD still has over \$15,000 in grant funding available to help you pay for dental care. LRCD will pay for half of your dental bill, up to \$1,000. We can provide payment up front to your dental care provider. Contact your resident services coordinator today to discuss this opportunity. Funds are available on a first come, first served basis.

Parent Education

The Family Resource Center offers parent education programs on a variety of topics. Classes range from one-time workshops to multi-week series. Programs provide parents an opportunity to answer questions and develop new skills in a supportive and confidential environment. Classes are currently being held via Zoom.

Visit [LRCs.org/family-resource-center/parent-education](https://www.lrcs.org/family-resource-center/parent-education) or contact Tricia Tousignant at [603-528-0391](tel:603-528-0391) or tricia.tousignant@lrcs.org for more information.



Take the Wheel

Have a car loan with a high interest rate? If your interest rate is over 8%, you might want to consider refinancing. No credit or bad credit to blame for your high interest rate? Take the Wheel NH may be able to help. After completion of the program, you may be eligible to refinance your current car loan to an interest rate below 5%.

Visit [TakeTheWheelNH.com](https://www.takethewheelnh.com) for more information or join us for a short webinar to learn more.

Go to [TakeTheWheelNH.com/contact](https://www.takethewheelnh.com/contact) to reserve your spot today!



LRCD Resident Resources Webpage

Check out the Resident Resources section of Lakes Region Community Developers' website! We've added a bunch of new stuff recently, including resources for raising multi-racial children, information for people interested in learning about race equity, disability resources, and LGBTQ+ resources. Go to LRCommunityDevelopers.org and click on "Resident Resources" at the top of the home page.

Fuel Assistance

The Fuel Assistance Program offered by your local Community Action Program provides qualifying households with assistance for heating their homes in the winter months. Call the CAP agency office closest to you:

Ashland | [603-968-3560](tel:603-968-3560)
(Tri-County Community Action)

Laconia & Tilton | [603-524-5512](tel:603-524-5512)
(Belknap-Merrimack Community Action)

Meredith | [603-279-4096](tel:603-279-4096)
(Belknap-Merrimack Community Action)

Wolfboro | [603-323-7400](tel:603-323-7400)
(Tri-County Community Action)

College & Career Resources



Individuals who complete a certificate program earn 20% more than those with only a high school diploma. Over a lifetime, that means more economic security and opportunity for you and your family.

Lakes Region Community College offers numerous certificates and short-term trainings aimed at giving you the skills

to find a career that offers you a living wage and benefits. LRCC's programs are affordable, and you can choose to attend classes part-time or full-time, in person or online. LRCC's certificate programs are tailored to link you with employers in the Lakes Region, and many can be completed in just a few weeks. Give yourself the chance to find out what opportunities await you! To learn more about these programs, go to [LRCC.EDU](https://www.lrcc.edu) or call [603-524-3207](tel:603-524-3207).

Scholarships for Certificate Programs

The New Hampshire Charitable Foundation awards scholarships for certificate programs and other industry-recognized credentials. Applications are accepted on a rolling basis through December 15, 2021. Visit [NHCF.org](https://www.nhcf.org) to learn more.

Community Building

Summer Fun!

We hope you enjoy this photo collage of all the fun things residents did together this summer. Residents worked hard on the community gardens at River's Edge and Batchelder Street in Laconia, Pinecrest in Meredith, Lochmere Meadows in Tilton, and Harriman Hill in Wolfboro. Residents at Ames Brook in Ashland and Pinecrest in Meredith organized summer BBQs with games and face painting. And we had a special visitor at Harriman Hill when Congressman Pappas stopped by for a tour! Thank you to Hodges for sponsoring the resident BBQs.



COVID-19 Vaccine Update



On August 23, 2021 the US Food & Drug Administration granted full approval to the Pfizer vaccine for prevention of COVID-19 disease in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization for individuals 12 through 15 years of age.

The US Centers for Disease Control now recommends that people whose immune systems are compromised

moderately to severely should receive a third dose of mRNA COVID-19 vaccine (Pfizer or Moderna) after an initial 2-dose series.

Visit [vaccines.gov](https://www.vaccines.gov) to get the latest update on COVID-19 vaccines and to find a location near you to receive the vaccine. Widespread vaccination is a critical tool to help stop the pandemic.

If you would like to get vaccinated against COVID-19 but are unable to leave your home, please call the Partnership for Public Health at [603-528-2145](tel:603-528-2145) x 5857.

Improving How Your Mask Protects You

Public health experts encourage everyone to wear a mask in indoor public settings, regardless of vaccination status.

There is ample evidence that COVID is airborne, meaning it spreads through respiratory particles of various sizes that are emitted when an infected person breathes, talks, coughs, sneezes, etc. Small respiratory particles called aerosols can linger in the air for hours after an infected person has left a room.

Wearing an effective mask indoors protects you from breathing in infectious aerosols that

accumulate in enclosed spaces. It is important to make sure your mask covers your mouth and nose, fits your face snugly, and has multiple layers. You can improve the fit of a surgical mask by wearing a mask brace or a snug-fitting cloth mask on top of a surgical mask.

LRCD has KN95 masks available for adults and kids free of charge. KN95 masks provide superior protection to surgical and cloth masks. Please contact your Resident Services Coordinator if you would like some free KN95 masks for your household.

