



EHA NEWS

Enfield Housing Authority Elderly & Congregate Newsletter

In this issue:

- Preventing Kitchen Fires
- Slow Cooker Recipe
- Winter Reminders
- Power Strip Safety
- Electrical Safety Tips



Preventing Kitchen Fires

Did you know? Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep safe!

- **Stand by your pan:** If you leave the kitchen, turn the burner off.
- **Watch what you are cooking:** Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.
- **Turn pot handles toward the back of the stove:** Then no one can bump them or pull them over.

“Autumn is a second spring when every leaf is a flower”

-Albert Camus

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<https://www.enfieldha.org>

Slow Cooker Pepper Steak

Ingredients

- 1-1/2 pounds beef top round steak
- 2 tablespoons canola oil
- 1 cup chopped onion
- 1/4 cup reduced-sodium soy sauce
- 1 garlic clove, minced
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 4 medium tomatoes, cut into wedges or 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 large green pepper, cut into strips
- 1 tablespoon cornstarch
- 1/2 cup cold water
- Hot cooked noodles or rice

Directions

Cut beef into 3x1-in. strips. In a large skillet, brown beef in oil.

Transfer to a 3-qt. slow cooker. Combine the onion, soy sauce, garlic, sugar, salt, ginger and pepper; pour over beef.

Cover and cook on low until meat is tender, for 5-6 hours.

Add tomatoes and green pepper; cook on low until vegetables are tender, about 1 hour longer.

Combine cornstarch and cold water until smooth; gradually stir into slow cooker.

Cover and cook on high until thickened, 20-30 minutes. Serve with noodles or rice.





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Welcome Winter!!

Although many of us may not look forward to the cold winter months, they will be upon us soon. I'd like to take this opportunity to remind you of the following:

- **Space heaters and other alternative heating sources are strictly prohibited on the property.** This includes using your oven as a heating method by leaving its door open.
- **Thermostats must be set to a minimum of 55 degrees Fahrenheit,** even when you are away from your unit, to prevent freezing pipes and other cold-related issues.
- **Please follow the Enfield Housing Authority's Snow Removal Procedures.** If you would like to receive automated phone notifications regarding snow plow arrivals, contact the office to be added to the call list.
- **Extension cords and electrical cables must not be run through windows or doorways,** as this poses a serious electrical hazard and violates lease terms. Additionally, **please refrain from attaching holiday lights or decorations to doors, walls, etc. using nails, screws, or any method that may cause damage to the unit.**

Power Strip Safety Guidelines

To ensure safe use of power strips and prevent electrical hazards, please follow these important tips:

- Use power strips equipped with an internal circuit breaker that will trip if overloaded, helping to prevent overheating and fire risks.
- Power strip cords should not exceed 6 feet in length.
- Power strips are designed for low-power devices such as computers, printers, and clocks. Do not use them for high-energy appliances, which can overload the circuit and pose a fire hazard. These items must be plugged directly into a dedicated wall outlet.
- Power strips are intended for temporary use and should be unplugged when not in use.
- If a power strip feels hot to the touch, unplug it immediately from the wall outlet.
- Never connect one power strip to another ("daisy chaining").
- Replace any cords that show signs of damage, such as cracks, cuts, or frayed insulation.
- Power cords should never be nailed, stapled, or taped to any surface, including desks, walls, ceilings, or baseboards.
- Do not run extension cords through walls, doorways, under carpets, or across ceilings or floors. Covered cords can trap heat and become a fire hazard.
- Ensure your power strip has been tested and certified by a recognized safety organization such as **Underwriters Laboratories (UL)** or **Electrical Testing Laboratories (ETL)**.