



North Forks' hardback cookbooks are available for sale in the office. The residents selected their best recipes and created their first annual cookbook in 2015. All proceeds benefit Tenant Council. \$10 per cookbook. A great gift for anyone.

WATCH OUT FOR SCAMS: Scams relating to **COVID-19** make fraudulent promises ranging from providing tests, vaccines, or medical equipment, to helping to pay mortgages, or claiming to help you get a federal stimulus payment. **The best defense is to say NO**, if anyone contacts you and asks for your Social Security number, bank account number, credit card information, Medicare identification number, driver's license number, or any other personally identifiable information by phone, in person, by text message, or e-mail. Report SCAMS to [ftc.gov/complaint](https://www.ftc.gov/complaint).

At this time, we are exploring options for Beautician services.

A huge THANK YOU to all of the residents who planted flowers in the patios and circle garden. North Fork Heights looks warm and inviting. A nice place that you call home. Looks Great!

Hand Sanitizing Station is available in the Main Lobby, to the left of the reception window.

RECYCLING: NFH will still be recycling aluminum cans (pop cans). Container is found in the downstairs trash room. Newspaper collection boxes are in both the upstairs and downstairs Trash Rooms.

All trash must be in a sealed plastic bag, NO LIQUIDS. Close trash bags, and breakdown all boxes.

Quotes to brighten your day!

"Every day is a new beginning, take a breath, smile, and start again!" — Unknown

"Look outside the window, a lovely morning is here, go out there and have your say; go out there and find a way; today is a new day! Good Morning!" — Unknown

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." — Unknown

"If you have good thoughts, they will shine out of your face, like sunbeams and you will always look lovely." — Unknown

"Helping others, encouraging others are often acts of kindness that have more meaning than you may realize." — Catherine Pulsifer



Announcements & Upcoming Events

Reminder that masks are still to be worn while in the common areas of the building at North Fork Heights. Continue to practice six (6') social distancing and frequent handwashing. Masks are required to play Bingo on Saturday evening, one person per table to practice social distancing. If you do not have a mask on, you will be asked to leave. Governor Wolf also reminds PA residents that mask wearing is required when entering any business in all counties in the state in both yellow and green phases of the reopening. We are still encouraging limiting visitors to only essential services, such as food deliveries, medications and health care needs, such as, personal care assistants, Home Health Professionals and therapy services as approved by your doctor. All others should refrain from visiting. Front door continues to be locked and screening in place.

The patio doors will be unlocked during daylight hours for everyone's outdoor enjoyment. Please, do not use the doors as an entrance or exit of North Fork. All visitors must be screened on arrival and departure.

July 1, 2020, Second Harvest Food Delivery.

July 7, 2020, Tuesday, at 10 am Patty Hurd's Surprise. Each participant will practice social distancing "one-at-a-time" to receive the TO-GO TREAT that Patty has prepared.

Monthly Birthday Party, July 13, 2020 at 12 noon. Pizza, TO-GO. \$3 per person. Please sign-up.

July 30, 2020 at 10 am in the Dining Room: EUM Church is doing a **TO-GO PIE SOCIAL**, Individual slices of homemade pie will be available in the Dining Room. Please remember to Social distance when you retrieve your piece of pie.

RENT REBATES: Property Tax/Rent Rebate Application Deadline Extended. In response to the COVID-19 outbreak, the deadline for older adults and Pennsylvania residents with disabilities to apply for rebates on rent and property taxes paid in 2019 has been extended from June 30 to December 31, 2020.

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North Fork Heights Activity Calendar - July 2020

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