



### **Dear IAH Members ... Happy Spring!**

As you all know, I'On At Home is about enjoying your friends at entertaining, enlightening and fun events. But we can't forget that an important part of IAH is helping our members live safely in their homes.

So as we prepare for the ritual "Spring Cleaning", here are a few tips on how to do it efficiently and safely.

**Test your carbon monoxide and smoke detectors** - The beginning of Daylight Savings Time is the right time to use the test button on your smoke and carbon monoxide detectors to check that they work and replace batteries that are more than six months old. If an entire unit is beyond its printed expiration date, replace it. **And next year, sign up for the IAH Battery Brigade and make your life easier and safer!**

**Check and replace flashlight batteries** - Have fresh batteries so you're prepared for severe weather.

**Check your fire extinguishers** - Most extinguishers have a long shelf life, but be sure to check the expiration date. Also check the pressure gauge to make sure it's in the proper range. Keep your extinguishers where they are easily accessible.

**Manage electrical cords throughout the household** - As you clean each room, make sure power cords and extension cords don't present a tripping hazard or fire hazard. Inspect all cords for fraying or damage and get rid of any cord that is not safe. Electrical cords should not run under rugs or around doorframes; this can damage the cord and create a fire hazard.

**Clean out household chemicals and cleaning supplies** - Go through your cleaning supplies and other household chemicals to check for leaking containers and things you no longer use or need. Click [HERE](#) for disposal information and locations.

**Clean out medicine cabinets and first aid kits** - Dispose of any outdated prescriptions and over-the-counter medications. Check first aid and emergency kits and make sure to replace anything that's been used, and dispose of anything that's expired. **Tidewater Pharmacy, next to Trader Joe's, offers free drug disposal.**

**Go mild** - Limit the use of harsh cleaning or disinfectant products such as bleach and ammonia, and never mix the two - doing so can create toxic fumes.

**Read the label** - Each cleaning or disinfectant product should have a label. Take a minute to read the label and follow the instructions.

**Ventilation is your friend** - When using cleaning or disinfectant products, open windows or a door, and run a fan to help air circulate.

**Get a mop** - When you're cleaning floors, avoid working on your hands and knees, which could cause sprains and strains. Use a mop instead, including when you're cleaning a bathtub.

**Avoid wet floors** - Wet floors are a danger zone for slips and falls. Allow freshly cleaned floors to dry before walking on them.

**Safely store cleaning products** - Keep them in a clean, cool, dry space where children and pets can't get to them.

**Lift with caution** - When lifting or moving furniture and other heavy objects, ask for help. Bend with your knees - not your back - and use your leg muscles to avoid a back injury.

**Hire a Pro** - Power washing, pruning high trees, heavy yard work...nope, you shouldn't do that!

#### **Care for your body:**

- Hydrate often.
- Take breaks at least every hour or so.
- Listen to your body, and don't try to push through back or joint pain.
- Wear a dust mask and gloves as needed.



**When you're done, invite a friend over to admire your amazing, sparkling clean home.**

---

*Below find a sample of upcoming activities that are available to you.*

*Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.*

*We look forward to seeing you.*

## MARCH 2024



FREE

**MEN'S BOCCE**  
MON 03 / 18 / 2024 AT 3:00 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

Monday  
**18**



FREE

**BOARD MEETING**  
MON 03 / 18 / 2024 AT 3:30 PM  
Board or Committee Meeting  
Members only (login required)  
RSVP required

Monday  
**18**



FREE

**HAPPY HOUR AT COMMUNITY TABLE**  
TUE 03 / 19 / 2024 AT 4:00 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

Tuesday  
**19**



FREE

**THE LAUGHTER PRESCRIPTION**  
WED 03 / 20 / 2024 AT 3:00 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

Wednesday  
**20**



FREE

**DRIVEWAY DRINKS**  
THU 03 / 21 / 2024 AT 5:00 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

Thursday  
**21**



FREE

**ANYTIME FRIENDS WINE AND CHEESE GET TOGETHER FOR WOMEN**  
MON 03 / 25 / 2024 AT 5:30 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

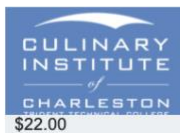
Monday  
**25**



FREE

**BROS N' BREWS AT COMMUNITY TABLE**  
WED 03 / 27 / 2024 AT 4:30 PM  
I'On At Home Event  
Members only (login required)  
RSVP required

Wednesday  
**27**



\$22.00

**DOWNTOWN DINING IN NORTH CHARLESTON (LUNCH WITH I'ON AT HOME AT RELISH A RESTAURANT RUN BY STUDENTS OF THE CULINARY INSTITUTE OF CHARLESTON)**  
THU 03 / 28 / 2024 AT 11:30 AM  
I'On At Home Event  
Members only (login required)  
RSVP required

Thursday  
**28**



FREE

**FLOWERS FOR OUR EASTER WEEKEND**  
FRI 03 / 29 / 2024 AT 10:00 AM  
I'On At Home Event  
Members only (login required)  
RSVP required

Friday  
**29**



## APRIL 2024



FREE

### **GREAT DECISIONS DISCUSSION GROUP - SCIENCE ACROSS BORDERS**

MON 04 / 01 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**01**



FREE

### **WEEKLY IAH BIKING GROUP THURSDAYS - APRIL 4, 11, 18 & 25**

THU 04 / 04 / 2024 AT 8:00 AM

I'On At Home Event

Members only (login required)

No RSVP required

Thursday

**04**



FREE

### **TIPS FOR GROWING ORCHIDS (ORCHIDACEAE)**

MON 04 / 08 / 2024 AT 2:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**08**



FREE

### **FRED'S FILM FORUM: AMERICAN FICTION**

WED 04 / 10 / 2024 AT 7:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

**10**



FREE

### **BOARD MEETING**

MON 04 / 15 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday

**15**



FREE

### **HEALTHY SKIN AT ANY AGE**

MON 04 / 15 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**15**



FREE

### **THE BROWN WATER EXPERIENCE: FROM THE EMERALD ISLE TO THE HIGHLANDS TO THE BLUEGRASS OF KENTUCKY**

TUE 04 / 16 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday

**16**



FREE

### **BROS N' BREWS AT COMMUNITY TABLE**

WED 04 / 17 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

**17**



FREE

### **OUR SECRET DELTA: A HISTORY OF THE SANTEE DELTA**

THU 04 / 18 / 2024 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

**18**



\$13.00

**GARDEN AND HISTORY TOUR OF COLONIAL LAKE BY CHARLESTON PARKS CONSERVANCY**

FRI 04 / 19 / 2024 AT 10:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Friday  
19



FREE

**LET'S TALK PERSONAL SAFETY AND HOME SECURITY**

MON 04 / 22 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
22



FREE

**COCKTAILS AND CONVERSATION**

THU 04 / 25 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
25

MAY 2024



FREE

**WEEKLY IAH BIKING GROUP THURSDAYS - MAY 2, 9, 16, 23 & 30**

THU 05 / 02 / 2024 AT 8:00 AM

I'On At Home Event

Members only (login required)

No RSVP required

Thursday  
02



FREE

**GREAT DECISIONS DISCUSSION GROUP - CHINA TRADE RIVALRY**

MON 05 / 06 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
06



FREE

**SPRING HAS SPRUNG, AND IT'S TIME TO FLING!**

WED 05 / 08 / 2024 AT 5:00 PM

I'On At Home Event

Members and Volunteers (login required)

RSVP required

Wednesday  
08



FREE

**BROS N' BREWS AT COMMUNITY TABLE**

WED 05 / 15 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
15



FREE

**BOARD MEETING**

MON 05 / 20 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday  
20



FREE

**DRIVEWAY DRINKS**

THU 05 / 23 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
23



***CLICK HERE to see the latest information on  
upcoming IAH events and programs.***