

# Did You Know?

(NAPS)—Now is a good time to make sure your home is as energy efficient as possible before storms and cold temperatures hit. To help, National Grid of Massachusetts offers services and advice related to safety, reliability, affordability, and storm and power outage preparation. Learn more at [www.nationalgridus.com/ma-home](http://www.nationalgridus.com/ma-home).

To ensure the nation's blood supply is prepared for all emergencies, the Red Cross urges individuals to donate blood via the Red Cross Blood Donor App, by visiting [RedCrossBlood.org](http://RedCrossBlood.org) or by calling 1-800-RED-CROSS and by volunteering to support blood collections at [www.redcross.org/VolunteerToday](http://www.redcross.org/VolunteerToday).

Celebrating Hispanic Heritage includes recognizing how much Latina mothers appreciate cleanliness, says ALEn USA, the North American subsidiary of one of the most recognized companies in household cleaning in Mexico, with products including Ensueño Max fabric softener, Pinalen Original and Cloralen Multipurpose Cleaner. More at [alenusa.com](http://alenusa.com).

To maintain a productive and healthy workplace that can compete in today's job market, small business owners may consider making an investment in employees' well-being through a dental and vision benefits package such as that from Delta Dental of Wisconsin. Learn more at [www.deltadentalwi.com](http://www.deltadentalwi.com).

Children do better in school when vision problems are attended to. Fortunately, the Welch Allyn Spot Vision Screener makes vision testing faster, easier and more accurate. Read about the importance of vision screening at [www.hillrom.com/SVS-Testimonials/](http://www.hillrom.com/SVS-Testimonials/). Learn about the Welch Allyn Spot Vision Screener at <https://www.henryschein.com/us-en/medical/products/manufacture-showcase/welch-allyn.aspx>.



Baseball fans can enter the New York Life Ultimate Yankees VIP Experience sweepstakes through September 30, 2023 for a chance to get in the game. Learn more at [www.sweepstakesnyl.com](http://www.sweepstakesnyl.com).

A well-built barn can keep your horses happier and healthier. Expert advice from Dennis Lee, equestrian product line manager at Morton Buildings, can help you build a better home for your equine companions. Learn how at [www.mortonbuildings.com/projects/equestrian](http://www.mortonbuildings.com/projects/equestrian).

A smarter, stronger, cleaner electric grid will let New York meet its ambitious climate change goals and transition to more sustainable future. For further information, visit National Grid at <https://www.nationalgridus.com/NY-Home/Storms/Storm-Safety>.

Protect yourself and your loved ones by being up to date on your flu, COVID-19 and RSV vaccinations. You can conveniently schedule an appointment via digital scheduling at a CVS Pharmacy, through [CVS.com](http://CVS.com) or the CVS Pharmacy app. Visit [www.cvs.com](http://www.cvs.com) or [www.minuteclinic.com](http://www.minuteclinic.com) for more information.

Even with the proper use of filters, your home's heating and cooling system gets really dirty through normal, everyday use. To get it cleaned by the ethical, professional members of the National Air Duct Cleaners Association (NADCA), visit [breathingclean.com](http://breathingclean.com).