



CHITTENDEN GROUP
INSURANCE

HOME *Matters*

A QUARTERLY NEWSLETTER
FOR OUR CLIENTS

PROTECTING
WHAT
MATTERS
MOST

Welcome

At the Chittenden Group, we believe protecting what matters most goes beyond insurance. Each quarter, we bring you helpful tips, timely information and seasonal insights to support your home, lifestyle and peace of mind.

Thank you for trusting us to be your partner in protection.

Keeping Cool During Summer Heat

When temperatures rise, staying cool is about more than comfort—it's important for your health. If you don't have air conditioning or are trying to reduce energy costs, simple strategies can make a big difference.

- **Stay hydrated**-Even if you don't feel thirsty, staying hydrated is critical during hot weather.
- **Cover windows**-Keep blinds closed during the hottest part of the day can be helpful in blocking sunlight from warming up your home.
- **Fans**-Fans can help blow hot air outside and bring cooler air in the evening.
- **Appliances**-Avoid using heat producing appliances like ovens and dryers until the evening.
- **Bring your body temperature down**-Cool showers or baths can help lower your body temperature.

Summer Home Checklist

- **Test smoke and carbon monoxide detectors**
- **Clean dryer vents and outdoor grills**
- **Inspect decks and railings**
- **Trim trees near your home**
- **Review emergency supplies**
- **Update your home inventory**



Remember, we're
here for you.

Have questions about your
coverage or need guidance?

Call us..we're happy to help.



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STRONG.



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