

Event Calendar

Father's Day, 6/19/22
Board Meeting, 6/20/22
Quarry Heights
Community Room

All residents, please periodically check your black front door mailbox and the community room bulletin boards for Housing information, notices, and fliers that are relevant and important.

Remember:

All residents have the option to pay rent via "direct debit." With direct debit, residents won't run the risk of a late rent payment.

Keep in Mind:



Resident Corner

Both Chatham Court and Quarry Heights were equipped with a sign-up sheet in their respective Community Rooms for community gardening. For Chatham Court, no one signed up, so we have concluded not to set up a garden this summer.

Regarding Quarry Heights, unfortunately, we will have to wait until June to extend the garden to accommodate all Quarry Heights residents who signed up. Our apologies.

Summer is here and things get rowdier due to warm weather and the sun setting later. Please be cognizant of how noise/music volume carries. Enjoy summer but please do not disturb the enjoyment of others.



PORTLAND HOUSING AUTHORITY MONTHLY NEWSLETTER, JUNE 2022

Bike Donated



Edernise Liranzo Estevez just received a wonderful pink bike donated by Elaina Chimenti of Quarry Heights. Thank you, Elaina. You have made Edernise and her mom, Elba, very happy.



Bike Donated

News and Information for Everyone

Quarry View is excited for their 2nd Artistic Craft Show!! June 4th/rain date June 5th. They will showcase more than 65 vendors at their 311 Brownstone Avenue (Portland) historic site. Space is limited and this show was a HUGE success last year so they hope you will attend and/or participate (it is a fundraiser for the park). The show starts at 9:30 a.m. For details call: (860) 920-5072.



Portland Library will be celebrating 125 +2 years of library services on June 11, 2022, from 11:00-2:00 p.m. There will be indoor and outdoor activities for all ages. For additional information, call: (860) 342-6770.

There is a new federal subsidy program that can help residents pay for internet service. The **Affordable Connectivity Program**, offered through many internet service providers, gives households \$30 a month to cover the cost of internet service and a one-time subsidy of \$100 for computer devices for eligible households. For more information check out the link: connecthome@hud.gov

The Victims of Crime Act (VOCA) Case Management Program is a great resource dedicated to providing victims of crime with individualized support and resources to help victims on their journey from victim to survivor. If you are a victim or would like to help a family member or friend, call (800) 505-9000 or check out the link: www.ctfsa.org.



On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. For one year, this equates to more than 10 million women and men (Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J. & Stevens, M. (2011). If you are a victim or know someone in crisis, contact The National Domestic Violence Hotline at 1-800-799-SAFE (7233) or www.TheHotline.org

Office Main Phone Line:

(860) 342-1688

Holly Kobayashi, ext. #115
hkobayashi@portlandha.org

Susan Nellis, ext. #113
snellis@portlandha.org

Carol Diaz, ext. #110
cdiaz@portlandha.org

Dan Rafaniello, ext. #112
drafaniello@portlandha.org

Jeffrey Costa, 860-519-3251
For emergencies

Hours of Operation:

Monday-Thursday
8:30-4:30 p.m.
Friday
8:30-1:30 p.m.

Please call before visiting

Fabulous News:

Phone #988 Suicide and Crisis Lifeline Goes Live for all devices on July 16, 2022 (services to strengthen suicide prevention and mental health crises). For more detailed information, check out: [988 Suicide and Crisis Lifeline | SAMHSA](#)

Another Food Pantry

Besides the Senior Center Food Pantry, for those unaware, there is another food pantry within walking distance, behind the Seventh Day Adventist Church on 13 Waverly Avenue, Portland, CT 06480. It is open every Wednesday from 10:30-12:30 p.m. and offers fresh produce, canned foods, box cereals, eggs, milk, cheeses, etc. (depending on what the church receives from donors). For more information, call: (860) 342-0141. Thanks Carol Culley, for sharing this invaluable information.

Fun-Filled English Classes:

If anyone would like to join classes in English let Holly, RSC know. If there is a good sign-up, classes will commence once the children return to school this fall. Classes will be free and entertaining. Residents will learn simple but important lessons under the tutelage of a very enthusiastic instructor.

Summer Activity:

There will be a fun event for Chatham Court children/youth sponsored by the Portland Library this August upon completion of summer camps and before school starts once again this fall (TBD).

Chatham Concerns:

Complaints are increasing around Chatham Court: youth hanging out in the road; sitting on the transformer in front of the main office; and damages on the property. Summer is coming. Please parents, reign in your children so we can enjoy a clean, happy, healthy, safe/accident-free summer.

Chatham Parents:

Please do not provide your children with the key to the Community Room unless you accompany and supervise them while in the Room. There has been a lot of damage in the Community Room these past months including a door rip-off of a washing machine.

Water Usage:

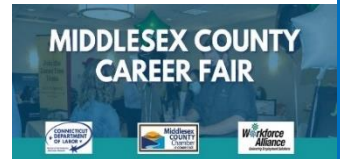
Children are looking forward to the summer months and some water fun on hot days. Housing understands this but please be sensible with water usage.

Quote of the Month:

“Everything good, everything magical happens between the months of June and August.” — Jenny Han

Chatham Court

Career Fair on Tuesday, June 21, 2022, from 10:30-1:30 p.m. at the Courtyard by Marriott, 4 Sebethe Drive, Cromwell, CT. Career Fairs are great events to attend when you are seeking employment or better employment as you get to skip the application process and jump right into an informal interview with businesses.



If you are interested in becoming a first-time homebuyer, here are some links to great programs: [Become a Homeowner | Middlesex Habitat for Humanity of CT, Inc. \(habitatmiddlesex.org\)](#), [Neighborhood Housing Services of New Britain \(nhsnb.org\)](#), and [Purchase | NACA](#). If you need assistance in navigating the process, contact Holly, RSC at (860) 342-1688, ext.# 115.

YMCA SUMMER ENRICHMENT CAMP, 8 weeks 6/27 - 8/19.

Licensed by the State of Connecticut for children entering 1st–6th grade. Small Group Staff to Camper Ratio. Summer Enrichment Camp follows all health and safety guidelines recommended by the CDC and the Office of Early Childhood. Caring and experienced YMCA directors and youth development professionals plan and facilitate weekly theme-based curriculum. Field Trips/presentations are offered each week that relate to the weekly themes. Weekly themes immerse campers in activities that encourage creativity, critical thinking, and hands-on exploration. Financial aid is also available for YMCA members receiving Open Doors Assistance. Care for Kids accepted. A 10% sibling discount is available. For more information call the YMCA on 99 Union Street in Middletown, CT at: (860) 347-6907.



Ingersoll is extremely excited to start another summer of camp. Based on unprecedented registration numbers they understand that families are also ready for summer camp! Every program they are running this summer is either limited or closed. They encourage all families to register online even if it is just on the waitlist. They often experience changes to registrations as camp gets closer. They notify families on the wait lists immediately if there is open space. Activities for youth from 4-15 years of age. Bussing is available from Chatham Court but you must sign up to take advantage. Please call 860-342-2267 for registration assistance. Thanks, Barry Rogers, for sharing information on another summer camp option.

For youth who do not want to be bored over the summer, check the Portland Library for wonderful online resources such as:

[Free Connecticut \(CT\) DMV Practice Tests – Updated for 2022 \(driving-tests.org\)](#). If you are planning to get a learners permit or driver’s license, the best way to begin that process is by studying for the tests. This is the perfect website to find practice tests that will prepare you for the real thing.



[Welcome to Brainfuse eLearning](#) Live, anytime, anywhere job assistance, including up-to-date nation-wide and local job search engines, professional resume critique and proven interview techniques. Experience personalized career center seamlessly integrated with advanced virtual technology to help job seekers (both youth and adults) of diverse backgrounds and needs.

Check out the latest on museums for art, nature, history, and fun on the Portland Library’s website and click on museum passes or call: (860) 342-6770 to reserve a pass.



Family Day:

With COVID-19 concerns dissipating, Housing has decided to resume our annual Family Day. We hope to pick a Friday in August after summer camps end and before school starts this fall (TBD).



Don't Forget About Rent Rebate:

If you are 65 or disabled, and have rented in CT during 2021, you may be eligible for a rebate from the State of Connecticut Applicant's income in the calendar year of 2021 must not exceed \$38,100 if unmarried or \$46,400 if married. Call Lynn Tracey, Senior Services Administrator, directly for an appointment: (860) 342-6760.

Resident of the Season



Betty Smedick was the first resident chosen for the "Resident of the Season" award. Thanks so much Betty for all you do with the bread and dessert deliveries from the Senior Center. We do appreciate you and are happy you live among us!

Quarry Heights Concerns:

There have been several complaints regarding the Community Room bathrooms and laundry room. Please be diligent in cleaning up after yourselves. Thank you.

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For residents with complaints about other residents, there is a complaint process policy:

1. Complete, sign, and forward official "Complaint Form" to Holly, RSC
2. Fill Out "Complaint Form" using accurate dates, times, and facts
3. If there is a clear threat, call 911

Quote of the Month:

"Smell the sea and feel the sky. Let your soul and spirit fly." — Van Morrison

Quarry Heights

We now have a "Resident of the Season" award. Feel free to share with Holly, RSC, good news about the kindness of other residents. Next award recipient will be chosen this summer (TBD).

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The Portland Senior Center Van Service, due to funding restrictions, must enforce their transportation policy. No longer can they accommodate more than 3 cancellations within a 2-month period. If more than 3 cancellations occur, participation may be suspended for 3 months. This also includes residents not canceling in a timely manner and no-shows 2X's within a 2-month period. Medical appointments are the Van Service's priority. Local appointments include Portland, East Hampton, Cromwell, Middletown, and Rocky Hill. Out-of-district appointments could include Hartford, West Hartford, New Britain, Meriden, Glastonbury, or Farmington. Out-of-district appointments must be booked at least 2 weeks in advance and can be made only if the Van Service's schedule allows. Call Holly, RSC, if you need more policy details. Thanks, Marlene, for sharing this important information to the Quarry Heights residents and Holly, RSC.

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Adam's Hometown Market has a new online delivery service with Mercato. If you can't drive, don't have a friend or family member who can help, and you can't get to the market on your own, you can go to the Mercato website, set up an account. You can order at your leisure and have your groceries delivered the next day. Order min: \$10.00 Local delivery: From \$7.49 (2.7 mi). For more information, call (860) 342-0672 or visit Mercato's website: [Mercato - Store Results](#)



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Bingo's going strong thanks to Carol Culley and Mary Olson who have been organizing and managing the Wednesday event. If you would like to participate and have some fun, show up on Wednesday at 1:00 p.m. and you'll have a ball.

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On May 2, 2022, Quarry Heights residents had a wonderful and engaging Fall Prevention workshop with Anette Urban, Fall Prevention Master Trainer. Anette knows her stuff and can really connect with her audience. Attendance was great and those who attended learned how to protect themselves from falling and how to get up after falling in simple and fun ways. This workshop energized attendees and they left feeling physically more secure, safer, happier, and mentally uplifted. Anette was so knowledgeable and enthusiastic; she will be back this summer to discuss dementia (TBD).

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Holly, RSC, has been in discussion with a reputable hair stylist who is willing to visit Quarry Heights once a month to cut hair. The stylist has Mondays free. Holly will need 4-6 residents to make it worthwhile to all. Pricing: \$25 for men's cut, \$25 for women's cut and \$35 for women's cut with blow dry. Please contact Holly for details and if there is an interest on your part.



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Thanks to Elaina Chimenti of Quarry Heights, we have a full box of men's shirts, fall jerseys, t-shirts and collared shirts, and some useful household items. We also have a brand-new pillow courtesy of Elaina. If interested in checking out the box, see Holly, RSC.

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Unfortunately, Betty will be wrapping up her bread pickup and delivery soon. Due to the stress on her body, she stated, it is no longer physically viable. If anyone would like to pick up the slack, please contact Betty: (860) 342-2080.

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Meals on Wheels Requirements: Be 60 years of age or older, be unable to eat at a community meal site, not be able to drive and require transportation assistance, or be assessed by a medical provider as "homebound." Call Holly, RSC for more information and/or application.

Older Adult Mental Health:

May was Mental Health Awareness month and has been observed in the United States since 1949. It is a time to remember that mental health is essential to our overall health. Nearly 1 million adults aged 65 and older live with a substance use disorder (SUD), as reported in 2018 data and fewer than 40% of older adults with mental health and substance abuse issues seek treatment, <https://www.samhsa.gov/data/>. Don't suffer in silence—reach out for assistance (Holly, RSC, can help provide resources).