

Event Calendar

Independence Day, 7/4/22
(Office will be closed)
Board Meeting, 7/18/22
Chatham Court
Community Room

Don't Forget:

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.



COVID-19 Antigen Rapid Test

If anyone would like a self-test at home with results in 15 minutes, Holly has two full boxes at Quarry Heights and can personally deliver. (They expire in August)

Just to remind everyone, 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

Resident Corner

As you may notice in the last few newsletters, we have been highlighting some great things happening at both Chatham Court and Quarry Heights from helpful donations to events hosted and/or sponsored by residents, etc." If you would like to share anything you think may be newsletter-worthy, feel free to reach out to Holly, RSC.



PORTLAND HOUSING AUTHORITY MONTHLY NEWSLETTER, JULY 2022

News and Information for Everyone

Poetry Contest to Honor Late Resident

The Buttonwood Tree of Middletown is accepting submissions for its poetry contest, "Set Your Conscious Free" which is being held in honor of Buttonwood Tree founder the late Susan Allison as well as the late Barbara Payne, a longtime Portland resident. Payne is being honored as the mother of Naji Chester-Payne, Portland's current poet laureate and Chatham Court resident, who inspired and is co-sponsoring this contest. The winner of the contest will receive \$100. Second place is \$50, and third place is \$25. There will also be honorable mentions. This contest is open to anyone ages 16 and over and there is no fee to enter. Entries can be submitted until 11:59 p.m. June 30th. For rules and to submit your poem, go to buttonwood.org/poetry-contest. Good luck to all who enter!



Prevention & Wellness Council

This is a great chance to get involved in the Portland community and make a difference. Community members are sought to participate in the Portland prevention & Wellness Council. The goal of the council is two-fold: education about drugs, alcohol, and tobacco products, and coordination of healthy community events and prevention through programs and community discussions. The council works with individuals, groups, schools, and religious organizations in the community to identify the needs of the community. If interested, call Meg Scata, prevention coordinator at (860) 342-6758.



How to Make the Juiciest Land O Lakes Burgers for that Summer BBQ



Ingredients

$\frac{1}{4}$ cup Land O Lakes® Butter, frozen, 1-pound 85/15 ground beef, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 4 (3/4-ounce) slices Land O Lakes® Deli American, 4 burger buns, buttered, toasted lettuce leaves, as desired, sliced red onion, as desired, sliced tomato, as desired, pickle slices, as desired

How to make

Using largest side of grater, shred frozen butter (freeze at least 5 minutes) onto sheet of waxed or parchment paper.



Gently mix beef and shredded butter until well incorporated. Form into 4 (5-inch) patties. Sprinkle both sides with salt and pepper. Refrigerate until cooking time.

Heat large skillet over high heat. Cook 2-3 minutes per side or until desired doneness. Turn off heat. Place 1 slice cheese on each burger; cover pan with lid for 1 minute or until cheese is melted. Put burgers on toasted buns, garnish as desired.

Office Main Phone Line:

(860) 342-1688

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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 Reminder:

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](https://www.988lifeline.org) | [SAMHSA](https://www.samhsa.gov)



Don't forget that the **energy assistance pre-application** process begins August 1st. When the pre-application period opens, call Community Renewal Team (CRT): (860) 347-4465.

Bread Delivery

Ella Perry of Cross Street Zion Church in Middletown, CT delivers bread to both Chatham Court and Quarry Heights every other Friday. Drop off at Chatham Court is approximately 9:30-10:00 a.m. Drop off for Quarry Heights is from 10:00-10:30 a.m. Next July delivery will be July 1st, then July 15th.

Don't Forget 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:

Get Ready kids:

Jennifer Renk, the illustrious Youth Services Coordinator from the Portland Library will be hosting two events at Chatham Court Community Room

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August 15th will be a Solar Power experiment with s'mores at 11:00 a.m.

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August 22nd will be a water purification experiment with knot tying licorice ropes at 11:00 a.m.

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Activities are most appropriate for K-5th grades but high school students, if they join as helpers, will get community service hours (see bottom right of this page)

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Call Holly, RSC to register for either or both events (must have a count of attendees by August 8th and space is limited)

Chatham Parents:

Please encourage your children to make a new friend this summer. "New friends are like new adventures. You never know what lessons they will teach you." – Unknown

Quote of the Month:

"Passion is energy. Feel the power that comes from focusing on what excites you."
Oprah Winfrey

Chatham Court

Parks and Recreation are happy to announce that the Splash Pad at the Portland Recreational Complex on Route 17 is now open for the summer. Operational hours are from 10:00 a.m. - 7:00 p.m., seven days/week.

For details, call: (860) 342-6757.



Free Summer Fun at the Portland Library



Stories in the Great Outdoors (ages 0-5) Mondays at 11:00 a.m. July 11, 18, 25, and August 1. Bring a blanket and join in the fun by the gazebo on the Town Green as they read stories and rhymes and sing songs about the great outdoors. Registration is required.

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Camping Capers (going into grades K-2) Wednesdays at 11:00 a.m. July 13, 20, 27, and August 3. Get ready to explore! Library "campers" will discover some of the best parts of camping in the great outdoors (or at least the library lawn). They'll work together to set up a tent, make lanterns, and follow clues to see what animals have been at the campsite. Of course, they'll have to get messy with s'mores, water balloon games, crafts, and make their own ice cream too. Registration is required.

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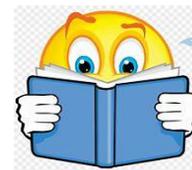
Summer Camp-capades (going into grades 3-5) Tuesdays at 11:00 a.m. July 12, 19, 26, and August 2. Each week, they'll enjoy a different aspect of summer, from traditional camp crafts, s'mores, and tie-dye to learning survival skills. They'll explore the national parks and earn some Junior Ranger badges; make their own flashlights and tell ghost stories; and go on a hunt for the elusive Bigfoot! Registration is required.

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Library Lock-In Friday, July 29 7:00-10:00 p.m. After a two-year hiatus, the library lock-in is back and better than ever! Teens are invited to visit the library after closing time for this once-a-year opportunity. The exact plans for the night are kept TOP SECRET, but will include games, crafts, and of course, food! This is one of their most popular events of the year, so sign up early! Registration is required and space is limited.

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Adult Summer Reading Program When you sign up for the program you receive a coupon for free books and another coupon when you log in 2,000 pages. For every 250 pages the Adult Summer Reading participants of Portland library log as a group, the library will donate funding for two musical instrument rental scholarships for the 2022-2023 school year for two students at Brownstone Intermediate School.



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The Portland Library also has a variety of reading programs for children and teens. For more information, registration, and full descriptions, check online: www.portlandlibraryct.org or call: (860) 342-6770. They are also on Facebook and Instagram.

High School Students Take Notice: To graduate from Portland High School, students are required to complete 8 hours/year of community service (equal to 32 hours by the end of senior year). If there is an interest in completing hours at either at Chatham Court or Quarry Heights, please reach out to Holly, RSC, for more information and/or to register for community service hours. This would be a perfect opportunity to complete the hours needed, meet more residents, and make friends with Housing staff. If enough high school students take an interest in performing their community service hours during this summer, Housing will set up a workshop to further discuss. Students who attend the workshop will receive 2 hours of community service if they complete the other 6 hours required for the year this summer with Housing.

Don't Forget About Rent Rebate:

Lynn Tracey, Senior Services Administrator, stated many of Quarry Heights residents are attending appointments with incorrect/incomplete paperwork. She recommends checking details with Holly, RSC, to ensure paperwork is in order before attending appointment.

Also, she suggests residents make an appointment now: (860) 342-6760 and compile the paperwork in anticipation of the appointment as the schedule is filling up rapidly.

Resident of the Season

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Come to the dementia presentation on July 12th and find out who will be our Resident of the Summer.

Quarry Heights Concerns:

When operating the washing machine, please if washing with:

- 1. pods, use only one pod/wash
- 2. Liquid or dry detergent, use only ¼ cup/wash

Please keep this area as clean as you can so others can enjoy the cleanliness you have. Thank you.

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We are getting more complaints regarding leaving wet clothes in the washing machines. Please be respectful of other residents' time and not leave wet clothes behind for others to move.

Quote of the Month (Unknown)

Balance is key in everything you do. Dance all night long and practice yoga the next day. Drink wine but don't forget your green juice. Eat chocolate when your heart wants it and kale salad when your body needs it. Wear high heels on Saturday and walk barefoot on Sunday. Live high and low. Move and stay still. Embrace all sides of who you are. Be brave, bold, spontaneous, and loud and let that complement your abilities to find silence, patience, modesty, and peace. Aim for balance. Make your own rules and follow your own path and don't let anybody tell you how to live according to theirs.

Quarry Heights



Carol Culley had an awesome Memorial Day picnic for family and friends. If anyone would like to share photos of an event, share information, or just brag about something, let Holly, RSC, know and she can post it in the next newsletter.



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Lawrence Mazzillo, resident of Quarry Heights, just turned 94 years old on May 17, 2022. Congratulations Lawrence on a healthy and happy "youthfulness." Your energy, stamina, and "game" inspire us all.

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Jeff Burgess, a very generous local resident, had a desire to donate his beautiful love seat to a Quarry Heights resident who was in need. Wayne Brackett and his wife Marcia had an old and dilapidated large sofa that took up way too much space. Jeff and Wayne worked very hard to make it happen and are very happy to see the new love seat fitting perfectly in Wayne's and Marcia's living room. Thank you, Jeff for your wonderful gift to Wayne and Marcia. They will be forever grateful to you.



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The wonderfully engaging Anette Urban, Fall Prevention Master Trainer, and certified dementia practitioner will be back to give a presentation on the dementia umbrella on July 12th from 4:30-6:30 p.m. at Quarry Heights. We invite participation to help us gain knowledge of the warning signs in family and friends and learn how to aid and support those struggling with this neurocognitive disorder. Those residents interested in attending, please register with Holly, RSC.

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Carol Culley started Pokeno on June 10th and states that so far participation has been great. If you would like to join in the fun, stop by the Quarry Heights Community Room on Fridays at 1:00 p.m.

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Local Seniors Sought for Pen Pals Program. The Portland Parks and Recreation Summer Quest Camp program is sponsoring an intergeneration initiative called "Pen Friends for the Ages." The writing program will begin July 5th. Each week, the pen friends will write back and forth, with a meeting at the end of the camp in August. Seniors interested in participating should call Lynne or Alexis at the Waverly Center: (860) 342-6761.

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Holly, RSC, hasn't heard any interest from residents regarding bringing in 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 feel free to contact Holly for details and if there is an interest on your part.



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Pay it forward and be kind and helpful to your neighbors. You never know when you will be in need and others will come to your rescue. And, if/when your neighbor does offer assistance, remember to be thankful. You will be surprised how quickly you can make a new friend.

