



# MONTHLY NEWSLETTER

September 2022

| Event Calendar  | Office Main Phone Line: (860) 342-1688   |   | Mission Statement   |
|---|--|---|---|
| <p>Labor Day, 9/5/22<br/>Office will be Closed</p> <p>Board Meeting, 9/15/22<br/>Chatham Court<br/>Community Room</p> <p>Autumn Begins, 9/23/22</p> | <p><b>Holly Kobayashi, ext. #115</b><br/>Resident Service Coordinator<br/><a href="mailto:hkobayashi@portlandha.org">hkobayashi@portlandha.org</a></p> <p><b>Susan Nellis, ext. #113</b><br/>Administrative Housing Coordinator<br/><a href="mailto:snellis@portlandha.org">snellis@portlandha.org</a></p> | <p><b>Dan Rafaniello, ext. #112</b><br/>Staff Accountant<br/><a href="mailto:drafaniello@portlandha.org">drafaniello@portlandha.org</a></p> <p><b>Jeffrey Costa, ext. #114</b><br/>Maintenance Staff<br/><a href="mailto:jcosta@portlandha.org">jcosta@portlandha.org</a></p> | <p><i>Our agency's mission is to provide a stable foundation for opportunities, growth, and development in a living environment free of discrimination. We believe that by fostering strong communities and promoting residents' self-sufficiency we can help improve the lives of the families we serve.</i></p> |
| <p><b>Hours of Operation</b></p>  | <p><b>Carol Diaz, ext. #110</b><br/>Administrative Housing Assistant<br/><a href="mailto:cdiaz@portlandha.org">cdiaz@portlandha.org</a></p>  | <p><b>For Maintenance Emergencies Call:</b><br/><b>860-519-3251</b></p>   |   |
| <p>Monday-Thursday<br/>8:30-4:30 p.m.</p> <p>Friday<br/>8:30-1:30 p.m.</p> <p><b><u>Please call before visiting</u></b></p>                         |  |   |   |

## News and Information for Everyone

### Local Artisan Showcase

On Sunday, September 11, Zion Lutheran Church, located at 183 William Street, will host a reception from 3:00-5:00 p.m. showcasing local artists in the Fellowship Hall. The event will provide the community and church members the chance to meet and chat with local artists, photographers, and hobbyists of all levels of abilities. Original paintings and drawings as well as photography, ceramics, textiles, folk art, wood carvings, collages, jewelry, and homemade jams and jellies will be for sale. 30 participating exhibitors will donate one of their works of art for a silent auction sale. Proceeds from the sale will benefit Zion's lounge renovation project. The reception is free to the public and most artwork will be available for sale. Light refreshments consisting of cheese and wine, will be served. For those interested in displaying your artwork, call Sue at (860) 685-0593.

### Connecticut remains in a STAGE 2 DROUGHT

Residents and businesses are asked to voluntarily take the following measures to aid in minimizing strain on water resources:

- ✓ Reduce outdoor irrigation
- ✓ Postpone planting of any new lawns or vegetation
- ✓ Minimize overall water use by fixing leaky plumbing and fixtures

For additional conservation requests issued by water suppliers or municipalities, check out the website: <https://portal.ct.gov>

The **Town of Portland** received funding from the State Bond Commission to add parking access to the Portland Recreational Riverfront Park and Trail thanks to Senator Norm Needleman and Representative Christie Carpino. Parking access at Riverfront Park and Trail will provide significant improvements for walkers, joggers, bikers, and everyone in the community looking to get some fresh air and enjoy one of the most scenic and beautiful areas of Connecticut. Access will enable residents to participate in recreational activities that have been previously unfeasible. The Town of Portland, CT is grateful to have representatives who see the full potential of the community and can ensure a well-maintained park that will continue to be enjoyed by residents well into the future.

## Chatham Court News



Portland Housing hopes that all residents and their families/children have had a smooth transition back to school, Monday, August 29, 2022. Feel free to check out the school calendar at: [Calendars | Portland Schools \(portlandctschoools.org\)](https://portlandctschoools.org)

**For new residents, just in case you haven't yet, register your child by email or call:**

PreK - Cynthia Myrick at [cmyrick@portlandct.us](mailto:cmyrick@portlandct.us) or 860-342-3131

Kindergarten Registration - Parents/guardians whose children will be five years of age on or before January 1, 2023, should:

Email Peggy Gross at [pgross@portlandct.us](mailto:pgross@portlandct.us)

Grades 1 to 12 - Email Maritsa Ellam at [mellam@portlandct.us](mailto:mellam@portlandct.us)

Please provide your child's full name, phone number, and address.

For more information on registration, visit: [Registration Required Forms \(portlandctschoools.org\)](https://portlandctschoools.org)

For Student Services: Mrs. Dawn Davis, Director of Student Services, [ddavis@portlandct.us](mailto:ddavis@portlandct.us) or: (860) 342-2778



Don't forget about the Aces Early Head Start Program in Middletown, CT. It is a no cost program that is federally funded and offers services to expectant families and families with infants and toddlers up to age of three across Middlesex County. To apply for the program, go to [www.aces.org](http://www.aces.org). If you would like more information, call (860) 704-0725.

## Yard Goat's July 29th Game



Portland Housing Authority had a great showing at the Yard Goat's Game on July 29, 2022. It was a fun event, and a good time was had by all. The Jordan's son, Travis, took the honors and threw the first pitch. Krystal Rivera with family and friends enjoyed from the stands.



### Chatham Court Resident Corner

**Please, please, please, when you receive your annual recertification paperwork, complete it, compile the necessary documents, and get everything in quickly to lessen the burden on Housing. Thanks!**

### English Classes, Resume Preparation, and the Upcoming Financial Coaching Workshop

Now that your children and grandchildren are back to school, if anyone would like to join classes in English let Holly, RSC know. If there is a good sign-up, classes will commence in September. Classes will be free and entertaining. Residents will learn simple but important lessons under the tutelage of a very enthusiastic instructor.

How about giving Holly a call to set up a time with her so she can prepare a fabulous resume that will get you that job interview you have always wanted.

Keep your eyes peeled for fliers regarding the upcoming Financial Coaching Workshop in late September to help residents get into position to purchase a first home.



# HEALTHY AGING



A sense of humor is a quality well worth having. Norman Cousins' 1979 book 'Anatomy of an Illness' brought much attention to the idea that laughter could promote good health.

Sometimes Laughter is the Best Medicine ([www.goldencarers.com](http://www.goldencarers.com))

A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It's also contagious and free!

### Benefits of Laughter

Laughter is known to reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure, and improve alertness and creativity.

Just ask Sue Ann, Julio, Sue, Mark, Larry, and Marlene of Quarry Heights. They visit the RSC occasionally and really make her laugh with all their great senses of humor. She remarks that she looks forward to their visits and the laughter they provide free of charge as the laughter assists her in aging happily and in good health!



Town of Portland, CT has been awarded a Community Development Block Grant from the Connecticut Department of Housing in the amount of \$725,000. The grant will allow for renovations at the Senior Center including the kitchen, HVAC, and power capacity.

## \$ Last Chance for Renter's Rebate \$

Appointments are available until 9/28 on Tuesdays and Wednesdays either 10:00 or 10:30 a.m. with Lynn Tracey at the Senior Center. Lynn recommends checking details with Holly, RSC, to ensure paperwork is in order before attending the appointment. Also, Lynn suggests residents make an appointment now: (860) 342-6760 and compile the necessary paperwork in anticipation of the appointment as there are very few appointments left.



On the afternoon of August 10, 2022, Quarry Heights residents had a visit from Jessalyn Pito, the Medicare Maven. She was welcomed with a packed audience of Medicare program-interested residents. And the pizza was a nice bonus. What is great about Jessalyn is she is a wonderful advocate for seniors and their specific healthcare needs, and her personal touch is legendary. Jessalyn will be back in October to share Medicare updates and provide support service.



The Chatham Health District invites you to Covid-19 vaccination clinics being held at Quarry Heights on Wednesday, September 21, 2022, from 3:30 p.m. to 6:30 p.m., Wednesday, October 12, 2022, from 3:30 p.m. to 6:30 p.m., and Wednesday, November 9, 2022, from 3:30 p.m. to 6:30 p.m.

Don't forget to join Carol and the Bingo guys and gals on Wednesdays from 1:00-3:00 p.m. and Pokeno on Fridays from 1:00-3:00 p.m. You can chat with your old friends and make new friends while enjoying the fun and games.



### Quarry Heights Resident Corner

**Laundry Room has a problem with the wall behind the dryers. Please do not push dryers backward into the wall as they are pushing the wall out behind, and water is seeping into the Laundry Room and outside. Thanks!**

### Health and Wellness Fair

The Waverly Senior Center will be holding a Health and Wellness Fair on September 12, 2022, from 1:00-3:00 p.m. Health practitioners and vendors including homecare agencies, QMedic (medical alarms), Caption Call (phone systems that have captions for the hearing impaired), Chatham Health District, rehab and physical therapy companies, hearing specialists, Middlesex Hospital for breast cancer awareness, hospice, massage, acupuncture, and reiki professionals, and October Kitchen (company that prepares and delivers fresh meals daily) will be present and available to assist attendees. There will also be raffles and refreshments. To register or for more information, call Lynn or Alexis at the Senior Center: (860) 342-6761.