



# MONTHLY NEWSLETTER

October 2022

<p><b>Event Calendar</b></p>	<p><b>Office Main Phone Line: (860) 342-1688</b></p>		 <p><b>A reminder to all residents: if you would like to share any information beneficial to other residents, a personal positive experience, a success story, news, photos of an event, and/or ideas for the newsletter, please feel free to reach out to Holly, RSC.</b></p> 
<p>Columbus Day, 10/10/22 Office will be Closed</p> <p>Board Meeting, 10/17/22 Quarry Heights Community Room</p> <p>Halloween, 10/31/22</p>	<p><b><u>Carol Diaz</u>, ext. #110</b> Administrative Housing Assistant <a href="mailto:cdiaz@portlandha.org">cdiaz@portlandha.org</a></p>		
<p><b>Hours of Operation</b></p> <p>Monday-Thursday 8:30-4:30 p.m.</p> <p>Friday 8:30-1:30 p.m.</p> <p><b><u>Please call before visiting</u></b></p>	<p><b><u>Susan Nellis</u>, ext. #113</b> Administrative Housing Coordinator <a href="mailto:snellis@portlandha.org">snellis@portlandha.org</a></p>	<p><b><u>Dan Rafaniello</u>, ext. #112</b> Staff Accountant <a href="mailto:drafaniello@portlandha.org">drafaniello@portlandha.org</a></p>	
<p><b><u>Holly Kobayashi</u>, ext. #115</b> Resident Service Coordinator <a href="mailto:hkobayashi@portlandha.org">hkobayashi@portlandha.org</a></p> 		<p><b><u>Jeffrey Costa</u>, ext. #114</b> Maintenance Staff <a href="mailto:jcosta@portlandha.org">jcosta@portlandha.org</a></p> <p><b>For Maintenance Emergencies Call: 860-519-3251</b></p>	

## News and Information for Everyone

### Candles, Incense, Kerosene and Oil Lamps Prohibited

In Housing's Addendum to the Dwelling Lease, it states that residents are forbidden from using candles, incense, kerosene and oil lamps in their units and are not permitted to store flammable liquids and/or material on PHA premises.

Cooler months are coming when many like to light candles and use incense; however, please take note that due to the dangerous nature of the burning materials for all residents, families, and neighbors, they are prohibited here at Portland Housing Authority in any of the units and/or on the premises.

The CT ALERT—The State of Connecticut has implemented a state-of-the-art emergency notification system to alert residents anywhere in the state. This emergency system enables state and local 911 emergency communication centers to provide essential information quickly in a variety of life-threatening emergency situations.

You can get emergency alerts sent to you on any communication device that you use, such as your cell phone, email, text message, or certain hearing-impaired devices, just by providing your information, and keeping it updated on this site. To learn how it works, to register for alerts, or to update your information go to:

[Connecticut Emergency Alerting and Notification Systems](#)

Housing had a very productive Resident Advisory Board (RAB) meeting recently with representatives from both Quarry Heights and Chatham Court.

Quarry Heights event engagement has been great. While Chatham Court event engagement has been low, it is on the uptick.

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Jesse Revicki from Youth Services attended and shared with the team that Youth and Family Services provided 62 backpacks, 66 sets of school supplies, and 26 shoe gift cards/vouchers.

## News and Information for Everyone (Continued)



Come to the upcoming insurance workshop with Mimma Burke from State Farm Insurance Company at Quarry Heights on Tuesday, October 11<sup>th</sup> at 4:30 p.m. to learn more about renter's, auto, animal liability, theft, and fire insurance. Even if you already have insurance, you can learn if you have sufficient coverage to meet your specific needs, hear updates, and find out if the insurance you carry is the right choice for you.

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**Emergency Housing Programs:** They provide temporary indoor accommodations for seniors, families, and other individuals who are facing a high risk of homelessness. While some emergency housing programs are operated in shelters or standalone facilities that provide a safe place to sleep, others can provide temporary financial support to cover rent or mortgage payments. The Connecticut Coalition to End Homelessness works with the state's seniors and other homeless citizens to help them access rapid re-housing opportunities, as well as other programs, to ensure their overall safety and well-being. If you know of anyone in need of emergency housing, call: (860) 721-7876 for assistance or talk with Holly, the RSC.

### Chatham Court News



**Save the Date:** Pumpkin painting for the Portland Fair on Wednesday, October 5<sup>th</sup> at 6:30 p.m. Paint a pumpkin at the Portland Library and the library staff will bring it to the Portland Fair and enter it for you in the fair competition. Kids of all ages are invited to participate but only those ages 5 and up are eligible for fair entries. Pumpkins and paint will be supplied. A parent or guardian must be with children to help with supervision.

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#### PORTLAND AGRICULTURAL FAIR, October 7, 8, & 9 Last Major Fair of the season Don't miss out on:

1. French Fries sponsored by the Portland Fire Department
2. Karaoke on the Big Stage hosted by Rob Valli
3. Cornhole Tournament with cash prizes
4. Petting Zoo - magnificent
5. Square Dancing - performed by the Glastonbury Square Dance Club. Participation Welcome.
6. Fashion Show hosted by Savvy Swap. Just wait until you see the special guest model.
7. Sunday Sports Ticket 4 big screen TVs with Football, NASCAR, and post season baseball.
8. Food Trucks - Piggini' Out BBQ, Hot Chix Chicken, Prime Meat to name a few.

#### The best 3 days in October! We hope to see you all there!

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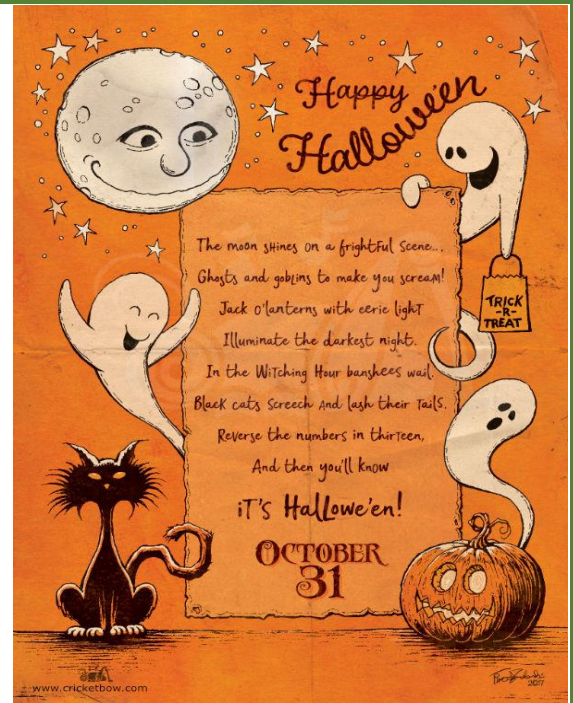
Halloween on Main Street, Friday, October 28<sup>th</sup>. For this, several businesses will remain open late and have trick-or-treating available for the local kids along Main Street and some surrounding spots. Join the Main Street fun from 4:00-7:00 p.m. Quarry Heights residents will participate as well with lots of candy for the kids. Come by and meet some great Quarry Heights residents who love celebrating Halloween.

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Youth and Family Services (YFS), the Portland Library, and Parks and Recreation are hosting **Monster March:** Saturday, October 29 at Riverfront Park from 12:00-2:00 p.m. with a children's costume parade combined with a costumed dog parade. They anticipate face painting, crafts, cider and doughnuts, popcorn, pumpkin painting etc. This will be their 2<sup>nd</sup> year offering Halloween fun.

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Be on the lookout for notice (flier) of 4<sup>th</sup> Annual Trick-or-Treat event at Dunkin Donuts Park on Sunday, October 30, 2022, from 12:00 p.m. to 3:00 p.m. Kids will be able to go from table to table gathering treats and other fun goodies from the Yard Goat's valued partners and enjoy holiday decorations and activities along the way.



## Chatham Court Resident Corner

**Please Take Note:** Residents should minimize 3<sup>rd</sup> party money transfers such as the cash app. Zelle. During annual recertifications, if they are found regularly in bank statements, they will be considered income.

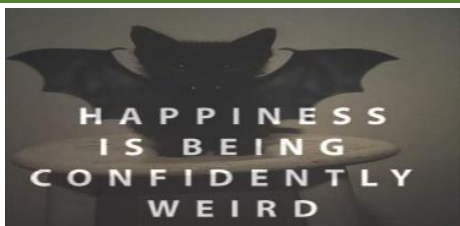
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A visit of more than 7 days (consecutive or not) within a 45-day period constitutes unauthorized occupancy and is a violation of the lease. Permission may be granted **upon written request** to the executive director, for an extension of the provision. Resident understands that he/she must obtain **prior written consent** from Housing for any guest visiting more than 3 consecutive nights and must report a guest and/or visitor's vehicle with Housing. Resident further understands that he/she is responsible for the conduct of the guests and/or visitors and shall be assessed any damage caused by visitors and/or guests.

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Reminder to opt in for text messages with Carol Diaz so you will be in the loop and won't miss out on important information at Chatham Court.

## Monthly Quote



## Halloween Jokes

Q: **What do you call someone who puts poison in a person's corn flakes?**

A: A cereal killer.

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Q: **Why don't mummies take vacations?**

A: They're afraid they'll relax and unwind.

## Chatham News (Continued)

### Riverfront Rumble

A big thanks to Naji Chester-Payne for a fabulous charity event. And thanks to Youth and Family Services for their generosity with several ring-side seats at the event for youth. The kids had as much fun as their parents.



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Enjoy the photos from Portland Public Schools Night at the Yard Goats game on July 28th. Portland students held the flag with Barry Rodger's son William's help.



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**Financial Coaching Workshop** Part I, October 5<sup>th</sup> from 5:30-7:00 p.m., in the Chatham Court Community Room. Get ready for the "How to Purchase a First Home" workshop.

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Housing is also going to be coordinating with Liberty Bank for a first-time homebuyer workshop and what Liberty Bank has to offer. TBA

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The YMCA of Middletown has a wonderful preschool program that serves a full continuum of families including those with and without economic challenges as it prepares children for their continued educational journey. The YMCA Preschool Program provides high quality, professional childcare and early childhood education to children ages 3 – 5 years. The preschool provides a safe and nurturing environment that promotes the physical, social, emotional, and cognitive development of young children. In addition, the preschool acts as an education resource for parents and provides assistance in meeting the needs of the families served. For more information, call: please contact Karyn Hurlbert at [khurlbert@midymca.org](mailto:khurlbert@midymca.org) or 860-343-6227.

## Quarry Heights News



### Fall Driver Safety Course

Monday, October 31<sup>st</sup>  
12:30-4:30 p.m.

Portland Senior Center

\$20/AARP and \$25/Non-AARP members.

For more information or to pre-register, call: (860) 342-6760 or

email: [ltracey@portlandct.org](mailto:ltracey@portlandct.org)

Would the Quarry Heights residents be interested in having a Christmas party?

Please reach out to Holly, RSC, with ideas and date and time options.



## Quarry Heights News (Continued)



**Would you like to learn how to let stuff go and be in a more relaxed mindset?**

Then, join Judy Thompson on Wednesdays 10/5, 10/12, 10/19, 11/2, and 11/9 at 11:30 a.m. at the Senior Center for "Let That Go Sessions." Register early. There is no fee, just a "Free-Willing Offering," if you can, in her "tip jar." Wear comfortable clothes, bring a water bottle, soft blanket, and even a pillow, if you want.



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**With Judy, you will learn how to use meditation and hypnosis so as not let the "stuff" hold you back or make your mind get caught in a whirl.**

From *What I learn from Don Schweingruber*, posted January 29, 2015, in *Psychology Today* by Nancy Berns

**If you are looking to enrich your life, follow these principles below:**

1. Look for the good and be the positive
2. Learn from mistakes but let go of past what-ifs
3. Laugh whenever you can, especially at yourself
4. Learn to listen and listen to learn
5. Lift up others
6. Lead with grace, lose with faith
7. Live with hope and love



### Quarry Heights Resident Corner

Several residents have been complaining about the pilfering occurring in the Laundry Room. There have also been complaints from residents on damage and vandalism of personal property.

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 There have been an extraordinary number of complaints. 20+ Quarry Heights residents have been accused of smoking in their units. This is unacceptable and offenders with be cited \$150/offense.

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 Please, please, please, respect your neighbors and refrain from lease violation actions.

### Resident of the Season (Autumn)



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Come to the State Farm presentation on October 11<sup>th</sup> and find out who will be our **autumn season award recipient**.

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 The Outstanding Resident of the Season Award was established to recognize and honor outstanding residents who embody the great spirit of compassion, kindness, and good will toward others.

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 Don't forget that you can recommend a resident (or even yourself) who you feel is deserving of this award. There is a "Recommendation Box" at the back side of the Community Room with a memo pad and pens for this specific purpose.

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 If you make a recommendation, please mention why you think this person is "outstanding and embodies the great spirit of compassion, kindness, and good will toward others."



**Jessalyn Pito, the Medicare Maven**, will be back to the Quarry Heights Community Room on Wednesday 10/26 from 12:30-3:30 p.m. to share Medicare updates and provide support service.

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 The Chatham Health District invites you to Covid-19 vaccination clinics being held at Quarry Heights on 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.



***Do you have a Dream?*** If you are 65+ years old and would like to make a new memory for yourself or another senior with limited resources, check out the websites below or see Holly, your resident service coordinator, for additional information, qualifications, and application process to become a wish recipient.



CELEBRATING SENIORS AND MAKING DREAMS COME TRUE

**Twilight Wish Foundaton**



**Seniors Have Dreams Too, Inc.**

**Twilight Wish Foundation – Celebrating Seniors And Making Dreams Come True**

**Granting wishes to seniors (seniorshavedreams.org)**

