



# MONTHLY NEWSLETTER

November 2022

<p><b>Event Calendar</b></p> <p>Daylight Savings Time Ends 11/06/22</p> <p>Veteran's Day, 11/11/22 Office will be Closed</p> <p>Board Meeting, 11/21/22 Chatham Court Community Room</p> <p>Thanksgiving 11/24/22 Office will be closed 11/24 and 11/25</p>	<p><b>Office Main Phone Line: (860) 342-1688</b></p> <div data-bbox="467 653 824 863"> </div> <p><b>Dan Rafaniello, ext. #112</b> Staff Accountant <a href="mailto:drafaniello@portlandha.org">drafaniello@portlandha.org</a></p> <p><b>Jeffrey Costa, ext. #114</b> Maintenance Staff <a href="mailto:icosta@portlandha.org">icosta@portlandha.org</a></p> <p><b>For Maintenance Emergencies Call: 860-519-3251</b></p> <div data-bbox="873 1031 1110 1220"> </div> <p><b>Carol Diaz, ext. #110</b> Administrative Housing Assistant <a href="mailto:cdiaz@portlandha.org">cdiaz@portlandha.org</a></p> <p><b>Susan Nellis, ext. #113</b> Administrative Housing Coordinator <a href="mailto:snellis@portlandha.org">snellis@portlandha.org</a></p> <p><b>Holly Kobayashi, ext. #115</b> Resident Service Coordinator <a href="mailto:hkobayashi@portlandha.org">hkobayashi@portlandha.org</a></p>	<div data-bbox="1203 611 1544 894"> </div> <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><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>Please call before visiting</b></p>		

## News and Information for Everyone



**Part I (of Many Upcoming Tips) What is Recyclable and What is Not?**

Some recycling actions make a bigger impact than others. For good recycling, remember these easy tips:

Recycle clean bottles & cans that are free of most food waste before recycled. They don't need to be spotless but free from other material contamination. Soiled and wet paper should be thrown away in the trash. Breakdown and flatten cardboard and paperboard to make room for other materials,

[www.wm.com/recycleright](http://www.wm.com/recycleright)

If you do not have dental insurance or sufficient coverage, in early October, Community Health Center received grants and is now offering free dental until the money runs out. They also provide care to uninsured individuals as well as those with public health insurance, such as HUSKY. Call: (860) 347-6971 for more information or to book an appointment.



**Did You Know?**

"The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation. It also has aspects of a harvest festival, even though the harvest in New England occurs well before the 4<sup>th</sup> Thursday in November on which the modern Thanksgiving holiday is celebrated. In 1963, President Kennedy acknowledged both the Virginia (1619) and Massachusetts (1621) claims to having held the first Thanksgiving celebration in what became the United States, stating, 'Over three centuries ago, our forefathers in Virginia and in Massachusetts, far from home in a lonely wilderness, set aside a time of thanksgiving. On the appointed day, they gave reverent thanks for their safety, for the health of their children, for the fertility of their fields, for the love which bound them together, and for the faith which united them with their God.'" From Wikipedia



Homeownership Workshops

**Homebuying 101 Workshop** We had a great showing (13 residents) for Part I on October 5<sup>th</sup> at Chatham Court. The presenters were knowledgeable and even shared very relevant stories. Everyone is looking forward to the next workshop. TBA



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

Monthly Quote



Chatham Court Resident Corner

**Wonderful News**

Maribelyz "Mari" Conrad Agosto, Unit #35, daughter of Wendy Conrad Claudio, has been accepted to Central Connecticut State University and will attend college in January 2023.



Habitat for Humanity just broke ground October 15th on Chatham Court resident Krystal Rivera's new home in East Hampton, CT.

Happenings

**Superhero Training**

Join the Portland Library Superhero Academy fun on Tuesday, November 8<sup>th</sup> (children have the day off from school) at 10:30 a.m. for some awesome training. Grades pre-K through grade 2 are invited to participate. You will master superhero skills ranging from leaping over buildings and practicing your X-ray vision to decontaminating a kryptonite zone. Registration is required and space limited. Call: (860) 342-6770 to register.



**Looking for something else to do?**

Book a pass at the Portland Library for one of more than 20 museums and zoos. With the Portland library's Museum Pass Program, you can visit many local treasures for free or at significantly reduced admission. Here is a list of available passes:



**Free Admission**

- Connecticut River Museum
- Connecticut's Old State House
- The Eric Carle Museum of Picture Book Art
- Florence Griswold Museum
- The Mattatuck Museum
- New Britain Museum of American Art
- New England Carousel Museum & Museum of Fire History
- Wadsworth Atheneum



**Reduced Admission**

- Children's Museum / Roaring Brook Nature Center
- Connecticut's Beardsley Zoo
- Lutz Children's Museum
- The Mark Twain House and Museum
- Mystic Seaport
- Naismith Memorial Basketball Hall of Fame
- New England Air Museum



All passes are funded by the Friends of the Portland Library. Passes can be reserved online at [www.portlandlibraryct.org](http://www.portlandlibraryct.org), by phone (860-342-6770), or by visiting the library.





Reminder to reach out to Holly, RSC, with ideas for the Quarry Heights Christmas party.



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

Medicare Updates



Jessalyn Pito, the Medicare Maven, was back to the Quarry Heights Community Room in October to share Medicare updates and provide support service. Open enrollment is from 10/15-12/7.

**What about That Dream You Have?** 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)**

Quarry Heights Resident Corner

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. Residents understand that they must obtain ***prior written consent*** from Housing for any guest visiting more than 3 consecutive nights and must report a guest/visitor's vehicle with Housing. Residents further understand that they are responsible for the conduct of the guests/visitors and shall be assessed any damage caused by visitors and/or guests.



There have been complaints from residents that other residents are borrowing money and not paying the money back. We are all on tight budgets, especially with inflation these last couple of years. Please do not lend money if you can't afford to do so. Housing is also asking for residents who do borrow to treat lenders with respect and understand that paying back borrowed money is the responsible and decent thing to do. It also helps preserve relationships, not burn bridges.

Resident of the Season (Autumn)

Our fall award recipient, **Mary Olson**, was chosen for "always helping everyone. She is a gem." Several residents recommended Mary for the award. When asked why Mary thought many residents suggested Mary be the fall recipient, "I really don't know. I just help people when they need help and ask for nothing in return." According to neighbors, Mary helps others with garbage, cleaning houses, buying groceries, etc., whatever they need at the moment. When she sees or knows of a resident who is



struggling, she always comes to their aid, "no questions asked." Mary is also very energetic and always on a mission. She is thoughtful, kind, caring, helpful, and a good-hearted resident. When asked about her fabulous sense of humor, she stated "laughing is great and people respond." **Thank you so much Mary, for being who you are. You are well loved by Quarry Heights residents.**