



MONTHLY NEWSLETTER

January 2022

There are far better things ahead than any we left behind (C.S. Lewis).



News and Information for Everyone



May your New Year's Resolution be strong and steadfast, and may you fulfill it.

♦♦♦

Tips for Fighting Fatigue in the Dark Days of Winter



Fatigue is a very common condition. That should come as no surprise. As Dr. Amrit (Bloomington Clinic of Bloomington, MN) explains, "we are an overbooked, overstimulated, over-worked society." It's no wonder our energy levels are low. Winter is a time for slowing down, but our lives often don't allow that. Some people don't just experience fatigue in the winter but also struggle with Seasonal Affective Disorder (SAD). According to the Mayo Clinic, symptoms of SAD may include feeling sad or down, losing interest in activities, having low energy, sleeping too much, and having difficulty concentrating. The specific cause is unknown, but some things that contribute are your biological clock (circadian rhythm), serotonin levels, and melatonin levels. If you're feeling down most days, can't get motivated to do activities, or feel hopeless, it's important to see your health care provider. But when you're fatigued or just having a few days of the winter blues, there are some things you can do to help you wake up, boost your mood, and feel better (advice from the Northwestern University website, 12/22).



1. Make a Routine and Stick to It: As the days get shorter, darker, and colder, most people find it harder to wake up earlier. As tempting as it is to stay in bed a little longer, try to maintain a routine in your sleep cycle. Wake up by six a.m. and go to bed by ten p.m. Changing wake up and bedtime by just 15 minutes per week can help you achieve that routine.

2. Start Your Day with Light: Expose yourself to at least five to ten minutes of natural light when you wake up. This might mean going for a quick walk in your PJs, turning on your bedside lamp (ideally full spectrum light box) as you hit snooze, or enjoying your hot morning drink by the window. Any of these options will help prime your circadian rhythm for the day.



3. Use Food as Medicine: In the winter, skip salads and focus on cooked seasonal root vegetables. The key to winter eating and drinking is warmth and heat. Avoid iced or cold beverages, instead enjoy herbal tea. Earlier dinners are also a good idea in the winters.



4. Check Your Vitamin D Levels (and Get Moving!): Some people need more vitamin D in the winter to help with moods. Work with a healthcare provider and check your vitamin D levels before supplementing. Exercise can help lift moods and keep us warm! It also counteracts the heaviness we can feel deeper into the winter.



5. Spend Time Doing Your Favorite Cozy Things: Stay connected with family and friends, or if you like your own space, curl up under a blanket after dinner and catch up on reading.

PART III Recycling Tips for Paper Goods

What's In: cardboard and boxboard, food and beverage cartons, junk mail, magazines and newspaper inserts, newsprint, office paper, and pizza boxes.

What's Out: Gift wrap and gift bags, ice cream containers, paper cups (hot and cold), shredded paper, take-out food containers, and tissue paper.



Event Calendar

New Year's Day 1/1/23
Office will be Closed
Monday, 1/2/23

Martin Luther King Day
Monday, 1/16/23
Office will be Closed
Board Meeting
Monday, 1/30/23
Quarry Heights
Community Room

Main Office (860) 342-1688

[Carol Diaz, ext. #110](#)
Administrative Housing Assistant
cdiaz@portlandha.org

[Susan Nellis, ext. #113](#)
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snellis@portlandha.org

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[Dan Rafaniello, ext. #112](#)
Staff Accountant
drafaniello@portlandha.org

[Jeffrey Costa, ext. #114](#)
Maintenance Staff
jcosta@portlandha.org

For Maintenance Emergencies
Call: 860-519-3251

Hours of Operation

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

Please call before visiting

News Flash

Housing reminds residents to carefully read monthly rent bills and pay the exact amount on time to alleviate extra work on the part of Housing.

Chatham Court News



Upcoming Scholarships

Call Holly, your RSC, if you are already in college or graduating high school June 2023, planning on applying to college, and would be interested in applying for scholarships to assist you in financing your college experience.

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Keep your eyes peeled for Housing to set a date in February 2023 with HRA to come to Chatham Court and help you all file your 2022 taxes for that **GREAT REFUND.** (TBD)



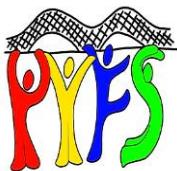
Resume Assistance



What a great way to begin the New Year: a new résumé. This is a fabulous way to land an interview to a great new job. Book a résumé appointment with Holly. The timing could not be better: lots of jobs now.

Youth and Family Services (YFS)

YFS will be bringing a series of talks to youth, parents, and anyone interested. They will be focusing on issues relevant to Portland youth and their parents: prevention, mental health, justice, and diversity. Look for those to start in February 2023. Stay tuned.



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YFS will also be building the Juvenile Review Board into the Restorative Justice

Team. Restorative Justice takes a more trauma-informed approach that works to hold youth accountable for their actions. TBD

Portland Public Library

Homework Help

Not sure where to start? Stop by the Portland Public Library or call: (860) 342-6770 and they will help you and your child use the many resources they have available.



Chatham Court Resident Corner

Community Room Washers and Dryers:

Please, please, please be cognizant of other's time and take clothes out quickly from washers and dryers.



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Visitor Parking: Visitors must park in visitor parking, or their vehicles will be towed.

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Dumpster Areas: These areas need to be clean of garbage and debris, especially during the winter months so Maintenance has easy access for plowing, snow blowing, and shoveling.

Happenings



Skyhawks Basketball Clinics

This fun, skill-intensive program is designed for beginner to intermediate players. Using our progression based curriculum, we focus on the whole player - teaching sportsmanship and teamwork.

Players will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Day: Saturdays

Dates: Jan. 7 - Feb. 11

Fee: \$85

Site: Gildersleeve School

Kindergarten: 8:00am - 8:45am / **1st Grade:** 9:00am - 9:50am

2nd Grade Boys: 10:00am - 10:50am / **2nd Grade Girls:** 11:00am - 11:50am

For more information or to register for the basketball clinics, call:
Portland Parks and Recreation: (860) 342-6757

Kin Care Group

A support network for caregivers who are raising a relative's child.



The Cromwell Kin Care Group is a place for caregivers raising a relative's children to gather, network, and support one another. This group offers a place to share the challenges and joys of parenting a loved one while gaining valuable community resources and information. Meetings will provide Kin Caregivers with presentations, guest speakers, and topics of discussion to assist them during their child's adolescence.

Kick Off Dinner

Wednesday, January 11, 2023

*Register by Monday, January 9th

5:30 pm - 7:00 pm

Cromwell Town Hall. Child Care Provided

Registration required.

Call the Senior Center at (860) 632-3447 to sign up.

Cromwell Senior & Youth Services
(860) 632 - 3447
www.cromwellct.com

Cromwell Youth Services



For those caregivers raising a relative's child!

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Great Group to share with, learn from, and really enjoy!!

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To register call: **(860) 632-3447**



Quarry Heights News

Upcoming Covid Clinic:

1/10/23 at Quarry Heights
From 3:00-6:00 p.m.



Upcoming Flu Shot Clinic:

1/17/23 at Quarry Heights
from 2:00-3:00 p.m.

Idea To Keep Busy

Interested in a part-time job to make a little cash? Holly, your RSC, can help you prepare a resume, help with job leads, help with applications, and help with interview practice. The New Year offers many new jobs that can supplement your income and keep you busy during the cold and dark winter days.



What a wonderful Thanksgiving party Carol Culley hosted at Quarry Heights for family and friends who enjoyed the beautifully decorated Community Room and fabulously tasty bounty.



Social Security Increase News



Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023 (the largest increase in 40 years). On average, Social Security benefits will increase by more than \$140 per month starting in January. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs. The Social Security Administration have been mailing COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account. You can access this information in early December, prior to receiving the mailed notice. Since you will receive the COLA notice online or in the mail, you don't need to contact the Social Security Administration to get your new benefit amount.

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If you would like to set up a Social Security account online and are having difficulty, reach out to Holly, RSC, for help. However, you must have an email address to set up an account.



Quarry Heights Resident Corner

There have been complaints of residents hogging washing and drying machines. While it is not a lease violation, it certainly is not courteous. Please, for the benefit of all residents, just use 2 each at a time so others have access at the same time.

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The speed bumps have been removed for easy snow plowing this winter. Housing has noticed an increase in the speed of vehicles entering and exiting the premises, most offenders being aides, friends, and family members. Remember, during the winter months visibility declines due to the climate changing. Housing asks residents to advise visitors to **slow down**. Recently, one visiting aide almost collided with a resident and other resident's dog almost got hit.

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Many residents have been complaining about other residents these past 2 months. Housing understands this can be a very difficult time of year with all the holidays and cold dark nights for some residents who do not have family, who have poor family dynamics, or even post-trauma of family member during a prior holiday or winter season. We ask for a little patience and compassion from residents to other residents as we do not know what some residents may be personally experiencing. We also ask for residents not to engage if problems occur as confronting another resident can trigger escalations. Thank you.



Quarry Heights Lease Violations

Beware of lease violations including curbing your dog, smoking, drugs, and residents living in a unit of which they are not on lease. In January and February, Housing will be on the lookout (including viewing camera surveillance) and citing offenders.

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Additionally, Holly will be taking complaints about the above-referenced violations anonymously if residents feel more comfortable doing so. Therefore, if you see something, say something to Holly and it can remain private.

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Please do not park in the way of the dumpsters, especially on Tuesdays and Fridays (trash/garbage) and Wednesdays (recycling) or your car may be towed. Visitors must park in visitor parking spots.

Quarry Heights News (continued)

The Best Christmas Party Ever:

Quarry Heights had an awesome Potluck Christmas luncheon with 30 residents participating. Santa was indeed generous. The New England/Yankee Swap was lots of fun with loads of presents opened, shared, and swapped. Thanks to Quarry Heights party attendees for their generous donations and incredible help shopping, decorating, and cooking.



Wonderfully eclectic luncheon with an abundance of food.



Everyone enjoying the food and company



The Rules of the New England/Yankee Swap



**What gift to choose.
There are so many!!**



12-19-2022

Quarry Heights News (continued)



And the
fun
continues



Santa Claus was stupendously
generous this year!!

