



-Monthly Newsletter

May 2023

"Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen." - Deep Roy



Everyone: Food for Thought/Covid Vaccines

Beating the Odds by Delia Berlin

Neighbors, January 2023



In her article, Delia Berlin explains the benefits of her own family situation. Both she and her husband believe in vaccines. They get an annual flu shot and are

up to date on all recommended immunizations and Covid shots including the most recently available "bi-valent" booster. Two factors dampened the initial Covid vaccine euphoria:

1. The immunity from the shots wanes after a few months
2. The virus is not as stable as first appeared and can change enough to evade immunity

However, Delia believes boosters can restore waning immunity. Also, they can be updated to target new variants. This is not ideal as per Delia, as variants evolve faster than boosters can be updated lowering the boosters' effectiveness as time goes by. However, she believes science will continue to discover better weapons to fight the virus.

◆◆◆

After 3 years of dodging the virus, Delia's husband got sick and tested positive for Covid. His symptoms were not severe, but at 82 with pre-existing conditions, he started taking Paxlovid, a specific antiviral. On the first 5-day course of medication, his symptoms started to resolve, while she felt like a sitting duck having been sleeping and eating together. Belia continued to test negative and to date, has not suffered from Covid. Her husband was not so fortunate; however, she believes his mild case was due to his up-to-date vaccine protection.

◆◆◆

Delia thinks vaccinations and boosters award some protection against debilitatingly long Covid. In life she states, there are no guarantees but there are excellent ways to improve one's odds. Her sleeve is already rolled up for when the next booster arrives.

The Odds Aren't Great by Gregory B. Park, M.D.

Neighbors, March 2023



Dr. Gregory Park, a psychiatrist and physician with specialty training in rehabilitation medicine, believes Covid vaccines deserve healthy skepticism. In his own practice, he

discovered 4 of his stroke patients in acute rehabilitation had taken the vaccine 3-6 days prior. He reported all 4 cases to Vaccine Adverse Events Reporting System (VAERS). He does not mention his 3 other patients; however, his first stroke patient was without comorbidities except being treated for elevated cholesterol (patient exercised and weight-trained daily). Dr. Parker believes professionals underreport to VAERS as each of his 4 cases would have been seen by at least 3 attending physicians before transported to his rehab unit, yet none of the prior physicians noticed a pattern nor filed a report. To date, Dr. Parker stated that 35,000 deaths associated with COVID-19 vaccines were reported to VAERS, representing more than 90% of all vaccine-related deaths since VAERS started tallying this data in 1990. He also states that it is estimated that VAERS captures only 1-25% of adverse events, the vast majority not being reported.

◆◆◆

Since the beginning of 2021 (when people became eligible to take the vaccine) to the end of 2022, Dr. Parker also states, there have been 1101 reported cases of athletes dying of cardiac arrest in the world (the spike in deaths was not observed until June 2021). Prior to 2021, as per Dr. Parker states, statistics show roughly 66 athletes died of cardiac arrest each year in the world, mostly due to congenital heart diseases.

◆◆◆

Until recently, it took an average of more than 10 years to determine whether a vaccine was safe firstly and effective secondly. The Covid-19 vaccine either provides a net benefit or it does not. Dr. Parker mentions that data is still being collected and until we have objective data, not sponsored by Pfizer or Moderna, he believes it is healthy to be skeptical and ask questions.

Event Calendar

Mother's Day 5/14/23

◆◆◆

Board Meeting
Monday, 5/15/23
Chatham Court
Community Room

◆◆◆

Monday 5/29/23
Memorial Day
Office will be Closed

Main Office (860) 342-1688

Carol Diaz, ext. #110

Administrative Housing
Assistant

cdiaz@portlandha.org

Susan Nellis, ext. #113

Administrative Housing
Coordinator

snellis@portlandha.org

Holly Kobayashi, ext. #115

Resident Service Coordinator
hkobayashi@portlandha.org

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

Resident Corner

National Day of Prayer

**Thursday, 5/4/23 at
5:00 p.m.**

**Waverly Gazebo
with Quarry Heights
Resident, Lori Phillips**

News and Information for Everyone

Route Changes: As part of the recent merger of Middletown Area Transit and 9-Town Transit, Estuary Transit District is proposing a series of updates and changes to the existing routes. These proposed changes largely come from their most recent transit study; the Lower Connecticut River Valley Transit Study conducted in 2020. Estuary Transit District worked with a team of consultants to make these updates to improve existing service. The primary purpose of these route changes is to make service faster and more direct while also improving service to underserved areas. They have more information below that highlights each route change as well as a written description of the major proposed changes. However, they want and need to hear from you about these proposed route changes. They need feedback related to these proposed changes to help them change and tweak the route design to ensure they serve riders in the best manner possible. While they take all feedback, they would really appreciate bus riders completing a quick **survey**, where they can comment on specific routes or the system-wide changes. See below for Portland proposed route changes, Middletown Terminal scheduling changes, and further information on the survey:

ROUTE 586: PORTLAND/EAST HAMPTON



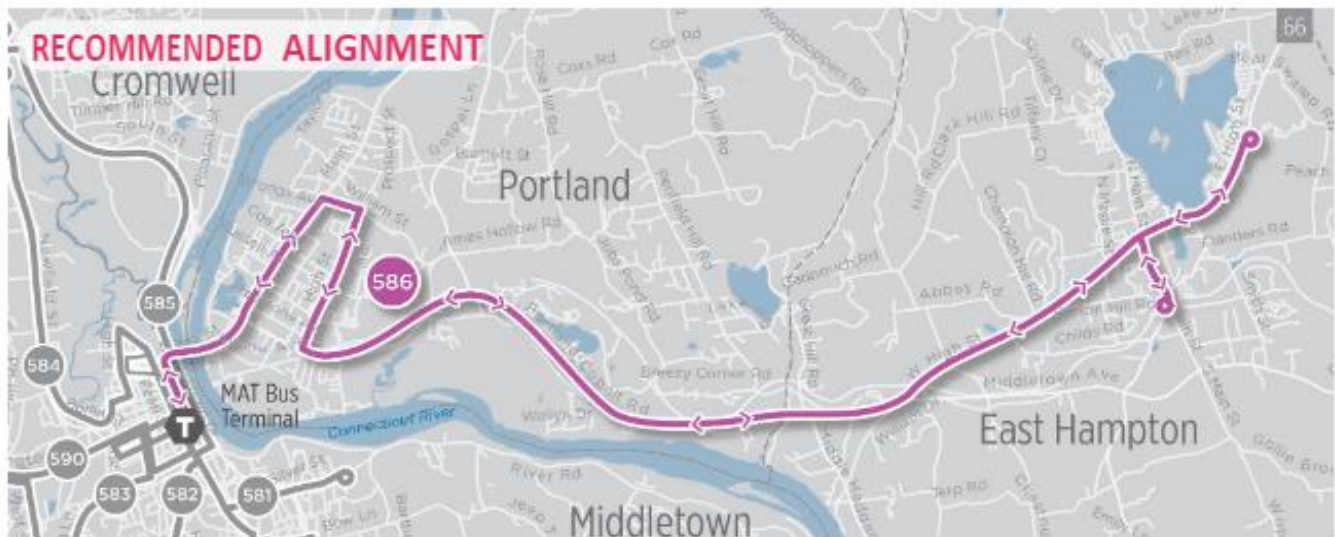
Middletown Area Transit Route 586 currently operates two large one-way loops (one through Portland and one through East Hampton), with bidirectional service along Portland-Cobalt Road. All trips begin and end at the MAT Terminal in Downtown Middletown.

THE LCRV STUDY IS EVALUATING POSSIBLE ROUTE CHANGES TO MAKE SERVICE MORE EFFICIENT FOR RIDERS. HOW WOULD THE POTENTIAL CHANGE SHOWN BELOW IMPACT YOU?



RECOMMENDED IMPROVEMENTS

- Bidirectional service through downtown Portland, based on current PM alignment: Main Street, right on William Street, right on High Street, left on Route 66
- Terminate at Laurel Ridge
- Serve East Hampton Center, near intersection of Main Street and Route 196
- Discontinue route segments on North Main St and Middletown Ave



Schedule Changes: In addition to changing existing routes, they are also proposing scheduling changes to make route departure times simpler and easier to understand. They are proposing at the Middletown Terminal that all routes begin at the hourly clock face. That would mean all buses would leave at 8:00 a.m., 9:00 a.m., 10:00 a.m., 11:00 a.m., etc. Not only will this allow for easier understanding, but it will also allow more time for transferring at the terminal.

◆◆◆

More information about the proposed changes to existing routes can be found: [Proposed Service Changes - Estuarytransit](#)

◆◆◆

You may even want to provide feedback by filling out a quick survey, and they will use the feedback to help them potentially change the design of the new routes: [Service Changes Feedback Survey \(surveymonkey.com\)](#)

Thanks so much for sharing, Chontell!!



Chatham Court News



Chatham Court had another **CONN-NAHRO 2023 JOHN J. KELLY MEMORIAL SCHOLARSHIP** workshop in April with a small but good group of Chatham Court students. The award is worth \$3,500 (free money for school) and a few students began the application process. Housing is confident of the chances our residents have and will be working hard on their requirements as the deadline is fast approaching (June 2023). If any student is interested in applying for scholarships to assist in financing your education, please contact Holly, RSC, for assistance.

Portland Schools

5/12/23 Prom

◆◆◆

Wednesday

5/24/23

2-Hour Delayed

Opening for Students

◆◆◆

Monday, 5/29/23

Memorial Day, No School



Great Information for You and Your Children

Krystal Rivera and her family, residents of Chatham Court, will be moving into their new Habitat for Humanity house this year. Congratulations to the Rivera family. May you make your house a wonderful home!

◆◆◆

Reminder: Free babysitting CPR class is on May 8 & 9 from 6-9 p.m. (6-hour course) ages 11+ at Chatham Court. If your child would like to register, call Jesse, PYFS, right away as space is limited: (860) 342-6758. Schools will provide spirit points for the grade/homeroom of student attendees.

◆◆◆

Reminder: Canvas & Cupcakes Paint Night in Chatham Court Community Room is on May 19th from 6-8 p.m. for kids, parents, grandparents, and caregivers. Space is limited so call Jesse, PYFS, right away if interested: (860) 342-6758.



◆◆◆

Reminder for Portland High School students: Student obligation letters were distributed to students on April 4th. Student obligations could include but are not limited to things like class dues, Chromebook repairs or loss, band/chorus uniforms, missing books, calculators, and such. If your student didn't receive a statement, they do not owe any money currently. However, if your student received an obligation letter, your family must remit payment for obligations at your earliest convenience by sending your student in to school with cash or a check made out to PHS to cover their fees. Obligations must be paid prior to the purchase of prom tickets beginning April 20th.



Youth and Family Services (YFS)



Housing hopes that you all have been reading the PYFS fliers, hand-delivered to your Housing (black) mailboxes:

After School Drop-In & Draw

5/9 and 6/13 from 2:30-4:30 p.m.

Have some fun painting, drawing, coloring or whatever you enjoy.

Intro to Dungeons & Dragons @ Buck-Foreman Community Center 265 Main St.

5/3 and 5/10 from 5:00-8:00 p.m. Teens 10+ (age) create a character, learn the game's rules, start role playing with friends, enhance critical thinking and problem-solving skills and have a fun time.

Little Hikers

5/5 @ @ 10:30 a.m.

Portland Airline Trail

Middle Haddam Road Lot

6/2 @ 10:30 a.m.

Portland Riverfront Park

Bring little ones for a short walk (½ mile)

Strollers welcome.

LGBTQ+ Teen Drop-In Night

Every 1st Wednesday of the Month

(5/3, 6/7, 7/5, 8/2)

From 6:00-8:00 p.m. @ Portland Library

Suggested ages 13-19

Hang out, play games, eat snacks, and meet friends.

For more information contact:

Jesse @ PYFS:

(860) 342-6758

Portland Public Library

Preschool Storytime

Tuesdays at 10:30 a.m., May 9, 16, and 23

Join them in the Wagner Room for stories, songs, and rhymes that encourage literacy and social skills and help get your preschooler prepared for kindergarten. They offer a craft related to the weekly theme at the end of the program that can be done at the library or brought home.

◆◆◆

Storytime for Toddlers and Tots: Mother Goose on the Loose

Wednesdays at 10:15 a.m. or 11:15 a.m., May 3, 10, 17, and 24

Mother Goose on the Loose, a fun-filled interactive session for our youngest patrons, uses rhymes, a story, songs, puppets, scarves, and more to stimulate the learning process of babies and toddlers. Two sessions will be held each Wednesday to keep group sizes small and interactions personalized.



For details call: 860-342-6770



Quarry Heights News

From the Portland Senior Center



Watercolor lessons with Bivenne Harvey Staiger: Held on Tuesday mornings at the Senior Center from 9:30-12:00 p.m. in the lower level. Please mail bivenne@yahoo.com for full details regarding classes/dates and fees of each 6-week session.

◆◆◆

Walking Club: Tuesday's at 3:30 p.m. Check with the Senior Center for exact dates.

◆◆◆

Don't forget, **Foodshare** Monday, May 8th and Monday, May 22nd.

◆◆◆

Blood Pressure Clinics: First Monday of every month (unless the first Monday is a holiday-then the clinic is on the following Monday) from 10:30-11:30 a.m.

◆◆◆

Free Hearing Screenings: the second Tuesday of every month at 11:00 a.m. with Virginia Dujclos of "All Ears" in Portland-no registration necessary.

From the Portland Senior Center



Don't Forget about the Connecticut Renter's Rebate Program 2022

Appointments started April 11, 2023. You can now schedule Rent Rebate appointments through the Tax Assessor's office at: (860) 342-6744 or (860) 342-6745. Appointments are being made for May and beyond.

Goings On

On Tuesday, 4/4/23 in the Quarry Heights Community Room, residents played Fraud Bingo, an interactive way to learn to avoid banking scams, identity theft, and fraud with Kathleen Titsworth, Banking Outreach Coordinator, Connecticut Department of Banking, Government Relations and Consumer Affairs. It was great fun and residents feel more prepared now on how to handle scams and deal with scam artists.



On Tuesday 4/18 Quarry Heights residents shared coffee and donuts and got some updates on Medicare and supplemental insurance with Jessalyn Pito, the Medicare Maven. A good time was had by all.

Resident "Stuff"



← **Elijah, Carol Culley's grandson, just celebrated his birthday in the Quarry Heights Community Room with a nice group of family and friends.**

◆◆◆

Reminder: If you would like to share a photo, brag about a triumph or accomplishment, tell a personal success story, or send a photo of your pride and joy grandchild or support animal, or even want to share information important to other residents, please reach out to Holly, RSC. She loves to post resident news and information in the monthly newsletter.

◆◆◆

Notice: It has been mentioned by non-residents that the Community Room's main door that requires a FOB to enter, has been open periodically and the Community Room easily accessible by non-residents. Quarry Heights residents, please be careful and tightly close the door upon departure from the Community Room, as Housing does not want non-residents having free access to the Community Room without a resident escort.



Resident's Corner

Housing has had several complaints again regarding residents leaving wet clothing and/or cleaned clothing in washers and/or dryers. Please be cognizant of washing and drying times with clothing and remove your clothing in a timely manner so others can also have access to the machines.


Happy May Day!

Thank you.

Resources

Protective Services for the Elderly 1-888-385-4225 Investigates suspected abuse or neglect of persons 60 years old or older living in the community.

◆◆◆

Eastern Connecticut Area Agency on Aging 860-887-3561
<https://portal.ct.gov/AgingandDisability>

◆◆◆

Connecticut Association for Human Services 860-951-2212 info@cahs.org Food stamp and nutritional programs. Support for basic needs of lower income families.

◆◆◆

HEATING/FUEL/UTILITIES ASSISTANCE Operation Fuel
www.operationfuel.org

◆◆◆

Utility/Heating Help Utility Shut-Off Protection 800-453-3200
www.larcc.org CRT 860- 347-4465 crtenergyapplication@crct.org

