



Monthly Newsletter

July 2023



Happy Independence Day



News and Information for Everyone

July 4, 1776 (www.wikipedia.org).

Did you know the 4th of July holiday was officially recognized in 1941? It is a federal holiday in the USA that celebrates the nationhood and independence from Britain. It is based on the Declaration of Independence, a document that was drafted by a committee of five and ratified by the Continental Congress on **July 4, 1776**. The Declaration declared that the 13 colonies were no longer subject to the British monarch and were now free and independent states. The Declaration was signed by representatives from the colonies, some of whom later became Founding Fathers. Independence was achieved after the Revolutionary War, a conflict that lasted from 1775 to 1783.



Event Calendar

Independence Day
Tuesday, July 4, 2023
Office will be Closed.



Board Meeting
Monday, July 17, 2023
Chatham Court
Community Room

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

Tip of the Month

Need a bigger Ziploc bag? When you don't have a gallon sized Ziploc, you only have the smaller ones...flip one of the Ziploc bags inside out! Then you can combine two bags and interlock their locking strips!



Spicy Cheese Sauce For your July 4th Celebration For Hotdogs and/or Chips



Ingredients

12 ounces pasteurized cheese food such as Velveeta, chopped, 2 tablespoons of milk, 1 tablespoon diced pickled cherry peppers in a jar, 1 tablespoon diced pickled jalapenos, and 1 tablespoon pickled jalapeno juice.

Directions

For the cheese sauce: Add the cheese cubes, milk, pickled cherry and jalapeno peppers, and jalapeno juice to a small saucepot and cook over low heat until melted and combined, 10 to 15 minutes, stirring occasionally.

CT Summer Safety Guide (Brian McCready, Patch Staff, 5/22/23)

Swimming: Drowning remains a leading cause of preventable death in the United States. 0.71 people per 100,000 population drown every year according to the Centers for Disease Control (CDC) and Prevention. Drowning is the leading cause in children ages 1-4. It is the 2nd leading cause among children ages 5-14 (after motor vehicle crashes). It is not just kids who are at risk either. The CDC states 4,000 people die/year in unintentional drownings, an average of 11/day, and 8,000 people, an average of 22/day, survive drowning. About 40 % of drownings treated in emergency rooms require hospitalizations or transfers for further care injuries that can range to severe with brain damage or long-term disability.



Drowning is not the dramatic scenario depicted on television/movies. Real-life drowning happens quietly, without flailing arms and frantic calls for help. People simply can't stop drowning long enough to take in a breath of air and call for help. The human body is not built that way.



Prevent Drowning with these Child Water Safety Tips (Fox News, Story by Melissa Rudy 5/22/23) Never leave children unsupervised when enjoying time in any body of water inside or outside the home, even if it's a shallow one. It only takes a second to inhale water, starting the chain of events that could lead to drowning. Proactive steps, like taking swimming lessons and keeping safety equipment handy, can decrease the risk of drowning.



Kids can drown in less than **2 inches** of water. That means that drowning can happen in a sink, toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rainwater. A person can drown in less than 60 seconds. It has been reported that it only takes 20 seconds for a child to drown and roughly 40 seconds for an adult. Be vigilant. Supervise your infants and children at all times.



Hot Cars: Cars can heat up quickly, even on mild days, becoming deadly in as little as 10 minutes. As of 5/23/23, at least 943 children have died of pediatric vehicular heat stroke because they were forgotten or left in a locked car or wandered in one during play. It happens to the best of parents and is most often unintentional. Animals are also at risk. Leaving them in a vehicle while running errands, taking a break at a rest stop during a road trip or for any other reason, can have deadly consequences. Animals left in hot cars can face irreversible organ damage, heat stroke, brain damage, and, in extreme cases, death. **What to Do:** Never leave a child or an animal in a vehicle unattended even if the windows are partially open, or the engine is running, and the air conditioning is on.

Moose on the Loose (Department of Energy and Environmental Protection [Moose \(ct.gov\)](https://www.ct.gov/deep))

Continuing from June's newsletter, Connecticut has seen an uptick in not just bob cats coyotes, bear, and venomous snakes, but also moose. Moose sightings in Connecticut have been monitored since the early 1990s. Annual sightings of females (cows) with calves since 2000 confirm the establishment and expansion of a resident population. The current population is estimated at just over 100 animals.

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Description: Moose are very large animals with long, slender, grayish-white legs. They may stand over 6 feet tall at the shoulders and can weigh up to 1,400 pounds. Females (cows) are smaller than males (bulls). On average, cows weigh 750 pounds while bulls weigh 1,000 pounds. Both cows and bulls have variable coat colors ranging from tan to blackish brown, depending on their age and the season (an annual molt—shedding replaced by dark, shiny hairs—occurs in spring). Males have a black face while the female's face is brown. Both have a skin flap or "bell" underneath their throat, with the bull's noticeably larger than that of the cow's. Adult males have impressive antlers that shed annually. The antlers begin to grow in early spring and are fully developed by late summer. Males scrape the velvet off their antlers by rubbing against trees and shrubs. These palmately-branched antlers can weigh close to 60 pounds and spread to more than 5 feet across. Male calves sometimes develop "button" antlers and yearlings usually develop "spikes."



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Habitat and Diet: Moose live in forests in Northwestern Connecticut. They eat buds, twigs, and leaves from a variety of shrubs and trees, including birch, maple, and cherry. In spring and summer, moose may be found foraging for aquatic plants in wetlands.

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Life History: The moose's breeding or "rutting" season begins in September. At this time, a bull's neck swells and the bull feeds very little, often losing a considerable amount of weight. Both bulls and cows travel in search of a mate. Bulls can breed as yearlings, but older bulls usually dominate breeding activities; cows start breeding at 1.5 years old. During the rut, sparring matches may occur between bulls as they defend their right to mate with a cow. These matches can be aggressive encounters, often resulting in injury and, sometimes, death. Bull moose make rut pits for use during courtship. The pits are dug with the front hoofs and then urinated into. Receptive cows often step into the pit and vocalize to the bull moose. Moose vocalizations include grunts, moans, and whines. In late May or June, following a gestation period of about 8 months, cows give birth to a 20- to 25-pound calf. Twins are not uncommon. Although helpless at birth, calves become more agile after a few days. Calves grow rapidly and will remain with the female during the first year.

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Moose Management: Moose can present a serious threat to public safety under some circumstances. Although usually shy, moose can feel threatened and become aggressive during the rutting season or after calving. They also may demonstrate unpredictable behavior if they wander into populated areas. Under no circumstances should moose be approached. Although they may appear to be docile, moose should be given the healthy respect that New England's largest land mammal warrants. While there aren't moose sightings in the Portland area, moose can be potentially dangerous when involved in automobile collisions if one is driving in Northwestern Connecticut. They are very large, long-legged, and difficult to see under low light conditions (moose are most active at dusk and at night). Data collected from other states indicate that a moose/car collision is 30 times more likely to result in a human death than a deer/car collision. On average, 1 out of 50 moose/car collisions results in a human fatality.

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Report a Wildlife Sighting: Reporting your observations of moose to: [Report a Wildlife Sighting \(ct.gov\)](https://www.ct.gov/deep) helps biologists monitor the presence of this large mammal in our state. The DEEP Wildlife Division collects sighting reports of various wildlife species to assist with ongoing research projects, as well as to track distribution and abundance of certain populations.



Charm Medical Supply can process all your insurance paperwork for Medicaid, Medicare, and many private insurance companies, and bill them on your behalf (Insurance Processing and Direct Billing). Additionally, they have home delivery for all your healthcare supplies and medical equipment. For details, check their website: [CharmMedical - Medical Supplies](https://www.charmmedical.com) or call: 1-877-942-4276 (CHARM)

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Tag Sale Event: Quarry Heights will be hosting a tag sale on Saturday, July 22nd from 9:00-2:00 p.m. If you are interested in ridding yourself of any unwanted things from furniture to kitchenware, garden ware, and tchotchkes, etc., the cost to rent a table will be \$10. To register a table, call Holly, RSC (860) 342-1688, ext. #115.

Or just show up for some fun purchasing!!



Chatham Court News and Information



Matt Nawrocki from Liberty Bank and Angela Aresco of Carl Guild & Associates will be here on Tuesday, July 11th @ 5:00 p.m. to talk about what Liberty Bank has to offer to first-time homebuyers and discuss a little about the local real estate market. Call Holly, RSC, to register for this very informative session.



Accepted Job Offer/Started New Job



A Chatham Court resident recently took advantage of Holly, RSC's résumé skills, got a great interview with the new resume, and accepted a wonderful job offer. The resident insists Holly's résumé help was critical in landing the new job. You can do this too. All you have to do is reach out to Holly, RSC, book a résumé appointment, and she will take care of everything else: (860) 342-1688, ext. 115.

Youth and Family Services (PYFS)



Babysitting CPR Class

Held on May 8 & 9 (through PYFS). The Chatham Court youth had a great learning experience. They all

attended both classes and earned CPR certificates. Congratulations girls!



For future events (through PYFS) contact Jesse @ PYFS: (860) 342-6758

Portland Public Library

Summertime Stories (ages 0-5)

Mondays at 10:30 a.m.
July 10, 17, 24, 31



Join them in the Mary Flood Room to enjoy stories, rhymes, and songs about the ocean and its many animals. A craft project will be offered at the end of the program. **Registration is required.**

Tips to Help First-Time Homebuyers

Purchasing a new home can be an overwhelming process, from figuring out how much you can afford to securing financing and finding the ideal property. A first step would be to attend the upcoming workshop (information above). With the right guidance and tools, first-time homebuyers can confidently navigate the process.



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Homeownership presents both financial and personal advantages. There is potential for asset appreciation, applicable tax deductions, and housing stability.

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A bigger down payment could mean lower monthly payments and potential lower rates; however, several loan programs such as conventional loans, FHA loans, VA loans, and USDA loans do not require 20% down.

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Your credit score plays a significant role in determining whether you qualify for a home loan and the interest rate you will pay. If you want to improve your credit score, first, request a copy of your credit report and review for errors and fraud. Other strategies include paying your bills on time, reducing your credit card debt, and avoiding closing credit cards or applying for new lines of credit.

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Pre-qualification is an estimate the mortgage company gives to show how much home an individual can afford based on their financial situation. This helps narrow down the search for a home in a certain price range.

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Pre-approval is a deeper dive into an individual's credit income, assets, and debt to determine whether they are ready for a mortgage and how much they can afford. This process is more rigorous than pre-qualifications as it involves verification by an underwriter but can help set you apart from other buyers in bidding situations.

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First-time homebuyer grants offer financial assistance and can be provided by the federal government, states, cities, and others to make home ownership more affordable. Unlike loans, grants are subsidies that do not need to be repaid, assuming the recipient meets the grantor's set obligations. For these grants, start by contacting local mortgage lenders or the city where you would like to live. Cities also receive Community Development Grants administered by the Department of Housing and Urban Development (HUD), which disperse them through various programs and agencies to address unique community development needs.

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Posted in East-Hampton-Portland, CT Patch, 5/18/23, (contributed by New American Funding, a Patch partner).

Cupcakes and Canvas Event



Cupcakes and Canvas Paint Night was held on May 19th (through PYFS) for kids, parents, grandparents, and caregivers. A fabulous time was had by all. Housing was going to include 6 photos of the event; however, the signed photo waivers were lost at the main office. So sorry, this happened. If anyone who attended the event would like to have their photo in the August newsletter, feel free to pick up and fill out a new photo waiver from the main office.

Quarry Heights News

From the Portland Senior Center

Reminder:

Connecticut Renter's Rebate Program 2022



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 July and beyond. If you have questions on what information you need to compile and bring to your appointment, check with Holly, RSC.



Memorial Celebration at Quarry Heights



Carol Culley, family, and friends had an awesome Memorial Day celebration on Sunday, May 28, 2023, while enjoying the special day to honor our fallen military heroes who paid the ultimate price for our freedom. The weather was balmy, the food plentiful, and the conversation even better.



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. They can help you with medical equipment or even a special wish.



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 \(seniorshavedreams.org\)](http://seniorshavedreams.org)

Resident's Corner

Sparkling Cleaning Services:

Angelina Grimaldi
Office: (860) 276-0101
Cell: (203) 733-4202
lagrimaldi@snet.net
Thanks for sharing, Janet.



Additional Information

Resident of the Summer: Housing needs nominations from residents for the "Resident of the Summer" award by Wednesday, July 12th @ 12:00 p.m. Residents are strongly encouraged to nominate other residents for the summer award. If we do not receive nominations by 6/28 by 12:30 p.m., there will be no award winner chosen and the award will revert to the prior winner until the winter season's (January 2024) award winner is chosen ("Resident of the Winter.") Remember, to nominate someone, another resident must demonstrate in writing, why the specific resident deserves the award.



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New Computer Room: Housing now has a computer for resident usage in the office across from Holly, RSC's, office. The computer and room are available to residents when Holly, RSC, is here Mondays & Tuesdays from 8:30-4:30 p.m. If a resident would like to set up an account or check email, set an appointment with Holly, RSC.