



# Monthly Newsletter

August 2023

“The arrival of August means that summer is drawing to a close, and that’s exactly why it should be embraced.” – Amanda McArthur



## News and Information for Everyone

**Did you know August 13<sup>th</sup> is *International Left-Handers' Day*?** It is observed annually to celebrate the uniqueness and differences of left-handed individuals. The day was first observed in 1976 by Dean R. Campbell, founder of Lefthanders International, Inc. (Wikipedia).

**Best left-handed joke:** all people are born left-handed, only the intellectual persevere. 😄

Actually, between 10 and 12 percent of all people are born left-handed, scientists say, with a higher prevalence among men. (Medical Daily, June 14, 2023).



### More CT Summer Safety Guide Information (Chatham Health District)

**Grill Safety:** food poisoning peaks in the summer months when warmer temperatures help foodborne germs flourish.

1. Keep meat, poultry, and seafood separate from other food in your shopping cart and grocery bags. Wash hands before and after handling raw meat, poultry, and seafood.
2. Wash utensils and grill before and after cooking.
3. Keep meat, poultry, and seafood at 40 degrees or below until ready to grill.
4. Use a food thermometer: 145 degrees for beef, pork, lamb, veal, and rest 3 minutes.
5. 145 degrees for fish, 160 degrees for ground meat, and 165 degrees for poultry.

**Hydration:** Water is essential for the cells and organs in our bodies to function. When humans drink enough water, we feel good—our muscles cramp up less when we exercise, our brains perform faster calculations, and we digest our food more efficiently and effectively. The human body is, after all, comprised of 60% water, so water is clearly critical to a healthy and productive lifestyle. ([Signs, Symptoms and How to Prevent Dehydration | Brita®](#))

**Dehydration:** occurs when you use or lose more fluid than you take in and your body doesn’t have enough water and other fluids to carry out its normal functions. There are many ways you can get dehydrated; however, you must be even more vigilant in the warmer weather, especially if you are exercising vigorously. You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. (Mayo Clinic)  
Thirst is not always a reliable indicator of the body’s need for water. Many people, particularly older adults, don’t feel thirsty until they are already dehydrated. That is why it is important to increase water intake during hotter weather (or when you are ill). (Mayo Clinic)

Dehydration Symptoms in Infant or Young Child	Dehydration Symptoms in Adults
Dry mouth and tongue	Extreme thirst
No tears when crying	Less frequent urination
No wet diapers for 3 hours	Dark-colored urine
Sunken eyes and/or cheeks	Fatigue
Sunken soft spot on top of skull	Dizziness
Listlessness or irritability	Confusion

**Call your family doctor if you or a loved one has had diarrhea for 24 hours or more, is irritable or disoriented and much sleepier or less active than usual, can’t keep down fluids, or has a bloody or black stool.**

## Event Calendar

Board Meeting  
Monday, August 21, 2023  
Quarry Heights  
Community Room

## Main Office (860) 342-1688

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

**Susan Nellis, ext. #113**  
Administrative Housing  
Coordinator  
[snellis@portlandha.org](mailto:snellis@portlandha.org)

**Holly Kobayashi, ext. #115**  
Resident Service Coordinator  
[hkobayashi@portlandha.org](mailto:hkobayashi@portlandha.org)

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

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

**Graham Elliot disclosed his secret trick on the Fox program *Master Chef*: to make the juiciest burgers, get your patties ready, place an ice cube in the center of the patty, wrap the meat of the patty around the ice, seal it into a pocket, and grill for a fabulously moist and tender burger.**

### More CT Summer Safety Guide Information (continued)

**An Uptick in Ticks** (National Institutes of Health (NIH) monthly newsletter, June 2023, and C. Dennis Pierce “On Ticks and a Local Treasure” in Neighbors paper, June 2023: people tend to enjoy the outdoors more with warm weather; however, tiny ticks also emerge when temperatures rise. The milder season this past winter has kept ticks from dormancy and thus reducing the mortality rate, leading to a population increase (or an “explosion” as C. Dennis Pierce calls it). Bites from infected ticks are responsible for about ½ million new illnesses each year in the U.S. and, the numbers continue to rise. Lyme disease is by far the most common and it accounts for more than 80% of tickborne illnesses nationwide. Symptoms of tickborne illnesses can range from mild rashes and discomfort to long-lasting health problems including a severe allergy to red meat.



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Ticks might seem easy to avoid as they can't fly or jump. But they can detect heat, breath, and other signals from warm-blooded creatures. Ticks need blood to develop and produce eggs. To find meals, they often wait in a position known as “questing,” by clinging to the tips of grass blades or leaves with their back sets of legs. Then, they wave their front legs if they sense you or another potential victim is nearby. If you brush against a tick, it can climb on and look for a patch of skin to bite. Once the tick digs into the skin and starts sucking blood, any germs it carries can enter the victim. It can take a couple of hours, however, for a tick to choose a spot to begin feeding. If you catch and remove a tick early, and it has not yet taken a full blood meal, your chance of getting an infection is greatly reduced. If you don't remove the tick, it can stay attached for several days. As it slowly fills with blood, the tick may swell in size to 10X's or more.

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All known tickborne illnesses can cause fever. Other common symptoms include headache, fatigue, and achy muscles. Some diseases leave distinctive rashes like Lyme disease. Lyme disease causes an expanding rash that looks like a bull's eye.

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Even though tick-related diseases are becoming more common, you can still enjoy the outdoors if you take some precautions. Depending on where you live, most tick bites don't necessarily carry an infection. And, if they do, if you remove the tick promptly—by taking a shower, feeling for ticks, or looking for them—you will greatly reduce your risk. Also, to avoid ticks, stay as far away as possible from tick-filled places like high grassy or wooded areas, tuck pants legs into socks, and walk in the center of wooded trails.

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**When back indoors:** change your clothes and wash the clothes you used outside in hot water. Ticks can be as small as a poppy seed. Remove ticks with tweezers. Pull upward with steady, even pressure. Make sure to shower within 2 hours after coming indoors, to wash away ticks before they latch on. For more information, contact the U.S. Centers for Disease and Prevention: [Ticks | Ticks | CDC](#)

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**A great tip for gardeners:** as Lynn Warren, Friends of the Goodwin Forest, head gardener shares (in C. Dennis Pierce's article), construct a flag made from a pole or broom stick and then tie a white cloth on it like a flag. Next, pass the flag/cloth over grass and bushes. “Questing” ticks will then jump on for a ride not knowing of their impending demise (possibly an alcohol-filled jar). Make sure the cloth is white as you are trying to imitate the white belly of a deer or mouse to which ticks seem attracted.

**Tag Sale Event:** Quarry Heights hosted its first ever tag sale on Saturday, July 22<sup>nd</sup> with many tables filled with small furniture and items such as kitchenware, garden ware, and tchotchkes, seasonal decorations, etc. It was a huge success and since there was a table cost to sell wares, Quarry Heights residents secured sufficient funding to enjoy a pizza party this August. Enjoy the photos during set up, below.



Leonardo, resident of Chatham Court, had so much fun he wants to do another but the next time at Chatham Court.



Here's Joe, a local, who sold very well thanks to the balmy weather and his fabulous sales skills.



Marilyn, Eileen, and Mary Ann, all locals, sold well and had lots of fun.

## News and Information for Everyone (continued)

Here's Jared, resident of Quarry Heights, enjoying a little respite before the mad rush of buyers.



This is Sue's stash just after she sold a wooden rocking chair and a beautiful, upholstered chair that were taking too much space in her apartment.

Carol had the most "stuff" and made a killing selling.



All in all, it was a fun day. Everyone enjoyed the great weather and the money they were able to pocket.



## Chatham Court News and Information



Matt Nawrocki and Kurt from Liberty Bank and Sarah Mannix of Carl Guild & Associates visited Tuesday, July 11<sup>th</sup> to talk about what Liberty Bank has to offer first-time homebuyers and discuss the local real estate market with a solid group of residents.

It was a very fun, engaging, and informative session.



### August Activities at the Portland Public Library

**Chalk the Walks (Wednesday, August 16 at 10:30 a.m.):** Decorate the library sidewalks with images and messages of kindness! Chalk and popsicles will be supplied. Registration is not required for this drop-in event.

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**Parachutes and Picnic (Tuesday, August 8 at 11:00 a.m.):** Enjoy some parachute play with Ms. Jenn and Ms. Patty on the Town Green. Bring a blanket and a picnic to enjoy after playtime. This event is weather-dependent, and no registration required.

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**School Supply BINGO (Wednesday, August 23 at 6:30 p.m.):** Join them for a fun night of BINGO on the Town Green and win some school supplies! Registration is not required for this drop-in event.





Until September 4, Connecticut children aged 18 and under plus one accompanying Connecticut resident adult can visit participating museums free of charge through the Connecticut Summer at the Museum program. Before you visit, check each participant's website for specific program details and ticket availability.



## Portland Public Library for Teens

**LGBTQ+ Social Group for Teens**, Wednesday, August 2<sup>nd</sup>  
6:00 p.m. - 8:00 p.m.



**LGBTQ+ Support Group for Parents**  
Wednesday, August 16<sup>th</sup>  
6:00 p.m. - 8:00 p.m.

## Portland Public Library for Youth



**Mysteries Under the Sea (going into grades 3-5)**  
**Tuesday August 1<sup>st</sup> at 10:30 a.m.**

The ocean is full of mysteries, legends, and lore. Last day of this six-week program, you will use the ocean and its stories and inhabitants as inspiration for projects such as creating coral reef crystals, making bioluminescent paintings, exploring aquatic cryptids, and analyzing unsolved shipwrecks.

**Registration required.**

## Portland Public Library for Little Ones



**Ocean Adventures (going into grades K-2) on Wednesday August 2<sup>nd</sup> at 10:30 a.m.**

Come on an ocean adventure with Ms. Patty as she explores animals and games about ocean life. You'll do some crafting, experiment with chemical reactions, make edible aquariums, and even crack some pirate codes to escape a deserted island!

**Registration required.**



**Family Program: Stuffed Animal Sleepover**  
**Wednesday August 2<sup>nd</sup> at 6:30 p.m.**



Leave your favorite stuffed animal at the library after a special story time and then pick it up the next day to hear about their adventures! **Registration required.**

## Happenings



Barry Rodgers, esteemed Chatham Court resident, was one of 4 speakers at Portland's Juneteenth Celebration on June 24, 2023. Barry read the Emancipation, a poem by African American poet and novelist, Paul Laurence Dunbar.



**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 support animal, or even share information important to other residents, please reach out to Holly, RSC. She loves to post resident news and information in the monthly newsletter.



Housing hopes that you all have noticed the great new basketball hoop installation at Chatham Court courtesy of Portland Youth & Family Services and Housing. Most of the funding was provided through the State Department of Education School-Based Diversion Initiative Grant, which Portland Schools have been awarded for the past two years. The funding also allowed for the CPR class and Canvas & Cupcakes programs that were held in the Chatham Court Community Room.



# BACK-TO-SCHOOL

## BACKPACKS & SUPPLIES

**August 14, 17, 21, & 24**  
**9:00am - 12:00pm**  
**Portland Food Bank**  
**7 Waverly Ave, basement**

Backpacks and school supplies will be available to those that need them. Completion of intake interview and proof of Portland residency is required.

Supplies are limited. Please go to: <https://bit.ly/YFS-backpacks> or use the QR code below to reserve your supplies.

For additional information or questions, please email or call Jesse at Youth & Family Services  
jrevicki@portlandct.org  
(860) 342-6758

Quarry Heights Information

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



**Rumors:** In the April newsletter, in the Noise Pollution Section, it was mentioned, “use of expletives that are generally considered insulting, racial epithets, or other language, written or oral, that is customarily used to insult or intimidate, may be cause for termination or denial.” Offensive rumors have been surfacing again, several residents have been spreading rumors about other residents that are inappropriate, unacceptable, and frankly false. Did you know that **slander** (a false and defamatory oral statement about a person) is **illegal**? It is unlawful to intentionally make false and untrue statements about someone and cause them harm. **Remember**, a slanderer may be taken to court if his/her words have caused reputational damage or financial loss to the subject of statements. Additionally, making false complaints without the facts may cause one resident to file a complaint against another resident for harassment. Please, please, if you don’t have anything nice to say (and you don’t have the facts), do not to say anything. Thank you.

JESSALYN PITO  
YOUR MEDICARE MAVEN  
PRESENTS

# SENIOR SUMMER SOIRÉE

**AUGUST 21, 2023**  
12:00 PM - 4:00 PM

**LA BELLA VISTA**  
380 FARMWOOD ROAD WATERBURY, CT 06704

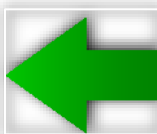
MUSIC • FOOD • EDUCATIONAL VENDORS  
GUEST SPEAKERS • RAFFLE PRIZES

SPACE IS LIMITED  
MAKE SURE TO RSVP BY AUGUST 11TH:  
203-208-0848 | JESSALYNPITO@GMAIL.COM

- NO COST TO YOU -  
BUT A FUN TIME!

Concert (and Dancing) with the Cheeseburgers

**The Cheeseburgers are coming to Quarry Heights on Sunday August 13, 2023, from 1:00-3:00 p.m.**



**Can you guess who is in the forefront of the photo? One of our very own residents of Quarry Heights. He will be playing guitar, keyboard, harmonica, and singing in lead. Join us for a wonderful music adventure!**



Resident’s Corner

Laundry Room

There have been several complaints about the laundry room condition. On Monday, July 3<sup>rd</sup>, the laundry room was in such a bad state that residents did not feel comfortable being in the room or doing their wash. Residents, clean up your own messes. Do not leave messes for others to clean up. Thank you.

Loved Support Cat



Welcome to Quarry Heights Ella (Lori’s new support cat)