



News and Information for Everyone

2023-2024 Energy Assistance Program at Community Renewal Team in Middletown, CT will start applications in September.

For application details call: (860) 347-4465.

Operation Fuel: CRT also accepts applications for Operation Fuel. If eligible, this program can provide year-round emergency energy assistance for low to moderate-income households. For more information, please call [211](tel:211) or [\(860\) 560-5800](tel:8605605800).

More on Health and Welfare from Chatham Health District

Fresh Water Algae Blooms (from chathamhealth.org): Cyanobacteria (also called blue-green algae) live in water that is warm, slow moving (even stagnant), and full of nutrients. In this type of water, algae can grow rapidly causing a bloom. Blooms can look like foam, scum, mats, or paint on the surface of the water and can contain toxins that can make people and animals sick. Touching or swimming in contaminated water or breathing in tiny droplets of this water can irritate the skin, eyes, nose, throat, and lungs. People and animals exposed by eating contaminated fish or shellfish or drinking contaminated water can experience stomach pain, vomiting, diarrhea, headache, neurologic symptoms, and even liver damage.

Protect Yourself and Your Pets from Blooms: You can't tell if a bloom is harmful just by looking but if you do see signs of bloom:

Stay out of and keep your pets out of the water

Do not fish, swim, or play water sports

For additional information contact the CDC:

[Illness and Symptoms: Cyanobacteria in Fresh Water | Harmful Algal Blooms | CDC](#)



Even though attendance from Portland Housing was light at the Yard Goats game this year, it was just as much fun for all who joined in the fun, including Barry Rodgers and his son, William.



All Residents Corner

Even though pot is no longer illegal in Connecticut, it is a lease violation to smoke anything including pot on the property and/or in your unit. If caught, a fine of \$150 will be assessed.



Event Calendar

Labor Day, September 4th
Office will be Closed.

Board Meeting
Monday, September 18th
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



If you are low on time and need to heat up multiple food items, by using a mason jar or other glass piece in the microwave, you can prop up the 2nd item. This may increase your cooking time so beware.

Good-Hearted Living (by Steve Wilson, www.worldlaughtertour.com)

Follow These Six Daily Practices to Prevent Hardening of the Attitudes and Have More Positive Mindsets, Feelings, and Interactions.

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Based on modern science and ancient wisdom, this mood-altering program is easy and fun. Begin with mindfulness. Remember to practice every day. Whenever you see an opportunity, take action! Actions become habits, which improve the natural way you live your life. Do this for as little as five minutes every day. Keep a simple journal about it. Soon you will be amazed to find that you laugh more, while becoming more cheerful and optimistic. You will feel better overall.

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Whenever you are mindful of the practices and pleasant feelings they bring, tell yourself, "Isn't it great that I feel happy now! Right now, this is being stored in my brain, where it joins my other moments of serenity. The larger the library and storehouse of positivity in my brain, the easier it will be for me to access it at will."

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- **Mondays are for Compliments**: This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it, and you just might end up laughing together. Monday thought: "A kind word often goes unspoken, but never goes unheard."
- **Tuesdays are for Flexibility**: There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. Tuesday thought: "The tree that bends in the wind does not break."
- **Wednesdays are for Gratitude**: A good way to feel miserable is to constantly think you need something more to make you happy. An attitude of gratitude brings serenity and laughter. Wednesday thought: "As you go through life, let this always be your goal: keep your eye upon the donut and not upon the hole!"
- **Thursdays are for Kindness**: Think of ways to make another person's life a little easier. Simple kindness may be the most vital component of human beings living harmoniously and peacefully, while properly caring for this planet we all share. Thursday thought: "The practice of kindness creates healthy relationships and community connections, while inspiring people to practice kindness with one another."
- **Fridays are for Forgiveness**: Forgiveness means letting go of anger. Find a way to be compassionate towards those who have hurt or harmed you. Releasing anger makes you healthier and opens up room in your heart for more laughter. Friday thought: "I never hold a grudge, because while I am being angry the other guy is out dancing!" –Buddy Hackett
- **Weekends are for Chocolate**: Literally, remember to eat some chocolate or any other favorite food. Metaphorically, remember to take time for leisure, pleasure, relaxation, and "sweet" things. Weekend thought: "A bad day fishing beats a good day working."

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Laughter

(Psychology Today, Pamela Gerloff)

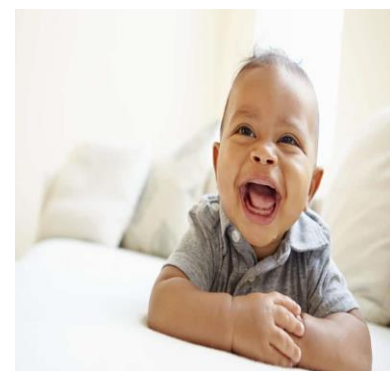
Did you know the average adult laughs 17 times/day and the average child laughs 300 times/day?

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Research since then has shown that laughter reduces levels of stress hormones such as cortisol, epinephrine, and dopamine; increases health-enhancing hormones (such as endorphins), neurotransmitters, and infection-fighting antibodies; and improves blood flow to the heart—all resulting in greater relaxation and resistance to disease, as well as improved mood and positive outlook.

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Laughter Changes Us... and in the loveliest ways. When we lighten up we feel more positive and optimistic, more hopeful and engaged. We're friendlier, more resourceful, more attractive, more radiantly alive. Think about it: If others around you are laughing, you're absorbing their upbeat vibes. It's kind of like second-hand smoke (but better): You get almost the same effect. And of course, since laughing *is* contagious, someone else's laughter tends to trigger yours, giving you extra laugh points toward your quota. And Pamela counts long laughs as multiple points, because as of now, that seems to her about the only way to get to 300 per day.



Perhaps she'll grow out of this limited-possibility mindset—will you?



Chatham Court News and Information

"EDUCATION is the most POWERFUL weapon which you can use to CHANGE THE WORLD"

-Nelson Mandela



Wednesday, August 30th was the first day back to school for Portland, CT youth and children. Housing hopes the resident youth and children of Chatham Court had a smooth transition from summer fun to new learning.

TODAY
is the day to
learn something
NEW



Portland Youth and Family Services

Drop-In & Draw

After school
Tuesday, 9/12 from
2:30-4:30 p.m.

Buck-Foreman Community Center
1st floor, 265 Main Street



Portland Public Library for Youth

Preschool Storytime

(Ages 3-5),
Tuesdays at 10:30
a.m. September 12,
19, 26, and October
3, 10, 17, 24, 31.



Join them for stories, songs and rhymes that encourage literacy and social skills and help get your preschooler prepared for kindergarten.

They will offer a craft-related activity to the weekly theme at the end of the program that can be done at the library or home.

Registration is required and begins on Monday, August 28 at 10:00 a.m.

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Storytime for Toddlers and Tots: Mother Goose on the Loose

Wednesdays from 10:15-11:00 a.m. (or 11:15-12:00 p.m. depending on registrants) September 13, 20, 27, October 4, 11, 18, 25, and November 1.

Fun-filled interactive sessions for the youngest patrons, using rhymes, stories,



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.



Registration is required and opens on Monday August 28th.

Happenings

Have you registered your new student to the Portland School system? If not, go to their website:

[Student - New Registration | Portland Schools \(portlandctschools.org\)](http://portlandctschools.org)

to learn more about the registration process and complete the online registration form.

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If you have questions, you may contact the following district registrars:

Valley View School Grade Levels: K, 1 - Peggy Gross - pgross@portlandct.us

Gildersleeve School Grade Levels: 2, 3, 4 - Maritsa Ellam - mellam@portlandct.us

Brownstone Intermediate Grade Levels: 5, 6 - Maritsa Ellam - mellam@portlandct.us

Portland Middle School Grade Levels: 7, 8 - Kim Fiorino - kfiorino@portlandct.us

Portland High School Grade Levels: 9, 10, 11, 12 - Kim Fiorino - kfiorino@portlandct.us

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If you plan to enroll your child at a magnet school and live in Portland, you MUST still register with Portland Public Schools.

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To register your child for Kids' Blast, you must purchase a \$20 Kids' Blast membership with the Parks & Recreation:

[Program: Kids' Blast AM Care August/September 2023 \(recdesk.com\)](http://recdesk.com). You will be prompted to fill out our Kids' Blast Program application as you are purchasing your child's membership. Please note that you will need to purchase a Kids' Blast membership for each child that you are planning on registering.

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Registration for Kids' Blast is a month-to-month basis. After purchasing your membership, you can select the month you are interested in and begin the registration process. You will have the option of selecting which days of the week you would like your child to attend the After School portion of our program (3:00pm - 6:00pm).

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Participants will also be able to enroll in our AM Kids' Blast program (7:00am - 8:00am). The AM program requires a minimum of 5 participants to run. These participants must register for each day of the week.

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There will be no a.m. program during Delayed Openings. The cost of the after-school portion of our program is \$20 a day. The cost of our a.m. program is \$11 a day.

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Registration and payment for a month of Kids' Blast must be completed by the 15th of the month prior. For example, if you would like to register for Kids' Blast for the month of October, then registration must be finalized, and payment must be submitted by September 15th. If you register for a month of Kids' Blast but do not submit your payment by the due date, then your child may be removed from the program roster.

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If money is a problem for Kids' Blast, ask about financial aid.



Quarry Heights News

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.



Residents had an awesome time with the renowned Cheeseburgers as they kicked off their 2023 World tour at Quarry Heights concert on Sunday, August 13th.



As you can see in the photo, the cheeseburgers, courtesy of Kevin Russell, were a hit and went fast.



Enjoy the photos below.

The Cheeseburgers Concert Photos



Kevin Russell, QH resident and band leader extraordinaire, in his element.



We had a full house. The crowd was pleased by the tremendous entertainment, awesome rock music, Kevin's stage presence, and his stage craft!!

Thank you, Kevin and friends Bryan, Larry, and Rick for a wonderful afternoon.



Quarry Heights News (Continued)



Even staff showed up to this wonderful concert.



Owen, Jeff, and Jeff's eldest daughter, Madison, had a great dance.



Owen and his girlfriend Alisha were our executive chefs for the day.



Resident of the Summer



Jose Munoz was nominated and selected as the Resident of the Summer. He was chosen for "always helping residents in need." He has been the pillar of Quarry Heights "society" since he moved in last fall. Jose was recommended by several residents. When asked why he was nominated, he was humbled. Jose said he can't fail a person in need of assistance. According to many residents, Jose helps with food, garbage runs, minor car repairs, navigating great resources, forging friendships, and making new residents feel welcome. When Jose sees or hears of a resident in need, he is the first person to not only offer but also deliver aid.



Thank you so much Jose, for helping make Quarry Heights a unified community with remarkably cared for residents.

Unfortunately, QH will no longer have resident awards. Jose was the last of our distinguished and chosen "Residents of the Season."

Resident's Corner

A big shout out to Leroy Chambers and Susan Marston for their efforts and results in beautifying the Quarry Heights property. Thanks for sharing, Marlene.



Scam Alert: The Department of Aging and Disability Services, State Unit on Aging (SUA) and the Southwestern CT Agency on Aging (SWCAA) were recently alerted to a potential scam in the Bridgeport area in which a female individual is posing as a representative of the SUA and/or SWCAA and soliciting older adults under the guise of providing help to pay funeral expenses. The individual is allegedly asking for personal identifiable information, including date of birth and Medicare numbers.



This individual is NOT an employee of the SUA or SWCAA and should not be provided with any personal information. If you speak to an older adult who has encountered this individual and/or provided this person with any personal information, please have the older adult contact their local Area Agency on Aging, Senior Medicare Patrol (SMP) Coordinator by calling 1-800-994-9422, to find out what next steps they should take to prevent any possible fraudulent activity.

Last but Not Least



New Computer Room Reminder: Housing now has a computer for resident usage in the office across from Holly, RSC's, office. The computer and room is 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, book an appointment with Holly, RSC.



QH had a great dental health clinic on 8/22. Those who attended learned the benefits of good oral health, how to navigate HUSKY providers, and even received toothbrushes, toothpaste, and dental floss. The clinic ran smoothly, and it was very informative.

