



The Housing Authority of the Town on Portland

October 2023 Monthly News letter



Event Calendar

October 9, 2023 – Columbus Day office will be closed

October 16, 2023 – Board Meeting at QH Community room.

Hours of Operation

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

Friday-8:30-1:30 p.m.

Please call before visiting

Staff Directory

(860) 342-1688

Carol Diaz, ext. #110

Administrative Housing Assistant
cdiaz@portlandha.org

Susan Nellis, ext. #113

Administrative Housing Coordinator
snellis@portlandha.org

BJ Carrabbia ext. #115

Resident Service Coordinator
BCarrabbia@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

Information for Everyone

Every fall and winter, the influenza virus causes epidemics of flu in communities throughout the country. This year may be especially burdensome due to the [COVID-19 pandemic](#) happening at the same time.

[Flu](#) is highly contagious. It causes hundreds of thousands of hospitalizations and thousands of deaths each year.

The influenza vaccine is available every year to help protect people from coming down with flu. But is it safe? And how important is it now that COVID-19 is a factor?

A common worry is that the flu vaccine can give you the flu. This [isn't possible](#). The flu vaccine is made from an inactivated form of the influenza virus or virus components that can't cause infection. Some individuals do experience side effects that will typically go away in a day or so. These include; low-grade fever, swolleness , tender area around the injection site and chills or headache.

Please Contact BJ Carrabbia if interested , the Chatham Health Department is requesting a minimum of 30 people to sign up in order for them to come vaccinate you against the flue. Please contact BJ no later than October 5, 2023.

Reminder:

Connecticut Renter's Rebate Program 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 October and beyond. If you have questions on what information you need to compile and bring to your appointment, check with BJ, RSC.



Computer Room Reminder: Housing now has a computer for resident usage in the office across from BJs RSC's, office. The computer and room is available to residents when BJ, RSC, is in her office. If a resident would like to set up an account or check emails, book an appointment with BJ, RSC.

TIP OF THE MONTH from your lease

Even though pot is no longer illegal in Connecticut, it is a lease violation to smoke anything including pot, vape pens, or cigarettes on the property and/or in your unit.

If caught, a fine of \$150 will be assessed.



REMINDERS FOR BOTH QH AND CC



Quarry Height tenants only be advised that on Wednesday, October 4, 2023, between the hours of 9 am to 2 pm Maintenance will be entering your unit with a contractor to do yearly testing of all alarms. You don't have to be home. Thank you for your cooperation.

Laundry room etiquette! Be considerate to your neighbors and please remove clothes from the washing machine or dryer on time so that others may use it too. This will also ensure your stuff isn't thrown out or missing. The PHA is not responsible for stolen or damaged articles.

HISTORY Facts:

Halloween began around 2000 years ago across the sea with the Celts in Ireland and Scotland. The Celts dominated western and central Europe during the late Bronze Age and the Iron Age. Some of these nomadic warriors settled in the British Isles and inhabited them for centuries. In fact, traces of their language, traditions, and culture can still be seen.

One of their religious festivals was Samhain. It celebrated the end of the harvest and marked the beginning of winter. The holiday was observed on November 1st, but celebrations began on the evening of October 31st. Why? Because a Celtic day began and ended at sunset, not midnight

Costumes and Treats... for Protection!

The Celts believed (as did many other cultures) that spirits were able to walk the Earth during the night on Samhain. So people often left "offerings" of meals and sweets outside their homes and towns to appease these spirits and dissuade them from hurting or playing tricks on individuals or their property.

They also believed in mischievous fairies that would kidnap a person. To protect themselves, people would dress up as animals or monsters to trick the fairies into leaving them alone.

In the 1800s and early 20th century, Irish immigrants brought these beliefs and traditions with them to the United States. But it wasn't until after World War II that the traditions we now associate with Halloween really began to spread across the country.



HALLOWEEN ON MAIN:

will be celebrated on **SUNDAY** October 29, 2023 from 3pm to 5pm

If your interested in donating candy or participating please feel free to contact **BJ** the **RESIDENT SERVICE COORDINATOR**.

BJ Carrabbia is back as the Resident Service Coordinator for Quarry Heights and Chatham Court please make sure to make her feel welcome.

What does a Resident Service Coordinator do?

- ◆ Assists in conducting, monitoring and coordinating activities that serve residents' needs based on input from the residents in a wide range of areas from recreational and educational health & wellness and financial.
- ◆ Performs assessments to determine the needs of residents for self-sufficiency and economic independence. Based on assessments, refers residents to appropriate community resources.
- ◆ Establishes working relationships with social service and other community-based agencies to provide resources to the residents. Promotes the awareness of these programs and services.

Please Chatham Court and Quarry Heights residents feel free to visit BJ Carrabbia on

MONDAYs from 9 am to 4 pm

WEDNESAYS from 9 am to 3 pm

FRIDAYS from 9 am to 4 pm

