

PHA– February 2024

# NEWSLETTER

## TO CHATHAM COURT AND QUARRY HEIGHT RESIDENTS

### UNAUTHORIZED OCCUPANTS IN UNITS

#### What constitute a unauthorized occupant in your unit?

A visit of more than **7 days (consecutive or not) within any 45-day period** constitutes unauthorized occupancy and is a violation of the lease. Resident understands that he/she must obtain *prior written consent* from the Housing Authority for any guest visiting in excess of three (3) consecutive nights and must report a guest and/or visitor's vehicle with the Housing Authority. Resident further understands that he/she is responsible for the conduct of guests and/or visitors and shall be assessed for any damage caused by visitors and/or guests.

The PHA has been noticing some long term guests as those who have taken up residence without the PHA's permission. Additionally, some of these guests go as far as to change their mailing address to match that of the property which is considered a no, no and it will damage the lease holders chances of staying with the PHA and future housing. The housing market right now is expensive and there is not a lot of inventory available for rent, do you really want to potentially jeopardize yours?

### RENT PAYMENTS

Payments need to be on time and payments need to be made in full and submitted in accordance with your lease agreement.

If there is a change in your income, you should be submitting that information to the office so we can make adjustments to your rent. This needs to be done in a timely manner.

### PARKING SPACES AND LOT SPEED LIMITS

Typically, parking lots will have posted speed limits. If you see any speed limit signs, make sure to follow them to avoid any tickets and to keep everyone safe. However, if you don't notice any posted speed [National Motorists Association](#) limits, they recommends staying below 15 miles per hour at all times. With the possibility of pedestrians crossing your path or a car backing out in front of you, driving slowly is one of the best ways to avoid an accident in a parking lot. The slower you're driving, the quicker you can come to stop if necessary.

### Parking spots labeled PHA are not be used for your visitors, aids or for personal use. You will be towed!

Parking vehicles on Authority Property other than in designated parking areas (wherever provided) is prohibited. Vehicles that are unregistered, do not have licenses or tags, which are illegally or improperly parked, leaking toxic fluids, and/or are inoperative will be ticketed and may be moved or towed away at the owner's expense. The authorities will not be responsible for any vehicle or its contents. Reference Parking Policy amended December 1, 2005 for further information.

### SNOW REMOVAL

Residents are required to move vehicle when parking areas are being plowed. If the vehicle is not removed within a reasonable amount of time, the Maintenance staff will prepare a work order to charge head of household \$25.00

### HOLIDAY DECORATIONS

With the Christmas season behind us we kindly ask for everyone to remove your outside Christmas decorations still up by Friday February 9, 2024. We enjoy seeing the Chatham Court and Quarry Heights embracing the holidays, but its time. We do appreciate your attention to this.

## Event Calendar

\* **Happy Valentines-Feb. 14,2024**

\* **Presidents Day– Feb. 19, 2024—Office Closed**

\***Board Meeting:** Feb. 20, 2024 at 5:00pm  
Quarry Heights Community room.

## Main Office

**Carol D.** ext. #110-Adm. Housing Assistant  
[cdiaz@portlandha.org](mailto:cdiaz@portlandha.org)

**Susan N.** ext. #113-Adm. Housing Coordinator  
[snellis@portlandha.org](mailto:snellis@portlandha.org)

**Bice C.**, ext.115-RSC  
[bcarrabbia@portlandha.org](mailto:bcarrabbia@portlandha.org)

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

**Jeffrey C.**, -Maintenance Staff-  
**Emergencies only #: 860-519-3251**

## Main Office-Hours of Operation

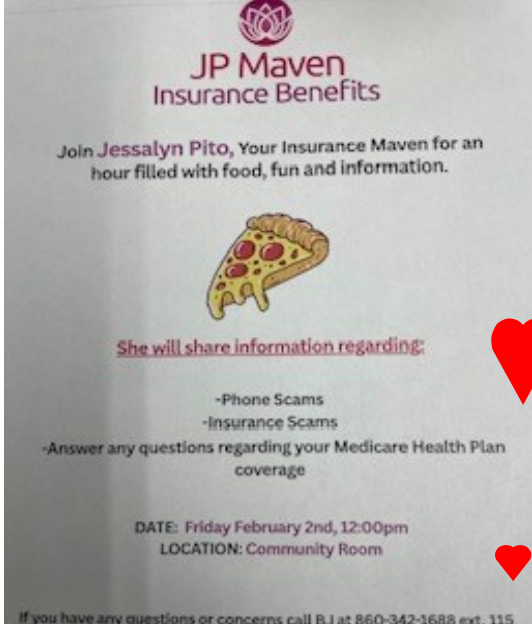
Monday-Thursday-8:30-4:30 p.m.

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

**Please call before visiting**


### BJ office Hours

Monday 9:00 am to 4:00 pm  
Wednesday 9:00 am to 3:00 pm  
Friday 9:00 am to 4:00 pm



**JP Maven Insurance Benefits**

Join Jessalyn Pito, Your Insurance Maven for an hour filled with food, fun and information.



She will share information regarding:

- Phone Scams
- Insurance Scams
- Answer any questions regarding your Medicare Health Plan coverage

DATE: Friday February 2nd, 12:00pm  
LOCATION: Community Room

If you have any questions or concerns call BJ at 860-342-1688 ext. 115



## FUTURE BAKERS

Friday December 29th the Chatham Court children were invited to decorate cupcakes. Courtney from Youth Services and BJ put together this activity. All the cupcake and cookies were decorated very nicely and the kids got to take the cupcakes they decorated home.

## Preschool Screening

Date: Friday, February 2, 2024

Who: Any Portland Child Age 3-4

Why: To answer concerns about your child's development

Please call Valley view school at 860-342-3131 to schedule an appointment for this date or another.

Sponsored by the Portland Public Schools



## **6 Things to Know about Colon Cancer**

It's one of the most common-and deadliest-cancers but most people know very little about Colon Cancer.

"Colon Cancer rates vary geographically, but we have a high incidence in North America." notes Ajay Ranade, MD, a surgeon with Hartford Healthcare Digestive Health Institute in Torrington.

Colon cancer-along with breast, lung and prostate cancers-account for half of all new cases in this country, and about half of cancer related deaths.

Here are six things that everyone should know about colon cancer according to Dr Ranade.

1. **If you are , Black, Native American or a man, you're a higher risk.**
2. **The risk of colon cancer increases with age.**
3. **Some risk factors we can control. Others we can't.**
4. **Colon Cancer usually develops over time.**
5. **The earlier its caught, the better treatment works**
6. **Colonoscopy is the best way to catch it early.**

Dr. Ajay Ranade, Hartford HealthCare 01/24/24

### Did You Know?

President's Day never falls on the actual birthday of any American president. Four chief executives —George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.

Stephanie Reyes, from Chatham Health District will be at Quarry Heights on **Wednesday February 28th at 1pm** to answer any questions regarding Colon Cancer. . Make sure you join the presentation, it could save your life!