

NEWSLETTER



EVENT CALENDAR

- 3/17/2024 - Saint Patrick's Day
- 3/18/2024 at 5:00pm - March Board Meeting , CC community room
- 3/29/2024 Good Friday - Main office closed
- 3/31/2024 Easter Sunday

MAIN OFFICE

Carol D. ext. #110-Adm. Housing Assistant
cdiaz@portlandha.org

Susan N. ext. #113-Adm. Housing Coordinator
snellis@portlandha.org

Bice C., ext.115-RSC
bcarrabbia@portlandha.org

Dan R., ext. #112-Staff Accountant
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



Free

Tax Return Preparation

WHEN: Every Wednesday starting February 7th until April 10th

TIME: 9:00 a.m. to 12:00 p.m.

WHERE: THE WAVERLY CENTER
7 WAVERLY AVE. PORTLAND, CT

Please sign up at Waverly Center in advance by calling 860-342-6760 or by emailing us at selliott@PortlandCT.org



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TO QUARRY HEIGHTS RESIDENTS:

The Waverly Senior Center mission of the Center is to provide opportunities for our maturing citizens age 50+ to find resources, support, friendship, activities and much more.

The Center is a place to join old and new friends for social occasions, educational and recreational programs as well as monthly travel outings. Call the Center to be placed on our monthly newsletter list which they will email to you.

Hours are Monday-Th 9am-4pm, and Friday's 9am-12pm. Some evening programs as well!

Food & Nutrition Services:

Meals-on-Wheels: (CRT) Community Renewal Team - Hartford (860)-560-5848.

Food Bank: Monday & Thursday 9:00 AM to 12:00 PM (860)-342-6795.

Transportation Services:

Dial-A-Ride: (860) 347-3313, 48 hours advance notice required. Call to register & for free info. MIDDLETOWN, CT.

Portland Senior Van: (860) 342-6761, 1 to 2 weeks notice preferred. Fee: \$5.00 per passenger.

NEWS AND INFORMATION FOR EVERYONE:

TOW NOTICE: Notice for all residents at Chatham Court and Quarry Heights. Vehicles parked illegally will be towed at OWNERS EXPENSE. Please do not contact the Housing Authority as we do not have access to your vehicle. Vehicles will be impounded at Moore Brothers at 687 Portland Cobalt Rd. Portland, CT ,phone number is 860-342-4161

Don't park your vehicle unlawfully and illegally on private property this means visitors or residents parked in the fire lane right in front of the do not park sign. Numbered parking spots are solely for residents ONLY , not visitors without parking stickers. All residents must register their vehicles with the PHA.

Daylight Saving Time March 10, 2024

The correct term is "Daylight Saving Time" and not "Daylight Savings Time" (with an extra "s"), though many of us are guilty of saying it the wrong way. The technical explanation is that the word "saving" is singular because it acts as part of an adjective rather than a verb. We lose an hour of sleep when the clocks "spring Forward and are turned ahead at 2:00 am for one hour when Daylight Saving Time begins.

The first true proponent of Daylight Saving Time was an Englishman named **William Willet**. A London builder, he conceived the idea while riding his horse early one morning in 1907. He noticed that the shutters of houses were tightly closed even though the Sun had risen. In "The Waste of Daylight," the manifesto of his personal light-saving campaign, Willet wrote, "Everyone appreciates the long, light evenings. Everyone laments their shrinkage as the days grow shorter, and nearly everyone has given utterance to a regret that the nearly clear, bright light of an early morning during Spring and Summer months is so seldom seen or used... That so many as 210 hours of daylight are, to all intents and purposes, wasted every year is a defect in our civilization. Let England recognize and remedy it."

Willet spent a small fortune lobbying businessmen, members of Parliament, and the U.S. Congress to put clocks ahead 20 minutes on each of the four Sundays in April and reverse the process on consecutive Sundays in September. But his proposal was met mostly with ridicule. One community opposed it on moral grounds, calling the practice the sin of “lying” about true time. Attitudes changed after World War I broke out. The government and citizenry recognized the need to conserve coal used for heating homes. The Germans were the first to officially adopt the light-extending system in 1915 as a fuel-saving measure during World War I. This led to the introduction in 1916 of British Summer Time: From May 21 to October 1, clocks in Britain were put an hour ahead.

The United States followed in 1918 when Congress passed the Standard Time Act, establishing the time zones. However, this was amidst significant public opposition. A U.S. government Congressional Committee was formed to investigate the benefits of Daylight Saving Time. Many Americans viewed the practice as an absurd attempt to make late sleepers get up early. Others thought following “clock time” was unnatural instead of “Sun time.” A columnist in the *Saturday Evening Post* offered this alternative: “Why not ‘save summer’ by having June begin at the end of February?”

The matter took on new meaning in April 1917, when President Woodrow Wilson declared war. Suddenly, energy conservation was paramount, and several efforts were launched to enlist public support for changing the clocks.

A group called the National Daylight Saving Convention distributed postcards showing Uncle Sam holding a garden hoe and rifle, turning back the hands of a giant pocket watch. Voters were asked to sign and mail to their congressman postcards that declared, “If I have more daylight, I can work longer for my country. We need every hour of light.” Manhattan’s borough president testified to Congress that the extra hour of light would be a boom to home gardening and therefore increase the Allies’ food supply. Posters chided, “Uncle Sam, your enemies have been up and are at work in the extra hour of daylight—when will YOU wake up?” With public opinion in its favor, Congress officially declared that all clocks would be moved ahead one hour at 2:00 A.M. on March 31, 1918. (Canada adopted a similar policy later the same year.) Americans were encouraged to turn off their lights and go to bed earlier than they usually did—at around 8:00 P.M. A little bit of history for all those history buffs.

Catherine Boeckmann/www.almanac.com/2/29/2024

If you have Huskey D or UnitedHealthcare Ucard list of products that are covered and not-covered.

Food

- * **Fruit and vegetables:** fresh, frozen and canned
- * **Meat and Seafood:** Fresh, deli and frozen
- * **Dairy and eggs:** milk ,yogurt, cheese and yogurt
- * **Breakfast:** cereals, nutritional shakes and Bars
- * **Bread:** bread, bagels, buns and rolls
- * **Pantry:** condiment, sauce, soup pasta, rice and beans

OTC

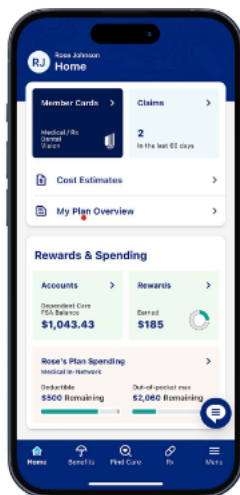
- * **Allergy,** cold and flu: cough drops and cold medicine
- * **Dental and oral health:** Toothbrush, toothpaste and floss
- * **First aid:** antiseptic, bandages, and first aid kits
- * **Incontinence:** Liners, rash cream and wipes
- * **Pain relief:** aspirin, ibuprofen and medical cream
- * **Tobacco cessation:** Nicotine gum, lozenges and patches.
- * **Vitamins and supplements:** calcium gummies and multi-vitamins

New in 2024

- * **Snacks:** Chips, crackers, jerky, nuts and popcorn
- * **Frozen:** Meals, Pizza and appetizers

Not Covered

- * Alcohol and Tabacco
- * Alternative medication
- * Baby items and formula
- * Cosmetic. Hygiene and hair products
- * Cake, candy, cookies and other deserts
- * Pet items



Saint Paddy's Pie



Ingredients

- 24 Oreo cookies, (2 rows)
- 5 Tablespoons butter, melted
- 1 (8 oz) package cream cheese
- 1 1/4 cup powdered sugar
- 1/2 teaspoon peppermint extract
- 6-8 drops green food coloring, (optional)
- 1 (8 oz) container Cool Whip

Instructions

1. In a blender or food processor, blend Oreo's to crumbs. Mix melted butter with crumbs. Pour into a 9 inch pie plate, and press to form a crust. Freeze until ready to use.
2. Mix together cream cheese and sugar until smooth. Mix in peppermint extract and food coloring. Mix until the color is well blended.
3. Fold in container of whipped cream. Add chocolate chips.
4. Pour filling into prepared crust. Sprinkle with chopped candy.
5. Place in fridge for 2 hours or until ready to serve.

When you want to easily access your health information anywhere you go, the United Healthcare app is your go to Download it today to get instant access to your health plan details. Use your mobile device to download the app.



Find care, manage your health plan details and stay on top of cost.

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