



MAY 2024

NEWSLETTER

EVENT CALENDAR

5/20/2024 - at 5:00pm -Board Meeting , CC community room

5/27/2024—Memorial Day— Office Closed

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

Roberto R. ext. 114-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



The Youth Climbing Club is a perfect program where your kids can learn a new and exciting sport and make new friends at the same time. The club is also the starting point for kids wanting to join the Rock City Crew. The Rock City Crew is offering Kids Club on Tuesday and Thursdays. Kids must be at least 7 years old to participate.

The sessions will be kept to top roping, unless the bouldering area is not busy with members.

Days/Times:

Tuesday 4:00pm-5:30pm

Thursday 4:00pm-5:30pm or Thursday 5:30pm-7:00pm

Kids Climbing Clubs Benefits Include: Membership to the gym/
Rental Gear/Belay Class for Parents

Price: One day per week= \$88/month,

Two days per week = \$128, month

Startup Fee - \$15 (one time fee)

If you are looking to sign up your child, email

desk@cityclimbgy.com.

Spots are limited!



NEWS FOR EVERYONE:

Quarry Height and Chatham Court residents stop by and say hello to BJ our resident service coordinator. She is there to help in any way she is able. The PHA would like more participation from Chatham Court residents. If residents have any ideas on how to encourage more engagement in activities, please feel free to share with BJ, resident service coordinator.

Housing has had several complaints again regarding residents leaving wet clothing and/or cleaned clothing in washers and/or dryers. Please be AWARE of washing and drying times with clothing and remove your clothing in a timely manner so others can also have access to the machines.

Reminder there is NO SMOKING in the property, indoor, outdoor, or common areas. This policy applies to all, tenants, guest and service providers. Tenants are responsible for ensuring that there family members, guest, and or service providers comply with this rule.

All residents have the option to pay rent via “direct debit” With direct debit, residents wont run the risk of a late rent payment. Please consider using this option, to sign up please contact the main office.

QUARRY HEIGHT:

To help our maintenance team complete jobs quickly and without interference , please do not make request directly or by text. Contact the main office by email or phone to set up a work order. Feel free to leave a message for a work order if its not an emergency.

Happy Birthday to Marlene Kollias, Richard Goodrich, Cynthia Ferraro, Mark McKenzie, Elaina Chimenti, Alejandro Cruz.

CHATHAM COURT:

Friendly reminder, the shelter that was just built at the top of the driveway at Chatham Court is a BUS STOP for the children. It is not be used for those who smoke.

Make sure you pick up outdoor furniture, bikes, scooters and toys from the lawn, the lawn cutting contractors and the PHA will not be held responsible for any items left outside or damaged.

We ask all parents to monitor there children when outside. Sidewalk Chalk is to be used for the sidewalk, not to be used on the building walls.

Happy Birthday to Maribelyz Conrad Agosto , Olga Diaz Almonte, Christine Anderson, Samuel Evans, Tassier Bressler, Travis LaFountain, Odessa Buttram, Crucito Liranzo, and Jayden Diaz.

Blood Pressure Clinic

Monitoring Blood Pressure starts at home which can help you and your care provider make decisions about your treatment. Such as adjusting your medication or in some cases your provider may want to change the name of the medication. Self-monitoring can give you a sense of stronger control over your health.

Check ups are the first Monday of every month from 10:00 AM—11:30AM at the Quarry Heights Community room.

QUOTE OF THE MONTH:

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.

Dr. Seuss



For Current High School Seniors & Current Undergraduate College Students

Applications are now being accepted for CONN NAHRO's 2024 John J. Kelly Memorial Scholarships. CONN NAHRO will award three or more \$3,500 scholarships to students who live in CONN NAHRO member housing authority communities or Section 8 housing who may not be able to take advantage of higher education opportunities due in part to their economic circumstances. Scholarships are available to both graduating high school seniors as well as students currently enrolled in college or vocational training institutions.

Each CONN NAHRO member Housing Authority or Agency may submit up to ten (10) applications on behalf of their student residents who are, or will be, attending college in Fall 2024. The Executive Director/CEO, or their designee, is responsible for verifying all application requirements, collecting all application materials, and submitting the application on behalf of their candidate(s).

Deadline for applications to be accepted is 5:00 p.m. Friday, June 21, 2024. Candidates are reviewed by the CONN NAHRO Scholarship Committee against a point scale that assesses criteria including need, grades, and accomplishments in and out of school including community service and employment. Recipients are presented their awards at the Annual Scholarship Luncheon on Tuesday at the CONN NAHRO Annual Convention & Exhibition in August. Please contact BJ should you need any help or have a question.

QUARRY HEIGHTS RESOURCES:

Protective Services for the Elderly 1-888-385-4225 Investigates suspected abuse or neglect of persons 60 years old or older living in the community.

.....

Eastern Connecticut Area Agency on Aging 860-887-3561 <https://portal.ct.gov/AgingandDisability>

.....

Connecticut Association for Human Services 860-951-2212 info@cahs.org Food stamp and nutritional programs. Support for basic needs of lower income families.

HEATING/FUEL/UTILITIES ASSISTANCE Operation Fuel www.operationfuel.org

.....

Utility/Heating Help Utility Shut-Off Protection 800-453-3200 www.larcc.org CRT 860- 347-4465 crtenergyapplication@crtct.org



Here are some pictures from the Quarry Heights Pasta Lunch held on April 5, 2024 by BJ . It gave some residents the opportunity to get together socialize and hear some music. Make sure to check in with BJ for upcoming events at Quarry Heights.