



PHA-NEWSLETTER

Chatham: SOME FOOD FOR THOUGHT

GROWTH IS NEVER BY ANY CHANCE OR LUCK; IT IS THE OUTCOME OF TEAMS WORKING TOGETHER. EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY.

The success and outcome of any activity the PHA host or supports its up to its residents. Participation and submitting the right information is key in order to plan accordingly for any event or function. We say this because we have received low participation from residents. Remember if you snooze you lose!

We did not get any participation for the NERC NAHRO 15th Annual "What Home Means to Me" Poster Contest or the John J. Kelly Memorial Scholarship . These are great opportunities that are just not being taken advantage of.

Please make sure to pick up your wet clothes in the washing machines. Please be respectful of other residents time and do not leave wet clothes behind for others to move!

Don't Forget: All residents have the option to pay rent via "direct debit." With direct debit, residents won't run the risk of a late rent payment.



Portland Recreational Complex on Route 17 is now open for summer. Operational hours are from 8:00 am to 5:00 pm. Portland's new state of the art facility. This park features:

- 2 baseball fields
- 2 soccer fields
- A Splashpad
- A Playground accommodating ages 3-12
- A Fitness Circuit
- Paved Walking path around the whole park
- Bocce court and Horseshoe Pits

301 Gospel Lane
Portland, CT 06480

CALENDAR

- 7/4/2024– Independence Day– Office closed
- 7/15/2024– Board Meeting in the Chatham Community at 5:00pm
- 7/15/2024– Chatham Lunch Program Starts

MAIN OFFICE

Main Office-Hours of Operation
Monday-Thursday-8:30-4:30 p.m.
Friday-8:30-1:30 p.m.
Please call before visiting

Carol D. ext. 110-Deputy Director
Cdiaz@portlandha.org

Dan R., ext.112-Staff Accountant
Drafaniello@portlandha.org

Susan N. ext. 113-Adm. Coordinator
Snellis@portlandha.org

Roberto R, ext. 114-Maint. Staff-
Emergencies only #: 860-519-3251

Bice C., ext.115
Resint. Service Coordinator
Bcarrabbia@portlandha.org
BJ hours are Monday, Tuesday and Thursday from 8am to 4pm.

DOG OWNERS



All dog owners must obtain a license or renew their current licenses between June 1st and June 30th for the fiscal year beginning July 1. A recent state law also requires an owner of a dog going to a kennel to be licensed. The state-mandated registration fee is \$8 for a spayed/ neutered dog, and \$19 for a non-spayed/ non-neutered dog. Certificate of spayed/ neutered must be provided for first time licenses to receive the \$8 fee amount. A rabies vaccination certificate must also be provided for first time licenses or if the previous vaccination has expired. After July 1st, a \$1 monthly penalty will apply.

More information can be found at www.portlandct.org/licenses-certificates or contact the Town Clerk's Office at: **(860) 342-6743**



Connecticut Home Care Program for Elders (CHCPE)

Community Options Unit: The CT Home Care Program for Elders (CHCPE), including who is eligible for the program, what services are available, how to apply for services, and how to contact the program.

To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home. Each applicant's needs are reviewed to determine if the applicant may remain at home with the help of home care services. For more information on eligibility criteria, please see the link below.

Services may include:

Care Management Services
Adult Day Health Services
Companion Services
Home Delivered Meals
Homemaker Services

Assisted Living Services

*Personal Care Attendant Services - family members are NOT eligible to be paid for taking care of relatives with very rare exceptions.

*Chore Assistance - only available as part of a package of services to applicants who meet all other eligibility criteria.

Adult Family Living
Bill Payer
Support Broker
Care Transitions
Chronic Disease Self-Management
Assistive Technology

What Services are Included? (based on needs)

Occasional Personal Service

1 hour per week, up to 3.75 hours per week of personal services plus nursing visits as needed.

Limited Personal Service

4 hours per week, up to 8.75 hours per week of personal services plus nursing visits as needed.

Moderate Personal Service

9 hours per week, up to 14.75 hours per week of personal services plus nursing visits as needed.

Extensive Personal Services

15 hours per week, up to 25 hours per week of personal services plus nursing visits as needed

For more info. call:

800-445-5394 toll free
860-424-4904 locally

QUARRY HEIGHTS:

Why friendly neighbors' are important.....

A more peaceful life. If you respect your neighbors and they respect you, it is far more likely that life in and around your home will be better. Neighbors' that have respect for each will be less likely to invade your space, be noisy or messy and they will be less likely to cause you stress. Please let's all focus on our respective tasks in our own lives and homes. This way you avoid a lot of unnecessary drama.

Quick reminders its dangerous to leave the front or back door to the building or your apartment door unlocked. Its important to secure and lock all exterior door any time someone enters or exits the building. Tenants don't block or leave anything on the doors so its stays open. Tenants this is your responsibility to close the building door if you see them being left propped open.

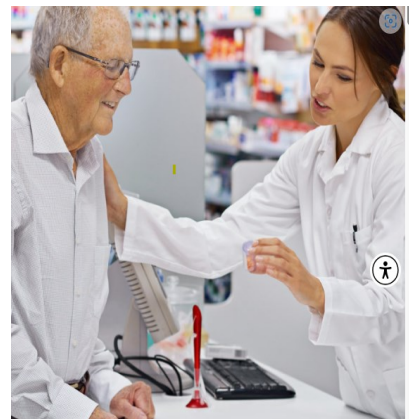
The PHA will not tolerate tenants smoking in there units. We recently have caught some tenants smoking in the units and have charged them for it. Stated in your lease Quarry Heights it's a smoke free property. This is to protect the health of all tenants and to protect our building from damage and increased risk of a fire.

Reminder you are to share with your neighbors the area for planting right in front or back of your unit. There is always the possibility that you can talk to your neighbors and ask, and work out some kind of agreement for sharing the space. Work it out amongst yourselves.

Hancock Pharmacy

**Is a pharmacist –
owned and operated
community pharmacy
serving Middletown,
CT and its surround-
ing areas since 2010.**

They provide old fashioned service using cutting edge technology



Do you need your medications delivered to your home?

They deliver pharmacy services with your satisfaction in mind.

- They accept Medicare, Medicaid (Part A&B) and most insurance plans
- They have Spanish speaking employees available all the time
- Trained staff/Accept W.I.C
- Lowest prices in Middletown and Hartford area and Fast service
- Carry ensure, Pedi sure, and other infant formulas

**If interested please call 860-346-9700 or
email at Hancockpharmacy5@gmail.com.
Or visit at 644 Main St. Middletown, CT 06457**

Chatham Court

SUMMER MEALS & SATURDAY BRUNCH





The PHA is pleased to announce that it will be offering FREE SUMMER MEALS starting **Monday, July 15, 2024** through **Friday, August 16, 2024**. The summer meals will be available to children 18 years old and younger .

The SATURDAY BRUNCH program will be hosted the following dates by the Portland Congressional Church, **June 29, July 20 and August 10** at our Chatham Court Community room from 10:00 am to 11:30 am. Children **MUST** come with an adult chaperone and only residents are allowed to come, that if they have preregister with us ahead of time.

The PHA is asking that you preorder your meals by completing the FREE SUMMER MEAL AND BRUNCH PREORDER FORM enclosed, no later than **Monday June 17, 2024**. If you do not complete and submit on time you run the risk of not receiving the meals for either program.

On Monday July 15, 2024, at noon you can pick up both Monday and Tuesday meals, On Wednesday you can pick up Wednesday and Thursday meals at the main office. On Friday you can pick up your meal at the main office. There will be no meal distributions on Tuesdays or Thursdays. Pick up time for meals is between 12:00 pm to 12:30 pm.

Place this calendar on your fridge for reference of which days to pick up meals. Keep in mind that a lot of effort from PHA staff and volunteers goes into planning and executing these events we ask that you only sign up if your available to attend and or are able to pick up the meals.

JULY 2024	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
14	15 HAM & cheese sandwich + SNACK PICK UP MON & TUE MEALS	16 PB & JELLY sandwich + SNACK	17 BOLOgna & cheese sandwich + SNACK PICK UP WED & THU MEALS	18 TURKEY and cheese sandwich + SNACK	19 PIZZA DAY MAIN OFFICE PICK UP	20 
21	22 BOLOgna & cheese sandwich + SNACK PICK UP MON & TUE MEALS	23 TURKEY and cheese sandwich + SNACK	24 HAM & cheese sandwich + SNACK PICK UP WED & THU MEALS	25 PB & JELLY sandwich + SNACK	26 	27
28	29 PB & JELLY sandwich + SNACK PICK UP MON & TUE MEALS	30 BOLOgna & cheese sandwich + SNACK	31 TURKEY and cheese sandwich + SNACK PICK UP WED & THU MEALS	AUGUST 1 HAM & cheese sandwich + SNACK	2 PIZZA DAY MAIN OFFICE PICK UP	3
4	5 TURKEY and cheese sandwich + SNACK PICK UP MON & TUE MEALS	6 PB & JELLY sandwich + SNACK	7 BOLOgna & cheese sandwich + SNACK PICK UP WED & THU MEALS	8 BOLOgna & cheese sandwich + SNACK	9 	10 
11	12 BOLOgna & cheese sandwich + SNACK PICK UP MON & TUE MEALS	13 TURKEY and cheese sandwich + SNACK	14 HAM & cheese sandwich + SNACK PICK UP WED & THU MEALS	15 PB & JELLY sandwich + SNACK	16 PIZZA DAY MAIN OFFICE PICK UP	17