

## THE OFFICE:

### HOURS OF OPERATION

MONDAY THROUGH THURSDAY 8:30-4:30  
P.M. FRIDAY-8:30-1:30 P.M.

### PLEASE CALL BEFORE VISITING

**ROBERTO R. EXT. 114-MAINT. STAFF-**  
EMERGENCIES ONLY #: 860-519-3251

**CAROL D. EXT. 110-DEPUTY DIRECTOR**  
CDIAZ@PORTLANDHA.ORG

**DAN R., EXT. 112-STAFF ACCOUNTANT**  
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**SUSAN N. EXT. 113-ADM. COORDINATOR**  
SNELLIS@PORTLANDHA.ORG

## CALENDAR:

9/2/2024- **LABOR DAY**-OFFICE CLOSED

9/16/2024- **BOARD MEETING** AT CHATHAM  
COMMUNITY ROOM AT 5:00PM.

### **Submission Request/ Ads**

This is your community newsletter if you have good news to share, would like to advertise for babysitting or even if you're looking for a carpool, an exercise buddy or anything of that kind, please drop a note in the rental office drop box. We look forward to your submission!

### **Maintenance Tips and Reminders:**

The PHA manages 118 units please be aware we have 48 hours to complete your work depending on the urgency type of the work order. The PHA does its best to respond when issues arise.

Reminder the PHA closes early on Friday make sure to call your work orders early before the weekend.

Tip: if your air conditioner leaks frequently here is a tip that may help: if the temperature is cooler outside than it is in your apartment and you leave your air conditioner on for an extended period of time, it will freeze up. When it unfreezes the leakage occurs. To prevent freezing set your air conditioner at 70 instead of 66 or 68.



PHA- Monthly Newsletter

2024  
*september*



## **2023- 2024 ENERGY ASSISTANCE PROGRAM AT COMMUNITY RENEWAL TEAM IN MIDDLETOWN, CT WILL START APPLICATIONS ON SEPTEMBER 1, 2024.**

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes. Basic benefits towards your heating bill range between \$180 to \$530 depending on your income level, household size and whether there is a vulnerable member in the household.

CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment.

The program is administered by Connecticut's Department of Social Services in partnership with local Community Action Agencies (CAAs) throughout the state.

**Apply online:** Online applications are now open.

**Apply by phone:** Call your local Community Action Agency and request assistance applying for CEAP over the phone (see 'Phone Number' at **(860) 347-4465 CT community renewal team in Middletown.**

**Apply by email:** Download and complete the CEAP Application (English), CEAP Application (Spanish). Email your complete application and required documents to your local Community Action Agency

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**Quarry Heights residents your 2023 rental payment history will be included with this newsletter. Your 2023 Rental Payment history is required when applying for the Energy Assistance Program.**

## **WHY EVEN YOUR "GOOD" DOG SHOULD BE LEASHED ALL DOGS MUST BE ON A LEASH WHEN OUTSIDE!**

No dog is 100% reliable. If you do not have your dog restrained on a leash, disasters can happen faster than you can respond. Dog fights or dog bites are disasters that can be avoidable by you.

If your dog bites a child or another person, make sure you understand as the animal owner you are responsible for it, not your Landlord.

Leashes keep your dog and yourself safe plain and simple. Leash Laws are about Public Safety. Make sure you educate yourself in the consequences of your dog biting another person for your specific town as they all are different. There could be a fine or even a law that your dog could be put down for biting someone.

Just a friendly reminder. Please pick up after your animal. Take along a baggie with you to pick up waste with and then dispose of it properly. A couple of tenants have been charged for not picking up after them. Please do not have your small child walk a dog they can't control!

Please keep in mind that if you are spotted not cleaning up behind your animal, you are in violation of your lease and will be fined as such.

Thank you for your cooperation.

**World Suicide Prevention Day—September 10, 2024**

**MENTAL HEALTH AWARENESS**

## HOW CAN I DEFEND MY MENTAL HEALTH?



**PROTECT**

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



**SEEK HELP**

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



**OPTIMIZE**

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do



## MARIJUANA IN FEDERALLY ASSISTED HOUSING.

Under current federal law, users of drugs that are illegal under federal law, includes marijuana, are prohibited from being admitted into federally assisted housing. Federal law also allows landlords to evict residents of federal assisted housing for illegal drug use.



**Q:** Can a Public Housing Agency make a reasonable accommodation for medical marijuana in a state which allows medical and or recreational marijuana?

**A:** No. Consistent with Federal law, HUD prohibits the admission of users of marijuana to HUD assisted housing, including those who use medical marijuana. Pursuant to the Controlled Substances Act, 21 U.S.C. § 801 et. seq., marijuana is categorized as a Schedule 1 substance; therefore, the manufacture, distribution, or possession of marijuana is a federal criminal offense. Section 577 of the Quality Housing and Work Responsibility Act of 1998 (QHWRA) requires that PHAs administering HUD rental assistance programs to establish standards and lease provisions that prohibit admission to HUD rental assistance programs based on the illegal use of controlled substances, including state legalized medical marijuana. Absent a change in Federal law, HUD does not have the discretion to admit users of marijuana, including medical marijuana, to HUD assisted programs.

With regard to continued occupancy after admission, QHWRA requires that PHAs establish policies allowing the termination of the tenancy of any household where the PHA has determined that a member is illegally using a controlled substance or the use thereof interferes with the health, safety, or right to peaceful enjoyment of the premises by other residents.

## LIGHT-Up Mason Jar Aquariums

Activity sponsored by the Portland Library and Youth & Family Services was on August 6th, 2024 at our Chatham Court Community room. Kids ages 7 to 13 were invited for a fun afternoon of creating jar aquariums, decorating fish and eating pizza.

