



# Pompey Hollow Senior Housing



Issue 8  
August 1, 2023

## From the Director

Thank you for those of you who were able to attend our Emergency Preparedness Meeting. We had a great turnout. For those of you who were not able to attend, you should have found the hand out in your cubby, if not, please call or stop by the office for one. Just a reminder from the meeting, that there will be a surprise fire drill in August between the hours of 8am-4pm. Also, please take notice of the locations of 2 new First Aid kits. One is placed in the first floor kitchen in a drawer by the stove, and the other is in a drawer in the upstairs Arts & Crafts Room. Both drawers are labeled "First Aid Kit".



The Ashford Housing Development Corporation will have a meeting August 22 at 6pm, as well as the monthly Commission meeting on August 8 at 7pm. Meeting agendas will be posted on the board. I encourage tenants to attend both meetings; this is a great way to find out progress on the rehab project and the nonprofit.

### Summer office hours :

Monday, Tuesday & Thursdays 9-12pm

I will be working from home most Wednesdays. I will be in the office every Monday, Tuesday, Thursday and Friday.



Photo by: Laura B. Netro-Price



## Beyond Green

### Focus: Composting

Did you know that more than 50% of a bag of garbage is compostable?

Composting has many benefits including:

- Reduces the amount of carbon dioxide and methane gas from landfills
- Allows plants to be less susceptible to diseases
- Reduces the dependency on chemical fertilizer
- Improves soil health and supports healthy plant growth
- Reduces the amount of waste sent to landfills

While we have residents who compost, AHA is looking for ways to expand composting in our building. Which is why AHA is looking for residents who would be interested in serving on a committee specifically to assess and make sustainable improvements to our building. The first meeting would be in September. Stop by the office if you are interested in serving on this committee.

# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Movie 6pm Billiards 6pm	3 Setback 6pm	4 Food Pantry 10 am PHTA 11am	5
6	7 Bingo 6pm	8 Java W/ Jessica 10am AHA Commission 7 pm	9 Billiards 6pm	10 Trader Joe's 10am Setback 6pm	11	12
13	14 Bingo 6pm	15	16 Billiards 6pm	17 Setback 6pm	18	19
20	21 Book Club 10:30am Bingo 6pm	22 AHDC 6pm	23 Billiards 6pm	24 Setback 6pm	25	26
27	28 Bingo 6pm	29	30 Games & Cards 3pm Billiards 6pm	31 Setback 6pm		
		The Book Club is currently reading: <b>TBD</b> BINGO - See Candy in 116 for information, 10¢/card				

## PHTA Corner from Donna Dysart- PHTA President



Hello Everyone,

Well summer is here. Hope you're all surviving the heat and humidity. But this is New England so just wait, it will change.

The movie nights are being well received. Hope to see a few more people coming to enjoy a fun evening. The next movie will be shown on Wednesday, August 2nd at 6pm. This time will be a Disney "golden oldie" starring Walter Brennan, in the "Gnome Mobile". A flyer, with brief description, will be posted shortly. Please come and

join us in the lounge on the second floor. As always, there will be snacks and something to drink.

The July PHTA meeting was cancelled for lack of a quorum. However, an informal discussion was done instead, so news from the office could be given; and Town news gone over. The important highlights were: the next PHTA meeting will be on Friday, August 4, 2023 at 11:00am. We need to complete the planning for our end-of - summer picnic. So far, the plans are for good food (no menu yet), and music (Babcock Band is coming).

Please join us to help with the planning. When the date is closer there will be a sign-up sheet so we will have a head count to order the food.

The PHTA meeting is also our coffee hour, so come and visit with your neighbors and friends. See you there.

## Resident Service Coordinator

### BOOK CLUB (3rd Mon of the mo.)

When: **Monday, August 21st at 10:30 am**

What: TBD

Where: Lounge

It's not too late to join.

### MOVIE NITE (1st Wed of the mo.)

When: **Wednesday, August 2nd at 6:00 pm**

Featuring: The Gnome-Mobile (w/Walter Brennan)

Where: Lounge

Snacks & Refreshments will be provided.  
(This is a recurring monthly event)

### CRAFT EVENT

When: **CANCELLED For August**  
Stay tuned for September's event

### TRADER JOE'S SHOPPING

(2nd Thurs of mo.)

When: **Thursday, August 10th at 10:00 am**  
Meet in Community Room to sign wavers.  
We need at least 4 passengers.

### GAMES & CARDS

When: **Wednesday, August 30th 3:00 pm**

Where: Games & Crafts Room

(We will plan on this being a monthly recurring event, every last Wednesday of the month. Sign up sheet at community board)

### BEACH TRIP- UPDATE

TBD: We need a volunteer driver confirmed, then can schedule a date.

Where: Ocean Park Beach, New London, CT

\$30.00 for parking; to be split by passengers

Come to Community Room a few minutes early to sign wavers. (Sign - up sheet when we get closer to date at community board.)

### Storrs Congregational Food Pantry

Residents who are interested will be **carpooling once a month on a Monday.**

See community board for sign-ups!

### Ashford Dairy Bar Carpool

If you're interested please sign up at community board.

### OTHER UPDATES

### FARM TO TABLE FOOD PROGRAM

These are programs *in addition to the Senior Farmer's Market Nutritional Program (SFMNP).*

If you're interested, please stop by Kathleen's office or the main office for applications

that will be submitted to Melissa at Town Hall.

### Tell Us What You Think

Anyone interested in having technical support/assistance easily available to you at no cost? We are researching having someone possibly come on a regular basis i.e. 1-2 x/mo. to provide this service. Please share your feedback.

Got an idea for an event/guest speaker or way to improve quality of life? Please stop by Kathleen's and let her know. Feedback on events and general goings-on is appreciated!

## Kathleen Devanney, RSC

Office Hours: Tuesday & Thursday 9-1

Phone: 860-429-0205

Email: [kdevanney@ashfordhousingauthority.org](mailto:kdevanney@ashfordhousingauthority.org)