



Pompey Hollow Senior Housing



Issue 12
December 2023



December...the holidays & festivities are upon us! We also welcome (or curse) Winter with the coming of the Winter Solstice this month, Thursday, December 21st at 10:27pm.



Celebrate the holidays with a feature presentation that is coming just to PSH, The Christmas Family Feud! December 14th, 5pm, come on down to play or be a spectator. Two teams of 5 people each, who want to play, will be randomly chosen. There won't be any Richard Dawson kisses but there will be loads of fun! Come on down...but know, it can get a little rowdy! There will be deserts & refreshments. Event will be in the Community Room. Sign up sheet on Community Board.



Beyond Green

The next Green Team meeting will be held in January 2024. As mentioned before, the committee will focus on ways that our community can live more sustainably.

“Be the change you wish to see in the world.” Mahatma Gandhi

One person can do more to change than you think. Some easier ways to live a more sustainable lifestyle could be: turning off the lights and appliances you're not currently using, use energy-efficient light bulbs or LEDs instead of regular ones, wash your clothes in cold water vs warm, lower your junk mail and increase your sanity (be sure to check out this guide on how to [opt out from the FTC](#)), switching your computer font from [Arial to Times New Roman or Century Gothic](#) (will save up to 30% on ink when printing!), & use a reusable tote bag vs a plastic bag.

I encourage tenants to attend the next meeting to discuss ways we can promote sustainability here.

*****The next Green Team Meeting is scheduled for Monday, January 8th at 10:30am.**



Congratulations to Ruth Green winning the Acorn Count Contest!!! Her correct count of the acorns (10) in the October Newsletter, won her the Dunkin Donuts Gift Card.



A Gift for you!

**Laundry will be FREE
December 23rd, 24th,
& 25th!!!**

Office Hours : Jessica will be working in the office Monday through Friday. Formal office hours will be: Mondays, Tuesdays, & Thursdays 9:00am to 12:00pm.



Photo by: Laura B. Netro-Price



NOTICES

Winter, with the coming of snow, is upon us. Just a reminder of the "car shuffling" needed for snow removal. If you need help getting to your car & cleaning it off, let the office know & we will do our best to accommodate.

Mansfield Senior Center offers homemade meals for dine in or take out, for \$5.00. Sign up by Friday for the week prior. Check out the menu posted on the Community Board.

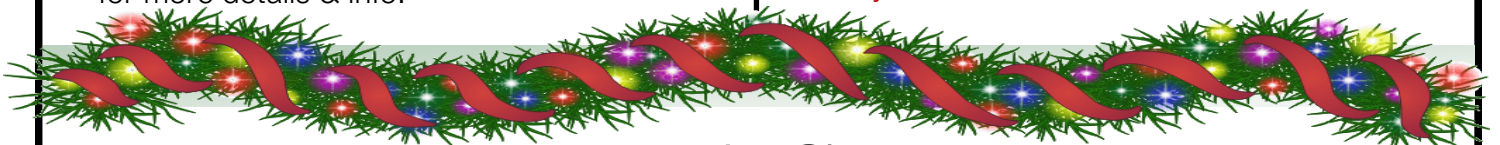
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Emergency Preparedness Meeting is scheduled for **Monday, January 8, 2024, 10:00am.**
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The Green Team Meeting is scheduled for **Monday, January 8, 2024, 10:30am.**
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It is **PHTA Election Time!** You can vote for the Commissioner & Officers **December 1st, 11am.** Refer to PHTA Corner below for more details & info.

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*****Reminder*****, to use your \$10 cable TV coupon by **December 31st.** Cards expire end of December and can not be carried over for next year.



PHTA Corner

From Donna Dysart- PHTA President

Hello Everyone,

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Hope to see many of you at the upcoming PHTA meeting. It's time to vote for your PHTA Officers and your Tenant Commissioner. The current terms for the Tenant Commissioner and PHTA officers end on December 31, 2023. Elections must be held at the December meeting to give time for votes to be counted and results to be posted before January 1, 2024.

Donna Dysart, PHTA Vice President: Joan Primus, PHTA Secretary: Candice Clarke, PHTA Treasurer: Terri Moylan, and PHTA Assistant Treasurer: John Reynolds.
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Our next movie night will be on Wednesday, December 6, 2023 at 6:00pm. We will be watching the movie "Bedknobs and Broomsticks", starring Angela Lansbury. The movie will be shown on the new 65" TV in the Community Room. Please join us for a fun evening. Refreshments will be available.

Your new Commissioner and Officers will take office on January 2, 2024. If you would like to run for one of the PHTA officer positions, or the Tenant Commissioner position, you need to give notice of your intent to run, by November 28, 2023, to Donna Dysart. Your name will then be added to the ballot forms. Ballots will be printed by November 30, 2023. If you need an "absentee ballot", see Donna Dysart on November 30 th between 1:00pm and 6:00pm to obtain a ballot to vote. There will be a sealed ballot box for your completed votes. The regular votes will be taken at the next PHTA meeting on December 1, 2023. Currently, the nominations are as follows:

Tenant Commissioner: Sandra Labrecque, PHTA President:

Don't forget our PHTA meetings are also our coffee hour. Come and visit with your neighbors and friends, find out what is happening, enjoy coffee and refreshments, and remember this month we will need your VOTE. The next meeting is on Friday, December 1 st , at 11:00am. Hope to see you there.



From the Resident Service Coordinator

MOVIE NITE (1st Wed of the mo.)

Wednesday, December 6th at 6:00 pm
In the lounge.

Featuring: *Bedknobs & Broomsticks* starring Angela Lansbury
Snacks & refreshments will be provided.

BOOK CLUB (3rd Mon of the mo.)

Postponed till January 2024

TRADER JOE'S SHOPPING

(2nd Thurs of mo.)

Thursday, December 14th at 10:00 am
Meet in Community Room to sign wavers.
We need at least 4 passengers.

JAVA W/ JESSICA Holiday Lunch

(3rd Thurs of mo.)

Tuesday, December 19th at 10:00 pm

Come join us in the dining room, we will be exchanging info. and getting updates. You never know what you might miss! A treat & coffee to be provided. Following, **Linda Haperman**, Executive Director of Windham Region Transit District will be here to give info re- WRTD & the transport services offered.



CRAFT EVENT LUNCHEON (4th

Tues of mo.)

Temporarily Postponed, *plan to resume January 2024*

GAMES & CARDS

(last Wed. of mo.)

Wednesday, December 27th 3:00 pm
In the Games & Crafts Room. Sign up sheet 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!

OPEN ENROLLMENT TIME

Tuesday, December 5th at 11am,
Shannon Crowe, independent insurance agent, will be coming back to answer your questions on health insurance. Here's your chance to receive personalized, expert guidance on the best Medicare Advantage options for you. (ie. Wellcare vs United Health: PPO's vs HMO's). Appointments are in 1/2 hr intervals. Held in Community Room with coffee & snacks provided. Please sign up on Community Board.

NEW!

EXERCISE CLASSES w/ TERRI

One of our own is offering exercise classes Mon, Wed, & Fri's in the Community Room. Sign up at the board & please indicate preferred time.

MONTHLY WALMART SHOPPING (Brooklyn, CT.)

if time allows & majority wants, we will in-

clude Aldi's) (3rd Mon. of the mo.)

Monday, December 18th at 10:00am

Meet in Community Room to sign wavers. We need at least 4 passengers.

OTHER UPDATES

VIAL of LIFE - If you weren't at the recent lunch & picked up your stickers/med info form, please pick them up in the Community Room. (One pouch w/ sticker for door, & one pouch w/med form & sticker for fridge.)

TV NEWS

Stop by Kathleen's or main office to let us know what you'd like to see scheduled. Or drop a note in the jar in the Community Room. Schedule of events in the works- your input is wanted.

***See boards for senior center events - & visit senior center to pick up their calendar for full listing of events.

Tell Us What You Think

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

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Email: kdevanney@ashfordhousingauthority.org