



# Pompey Hollow Newsletter



## From the Director

Please join me in welcoming our new Resident Services Coordinator, Kathleen Devanney.

AHA is looking to expand our recreation programs and offer more services based on resident needs. Please stop in and introduce yourself, if you haven't already, and let her know if you have any suggestions or ideas for programing.

Rental re-certification will begin at the end of this month. If you pay below the base rent, you must be recertified each year. I will be available for any questions at the monthly coffee hour on February 16th or you can schedule an appointment with me.



Please welcome our new resident  
**John B.**  
to Pompey Hollow Senior Housing  
when you see him!

## Valentines Babies

AHA will be putting up a photo board in the dining room. We would like to invite residents to put up a baby picture! We will number the pictures and then print out a list so that everyone can try to guess who is who! (Thank you Ruth for this fun idea!!)

Put pictures up by 2/16

We will number them and you can make your guesses

The person who gets them all wins a prize!

## Recertifications

Recertifications will start at the end of February. Please see the sign-up sheet on the bulletin board in the lobby.

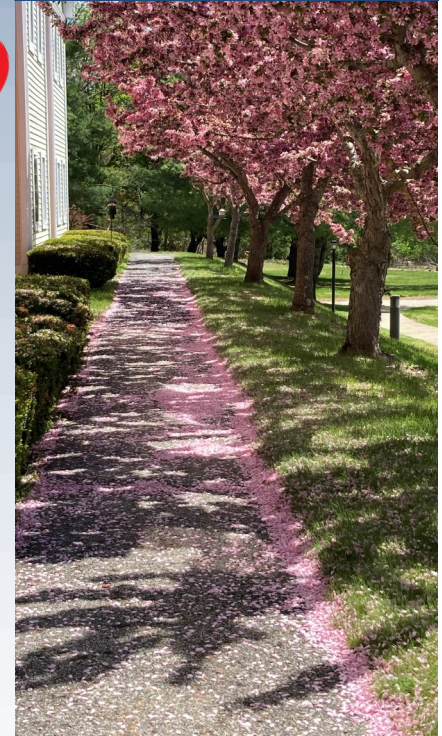
If its your first time doing a recertification and you have questions, don't be afraid to ask. You can stop by the office, or utilize this months Java with Jessica to ask questions (Jessica, Katie, and Kathleen will be there).

Everyone who is required to recertify received a letter with information.

Recertifications happen yearly for tenants paying base rent, tenants who pay more than base rent recertify every other year. Recertification is not optional.

## Entry Garbage Cans

The garbage cans by the front door are not for pet waste. Pet waste must be disposed of in the dumpster.



## Meetings

- Tenant Association.....Feb 3  
11:00 am, Dining Room
- Board of Commission .....Feb 14  
7:00 pm, Dining Room
- Emergency Operations.....Feb 14  
10:00am, Dining Room
- Ashford Housing Development  
Commission .....Feb 21  
6:00 pm, Dining Room
- Java with Jessica .....Feb 16  
10:00 am, Dining Room
- Recertifications.....Feb 27

## Important Dates

- Cable boxes TBD
- Feb 1 Encore Fire Sprinkler Insp.

## AHA Office Hours

- Tuesday 9-12
- Thursday 9-12
- Friday 9-12

## Pompey Hollow Happenings

### BINGO

In the Dining Room on Mondays 6-8. Each card is \$0.10, so bring your dimes! Players must take turns calling each week, talk to Candy for more information.

### Pool

Wednesdays, 6pm in the Arts & Crafts room

### Setback

Thursdays & Saturdays 6pm in the Dining Room  
See the PHTA Calendar for more activities.

## Around Town

### Storrs Farmers Market

1st and 3rd Saturdays 3-5  
Dec 3 - Apr 15  
Mansfield Library

### Ashford Farmers Market

Closed for the season

### Coventry Farmers market

Sundays 10-12:30  
Nov 3 - Mar 19  
Coventry High School

### Mansfield Area Flea Market/ Drive-In

Closed for the season

## Soak Up Some Sun!

Its so hard to be positive with this crazy weather, it seems like the entire month of January was cloudy. According to an article on Tricitymed.com getting just a little sun (when its out!) can help to improve your health and mood.

- ⇒ Popping outside and soaking in some of that sun when it pops outside can help to boost your mood! You only need 5-15 minutes of sunlight to boost your mood.
- ⇒ Getting the proper amount of serotonin can help you to get better quality sleep at night.
- ⇒ Vitamin D is essential to bone health.
- ⇒ Exposure to sunlight is good for heart health.

Check out the full article on our Facebook page or on the laundry room board!

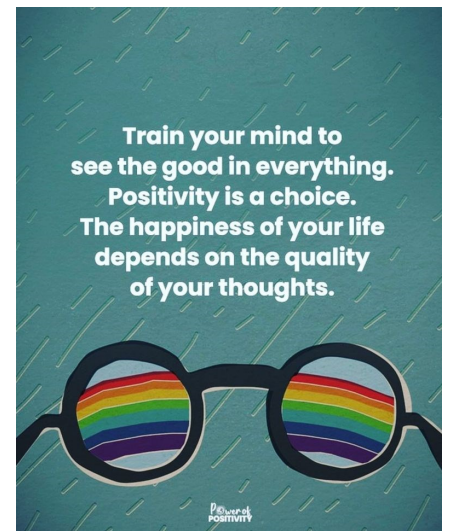
Another important reason to get outside? Fresh air can help to reduce airborne illness.

Joshua's Trust is a Conservation and Historic Trust that was incorporated to help conserve properties with natural and historic interest. They have many properties in and around Ashford to explore.

Joshua's Trust also hosts events (which are free unless you feel compelled to donate). They are hosting a Guided February Walk at Knowlton Hill on Saturday February 18th from 10-2. This trail has an elevation gain of 177ft and is 1.4 miles, this is considered an "easy" trail. Reviewers say the orange loop (which is optional) is steep. You can call 860-429-9023 for more information and questions on how to register.

They offer more than just hiking, they have other workshops as well, in May they are offering a Nature Writing workshop. The website is [www.joshuastrust.org](http://www.joshuastrust.org), events can be found under the "attend" tab. They also have a list of their properties as wells as printable maps.

Check out their newsletter in the laundry room!



## Compressor Issue

Encore has looked into the compressor issue and made some adjustments that should help. A minuscule leak and the weather are both playing a role. We are continuing to troubleshoot.

## Spectrum Cable

The cable contract was renewed with Spectrum for the next 5 years. 30-day notices were distributed with the new cost. Thank you for your participation in our Tenant meetings and discussions. Your participation is important to us. We will notify tenants asap when we find out about the cable boxes.

## Fundraising

The Ashford Housing Development Corporation is looking for fundraisers!

AHDC would like to create a Fundraising Committee. This committee would help to raise the funds needed to move forward with the 501c3.

If you are interested in being a part of this committee please come to January's Java with Jessica or give her a call.

Do you have friends who like fundraising or have experience in advertising that want to help their community?

They are welcome as well! If they cannot make it to the coffee hour, they can contact Jessica by calling the office or by email [jmiller@ashfordhousingauthority.org](mailto:jmiller@ashfordhousingauthority.org).

## PHSH Bulletin Board

Do you know of any local resources, events, services, or even stores you'd like to share with fellow tenants?

Are you a writer? A poet? A photographer?

We can put your submissions in the newsletter!

Email them to [ashfordhousing@gmail.com](mailto:ashfordhousing@gmail.com) or drop them off to the office.

We are also looking to expand the bulletin board in the laundry room so that we can put more information up.

### Predicts Early Spring



### Newsletters

We have been trying to keep the laundry room stocked with lots of local information, if you know of any free local or regional newsletters you'd like to see a copy of in there, please let Katie know!

## Resident Service Coordinator

Please stop in to say hi to Kathleen, our new Resident Service Coordinator if you haven't had the chance to meet her yet!

### Pompey Hollow Community Ideas

We'd like to know what you think about the ideas below, for upcoming ways our community can connect.

### Regularly Scheduled Shopping Trips using the Senior Center Van

Even if you have a car, scheduled rides to a local store might be a good option and a way to save on gas. If you don't have a car, this could be a perfect solution for avoiding delivery fees.

We can organize this with the Senior Center but will need to provide them the following information:

- Should the trips be weekly, bi-weekly, or monthly? (Thursdays are the best days for the Senior Center.)
- What time would you prefer? (please provide a window)
- What would your preference be as a destination? (Big Y, Stop & Shop, Price Chopper, etc. Also we can combine a grocery store with a trip to Walmart.)

Please email your interest and specific replies to our new Resident Services Coordinator:

[KDevanney@Ashfordhousingauthority.org](mailto:KDevanney@Ashfordhousingauthority.org)

Or call @860-429-0205

Or stop by Kathleen's office, Tuesday or Thursday between 9:00AM and 1:00PM.

Once we have a better sense of interest and preferences, we can hopefully start these trips in March or April.

*Please note we need a minimum of 5 people for each trip, to make it worthwhile to use the van.*

### Community Garden

We are looking at expanding the current garden boxes and adding a couple more boxes that would be high up enough to avoid bending. We'd like to know if higher boxes would make you more interested in gardening?

### Book Groups & Movie Nites

These speak for themselves! Again, please reach out to Kathleen at above contact info. if you'd be interested in being part of either or both of these groups.

If any residents are interested in being a part of a group email please let Kathy know.



## Contact Us

Executive Director

Jessica Miller

Administrative Assistant

Katie Duval

Ashford Housing Authority  
49 Tremko Lane  
Ashford, CT 06278

Website:

[www.ashfordhousingauthority.org](http://www.ashfordhousingauthority.org)

Email:

[ashfordhousing@gmail.com](mailto:ashfordhousing@gmail.com)

Phone:

860-429-8556

Fax:

860-487-4500

### COVID/FLU/RSV

WASH YOUR  
HANDS  
FREQUENTLY

STAY HOME IF  
YOUR SICK

MASK UP

## Community Resources

### FOODSHARE:

A food-pantry on wheels. Contact for more information: (860) 856-4321

Local pickup sites include Willington every other Wednesday, Mansfield every other Thursday, and Stafford every other Thursday.

### ASHFORD FOOD BANK:

Living Proof Church distributes food monthly. If you need food before the next pickup date please call. The last Friday morning of each month 7:00 -9:00am (differs in Nov & Dec check website). For information go to [www.asfhordchurch.org](http://www.asfhordchurch.org) or call (860) 429-2923.

### WAIM CLOTHING:

Open Tuesday - Saturday, 9:00 am to noon. Shoppers are limited to 15 minutes of "shopping." By appointment only, call Neenah Shafer (860) 456-7270 ext. 104.

### WAIM EMERGENCY FINANCIAL ASSISTANCE:

Call Evelyn Solla (860) 456-7270 ex.103 or email [assistdir@waimct.org](mailto:assistdir@waimct.org). Hours: Tuesday-Friday 8:30am-4:30pm

### SENIOR CENTER FROZEN MEALS:

Three frozen meals a week thru Must be 60+ or the spouse of someone 60 and over participating. Must arrange to pick up the food. No income or asset test. Comes with milk, bread, and fruit. Notify Kit by noon on Monday. Suggested donation of \$3.00 each meal. 860-487-5122 to sign up.

### FOOD PANTRY:

Storrs Congregational Church, 2 N. Eagleville Rd, Storrs. Sun 11-12:30, Mon 1-3, Thu 2:30-6:30. Meats, breads, fresh produce, household items. By appointment, call 860-429-9382

### ASHFORD FOOD PROGRAM:

Ashford Food Program distributes canned and dried foods on the first Friday of the month at Ashford Senior Housing. For applications or information please call Donna Dysart (860) 461-9434

Gross annual income limits.

# in Family	1	2
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Income	\$35,950	\$41,050
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Maintenance has been busy painting the hallways and the building looks great!

Issues flagged in apartment inspections will be addressed over the next couple weeks.

The sprinkler inspection is on February 1st and will not effect residents.

Many apartments have disconnected exhaust fans, just a reminder that tenants do not have permission to do this. Exhaust fans rid the bathroom air of excess moisture, humidity, and odors. Keeping the water vapor off the walls and ceiling helps to prevent mold and bacteria growth. Not only does mold cause damage to your apartment but it is a health hazard as well.

On the opposite end of the spectrum, running humidifiers can cause moisture issues as well, please make sure to have a handy hygrometer to make sure your not over-doing it. The ideal humidity level for indoors should be between 40-60% and the meter should be placed in an area away from the humidifier or bathroom. Humidifiers should be centrally located in your apartment and away from any electronics.

**Our waitlist is open, applications are available in the entryway, by mail, or by downloading them off of our website.**