



# Pompey Hollow Senior Housing



Issue 1  
January 2024

*Happy New Year!*

Welcome 2024!

The holiday season is winding down & winter is officially upon us. I like to experience the calmness of nature on a winter night...In the still of the night, enter the outdoors. Let your senses fill your soul..feel the cold air, maybe a breeze. See the darkness, maybe a starlit sky. Hear a rustle, maybe the wind, could be an animal...Oooh...coming to! I'm getting too relaxed! There really is something to be said for guided imagery. Back to business!

Apartment inspections will be on Monday, January 29 th from 10am-12pm. Dave and Jessica will conduct inspections. It will take about 5 min. to complete. All inspections will occur that day, if you are not going to be home, please let us know, but we will still complete the inspection of your apartment.

All storage rooms have shelving installed. Dave has moved all the items located in the rooms onto the shelving. No items are to be left in the taped off areas! If you need more storage space, please see Jessica and she will work with you to find more space if it is available. Thank you!

**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



## 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.

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 1:30pm.**



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Apartment inspections will be on Monday, January 29th from 10:30am-1:05pm. Dave and Jessica will conduct inspections. It will take about 5 min. to complete. All inspections will occur that day, if you are not going to be home, please let us know, but we will still complete the inspection of your apartment.

All storage rooms have shelving installed. Dave has moved all the items located in the rooms onto the shelving. No items are to be left in the taped off areas! If you need more storage space, please see Jessica and she will work with you to find more space if it is available. Thank you!

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## Many Thanks

Thank you to PHTA for the delicious festive Holiday Luncheon & to Donna & Jessica for their yummy deserts. Also, a special thanks to John Reynolds for his creative, fun, & generous raffle!



## Beyond Green

While you are cleaning up after the holidays keep these recycling tips in mind:

### Recycling Wrapping Paper

A READER'S DIGEST GUIDE

#### DON'T RECYCLE ❌

Metallic, glittery, or velvety wrapping paper  
Coated, laminated, or dyed gift bags  
Metallic, glittery, or embossed cards  
Cards on photo paper  
Ribbons, bows, string  
Sticky labels  
Bubble wrap  
Foam peanuts

#### DO RECYCLE ✅

Plain wrapping paper  
Plain wrapping paper printed with a design  
Cardboard gift boxes  
Paper gift bags  
Plain cards  
Plain envelopes  
Tissue paper



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 1:30pm.**





Just a Reminder...

While we do not have ideal parking available for everyone, there are ways to make things a little easier. Tenants may temporarily park in front of the building to unload/load items into your car. If you need help moving your car from one lot to the other, or cleaning your car off after a snow storm call the office and let us know. We can help!

## NOTICES

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.

Emergency Preparedness Meeting is scheduled for **Monday, January 8, 2024, 1:00pm.**

The **Green Team Meeting** is scheduled for **Monday, January 8, 2024, 1:30pm.**



What Connecticut Birds migrate for the winter?

Answer to question will be given in February newsletter.



## PHTA Corner



### I VOTED.



The PHTA Election results are in!  
The following elected tenants will be the officials  
And the Tenant Commissioner:

- President: Donna Dysart
- Vice President: Joan Primus
- Secretary: Candice Clarke
- Treasurer: Terri Moylan
- Asst Treasurer: John Reynolds
- Tenant Commissioner: Sandy Labrecque

*Congratulations to the elected tenants!*

The Christmas Family Feud went on without a hitch with the "MIGHTY ONE" "feuding" it out with the "ASHFORD ANGELS" (don't know who they were fool'n).



The winning team was the Ashford Angels

with Kathleen & Jessica making it to the Fast Money Round.



# From the Resident Service Coordinator

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

Wednesday, January 3rd at 6:00 pm  
In the Community Room.  
Featuring: *TBD*  
Snacks & refreshments will be provided.

## TRADER JOE'S SHOPPING

(2nd Thurs of mo.)  
Thursday, January 11th at 10:00 am Meet  
in Community Room to sign wavers. We  
need at least 4 passengers.

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

Monday, January 15th at 10:30 am in the  
lounge.  
Reading: *TBD*

## JAVA W/ JESSICA (3rd Tues of mo.)

Tuesday, January 16th 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.

## Ted Talks Monthly (following Java W/ Jessica)

First Month subject: *Dementia is Prevent-  
able* a 20 minute presentation, followed  
by a group chat. (If you have a subject  
you'd like to see covered, please let us  
know.)



## CRAFT EVENT w/ Lunch (\$2 each) (4th Tues of mo.)

Tuesday, January 23rd at noon Meet  
in Community Room  
Craft: Calendar holder wreaths for  
Valentine's Day

## GAMES & CARDS

(last Wed. of mo.)  
Wednesday, January 31st 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 Mon-  
day.  
See community board for sign-ups!

## NEW!

## EXERCISE CLASSES w/ TERRI

Mondays & Fridays at 10:00 am  
Wednesdays at 2:00 pm in the  
Community Room. One of our own  
is offering exercise classes. Sign up  
at the board or contact Terri Moylan  
for more details.

## MONTHLY AILDI'S/WALMART SHOPPING (Windham, CT.)

Wednesday, January 24h at 10:00am  
Meet in Community Room to sign  
wavers. We need at least 4 passen-  
gers (Apologies on destination  
change, not AHA's decision)

## OTHER EVENTS

Martin Luther King Day Mon-  
day, January 15th We'll  
play *SELMA* at 2:00 pm in the Com-  
munity Room.



## TV NEWS

Stop by Kathleen's or main office to let  
us know what you'd like to see sched-  
uled. 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 quali-  
ty of life? Please stop by Kath-  
leen's and let her know. Feed-  
back on events and general go-  
ings-on is appreciated!



## Kathleen Devanney, RSC

Office Hours: Tuesday & Thursday 9-1

Phone: 860-429-0205

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