



# Pompey Hollow Senior Housing



Issue 7  
July 1, 2023

## From the Director

Thank you to everyone for signing the lease extension which is valid through June 30, 2024. I appreciate everyone coming down to the office.

Just a reminder to check your cubby on a regular basis. Notices are placed in each cubby, especially when staff or contractors need access to the apartments. A minimum of 48 hours notice is given anytime apartment access is required.

A revised budget will be posted on the bulletin board by July 6, 2023. The AHA Commission will vote on the revised budget at the July 11 th meeting. The reason for a revision is the 76% increase of the insurance premium. This revision will not impact tenant rent amounts.

There will be two meetings scheduled later in July to review emergency procedures. Date and time TBD. This is a very important topic, I encourage all residents to attend. A fire drill will be scheduled in August. More information will be posted soon.

Beginning this month, you will notice a new column in the newsletter called "Beyond Green". This column will be dedicated to information on recycling and sustainability and how we can take an active role in our community, here at PHSH. This month we talk about recyclable items. This will be an ongoing column, if you have any information or ideas to include let the office know. Thank you!

Wishing you all a Happy 4 th of July!

### 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.



## Beyond Green

### Recyclable or Garbage?

If you are wondering how a particular item should be disposed; recycling or garbage, you can use the RecycleCT WIZARD search online. You can find RecycleCT WIZARD on the town of Ashford's website (<https://ashfordtownhall.org/can-i-recycle-it/>) or the RecycleCT website (<https://www.recyclect.com/>). Items that are harder to dispose of, it will also give you the appropriate method and/or place to bring the item/s, so that you can discard them responsibly.

The state of Connecticut has also established a basic universal guide of what can and can not be recycled, including basic guidelines for recycling such as: all items should be empty, rinsed, clean, and open. DO NOT shred, box, bag, or bundle. For your convenience, and if you do not have access to the internet, we have attached this basic guide from the state of CT.


### RECYCLABLE FACTS

- One ton of recycled cardboard saves 9 cubic yards of landfill space
- Almost half of the food in the U.S. goes to waste- nearly 3,000 pounds per second



Photo by: Laura B. Netro-Price

# July 2023

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

## Renters Rebate - From Melissa McDonough



Are you over 65?  
 Are you Disabled?  
 Are you a Renter?  
 Did you earn less than \$49,100 if married or \$40,300 if single?  
 Then you may qualify for a Renters Rebate from OPM.  
 If you would like to apply, please call to make an appointment or mail copies of your documentation to 5 Town Hall Rd, Ashford, CT 06278, drop documents off in the drop box out front or scan and email to [mmcdonough@ashfordct.org](mailto:mmcdonough@ashfordct.org)

If you have questions please call (860)487-4417  
 Required Documentation: (all for calendar year 2022)  
**Proof of Income Including:**  
 Social Security income (form SSA 1099) & SSI if applicable  
 Copy of 2022 Federal Income Tax Return, if filed  
 1099 forms for pension, dividends, interest, stocks & bonds, etc.

Veterans Disability or Railroad Retirement  
**Proof of Expenses Including:**  
 Rent receipts for 2022 (all 12 months)  
 Utility bills paid in 2022 (heat, gas, electric only)  
 If you have not yet gotten your rent receipt, you can get them from Kathleen.  
**\*\*Applications are accepted until October 1, 2023.\*\***

## Resident Service Coordinator

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

When: **July 17th at 10:30 am**

What: *1st to Die* by James Patterson

Where: Lounge

It's not too late to join.

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

When: **July 5th at 6:00 pm**

Featuring: Fly Away Home

Where: Lounge

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

### CRAFT EVENT

When: **Tuesday, July 18th at Noon**  
(lunch included)

What: Still planning- will post updates soon!

Where: Community Room

. \*\*\*Sign-up sheet at community board.  
Please let us know if you plan on attending, so we can plan purchases and lunch accordingly. Thank you!

We hope to see you there!

### TRADER JOE'S SHOPPING

(2nd Thurs of mo.)

When: **Thursday, July 13th at 10:00 am**  
Meet in Community Room to sign wavers

### GAMES & CARDS

When: **Wednesday, July 26th 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)

### SHOPPING & LUNCH DAY OUT

Christmas Tree Shop, Evergreen Mall, Buckland Hills, Marshalls & Big Lots (Manchester/S. Windsor)

When: **Wednesday July 26th, 9:30 am departure,**

Will include time for lunch. 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!

### OTHER UPDATES

### ASHFORD FARMER'S MARKET & FARM to TABLE FOOD PROGRAMS

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

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)