



Pompey Hollow Senior Housing



Issue 10
October 2023

October...oh my!



Black cats, pumpkins, and nuts, oh my! Oh my, Fall has arrived. As the leaves continue to fall here in Pompey Hollow, it becomes cooler and the nights become quieter, listen... & you may be able to hear the hoots of the owls. Woodpeckers are more noticeable as they become busy chiseling out hollows in prep for snuggling in for the winter and the squirrels are busy stockpiling nuts. Speaking of nuts... **Count all the acorns you find in this October Newsletter. Let the office know your count & enter a raffle ticket. A drawing will be made during Java w/Jessica, Thursday, Nov. 16th. If your ticket is drawn & you have the correct count, you win a prize.**

Bring your eyes to the sky to view two of nature's events this month. We, CT., are fortunate to be able to view (weather permitting) two eclipses: a Partial Solar Eclipse on October 14th and a Penumbral Lunar Eclipse on October 28th. Detailed viewing times for Hartford, CT is listed on the calendar.

***** REMINDER***** :Now that it is Fall, Dave will be placing the vinyl covers over the AC units.

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

*****UPDATE***** On September 6th the town of Ashford Residents voted on the allocation of the remaining ARPA funds. This included \$21,000 to the Ashford Housing Development Corporation to further the creation of the new non-profit. The vote resulted in our favor- achieving this goal.

The mission of AHDC is to provide affordable housing and access to supportive resources for all Ashford residents.

Thank you to everyone who attended the meeting and voted!



Photo by: Laura B. Netro-Price



Beyond Green

Recycling plastics. I get lots of questions about what items can and cannot be recycled. So, today I will cover Plastics: what types are recyclable and why. The number on the plastic item does not necessarily mean whether the item is recyclable or not. The number is a resin identification code that tells you what kind of plastic that material is made of.



This is the most common household plastic. It is also the most widely recycled plastic. Examples include: water/soda bottles



HDPE is also accepted worldwide and is easily recycled. Examples include: detergents, shampoo bottles, and yogurt containers.

The remaining numbers 3-7, including #5, for plastic are not widely accepted at recycling facilities. While you can find lots of items such as plastic food wrap, plastic shopping bags, pill containers and straws in stores to purchase, most of these items will not be recycled. **THE BEST OPTION IS TO GO PLASTIC FREE WHENEVER POSSIBLE!!**



Notice the arrival of the

BAYSTATE TEXTILE COLLECTION BIN !

It is located toward the lower end of the parking lot, by the housing driveway. It is for recycling of various items including:

- footwear - clothing - linens
- accessories - stuffed animals



All items can be donated in any condition as long as they are clean, dry, and bagged. Items not accepted: mattresses, couch & lawn furniture cushions, foam products, carpet remnants & rugs. A detailed list of accepted items was put in each unit's cubbies & more info is posted on the Community Board. And remember, Pompey Hollow will be paid a rebate of \$120 per ton of textiles collected- this can be used for tenant activities.

What is a Reasonable Accommodation?

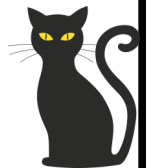
Did you know... A Reasonable accommodation is a change, exception, or adjustment to a rule, policy, or service. Residents may request a reasonable accommodation any time they feel it is necessary to ensure full and equal access to PHSH.

Reasonable Accommodation forms are available in the office. Stop by the office for more information.



PHTA Corner

From Donna Dysart- PHTA President



Happy Fall Everyone,

and Linda H. To all who helped, you are the best!

Well summer is gone. Time for warm sweaters, hot chocolate and "leaf peeping" as many like to call the fall foliage time. Hope we have lots of color this year; and you all get a chance to get out and enjoy the change of season.

Can't believe September is almost over, and October is knocking on the door. October's movie will be "The Apple Dumpling Gang" starring Don Knotts and Tim Conway. Movie night is the first Wednesday, October 4th at 6:00pm. Look for the flyer that will be posted shortly. Java with Jessica should be on the second Tuesday, October 10th at 10:00am; and the October craft is being planned for Tuesday, October 17th, at noon. The craft is still TBD; but a Fall or Thanksgiving theme is on the table. If you have a favorite project you would like to suggest, please see Kathleen with your idea.

The Summer Picnic was well attended; and everyone seemed to have a good time. The food was plentiful and just as good as last year. Fourteen members of the Babcock Band shared our lunch; and then provided the music for our entertainment. Pleasant comments and a thank you were received from many of the tenants and musicians alike, which made the work worthwhile. It was good to hear that so many really enjoyed themselves. A big thank you goes out to all who signed-up to help with purchasing supplies, to set-up, cook, serve and clean-up. An extra thank you goes out to those who were not listed to help but stepped forward anyway: Laura Netro-Price, Norma Jean (from the band), Debbie S., Terry M.,

Don't forget our PHTA meeting is also our coffee hour, so come and visit with your neighbors and friends, find out what is happening and enjoy coffee and refreshments. The next meeting is on Friday, October 6th at 11:00am. Hope to see you there.



From the Resident Service Coordinator



MOVIE NITE (1st Wed of the mo.)

Wednesday, October 4th at 6:00 pm
In the lounge.
Featuring: *The Apple Dumpling Gang*
(Don Knotts)
Refreshments will be provided.

BOOK CLUB (3rd Mon of the mo.)

Postponed till January 2024

TRADER JOE'S SHOPPING

(2nd Thurs of mo.)

Thursday, October 12th at 10:00 am Meet
in Community Room to sign wavers. We
need at least 4 passengers.

JAVA W/ JESSICA (3rdd Tues of mo.)

Tuesday, October 17th at 10:00 am
Come join us in the dining room to ex-
change info. and get updates. Also, there
will be a speaker, Angelo Musumeci from
Hartford Healthcare. He will be discussing
his role at Hartford Healthcare & answer-
ing your questions. A treat & coffee to be
provided. You never know what you might
miss!



CRAFT EVENT LUNCHEON (4th

Tues of mo.)

October 24th at 12:00 pm or TBD

Event: *Thanksgiving Theme*

Lunch: \$2 per person Sub-sandwich,

chips & drinks

Meeting in Dining Room.

***Please let us know if this is
something you're interested in &
best times for you to attend. We want
to make it work for as many people
as possible. Given we buy materials
& lunch, at least 5 people need to be
signed up.

Sign -up sheet at Community Board.
Feel free to come just for the lunch!

GAMES & CARDS

(last Wed. of mo.)

Wednesday, October 25th 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!

Community Events:

Wed. Walk @ Tinkerville Brook Pre-
serve, Ashford, Oct. 4, 8-9:30am. For
more info & to see other events-
www. JoshuaTrust.org or call 860-
429-9023

Lapsley Orchard, Rte 169, Pomfret
Center-get homemade apple cider
donuts w/ends & free wagon rides
Sundays 12-4pm

OTHER UPDATES

VIAL of LIFE is a precautionary
measure that's easy to do & could
prove essential in a medical emergen-
cy. We will be distributing 2 magnets
and a blank medical information form
(you fill out) to each resident. One
magnet goes on your front door, so in
case of a medical emergency, respon-
ders will know the info is inside. The
magnetic pouch containing your medi-
cal info. goes on the refrigerator. That's
it, super duper easy. You can pick them
up during coffee hour or at either office.

BIG-A\$\$ TV SCREEN (That's just to
see if you're paying attention!) As
you've no doubt noticed, a large 65" TV
was delivered & will be installed in the
Community Room. We're very excited
about this-& the opportunities it offers.
We have some ideas for upcoming fea-
tures & talks, but want to hear from
you. Stop by the main office or Kath-
leen's , to share your ideas. Thanks!

***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

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