



# Pompey Hollow Senior Housing



Issue 9  
September 2023

## Ahhh...September...

Ahhh...September...the crows are cawing, leaves are changing colors, and apples are ready for picking. The beautiful Monarch butterfly flaunts itself before preparing for its lofty journey. Summer is fleeing and soon we will be embracing or bracing ourselves for the Autumnal Equinox. As the September breezes turn cooler rustling the leaves through Pompey Hollow, we have an eventful September coming up with lots of "Save The Dates". September 7th we have the summer picnic scheduled. Come enjoy good food & afterwards listen to the tunes from the Babcock Band. September 12th is Java With Jessica where there will be a brief preview presentation introducing the Fall Prevention Program being hosted by Day Kimball Hospital scheduled to be held at the senior center September 20th. Also, Loretta Worbel, Chair of the Ashford Conservation will speak about current projects. And...September 17th, Family Day 2023 will be held at Pompey Hollow Park offering loads of festivities, entertainment, and family fun. Hope to see you all out and about, enjoying the cooler, hopefully drier weather!

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

\*\*\*A Special Town Meeting is scheduled for Wednesday, September 6 th at 7:00 pm to allocate the remaining American Rescue Plan Funds (ARPA). The Ashford Housing Development Corporation is seeking additional funds in the amount of \$21,000 to assist in the further development of the nonprofit.

All Ashford residents are encouraged to attend and vote at this meeting. The legal notice is posted on the bulletin board in the lobby. This is a hybrid meeting, so if you can attend in-person or virtually. Thank you for your support!



Photo by: Laura B. Netro-Price



## Beyond Green

Introducing the new  
**GREEN TEAM**  
at Pompey Hollow.

They will aim to learn strategies and apply them with hopes to evolve our sustainable growth here at Pompey Hollow Senior Housing , including:

- developing a community compost
- expanding on utilization of recycling services
- define & implement ways to live more sustainably

Some examples are:

- proper disposal of your medications
- how to maintain a healthy septic system

More information will be posted on the Community Board and in the Laundry Room.

1st meeting will be:  
Friday, September 11 at 11:00 am  
All are welcome



Coming soon

## **BAYSTATE TEXTILE COLLECTION BIN**

for recycling of various items including:

- footwear
- clothing
- accessories
- linens
- stuffed animals



All items can be donated in any condition as long as it's clean, dry, and bagged.

Pompey Hollow will be paid a rebate of \$120 per ton of textiles collected- this can be used for tenant activities.

The bin will be located by the housing driveway.

What happens to your textiles after dropping them in a Bay State Textiles collection bin?

After the textiles are collected, they are sent to a grading facility, where they are sorted into 3 main "grades" or categories:

- 45% Reusable Clothing
- 20% Fiber Conversion
- 30% Wiping Rags

\*\*\*Only 5% ends up as waste.

More info to come.



## PHTA Corner

### From Donna Dysart- PHTA President

Hello Everyone,

Hope everyone has been enjoying their summer, even though the weather has been a little crazy even for New England. Spring felt like summer, June like April, rainy July and now August feels more like late September. Go figure!

Just want to give you a quick reminder of several things:

First, the end of sign-up for the Rental Rebate is fast approaching. I believe you have until the end of September, but would suggest you contact Melissa (Town Hall Social Services 860-487-4417) as soon as possible, with questions or to make an appointment to complete your paperwork.

Second, if you have a Farmer's Market Card, don't throw it away when you have used it up. Please return it to Kathleen. They will be refilled for use next year.

Third, the Summer Picnic is almost here. The sign-up sheet is on the bulletin board. Last day to sign up is September 1st. As we did last year, we are having the Babcock Band join us & provide music after we have eaten. It should be a good time for everyone.

Last, a reminder, there are 2 First Aid Kits now available for emergency use. The First floor location is in the kitchen drawer by the stove: and the second floor is in the Arts & Crafts Room drawer by the sink. Both drawers are marked.

The 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, September 1st at 11:00 am. See you there.



## Resident Service Coordinator

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

Wednesday, September 6th at 6:00 pm  
In the lounge.  
Featuring: *Yours. Mine, & Ours*  
(1968, Lucille Ball & Henry Fonda)  
Refreshments will be provided.

### PHSH SUMMER END PICNIC

Thursday, September 7th at 12:00 pm  
The Babcock Band will join us. Requested "sign ups" for food choices by 9/1 on Community Board. Please check with Donna Dysart if any late food "sign ups" can be accommodated,

### ASHFORD CAR SHOW

Sunday, September 10th  
More info to come.

### JAVA W/ JESSICA ( 2nd Tues of mo.)

Tuesday, September 12th at 10:00 am  
Come join us in the dining room to exchange info. and get updates. There will be a brief preview promoting the Fall Prevention Seminar being held at the Senior Center 9/12. Also, Loretta Worbel, a local Conservationist will speak. A treat & coffee to be provided. You never know what you might miss!



### TRADER JOE'S SHOPPING (2nd Thurs of mo.)

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

### FAMILY DAY 2023

When: Sunday, September 17th 1:00 pm -4:00 pm  
At Pompey Hollow Park.

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

Wednesday, September 18th at 10:30 am  
Reading: *The Diary of a Young Girl*  
(aka *The Diary of Ann Frank*)  
Meeting in the lounge.  
It's not too late to join.

### CRAFT EVENT LUNCHEON (3rd Tues of mo.)

September 19th at 12:00 pm  
Event: *Halloween Craft*  
Lunch: Sub-sandwich, chips & drinks  
Meeting in Dining Room.  
\*\*\*Starting in September, we'll be charging \$3 for lunch per person, at craft events.\*\*\*  
Sign-up sheet at Community Board.  
Feel free to come just for the lunch!

### GAMES & CARDS

(last Wed. of mo.)  
Wednesday, September 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!

### OTHER EVENTS TO CONSIDER:

\*ASHFORD DAIRY BAR CAR-POOL

\*HEBRON HARVEST FAIR CAR-POOL

If you're interested please sign up at community board.

### OTHER UPDATES

See boards for senior center events- & visit senior center to pick up their calendar for full listing of events. A day trip to Thimble Island is planned for the September 24th- flyer not available yet . If interested call or stop by senior center to sign up.

### 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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