

# Circle of Friends – winter 2019/2020



Happy  
Holidays

From the  
Manchester  
Housing Authority  
to you – Wishing  
you Happy  
Holidays and a  
joyful, healthy  
New Year!  
Welcome 2020!

## MHA Board of Commissioners

Congratulations to current Board of Commissioner Chairman, Josh Howroyd, on his reappointment to the position for another 5-year term.

Mr. Howroyd serves along with the current Vice-Chairman, Paul Rubin and Commissioners Tim Becker, Lisa O'Neill and Tenant Commissioner Judy Taylor.

## Medical Equipment Tune-up Clinic

Home Helpers of Enfield and Louis & Clark Medical Supply Company are offering a **FREE** medical equipment tune-up clinic. Bring your walkers, canes, rollators and wheelchairs to be assessed and repaired on the spot! The maintenance is **FREE!** A small charge may incur if parts go over \$7.00. **All MHA properties are welcome to attend.**

**Wednesday, January 22, 2020**

**TIME: 1:15PM – 2:00PM**

**Spencer Village community room.**

The MHA community is deeply grateful for their commitment to the important mission of public housing and their service is essential to the continued success of the Manchester Housing Authority community.



## NEW, UPDATED AND IMPROVED!

Do you still have the quick reference magnet MHA distributed several years ago? Well, we have created an updated version with new information and current telephone numbers. The magnets can be placed directly on your refrigerator so you have rapid access to important telephone numbers and resources. Please stop by the main office to pick up your new magnet after January 1, 2020. If you cannot pick up the magnet you will receive one at your next rent recertification appointment.

(Please one magnet per unit).

## Notice!

**The Social Security Administration will be mailing out your 2019 1099 income statements.**

**Please keep these documents in a safe place. They are essential for Renter's Rebate and any other income verification program. If you would like to keep a copy on file, please call Mary Ann Murray 860-**

**643-2163 ext. 110**



**Cheryl (bookkeeping), and Jackie (Section 8) planned and hosted a great MHA staff holiday party!**

## Beware of Scams! Social Security #1 type fraud reported



An important reminder from Maintenance:

NEVER use your stove or oven as a source of heat. This can cause serious injury to you and others. Using your appliance for additional heat is a fire hazard and a safety violation. Always report any heating issues to the main office.

860-643-2163 ext. 100

***"It is not how much we give but how much love we put into giving."***

Mother Theresa  
**Happy holidays!**

Social Security phone scams are the #1 type of fraud reported to the Federal Trade Commission and Social Security. Over the past year, these scams have skyrocketed and are misleading victims into making cash or gift card payments to avoid arrest for Social Security problems. Social Security encourages you to use the new online form to report Social Security phone scams to disrupt the scammers and help reduce this type of fraud.

Remember, Social Security will **NEVER:**

- \*Tell you that your Social Security number has been suspended.
- \*Contact you to demand an immediate payment.
- \*Ask you for credit or debit card numbers over the phone.
- \*Require a specific means of debt repayment, like a prepaid debit card, a retail gift card or cash.
- \*Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- \*Promise a Social Security benefit approval or increase in exchange for information or money.

## Winter Parking Ban begins Dec. 1

Parked vehicles are one of the biggest obstacles to effective snow removal. Please support our efforts by parking your vehicle in conformance with the winter parking ban.

Overnight parking is not allowed on public streets or municipal parking lots between the hours of 2:00 AM and 6:00 AM from December 1st to April 1st. Anyone violating this ordinance shall be fined fifteen dollars (\$15.00).

The Chief of Police may also declare a parking ban if a significant snow event is forecast or in progress. Residents are asked to remove vehicles from the street when a snowstorm is occurring. For information on whether a parking ban has been declared, check the Town website at

<http://www.townofmanchester.org>



Anyone who receive a diagnosis of **diabetes** may feel they have to give up all the foods they love. That's not entirely true! Sure, you may have to say no to a lot of holiday cookies and white bread, but you can adapt by making choices that will satisfy your desire for sweets and starches while keeping blood sugar levels stable. Say yes to these 10 choices the American Diabetes Association calls "diabetes superfoods."

- |                              |                      |
|------------------------------|----------------------|
| 1. Berries                   | 6. Tomatoes          |
| 2. Skim milk/fat-free yogurt | 7. Dark leafy greens |
| 3. Citrus fruits             | 8. Beans             |
| 4. Sweet potatoes            | 9. Fatty fish        |
| 5. Whole grains              | 10. Nuts             |

*\*always check with your doctor first*