

Circle of Friends Newsletter

Oct. 2022

Manchester Housing Authority



Please, do not hesitate to reach out if you need any assistance! Please, keep in mind that one call a day is all that is needed to save time for all parties! Thank you for your patience and cooperation!

Your RSC, Shannon 's Contact information:

Phone: -860-643-2163 x110 office & 860-424-2090 cell

24 Bluefield Drive Manchester, CT

shannonm@manchesterha.org



“Thank you, to, Liz, from Big Y of Manchester for hosting Our COVID booster clinic in July 2022!”



Friendly Reminders:

- ❖ We have a **limited number COVID at -home test kits** at the Housing Authority office and some blue, surgical masks available. Call, your RSC, Shannon if you have a need for these items.
- ❖ As an update, you can obtain some of your own at home COVID test kits by going to your local pharmacy with your Medicare B or Medicare advantage insurance card! **No prescription is needed from your MD.** You are eligible for eight

test kits a month. Some of the popular participating pharmacies include;

- ❖ -Walgreens
- ❖ -CVS
- ❖ Walmart
- ❖ Rite Aid.

As of September 2nd, 2022, the website www.covidtests.gov is no longer an option for ordering test kits.

You can call 1-800-633-4277 to see if your local pharmacy is taking part in distribution of home kits.

General Vaccination Hotline- 1-800-232-0233 for testing sites in your area!

Flu and newest COVID booster shot clinic with Big Y of Manchester Pharmacy on...

- ❖ **Thursday, October 5, 2022**
- ❖ **Location: Westhill Congregate, 10 Ada Lane, & Spencer Village, Pascal Lane, Manchester**
- ❖ **Time: 9:00am-noon- The congregate**
- ❖ **Time: 1pm-2:30pm Spencer Village**
- ❖ **Cost: Free**



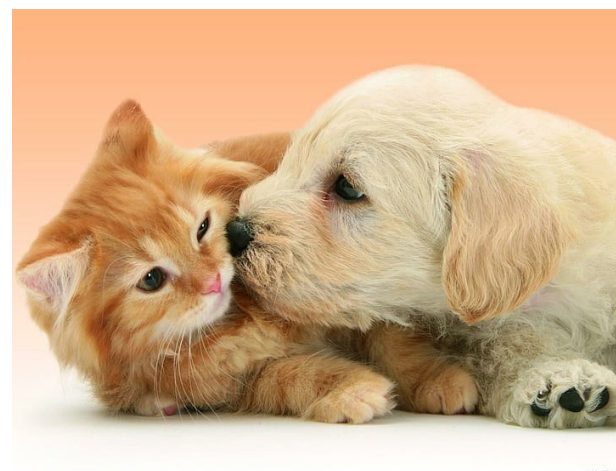
- ❖ **Important: bring your insurance card & mask!**
 - ❖ **Please, sign- up with your RSC, Shannon by calling 860-643-2163 x 110**
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A Mobile Pet Wellness Clinic with Our Friends from Our Companions Pet Rescue

**On Thursday, October 20, 2022
9am – 3pm by appt.**

**At Westhill Congregate 10 Ada Lane,
Manchester**

All pets must be in carrier or on a leash!



A Successful Season for the Community Garden at Spencer Village...



The Spencer Village Community Gardeners held its 2022 Harvest Celebration on Tuesday, September 13, 2022! We gathered to reflect upon our work in which we grew close to \$900.00 in fresh fruits and vegetables! The garden was a tool we used to fight inflation and the sky rocketing food prices! We worked together as a team, taking our individual disabilities and turned them into our group ability!

As we move into the slow season called winter, we will be shifting our focus to the infrastructure updates and a community Thanksgiving dinner & Food drive. This event will be held on Thursday, November 17th, 2022. A warm “thank you “to all the gardeners at Spencer Village for their hard work throughout the 2022 growing season!

Thanks again, Terry Hennessey-master gardener and Michael Marcisenuk

Garden Celebration highlights at Spencer Village – “A Special Thank You” to our Dedicated Volunteers!



You can stay active and help others too!



Terry Hennessey, Master gardener for Spencer Village handed out certificates of appreciation!

2022 Spencer Garden yields...	<u>Retail prices</u>
- Zucchini 85 lbs.	\$195.00
- Yellow squash 30 lbs.	\$69.00
- Tomatoes 90 lbs.	\$270.00
- Lettuce 35 heads	\$70.00
- Peppers 35 lbs.	\$105.00
- Beans 10 lbs.	\$149.00
- Corn 70 ears	\$17.50
- Onions 40 lbs.	\$79.60
- Watermelon 2	\$13.98
- Donations 25 lbs.	\$57.25

Health Workshops for October 2022

With the North Central Area Agency on Aging

(Over the phone).

1. **Live Well with Chronic Conditions-** Tuesday, October 4, 2022, at 11am
2. **Live Well with Chronic Pain-** Thursday, October 13th, 2022at 11am.

3. **Live Well with Diabetes-** Friday, October 7, 2022, at 11am.

NOTE: THE ABOVE WORKHOPS/SUPPORT GROUP RUN 6 WEEKS for 1 hr.at a time!

A tool kit will be sent to you for free!
Sessions are led by a trained facilitator and have 4-6 other people in attendance!! Call your RSC to help sign up for a session.

Fall Safety 2022

Here are a few things you can do to create a safer home;

1. **Bathroom:** Consider using with a shower seat and a hand-held nozzle. Put down non-slip mats to keep floors less slippery. Install grab bars to aid with lowering or standing for personal care.
2. **Stairs:** Keep home clear of debris and clutter. Make sure exit routes are accessible including all doors and windows!
3. **Furniture:** Remove excess items. Remove area rugs that can cause uneven surfaces or serve as a tripping hazard! Secure and hide all cords to prevent any injury!
4. **Lighting:** Have a flashlight available with extra batteries in the event of power outages.
5. **Equipment- avoid using use space heaters or oven for heat!** Instead put on extra layers!

6. **Footwear:** Evaluate shoes for non-slip soles and proper fit. Velcro straps can be an easier option vs. long laces that can be a tripping hazard while walking.

Medicare Open Enrollment is here...

October 15, thru December 7th, 2022

This is the time of year that you can make changes to your Medicare coverage, if it is best for you only!!

Please, watch for materials on your specific plan and any changes effective January 1st, 2023, to your current plan!!

BE ADVISED: DO NOT SHARE YOUR MEDICARE INFORMATION WITH ANYONE OVER THE PHONE!

Call Shannon, your RSC, with any questions or concerns about coverage options at 860-643-2163 x 110.



Energy Assistance Programs

CT Energy Assistance (CEAP)

You can call to set up an appt with the community action site (CRT) for the Town of Manchester – appts can be made by calling (860) 647-3095. Appts are located at the Weiss Building- 479 Main St, Manchester, CT 06040

Your household may be eligible for CEAP if you can answer YES to the following questions. As a reminder, your household includes every person who lives in your home (including your children, spouse, grandparents, roommates, etc.):

- Are you a Connecticut resident?
- If you or any person in your household receive any of the following benefits: Supplemental Nutrition Assistance Program (SNAP), Temporary Family Assistance (TFA / TANF), Supplemental Security Income (SSI), State Supplement for the Aged, Blind, and Disabled (State Supp), Refugee Cash Assistance, or

- Your annual household income falls at or below the income levels in the table (i.e., 60% of the state's median income)
- Do you have a Social Security Number? Almost every applicant is required to provide a Social Security Number for each member of their household.

Talk to your RSC about more options ...

1. Newstart program – payment forgiveness option
2. Winter Protection program- avoid shut off of your utilities during the winter months.

Management Corner-

Winter Parking Ban- runs December 1st through March 31st. No parking is allowed on the streets from 2:00am-6:00am. 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.

Do not feed the Wildlife- doing so attracts all sorts of animals! We are seeing more wild animals on a regular basis in our community including; skunk, racoons, foxes, and coyote! The squirrels are even getting closer and closer to the doors of some our tenants. So, some of your neighbors are scared to go outside at different times of the day and night because of what might be encountered out there.

Please be considerate of your neighbors! Thank you in advance for your cooperation in keeping everyone safe!



