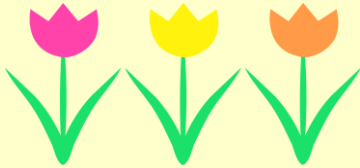


Circle of Friends

Town of Manchester Housing Authority

Spring 2019

24 Bluefield Drive, Manchester, CT



MHA has a new website!

It's fresh and updated to provide more information with easy access and user-friendly tabs. Here you can find policies and documents, Board of Commissioner meeting minutes, Public Policy Comment notes, more facts regarding MHA properties and waiting list information. You can now even download the current edition of the "Circle of Friends" newsletter and much more.

So, check it out – MHA keeps moving forward to better serve the residents.

www.manchesterha.org

Did you know??

You can open an online "My Account" at the Department of Social Services. Coming later this summer the RSC will be scheduling appointments to assist you with signing up. Look for more info in the next newsletter or call Mary Ann Murray at 860-643-2163 ext. 110.

Mark your calendars and get ready for...Renter's Rebate!

The Senior, Adult & Family Services division of the Town of Manchester in conjunction with Manchester Housing Authority will be hosting open intake clinics for the residents of the housing authority. This program provides a one-time yearly payment to renters based on income, rent and utilities that were paid from the previous year (2018). Applicants must be 65yrs. or over by 12/31/18 or be **permanently and totally disabled** as defined by Social Security and at least 18 years of age by 12/31/18. The income limits (including Social Security) are as follows:

Qualifying Income Limit

Single - \$36,000

Married - \$43,900

NOTE: you MUST provide proof of income and your **2018 Social Security 1099 form or benefit statement is the only accepted form of income verification.**

See page 2: Renter's Rebate **clinic schedule** – please post

Message from the Executive Director

I would like to extend congratulations to Tenant Commissioner, Judy Taylor for her recent five-year reappointment to the MHA Board of Commissioners. Ms. Taylor has served the MHA community well and we are most grateful she has accepted the appointment for another term. Ms. Taylor's term will commence December 1, 2018 – November 30, 2023. The Tenant Commissioner holds an important position on the board as it brings a unique perspective as a resident and policy maker. We wish Ms. Taylor continued success and appreciate her ongoing contributions to MHA.

There is no news to date regarding the Rental Assistance Demonstration (RAD) program. We will continue to keep you posted of any new developments.

We anticipate the State Bond Commission will be meeting at the end of April. The Spencer Village renovation project is pending and we all look forward to getting that endeavor underway.

Joe D'Ascoli, Executive Director

Please do your part... to help clean up MHA properties. Pick up trash, tidy doorways, sweep hallways, put garbage in the dumpster, recycle, clean up after your pet and be respectful of all common areas. Do not pile unused goods on to porches and patios. This is your home – and MHA needs you to help keep the properties in tip-top shape. Plant a garden or even just a few flowers, or add your special touch to your unit to help keep MHA properties special communities in which to live.



No winter lasts forever; no spring skips its turn.
Hal Borland



Renter's Rebate – continued from page 1

Clinic schedule:

Tuesday, June 4 – 9:00AM – 12noon – Mayfair Gardens

Tuesday, June 11 – 8:30 – 3:30PM – Westhill Gardens

**Tuesday, June 25 – 9:00AM – 12noon – Spencer Village
1:15-3:00pm – Ada Lane Congregate**

All clinics will be held in the community room of each property.

To make an appointment please call [860-647-3096](tel:860-647-3096) and let us know which clinic you will be attending.



Let your light shine bright!



This quarter the recognition goes to the **families and friends** of our Congregate residents who temporarily housed, packed, moved, packed again and moved again residents during the recent renovation and temporary transfer of units. Their valiant effort and hard work during the renovation helped to make the transition to and from the temporary units go quickly and efficiently. The number of labor hours for the moving company was significantly decreased which yielded a cost savings for the project. MHA would like to extend a sincere **thank you** to all for stepping in and letting your *light shine bright* for the good of the Congregate community. Well done!

Health update – to egg or not to egg?

Professional opinions vary about whether eggs are good or bad for you, with some experts saying they're fine despite being high in cholesterol and others saying you should eat them sparingly.



Eggs are high in protein, and even with confusing research, low-to-moderate egg consumption — no more than an egg per day — is now thought to be fine for most people, as long as it's part of a heart-healthy diet that includes fruits, vegetables, whole grains, nuts, and seeds. Always check with your medical professional to be safe for your needs!

News from Westhill Gardens

In partnership with Eversource, MHA received a substantial subsidized energy conservation incentive which enabled the replacement of all the attic and basement insulation on the property. This incentive will generate rewards of warmer units in the winter and cooler ones in the summer. MHA was fortunate to have been selected for this important program and now looks forward to bringing energy conservation benefits to the residents and the housing authority.

Tree trimmings and removals: Many of the older trees on the property have “come of age” and need to be well trimmed or removed. This project will address diseased trees or deter issues that can interfere with electrical service and sewer lines. Look for new, more appropriate trees to be planted that will complement the property, beautify the landscape and keep maintenance and interference issues low.

News from Spencer Village

Fall Prevention Bingo! On March 19th students from the University of Connecticut Pharmacy School and Urban Service Track (UST) scholars came to Spencer Village to present a fall prevention bingo program. The interns are currently a part of a program comprised of students from the UConn Schools of Pharmacy, Medicine, Nursing, Dental, Social Work, and the Quinnipiac University Physician Assistant program. Their goal is to provide service and healthcare to underserved populations. The students presented a lot of important information about fall prevention and even gave some tips on what to do for yourself if you do fall.

Health Fair: On March 20th another group of students from the same program prepared a health fair for the residents. Their focus was on hypertension education, blood pressure screening, eye health, and tips on affording prescription medications. Residents that attended the programs agreed that both presentations were lively events presented by enthusiastic students. Each attendee took home a handy gift and important information regarding their health.



News from Mayfair Gardens

Recently, some of the residents at Mayfair requested the community room door be replaced to more readily accommodate residents in wheelchairs. MHA is pleased to have been able to make this accommodation possible. The door has been replaced with an electric operator push button to allow easy access to the community room. The push button door operates the same way as the laundry room door and will be unlocked for use Monday-Friday; 8:00AM-4:00PM.

Westhill Gardens – Congregate renovation project moves “full steam ahead!”



Congregate Unit Renovations – update

The renovation of the units is well underway. Many residents have moved into their new apartments and are enjoying the beautiful, safe and comfortable new designs. More updates and pictures to follow in the next *Circle of Friends*.

Many grab bars for added safety



New counters, cabinets & appliances