



The Bristol Housing Authority Newsletter

April 2017



Events Ongoing

BONNIE ACRES COMMUNITY ROOM

- **Salvation Army:** 3rd Friday of the month from 1-2 p.m.
- **Catholic Prayer Service with Sister Delores.** Every Wednesday at 10 a.m.
- **Tenant Council Meeting.** 3rd Wednesday of the month at 11a.m.
- **The Bridge Bible Study:** Fridays from 2-3:30 p.m.

CAMBRIDGE PARK COMMUNITY ROOM

- **GED:** Tuesdays and Fridays from 9:30-12 p.m. Registration is ongoing
- **Reading is Fun:** 4th Wednesday of the month 5-7 p.m. in the Community Room

JOHN F KENNEDY COMMUNITY ROOM

- **Tenant Council Meeting:** 2nd Tuesday of the month at 6 p.m. (Next Meeting April 11th)
- **Game Nite:** Wednesdays at 7 p.m.
- **BINGO:** Saturdays at 6 p.m.
- **Bible Study:** Fridays from 2-4 p.m.
- **Arts & Crafts:** Every other Thursday from 2-4 p.m.

GAYLORD TOWERS COMMUNITY ROOM

- **BINGO:** Tuesdays at 6 p.m.
- **Service with Pauline:** Every 3rd Thursday at 3 p.m.
- **Tenant Council Meeting:** 2nd Wednesday of the month at 3 p.m.
- **Bread Program:** Fridays at 11 a.m.



MOUNTAIN LAUREL MANOR COMMUNITY ROOM

- **Bingo:** Wednesdays at 5 p.m.
- **Saturday Social:** 5 p.m.

KOMANETSKY ESTATES COMMUNITY ROOM

- **BINGO:** Mondays and Saturdays at 5:15 p.m.
- **Ceramics and Chair Massage:** Twice a month. Check calendar by dining room for dates and times.
- **Tenant Council Meeting:** 4th Thursday of the month at 1:15 p.m.
- **Po-ke-no:** Wednesday nights at 6 p.m.

Important Change to Renter's Rebate!!



The Assessor's Office will no longer be coming to our properties to process Renter's Rebate applications. Residents need to go to the Assessor's office in person. Each property has a specific day blocked off for residents to bring their applications at the Assessor's Office. Applications can still be dropped off if you are unable to come during the date assigned to your property.

Bonnie Acres: April 11 from 9a.m.-12 p.m. & 1:30-4:00p.m.

Gaylord: April 28 from 8:30 a.m. - 12:00 p.m.

JFK: April 28 from 1:30-4:30 p.m.

Komanetsky: April 7 from 1:30-4:30 p.m.

The Assessor's Office is located at City Hall,
111 N. Main St, Bristol, CT 06010

Drug Take Back Day ... No Questions Asked!

The Bristol Police Department will be holding a drug take-back day on **April 29 from 10-2 p.m.** in the lobby of the Police Department, located at 131 North Main Street in Bristol. People can drop off any drug: prescription, over-the-counter, even illegal, **NO QUESTIONS ASKED!** The goal of take back day is to prevent drugs from remaining on the streets or from being flushed down the toilet, where they can contaminate water systems.

Syringes will not be accepted.



EMPLOYMENT FAIR DATE CHANGE !

The Employment Fair will take place on **Friday, May 12, 2017 from 9:30-12:30 p.m.** in the Community Room at Bonnie Acres. Please note the change in date. **(This event is for Housing Authority residents only)**

Good news! We have commitments from new employers who have said they are hiring. Health care agencies participating in this year's employment fair are looking to hire CNA's immediately!



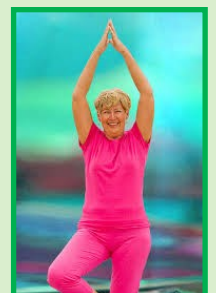
Be resume-ready!

Employers are hiring, so you want to be prepared for our annual employment fair. An updated, polished resume could mean the difference between a job offered to you or given to someone else. Contact your Resident Service Coordinator to schedule a time to meet, edit, and re-write your resume. 860-585-2022



Yoga at Bonnie Acres Postponed

Due to scheduling conflicts, the yoga instructor will be postponing the yoga series at Bonnie Acres until May. We will keep you updated as we get closer.



Please note, the office will be closed on Friday, April 14, 2017 in observance of Good Friday.



"April fools everyone!" No, this is not a joke; we are coming into better weather—despite the two storms we just had back to back. Spring has finally arrived and it is welcomed,

especially with the extra hours of daylight! This is the time of season to take a walk outside and get some well-deserved fresh air. I wish for Easter to be a day filled with hope, joy, and warmth. It is a time to get together with friends, family, and loved ones to celebrate this joyful time together. Please feel free to contact me at:

dgodin@bristolhousing.org. You may also send correspondence to: David Godin, Bristol Housing Authority, 164 Jerome Ave., Bristol, CT 06010



Low Income Public Housing and Multi-Family Waiting List Closing

The Bristol Housing Authority (BHA) will be closing its Low Income Public Housing and Multi-Family waiting list effective Monday, April 3, 2017 at

4:30 p.m. This includes the one, two, three, and four bedroom waiting lists.

All applications dropped off or postmarked before April 3, 2017, 4:30 p.m. will be processed. **No applications will be accepted for the Low Income Public Housing and/or the Multi-Family waiting list after the closing date and time.** A Public Notice will be provided when the Bristol Housing Authority determines to re-open the waiting lists. This closure will have no effect on current applicants on the waiting list or applicants currently being processed.



Housing Reminders

Please contact the office to update your telephone contact information if you haven't already done so.

Annual recertifications are part of your lease commitment. Failure to complete recertifications on time or at all is a lease violation that can result in evictions proceedings. Please make note of your recertification contacts:

Cambridge Park: Pam Colangelo, 860-585-2030

Gaylord/JFK: Carmen Santana, 860-584-9407

Bonnie Acres: Lydia Sanchez, 860-584-8553

Zbikowski Park: Beatrice Nieves, 860-585-2042

Mind Matters

When we engage in "brain boosting" activities we help our brain organize and keep track of information. When we learn something new, we increase the number of connections among



neurons in our brain. These neurological connections are called synapse connections; and the more we have, the more likely we are to increase brain power and less likely to exhibit signs and symptoms of dementia.

When we stop stimulating our brain, mental capacity begins to decline. The neurological networks in our brain weaken and eventually become lost.

So what can we do to stimulate our brain? Thirty minutes a day of these activities can make a huge difference!

- Crossword puzzles
- Board and card games
- Read or listen to audio books
- Paint
- Read aloud at least ten minutes each day
- Play Sudoku
- Write stories, prose, poetry, and journals
- Travel (near and far)
- Make/repair things as a hobby
- Learn to play a new instrument
- Study a foreign language
- Learn to play or sing a new song
- Compose a new piece of music

Smoking Cessation Inquiry

For more information on smoking cessation programs offered through the Housing Authority and in the community, call 860-585-2022.

Resident Service Coordinator News

The Resident Service Coordinator will have office hours at JFK every Tuesday and Wednesday from 9:30-3:30 p.m. If you require assistance or would like to make an appointment with the Resident Service Coordinator, please call 860-883-9644 ONLY on Tuesdays and Wednesdays. You can also call 860-585-2022 any day of the week to speak with your Coordinator or to make an appointment.

The Resident Service Coordinator worked with residents during the month of March rewriting resumes. One resident reported getting called for several interviews before being offered TWO different full-time jobs! The Bristol Housing Authority self-sufficiency programs are available to all residents. They are free and they work!

Your Resident Service Coordinator is Lauren Incognito. She can be reached at 860-585-2022 M-F or at 860-883-9644 on Tuesdays and Wednesdays. You can also reach her via email her at: lincognito@bristolhousing.org

Coming Up

In **April** we will focus on employment in anticipation of our annual job fair. We will hold workshops on interviewing techniques, resume, cover letter writing, and effective job searching that targets your skills and previous work experience.

In **May** we will resume the yoga series. Dates to be announced. May will also be dedicated to health and wellness, with several workshops planned on heart health.

ROCK ON, Bristol Seniors!

You may find a brightly colored rock in your travels around town. Some may have a message, others may simply be brightly painted. It's a project by the Bristol Senior Center, and they're asking any senior who stumbles across one of these rocks to bring it back to the Senior Center in exchange for a surprise gift. Each rock will have a unique sticker on the bottom identifying it as a part of this fun, creative project.