

Somersworth Housing Authority



July
2024
Newsletter

RESIDENT ADVISORY BOARD (RAB)

Did you know we have a Resident Advisory Board? This board meets once per year in early October to discuss any new policies or plans with SHA. This position is NOT in place for other tenants to make complaints to or ask to have work orders put in; those items would need to go through the SHA office staff. The sole purpose of RAB is for review of any new policies or plans with SHA.

The board is made up of 6 other members who each live at the different developments. At this time we are seeking a member to represent Fillion Terrace as the position is now vacant. If you are interested, please reach out to your property manager, Tammy.

SERVICE SPOTLIGHT— LIFELINE

SHA residents are eligible for FREE cell phone service with Lifeline. This spotlight is a brief breakdown of what each company with a Lifeline free plan offers. Plan offers continually change but currently are as follows:

Safelink—Lifeline Plan

- Unlimited Talk & Text FREE Each Month
- 10GB of Data FREE Each Month



Assurance Wireless—Lifeline Plan

- 1000 FREE Voice Minutes Each Month
- Unlimited FREE Texts Each Month
- 4.5GB FREE Data Each Month
- FREE Android™ Smartphone with sign up



Access Wireless—Lifeline Plan

- 1000 FREE Voice Minutes Each Month
- Unlimited FREE Texts Each Month
- 4.5GB FREE Data Each Month



All Above Lifeline Plans

- Ability to Keep Your Current Phone Number
- Ability to Keep Your Current Phone/Device
(needs to be unlocked and compatible with network)



STAY IN TOUCH WITH SHA

25 Bartlett Avenue
Somersworth, NH 03878

Office: 603-692-2864

Fax: 603-692-2877

www.somersworthhousing.org

LOBBY HOURS

(Closed for lunch 12 to 1pm)

Mon 9:00 am – 4:00 pm

Tue 9:00 am – 4:00 pm

Wed 9:00 am – 4:00 pm

Thu 9:00 am – 4:00 pm

Fri 9:00 am – 11:00 am

Sat Closed

Sun Closed

GREEN THUMB

We are in search of residents with a “green thumb” or that just want to help beautify the outdoor spaces at your developments! This includes the garden area at Charpentier and the new garden troughs in front of the Filion Terrace buildings.



Please reach out to Lindsey, Service Coordinator, if you are interested in:

- Helping with planting and weeding
- Donating plants for the spaces
- Assist with watering
- Seasonal garden activities
- Other?

“Your mind is the garden, your thoughts are the seeds. The harvest can either be flowers or weeds.” — William Wordsworth

CHAIR YOGA WITH JESS!

Jess currently teaches chair yoga at The Trafton Senior Center in Sanford, ME and at The Y in Sanford, ME and we are excited to offer the same for SHA residents starting on 7/9/24! SHA has hired Jess to teach 1hr class every Tuesday. SHA will be charging \$5 for each class to cover some of the cost (cash only). Be sure to wear comfortable clothes and yoga mats are not required to participate. If you have any health concerns, please check with your doctor before participating.

Starting 7/9/24
10am to 11am, each Tuesday @ Filion Terrace Center
\$5 CASH per person

To learn more about Jess and her passions, check out her website: www.JessHilfer.com



SHA COMMUNITY ROOMS & RESOURCES

Did you know that the community room at your developments are air conditioned and available as a space to meet with neighbors, play board games, or read a book!?! It is a nice place to cool off if you don't have an air conditioner in your apartment. These spaces also have bathrooms and a kitchen for your use while having get-togethers and when SHA hosts activities.



In addition, the Filion Terrace Center can be booked by residents for family functions. All that is required is a refundable damage deposit and refundable key deposit. Tenants can call the Somersworth Housing office to ask if a date/time is available and go through the proper procedure to do so.

The community rooms have a rent drop box that you can place your rent in on or before the 5th of the month (RENT SHOULD NOT BE PLACED IN THE DROP BOX AFTER THE 5th). Some other documents can be placed in these drop boxes but only after asking/notifying the Service Coordinator or Property Manager you have done so, as it is not checked every day.

One more benefit is that your Service Coordinator, Lindsey, has an office space as part of each community space in Charpentier and Filion Terrace. She is available during office hours listed on her door and by appointment. She is a resource for help with paperwork and online forms, finding services to fit your needs, along with working towards making more activities available for our residents.

“Fortune befriends the bold.” - Emily Dickinson

WHEN IT COMES TO STROKE

B E F A S T



BALANCE unsteady



EYES blurry



FACE drooping



ARM weakness



SPEECH difficulty



TIME to call 911



Charpentier Community Café

Friday, 7/19/24
10:00 to 11:00am
Charpentier
Community Room



Please join us in a meet & greet with residents from the building & icebreaker activities. Those who participate are welcome to free coffee from SHA and pastries donated by residents welcome.

SAVE THE DATES!

7/4/24 & 7/5/24—SHA Offices **Closed**

7/9/24—**Chair Yoga Starts (held every Tuesday) @ 10:00am** in Filion Terrace Center

7/16/24—**Chair Yoga (held every Tuesday) @ 10:00am** in Filion Terrace Center

7/17/24—**(3rd WED) Pop Up Pantry with Share Fund @ 12:30pm** in Filion Terrace Center

7/18/24—**Monthly Cornerstone VNA Wellness Clinic @ 11:00pm** in Filion Terrace Center

7/19/24—**Charpentier Community Café @10:00am** in Charp Community Room

7/23/24—**Chair Yoga (held every Tuesday) @ 10:00am** in Filion Terrace Center

7/30/24—**Chair Yoga (held every Tuesday) @ 10:00am** in Filion Terrace Center

8/6/24—**Chair Yoga (held every Tuesday) @ 10:00am** in Filion Terrace Center

8/13/24—**Chair Yoga (held every Tuesday) @ 10:00am** in Filion Terrace Center

8/21/24—**(3rd WED) Pop Up Pantry with Share Fund @ 12:30pm** in Filion Terrace Center

8/27/24—**Commodity Foods Drop off Day** (Bi-Monthly)

COMMUNITY WIDE ACTIVITIES & EVENTS



SOMERSWORTH HISTORY WALK

Wednesday, July 17 at 10:30am

Join us for a historic walk of
Somersworth, NH, led by members of
the Somersworth Historical Society!
This program is for Adults.

The meeting point will be at the
Somersworth Public Library.

25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library