



Benjamin Church Manor Independent Living

Bristolhousingri.org

Volume 25 Issue 10

October 2022

1014 Hope Street
Bristol, RI 02809
401-253-4464

Direct Extensions

Candy ext. 14
Jim ext. 13
Moe ext. 12
Orlanda ext. 11
Linda ext. 10

Hours of Operation

Mon —Thurs:
8 am to 3:30 pm

Fri: 8 am to 1 pm

Board of Commissioners

John Faria,
Chairman

Raymond Cordeiro
Vice-Chairman

Tina Barboza

Edward J. Correia

Pasquale D'Alessio

Candace Pansa
Executive Director



Important Dates

October 7th, 5:30 PM—Friday

- Pot luck Dinner & Game Night
- Community Room

October 10th—Monday

- Columbus Day—Office Closed

October 11th, 1:30 PM—Tuesday

- BCM Resident Association Meeting
- Community Room

October 12th—Wednesday

- Flu Shot & COVID Booster Clinic
- Community Room

October 13th, 10 AM—Thursday

- BHA Board Meeting
- Community Room

October 20th—Thursday

- Fire Alarm Inspections

October 24th, 1:30 PM—Monday

- Bingo—Open to All Residents

October 28th, 5:30 PM—Friday

- Halloween Party—\$8 Ticket Required

From the Desk of the Executive Director

The days are getting shorter, the leaves are turning shades of orange and red, the weather is getting cooler. Please be sure all air-conditioners are out of the windows by October 31st. We ask that you close all your windows when the heat is on and please turn the heat down when you go out! Please help us keep our extremely high heating bills down! You make a difference!



ANNUAL INSPECTIONS will begin on Monday, November 14, through Wednesday, November 16th. This is mandatory! If you go out the maintenance man and an employee of inspection company will go in and tag your door! If you have anything that needs repair, such as lights, plumbing etc., please call the office before the inspection. ALL apartments will be inspected!

Happy Halloween

October 31st is Halloween. Please do not buzz anyone in that you do not know! There will be lots of ghouls and goblins around! Be Safe!

Please check out the Senior Center Newsletter there are lots of events happening this month. Most important: OPEN ENROLLMENT FOR MEDICARE. Are you paying too much for medical coverage? Call Senior Center for appointment with a representative!

Candy



MOE'S CORNER

For Your Information
My office hours are
Monday through Thursday
8:30 a.m. — 4:30 p.m.
Off on Fridays.



You can leave me a message at
(401) 253-4464 Ext 12

Please be specific with your questions, issues, or complaints so I can research the answer and I will return your call.



My email address is mhorton@bristolhousingri.org

There's still time to sign up for the COVID 19's latest Booster.

Call me today to schedule an appointment so, I can register you online.

Also, call me if you are interested in receiving a Flu shot.

Both the Covid Booster and Flu Shot will be given on October 12, 2022, to all who have registered online or with me.

COVID and Flu Shot Clinic October 12



In the Community Room
MUST BE REGISTERED

Help Corner

MEALS ON WHEELS

The Meals on Wheels program is available for lunch delivery to you. For information, please contact the Senior Center at



401-253-8458



HOT LUNCH AT THE SENIOR CENTER

Monday—Friday

11:30 AM

Call the Senior Center two days in advance to reserve your seat:



401-253-8458

Suggested Donation is \$3.

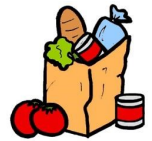
Grocery Shopping Transportation

The Senior Center offers transportation to the grocery store for the residents of Benjamin Church Manor on **Thursdays**.

For reservations

Call the Senior Center

401-253-8458



If you are calling in a work order,

Dial extension 10

So that your work order will be handled quickly.

If you call another extension, and the person is out, the message will not get to us and your work order will not be reported.

For immediate assistance with anything,

Dial Extension 10.



The work order request must be made with the office.

Please do not ask a maintenance worker directly when you see them on the property.

The maintenance staff will not directly address or schedule any work order request.

Benjamin Church Resident Association

EXTRA! EXTRA! READ ALL ABOUT IT!!!!!!

Happy Halloween!



Happy Birthday to all our October babies!

Hooray!! All our 3 officer positions have been filled as follows:

Secretary: Michele Ferguson.

Board of Directors: Donna Dantone

Nancy Allard.

Congratulations all and welcome to our team of officers.

So happy to have you work with us. Thank you!!!

Congratulations to our 50/50 raffle winner at our September meeting!

Our first Bingo was so much fun, not as many people as we expected, but what a great time we had! Congratulations to our eight winners!

At our second Bingo not many people showed up. (Where are all my Bingo lovers?)

Nevertheless, we still had a great time. Congratulations to the four winners!

Upcoming Events:

Pot Luck Dinner & Game Night with raffles.

Friday, October 7th, 5:30

Cook your favorite meal to share and let's have a fun night together.

Resident Association Meeting

Tuesday, October 11, 1:30 PM

Meeting and 50/50 Raffle.

Bingo—Open to All Residents:

Monday, October 24, 1:30 PM

Halloween Party—Tickets \$8 each

Friday, October 28, 5:30 PM

Includes light dinner, DJ, and raffles

*Costumes optional—Prize for best costume to be awarded!

President—Liz Patton, 401-516-6265

Vice President—Jody Archambault, 401-649-3081

Membership Secretary—Madge Chianese, 401-253-2129

Treasurer—Paula Ferreira, 401-290-7069

SMOKING PROHIBITED IN THE GAZEBOS



Effective October 1, smoking will not be allowed in either gazebo.

The gazebos will be power washed and cleaned to remove nicotine and odors.

Both gazebos have designated smoking areas nearby.

Feel free to smoke at designated areas and return to the gazebo when you are done.

The Benjamin Church Manor Designated Smoking Areas map is enclosed with this newsletter and also is posted on each building's bulletin board.

Please observe the smoking policy guidelines and smoke in the designated smoking areas only.

Second-hand smoke can affect your health.

Thank you for your cooperation!

Important Reminder:

Air Conditioners Must Be Removed by October 31



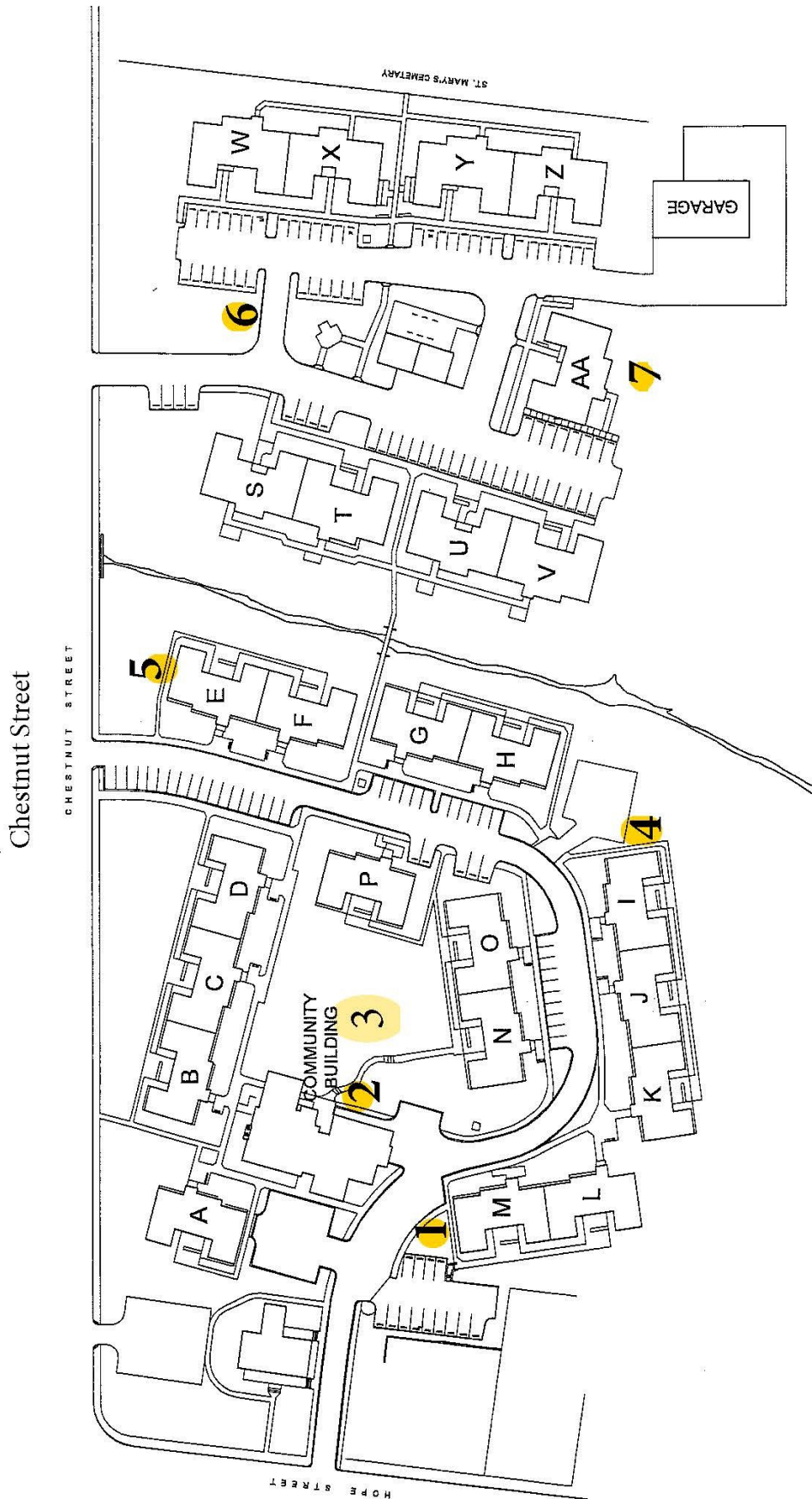
The cooler weather is coming, and all air conditioners must be removed by October 31.

If you need an air conditioner to be removed for you, call Extension 10.

Linda will provide the phone number of someone who can remove it for you for a reasonable fee.

Benjamin Church Manor

DESIGNATED SMOKING AREAS



- 1. M Building - Gable End
- 2. Laundry Rm Area
- 3. Picnic Table Area
- 4. I Building - Gable End
- 5. E Building - Gable End
- 6. Grass Knoll Near Building W Parking Lot
- 7. Tom's Grove (near stone wall)

Halloween Security

October 31

On Monday, October 31st, lots of goblins, ghouls, and ghosts will be hobbling around town.

For your security and for the security of all the tenants here at the Manor, we would like to remind you...

1. Keep your doors locked.
2. Determine who is buzzing or knocking before unlocking your door.
3. Always report suspicious activity to the police department and to the management office.

Thank you.



Office Phone Calls Reminder:



Please call the office number during working hours.

Please refrain from using employees' personal cell phone numbers.

For Any After Hours
Emergency Call

(401) 253-6522



Thank you for your cooperation!

FIRE ALARM INSPECTION OCTOBER 20



The next fire alarm inspection date is
October 20.

We have no list for a schedule. The inspectors randomly select buildings and are here between 8:00 AM and 3:30 PM. When the inspectors must go into a unit, a maintenance man will be with the inspector.

If you want to be home while they enter, you must be at home when they arrive.

FYI

Flu Shots In Bristol
Call For an Appointment

Walgreens (401) 254-3903

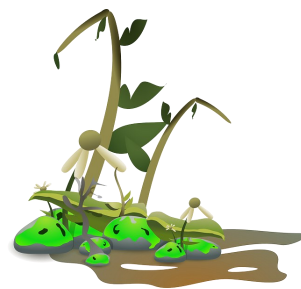
CVS (401) 253-2050



REMINDER

Please dig up any dead/dying plantings that you may have in the gardens near the buildings.

Also remove any decorations or ornaments by the end of October.



Thank you!

Meet With Our Staff By Appointment Only

Meet with the staff at your request.

Please call the office
to schedule an appointment!

FOOD BANK DONATIONS NEEDED!



The basket for donations is in the community room if you would like to make a donation.

Just come to the community room door with your donations.

Thank you for your donations

Just A Reminder

For Any After Hours Emergency

Call

(401) 253-6522



Crossword Answers



HUD INSPECTIONS BEGINNING November 14—16

Inspections are scheduled to begin here in November. November newsletter will have more details.



You will be given two-weeks' notice before an inspection.

In the meantime, we want to fix issues now.

REPORT

If you have any maintenance issues, such as a nonworking light outside or inside the unit, a leaky faucet, slow drain, or any other problem—



Please

Call the office at Extension 10
to let us know.

We rely on you to report it to us.

If problems are addressed before the initial inspections take place, you will not be inconvenienced by having a second inspection of your apartment, and our maintenance and office staff will save valuable time also!

Important:

Keep in mind that nothing is to be stored in the hallways.

Bristol Housing Authority

Storm Preparedness

Hurricane, Blizzard, ETC

1. This is an Independent Living Housing Complex, which means that you are responsible for making the necessary arrangements for your safety and well-being.
2. Travel conditions may prevent you from leaving when an emergency occurs; therefore, contact family/friends prior to a storm so you can stay with them.
3. Make a family communication plan. Your family may not be together when disaster/emergency strikes, so it is important to know how you will contact one another, and what you will do in case of an emergency.
4. Anyone who utilizes medical equipment requiring electricity should go to a hospital or arrange with family/friend(s) to stay with them if they have a generator.
5. Your cell phone should be charged in case the electricity shuts off.
6. Keep a flashlight, extra batteries, and a battery-operated radio close by so that you always have light during a power outage. Do NOT burn candles; in the event of a fire, the emergency responders may not be able to get here quickly.
7. Wear adequate clothing and have extra blankets to keep warm. The power may be off for days at a time.
8. The Emergency Hall Lights have power for 45 minutes during a power outage.
9. As a last resort, our community room has a generator, but we must always stress that you should go with a family member or friend. Please bring your own food and medicine. Also, you should not be going outside during the height of the storm; if you should fall and the lights are out, it may take a while to find you.
10. Emergency Dialers and Emergency Pull Cords **DO NOT** work during a power outage. Going with family/friends will alleviate that concern. Remember that there is safety in numbers; if you remain in your apartment when your neighbors have left to go with their family/friends, help may not be available.
11. Keep the Storm Preparedness flyer in a safe and an accessible place; in the event of an emergency, you can have this information at your fingertips.

THANK YOU FOR YOUR ANTICIPATED COOPERATION!!



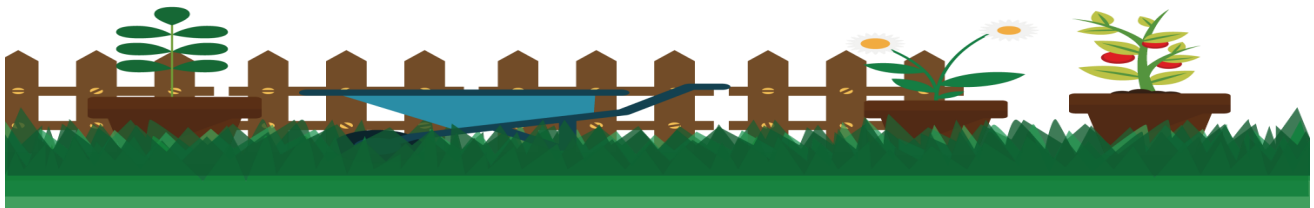
Community Garden Updates



Look who visited the BHA Community Garden this week! A reminder that we all share this environment that mother nature has blessed us with at Benjamin Church Manor.

The garden will be cleared by the first week of October and laid to rest until the next season. We have big plans in the Spring to expand the garden area, adding raised beds and planting flowers to name a couple of things that will bring beauty and healthy food for our Residents. Growing flowers in the vegetable garden will attract native bees and other beneficial insects. These helpful bugs help spread pollen around, which encourages your vegetable plants to grow, breed, and produce food.

Please register now if you are interested in the next planting season.



Happy Farmers are Happy Residents

Senior Center Sponsored Services and Activities

Lunch, classes, transportation, trips, and more!

Check out the Senior Center newsletter to see all they have to offer.



Package Deliveries

For mail and packages that are being delivered, please be sure to



include your apartment number to ensure that they will arrive at your apartment instead of at the office.



LEASH YOUR DOG

Please be sure your dog is on a leash when you are outside.

It has been reported that some dogs are on a leash, but they can still get at other dogs or people even though they are on leash.

Please be sure you have your dog always leashed and under your control!

Please Recycle Use the Recyclables Bin at Your Regular Trash Bin Location

Please do not put anything in the recycle bin near Building GA garage!
Put your recyclables in your bin marked recyclables.

Thank You for your cooperation!

Enjoy letting the fresh air in through the hallway and apartment windows during the warm weather,



but please remember to close and lock them later on.

Thank you!

Guest and Away Policies



Planning to Be Away?

If you are planning to be away for a couple of days, please let us know.

Please call the front office to notify us.

If you are in the hospital or another medical facility and cannot notify us yourself, please have a family member call us to notify us.

It is important to know who is on the property in case of an emergency.

Overnight Guests Guests Are Welcome!



Per BHA Overnight Guest Policy, there is a limit of 21 days per calendar year for overnight guests.

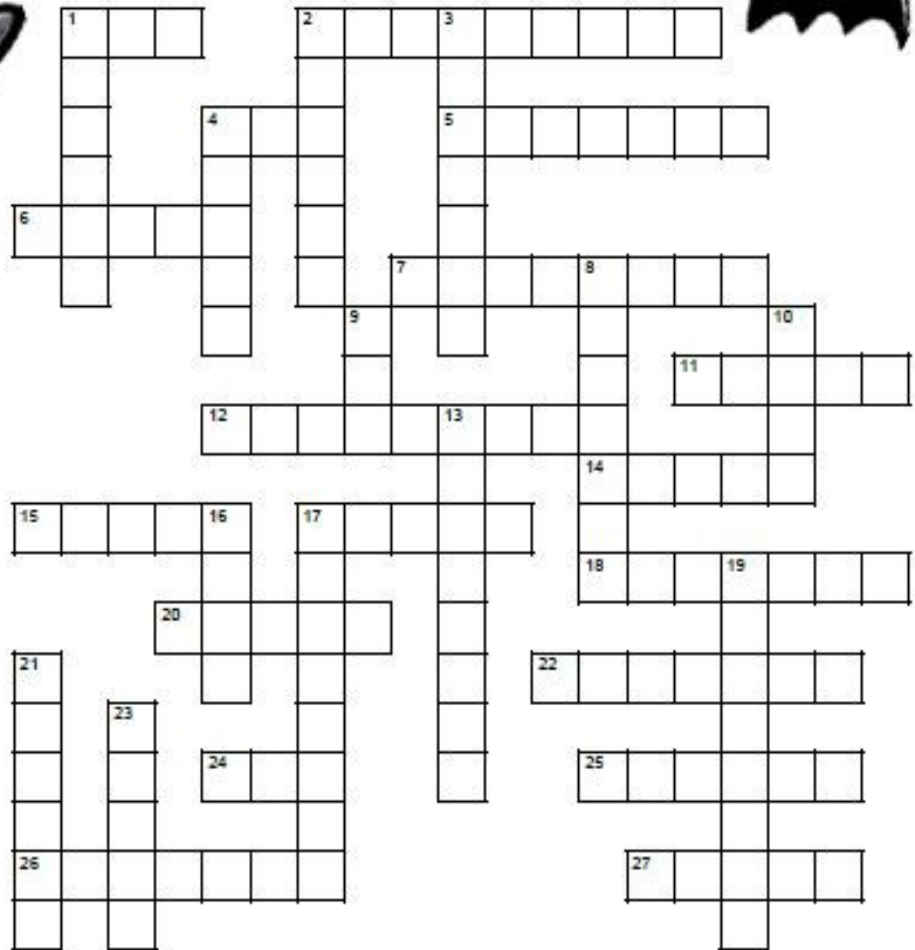
**Please Register Your Guests
Before They Arrive:
Call Extension 10**

Overnight guests may park on Chestnut Street. It's important that we know who is on the property in case of emergencies.

Thank you!



Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.

9. Whooo? Whooo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



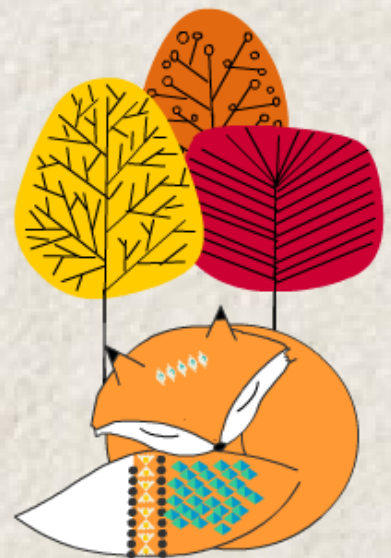
Answers on page 7.

Fall

Word Search Puzzle

O	X	C	F	L	B	T	C	D	I	L	J	J	P	H
D	P	S	Z	Z	S	B	C	U	D	V	W	B	U	D
U	G	C	U	E	I	P	H	T	Y	B	F	B	T	L
W	V	A	V	U	D	U	E	X	B	Q	V	M	L	Q
A	M	R	Z	D	F	M	S	A	J	K	O	A	S	I
C	A	E	K	J	K	P	T	E	Q	C	F	A	N	C
H	D	C	W	L	O	K	N	K	Y	P	J	N	O	N
U	L	R	Z	Y	E	I	U	B	F	I	F	U	V	A
Z	L	O	L	C	O	N	T	I	W	N	F	N	E	A
P	E	W	R	F	Z	T	S	T	I	E	Q	G	M	U
R	A	K	E	J	G	M	S	M	I	C	J	R	B	T
H	V	A	Z	C	H	R	K	M	Z	O	X	R	E	U
M	E	E	U	S	E	A	S	O	N	N	C	E	R	M
U	S	C	O	R	N	F	N	V	C	E	T	A	H	N
Z	R	E	I	R	A	I	N	C	O	A	T	P	S	K

AUTUMN
CHESTNUTS
CORN
FALL
HARVEST
LEAVES
NOVEMBER
PUMPKIN
RAINCOAT
SCARECROW
SEASON
RAKE
REAP
PINECONE



Welcome



The community room is available for small gatherings—

Just call Ext. 10 to make a reservation!

Why not book for a coffee hour for your friends.

Bring your own treats.

Come on in and play cards,
snack, and socialize!



*If You Are Fully Vaccinated,
Masks are Optional*

ROBO CALLS

These calls are very important.

We will notify you of any issues we may have in your building or involving our community, such as the following:

- Up and coming events, including rain date schedules
- Expected storms and storm preparedness
- Fire alarm inspections



If you are not getting the calls,
please let us know.

To hear the latest message again, please call

(877) 333-9336

It is so important that you stay updated.

Stay safe and stay informed!

This Month's Recipe:

Easy Pumpkin Muffins

Ingredients:

- 1 (15.25 ounce) package yellow cake mix
- 1 (15 ounce) can pumpkin puree
- 1/2 c. applesauce
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves



Directions:

Preheat the oven to 350 degrees F.

Grease a 12-cup muffin pan or line with paper liners.

With electric mixer on LOW, combine cake mix, pumpkin puree, apple sauce, cinnamon, nutmeg, and cloves in a large bowl until smooth.

Mix on HIGH for at least a minute, giving the batter a heavy "mousse" like texture.

Spoon equal amounts of batter into the prepared muffin cups. Smooth with a rubber spatula before baking.

Bake in the preheated oven until a toothpick inserted in the center of one comes out clean, 20 to 25 minutes.

Senior Health Insurance Counselors At the Senior Center

Receive assistance
with health insurance
options, Medicare
issues, prescription
and Medicaid assistance.



Call the Senior Center to make
your appointment:
(401) 253-8458

One Last Word

Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.

—Lauren DeStefano

October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes				

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Notes



Resident Association Pot Luck Dinner 5:30 PM



COVID and Flu Shot Clinic Community Room



Meeting Resident Association Meeting 1:30 PM in the Community Room

BHA Board Meeting 10 AM



Fire Alarm Inspections



Halloween Party 5:30 PM in the Community Room Tickets \$8



Happy Halloween