



the Community Voice

CHARTER OAK COMMUNITIES

NEWS AND INFORMATION FOR COC RESIDENTS

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Above left, Bob Violette is seated with Bob Robinson, Greg McNary, Sandra Thompson, Marie Belizor, Peter Stothart & Marie Jeune; Above Right, Monica Tinsley congratulates Bob Violette on his retirement.

Below right: Vin Tufo & Courtney Nelthropp pose with Bob Violette after he received his Captain's Chair on 12/16/09.



COLD WEATHER REMINDER

Now that the cold weather has finally arrived, please watch your step if you go outside before the shoveling begins after a snow storm. We will clear your walkway as soon as possible. If there are extremely slippery conditions, please be very careful as we don't want anyone to fall and become injured. Please remember that our staff has to take care of all the developments and will be there as soon as possible.



HEATING REMINDER

During this extremely cold weather, it is important to make sure your heating registers are not blocked by any large items. Also, please do not place clothes over any chairs which may be in front of a register. This way your registers will work more efficiently. Thank you for your cooperation in this matter.

Greetings from the Executive Director Congratulations to Bob Violette on his Retirement

By Vincent J. Tufo

On August 29, 1977, Bob Violette began his career with Charter Oak Communities (COC) as Modernization Coordinator. He worked in this capacity for a period of two years and then was promoted to the Director of Buildings and Grounds where he has admirably served for the past 30 years.

Prior to joining COC, Bob worked in the architectural field for approximately 19 years, first at the firm of Anthony J. DePace, an architect that worked closely with the Archdiocese of New York and specialized in the planning of Catholic churches, schools and institutions. Bob was then employed by Bert Whinston in Stamford and later he moved on to join the firm of Victor Bisharat where the focus was on Stamford's urban renewal efforts.

During his longstanding relationship with COC, Bob has dealt with countless issues and problems relating to his department. He has spent many a late night attending to a sewer back up, boiler problem or other maintenance-related emergency. He always met each challenge head-on with common sense and good judgment. Bob also has been involved with the capital improvement work at all of the buildings and incorporated any boiler, roof or kitchen replacements into the plan when necessary.

On Wednesday, December 16th, the

staff of COC held an informal celebration to honor Bob for his service to the organization. Everyone on staff turned out to wish Bob well and thank him for his many contributions during his tenure. Below is a picture from the function where Bob was presented with a Captain's Chair in honor of his service to COC. I want to thank Bob for his dedication to COC. You are one of a kind and will be missed.





Update on COC Projects

As noted in the last newsletter, Stamford Manor has been the focus of recent capital repair work and it continues to be so. December has seen the completion of the Roof Replacement work and the beginning of the Security Booth and Site Improvements project. The contractor for the Site Improvements, Viking Construction, worked diligently to complete the reconfiguration of the front parking area and finished the paving just in time before the winter weather set in. Their work will continue through the winter months with the construction of the new security booth, lighting and camera work. The work that has been completed has already made a positive impact on the entry to the building. The third project in the works is the Masonry and Concrete Restoration project. This work has been bid and the contractor has been selected. It is anticipated that a spring start will be in the works.

Conserve Heat

Please be sure to put your storm windows down in order to conserve heat. We frequently receive calls from residents complaining they have no heat and when the maintenance staff arrives, the storm windows are open.

Thank you for your cooperation.

**Best wishes
for a healthy
2010!**

Wormser Congregate Goes Green

In November, the residents of Wormser Congregate received an energy audit from Connecticut Light and Power (CL&P). A team from ZeroDraft went through the common areas as well as the units of all the residents. Under sponsorship by CL&P, ZeroDraft focuses on producing a safe, comfortable and draft-free home. In addition they provide solutions to increase energy efficiency and environmental protection. Any buildings or homes built before 1990 may not have been built with energy-efficient techniques. They often have gaps and cracks in their outer shells and insufficient insulation that allows heat in during the summer and warm

air to escape in the winter. These defects can allow as much air in as an open window.

Weather stripping increases the energy efficiency of a home. A 1/8-inch air gap along the opening of a 7 foot-door is equivalent to a 10-inch square hole in the wall.

Any items at Wormser Congregate that could be corrected were fixed on the spot such as insulation and winterizing. In addition, each resident was given two free lamps with energy-efficient light bulbs. All residents also were provided with showerheads and aerators for faucets to assist with the conservation of water.

Congratulations!

Bernest McLeod Recognized

On December 9, 2009, Commissioner Nelthropp presented a plaque to Bernest McLeod, President of the Fairfield Court Resident Association, for his dedication in making the Fairfield Court HOPE VI Revitalization a reality. Mr. McLeod was also given a framed and signed group photograph from the Fairgate Dedication on Oc-

tober 19, 2009. Commissioner Nelthropp thanked Mr. McLeod and his board for their numerous contributions. Rufus Ford, Faye Barrett, Linda Goethe and Helen Putzig came to the presentation. Ellen Bromley from the City was also in attendance. Congratulations on a job well done!



Brian Robinson, Senior Project Manager in Development, poses with Bernest McLeod and congratulates him on his achievements.



Prevent Swine Flu

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps can be practiced:

- Frequent hand-washing.
- “Hands-off-the-face” approach except to eat, bathe, etc.
- Gargle twice a day with warm salt water (use Listerine if you don’t trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected person. Don’t underesti-

mate the simple, inexpensive and powerful preventive method.

- Clean your nostrils at least once every day with warm salt water, swabbing both nostrils with cotton buds dipped in warm salt water. This is very effective in bringing down viral population.
- Boost your natural immunity with foods that are rich in Vitamin C, or Vitamin C tablets that contain Zinc to boost absorption.
- Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive.

Updated Schedule of Resident Charges

On 1/27/2010, the Board of Commissioners will vote to approve an updated schedule of resident charges. Below is a partial listing. For the complete list, please stop

by your site office where it will be posted.

Lock Change (Custer/Lawnhill)	\$ 99.00
Lock Change (Ursula Place)	103.00
Lock Change (Vidal Court-Merrell Ave.)	53.50
Lock Change (Stamford Manor)	53.50
Lock Change (Clinton Manor)	53.50
Lock Change (Quintard Terrace)	53.50
Lock Change (Rippowam Manor)	53.50
Lock Change (Glenbrook Manor)	53.50
Lock Change (Sheridan Mews)	53.50 each lock
Lock Change (CT Commons)	53.50
Lock Change (Ursula Park Townhouses)	53.50 each lock
Lock Change (Lawn Ave. Townhouses)	53.50 each lock
Lock Change (CT Ave. A & B)	53.50 each lock
Clean Stove	200.00
New Stove	399.00
Reset Cylinder for No Keys (labor/site visit)	75.00
Toilet Stopped up	75.00
Toilet Stopped up (raise toilet)	85.00
Bathroom Sink Clogged (only if something found)	25.00
Bathtub Clogged (only if something found)	50.00
Thermostat Control	62.50
Laundry Card	25.00

Resident Corner



Dear Residents of Vidal Court,

We are the Boys and Girls Club of Vidal Court, located in the heart of Vidal Court. Our sole purpose is to provide a “safe and positive place for kids”. With that in mind we have two main objectives that we use to ensure a positive development in your child, and that’s homework help and fun.

To make sure each child achieves his or her highest academic achievement, we assist them by splitting them up into small groups and helping them with their homework, we make sure it’s finished correctly and that each problem is understood. When their homework is complete, we have them read at least two books everyday. If your child does not have homework, we provide an assignment that will go with what they’ve been working on in school. Their homework and the books they read are written down for reference use.

When everything is completed, your child is free to go to any activity room in the club. Each room is uniquely designed so that each day a new activity is presented for your child’s enjoyment. A couple of those activities include special game tournaments, spelling bee’s, cooking classes, computer classes, Intro to ART, mentoring program and extra homework help.

The club accepts children ages 6 to 16 and it only costs **\$30 for the entire school year.** Applications can be obtained at the club during our club hours, Monday to Friday 2PM to 6PM. If there are any questions please call us at (203) 977- 0836.



USEFUL HOUSEKEEPING TIPS



In order to maintain your kitchen, the following tips are suggested:

1. In the kitchen, keep sugar and rice stored in sealed containers to avoid having insects.
2. Store pots and pans in the appropriate place to keep your kitchen clutter free and have an adequate working space.
3. Consider investing in an acrylic cutting board to protect your countertop. Be sure to clean the cutting board with soap and water after each use.
4. Never put hot items on the countertop as that can cause damage. Be sure to keep a hot pad on the countertop.
5. Wash dishes as soon as possible after meal preparation with warm water and soap. They can be placed on a rack or be towel-dried. If you have a dishwasher, run it at the end of the day.
6. To eliminate bacteria from sponges, you can place them in the microwave for 20 seconds. However, be careful when you remove it as it will be hot.
7. Always clean countertops after cooking with warm soapy water.
8. Clean knobs and burners on the stove and broiler pans on a regular basis.
9. If you have a garbage disposal, you can put a small piece of lemon or lime down to keep it smelling fresh and turn on hot water.
10. Clean your kitchen floor as well as cabinets on a regular basis.
11. Dispose of any items in the refrigerator which are past their expiration date.
12. Use a plastic bag to line a garbage pail in the kitchen and always empty your garbage when it is full.



State Moderate Annual Recertification

All Residents of the State Moderate Family and Elderly programs should note that the Annual Recertification process will soon get underway in the month of February 2010. This year, as a reminder, the Revised State Moderate Lease will be signed during the general interview. It is important that all adult members eighteen (18) and over sign the lease. If you are unaware of the new contents in the lease, feel free to stop by your site

office and review a copy.

We look forward to a smooth process. Remember to bring all necessary documents to your appointment.

COC Staff Adopts a Platoon

This year, the staff of Charter Oak Communities adopted a Platoon in Afghanistan, Task Force Mountain Warrior 12th Infantry Regiment. They provided support by donating appropriately sealed snack food items and toiletries. Donations were made at the holiday function on December 4th and three large boxes were shipped off along with holiday cards with notes of encouragement. Pictured at right are staff members packing the items to be sent: Greg McEnary, John Baldino, Jose Rivera, Bob Robinson, Marysol Velez-Rodriguez, Bob Violette and Monique Moye.

