



# Amesbury Housing Authority News

## OCTOBER 2018

### HAPPY BIRTHDAY

Mary Cartier	Rose Charest	Philip Dandurant
Scott DiBurro	Patricia Hustus	Carolyn Levesque
Gloria Martin	Vincent Pevear	Stephen Barnes
Pearl Wilks	John Hunt	Jane Leveille
Robert McInnis	Jeane Pennant	

### Board of Commissioners

M. Ralph Noon, Chair  
 Phil Dandurant,  
 Vice- Chair  
 Donald Roy, Member  
 Lyndsey Haight, Member  
 Jill Currier, Member

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Michelle Bibeau  
 Executive Director

### HERITAGE TOWERS HALLWAYS

The Authority understands that residents like to beautify their home surroundings, although when it becomes a safety hazard, the Housing Authority has a responsibility for the safety of all residents. It appears that many residents have personal belongings in the hallways that may be flammable, a tripping hazard or may obstruct emergency personnel.

As per the Amesbury Fire Department and the Massachusetts Fire Code there should be **NO Flammable** items in the hallways.

Also, moving forward, the Housing Authority will no longer allow any personal items in the hallways that may obstruct emergency personnel, cause a tripping hazard or attract bugs/flies. This includes, but not limited to, scooters, tables, decorative items, plants etc. Scooters should be either put at the end of the hallway out of the way or in tenant's apartment.

You may still decorate the area on each floor by the elevator as long as it does not obstruct emergency personnel, cause a tripping hazard or have plants that attract flies/bugs.

This is for the safety of all of our residents. We ask that you please remove any of your personal belongings out of the hallways as soon as possible.

Thank you for your understanding and cooperation in this matter.

### HALLOWEEN PARTY

**Tuesday, October 30th at 5:00 pm– Heritage Towers**

Sloppy Joe's, chips and cupcakes. Entertainment by Glen Peterson.

**WEAR YOUR COSTUME.** Prizes will be given for 1st, 2nd and 3rd place!

### Amesbury Housing Authority Board Meeting

**Meeting**

**October 23rd  
 at 8:30 am**

**180 Main Street**

(date/time subject to change)

### Heritage Towers/Vale Association Meeting

**October 10th at 6 pm**

Birthday Celebration

Ice Cream Social

Nomination of Officers

### Free WIFI

Free WIFI is now available in the Heritage Towers Lobby and Community Room.

**WIFI Name:** AHAGuest

**Password:** GuestatAHA



## Supportive Services Coordinator

**Geannina Guzman  
-Scanlan**

**Hours:** Tuesday, Wednesday  
& Friday- 11 am—4 pm.  
(hours subject to change)

**Telephone Number:**  
978-857-3841

Scheduled appointments are  
recommended.



### BINGO

### HERITAGE TOWERS/VALE

Fridays-6 pm  
Tickets sold 5-6 pm

### HERITAGE TOWERS EXTENDED TELEVISION CABLE STATIONS

The Television in the  
Heritage Towers  
Community Room now has  
the sports stations so that  
residents can gather  
together and watch the  
New England Sports teams.

### REMINDER

Please do not feed the  
squirrels or animals from  
apartment windows. This  
includes the windows at the  
end of the hallways at the  
Heritage Towers Building.

## **THE SUPPORTIVE SERVICES PROGRAM**

The Supportive Services Program is a partnership between Amesbury Housing Authority and Elder Services of the Merrimack Valley. This program allows a Coordinator from Elder Services to be onsite to assist residents with services, referrals, informational sessions and schedule of events and activities for the residents. This program provides a nutritional hot meal, **Monday through Friday, at 11:30 am** for the residents at a reduced cost of \$2.00.

### WEEKEND MEALS

**Heritage Towers/Vale & Powow Villa residents welcome.** Weekend meals are served at the Heritage Towers Community Room. Sign up is required 2 days before. Sign up sheets are located in the Community Room.

**Cancellations are required the Thursday prior to the Saturday meal. Please plan accordingly. Cut off date is critical to purchase ingredients/ order a meal and help us better use funds available for this program. Cooperation greatly appreciated.**

Some meals require a prior ticket purchase.

Meals are served on **Saturday at 4:30 pm, with the exception of the 3rd Saturday which is at 5:00 pm. There is no meal on the first Saturday of the month.**

Continental Breakfast is served on **Sundays—8:30 am—10:00 am.**

### Weekend Lunch Menu:

**October 13th at 4:30 pm—** Beef Stew, salad, dessert. Ticket Meal.  
Sign up by October 11th.

**October 20th at 5:00 pm—NO MEAL—PENNY SALE**

**October 27th at 4:30 pm—** (Chinese) Witches Fingers, scrambled eggs, fried mealworms, dessert.. Sponsored by Merrimack Valley, **Sign up meal.**

### SPONSORED MEALS—No Cost—Sign up Required Heritage Towers/Vale Community Room

**October 31st at 11:30 am**

Sponsored meal by Country Center for Health and Rehabilitation. Traveling Chef. Baked Chicken Quarter w/supreme sauce, whipped potatoes, green/wax beans, parsley garnish, whole wheat bread, candy corn brownie. **Sign up with Pat Blonda or Joan Currier by October 23rd.**



### EVENTS/ACTIVITIES

Available to residents who reside at  
Heritage Powers, Heritage Vale and Powow Villa

**USDA Food Distribution– October 3rd and 17th** Heritage Towers/Vale and Powow Villa Community rooms.

**Heritage Crafters Projects– 1:00 pm**  
Heritage Towers.

**October 3rd-Cards Class 2**

**October 10th- Holiday Tags**

**October 17th--Dough Ornaments**

**October 24th– Halloween Treats**

**October 31st– Circle Trees**

**Chair Yoga–** Thursdays –**October 4th, 11th, 18th 25th at 3:00 pm** Heritage Towers.

**Catholic Communion Service–** Second Monday of every month. **October 8th at 2:30 pm,** Heritage Towers.

**MASS and Communion Service–** Fourth Monday of every month. **October 22nd at 2:30 pm.** Heritage Towers

**Exercise Class–** Monday ,Thursday and Saturday, 8:15 am- Heritage Towers.

**Interfaith Bible Study October 1st, 8th, 15th, 22nd, 29th at 1:00 pm.** All Welcome.

**BLOOD PRESSURE CLINIC/ASK A NURSE**  
**October 18th at 10:30 am.** Light snack and door prize. Sponsored by Country Center for Health and Rehabilitation.

#### **PENNY SALE**

**October 20th at 5:00 pm**

Hot dogs and chips and dessert available at event. Association event. Drawing at 6:30 pm. Thank you to all that have donated for this event. Please support this event!  
Heritage Towers.

#### **FLU SHOT CLINIC**

**October 12th at 1:00 pm.**

You must sign up and complete paperwork in advance on **October 5th at 1:00 pm** at the Heritage Towers Community Room. Please bring your medicare and insurance information on October 5th.

#### **COLUMBUS DAY MEAL**

**October 8th—**Cheeseburger, chips, jello cup. Association Meal. Ticket Meal.

### **AMESBURY POLICE DEPARTMENT**

#### **MEAL**

**Wednesday, October 31st at 11:30 am**  
(sign up by October 23rd )



### **AMESBURY FIRE DEPARTMENT**

#### **MEAL**

**Wednesday, October 24th at 11:30 am**  
(sign up by October 18th)



## Amesbury Housing Authority News

### Office Staff

**Michelle Bibeau** Ext. 11  
Executive Director

**Mary Beth Damon** Ext. 5  
Financial Assitant

**Diane McGowan** Ext. 13  
Clerk

**Lili Bonilla** Ext. 3  
Section 8 Coordinator

**Katelynn Lemieux** Ext. 6  
Housing Manager

**Work Orders** Ext. 9

### Maintenance Staff

Matt Lavallee  
Mike McBride  
Tom Everson  
Dan Dupuis

### Office/Business Hours

Monday - Wednesday  
8:00 am—4:00 pm  
Thursday 8:00 am—7:00 pm  
Friday 8:00 am—1:00 pm

**Emergencies** after business hours,  
please call **978-388-2022**.  
The Answering Service will contact the  
Maintenance Department.

Visit our new website at:  
[www.amesburyha.com](http://www.amesburyha.com)

### HERITAGE TOWERS EVENTS CONTINUED

#### MEDICARE OPEN ENROLLMENT

Medicare open enrollment is October 15th– December 7th. You can review your current coverage and make any changes for 2019 coverage. New coverage changes made during open enrollment begins January 1, 2019.

Come learn about Medigap Plans and Medicare Advantage Plan on **October 15th at 2:00 pm**. Trivia questions, door prizes and light refreshments.

#### HELP NEEDED

Heritage Crafters are getting ready for two craft fairs. Amesbury's Fair on November 3rd and Heritage Towers Fair on December 5th.

We are in need of help with simple sewing.  
Contact Irene Savory if you can help.

### POWOW VILLA EVENTS

#### HALLOWEEN SPECIAL

**October 23rd at 12:00 noon**

Traveling Chef will provide Baked Chicken Quarter w/supreme sauce, whipped potatoes, green/wax beans and dessert. Traveling Chef Caterer is requesting a minimum of 10 people in order to schedule this event. Please support these events for the Powow residents.

#### BLOOD PRESSURE CLINIC/ASK A NURSE

**October 23rd at 12:30 pm**

Sponsored by Brigham Health and Rehabilitation Center.  
Open enrollment information will also be provided.

### WELCOME

We would like to welcome the following residents to their new home:

Paul Crooks  
11 Heritage Vale







