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*Director of Property and Facilities
Management*

Christine Young, Editor



Fairgate Farm Kicks Off Fourth Growing Season!

By Nicole Wise

The 2015 growing season (our fourth!) is off to a great start at Fairgate Farm, where volunteers and the farm staff (Bill Callion and Maxon Keating) have been working since the end of March. Here are a few highlights of what's been happening:

A visit to the Childcare Learning Centers on Palmers Hill Avenue celebrated Earth Day (April 22) by introducing the children to our two brand-new earthworm farms. Channel 12 and the *Stamford Daily Voice* both ran terrific stories on the event and, needless to say, everyone loved it!

Fairgate Farm launched a new composting program that you will be hearing lots about over the next few months. If you'd like to participate, please bring compostable materials (such as fruit and vegetable scraps,

coffee grounds, eggshells, grass and plant cuttings) to Fairgate Farm between 8:30 a.m. – 10:00 a.m., Monday – Saturday.

There's a busy program of events planned for the 2015 season. The second-annual Farm Jam— Strawberry Festival launched the season on May 30th. Juicing Classes will take place in June; and the Farm-to-Table family workshops begin Wednesday evenings on July 15th. See page 3 for dates and times.

The Farm needs volunteers! Please email bill@FairgateFarm.com if you are interested in helping out and harvesting your own fruits and vegetables! Volunteers take home fresh-picked produce; what's left is delivered to Scofield Manor, the homeless shelters and soup kitchens.

Board Meetings for 2015:

- June 24th
- July 22nd
- August 26th
- September 30th
- October 28th
- November 18th
- December 16th

Meetings are Wednesday evenings and begin at 6:00 PM at Post House, 40 Clinton Avenue in the first-floor meeting room.

Procurement

Charter Oak Communities will be procuring Security Services and Landlord/Tenant Legal Services in June and July. **June bid openings include** --- Network Infrastructure Design, Integration and Support; and Exterior Renovations at Ursula Park Townhouses, Phase II.





COC Employee Profile: Sylvan Rankine



Sylvan Rankine has worked as an Assistant Food Service Director for nearly 18 years at Scofield Manor. Prior

to COC he worked as an Assistant Food Service Director for the Greenwich Housing Authority.

Sylvan speaks fondly of the residents at Scofield. He describes hearing of their adventures and stories as some of the best aspects of his job. A story of particular interest was one of a veteran telling of his adventures working in the extremely hot engine room of a ship during World War II. Sylvan is reminded of the story every time he brings him his coffee in the morning and is told it is not hot enough – he always compares it to the heat of the engine room!

In addition, Sylvan is grateful for the wonderful staff and supervisor he works with. Recognizing how dedicated his team is, Sylvan recollects Hurricane Sandy and several trees down in the area. He had staff determined to make it to Scofield, in the best interest of the residents, regardless of the trees blocking the roads.

Originally from Jamaica, Sylvan moved to the U.S. in 1979 with his mom and six brothers and sisters. He is extremely appreciative of his family, especially his mom whom he speaks with daily. Growing up in Greenwich, Sylvan graduated from Greenwich High School. He began working in a restaurant kitchen, Montego in Stamford, with one of his brothers at the age of 15. Having a passion for cooking, he worked hard, trained and learned many skills at various restaurants in the area.

Being an exceptional cook, Sylvan performed a cooking demonstration for Channel 12 News to commemorate Jamaican Independence Day several years ago. He created an international drink, Irish

moss, containing seaweed, herbs and bark-- which is first boiled, cooled and sweetened with fruits and honey. For dessert a delicious Jamaican rum cake was relished!

Being an adventurous person, Sylvan loves to go hang-gliding in upstate New York. Enjoying the breathtaking views, he explains, is a great thrill! He also frequents the gym to weight lift and swim. One of Sylvan's favorite activities is volunteering at Fairgate Farm. He has learned considerable information on planting and mulching from Bill Callion and Maxon Keating.

Sylvan enjoys traveling and has been to most of the Caribbean Islands. Visiting family and friends in Jamaica includes extensive cooking of Ital food (natural, unprocessed foods) that adheres to a strict vegetarian diet. Memorable times have been enjoyed crab hunting at midnight, when the crabs are most active, and fishing for snappers and parrot fish. Kayaking on the beautiful water of Jamaica, Sylvan says, is the perfect way to end the day.

Update on COC Projects

The **Ursula Park Townhouse Exterior Renovation Phase I** project is now completed. The residents of 130 & 1236 Ursula are enjoying the benefit of new windows and doors as well as the upgraded appearance of the exterior of the buildings with the new roofs and siding. The residents of 160, 162 and 164 will soon be seeing the same benefits. **Phase II** is now out to bid with bids coming in June 2015.

With the approval of the next round of funding for the **2015 Capital Fund**, new work items have been approved. Work at **Stamford Manor** includes storm door replacement, stairwell improvements, corridor lobby door replacement and the fire panel upgrade. For **Sheridan Mews**, the roof and furnace replacement are being planned. A generator replacement (currently being worked on), boiler replacement, fascia, soffit and gutter repair and the handrail replacement in the interior corridors are on the schedule for **Scofield Manor**.

Summertime Safety

Summertime brings children outdoors with high levels of energy and endless curiosity, putting themselves at risk for injury. This can be especially true when they're exploring the great outdoors. Here are some basic safety guidelines for children:

- Watch for children on bicycles on sidewalks, driveways and parking areas.
- Runaway balls are usually being chased by children – watch and listen!
- Teach young people the harm of being exposed to the ultra-violet rays of the sun, and insist they always put on sunscreen and wear hats before going outside to play.

- Teach all kids to swim. If they know how to swim, they won't panic if they accidentally fall into the water. For children who do swim, be sure that they understand the local safety rules they need to follow whenever they are playing near or in the water.

Check about lessons at your local YMCA, Boys and Girls Club and town recreational programs.





Upcoming Farm Activities

Juicing Classes: A Collaboration with Bennett Cancer Center
Wednesday, June 17th (6:00 p.m. - 7:00 p.m.) and June 24th (1:00 p.m. - 2:00 p.m.)



Farm-to-Table Family Workshops

Six-week Family Nutrition/Cooking Demonstration Workshop

Wednesday evenings, July 15th – August 19th, 5:00 p.m. – 7:30 p.m.

All are welcome to this free, family workshop series. We'll be learning about gardening and picking seasonal fruits and vegetables, with crafts for kids and healthy recipes/cooking tips for adults.

Food samples and a light meal are served.

Resident Corner: Jaime and Laura Ortega



Jaime and Laura Ortega were married in November 2004 at Scofield Manor by a Salvation Army officiate. It was a wedding remembered well by the staff at Scofield. They have an album commemorating their event, which includes the staff generously assisting them getting ready for their big day with two large cakes and family, friends and staff in attendance.

Laura moved to Scofield in July 2002, and Jaime moved in September 2003. They met in the Scofield recreation room. Jaime noticed Laura right away, and she soon became his sweetheart. They dated a year before he took her to a special restaurant and asked her to be his bride. Laura and

Jaime celebrate their wedding anniversary date monthly, going for a lunch or dinner date.

Born in Stamford, Laura graduated from Rippowam High School and became a volunteer with the Salvation Army. She prepared food baskets during the holidays and enjoyed working at the Salvation Army stands outside stores ringing the bell for donations. The best part of her job, she says, was to assist in serving the community. Growing up, she enjoyed playing sports and spending time at Cove Island Beach and local parks. Her dad was an expert lobsterman and fisherman. Laura has fond memories of catching bluefish with him in Long Island Sound.

Jaime, born and raised in Peru, came to the U.S. in 1980 with his mother, brother and sister. Knowing little English, he learned the language working multiple jobs as a busboy, waiter and bartender in Westchester, New York. Jaime enjoyed his many jobs working with people and making others happy. Today, he continues to be gracious to all visiting groups who come to perform and volunteer with the

residents at Scofield. Jaime has a friendly personality and a way of making everyone feel special.

Jaime loves traveling. Over the years he was fortunate to travel to the Caribbean and spend time with family in Peru. Family celebrations included salsa dancing, playing soccer and an abundance of food including seafood soup (parihuela).

Jaime and Laura are delighted to be at Scofield Manor. The staff is wonderful and the food is delicious, exclaims Laura. Cheerful, active participants in the recreation programs, they enjoy the arts and crafts, bingo, exercise class and especially the field trips to the local parks and beach. Together, they're enjoying life at Scofield!

~ In Memory ~ Marion Haynes

We are saddened by the recent passing of Mr. Marion Haynes. He was President of the Clinton Manor Resident Association for over 20 years. Later this summer the Clinton Manor Community Room will be dedicated in honor of his memory.



Reminder: All air conditioners in high-rise buildings must be in an approved COC sleeve. Please call the Work Order Department to schedule an appointment. For the West Side developments, call (203) 977-1494. For the East Side developments, call (203) 977-1465.



For Everyone's Safety:

- ~ Grills **are not permitted** on COC balconies, patios or lawns.
- ~ **Do not** leave anything in the halls (shopping carts, trash, bikes, etc). It creates a fire hazard.
- ~ Please report any unsafe conditions on the property.

Family Centers Helps Residents Celebrate Father's Day

By Donna Spellman

Every June, Family Centers and Charter Oak Communities collaborate to host events to honor Father's Day. For some families, the father figure is a relative, a friend, a sibling, a mother and so on. For some families, a father figure is represented by the memory of a father. Regardless of who that special person is in your family, with the encouragement of U.S. Department of Housing and Urban Development (HUD), we use Father's Day as an opportunity to come together throughout the nation as we strive to "strengthen and empower families."

In past years, the Family Centers and COC team has hosted events such as family movie nights, family barbecues, art shows, baseball games and poetry readings, to name a few. This year we have a number of events planned so that you can honor and celebrate these special members of your family during the month of June. Below is a list of the events scheduled:

- **Greenfield, Fairgate, Palmer Square and Westwood:** West Side Flag Day Cookout June 13th, 10:00 AM - 3:00 PM. Join us for a celebration of cultures and traditions at Fairgate. Bring a dish to share. For more information, contact Kimberley Jackson, Resident Service Coordinator/Community Liaison, (203) 517-0132.
- **Rippowam Manor:** Poetry & Music Jam on June 19th at 1:00 PM in recognition of Father's Day. For more information, contact Victoria Mitlin, (203) 977-1400 Ext. 3166.
- **Glenbrook Manor:** Poetry & Music Jam on June 22nd at 1:00 PM in recognition of Father's Day. For more information, contact Victoria Mitlin, (203) 977-1400 Ext. 3167.
- **East Side (Lawnhill Terrace, Oak Park):** Event to be announced. For more information, contact Sam Rivera, (203) 977-1400 Ext. 3165 or Brianna Gaddy, (203) 977-1400 Ext. 3504.
- **Clinton Manor:** Father's Day Game Day on June 18th at 1:00 PM. For more information, contact Shawnece Simmons, (203) 977-1400 Ext. 3342.
- **Quintard Manor:** Father's Day Game Day on June 19th at 12:00 noon. For more information, contact Shawnece Simmons, (203) 977-1400 Ext. 3342.
- **Post House:** Father's Day Cookout. Date and time to be determined. For more information, contact Kelly Johnson, (203) 977-1400 Ext. 3410.

We look forward to celebrating the strength and significance of families at these wonderful events! We hope to see you there!

