Heard it Through the GRAPEVINE

FALL 2022

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Work Orders

Did you know you can submit a non-emergency work order through KH's website? If you need something fixed in your apartment or see something broken on property, please visit www.keenehousing.org and click "Submit a Work Order" and follow the prompts.

Keene Housing

The Executive Director's Corner

Well summer sure went by fast! Luckily for us New Englanders the end of summer welcomes the most beautiful season of all...fall. With autumn's arrival we see an acceleration of our construction projects. Contractors begin sprinting to the finish line to make sure outdoor projects are wrapped-up before the snow and ice start flying. That means the exterior and energy efficiency projects at Damon Court, Water Street and Roxbury Court will be nearing completion in the coming weeks. We've been posting pictures of those projects on Facebook and if you haven't seen them, I'd encourage you to check them out; it's fun to see pictures of the projects as they barrel towards completion.

I'm very happy to share that Cheshire Builders was awarded the contract to rebuild 105 Castle Street at Harper Acres. Although the original plan was to take the roof off the existing building, gut the interior, and put a new roof on before winter comes, we found out it will be less expensive and faster to tear the building down and build the new building on top of the existing foundation, which was not damaged by the fire. Cheshire Builders has already begun preparing the site, and demolition will start as soon as they receive the permit from the City of Keene to begin the demolition. Although we are getting started a little later than planned, the new approach should allow us to complete the project by next summer, as planned.

Fall is also the time we say goodbye to summer interns as they head back to school. We were incredibly lucky this summer to have Kelley Shanahan work with Lea Kablik, KH's Community Garden Coordinator and the kids at Forest View. Kelley spent the summer teaching the kids how to garden from preparing the beds all the way to harvesting and of course, eating! We are very

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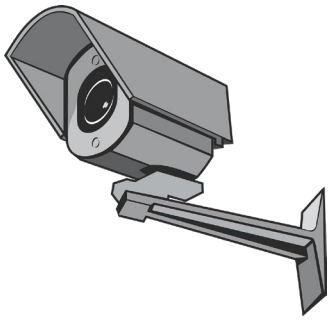
PROPERTY NEWS

Surveillance Cameras



Over the last year, Keene Housing installed video surveillance cameras in the common areas of many of our properties to enhance security and property management capacity. To clarify some questions that have been raised, Keene Housing will provide copies of recording(s) in response to a request from law enforcement, a court order, or in compliance with applicable laws. Tenants may not view video recordings without a proper request which complies with applicable laws except when a video recording is being used as evidence against that tenant related to a lease violation. If you have any questions, please contact your Property Manager.

Air Conditioner Reminder

All air conditioners must be removed by October 1, 2022. If you have any questions regarding our Air Conditioner Policy including removal, please contact your Property Manager.

Energy Conservation

Keene Housing has made it a mission and goal to reduce energy costs and make KH properties as energy efficient as possible. The more money we save on gas and electric bills, the more we have to invest back into our properties. You can help in those efforts by making little changes that can add up quickly. There are a lot of things that you have complete control over in helping to further KH's conservation efforts. Give some of these little things a try:

- Turn off lights when you leave a room.
- Turn off outside porch and patio lights during the day.
- Take shorter showers. A five-minute shower uses about half as much water as a bath.
- Report leaking faucets and toilets, or appliances that don't work to us immediately so that we can fix them.
- Turn faucets all the way off. Just one drip of water can waste up to 105 gallons of water a month.
- Use a fan instead of an air conditioner. Or use a fan to allow a higher setting on the air conditioner. Remember though, the air that fans produce cool people, not rooms, so please turn off the fan when you leave the room.
- Lay down rugs on bare floors for more insulation during the winter. Take them up during the summer to help keep cooler.

HOUSING AND SERVICES NEWS

From the Desk of Denise Pratt, Director of Housing and Services

Keene Housing manages nearly 600 units of housing located in Keene, Marlborough, and Swanzey. We also administer over 800 vouchers scattered around the Monadnock region, the majority of which are in Keene.

We welcomed fifty-three new families into our portfolio since the beginning of the year. If you are a new tenant, please take the time to review the materials in your packet that your Property Manager gave you when you signed your lease. You can find answers to most questions in the materials. New tenants also receive a Welcome Bag with information about Community Connections or the Resident Self Reliance Program. The bag also contains information about youth programming through Keene Housing Kids Collaborative.

Twenty new voucher holders leased up in the private market since January. Tight housing market conditions made looking for affordable housing a challenge to say the least. Keene Housing offers housing search services for applicants who request help locating a suitable unit.

Whether a new tenant or voucher holder, KH staff are dedicated to making your experience with us positive and informative. Give us a call any time with your questions, comments, or concerns. We're here to serve you and are happy to help. You can reach us at info@keenehousing.org or 603-352-6161.

On-site COVID-19 Booster and Flu Shot Clinics

We are excited to announce Genoa Pharmacy is offering Influenza vaccinations and COVID-19 boosters for Keene Housing residents. On-site clinic dates/times are listed below:

- Central Square Terrace (CST): 9:00am - 12:00pm on Thursday, October 20th
- Stone Arch Village Senior, 835 Court Street, Keene: 2:00pm - 4:00pm on Thursday, October 20th
- Harper Acres Mill Building, 168 Castle Street, Keene: 9:00am - 12:00pm on Wednesday, October 26th

Keene Housing residents from other properties are invited to join the vaccination clinics at Stone Arch Senior or the Harper Acres Mill building. Please bring your insurance card and your vaccination card if you wish to have it updated by the pharmacist.

Pre-registration is requested for each clinic. To register or if you have any questions, please contact Keene Housing's Community Connections Manager, Karen Graveline, at 603-352-6161 or by email at kgraveline@keenehousing.org.

HOUSING AND SERVICES NEWS

Resident Self-Reliance (RSR) Program News

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Keene Housing is interested in your RSR program feedback! A survey is sent every few years, and you will receive a text or email with a link to this year's survey. Please complete the survey so that we can continue making improvements to our program. We want it to work for you!

New Hampshire Federal Credit Union Financial Coaches are a great FREE resource. Call 603-224-7731 to schedule your personal appointment. Appointments are held via Zoom, phone, and in person. Your RSCs will continue talking with you about your finances and offer assistance with budgeting. This is especially important now with rising costs of living.

Another great and much needed resource is Southwestern Community Services' (SCS) fuel and electrical assistance. While you may not be eligible for this on some Keene Housing properties, you should check with your Property Manager or with SCS directly. Income limits are listed on SCS' website: www.scshelps.org/

You may receive emails from your RSC about job opportunities or resources in the community. Please let us know if you are aware of any great resources that may help others. One resource we found is Masiello; they are more than a "Temp Agency"! Many of the positions they list are permanent positions, and they will help you with your resume and interview preparation. If you are seeking employment, please call 603-358-1000 or visit https://masemp.com/.

And the usual reminder - you must attend your RSR meeting AND provide all required documentation. Please send it in advance or come to the meeting with all of your documentation. This includes, at minimum, a pay stub from every employed adult, bank account balances, credit score, and total debt. It is a much more productive meeting when we have what we need- we can talk about any issues you are dealing with, issue Rent Credits, or make referrals for you. You must also demonstrate reasonable progress towards your goals. As always, you can reach your RSC by phone or email. To contact Melody, please call 603-283-5452 or email mblanchette@keenehousing.org. Kelly can be reached at 603-283-5454 or email kgriffin@keenehousing.org.

COMMUNITY CONNECTIONS PHOTO GALLERY

Bennett Block

Stone Arch Village Senior

Central Square Terrace

COMMUNITY CONNECTIONS CORNER

A Note From Karen Graveline

Community Connections is excited to announce a brand-new program from our friends at UNH Cooperative Extension focused on Brain Health, "Boost Your Brain and Memory." The evidence-based program, developed by the Mather LifeWays Institute on Aging, is designed to help you learn and practice the most promising strategies for keeping your brain healthy as you age. The program uses a unique approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress and risk of dementia. The four-part series will be held at Central Square Terrace (CST) from 10:00am - 12:00pm on October 28th, November 4th, November 14th and November 18th. Session topics include an introduction to Brain Health, Emotional Health, Nutrition, and Social Engagement. Participants should commit to attend all four sessions in the series. Pre-registration is required by contacting Karen Graveline at 603-352-6161 or email kgraveline@keenehousing.org. The series is open first to CST residents although residents from other properties should contact Karen to see if space is available or to be added to a contact list for a future workshop.

Community Connections is offering virtual workshops this fall through Dartmouth Hitchcock Aging Resource Center:

- "Identity Theft" will be on November 21st from 2:00pm - 3:30pm in the Harper Acres Mill Building. The workshop will be an overview of identity theft, how it occurs, and tips on how to protect yourself.
- "Ready, Steady, Balance: How to Prevent Falls" will be on December 1st from 1:00pm - 2:00pm in the Community Room at Stone Arch Village Senior. Slips and falls can have serious consequences for people who are getting older and staying active can be difficult. The workshop will include tips and ideas for improving your balance and preventing falls.

To register for either of these workshops, please contact Karen at 603-352-6161 or email kgraveline@keenehousing.org.

Community Connections Office Hours

Need help connecting to resources or help applying for or recertifying benefits? Stop by and see Karen in the Community Connections office.

Harper Acres: Mondays 2:00 - 4:30PM (Mill Building)
Central Square Terrace (CST): Tuesdays 1:00 - 4:30PM
Stone Arch Village Senior (SAVS): Wednesdays 1:30 - 3:30PM
Bennett Block: Thursdays 2:00 - 4:00PM

Keene Housing COMMUNITY GARDENS Plant Grow YUM!

CULTIVATING COMMUNITY

FROM THE GARDEN

Days are getting shorter, and leaves are changing; fall is officially here, and the gardening season is wrapping up! During garden meetings you may have seen Lea collect some samples for soil testing, but what exactly is she testing for? Here is a brief overview of what we are looking for in the soil!

pH- pH is shorthand for "potential hydrogen," which measures how acidic something is. Most vegetables need soil with a pH between 5.5 and 7; a pH level outside of those parameters will make it impossible for plants to absorb the nutrients in the soil.

Nitrogen- Nitrogen is what helps make your plants green. This nutrient is vital for the development of healthy leaves; too little and your plant's growth will be stunted.

Phosphorus- Phosphorus is necessary for plants to develop flower buds that result in fruit. Phosphorus deficiency can result in purplish leaves and fruit dropping before it is mature.

Potassium- Also referred to as potash, potassium contributes to a plant's overall health. Potash increases a plant's overall growth, disease resistance, and quality of the fruit produced.

Adding compost to a garden bed is often enough to restore the nutrients in the soil, however, if our soil tests indicate there are deficiencies, we may add extra nutrients as we put our gardens to bed. If you have any questions about soil testing or putting the gardens to bed, please contact Lea at 603-283-5440 or lkablik@keenehousing.org.

Important Garden Information

- **November 7th** - Your garden should be put to bed if you do not have any cold season plants.
- All weekly garden meetings will continue as long as we have gardens that are still producing. Meetings at all other sites will be scheduled with gardeners as we keep an eye on the weather and start to clean up for the season.

Cooking Matters Workshop

Garden Activity Kit - Paperwhites

Bring some greenery into your home this winter with these easy to grow Paperwhites! For a kit that includes all the supplies you will need and step by step instructions to grow Paperwhites from bulb, contact Lea at 603-283-5440 or lkablik@keenehousing.org. There are a limited number of kits available, so first come first serve!

Keene Housing Kids COLLABORATIVE

FALL 2022 FREE YOUTH ACTIVITIES

Are you a Keene Housing or Southwestern Community Services Resident?

As a resident of Keene Housing, Housing Choice voucher program or SCS (Keene Highlands, CitySide, and Swanzey Township) your child can participate in many activities in the community **at no cost to you.** Get started today! Just give us a call! Interested in a program not on the list? Give us a call and we will see what we can do! **KHKC covers 100% of the tuition fees for all of these programs.** Registration processes vary. When you're ready to signup email Anna at **info@khkc.org**

603-352-0109 | **KH & SCS Kids Collaborative Family Group** | **5 Harmony Lane, Keene**

Arts

Grand Monadnock Youth Choirs - Grades K – 12
Monadnock Violin Studio - Violin Lessons Ages 6 – 18 years
The Music Kit - Piano, Guitar, Ukulele, Fiddle, and Harmonica Lessons Ages 5 – 18 years
Jacob Matthews Music Program - Scholarship for equipment & lessons Ages 13 - 19 years
MoCo Arts - Dance & Theater Classes 18 months to 18 years
New Hampshire Dance Institute (NHDI) - Year-long in-school dance program
Wakadoodles Art Studio - Art Classes Grades 1 - 8

Athletics

American School of Gymnastics - Ages 18 months – 18 years
Boy Scouts of America - Grades K – 12
Freedom Reins Therapeutic Riding Center - Ages 4 – 18 years
Keene Parks & Recreation - Sport Leagues, Intramurals & Rec Passes Grades 1 - 8
Kickboxing Keene - Ages 16 – 18 years
Monadnock Brazilian Jiujitsu - Ages 5 – 18 years
Northern Lights Athletics - Ages 3 -18 years
Steve Demasco's Shaolin Studios - Shaolin Kempo, traditional Kung Fu Classes Ages 3 – 18 years
White Crane Martial Arts - Karate Lessons Ages 7 – 18 years
Keene Family YMCA - Youth Classes 18 months - 18 years
Keene ICE - Learn to Skate Ages 6 - 18
Swanzey Recreation Department - Seasonal Sport Leagues Ages 4 - 12
The Fieldhouse at Homestead Mills - Intramural Sports Leagues Ages 8 - 18

Academics

Cheshire Children's Museum - FREE DAY PASSES
First Book - FREE eBooks for all grade levels
Imagination Library - FREE BOOKS TO YOUR DOOR EVERY MONTH (Ages 0 – 5 years)
Beyond the Bell – Monadnock Regional School District afterschool program
Cheshire Career Center - Preschool Program Ages 3 - 5 years
Project KEEP - Keene School District afterschool program
Sophia's Hearth – Joyful Beginnings Playgroups Babies & Toddlers

khkc.org/youth-activities

EXECUTIVE DIRECTOR'S CORNER (CONT.)

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Josh, Kelley and Dee

grateful to Kelley for everything she did for the Forest View Youth Gardeners, and we hope she'll check-in on them once in a while as she continues her undergraduate studies at Keene State College.

Lastly, while COVID-19 certainly seems to be on the downtick, it's important that we keep it on the ropes by getting our boosters. To make it as easy as possible for you we're hosting COVID-19 booster and flu clinics this fall for all Keene Housing residents as well as all of our staff. Please check out the details on page 3.

I hope everyone has a safe and wonderful fall!

Keene Housing
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