



**Happy May!** Spring is in full bloom and May brings us sunshine, fresh flowers, and a chance to enjoy the outdoors. Here's everything you need to know about what's happening this month and what we need all residents to pay closer attention to. We have lots happening this month as well as lots of housekeeping reminders that need everyone's cooperation, please read and help keep our community clean, safe and enjoyable.

**Donations** Thank you to the following for Donations to Friends of Hollander House:

In Memory of Amy Gershberg's mother, Dorothy Freedman:  
🌻 Debby & David Zieff



Bottles: Or Hadash, Amy Gershberg, Jean Hermele, Bob & Jane Hillman

**Redeemable Bottles for March: \$145.80!**

### Laughter Yoga! New Program at Hollander!

Take a break from pressure you feel in your everyday life. Laughter yoga is a practice that encourages intentional laughter, to promote health and

wellbeing. It combines laughter, breathing exercises and movement, to release endorphins and reduce stress. It can be done seated or standing. You'll love Connie, your instructor. Why not give it a try? There's no cost to you!!

**Tuesday, May 6, 11:30**  
**Tuesday, May 27, 11:30**



### **Sign up for ACH Payments**

Thank you to all the residents who have already signed up!! Great Job- Your rent will be pulled from your account on **MAY 5<sup>th</sup>!**

We encourage all residents and families to consider enrolling in **ACH (Automatic Clearing House)** payments for monthly rent payments. It's a free, safe, secure, and easy way to pay your rent—without the need to write checks or worry about being late when away or ill.

### **Why ACH is a great choice:**

- ✓ **Convenient** – No more stamps, envelopes, or remembering due dates.
- ✓ **Reliable** – Payments are made on time, every time.
- ✓ **Secure** – Your banking information is protected with encrypted systems.
- ✓ **Eco-Friendly** – Less paper, more peace of mind!

Signing up is simple! Just visit the main office and we'll walk you through the short enrollment form.

Let's make billing easier for everyone—sign up for ACH today!

### **Renter's Rebate**

There are (3) remaining appointments available. These appointments will be here at Hollander Apartments. Only (10) people to each appointment. **PLEASE SIGN UP**

The (3) ON-SITE dates are as follows:

**Monday, May 5<sup>th</sup> 9:30am**  
**Thursday, May 15<sup>th</sup> 12:30pm**  
**Thursday, May 29<sup>th</sup> 9:30am**



### Mandala Coloring

**Friday, May 9th, 11AM** in the community Room. Mandala coloring can have many benefits, including improved focus, reduced anxiety, and increased creativity. Why not give it a try?



### Pest Control

On **Tuesday, May 20th 10AM** FMG exterminator will inspect and treat all **THIRD-FLOOR UNITS**. Please have your bare mattress exposed and closet floors cleared.

### Blood Pressure Checks ♡♡♡ On

**Tuesday, May 27th, 10am**, with Nurse Lee. Please sign in when you arrive, and she will take you in order.

### Shopping Trips

**12:30pm pick-up, 2:30pm return**

🛒 5/7 Wed Stop & Shop, Villa Ave.

🛒 5/14 Wed Big Y, Hawley Lane

🛒 5/21 Wed Stop & Shop, Main St.

🛒 5/28 Wed ShopRite, Shelton

**10:30am pick-up, 1:30pm return**

🛒 5/8 Thur Milford Crossing

**10:00am pick-up, 1:00pm return**

🛒 5/13 Mon Stew Leonard's

### Movie Club Fridays

Bring a snack and come down and watch with friends and neighbors in the Community Room. Then discuss the movie afterwards. Shows start at **2:45pm on Fridays**, unless otherwise noted:

May 2 - Emelia Perez

May 9 - Promised Hearts

May 16- Life Or Something Like It

May 23- The Life List

May 30- Unbroken



### Reverend Sara Smith, nOURish Bridgeport

Rev Sara Smith CEO of nOURish Bridgeport **11 AM Friday, 5/16** will be speaking to tenants about their organization and their hydroponic farm etc. Reverend Sara is a fun and dynamic speaker with a vision about tackling food insecurity in Bridgeport. So don't miss out! Please sign up by Friday, May 9<sup>th</sup>

### Exhaust Fans while cooking

Again, it is essential that you or your aide turn on the exhaust fans over the stoves while cooking. Doing this simple step should dramatically decrease the number of times that the Fire Department needs to respond to a smoke detector signal each week.



### 🚫 Smoking Rules and Fire Safety 🚫

As we welcome the warmer weather, we want to kindly remind everyone about our community's **smoking policy** to help keep our home safe and comfortable for all.

**Please remember:**

- **Smoking is only permitted in designated outdoor areas.**
- **Smoking is strictly prohibited inside all buildings**, including apartments, common areas, and patios.
- **Properly dispose of smoking materials** in the provided ashtrays or receptacles—never on the ground or in planters.
- **Do not leave smoking materials unattended.** Following these rules is critical to **prevent fires** and **protect the health and safety** of all residents, visitors, and staff.

Thank you for doing your part to keep Hollander Apartments safe, clean, and welcoming for everyone!





### Garbage & Recycling

There is to be no trash left on the floors of the trash rooms. No bulk, **large** items are to be thrown down the chute and or left on the floor in the trash rooms, you are responsible for throwing away anything that doesn't fit respectfully in a trash bag. Examples of "large" would be; lamps, chairs, old or broken appliances, pillows that don't fit in a garbage bag, etc.

The **Blue Bins** are for RINSED RECYCLABLES ONLY. Please see the illustration below. Those are the only items to place into Blue Recycling Bins. You will not see pictured or listed; empty pill bottles, used tissues, crumpled napkins or food wrappers, so please stop throwing those types of items (which are trash) into the blue bins!

### Know Where It Goes: Trash Chute vs. Blue Bin

#### TRASH CHUTE (Garbage Only):

- Food waste
- Plastic bags
- Styrofoam (cups, takeout containers)
- Diapers and sanitary products
- Broken household items (small, small, small ONLY). Must fit in garbage bags and down chute.

#### BLUE RECYCLING BINS (Recyclables Only):

- Clean paper and cardboard
- Empty plastic bottles and containers (#1-7)
- Empty metal cans (aluminum, tin)
- Glass bottles and jars

#### Important Tips:

- **NO plastic bags** in the blue bin (they jam machines!)
- **Rinse** recyclables lightly — no food residue
- **No electronics, batteries, or hazardous waste** — ask management for special disposal

## KNOW WHERE IT GOES: TRASH CHUTE VS. BLUE BIN



### TRASH CHUTE (Garbage Only)



Food waste



Plastic bags



Styrofoam  
containers



Diapers and  
sanitary products



Broken  
household items  
(small)



### BLUE RECYCLING BIN (Recyclables Only)



Clean paper &  
cardboard



Empty plastic  
bottles &  
containers



Empty metal  
cans (aluminum, tin)



Glass bottles  
& jars



#### PLEASE REMEMBER:

- No plastic bags in the recycling bin
- Rinse containers, before recycling
- No electronics, batteries, or hazardous waste

Let's work together  
to keep our community  
clean and green!





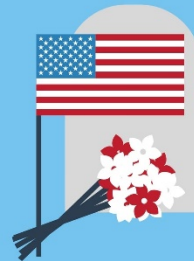
To the moms that were oh so good, and to the ones that tried their best,

To the moms that are with us still, and the ones we laid to rest,

We wish you a wonderful day and appreciate all you do! Memories last a lifetime and so does our love towards you- J.S.



### FROM DECORATION DAY TO MEMORIAL DAY



#### Decoration Day began in 1868

It was founded by the Grand Army of the Republic—a Union soldier organization—in Decatur, IL

It was a national day to decorate the graves of Union soldiers with flowers and flags

*The first Decoration Day was May 30, since that date did not coincide with any major war battle*



**By 1890,** all Northern states recognized Decoration Day, while the Southern states had similar remembrances for the Confederate dead

### SAFETY REMINDERS AND TIPS



**SMOKERS:** DO NOT THROW YOUR CIGARETTE BUTTS ON THE GROUND OR IN THE MULCH! THIS CAN CAUSE A FIRE! MAKE SURE THE CIGARETTE IS FULLY OUT BEFORE LEAVING IT UNATTENDED!
















**ELEVATORS:** PLEASE STAND CLEAR OF DOORS UNTIL ALL PEOPLE HAVE EXITED THE ELEVATOR.

**LIGHTS OUT:** PLEASE BE CAUTIOUS WHEN OUT AFTER DARK. UNTIL WE GET THE REAR DRIVEWAY LIGHT POLES FIXED, IT MIGHT BE DARKER THAN USUAL. WE ASK YOU TO WATCH OUT FOR STRANGERS, POTHOLES AND CURBS, SAFETY FIRST!

### Parking Passes for Aides - Reminder

Do you have a regular aide that drives to Hollander House? We are issuing passes for them to place on their dashboards so the guards know that it is okay if the car is in visitors overnight. Please come to the office with your aide so we can create the pass. License plate and color/make/model of car is required.

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			<b>1</b> Don't forget, Rent will be auto pulled on the 5 <sup>th</sup> for all ACH signers!!  All others, Rent Due today!	<b>2</b>  <b>2pm Chair Exercise</b> <b>2:45pm Movie- Emilia Perez</b> Candles 7:34pm	<b>3/4</b>
<b>5</b> <b>9:30am Rent Rebate Appt #5</b>  	<b>6</b> <b>11:30am Laughter Yoga</b>	<b>7</b> <b>12:30pm Stop &amp; Shop, Villa Ave</b> 	<b>8</b> <b>10:30am Milford Crossing</b> 	<b>9</b> <b>11am Mandala Color</b> <b>2pm Chair Exercise</b> <b>2:45pm Movie- Promised Hearts</b> Candles 7:41pm	<b>10/11</b>  <b>Happy Mothers Day!</b> 
<b>12</b>  	<b>13</b> <b>10am Stew Leonard's</b> 	<b>14</b> <b>12:30pm Big Y, Hawley Lane</b> 	<b>15</b> <b>12:30pm Rent Rebate Appt #6</b>	<b>16</b> <b>11am Rev. Sara Smith-nOURish Talk</b> <b>2pm Chair Exercise</b> <b>2:45pm Movie-Life Or Something Like It</b> Candles 7:48pm	<b>17/18</b>
<b>19</b>  	<b>20</b> <b>10am Exterminator 3rd Floor</b>	<b>21</b> <b>12:30pm Stop &amp; Shop, Main St.</b> 	<b>22</b>	<b>23</b> <b>2:45pm Movie- The Life List</b> <b>2pm Chair Exercise</b> Candles 7:54pm	<b>24/25</b> <b>Have a Happy &amp; Safe Memorial Day Weekend!</b> 
	<b>27</b> <b>10am Blood Pressure Checks</b> <b>11:30am Laughter Yoga</b>	<b>28</b> <b>12:30pm ShopRite, Shelton</b>   <b>6pm Bingo</b> 	<b>29</b> <b>9:30am Rent Rebate Appt #7</b>	<b>30</b> <b>2:45pm Movie- Unbroken</b> <b>2pm Chair Exercise</b> Candles 8:00pm	<b>31</b>
					<b>Please donate canned fruit.</b>