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Close-up view of Park 215 commercial space from Stillwater Avenue.

Board Meetings for 2018:

- **August 22, 2018**
- **September 26, 2018**
- **October 24, 2018**
- **November 14, 2018**
- **December 12, 2018**

The meeting will begin at 6:00 p.m. at Post House, 40 Clinton Avenue in the first-floor meeting room.

New Residential and Commercial Space Available at Park 215

Charter Oak Communities (COC) is pleased to announce that **Park 215** is now available for occupancy! Park 215 is a brand new residential and commercial “mixed use” building located at the corner of Stillwater and Merrell Avenues, fronting the always bustling Lione Park.

As COC’s next contribution to the revitalization of Stamford’s historic West Side, Park 215 anchors the thriving *Vita Health & Wellness District*, joining Stamford Hospital, the expanded Boys & Girls Club and Fairgate Farm. Within easy walking distance of Stamford’s vibrant downtown and the Mill River Park, Park 215 offers something for everyone!

Park 215 is a state-of-the-art, energy efficient building, tastefully clad in brick, precast stone and stucco finishes with lush landscaping at street level. With a ‘retro’ vibe featuring oversized windows and a classic storefront, the 5 ½-story loft-style building blends perfectly into the neighborhood’s traditional architecture. A dedicated parking structure located to the north of the building has an upper

level which is accessed from Stillwater Avenue, and is for ground-floor commercial tenant use; the lower level, accessed from Merrell Avenue, is reserved for building residents and visitors.

Amenities available to all residents at Park 215 include an event kitchen, community room and sunny, outdoor roof-top deck. On-site property management, resident support and security services are provided. The apartments feature hardwood kitchen cabinetry, granite countertops, ceramic tile finishes, stainless steel kitchen appliances and individually

controlled heating and air conditioning.

Currently, there are two commercial tenants for the ground floor; that space exceeds 21,000 square feet configured for state-of-the-art medical offices. The Heart Center, offering cardiovascular care,

will open by August, and the Vascular Group is anticipating occupancy for this fall. COC is working with the commercial broker on leasing the remaining available space.



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COC Board Member: Susan Rutz



Susan (Sue) Rutz joined the COC Board of Commissioners as a COC Board member in June 2018, and shares her experience and knowledge on the Board and through various committees. Rich Ostuw, a COC Board member, introduced Sue to our organization. COC's success as an innovative community leader was the focal point for her decision to be a Board member.

Sue holds a Bachelor of Science degree in Industrial Engineering from Pennsylvania State University and has taken various business courses at Seikei University, Japan, University of Wisconsin and University of Delaware. Sue is a board-certified Professional Project Manager (PMP) and Lean Six Sigma Green Belt. Sue recently retired after 30-plus years in the Food & Beverage Industry with Kraft Foods and PepsiCo.

Initially, she worked in various union and non-union manufacturing plants in Delaware, Pennsylvania and Wisconsin before making the transition to headquarter roles in the New York area. During her career she was fortunate to travel extensively around the world leading cross-functional teams in the introduction of new products and focusing on improving operational efficiencies.

Some of her most memorable and rewarding experiences were in Japan, India, Saudi Arabia, Egypt and Turkey.

Sue has lived in Stamford for over 25 years with her husband and two daughters, who attend colleges in Boston and in Portland, Oregon. Having worked with numerous cultures, she is especially appreciative of the diversity in Stamford. Sue is enjoying the time retirement affords in giving back to the community, helping others, traveling, exercising and entertaining. She is actively involved in local organizations, including Building One Community and St. Francis Church.



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COC appreciates the tremendous support it has had from the community on this project. Kenneth Boroson Architects, project architect, and Viking Construction, the general contractor, have been instrumental in completing this high-quality project on time.

Showings may be scheduled for the residential portion, which contains 78 one- and two- bedroom mixed-income – affordable and market rate – apartments. COC is leasing the affordable units, with information available at <https://www.charteroakcommunities.org/assets/uploads/Park-215.pdf>. For information on the market-rate rentals, please call Newbridge Properties at (203) 324-1300 or email info@newbridge-properties.com.



Back-side view of Park 215 from the upper-level parking deck, which has ample parking and provides easy access to the commercial space.



Resident Profile: Jonathan Hart



Jonathan Hart with RSC Jean Vaccaro.

A lifelong resident of Stamford and a 10-year resident of Post House, Jonathan is thrilled to share his story with us on his journey of change.

At 12-years-old, Jonathan had a devastating skateboard accident which resulted in disabling injuries and years of chronic pain that have affected his quality of life since that day.

With his life altered by the continuing pain, Jonathan began searching for an orthopedic surgeon who would take on his case and also take his medical insurance. Jonathan's only option was Yale New Haven Hospital. Challenged by finances and the distance, Jonathan met with Resident Service Coordinator (RSC) Jean Vaccaro from Family Centers at Post House. Jonathan told Jean his childhood story along with his cur-

rent position including finances and the distance involved getting to the hospital and rehabilitation.

Jean began to research orthopedic surgeons in the Stamford area. After many attempts, it appeared that Yale New Haven Hospital was Jonathan's only option. Jean continued to research and discovered The Hospital for Special Surgery (HSS)

from New York City currently maintains a practice at Stamford Hospital.

Jean called the HSS office and told them Jonathan's story and his difficulties in finding a surgeon in the area that would accept his case. A few days later Jean received a call from HSS with an appointment in November 2017 for Jonathan to have a consultation with a surgeon. After meeting with a doctor – which included many tests and MRIs – the doctor believed he could help Jonathan by doing a total hip replacement on both hips and reconstructing the muscles in his right leg. The doctor stated that this would enable him to no longer walk with a limp, as his two legs would then be equal in length. It also would help mitigate the pain.

On January 16, 2018, Jonathan had a successful first surgery performed on his left hip. He then worked diligently on his physical therapy at home and at the Tully Center in Stamford. Then, on March 30, 2018, Jonathan had a second successful surgery for his right hip, and again, worked hard at his physical therapy. HSS is pleased with his progress; better yet, Jonathan is amazed with the outcome! HSS has suggested a knee replacement for Jonathan this summer to complete his case and have him walk without a limp.

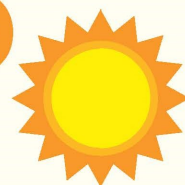
Jonathan visits Jean often to keep her up-to-date on his medical progress. She also helps him book his rides with VEYO transit through Huskey Health, a service for disabled individuals to get to doctor and physical therapy appointments. Today, Jonathan enjoys life more than ever – visiting with friends and walking to the Mill River Park, Ferguson Library and the downtown area. He no longer feels the isolation he once felt.

Jonathan is happy and thankful for his improved motion and for being pain free. "This surgery was a gift from God," he says, "and Jean Vaccaro is my angel. I'm forever grateful!"



SUMMER

HEALTH AND
SAFETY



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West Side Youth Make an Impact

By Nicole Beckham, Resident Service Coordinator (RSC) with Family Centers

Resident Service Coordinators (RSC) with Family Centers, in conjunction with a group of devoted young volunteers from the West Side of Stamford assembled “Angel Bags” for the Pacific House Shelter. The West Side “Angel Bags” are gallon-size Ziploc bags filled with toiletries including soap, toothbrushes, toothpaste, deodorant, lotion, energy drinks and Starbucks gift cards.

Leroy Jordan from the Pacific House Shelter in Stamford received the bags on behalf of the homeless population that Pacific House is connected to. Jordan spoke with the kids about their ‘act of kindness’ in assembling the “Angel Bags” and led a discussion around the value of education and staying in school to create a better life for themselves. He further shared the fact that many

homeless people refuse to come into a shelter, so these donations will go directly to those in need on the streets.

Our young volunteers were surprised and amazed that such a small act of kindness could have such a great impact on people in need. This group plans to continue their

community service efforts. Keep a watchful eye for their flyers in the fall when they begin collecting items for the fall and winter months. They will be looking for new socks, hats, scarfs, gloves, underwear, hand-warmers, toothbrushes, toothpaste, deodorant and protein bars.

“I’m so proud of this group of kids and teenagers who participated in this community service opportunity,” states Nicole. Impressed with how they came up with this selfless idea to continue helping

others in need, these kinds of generous acts are something that we can all practice to better our community!

