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THE PORTLAND HOUSING AUTHORITY NEWSLETTER

OCTOBER 2018

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MIDDLESEX HOSPITAL DELIVERS TALK ON SEASONAL AFFECTIVE DISORDER

On September 18, 2018 a therapist from Middlesex Hospital visited Quarry Heights to give a presentation on Seasonal Affective Disorder, SAD. We learned the warning signs and symptoms of SAD as well as what can cause the disorder and how to get help. For most people, it's the reduction in natural light during winter months that can cause feelings of depression and anxiety. Although most people associate SAD with winter, there are a significant number of people who experience similar symptoms during the warmer months.

Common symptoms of Fall/Winter SAD
(Winter depression)

- ◆ Oversleeping
- ◆ Appetite changes/craving foods high in carbs
- ◆ Weight gain
- ◆ Tired/low energy

Common symptoms of Spring/Summer SAD
(Summer depression)

- ◆ Insomnia (trouble sleeping)
- ◆ Poor appetite
- ◆ Weight Loss
- ◆ Agitation/Anxiety

If you think you experience any of these symptoms and did not attend the SAD presentation on September 18, you can pick up copies of the paperwork used during the presentation in the community room at Quarry Heights. Copies are located outside the Resident Service Coordinator's door and in the folder on the bulletin board.

The Community Wellness Group meets Tuesdays at 10 a.m. in the Community Room at Quarry Heights:

The office will be closed on Monday October 8, 2018 in observance of Columbus Day.



MAINTENANCE CORNER

What you need to know about your lease and residency at the Portland Housing Authority.

- The number for emergency work orders ([860-519-3251](tel:860-519-3251)) is for emergencies only. **YOU SHOULD ONLY BE CALLING THIS NUMBER AFTER 4 P.M. AND FOR EMERGENCIES ONLY!**
- Work orders during business hours **MUST** be called into the main office and given to Libby Johnson, Housing Coordinator. Libby can be reached at [860-342-1688 ext. 110](tel:860-342-1688). *Please write her number down and put someplace visible. The Resident Service Coordinator is continuing to receive messages for work orders.
- Please remember that the use of open flames, such as candles and incense are strictly prohibited inside any unit. This is a fire hazard. We ask for your cooperation to ensure your safety and the safety of those around you.
- We are continuing to get complaints of people smoking . Please be aware that there are cameras in use throughout the property. Anyone seen smoking on camera will be issued a \$150 fine. Failure to pay the fine will result in eviction proceedings. If you are a smoker and you live at Quarry Heights, you may smoke on the sidewalk in front of the property or at the edge of the back parking lot off grounds. If you live at Chatham Court, you may smoke off grounds by the main entrance by the Portland Housing Authority sign. If we enter your unit for a work order/and or inspection and we smell cigarette smoke, you will be fined \$150 and/or termination of lease.
- If you are experiencing problems with a neighbor/s that you are unable to resolve, you must call the Portland Police Department first. After you have filed a report, you should then contact the main office. **DO NOT** call the office with complaints about other residents without having called the police first. Some common complaints are: loud music, excessive noise, threatening and/or aggressive neighbors. Once a complaint has been filed with the police we will note the files of all parties involved and proceed with legal action if need be.

SENSITIVE BUT IMPORTANT

This is sensitive, we know; however, we need your help. On more than one occasion the women's bathroom in the Quarry Heights Community Room has been left with feces on the toilet and floor. Our guess is that someone tried to make it to the toilet in time but was not successful. Accidents happen, we get it. Should this happen to you, we ask that you do your best to clean up after yourself in consideration for the person using the restroom after you. If age or physical impairment prevent you from cleaning a bowel accident that may have occurred, we kindly ask that you privately notify someone from the housing authority so we can make sure the bathroom is clean for the next person. Your notification to us will be kept in the strictest of confidence. Unfortunately, if this continues to happen we will have no choice but to lock both bathrooms. Use of the community room and bathrooms are a privilege and curtesy. We ask for your consideration with the matter and we thank you for your cooperation.

HALLOWEEN SAFETY

Who wouldn't get excited over a bag of Twizzlers or Hershey Kisses? Halloween is coming soon, and if your kids are anything like us, the thought of ghouls, goblins, and candy will set their hearts a' flutter. We want your child to have fun on Halloween as he or she is dashing from door to door. If you plan to leave Chatham Court to trick or treat, make safety your first priority. Older children who go out without a parent should be encouraged to travel in groups rather than alone. They should be reminded to watch for traffic if they are crossing the street or large intersections. All kids, regardless of age, should have either a flashlight, reflective tape, or glow sticks to make them visible to drivers. For younger kids, parents should opt for face make-up or face paint rather than masks which can impair their vision, especially when crossing the street or running door to door. Most importantly, as tempting as it is for kids to eat their Halloween candy as soon as they get it, parents and older children should do their best to inspect all candy before eating it.



RECIPE CORNER

It's easy to get in the Halloween spirit with these adorable, easy mummy hot dogs. Make enough because the kids love em'!

1 can (8 oz) refrigerated crescent dinner rolls or 1 refrigerated Crescent Dough Sheet

2 ½ slices American cheese, quartered

10 hot dogs

Cooking spray

Mustard or ketchup, if desired

Heat oven to 375°F.



If using crescent rolls: Unroll dough; separate at perforations, creating 4 rectangles. Press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.

With knife or kitchen scissors, cut each rectangle lengthwise into 10 pieces, making a total of 40 pieces of dough. Slice cheese slices into quarters (1/2 slice cheese, cut in half). Wrap 4 pieces of dough around each hot dog and 1/4 slice of cheese to look like "bandages," stretching dough slightly to completely cover hot dog. About 1/2 inch from one end of each hot dog, separate "bandages" so hot dog shows through for "face." On ungreased large cookie sheet, place wrapped hot dogs (cheese side down); spray dough lightly with cooking spray.

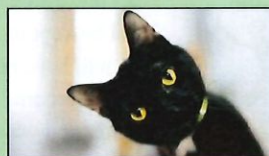
Bake 13 to 17 minutes or until dough is light golden brown and hot dogs are hot. With mustard, draw features on "face."

This is a quick, simple dinner to make to kick off the trick or treat festivities!

WEIRD BUT TRUE...

Halloween's origins come from an Irish festival put on by the Celts called "Samhain". The Celts believed the ghosts of the dead roamed the earth and that a thin veil separated the living from the dead. To prevent these wandering spirits from taking possession of the living, people would try to make their homes as inhospitable as possible. This meant leaving their homes dark, dressing in ugly masks, and making loud noises to scare away the spirits. To appease the spirits, people left treats at their front door. During the 1840s when the famine-era Irish began coming to America, they brought many of their traditions with them, including Samhain. The Catholic Church eventually "Christianized" Samhain and attached it to a new holiday known as The Eve of the Feast of All Hallows, or more commonly known, Halloween.

And now you know!



PET OF THE WEEK

This is Earl. Earl enjoys barking in the middle of the night at nothing and trying to bite small children as they walk by. Earl likes chewing shoes, eating bacon, scrambled eggs, sleeping in bed with his owner and pulling the tassels off decorative pillows and having the children in the house get blamed. If you would like your pet featured, email a photo to lincognito@portlandha.org or drop a photo off to either the Resident Service Coordinator at Quarry Heights or to the main office at Chatham Court. Be sure to put your name on the back of the photo along with your pet's name. All photos will be returned to their owners.

