

Administrative Office
9 Chatham Court
Portland, CT. 06480
860-342-1688

THE PORTLAND HOUSING AUTHORITY NEWSLETTER January 2019



like us on Facebook at: www.facebook.com/Portland-Housing-Authority

RESOLUTIONS TO THE WAYSIDE



While most of us have the best of intentions when it comes to New Year's resolutions, the reality is

that very few of us actually follow through with them. Research shows that about 75% of people stick to their resolutions for at least a week. The number of people still on target with their resolutions six months later drops to 46%.

The reality is that it's difficult to keep up the enthusiasm and momentum of holiday resolutions, but it's not impossible. Experts say it's better to stick to one resolution rather than several. Focusing on one goal is easier to follow through with. Some worthy resolutions are: weight loss, staying in touch more, stop smoking, exercising.

Taking small steps towards your resolution is also more likely to yield better results. For example, instead of giving up smoking cold turkey, start by reducing the number of cigarettes you usually smoke. If you want to lose weight, pick a realistic amount. Instead of trying to lose 50 pounds, start with five pounds and go from there until you reach your goal.

MAINTENANCE CORNER

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

You no longer need to call the office to check whether your rent was received. Residents can now check their balances online by visiting portlandha.org. Click on the link [Residential Balance Inquiry](#). There will be another link you can follow from there. Your tenant user ID will be your last name. Your password will be the last 4 digits of your Social Security Number.

Not everyone has come in for their parking permit. We have begun towing cars that do not have permits. Please make arrangements to stop by the office for your parking permit. If you fail to get a permit, towing will be at your expense.

** This applies to Quarry Heights residents only.*

Starting in 2019, we will begin alternating board meetings in an effort to accommodate all residents of the Portland Housing Authority. The first meeting of the new year will be held at Chatham Court. Meetings will then alternate to Quarry Heights in February and so forth.

For residents living at Chatham Court, it is your responsibility to keep snow cleared from your front door to the sidewalk. For residents living at Quarry Heights and for anyone who has specific questions about the snow removal policy for Portland Housing Authority, call Jon at 860-519-3251



If you have any questions about the snow policy, and what you are responsible for as a resident, please do not wait to call, as there will be towing and fines for non-compliance during the snow removal process. (860-519-3251)

HAVE A HEART

A person who is choking may often look surprised, panicked, confused, or hold his or her neck with one or both hands. If you think someone is choking, ask, "Are you choking?" If the person indicates they are choking, **call 911 immediately!** If you think you can help, get consent from the person first by asking if it's okay that you help them.

- 1.) Start by standing next to the victim. Place your arm under the victim's arm pit and across their chest to their opposite shoulder.
- 2.) Lean the victim over. Give 5 back blows between the victim's shoulder blades using the palm of your free hand. Alternate between back blows and the Heimlich Maneuver (see # 3)
- 3) Standing behind the victim, locate the victim's belly button and place your fist just above the belly button, thumb side in. Grab your fist with the other hand and give 5 quick abdominal thrusts inward and upward. Repeat sequence of 5 back blows and 5 abdominal thrusts.
- 4) If the victim becomes unconscious and you know how to perform CPR, begin CPR. *****If you called 911 at the first sign of choking help should have already arrived. Always remember to give clear directions to the 911 operator and don't hang up until you are told to do so.**

PET OF THE WEEK

Meet Pitzy, pronounced (Pete-zy). As you can see, Pitzy is a natural in front of the camera. Her dad says she loves to wave for the camera and is known for giving high-fives. Don't let her one eye fool you, Pitzy gets around her house just fine by herself and with her older sister, Stella. These two doggos have the world in the palm of their paws.



RECIPE CORNER

Easy Chicken with White Bean and Tomato

Deal with the icy cold of January by serving up this easy, cozy dinner that's sure to win your family over. If fresh thyme and oregano isn't your thing, you can use dried flakes. Or, if you want to keep things simple, just season with salt and pepper. Pair with a healthy side dish of something green, such as asparagus, green beans, or spinach.

- 2 15.5-ounce cans cannellini beans (White beans), rinsed
- 1 pint grape tomatoes
- 4 sprigs fresh thyme
- 4 sprigs fresh oregano, plus leaves for garnish
- 2 garlic cloves, smashed
- 1/4 teaspoon crushed red pepper
- 2 tablespoons olive oil
- kosher salt and black pepper
- 8 bone-in, skin-on chicken thighs (about 3 pounds total)



Heat oven to 425° F. In a 9-by-13-inch (or some other large) baking dish, toss the beans and tomatoes with the thyme and oregano sprigs, garlic, red pepper, 1 tablespoon of the oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Pat the chicken dry and place on top of the bean mixture, skin-side up. Rub with the remaining tablespoon of oil; season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Roast until the chicken is golden and cooked through, 35 to 45 minutes. Top with oregano leaves.



The office will be closed on Monday January 21, 2019 in observance of Martin Luther King Day.

STAFF DIRECTORY

You will need to dial **860-342-1688** for every person working at the Portland Housing Authority. Only the extensions differ. Please note the correct extension for the person you may be trying to reach.

Marilyn Rivera, Executive Director : 860-342-1688 ext. 111

Terry Incognito, Administrative Coordinator: move-ins , rent changes and calculations, Section 8: 860-342-1688 ext.113

Libby Johnson, Housing Coordinator and Work Orders: 860-342-1688 ext. 110

Dan Rafaniello, Accounting and HR: 860-342-1688 ext. 112

Lauren Incognito, Resident Service Coordinator: 860-342-1688 ext. 115

Jon Twichell, Maintenance Supervisor: 860-519-3251

WEIRD BUT TRUE... JANUARY



The Anglo-Saxons called January "Wulfmonath" as it was the month hungry wolves came scavenging at people's doors.

January 9th is National Static Electricity Day. So get out those balloons and start rubbing them against your head.

And now you know!

