

Administrative Office
9 Chatham Court
Portland, CT. 06480

THE PORTLAND HOUSING AUTHORITY NEWSLETTER

April 2019



WHEN IS EASTER 2019?

Easter 2019 will be celebrated On
Sunday April 21



WHAT IS EASTER SUNDAY?

Easter is the most important holiday on the Christian calendar—and has been regularly observed from the earliest days of the Church.

Easter Sunday celebrates Christ's resurrection from the dead, following crucifixion. It marks the end of Holy Week, the end of Lent, and the last day of the Easter Triduum (starting from the evening of Maundy Thursday, through Good Friday, Holy Saturday, and Easter Sunday), as well as the beginning of the Easter season of the liturgical year.

The resurrection represents the triumph of good over evil, sin, death, and the physical body.

MAINTENANCE CORNER

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

- The office will be closed on Friday, April 19th in observance of Good Friday
- Spring cleaning for both Chatham Court and Quarry Heights is to be scheduled for April. We will send a notice out when we have a date.
- Please contact Libby Johnson in the office if you hear water running, whether it be a toilet or a faucet to have a work order started.

INDOOR VS OUTDOOR ALLERGIES

Indoor and outdoor allergies, also known as allergic rhinitis, seasonal allergies, or hay fever, are the most common types of allergies.

Of the 50 million Americans with allergy symptoms, about 40 million are affected by an indoor these are a few allergy causing agents

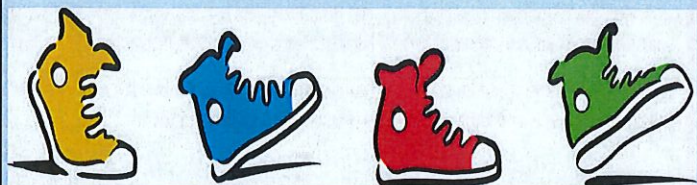
- **Pets.** A main cause of indoor allergies is animal dander, a protein found on the skin and in the saliva of furry pets. "Cats are the most common pet allergy."
- **Dust mites.** Dust mites are tiny creatures that live in your mattress, carpet, upholstered furniture, and other areas of your home.
- **Mice.** "Mice and other rodents also have dander and can be a common cause of indoor allergy,"

The most common sources of outdoor allergens are pollens, and include:

- **Tree pollens,** which are most common in the spring.
- **Grass pollens,** which are most common in the summer.

Weed pollens, which are most common in the summer and fall. Ragweed pollen, in particular, is the most common cause of fall allergy symptoms.

NICE WEATHER IS COMING. STAY HEALTHYWALK



STAFF DIRECTORY

860-342-1688

Marilyn Rivera, Executive Director: ext. 111

Terry Incognito, Administrative Coordinator: ext 113

Libby Johnson, Housing Coordinator: ext. 110

Dan Rafaniello, Staff Accountant: ext. 112

BJ Carrabbia, Resident Service Coordinator:: ext. 115

Jon Twichell, Emergency Line Only: 860-519-3251

WALDORF GOAT CHESE SALAD

INGREDIENTS

2 CUP RED LETTUCE

2 TBSP RASPBERRY VINEGAR

1/2 CUP SEEDLESS GRAPES

2 TABLESPOON GOAT CHEESE

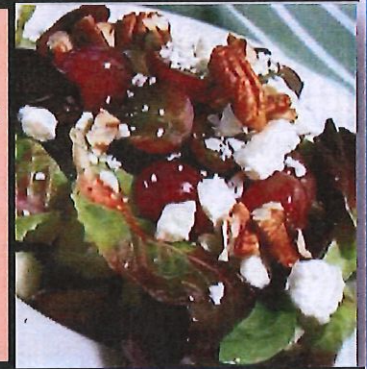
2 TABLESPOON PECANS

DIRECTIONS

TOSS ALL THE INGREDIENTS TOGETHER AND ENJOY

ATTENTION

When I post an activity on the bulletin board ,there will be a sign up sheet for those who wish to attend.. I need to have at least 5 (hopefully more) people to sign up ,otherwise the event will be cancelled. We want all residents to make an effort to come out for these activities and presentations. Thank You BJ



Did you Know

1. The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.
2. In the US, only 12 of the 50 states recognize Good Friday as a holiday.
3. The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to color the egg.
4. The term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.
5. The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.
6. There used to be a tradition churches observed that resembled the game of "hot potato." Here, the priest would toss a hard boiled egg to one of the choir boys. The boys would toss the egg amongst themselves and when the clock struck 12, whomever had the egg was the winner and got to keep the egg.
7. Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter candy.
8. Americans consume more than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
9. During the holiday, more than 90 million chocolate bunnies, 91.4 billion eggs and 700 million Peeps are produced each year in the United States alone.

Help is here for us cat owners

Now you can get you cat neutered/spayed
at a low cost



The TEAM Mobile Feline Unit, Connecticut's first and only mobile spay/neuter and vaccination clinic for cats, was launched on March 1, 1997 to end feline overpopulation by making these crucial services affordable and accessible to state residents.

TEAM travels to more than 30 communities statewide. We charge \$110 for spay or neuter. In addition to surgery, this fee includes vaccinations (rabies, distemper, upper/lower respiratory infection), nail trim and ear mite treatment (if needed).

Call for an appointment @ 860-399-5569