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# THE PORTLAND HOUSING AUTHORITY NEWSLETTER

## February 2019



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### Valentine's Day Word Search

c g f l o w e r s i p  
j s w e e t h e a r t  
e f p a c u p i d a e  
v h o i k a c p s r t  
a o g u y h e a r t s  
l o v e r r d e g o f  
e k r a p t r r o w r  
n r i r o s e s p x i  
t o h s d r d e i r e  
i s u h s p i n n h n  
n r g a r e l l k t d  
e o s c h o s r o s h  
s w e e r t s f r i e  
v c h o c o l a t e k

valentine	red	roses
arrow	fourteenth	friend
cupid	hugs	flowers
hearts	<del>chocolate</del>	sweetheart
love	pink	kisses

### MAINTENANCE CORNER

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

Two new commissioners have joined the Portland Housing Authority Board. They are Matthew Pegolo and Deborah Hallas. Please join us in welcoming them at the next board meeting.

Board meetings are scheduled to alternate between Chatham Court and Quarry Heights. The February board meeting will take place at Quarry Heights.

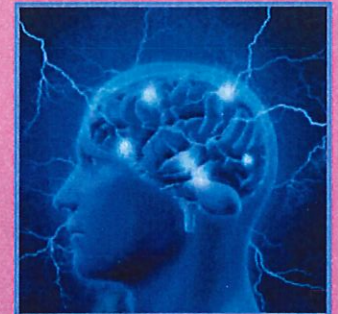
If you have not yet come in for a parking permit and are not parked in an assigned area, **YOU WILL BE TOWED.**

Board meetings are meant to discuss only items on the agenda. Board meetings are not the place for residents to bring complaints about other residents and to discuss work order issues. Work orders are to be called into the office.

*The office will be closed on Monday February 18, 2019 in observance of President's Day*



**HAVE A HEART** Have you ever seen someone have a seizure? It can be a scary thing to witness, especially if you've never observed one. Seizures are often marked by similar physical appearances, such as convulsions, body stiffening, a blank stare, rolling of the eyes. There are many reasons a person can have a seizure, but it is not always known why. Some common known causes of seizures are neurodegenerative diseases such as epilepsy, Alzheimer's, trauma, tumors, metabolic disorders such as uremia, hyperglycemia, hypoglycemia, hyponatremia, alcohol withdrawal, or infection. Having a seizure can be an embarrassing experience for a person, especially if he or she has a chronic condition such as epilepsy where they may be prone to seizures. When a person is having a seizure in a public place it's not uncommon for onlookers to crowd around. This can be especially uncomfortable for the person having the seizure especially if the person loses bladder control, a common occurrence. **If you witness a seizure, try to cushion the head with a pillow or clothing. Move any object away that might injure the person. NEVER put anything in the person's mouth.** It is a myth that a person having a seizure will swallow his or her tongue. If someone is a *known* epileptic he or she will probably not require 911. Often, the person just requires rest when the seizure is over. Call 911, however, if their seizure lasts more than five minutes. **If you come across a stranger having a seizure or if someone you know has a seizure for the first time, call 911 immediately. In all cases, if you can, try to time the seizure so that you can tell the person having it and/or 911 first responders**



## COMING UP: SMOKING CESSATION PROGRAM

Want to quit smoking ? Do you want 2019 to be the year you quit entirely or at least cut back on the number of cigarettes you smoke? **On February 18 at 10 a.m.** a speaker from Middlesex Hospital will be at Quarry Heights to do a presentation on smoking cessation. If you're serious about quitting. If you've even thought about quitting we encourage you to join us in the community room at quarry heights on February 18. Presentation is open to all residents at the Portland Housing Authority. For more information, contact your Resident Service Coordinator at 860-342-1688 ext. 115



**LOST AND FOUND !** A car key was found in the Quarry Heights parking lot. It is located at the Resident Service Coordinator's office.

## 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

## RECIPE CORNER

Who doesn't love to indulge in a gooey, thick slice of chocolate cake? What better way to celebrate those you love than with a slice of homemade cake paired with a glass of milk?

### FOR THE CAKE

- 2 cups of white sugar
- 1 ¾ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- ½ cup vegetable oil
- 2teaspoons vanilla extract
- 1 cup boiling water



Preheat oven to 350 degrees F (175 degrees C). Grease and flour two nine inch round pans. In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt. Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans. Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.

### FOR THE FROSTING

- 1/3 cup butter
- 2/3 cup cocoa
- 2-2/3 cups powdered sugar
- 1/3 cup milk
- 1 Teaspoon vanilla

Melt butter in small sauce pan over low heat. Add cocoa and stir until mixture is smooth and thick. Remove from heat and place cocoa mixture in a medium size bowl and let cool slightly. Add milk and vanilla alternately with the powdered sugar and whisk or beat with An electric mixer until you have the spreading consistency you desire.

## WEIRD BUT TRUE... FEBRUARY

In the United States Valentine's Day is a special day for couples marked by cards, gifts, and dinner. However, not every country celebrates Valentine's Day the same way. In Vietnam, couples wear the same style and/or color clothes on Valentine's Day. In Japan, on February 14th girls give dark chocolate to the boys they like and on March 14 Japanese boys give cookies or white chocolate to the girls they like. In some parts of the Dominican Republic friends and family play a game called "Angelito." Dominicans rip pieces of paper and write the name of another person, either girl or boy. Then each player gives his/her "angelito" a present. In El Salvador people play a similar game called "Amigo Secreto" (secret friend) .



*And now you know!*