

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

## THE PORTLAND HOUSING AUTHORITY NEWSLETTER

march 2019



like us on Facebook at: [www.facebook.com/Portland-Housing-Authority](http://www.facebook.com/Portland-Housing-Authority)

### NEW RESIDENT SERVICE COORDINATOR

It has been my privilege working at the Portland Housing Authority as your Resident Service Coordinator. I have enjoyed meeting so many of you and looked forward to sharing a friendly word or a wave when I saw folks out and about. However, I have decided that I have to step down as your Coordinator. In addition to Portland Housing, I am a long-time state employee. I recently took a promotion and while it is an exciting experience for me, I am no longer able to juggle two employments. Therefore, after contemplating this for a long time and as much as I will miss Portland, I am stepping down. Your new Resident Service Coordinator is BJ Carrabbia. She will be in the same office and will have the same telephone number. 860-342-1688 ext. 115. Her office hours will be:

Monday: 9 a.m. to 3 p.m.

Tuesday: 8 a.m. to 4 p.m.

Wednesday: 9 a.m. to 3 p.m.

BJ will be available to provide the same help and services as the ones I provided. I hope you will stop by and introduce yourself to her when you get the chance. Again, it has been my pleasure meeting so many of you and working with you. I wish all of you the very best.

Lauren Incognito



New Resident Service Coordinator, BJ Carrabbia

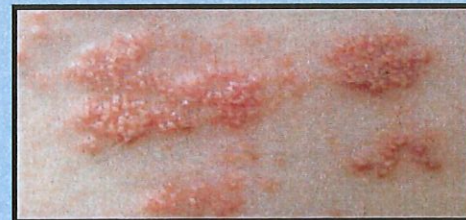
### MAINTENANCE CORNER

*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 March meeting will take place Chatham Court
- 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.

### TO YOUR HEALTH

Did you know that shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. Anyone who's had chickenpox may develop shingles; however, older populations and people with weakened immune systems are more susceptible. Shingles is commonly identified by a painful rash that blisters. The virus usually runs its course within 2 to 4 weeks. Unfortunately, in that time the person with shingles has to deal with a painful rash and blisters.



### PROTECT YOURSELF

A shingles vaccination is the only way to protect against shingles. The CDC recommends that healthy adults 50 years and older get two doses of the shingles vaccine. If you had shingles in the past, you can get Shingrix to help prevent future occurrences



## SAVE THE DATE

March 12th at 10 a.m.

See recipe side bar !

## 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

**BJ Carrabbia**, Resident Service Coordinator:

860-342-1688 ext. 115

**Jon Twichell**, Maintenance Supervisor:

860-519-3251

## RECIPE CORNER ... CUPCAKES AND COFFEE AT QUARRY HEIGHTS

Celebrate St Patrick's Day early in the Community Room at Quarry Heights on March 12th at 10 a.m. when we bring these delicious treats to life. Come down and back some cupcakes, visit with friends, and have some coffee.

## Ingredients

- 2-½ cups All-purpose Flour
- 1-½ cup Sugar
- ½ cups Powdered Buttermilk
- 1 teaspoon Baking Powder
- ½ teaspoons Baking Soda
- 1 cup Unsweetened Applesauce
- 4 cups Baby Spinach, Raw
- 1 teaspoon Vanilla



## Preparation

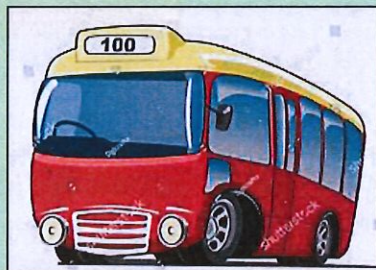
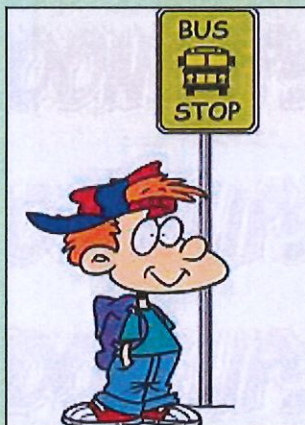
1. Preheat oven to 350°F.
2. Combine all the dry ingredients in a large bowl.
3. Puree the applesauce and spinach in a blender. You may need to add the spinach in batches.
4. Using a hand mixer, blend the spinach mixture and vanilla into the flour mixture for 2 minutes. Divide evenly into 18 cupcake liners (in a cupcake pan, of course).
5. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean.



# Save the date

**Tuesday March 5 at 10:00 a.m.**

A representative of Middletown Transit Company will be here to answer your questions about bus schedules, fares, passes, and more. Come and join us for bagels and coffee while you have all your transportation questions answered.



## WEIRD BUT TRUE

St. Patrick's Day may have originated in Ireland, but America made it what it is today. Modest celebrations were held on March 17 for the death of St. Patrick in Ireland as far back at the 17th century. The world's first recorded St. Patrick's Day parade was held in Boston in 1737. In Ireland, because it was a religious observance, the day was somber. Thanks to the American influence and pizzazz of large Irish populations in Boston, Chicago, and New York, the parade has been transformed into the celebration it is today.

At the annual New York City St. Patrick's Day parade, participants march up 5th Avenue from 44th Street to 86th Street. Each year, between 150,000 and 250,000 marchers take part in the parade, which does not allow automobiles or floats. *And know you know.....*

