



Portland Housing Authority

January 2020 Monthly Tenant Newsletter /Portlandha.org

January 2020 Calendar

Board Meeting at Chatham Court
Community Rm.- Jan.13,2020 at 5:00 PM.

Main office will be closed the following dates:
New Year's Day - Jan.1, 2020
Martin Luther King Jr. Day- Jan. 21st, 2020

Office Directory:

You will need to dial 860-342-1688 to reach the following staff members, extensions differ.

- Susan Nellis/Admin. Coordinator ext.111
- Carol Diaz/Admin. Housing Assistant- ext. 110
- Dan Rafaniello/Accounting and HR—ext. 112
- BJ Carrabbia/860-342-1688- Resident Coordinator-ext.115
- John Twichell/860-519-3251-Maintenance-Emergency number, to be used after hours only.



NEED To KNOW:

Taking action against Tenancy Fraud.

A lady falsely claiming housing benefits for a home she didn't live in ,was found guilty of tenancy fraud. Help us protect housing for those in need! If you know someone committing Housing Fraud report them in confidence to our office.

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.

Senior Resources and Food /Nutrition Services:

- Meals-on-Wheels: Contact the Senior Center
- Food Bank: (860) 342-6795, Monday & Thursday 9:00 AM to 12:00 PM
- New England Mobil Food Pantry: 2nd Thursday of the month, 12:30 PM

Transportation Services:

- Dial-A-Ride: (860) 347-3313, 48 hours advance notice
- Senior Van: (860) 342-6760, 48 hours advance notice

Community Room Kitchen /Bathrooms. The same rules apply as with the laundry rooms. We ask that you do not remove toilet tissue and that you clean up after yourself for the consideration of the person using the facilities after you. If you are in need of household supplies and are struggling financially to buy basic household necessities like toilet tissue, please see the Resident Service Coordinator and she will connect you with services to meet your needs.



The Portland Housing Authority would like to give thanks to the Portland Hope Initiative group for sponsoring the 2019 Thanksgiving dinner at Quarry Heights. Special thanks to Mary Pont.



Thank You



SHEPHERD'S PIE

INGREDIENTS:

- 1 tablespoon olive oil
 - 1.25 pounds ground beef
 - 8 ounces baby bella or white button mushrooms, 2 medium carrots, finely diced
 - 2 stalks celery, 1/2 cup frozen peas
 - 1 medium white onion finely diced
 - 4 cloves garlic, peeled and minced
 - 1/4 cup all-purpose flour
 - 2 1/2 cups beef stock (or vegetable or chicken stock)
 - 2 tablespoons tomato paste
 - 2 tablespoons Worcestershire sauce
 - 2 sprigs each fresh rosemary and thyme and 2 bay leaves
 - sea salt and freshly cracked black pepper
- MASHED POTATO INGREDIENTS:**
- 2.5 pounds potatoes (either Russets, Yukon golds, or a mix of the two)
 - 1/2 cup whole milk, 1/4 cup butter or more as needed
 - 2 ounces cream cheese (or 1/2 cup plain Greek yogurt)
 - sea salt and freshly cracked black pepper



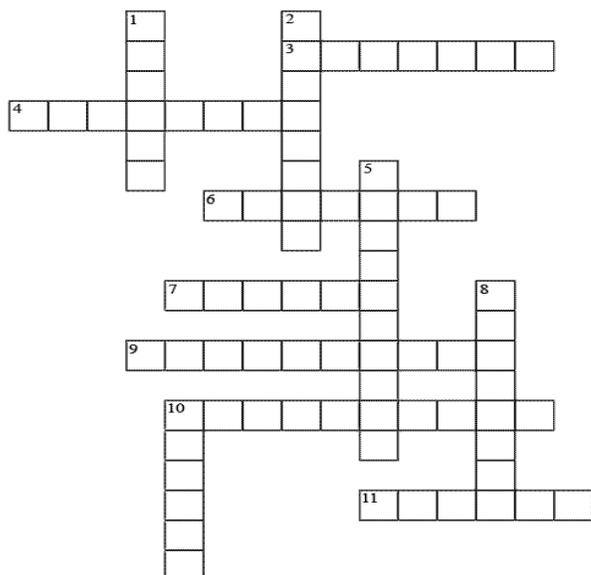
Cook the mashed potatoes. Once the mashed potatoes are ready to go, remove from heat and set aside until ready to use.

1. **Brown the beef (or lamb).** Meanwhile, heat the oil in a large sauté pan over medium-high heat. Add the ground beef (or lamb) and cook until browned, crumbling it with a wooden spoon as it cooks. Transfer the cooked beef to a separate plate with a wooden spoon and set aside, reserving any grease in the sauté pan that it has left behind. (Or if there is no leftover grease, add an extra tablespoon of oil to the pan.)
2. **Sauté the veggies.** Add the onion and sauté for 5 minutes, stirring occasionally. Add the carrots, celery, mushrooms, garlic and sauté for 5-7 more minutes, stirring occasionally, until softened. **Add in the flour.** Stir the flour in with the veggie mixture until evenly combined, then continue to sauté for 1 minute more, stirring frequently. Stir in the wine, then use a wooden spoon to scrape up any browned bits that are stuck to the bottom of the pan.
3. **Add the remaining sauce ingredients.** Immediately stir in the stock, tomato paste, Worcestershire sauce, bay leaf, herb sprigs and frozen peas until combined. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low to maintain a low simmer, and continue cooking for 5 more minutes, stirring occasionally. Remove and discard the bay leaves and herb sprigs. Stir in the cooked meat. Taste and season the mixture with salt and pepper as needed.
4. **Layer it all up.** Transfer the filling mixture to a 9 x 13-inch baking dish and spread it out in an even layer. Spoon the mashed potatoes on top and carefully spread them out in an even layer as well. **Bake.** Bake uncovered at 400°F for about 20 minutes, or until the potatoes are lightly golden and the filling has started to bubble up around the edges. (If you would like the potatoes to be a bit more browned, you can turn on the broiler for 1 or 2 extra minutes, keeping a close eye on the potatoes so that they do not burn.) **Garnish and serve.**



Why is it a tradition to kiss on New Years?

Bustle reported that at midnight, people would remove their masks, and kisses were a way of purifying each other from evil. ... English and German folklore built on this idea, and spread the superstition that a midnight **kiss** strengthens a budding romance, and avoiding it could mean a loveless year ahead.



Across

3. A "good luck" vegetable that is consumed on New Year's Day
4. Twelve 'o clock at night, the highest point of New Year's celebrations
6. The month that follows December 31st is
7. A ceremonial procession including people marching with bands
9. A promise to do something in the new year
10. A horn or rattle used to make noise at a party
11. People born on New Year's Day are commonly called New Year _____

Down

1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
5. He is the personification of time
8. Small pieces of coloured paper or streamers
10. The Iranian new year holiday is called this

