

Portland Housing Authority

March 2020 Monthly Tenant Newsletter /Portlandha.org



March 2020 Calendar

-Board Meeting at Chatham Court Community Rm.-
March 16 ,2020 at 5:00 PM.

-Happy St. Patrick's Day- March 17, 2020.

-Bingo at Quarry Heights Community Room every
Wednesday in the month of March from 1pm to 2pm

-Meet and Greet- March 13, 2020
Meet the Candidates for Tenant Commissioner
QH Comm. Rm from 11 am to 12 pm
CC Comm. Rm from 12 pm to 1pm

Office Directory:

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

- Allen Harrison/ Executive Director ext. 111
- Susan Nellis/Admin. Coordinator ext.113
- 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

This March we Encourage YOU to uncover your INNER HERO

The American Red Cross is a charitable organization, not a government agency. It depends on volunteers and the generosity of people like you to perform our mission. An average of 90 cents of every dollar the American Red Cross spends is invested in delivering care and comfort to those in need. The American Red Cross is part of the world's largest volunteer network found in 187 counties.

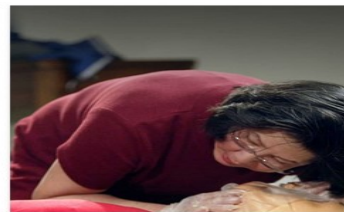
Visit redcross.org for more information on how you can help.



[Donate »](#)



[Give Blood »](#)



[Take a Class »](#)



[Volunteer »](#)

Sign Up for Summer Lunch Volunteer Monitor at Chatham Court

People are needed for shifts which will be from 11:45 am to 1:15 pm.

Duties: Wipe off tables, arrange chairs, place lunch on a front table, lunch distribution is from 12:00 pm to 1:00pm, after lunch clean off tables. **Stop into the main office and sign up!**

Job Opening : MAINTENANCE POSITION/Part Time

Portland Housing Authority is seeking an energetic individual who has experience maintaining properties. Ability to plan and perform a variety of building maintenance duties of a skilled and semi-skilled level. Qualified individual must possess strong plumbing skills and working knowledge of electrical, HVAC, light carpentry, janitorial, painting, grounds and light vehicle maintenance. Job description available upon request.

Complete application at the main office, along with your resume and references by March 20, 2020 to Allen Harrison, Executive Director, Portland Housing Authority, 9 Chatham Court, Portland, CT 06480. Fax (860) 342-3961

Equal Opportunity Employer

Vote for Tenant Commissioner

Start Participating!



The Portland Housing Authority encourages the public to attend board meeting.

FREQUENTLY ASKED QUESTIONS

1. When are Board meetings held?

Board meetings are generally held on the 3rd Monday of every month. Board meetings commence at 5:00 pm at the Chatham Court Community Room or Quarry Heights Community Room.

2. Who can participate at the Board meeting?

Anyone can participate at a Regular Board meeting by just showing up.

3. How long may the public participation be?

Five (5) minutes is provided per participant. An extension of time maybe granted by the Board. An additional time period of up to ten (5) minutes is allotted to answer questions from the Board. The public can speak only during Public Participation.

4. What types of comments may be offered/submitted by the public participator?

Members of the public have the right to attend public meetings, but they don't get to speak unless the agenda allows and encourages public participation. Members of the public don't have the right to make motions or vote. When attending public meetings, observers are expected to practice appropriate etiquette by being quiet, observant, and respectful.

1. Be acknowledged by the presiding officer before publicly speaking;
2. State his or her first and last name and the intended topic;
3. Address the Board only on matters relating to the District and be limited to the topic as indicated.
4. Be limited to speaking for no more than five minutes;
5. Have allotted time reduced if the presiding officer deems it necessary to accommodate a large number of speakers wishing to address the Board on the same topic;
6. Not accrue time from another speaker;
7. Not use profane or vulgar language during his or her presentation;
8. Refrain from making personal attacks against any person;
9. Remain in the area designated for speaking during his or her presentation
10. Refrain from directing questions to individual Board members, or members of the audience. The presiding officer shall have the authority to suspend the speaker's time if he or she does not comply with the listed procedures.

The presiding officer or designee shall determine whether a person addressing the Board has attempted to solve a matter administratively through resolution channels established by policy. If not, the person shall be referred to the appropriate policy to seek resolution.

The Board shall not tolerate disruption of the meeting by members of the audience. If, after at least one warning from the presiding officer, any person continues to disrupt the meeting by his or her words or actions, the presiding officer may request assistance from law enforcement officials to have the person removed from the meeting. Complaints involving personnel/Employees and matters dealing with land negotiations and legal matters will not be discussed in public. Concerns regarding PHA personnel, PHA policy's division should be addressed to the Executive Director.

Crispy Chicken Thighs with Garlic and Rosemary



1/3 cups chicken stock
2 tbsp. fresh lemon juice
1 tbsp. Dijon mustard
1/4 tsp. red pepper flakes
Kosher salt and freshly-ground black pepper to taste
small bone-in, skin-on chicken thighs (about 2 1/4 pounds total)
cloves garlic, smashed and skins removed

1. Whisk together stock, lemon juice, mustard, rosemary, and pepper flakes in a bowl. Season with salt.
2. Heat a 12-inch cast-iron skillet over medium heat until hot, 1 to 2 minutes. Season chicken with salt and pepper. Place, skin sides down, in the skillet. Place a second smaller skillet on top of chicken and weigh it down with soup cans. Cook until the skins are golden brown and crisp, 7 to 9 minutes.
3. Remove cans and top skillet. Flip chicken and reduce heat to medium-low. Add garlic and cook until the chicken is cooked through, 2 to 3 minutes. Transfer chicken to a platter; reserve skillet. Add stock mixture to reserved skillet. Cook, scraping up any brown bits, until slightly thickened, 1 to 2 minutes. Spoon over chicken.



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PortlandHousingAuthority



Take the Time

Mobile Mammography



Dear Chatham Court and Quarry Heights residents,

The Wellness on Tour **Bus "TAKE THE TIME"** Brings 3D **Mammography** to You! Hartford Hospital digital mobile on Tour **mammography bus** would like to visit the Portland Housing Authority. The **bus** now offers 3D **mammograms** in more than 15 rural Hartford communities.

Take the Time makes it easier for women to have a screening mammogram - the best tool for identifying breast cancer in its earliest stages. The program reaches out to women who would otherwise not have access to mammography services including women without insurance coverage. This screening mammograms are offered to women age 40 and older who have not had a mammogram in over a year.

In order for this service to come to the property 10 tenants minimum are required to pre apply . If we do not receive enough pre applications of interest, the services will not be provided to us. **If enough tenants show interest the mammogram bus will be scheduled to show at Quarry Heights on Saturday May 9, 2020 between the hours of 9:00 am to 1:30 pm.** If enough interest is shown we will contact you to verify appointment.

We encourage your involvement and hope everyone will join in our efforts to get more activities and programs to you by enrolling and participating . Please take the time to read about the digital mammography and the checklist to prepare you for your digital screening.

If you have any questions or would like to offer any suggestions, please do not hesitate to contact the main office for more information.

Thank you.

Return this bottom portion to the main office if interested in participating no later than Friday March 13th, 2020.

Pre Registration for Digital Screening Mammogram

Full Name: _____

Address: _____

Phone Number: _____

Appointments will be booked based on first come first serve basis. In order to book an appointment you will need your medical insurance card and a drivers license and to contact BJ (Resident Coordinator for Chatham Court and Quarry Heights) at 860-342-1688. You can drop this form off at the main office and she will contact you at a better time.



Breast Cancer
AWARENESS MONTH

About Digital Mammography

Digital Mammograms are specialized X ray examination of the breast. Two types of mammogram studies are commonly performed. A screening mammogram is performed on women who have no current symptoms or breast problems while a diagnostic mammogram is performed specifically to evaluate a breast problem or revisit a previous abnormal finding. The mobile mammography program provides screening mammograms only. If a women is a need of a diagnostic mammogram, we will help her obtain one at Hartford Hospital.

Women who are eligible for a screening mammogram

Women age 40 or older who have not had a mammogram in the past 12 months.

Women who are not eligible for a screening mammogram

- ◆ Women of any age who have breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. These women should be referred to a physician immediately to have the problem evaluated.
- ◆ Women with a history of breast cancer in past three years.
- ◆ Women who have had any type of breast biopsy or breast surgery since their last mammogram.
- ◆ Women who have had a screening mammogram within the last 12 months.
- ◆ Women who are pregnant or think they may be pregnant.

Preparing for your mammogram

- ◆ Please do not apply underarm deodorant, powders, ointments or creams to your chest area the day of your scheduled exam. These products can show up on the images.
- ◆ A two-piece outfits is preferable since you only need to undress from the waist up. Please remove all jewelry and other items to avoid possible interference from metal fastener in clothing.
- ◆ If there are prior mammograms, it is essential to have films from the last mammogram for comparison. If films are not available, a baseline mammogram will be performed. You will be asked to sign a form granting us permission to obtain prior mammograms for comparison review.
- ◆ Please let us know if you are pregnant or may be pregnant.

Charges/ Billing

- ◆ Insurance are accepted and will be billed directly.
- ◆ If you have insurance, please bring your card with you.
- ◆ Charges include a technical fee billed by Hartford Hospital and professional fee billed by a radiologist.
- ◆ Co pays & deductibles are the responsibility of the patient.
- ◆ If you don't have insurance, donated funds and grants ay be available to pay for mammogram
- ◆ Please be sure to bring ID and your insurance card to your appointment.

Checklist

1. ___ Read about digital mobile mammography
2. ___ Confirm eligibility
3. ___ Pre- registered by contacting BJ at 860-342-1688 ext. 115