

THANK

YOU

TO ALL THOSE ON THE FRONT LINES
HELPING ALL OF US
WIN AGAINST COVID-19

Our Deepest
Gratitude!

Portland Housing Authority

MAY 2020 Monthly Tenant Newsletter /Portlandha.org

MAY 2020 Calendar

May 5th-Cinco de Mayo

May 10th- Mothers Day

May 18th- **Board Meeting Public Access through GoToMeeting** -May 18,2020 at 11:00 AM.

May 25-Memorial Day- office closed



Hi everyone!

Have you been enjoying the warmer weather, lately? I just can't believe that we are in the month of May already. Time just seems to go by so quickly. The COVID 19 Virus has really shook everyone emotionally and financially. As we continue to recover from this pandemic, we want to make sure you are aware of this so that you know we are continuing to work with you, to assist if you are experiencing issues with finances due to this COVID-19 pandemic. If you have had a change of income due to the current situation we will process this change and adjust your rent ASAP. However, if you do not inform us we cannot make the adjustments. Please submit paystubs, unemployment letter stating the amount you are receiving and a letter from your employer stating the date of the layoff or deduction of hours and contact information. Email Susan Nellis at Snellis@portlandha.org All payments and paperwork must be put in the drop box at the main office or be mailed to us. If you have any questions please call the main office.

If you have not paid based on a loss of income due to the COVID-19 pandemic you need to inform us immediately. We will adjust all rents based on changes of income so that you will not owe more than you should. On Friday, April 10th the Governor announced that there will be a 60 day grace period for the payment of April rent throughout the state. We respect and appreciate what the Governor is doing with this order and we agree that all those that are having trouble paying because of COVID-19 issues should be allowed the extra time to pay their rent. However, we are asking that anyone who has the ability to pay their rent now to please do so. The Portland Housing Authority's dedicated staff has continued to work throughout this crisis and they are still doing their jobs to help our residents. We still need to pay our bills and our staff continues to come in and serve our clients by phone or email. So we are asking that you please consider this and make your rent payment as timely as possible so that we may continue to serve you and all our residents. Also please remember that your April and May rent is still owed and must be paid within 60 days.

Quarry Heights residents please drop off the rent payments on May 4 or May 11 between 10:00 am to 11:00 am, a maintenance staff member will be right outside the community room collecting payments.

A virtual Special Board Meeting has been scheduled for May 18th, 2020 at 11:00 am through GoToMeeting. Please join the meeting from your phone by dialing (Toll Free): 1866-899-4679/ Access Code: 584-706-821.

The PHA was able to get limited supply of masks to distribute to Quarry Heights. A big thank you to resident Janet Barret and to St. Mary's Church for the donation. Due to having a limited supply, one will be given to each household. We ask that you call Jon the Maintenance Coordinator during normal working hours to receive your mask on his emergency line 860-519-3251 if you would like to receive one.

The Portland Food Bank, which is run by a fantastic group of volunteers, is supported by donations from individuals, groups and businesses throughout the community and state. It provides to Portland residents: non-perishable foods, toiletries/and personal care items. The food bank does its best to fulfill your orders!

Enclosed is another Food Bank request form. Please complete as soon as possible. Quarry Heights residents please drop off forms in the laundry room collection box, Chatham Court residents use the drop off box by main office. All forms must be submitted by Friday May 8, 2020 by 9:00 am . Please keep in mind the staff is also doing there best to protect themselves and families. Any forms submitted late run the risk of not being fulfilled. For Chatham Court resident's food pick up will be right outside the community room at your property at 11:00 am. For Quarry Heights resident's food pick up will be right outside the community room at your property at 11:00 am.

Governor Ned Lamont announced that people can now get the help with stress and increased needs resulting from this pandemic. Those in need of help should call **(833)258-5011 TALK IT OUT HOTLINE** and speak with trained professionals. Seeking help and support at times like these is a sign of strength and hope. It is normal ,and we all need help at times— especially now. The line is open Monday—Friday from 8am to 8pm and weekends from 1pm to 8pm . Both English and Spanish lines are available.

Lets talk about STIMULUS CHECKS! According to HUD guidance, Federal Stimulus Income received as Coronavirus Aid payment up to \$1,200 and the temporary \$600 per week federal enhancement to unemployment insurance provided by the CARES Act will not be included in calculations of income to an individual who is an applicant or recipient of benefits or services under any state or local program.

The Department of Housing is adopting this interpretation, and we want to let you know that the PHA will follow this guidance. To be clear, the PHA will not be counting the federal stimulus checks as income of residents when completing interims or annual recertifications. Any regular payments of unemployment insurance (issued by the State) are treated as income and not exempt by this guidance. Please remember, If you have not yet received a stimulus check the PHA has nothing to do with this. Please check out IRS.GOV for more information regarding stimulus checks.

As always, please do not hesitate to contact the PHA office. Reminder Governor Lamont and the PHA wants CT residents to “STAY SAFE, STAY HOME”. Social and recreational gatherings of more than five are prohibited, distancing and safety measures have been extended through at least May 20, 2020. For the most up to date information from the State of Connecticut, as well as guidance and other resources visit ct.gov/coronavirus.

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
John Twichell/860-519-3251-Maintenance- Emergency number, to be used after hours only

15 MINUTES TERIYAKI CHICKEN

1 pound boneless skinless chicken breasts, cut into bite-sized pieces
salt and pepper to taste
1/3 cup soy sauce
1/4 cup brown sugar
Canola oil, (or any cooking oil) for frying
1 green onion, thinly sliced
White rice, cooked/Broccoli steamed



1. Season the chicken with a salt and pepper, to taste. Set aside. Heat the oil in a heavy bottomed frying pan or wok over medium heat. You don't want to start the chicken off over too high a heat otherwise it will not cook through before burning.
2. Add chicken and sauté, stirring occasionally, until the chicken is no longer pink on the inside, and golden brown on the sides. Once the chicken is ready to go, pour the soy sauce, and brown sugar, over it, then toss to combine until the chicken is evenly coated. Continue cooking, stirring frequently until the sauce reaches a simmer and thickens.
3. Remove from heat, and serve immediately with cooked white rice and steamed broccoli. Drizzle the remaining teriyaki sauce over if desired.

The magic is not over cooking the chicken during the sautéing process. It gives the glaze mixture more time to cook down. Keep stirring the chicken while its glazing. It will help it not to burn.



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Use of Cloth face Covering to help slow the spread of COVID-19

CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

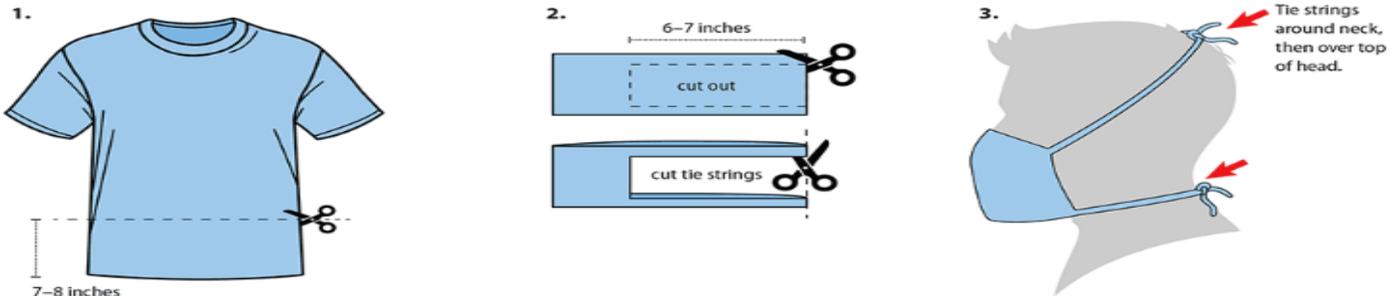
How to Wear a Cloth Face Covering:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape.
- They should be routinely washed depending on the frequency of use.



CDC QUICK CUT T-SHIRT OR ANY FABRIC COVERING (NO SEW METHOD) Materials: T-shirt or Fabric with a stretch and scissors

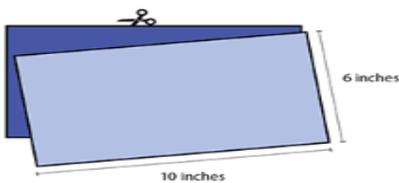
Tutorial



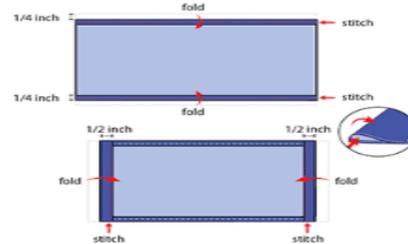
CDC SEW CLOTH FACE COVERING

Materials: Two 10"x6" rectangles of cotton fabric, Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
Needle, thread (or bobby pin or sewing machine), and Scissors.

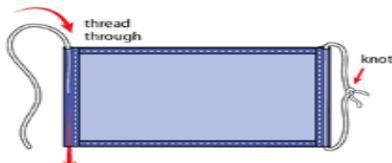
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

