



Portland Housing Authority
9 Chatham Court, Portland, CT 06480
Monthly Newsletter

-Board Meeting -April 19,2021. You can also dial in using your phone. (Toll Free): [1 877 309 2073](tel:18773092073) , Access Code: 772-259-693
-Office will be closed on Friday April 2 in observance of the Good Friday.

OFFICE DIRECTORY; Dial 860-342-1688 to reach staff members.-
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/Res. Coordinator-860-342-1688 ext.115
-John Twichell/Maintenance– 860-519-3251-Emergency/after hours use only

Teaching kids NOT to Bully starts at home.

It can be shocking and upsetting to learn that your child has gotten in trouble for picking on other kids or been labeled a bully. As hard as it may be to hear this news, it's important to deal with it right away. **When Is it Bullying?** Most kids get teased by a sibling or a friend at some point. And it's not usually harmful when done in a playful, friendly, and mutual way, and both kids find it funny. But when teasing becomes hurtful, unkind, and constant, it crosses the line into bullying and needs to stop. Bullying is intentional tormenting in physical, verbal, or psychological ways. It can range from hitting, shoving, name-calling, threats, and mocking to extorting money and possessions. Some kids bully by shunning others and spreading rumors about them. It's important to take bullying seriously and not just brush it off as something that kids have to "tough out."

Helping Kids Stop Bullying Let your child know that bullying is not OK and can bring serious consequences at home, school, and in the community if it continues. Try to understand the reasons behind your child's behavior. In some cases, kids bully because they have trouble managing strong emotions like anger, frustration, or insecurity. In other cases, kids haven't learned cooperative ways to work out conflicts and understand differences.

Take bullying seriously. Make sure your kids understand that you will not tolerate bullying at home or anywhere else. Set rules about bullying and stick to them. If you punish your child by taking away privileges, be sure it's meaningful. For example, if your child bullies other kids in person, via email, text messages, or a social networking site, stop phone or computer privileges for a period of time. If your child acts aggressively at home, with siblings, neighbors or others, put a stop to it. Teach more appropriate (and nonviolent) ways to react, like walking away.

Teach kids to treat others with respect and kindness. Teach your child that it is wrong to ridicule differences like [race](#), religion, appearance, special needs, gender, economic status. Try to instill a sense of empathy for those who are different. Consider getting involved together in a community group where your child can interact with kids who are different.

Learn about your child's social life. Look for insight into what may be influencing your child's behavior at school (or wherever the bullying happens). Talk with parents of your child's friends and peers, teachers, guidance counselors, and the school principal. Do other kids bully? What about your child's friends? What kinds of pressures do the kids face at school? Talk to your kids about those relationships and about the pressures to fit in. Get them involved in activities outside of school so that they meet and develop friendships with other kids.

Encourage good behavior. Positive reinforcement can be more powerful than negative discipline. Catch your kids being good. When they handle situations in positive ways, take notice and praise them for it.

The neighborly thing to do..... To Quarry Heights residents, the ultimate goal is to live in peace and harmony, and even though that's not always possible, you can at least do whatever it takes to prevent hostilities and long-lasting hard feelings. In the midst of the coronavirus pandemic, it can be easy to just hunker down and focus on keeping yourself safe. But as we all have settle into what has been an unusual time for quite some time, it may be time to revisit some age-old adages, like: love thy neighbor, do unto others, sharing is caring and a friend in need is a friend indeed.

The PHA ask that you observe and respect your neighbor's [personal space](#) and [privacy](#). Be mindful that you have neighbors that live really really really close to you., so "**Be aware of noise levels,**". Specially during this pandemic, you don't know what your neighbors are emotionally or physically could be going through. Remember you live in an apartment building. Don't be [the neighborhood gossip](#) or BULLY. If you have an issue with a neighbor, go directly to that person and discuss it in an adult manner. Do not call your landlord's office, or the cops unless you **ARE** threatened.



GILEAD COMMUNITY SERVICES, INC.

SERVING INDIVIDUALS AND FAMILIES LIVING WITH MENTAL HEALTH NEEDS IN MIDDLESEX COUNTY SINCE 1968.

For people who experience a mental health condition, substance Abuse healing may take years, possibly spread over the course of a lifetime. Gilead Community Services understands that the path to recovery and independence is not always straight, fast or smooth. Gilead's services are designed to meet the challenges and needs of individuals, helping each to find the way for the long run.

NEED To **KNOW**

Spring Clean Up: Please remove all items in your yard. Lawn furniture, pools, bikes, holiday decorations, must be in storage, this must be done before April 16, 2021. Anything left behind will be discarded. Do not cover any area that may need to be cleaned. Please make sure all windows in your apartment continue to stay closed. PHA is not responsible for any items left outside.

Annual Recertifications: You will be contacted each year to report the income for the prior year and the current composition of your household. You must provide your Housing Coordinator with the proper documentation and required signatures to enable the PHA to process the recertification by the deadline. Cooperation with the recertification requirements is a condition of continued program participation. Please remember to complete your recertification packets when mailed out to you. Gather all necessary paperwork so the process is not held up due to missing paystubs, employment verification, etc. Failure to complete the recertification by the deadline will result in the immediate termination of your tenancy.

Rental Payment Agreement: As stated in your Portland Housing Authority Lease, if you fail to pay your rent on or before the tenth day of each month, or at such time as provided by law, we may terminate your Lease. It is your responsibility to contact the PHA as soon as possible to make them aware if there is a hardship enabling you from paying your rent on time. At the annual recertification, **PHA has the right to NOT renew a lease if a tenant has more than 3 late rent payments within a one-year period.** Quarry Heights residents, BJ will be in her office on Monday April 12, 2021 to collect rent payments between 9:00 am to 10:00 am or feel free to use the Box in the Laundry room for rent collection.

Reporting Changes in Income or Household Composition: YOU ARE REQUIRED TO REPORT IMMEDIATELY in writing any changes in income and any changes in the household size, when a person moves in or out of the unit. Have you read the rules regarding guest/visitors and that you must report anyone who is staying with you. How many days you can be out of the unit and how you must communicate to the PHA if you will be out of your unit for an extended period of time?

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

G A I H C N W O D T E L O R
 N D N E I N G R T E N S I O N
 I T T A O Y O R L D S E S E C
 T A I R R M R L E I C H F O G
 E L M T A I E E K R T I N L N
 E G A N H W N Y V N E Q A I S
 L A T E E G E N C O U N T E R
 F I E R G O I O D E C R E M E
 C D A U E D Y L S E F S O R J
 S F I T L I S T E N T R I E E
 B L I N K S J V B L U S H D C
 S A N E E T O U C H D D I T T
 P G I V V L K L A T E N S M I
 O O S D K H E A L T H Y A T O
 S M E A N E S N S M I L E C N
 A H N M I G N I M R A H C D W
 O M Y E R N A F F E C T I O N
 A K I A D M I R A T I O N C K

DISCOVERY
 DRINK
 ENCOUNTER
 ENVY
 FAREWELL
 FLEETING
 GLANCE
 HEALTHY
 HEART
 INTIMATE
 JOKES
 KISS
 LETDOWN
 LISTEN
 LOVE
 NEED
 POEM
 REJECTION
 ROMANTIC
 SHY
 SMILE
 TALK
 TENSION
 TOUCH

ADMIRATION BLINK CHARMING
 ADVENTURE BLUSH CONQUEST
 AFFECTION CANDLE LIGHT DINE

KETO Peanut Butter FAT BOMBS

Prep Time: 5 minutes / Total Time: 8 minutes
 Snacks / Servings: 12 / Calories: 132kcal
 Calories: 132kcal | Carbohydrates: 2g | Protein: 3g | Fat: 13g | Fiber: 1g | Sugar: 1g

Ingredients:

- 1/2 cup Creamy Peanut Butter
- 1/2 cup butter
- 2 tablespoons Powered Swerve
- 1 teaspoon vanilla extract



Instructions:

1. In a microwave-safe bowl, combine peanut butter, butter, and Swerve.
2. Heat in 30 second increments, stirring frequently, until the mixture has melted. Stir well until all the Swerve is properly melted.
3. Pour into a 24-cavity truffle mold or into the prepared baking pan. Place in the freezer for 2-4 hours until the truffles are set. At this point you can unmold the truffles, place them in a plastic bag and store in the freezer until you're ready to eat them.
4. If using a baking pan, cut into 24 squares and store the squares in the freezer until you are ready to eat them.

WE CAN HELP

SUPPORT SERVICES FOR VETERANS EXPERIENCING SUBSTANCE ABUSE & OTHER CHALLENGES

SMALL CHANGES TODAY CAN MEAN
BIG CHANGES IN YOUR LIFE!

Offering individual, group & addiction services
Free outreach

Please call (860) 343-5303
for more information

Day & Evening Appointments
Most insurances accepted. Financial
assistance available.



www.gileadcs.org
222 Main St. Ext.
Middletown, CT



Are you a survivor seeking
health & recovery from a
traumatic or distressing event
that still impacts your life?

WE CAN HELP!

OFFERING OUTREACH, ENGAGEMENT, ADVOCACY, CASE MANAGEMENT
SERVICES, THERAPY, & TRANSPORTATION ASSISTANCE.

We can guide you through the process & connect you
to the services you deserve, including treatment &
compensation.

FREE SERVICES through a grant from the Office of Victim
Services. No insurance or payment is needed.

Please call (860) 343-5303
for more information

Day & Evening Appointments
Available



www.gileadcs.org
222 Main St. Ext.
Middletown, CT

Do you or someone you know ever have trouble hearing or understanding on the phone? Many seniors, veterans, and others experience difficulty hearing on the phone. CaptionCall provides a no-cost solution with a home phone and mobile CaptionCall app for iPhone.

With the current "safe at home" orders, it is important for anyone with hearing loss to stay in contact with family and friends, and have reliable access to emergency services. CaptionCall ensures accurate communication and the ability to save important captioned calls (i.e. doctor appointments, lab results, names, phone numbers, addresses).

There is no cost for the installation of the phone or the ongoing captioning service. The program is made possible by the American with Disabilities Act and is 100% funded by the Federal Communications Commission (FCC).

To learn more about CaptionCall or to request your own no-cost captioning phone, call/text/email David Wells at (203) 871-7393 or [gdavid3@yahoo.com](mailto:g david3@yahoo.com).



CaptionCall
Life is Calling



