



Portland Housing



November -Monthly Newsletter
9 Chatham Court Portland, Ct 06480
860-342-1688

Event Calendar

Board Meeting— Nov. 20, 2023 at 5:00 pm-
Chatham Court Community Room

Thanksgiving—Nov. 23 and 24, 2023 —office
closed

PHA- NEW MAINTENANCE EMPLOYEE

Lets give a warm welcome
to Roberto Rodriguez our new maintenance
employee. Make sure you say hello when you
see him out and about at Quarry Heights or
Chatham Court .



Main Office

Carol D. ext. #110-Adm. Housing Assistant
cdiaz@portlandha.org

Susan N. ext. #113-Adm. Housing Coordina-
tor-snellis@portlandha.org

Bice C., ext. 115-RSC
bcarrabbia@portlandha.org

Dan R., ext. #112-Staff Accountant
drafaniello@portlandha.org

Jeffrey C., -Maintenance Staff-
Emergencies only #: 860-519-3251

Hours of Operation

Monday-Thursday-8:30-4:30 p.m.

Friday-8:30-1:30 p.m.

Please call before visiting

People who were born and raised in Portland should be proud of their town. The story below is wonderfully written. If your from Portland read on...

- Like the sign says... Come on Over!

Small Town America is alive and well - and located in central CT

To its residents, the Town of Portland is one of the best-kept secrets in New England. This quiet Yankee village, somewhat removed from the rest of the world by a sharp curve in the Connecticut River, is an excellent place to live. Rooted by its small-town heritage, Portland maintains its nineteenth century appeal, while offering quality, up-to-date services. When we invite you to "Come on Over," we emphasize the contrast between our quiet town, with its solid Yankee roots, and the quick-paced tension of the city. For those who work out-of-town, coming back to Portland at the end of the day is truly an escape. It can be that way for visitors too.

Portland is a community in the truest sense of the word, a village centered on families, friendships and old-time traditions. Neighbors chat at local shops. Town meetings invite participation. Your opinion and vote really count. We have schools that are nationally acclaimed. Active churches. Responsive public works. Full-time police services. A modern library where you still get to know staff on a personal basis. Activities? We have a modern Senior Center, an ever-expanding Parks & Recreation department, and special programs for kids sponsored by Youth Services. Quality golf courses, riverfront marinas, YMCA Camp Ingersoll, an incredible 4th of July Fireworks display (best in Connecticut!). Old time parades. Festivals, fairs and concerts. Portland's beautiful Main Street provides a safe and wonderful environment for walking, jogging or bicycle rides. Meshomasic State Forest is the oldest of its kind in Connecticut.

Portland offers more than the nostalgic charm of a New England village. It offers the convenience of Central Connecticut, midway between Boston and New York. A short ride gives you access to shopping malls, cultural programs sponsored by top-grade universities, airports, a variety of restaurant cuisine, beaches, ski-slopes,.

Friendly Reminder:

Please everyone make sure to pick up after your dog. No one wants to step in it or smell it . If the PHA sees someone not picking it up. There will be a FINE . Also, no ifs, ands, or buts. **No reservations, restrictions, or excuses .**



CRANBERRY ORANGE RELISH



This cranberry orange relish made with just four ingredients is a delightful change from traditional cranberry sauce. Try it instead of cranberry sauce for your next holiday meal — or in addition to, if your family loves all things cranberries! This fresh cranberry relish can be made ahead and stored in the refrigerator for up to 3 days before serving. It's the only relish most of my family will eat!

Ingredients:

- 1 medium navel orange
- 1 (12 ounce) package fresh cranberries
- ½ cup white sugar
- ⅛ teaspoon ground cinnamon

Directions: Grate 2 teaspoons of zest from orange; discard remaining peel and pith from orange. Divide orange into sections. Place orange sections, 2 teaspoons orange zest, cranberries, sugar, and cinnamon in a food processor; pulse until finely chopped. Transfer relish to a bowl. Cover and refrigerate until flavors have blended, at least 2 hours and up to 3 days.



News and Information for Everyone

Medicare News: Cost-of-living raise from Medicare has announced that 17 million people will get a 3.2 percent increase, in 2024.



Jessie Pito, Medicare Maven will be here. Monday November 6th at 12:30 pm. Now is the time to work with Jessica about your Medicare coverage. There have been a lot of changes this year. Jessica can go over your plan and answer any questions

Compassion



Compassion literally means “to suffer together.” It is defined as the feeling that arises when you perceive another’s suffering and feel motivated to relieve that suffering. Compassion can arise from **empathy**—the more general ability to understand and feel others’ emotions—but goes further by also including the desire to help. Of course, we can feel compassion without acting on it, and not all helpful acts are motivated by compassion. When compassion does lead to action, we often call the result *kindness*. Kindness always includes the intention to benefit other people, especially (though not always) at a cost or risk to yourselves. Research has shown that compassion and kindness are deeply rooted in human nature—our first impulse is to cooperate rather than compete. Even toddlers spontaneously help people in need out of genuine concern for their welfare.



Come exercise with us! Why you ask? Exercise is very important to our bodies. If we don’t take care of it, it wont take care of us!

Please bring a towel and water. Make sure you wear comfortable cloths and shoes.



The PHA encourages everyone at Quarry Heights and Chatham Court to come and exercise every Wednesday from 12:30 pm - 1:30pm , at the Quarry Heights Community Center.

There is no reason to stay home and do nothing.

Join us.

Chatham Court Residents:

Last call for all window air conditioners, they must be removed By November 13, 2023, otherwise there will be a fee of \$150.00 per air conditioner not removed. Please keep in mind that windows are not to be left open during the heating season, any window found to be left open during cold weather will be subjected to a fine.



