



APRIL 2024

NEWSLETTER



EVENT CALENDAR

4/15/2024 - at 5:00pm - March Board Meeting , QH community room

4/17/2024 at 11:00am-RAB Meeting



MAIN OFFICE

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

Susan N. ext. 113-Adm. Housing Coordinator
snellis@portlandha.org

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

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

Roberto R. ext. 114-Maintenance Staff-
Emergencies only #: 860-519-3251

Main Office-Hours of Operation



Monday-Thursday-8:30-4:30 p.m.
Friday-8:30-1:30 p.m.
Please call before visiting

BJ office Hours

Monday 9:00 am to 4:00 pm
Wednesday 9:00 am to 3:00 pm
Friday 9:00 am to 4:00 pm

NEWS FOR EVERYONE:



The meaning behind April showers brings May flowers.

It's a Proverb. **The month of April, traditionally a rainy period, gives way to May, when flowers will bloom because of the water provided to them by the April rains.** (by extension) A period of discomfort or hardship can provide the basis for a period of happiness and joy.

Great opportunities to work for the Town of Portland available online. The Town of Portland is hiring for Seasonal Summer Camp Counselor . Starting wage at \$15.69 for 40 hrs. per week, deadline to apply is 4/5/2024. If interested applications are available online at Portlandctorg This is a great summer job for your children to help keep them busy and with money in their pockets!

Remember any new job needs to be reported to Housing within 10 days of hire. If your child is a full-time student and takes on a part-time or just a summer job, even though housing does not count it as income the job/pay stubs must still be reported to housing within 10 days of hire.



The PHA wants to remind residents that numbered spots are reserve spaces for residents only! The PHA staff has been noticing new cars belonging to visitors and health aids, parking in reserved residents spots. Please let your visitors or health aids to park in visitor spots only, otherwise your visitors or health aids will be towed at their expense.

Please beware of lease violations including curbing your dog, smoking, drugs, and residents living in a unit of which they are not on lease. These are lease violations. Offenders caught will be evicted.

If you would like to share a photo, brag about a triumph or accomplishment, tell a personal success story, or send a photo of your pride and joy family member or support animal, please reach out to BJ the, RSC. She loves to post resident news and information in the monthly newsletter.

“BE KIND WHENEVER POSSIBLE– IT IS ALWAYS POSSIBLE”



QH Community Garden- Gardening season begins April 1. To register for a garden bed contact RSC BJ At 860-342-1688 Ext. 115.



Tip of the day :
**SPREAD
KNOWLEDGE
NOT GOSSIP**



DID YOU KNOW

The **Arrigoni Bridge**, also known locally as the **Portland Bridge** is a steel [through arch bridge](#) carrying [Route 66](#) and [Route 17](#) across the [Connecticut River](#), connecting [Middletown, Connecticut](#), to [Portland, Connecticut](#). When it opened in 1938, the 1,200 feet (370 m) bridge was the most expensive bridge ever built in Connecticut, at a cost of \$3.5 million. Its two distinctive 600 feet

(180 m) steel arches have the longest span length of any bridge in the state. The bridge has an average daily traffic of 33,600.^[2] It was named after state legislator Charles J. Arrigoni, who promoted the project. Arrigoni served in the [Connecticut House of Representatives](#) from 1933 to 1936 and in the [Connecticut State Senate](#) from 1937 to 1940.

Portland and [East Hampton](#), jointly known as Chatham until Portland separated in 1841, were originally part of the vast settlement of Middletown in 1652. Middletown families settled the towns east of the Connecticut River, and until the latter half of the 19th century, the only way to cross the river was via ferry. The first ferry service in Middletown began operation in 1726. The first bridge spanning the Connecticut River at Middletown was a [swing truss bridge](#) opened in 1872 carrying the [New York, New Haven and Hartford Railroad](#). Still in active service, it is now known as the [Providence & Worcester railroad bridge](#).^[4]

When the first non-railroad bridge in the area opened in 1896, it was said to be the longest highway [drawbridge](#) in the world at the time. Known as the Portland Passenger Bridge, it was built by the Berlin Iron Bridge Company for \$180,000, and measured 1,300 feet (400 m) in length and had a draw span of 450 feet . It provided a roadway and an electric passenger car, accommodated foot traffic, and charged tolls for the crossing. The Portland Passenger Bridge was heavily damaged by flooding in 1936.

As motor traffic increased in the early 1900s, drivers clamored for a way to cross the river without being interrupted to let marine traffic pass through. Studies for a new bridge date back to at least 1933, when the state was calling it the Route 346 Bridge.

Construction on a new bridge began in 1936. Once the Arrigoni Bridge was completed in 1938, the old drawbridge was demolished. That same year, the Arrigoni Bridge won the [American Institute of Steel Construction's](#) first prize of "Most Beautiful Steel Bridge" in the large bridge category.

The choice of large steel through arches for this location, with the roadway suspended from the arches by cables, allowed wide navigation channels on the river, minimized pier construction, and provided a profile to the bridge that was aesthetically pleasing. By replacing the old drawbridge with a high-level crossing (the bridge provides more than 90 feet (27 m) of clearance above the river), the Arrigoni Bridge foreshadowed subsequent major highway crossings of Connecticut's navigable rivers.

Cancer

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply (through a process called [cell](#) division) to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

Sometimes this orderly process breaks down, and abnormal or damaged cells grow and multiply when they shouldn't. These cells may form tumors, which are lumps of tissue. Tumors can be cancerous or not cancerous ([benign](#)).

Cancerous tumors spread into, or invade, nearby tissues and can travel to distant places in the body to form new tumors (a process called [metastasis](#)). Cancerous tumors may also be called [malignant](#) tumors. Many cancers form solid tumors, but cancers of the blood, such as [leukemias](#), generally do not.

Benign tumors do not spread into, or invade, nearby tissues. When removed, benign tumors usually don't grow back, whereas cancerous tumors sometimes do. Benign tumors can sometimes be quite large, however. Some can cause serious symptoms or be life threatening, such as benign tumors in the brain.

Regular health checkups can identify any early signs of health issues. Finding problems early means that your chances for effective treatment are increased. Many factors, such as your age, health, family history and lifestyle choices, impact on how to often you need check ups.

Rest in peace, Donald McClean ,64 resident of Quarry Heights, passed away on February 27th, 2024 after a battle with cancer. Donald was born November 5, 1959 in Middletown.

In 1994 Donald met Linda Baker, and they have been together for 29 years.

Donald was predeceased by his son, Jamie Brazauskas, his long time partner Linda Baker, a brother Bobbie McClean, and his sister Terry Jones.

Job Seekers:



Your talents are in demand at the Middlesex Job Fair!

Over 40 companies from throughout the labor market area will be seeking people whose skills run from professional, technical, healthcare, manufacturing and administrative. People will be able to find all types of job opportunities, from entry level to highly skilled positions.

- Meet with more than 40 Potential Employers!
 - Career Development Specialists available for Resume Critiquing!
 - Free Admission & Parking!
- Bring Plenty of Resumes!

Participating companies: (as of March 20, 2024)

[Charles It](#)
[City of Middletown](#)
[Colanar, Inc.](#)
[Commonwealth Senior Living at Haddam](#)
[Companions & Home Helpers](#)
[Companions & Homemakers](#)
[CW Resources](#)
[Data-Mail](#)
[Essex Savings Bank](#)
[General Dynamics Electric Boat](#)
[MARC Community Resources](#)
[Marrakech](#)
[Masonicare](#)
[Momentum Solar](#)
[Pieper Veterinary](#)
[Project Genesis, Inc.](#)
[Root Center for Advanced Recovery](#)
[Russell Speeders](#)
[Sagarsoft, Inc.](#)
[Saybrook Point Resort & Marina](#)
[Skyline Expoconn](#)
[State of Connecticut - Executive Branch](#)
[The Connection](#)
[The Lee Company](#)
[University of Saint Joseph](#)
[Westaff](#)

Also in attendance will be representatives and information from the Connecticut Department of Labor and Workforce Alliance



PRESCHOOL SCREENING

DATE: FRIDAY, APRIL 19, 2024

WHO: ANY PORTLAND CHILC AGES 3-4

WHY: TO ANSWER CONCERNS ABOUT YOU CHILDS DEVELOPMENT

PLEASE CALL VALLEY VIEW SCHOOL AT (860) 342-3131 TO SCHEDULE AN APPOINTMENT FOR THIS DATE

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