



RESIDENT SERVICES

APRIL 2024 NEWS

- Job Fairs April 9 & 11
- April Break Lunches for Kids
- College Scholarships
- FSS Newsletter
- Study Center Newsletter
- Summer Camp Opportunity | Study Centers
- Babysitter Training for youth
- Coming Soon: CHEETA | Community Gardens
- Community Events

If you have questions or need accommodations to participate please contact Teyonda Hall thall@porthouse.org (207) 221-8003

JOB FAIR 2024



Questions? Contact
Teyonda Hall,
Director of Resident
Services at
207-221-8003 or
thall@porthouse.org

Join Portland Housing Authority, Workforce Solutions, Boys & Girls Club, Camp Ketcha, The Opportunity Alliance and Others to find out about work opportunities available in your area!

- Summer Jobs
- Custodial Work
- Healthcare
- Maintenance
- Childcare
- And Many More

Tuesday, APRIL 9 AT 10 AM

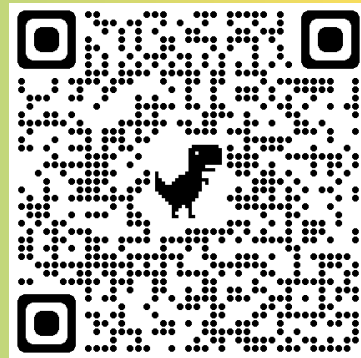
58 BOYD STREET, In the Solterra
Community Room, Portland ME 04101

Thursday, APRIL 11 AT 10 AM

2 RIVERTON DRIVE, Riverton Park
Community Room, Portland ME 40102

Sign up by Monday 4/8

APRIL BREAK LUNCH MENU



LUNCHES BY SIGN UP ONLY



Chicken
Nuggets



Baked
Macaroni &
Cheese



Chicken Wrap
with Lettuce,
Cheese, Ranch



Cheese
Sandwich



Hummus with
Pita Chips or
Veggies

Complete the form
online or at
the Study Center

<https://tinyurl.com/PHALunch>

April 2024 School Break Meal Sign Up

If requested, the PHA Study Centers will provide bagged lunches for PHA children during the April school break 4/12 – 4/19/24.

*If you would like meals, please complete this form or the online form once for each youth that wants lunch **by Monday 4/8/24.***

Name of youth: _____

Address: _____

Parent/Guardian Phone Number: _____

Please choose one option per day:

Fri. 4/12	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Tue. 4/16	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Wed. 4/17	<input type="checkbox"/> Chicken Wrap with Ranch	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Thur. 4/18	<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Fri. 4/19	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch

All meals will include a drink, fruit, chip/cracker snack, and/or treat.

Parents or youth are expected to pick up their lunches from the Study Center or community Center they sign up with between noon and 1pm.

Suggestions for future lunches: _____

Call or text Emily (207) 221-8063 to change your order or to communicate dietary restrictions or accommodations.

Submit dietary restrictions through the google form or call/text Emily if you need an accommodation due to allergies or intolerances (207) 221-8063 Menu may change based on availability.

April 2024 School Break Meal Sign Up

If requested, the PHA Study Centers will provide bagged lunches for PHA children during the April school break 4/12 – 4/19/24.

If you would like meals, please complete this form or the online form once for each youth that wants lunch **by Monday 4/8/24.**

Name of youth: _____

Address: _____

Parent/Guardian Phone Number: _____

Please choose one option per day:

Fri. 4/12	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Tue. 4/16	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Wed. 4/17	<input type="checkbox"/> Chicken Wrap with Ranch	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Thur. 4/18	<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Fri. 4/19	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch

All meals will include a drink, fruit, chip/cracker snack, and/or treat.

Parents or youth are expected to pick up their lunches from the Study Center or community Center they sign up with between noon and 1pm.

Suggestions for future lunches: _____

Call or text Emily (207) 221-8063 to change your order or to communicate dietary restrictions or accommodations.

April 2024 School Break Meal Sign Up

If requested, the PHA Study Centers will provide bagged lunches for PHA children during the April school break 4/12 – 4/19/24.

If you would like meals, please complete this form or the online form once for each youth that wants lunch **by Monday 4/8/24.**

Name of youth: _____

Address: _____

Parent/Guardian Phone Number: _____

Please choose one option per day:

Fri. 4/12	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Tue. 4/16	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Wed. 4/17	<input type="checkbox"/> Chicken Wrap with Ranch	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Thur. 4/18	<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Fri. 4/19	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch

All meals will include a drink, fruit, chip/cracker snack, and/or treat.

Parents or youth are expected to pick up their lunches from the Study Center or community Center they sign up with between noon and 1pm.

Suggestions for future lunches: _____

Call or text Emily (207) 221-8063 to change your order or to communicate dietary restrictions or accommodations.

April 2024 School Break Meal Sign Up

If requested, the PHA Study Centers will provide bagged lunches for PHA children during the April school break 4/12 – 4/19/24.

If you would like meals, please complete this form or the online form once for each youth that wants lunch **by Monday 4/8/24.**

Name of youth: _____

Address: _____

Parent/Guardian Phone Number: _____

Please choose one option per day:

Fri. 4/12	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Tue. 4/16	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Wed. 4/17	<input type="checkbox"/> Chicken Wrap with Ranch	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Thur. 4/18	<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Fri. 4/19	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch

All meals will include a drink, fruit, chip/cracker snack, and/or treat.

Parents or youth are expected to pick up their lunches from the Study Center or community Center they sign up with between noon and 1pm.

Suggestions for future lunches: _____

Call or text Emily (207) 221-8063 to change your order or to communicate dietary restrictions or accommodations.

April 2024 School Break Meal Sign Up

If requested, the PHA Study Centers will provide bagged lunches for PHA children during the April school break 4/12 – 4/19/24.

If you would like meals, please complete this form or the online form once for each youth that wants lunch **by Monday 4/8/24.**

Name of youth: _____

Address: _____

Parent/Guardian Phone Number: _____

Please choose one option per day:

Fri. 4/12	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Tue. 4/16	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Wed. 4/17	<input type="checkbox"/> Chicken Wrap with Ranch	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch
Thur. 4/18	<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Cheese Sandwich	<input type="checkbox"/> No lunch
Fri. 4/19	<input type="checkbox"/> Chicken Nuggets	<input type="checkbox"/> Hummus with Pita Chips or Veggies	<input type="checkbox"/> No lunch

All meals will include a drink, fruit, chip/cracker snack, and/or treat.

Parents or youth are expected to pick up their lunches from the Study Center or community Center they sign up with between noon and 1pm.

Suggestions for future lunches: _____

Call or text Emily (207) 221-8063 to change your order or to communicate dietary restrictions or accommodations.



PHA Scholarship Program



For more information or if you have questions about the application:

Contact Emily

call or text: (207) 221-8063

email: efitch@porthouse.org



Application and extra copies of the reference form are available at:

www.porthouse.org/301



Applications are due

May 15th, 2024

Open to everyone

Anyone who plans to attend any higher education or trade school in the fall is eligible if they are on the lease with Portland Housing! You must be accepted to the school by the end of July.

Awards up to \$5,000

Scholarship awards generally range from \$1,000 to \$2,500. Applying does not guarantee an award. The number of awards and amounts will depend on funding and the decisions of the review committee.

Study Center Scholarship Events

Visit the Study Center for more information and support on Housing related scholarships

Riverton Park

61 Riverton Drive

Thursday

4/11/24

5-6 pm

Kennedy Park

51 Mayo Street

Friday

4/12/24

2-3 pm

Sagamore Village

21 Popham Street

Friday

4/12/24

4-5 pm



Allan R. Andrews Scholarship

The Scholarship Committee will determine the number and amounts of the scholarships; no scholarship will be less than \$1,000. Scholarships are paid directly to recipients. If you have any questions, please email info@nercnahro.org or call the NERC office at (617) 742-6372.

Deadline to apply: April 29, 2024.

www.nercnahro.org/page/Scholarship2024



Housing Authority Insurance Group

The HAIG Resident Scholarship Program awards are \$6,000 each and are issued to your educational institution before the fall 2024 academic term. A total of 20 scholarships will be awarded.

Accepting electronic applications until 3:30 p.m. on Friday, May 31, 2024.

www.housingcenter.com/scholarships/



PHA Scholarship

More information available on the reverse side of this flyer.

Deadline to apply: May 15, 2024.

www.porthouse.org/301



for all things scholarship related, feel free to call, text, or email us:

Emily Mancini-Fitch
(207) 221-8063

efitch@porthouse.org



Family Self-Sufficiency Program

Virtual Information Session

What is it? What can it do for me?

**Join our staff for an overview of the
program!**

When:
Wednesday,
April 17
10-11am

*A link will be sent the
day of the session*

Adam from the
Voucher
Homeownership
Program will be
joining us to explain
how the **FSS &**
Homeownership
Programs can work
together!

**CALL/TEXT 207.221.8064 OR EMAIL AJONES@PORTHOUSE.ORG
TO REGISTER BY APRIL 12**

INTERPRETER SERVICES AVAILABLE UPON REQUEST





Family Self-Sufficiency (FSS) Program Overview

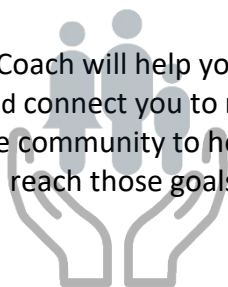
What is the Family Self-Sufficiency (FSS) Program?

FSS offers an **opportunity to save your rent increase** and **achieve your goals and dreams** within 5 years.

How the Program Works

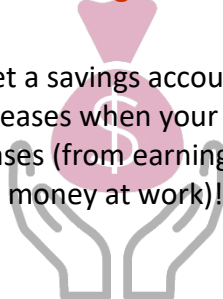
Individualized Services

An FSS Coach will help you identify goals and connect you to resources in the community to help you reach those goals.



FREE Savings Account

You get a savings account that increases when your rent increases (from earning more money at work)!



Reach Your Goals & Dreams!

- ☐ Buy your own home
- ☐ Save for education
- ☐ Pay down debt
- ☐ Buy a car
- ☐ And more!



The FSS Savings Account

Once you enroll in FSS, you become eligible to build savings through an FSS savings account. The FSS savings account is maintained by your property owner and grows as you earn more money at work.

Here's how it works...

You pay rent based on a percentage of your household income. When your household income rises, the amount you must pay toward rent also rises. **For FSS participants**, you will still pay the new higher rent to your landlord, but the housing authority will also deposit an amount equal to the increase in rent (due to income from work) into the FSS savings account. When you graduate, you can use this money for any purpose.

Eligibility

- Receive housing subsidy through the Portland Housing Authority.
- Be willing and able to work.
- Be a tenant in good standing as determined by your housing owner.

Appointment Frequency

- **You will meet with your Coach at least quarterly** to monitor progress toward your goals and connect to resources.

CALL : 207-221-8064

EMAIL: EMPOWERME@PORTHOUSE.ORG

VISIT ONLINE: BIT.LY/EMPOWERMEREFERRAL

Kennedy Park Study Center News

Winter 2024



SAFETY FIRST!

Written by Abdulhamid, Abdahrahman, Amal, Janet, Jayda, Raheema, Rachkanya and Ragd.

Be safe! If someone knocks on your door, get your parents, and don't open it! Tell the truth and never lie. Look for cars before crossing the street. When you ride your bike, you should wear your helmet!



FIRE SAFETY

If you're on fire

**STOP, DROP
AND ROLL!**

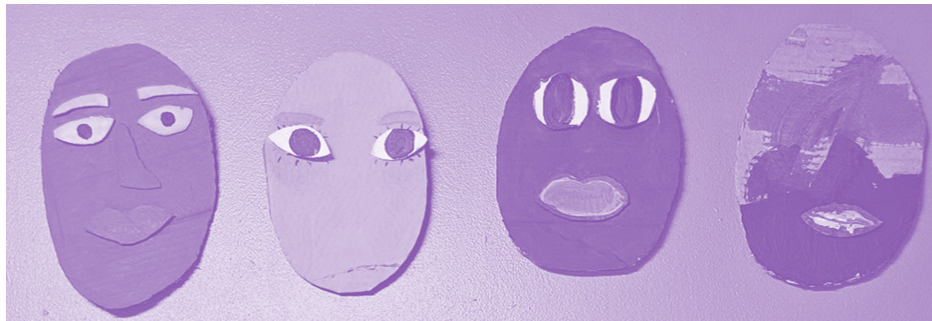
HOW TO BE SAFE

- *Never talk to strangers or go to their cars. Don't ever get into a stranger's car!*
- *Never play with lighters or matches, they are not a toy!*
- *Stop drop and roll if there is a fire and find the nearest exit, put a cloth over your mouth if there is smoke.*
- *Don't eat food from the ground, gross!*
- *Don't ding dong ditch! The police could be called, and you will be in trouble!*
- *Don't be a bully, don't steal, don't swear. Be nice, respectful, and helpful to others. Just be nice and be safe!*

STAYING HEALTHY!

"Take care of your mental health by getting plenty of sleep, reading a book, meditating, listening to music and taking time to yourself."

Sam



Written by Angelina, Jaime, Menan, JJ, Claire, Nelson, Angelina, Sam, and Jason.

Being healthy is very important, but not only your physical health, but your mental health as well! Take care of your mental health by getting plenty of sleep, reading a book, meditating, listening to music and taking time to yourself. You can also talk to your friends, get plenty of fresh air and exercise. Go outside, play tag, soccer, basketball and run! It will also help your mind! Be yourself with your friends. Don't forget to cover your mouth when you sneeze and drink plenty of water to stay healthy! Eat fruits and veggies and wash your hands!

TEA TALKS

Parents and caregivers! Are you looking to know more of your neighbors? Interested in discussing what we can do to strengthen the community? Have questions about education opportunities or would just like to relax and enjoy some tea in a friendly environment?

Join us for Tea Talks! An adult drop-in program on the **last Tuesday of every month** starting on **March 26th from 10:00 am – Noon.**

We will provide tea and snacks along with a featured guest speaker; all we need is you! Our featured guest for March is Christie Gaydos from PHA!

MAYO STREET ARTS TO HOST PHA ART EXHIBIT!

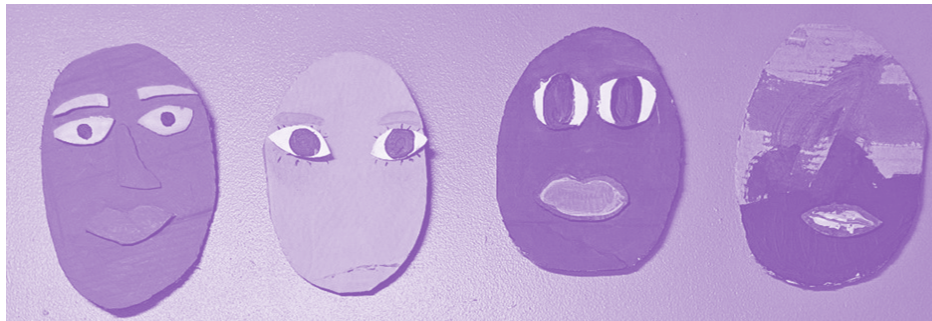
Portland Housing Authority and Mayo Street Arts are partnering to host a gallery exhibit featuring the work of PHA residents!

***Register by March 15th** by contacting your Resident Service Coordinator or Amanda and Leo at the Study Center.

***Artists of all levels and ages encouraged to participate, must be able to hang on the wall.**



Free tickets to the Seadogs



The United Way of Greater Portland's CASH Program is offering **35 household's free tickets, including meals**, to the **May 5th** Seadogs game! Tickets are provided on a first come, first serviced basis. Contact Teyonda Hall, Director of Resident Services for more information at thall@porthouse.org or 207-221-8003.

JOB FAIRS IN YOUR NEIGHBORHOODS

Please join Portland Housing Authority on March 26th and 28th for two job fairs. Let us connect you to organizations who are actively hiring new employees!

- April 9, 2024, from 10am to 2pm hosted at the Solterra Harvest Room, located at 58 Boyd Street, Portland
- April 11, 2024, from 10am to 1pm hosted at our Riverton Park Community Center, located at 2 Riverton Drive, Portland

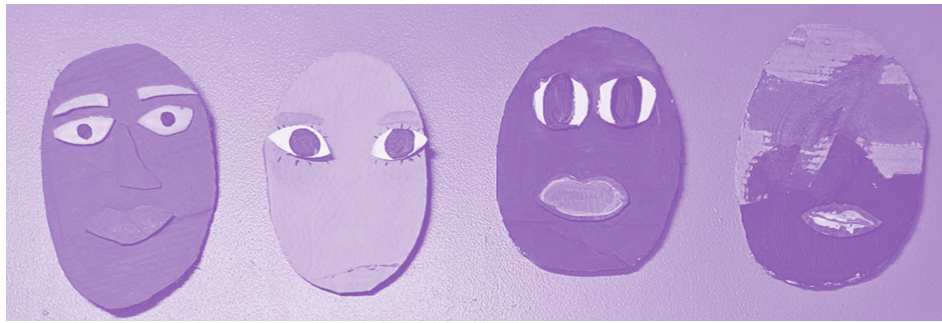
Contact Teyonda Hall, Resident Services Director, if you have questions at thall@porthouse.org or 207-221-8003.

ART IN THE STUDY CENTER



STAY TUNED FOR APRIL BREAK LUNCHESES FOR STUDENTS!

FROM THE STUDY CENTER STAFF:



Meet our Study Center Staff!

AMANDA EATON

Amanda has been a teaching artist for over 20 years and has worked in Chicago, Milwaukee, NYC, and Montreal and is happy to be working with the students in KP! She is originally from Dexter, Maine and graduated from UMaine with a BA in Theatre and a Minor in Dance. When Amanda is not having fun with the students in the Study Center, you can find her on stage or even on TV! She is a professional actor, director and improviser and loves to infuse the arts into each day at the Study Center! Some of her other favorite activities include, biking, hiking, cooking, and singing!



LEO EICHFELD



Leo is super excited to be working at the Kennedy Park study center, bringing several years of play based arts and outdoor education experience. With a background of performing and visual arts, he looks forward to facilitating tons of engaging interdisciplinary projects at the center. When he's not teaching, he loves to make puppets and paintings, go on wandering and not-quite aimless bike rides, and hike with his tiny dog, Bumba.

SCHOLARSHIP CORNER

The Kennedy Park Study Center is here to help you find money for college! High Schoolers and College folks join us for a SCHOLARSHIP night.

We will have information on:

- PHA scholarship
- NERC/ NAHRO scholarship
- HAIG Scholarship



Text or call Amanda & Leo 1-207-221-8074 or stop by!

SCHOLARSHIP NIGHT

April 12th 2 to 3 pm
**At the Kennedy Park
Study Center**

Kennedy Park Study Center
51 Mayo Street
KP.StudyCenter@porthouse.org
Call or text (207) 221-8073

Adult Drop-in Hours:
Mon, Wed, Fri 10am – Noon
Afterschool Drop-in Hours:
Monday, Tuesday, Thursday 2pm – 6pm
Wednesday 1:30 pm – 6pm
Friday 2pm – 5pm

Happening Now



the summer camp

Summer of fun, tools for life.

Summer Camp for Girls

7-12 years old

July 2 - July 11

Sign up through the Study Center

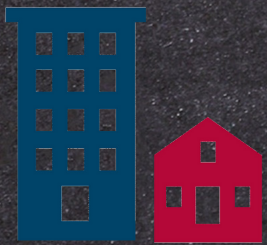
Applications Due April 12th

The Summer Camp programs provide each camper with activities that:

- Provide a sense of belonging & connection
- Nurture self-esteem
- Increase physical activity
- Teach appropriate social skills
- Develop empathy for others
- Foster appreciation for nature
- Encourage creativity & imagination
- Promote diversity & friendship
- Inspire self-advancement
- Create confident leaders

During the day, campers are in mixed-age groups to participate in scheduled camp activities. In small, supportive groups, campers sample new recreational activities, learn and improve skills, and stretch beyond their comfort zones. Some activities include:

- Canoeing, kayaking & pontoon Rides
- Swimming lessons
- Dance
- Landsports
- Food Fun Fitness
- Creative Arts
- Arts & Crafts
- Nature Exploration
- Hardy Girls Healthy Women (empowering girls)
- Literacy enrichment



PHA STUDY CENTERS

After School hours for youth Monday through Friday

Contact the Study Center for more information
about their schedule

Homework
College and Jobs
Resume Building
Scholarships
Teen Leadership

Kennedy Park

51 Mayo Street

(207) 221-8073

Amanda & Leo

Riverton

61 Riverton Drive

(207) 221-8074

Bridget & Feza

Sagamore

21 Popham Street

(207) 221-8075

Anna & Margarida

**Parents, please make sure we have your
updated contact information for 2024**



BABYSITTING BASICS COURSE



PHA

is sponsoring 10
youth ages 11 to 16 years
old to complete the
American Red Cross
Babysitting Basics online
course

- **Basic Care for Infants and Children**
- **Basic First Aid**
- **Child Behavior**
- **Age-Appropriate Activities**
- **Emergency Protocols**
- **Growing Your Business**
- **Professionalism**
- **Leadership**

Learn
how to start your
own babysitting business

4 hour online course
that can be done alone
or with friends at the
Study Center.

Sign up
with your
Study Center:

Riverton Park (207) 221-8074

Kennedy Park (207) 221-8073

Sagamore Village (207) 221-8075



Coming Soon

Summer Internships for Teens 14-18 years old in Sagamore, Riverton, & Kennedy Park

- Build your job skills and your resume
- Workshops, trainings, teamwork, college tours, resume development, mock job interviews
- About 15 hours per week
- Work permits required for 14-15 year old youth
- Youth leaders may be eligible for stipends after completing 100 hours with CHEETA
- Work as a team with your peers to plan the projects & events you want and need in your community
- The Study Center provide mentors to help you meet your goals and funding for your projects

SEEDS & SEEDLINGS COMMUNITY GARDENS

RIVERTON PARK, SAGAMORE VILLAGE,
WASHINGTON GARDENS/FRONT STREET,
AND EAST BAYSIDE NEIGHBORHOODS

Call, Text, or email
Emily (207) 221-8063
efitch@porthouse.org
for updates and notifications
on gardening news



CA\$H GREATER PORTLAND FINANCIAL STABILITY FAIR

AT THE PORTLAND SEA DOGS

SUNDAY, MAY 5 | 11 AM



Join CA\$H Greater Portland for a day of baseball, food, fun, and financial education! Attend financial stability workshops and receive free tickets and food vouchers for the whole family.



FINANCIAL WORKSHOPS



KID-FRIENDLY ACTIVITIES



FREE GAME TICKETS



FREE FOOD VOUCHERS



SCAN TO GET TICKETS OR VISIT
[UWSME.ORG/CASHBASEBALL](https://uwsme.org/cashbaseball)

SIGN UP BY APRIL 5

THANK YOU TO OUR EVENT SPONSOR
JPMORGAN CHASE & Co.

CA\$H GREATER PORTLAND IS AN INITIATIVE OF
UNITED WAY OF SOUTHERN MAINE IN PARTNERSHIP
WITH THE GREATER PORTLAND CA\$H COALITION.



Portland Housing
Authority and
Mayo Street Arts
Invite you to
attend the
Connections Art
Exhibit Opening

Connections Art Exhibition

May 3, 2024 5pm to 7pm
10 Mayo St, Portland, ME 04101



For questions, contact
Teyonda Hall, Director of
Resident Services
thall@porthouse.org



KING MIDDLE SCHOOL PARENT INFO MEETING!

Curious to know what's happening
at your child's school? Want to be
involved more? We look forward to
seeing you at the meeting!

April 23 5:30 - 6:30 pm
Kennedy Park Study Center