



THE HEALTHY HOME

Information for the PCRI Community Summer 2013

PCRI WELCOMES NEW DEPUTY DIRECTOR!



“I’m ecstatic about the opportunity to come into this well established organization and assist in its continued growth” says Brown.

PCRI has hired Portland native Gregory Brown as its Deputy Director. Brown previously served as Board Treasurer on PCRI’s Board of Directors.

Mr. Brown is responsible for overseeing the daily operations of the organization. He will also be responsible for the organization’s fundraising activities.

Brown is a Jefferson High School graduate with a B.S. in Accounting from Florida A&M. He also has a graduate degree from Pacific Banking School in Seattle.

Prior to joining PCRI, Brown served a variety of roles, including Vice President and Commercial Relationship Manager at Albina Community Bank for ten years.

In this position, he provided commercial banking products and services to a variety of small businesses, non-profits, real estate developers and entrepreneurs. He has over 29 years of experience working in banking, with Rainier Bank in Seattle, First Interstate Bank in Los Angeles, and US Bank in Portland, in addition to Albina Community Bank.

In other community work, Brown currently volunteers as Board Chairman for the Maurice Lucas Foundation. He is a former board member of the Urban League of Portland, Portland Schools Foundation, Oregon Food Bank, YWCA of Greater Portland, Ethos Music School, Portland Jazz Festival, Oregon Sports Authority and board committees for Self- Enhancement, Inc., Caldera Arts, Mercy Corps Northwest, and Clean Energy Works Oregon.

Welcome to PCRI, Greg!

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Healthy Foods Access Initiative

PCRI has many exciting updates to share!

We have added some terrific new staff members, created a list of helpful home maintenance reminders, and are putting a spotlight on one of our newest programs.

The Healthy Foods Access Initiative!

Join our growing community of residents interested in eating delicious, fresh foods, preventing diet related diseases, and learning about opportunities for building small businesses.

Learn gardening basics, plant and produce your own food, and access garden building resources.

Attend cooking lessons, exchange recipes, and participate in picnics and potlucks



Please join PCRI at the
Portland Roots Festival!

Event Details

Sunday, September 1, 2013

12:00 p.m. - 8:00 p.m.

Pioneer Courthouse Square
701 SW 6th Avenue, Portland, OR 97204

Free Admission

The Portland Roots Festival is PCRI's first culturally specific food festival. We are getting together to promote healthy living through healthy food choices and activities by tapping into the rich and ancient sustainable food practices of the African people.

We will highlight the different yet similar avenues these ancient practices took through celebrating food practices from African-American, Afro-Caribbean, Afro-Latin, and African Diaspora populations of Portland.

At the celebration, we will have food vendors, art, and performances from the aforementioned populations. Community partners will be present and accessible through information booths and PCRI residents will be there to share their healthy food access journey through the programs offered by PCRI's Healthy Foods Access Initiative.

For more information about the event or our Healthy Foods Access Initiative, contact:

Scattered Site Coordinator
Princesse Likayi
503-288-2923
or
princesse@pcrihome.org

Healthy Food, Healthy Life

Citrus Collards with Raisins Redux

Adapted from *Vegan Soul Kitchen: Fresh, Healthy, and Creative African American Cuisine*
by Bryant Terry



Instructions

1. In a large pot over high heat, bring 3 quarts of water to a boil and add 1 tablespoons salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Meanwhile, prepare a large bowl of ice water to cool the collards.
2. Remove the collards from the heat, drain, and plunge them into the bowl of cold water to stop cooking and set the color of the greens. Drain by gently pressing the greens against a colander.
3. In a medium-size sauté pan, combine the olive oil and the garlic and raise the heat to medium. Sauté for 1 minute. Add collards, raisins, and 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently.
4. Add orange juice and cook for an additional 15 seconds. Do not overcook (collards should be bright green). Season with additional salt to taste if needed and serve immediately.

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Yield: 4 servings

You can also try this recipe with other greens, such as kale or chard.

They make a great filling for quesadillas too.

Ingredients

- Coarse sea salt
- 2 large bunches collards, cut, rinsed, drained
 - 1 tablespoon extra-virgin olive oil
 - 2 cloves garlic, minced
 - 2/3 cup raisins
 - 1/3 cup orange juice
 - Red pepper flakes (optional)

Interested in sharing your favorite recipes with the PCRI community for a chance to win prizes?

Contact:

Scattered Site Coordinator
Princesse Likayi
503-288-2923
or
princesse@pcrihome.org

and

Connect with us:

www.pcrihome.org

www.facebook.com/pcrihome

www.twitter.com/pcri_home

Home Maintenance Reminders

The following is a list of items that are the responsibility of the resident/tenant to repair or replace. If you need assistance performing any of these repairs, you will be charged for time/materials.

- Batteries (smoke detector, thermostat, etc.)
- Light bulbs
- Window blinds
- Filters
- Drip pans
- Shower rods
- Refrigerator condiment bars, drawers, shelves
- Any items broken due to your use
- Cleaning all areas of your home, including areas that are prone to mold/mildew build up

Landscaping

For those residents of our single-family homes, yard maintenance is your responsibility.

- Lawns must be mowed at a minimum of every other week and must be watered regularly when the weather is hot and dry.
- Trash, weeds, leaves and other yard debris must be removed at least weekly.
- Maintain shrubs, bushes, vines and small trees.
- Moss should be removed from walks, decks, stairs and porches seasonally or as needed.
- Discarded mattresses, old furniture and general trash must be hauled away and never left on the curbside. Large items are not to be placed in dumpsters at complexes where provided.

If you would like a referral to a landscaper, please contact our office. Also, there are two Tool Libraries in North and Northeast which have tools for rent at no charge for residents of the area.

Visit www.northportlandtoollibrary.org or www.neptl.org for more information.

Gutters

If you notice vegetation growing in your gutters or that your downspouts are draining back towards the foundation of your house, please place a work order with the Maintenance Department.

Pests

Residents are required to make a reasonable effort to control regular pests, such as rodents, ants and spiders before contacting the office with a maintenance request. If you have questions on how to address these issues feel free to call PCRI for guidance.

Porches/Patios

Please remember porches and patios are not to be used for general storage – a few plants and some outdoor patio furniture are allowed – no other items are acceptable.

Fireworks

Fireworks are not allowed and are a violation of your lease agreement.

Barbeques

Must be at least 10 feet away from any building or combustible surface. Please do not leave barbeques unattended and be sure the fire is out and the coals are cold before discarding.

Swimming Pools

PCRI strongly discourages the use of swimming pools. However, if you choose to use a small temporary pool, adult supervision is required and the pool must be drained and stored away when not in use.

Renter's Insurance

PCRI strongly recommends that all residents carry renter's insurance on their personal items, as PCRI will not be responsible for lost, stolen or damaged items.

Home Maintenance Reminders

Emergencies

PCRI Maintenance wants to ensure that all residents have a safe and secure place to live. For fire, police, or medical emergencies residents should call 911. After calling 911, please be sure to contact PCRI. Maintenance emergencies are generally defined as situations that will lead to immediate damage to the building or immediate danger to the resident such as:

- No heat
- No hot water
- Severe leaks or flooding
- No electricity
- Inoperable toilet, if there is only one toilet in home

If you experience any of the above, call the after hours maintenance emergency phone at 503-265-9634. Leave a message with your name, address and phone number and your call will be answered or returned as quickly as possible. Please note that resident lockouts do not constitute a maintenance emergency and a local locksmith should be called for assistance.

Maintenance Requests

To ensure that all emergencies receive a timely response, we ask that non-emergency requests be called into the PCRI office during regular business hours. Regular maintenance will be scheduled with you for a specific day and time frame. If you are not home at the appointed time and you do not give permission to enter your unit, you will be charged for the technician's time and mileage.

To make a non-emergency maintenance request, call us:
503-288-2923 ext. 114.

The PCRI Maintenance Department thanks you for your cooperation in keeping our homes healthy and safe for generations to come!

PCRI's Affordable Housing Waitlist is NOW OPEN!

Do you know someone looking for affordable housing?

Our waitlist is currently open for all bedroom sizes. The process is simple. Have your referral contact us about being added to our fast moving waitlist. Make sure that they mention your name because if they move into a PCRI property, you could receive a \$75.00 rent credit!

Call us:
503-288-2923

Visit us:
6329 NE MLK, Jr. Blvd.
Portland, Oregon 97239
or
www.pcrihome.org



Programs Department - Staff News

**PCRI welcomes Executive Manager
Melody Padilla!**

Melody Padilla joined PCRI in July 2012. As Executive Manager, she is responsible for conducting research, managing special projects, and overseeing the Programs and Resident Services department. She has a Master's degree in Community Development from Clark University and has spent more than ten years passionately engaged in social justice work across the country. Melody learned early on that service is the purpose of life and she has worked in many areas of community development, including affordable housing, environmental justice, economic development, prison reform, immigration rights, disability advocacy, and food justice. A San Francisco, California native, she enjoys temperate weather, ocean views, and spicy food.

**PCRI welcomes Homeownership Retention
Specialist Andrea Debnam!**

Andrea Debnam is a native NE Portlander with over 15 years of real estate experience. She attended St. Mary's Academy and is a graduate of the University of Oregon. She has worked in asset & construction management, title and escrow, marketing and is a licensed real estate broker in the State of Oregon, giving her an in depth knowledge of the real estate industry. Andrea is dedicated to educating and providing valuable resources to each and every person she connects with. Her personal guarantee is to provide the highest level of communication, expertise and service. She has been a member of the PCRI family since March 2013, providing post purchase counseling to homeowners at risk of losing their homes.

**PCRI welcomes Scattered Site Outreach
Coordinator Princesse Likayi!**

Princesse Likayi came to PCRI in June 2013. She was born in the Democratic Republic of Congo and moved to Oregon with her family when she was 8 years old. She grew up in Clackamas and moved to Portland in her late teens. She recently graduated from Portland State University with a Bachelor's degree in International Development, with a focus on Africa. She loves working with diverse communities and is eager to share our Programs and Resident Services with the PCRI community.

**PCRI welcomes Resident Services
Coordinator Nuhamin Eiden!**

Nuhamin Eiden has been a Portlander since the summer of 2006. She has lived in Ethiopia, Virginia, North Carolina, and Oregon. Out of all these places, Portland is second to only her native Ethiopia. She is a Portland State University graduate with a Bachelor's degree in Anthropology and History. She spends most of her time working and spending time with family and friends. She has been a Resident Services Coordinator at Margaret Carter Neighborhood Network Center since January 2013.

**PCRI welcomes Resident Services
Coordinator Aly'ce Brannon-Reid!**

Aly'ce Brannon-Reid, a native Oregonian, has been the Resident Services Coordinator at Park Terrace Community Center since May 2013. Aly'ce attended Clark Atlanta University, where she received a Bachelor's degree in Psychology. In the fall, she will begin Marylhurst University's Master of Business Administration in Health Care Management program. In her free time Aly'ce enjoys reading, painting, karaoke, exercising, hanging out with family and friends, and is a natural hair enthusiast.

Maintenance & Property Management - Staff News

PCRI welcomes Maintenance Supervisor, Mark Becket!

Mark joined PCRI in October 2012. He performs on-site maintenance assessments at each of our properties. He is responsible for project inspections, refurbishments, inventory control, and maintenance staff training and support. He also determines long-term project needs, implements work plans, sets work specifications, and facilitates contracting and various progress inspections.

Mark has over 30 years in the maintenance and construction field. He is EPA certified as a HVAC technician, a certified lead base paint inspector and risk assessor and accomplished in all aspects of building maintenance. Mark conducts continuing education seminars at workshops training staff in all aspects of residential building maintenance and repair.

PCRI welcomes Senior Portfolio Manager, Debi Christensen!

Debi joined PCRI in August 2012. She is responsible for overseeing the Property Management Department and also works closely with the Maintenance Department. She has been in property management for almost nine years and has maintained a portfolio of affordable housing for about seven of those years. Debi has also worked closely with many state agencies and nonprofit organizations and established many trusting relationships in the community. She enjoys helping families to obtain safe and affordable housing.

Debi has many outside interests which include camping, hiking, fishing and riding ATVs. Her first love is spending time with her family; husband Kurt, daughter, Jenifer 24, son, Jordan 20, and two beautiful granddaughters, Kirsten – 3 1/2 and Mikelle – 18 months.

PCRI welcomes Property Manager Tanya Morris!

In December 2012, Tanya Morris became a Property Manager at PCRI. She has worked in the affordable housing property management field since 2002 in the Portland, Gresham, Vancouver & Beaverton area, but is excited to be back working in the community that she grew up in. Tanya has also been a licensed Hair Stylist since 1991 and actively works part-time in a local Salon. During her spare time she enjoys interacting with friends and family as a Scentsy Consultant.

PCRI welcomes Leasing Agent Amber Whiting!

In January 2013, Amber Whiting became a Leasing Agent at PCRI. She has worked in low income and affordable housing property management within the City of Portland since 2007. She recently graduated from Portland State University with a Bachelor of Fine Arts degree, and exhibits her sculpture internationally as well as locally. Her passion to connect with the community extends to her position with PCRI and also her volunteer work.

PCRI welcomes Receptionist Brenda Scalf!

Brenda Scalf joined the PCRI Family in December 2012. She is a lifelong resident of the greater Portland area and has worked in the Administrative field for over 10 years with a focus on customer service. She has always enjoyed working with the public and is excited to get to know all of PCRI's residents. Her free time is filled with taking care of her two children, husband, 5 cats, Lea the Rottweiler, Charlie the Conjure, Dillinger the snake and 3 fish tanks. Her long term goal is to return to college to finish her degree in Business.



Portland Community
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