



THE HEALTHY HOME

Information for the PCRI Community Spring 2014

PCRI Presents Dancing with the Stars 2014!

On Saturday, March 15, 2014, PCRI hosted our third annual fundraising gala, Dancing with the Stars Portland. The evening, which started with a graceful and fun foxtrot by Multnomah County Commissioner Loretta Smith and Metro Councilor Sam Chase, was a great success, raising over \$70,000 for PCRI's housing and services.

PCRI gives special thanks to the Orr family for sharing the ways PCRI has helped their family achieve success. Inspired by the Orr's story, guests at the gala were exceptionally generous, contributing toward PCRI's goals of increasing family stability and self-sufficiency.

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Above: PCRI Executive Director Maxine Fitzpatrick and Multnomah County Commissioner Loretta Smith

IN THIS ISSUE :

PCRI Gala, pg. 1

Healthy Food, pg. 5

Gala, pg. 2

Partners, pg. 6

Programs pg. 3

Staff Updates, pg. 7

Programs pg. 4



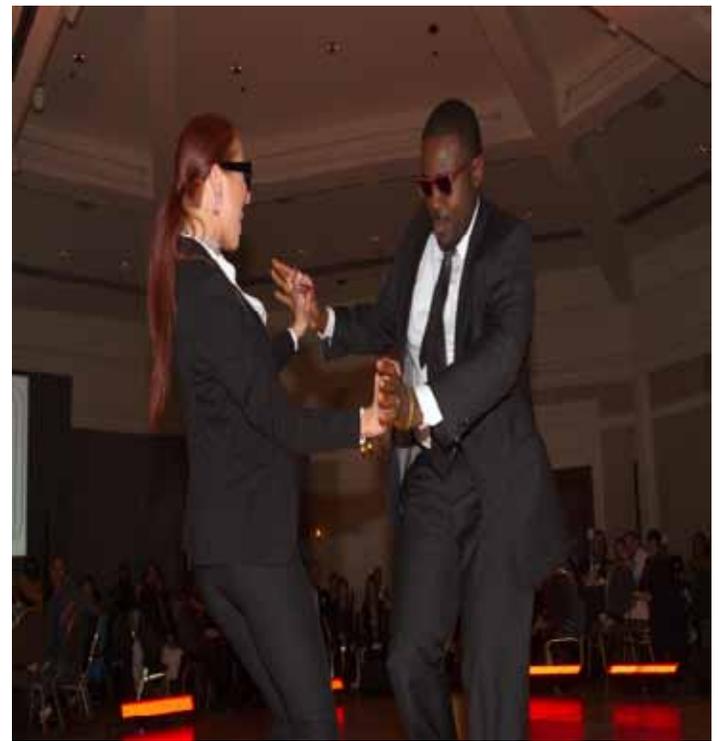
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Gala continued...

The evening continued with a lively dance competition featuring KGW's Ashley Korslien, benefit auctioneer Kelly Russell, Oregon State Representative Jennifer Williamson, The Black Parent Initiative's Charles McGee, and the winner of the competition, OPB's Ifanyi Bell. Each of the competitors spent months preparing for the event. Judging by the audience's applause and roars of approval, their preparation was well worth it.

In addition to the funds raised to support PCRI's housing and services, the Dancing with the Stars gala also helps to raise the profile of PCRI in the community and increase awareness of the important work PCRI accomplishes every day.

PCRI extends our heartfelt thanks to all the sponsors, participants, guests, supporters and volunteers who help to make the event a remarkable success! For photos and more details, visit www.pcrigala.org.



Above: Charles McGee Dances the Night Away

Below: Photo Time! PCRI's Gala Organizer and housing developer Travis Phillips is on the far right.



Above: Dance champion Ifanyi Bell receives his award



Programs and Resident Services

Why We Need to Teach Our Children to Save Now!

We all know how important having good money management skills is to successfully navigating life. We want our children to grow up to be responsible with money but how soon should you start training your children? If you wait until they become teenagers, it might be too late. According to a report by researchers at the University of Cambridge commissioned by the United Kingdom's Money Advice Service revealed that kids' money habits are formed by age 7.

Parents need to help children develop saving habits at an early age before they develop spending habits. Beth Kobliner, a member of the President's Advisory Council on Financial Capability, says children as young as three years old can grasp financial concepts like saving and spending.

As they get older, help to them to distinguish between what we can and cannot live without. Understanding the difference between needs and wants is the first step in learning how to develop a budget. In addition to being able to navigate personal finances, financial education leads to other benefits.

Teaching kids to save teaches self-control. Choosing to save, instead of spend, is an exercise in self-control. The famous 1927 Stanford Marshmallow Experiment showed that kids with self-control are psychologically better adjusted, more dependable and do better in school.

Kids who save are more likely to go to college and graduate. The July, 2013 Biannual Report from the Assets and Education Initiative (AEDI) found that even with less than \$500 in college savings, children from families with modest means are three times more likely to enroll in college and four times more likely to graduate than those without college savings. Children with a savings account also have lower stress and a greater sense of hope for the future, according to the SEED Initiative.

So what if your children are past the age 7? Should we just give up? No. Parents can attest to how quickly children, even teenagers, can pick up new skills. That is why PCRI is participating in the national Teach Children to Save program.

On **Thursday, April 10th**, a free children financial education workshop will be held at the **Park Terrace Community Center** located at **315 N. Alberta Street**. The workshop begins at **4:00 p.m.** and we invite all PCRI residents to bring their children.

If you would like to sign up your children for the workshop or if you have any questions, please contact
Amy Dang,
Financial Education Specialist
503-288-2923, ext. 131 or
 email amy@pcrihome.org

Programs continued...



Casper

**Meet
Our
New
Fluffy
Friends!**

At the Maya Angelou Community Center we have a new program that started in March and will continue to run throughout the year. Each week Pet Partners will bring their trained service animals to visit and interact through storytelling.

Each child is encouraged to read a short story to the visiting animal. After finishing their story they can pet or give a treat to their new fluffy friend. The first two weeks have been a success as we have seen an increase in their love to read.

The pets have even brought out their willingness to try harder to sound out hard words. We have even witnessed the kids working together to help each other sound out and read difficult passages. All in all it just brings enjoyment to all to have a cute, loveable creature in the center.

For more information, contact **Jessie Blanchard, Resident Services Coordinator.**
503-287-4009 or jessie@pcrhome.org



Chico



Jessie



Bruno

Shrimp Okra Pilau: Gullah Style

Adapted from Gullah Grub: Lowcountry Cuisine



Instructions

In a 12-inch cast iron skillet over medium heat, saute the the onion and pepper in the oil until soft, about 5 minutes. Add the garlic and saute for 2 minutes, being careful not to burn it.

Add the rice and stir well with a fork until the grains are coated and cook, stirring often about 3 to 4 minutes or until rice is opaque. Add the tomato, okra, stock, salt, and black and cayenne peppers and hot sauce and bring to a boil.

Reduce heat to low and and simmer, covered, until the rice is tender and the liquid has been absorbed, about 20 minutes.

Adjust seasonings, stir in the shrimp and cook until the shrimp curl and turn pink, about 4 to 6 minutes. Transfer to a bowl and serve.

*Welcome
to
Gullah
Country!*

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Yield: 4-6 servings

Ingredients

1/4 cup green bell pepper, diced

1/4 cup yellow onion, diced

2 cloves garlic, minced

1 cup diced tomatoes

1 pound okra, stems and tips removed, sliced
1/4 inch thick

1 pound shrimp, peeled

3 tablespoons vegetable oil

1 cup long-grain white rice

2 cups veggie or chicken stock

1 teaspoon salt

Ground black pepper, cayenne pepper, and hot
sauce to taste

About Gullah / Geechee Cooking

Gullah and Geechee people trace their ancestry to enslaved Africans from Angola and Sierra Leone who settled accross the Atlantic Sea Islands, off the coast of South Carolina.

This style of lowcountry cooking takes advantage of fresh local vegetables, seafood, and rice. It often includes West African favorites, like okra, tomatoes, and peanuts.

Okra is high in fiber, vitamin c, and folate. Enjoy it in this easy alternative to gumbo.

Community Partners

Metro is launching a campaign to help residents throughout the Portland metropolitan area learn about Metro's Tools for Living resources available through its website and call center. These tools cover a range of topics, including recycling and disposal, safe gardening, greener cleaners, biking, walking, etc.

With the help of partners like PCRI, Metro will distribute free coupon books and free plastic spray bottles imprinted with a simple home-cleaner recipe.

For more information:

call PCRI at
503-288-2923
or visit us at
6329 NE MLK, Jr. Blvd.
Portland, OR 97211

Information about Metro's program:

can be found at the website
www.oregonmetro.gov
Select Tools for Living from
the left side menu



**Oregon Tradeswomen Inc. (OTI)
is recruiting for their 2014 class!**

OTI trains women to enter high skill, high wage careers in construction.

OTI offers a free, seven week, state-certified Trades and Apprenticeship Career Class (TACC).

OTI graduates get jobs. In 2013's class, 58 out of 77 women are now employed in a career path job.

Classes meet Tuesdays, Wednesdays, and Thursdays from 8:30 - 4:00 and include classroom training, hands-on construction work, field trips, strength/fitness training, construction math and measurement, certification in OSHA 10, career counseling, and job placement assistance.

Contact:

503-335-8200, ext. 21 or sign-up online at
[www.tradeswomen.net /
pathways-to-success](http://www.tradeswomen.net/pathways-to-success)
registration /

Staff News and Updates



PCRI welcomes Garden Program Specialist Kirk Rea!

Kirk Rea joined PCRI staff in March 2013 after nearly a year as an independent contractor. Originally from Wyoming, Kirk moved to Portland in 2008 to attend Portland State University and to study visual arts with a focus on community based art and environmental sustainability. Kirk uses his practice to support advocate groups around issues like LGBTQ rights, racial justice, community rights, group counsel, and environmental protection.

Gardening came into Kirk's life as a form of making art and as a way to live economically and sustainably. For the past four years Kirk has worked in community gardens and in teaching workshops for how to use garden products for food, arts and crafts, medicine making, and community building. Working with the land and plants is a great joy for him and he is excited to share his gardening knowledge which is influenced by Permaculture, Traditional Indigenous Knowledge, Ecological Restoration, Homesteading and the Do-It-Yourself (DIY) movement.

For more information about our Garden Program, contact **Kirk:**
503-282-1359 or kirk@pcrihome.org

PCRI welcomes Accountant, Nika Hall!

Nika Hall joined PCRI in January 2013. She was born and raised in Delmarva, Delaware and has a B.A. degree from University of Delaware. Nika has lived in Delaware, Pennsylvania, Mississippi, Florida, and Buffalo. She also lived in Ukraine where she was a member of Peace Corps Group 1 – in Kirovograd. She then lived in Ukraine's capital city, Kiev, before heading to Portland.

Nika has a long background in accounting, including property management and non-profit. She taught at PCC for years, while running her own small book-keeping company (now defunct). She has seen how important it is for a person to have a place that is truly theirs to live in. That stability helps not only the individual, but contributes to the livability of the neighborhood and city.

PCRI welcomes AP/AR Administrator, Alex Avila!

Alex Avila joined PCRI in September 2013. Originally from Los Angeles, California, he has over five years of experience in admin/office work, and was previously a classically trained musician in another life. He is currently studying at Portland State University as an Arts and Letters major.

Alex works in Accounts Payable/Receivable, where he is responsible for processing incoming A/P and maintaining customer service and quality control with PCRI's vendors and contractors. On the A/R side, he handles all incoming rent checks and tracks payment for revenue, donations, and reimbursements. In addition to this, he also lends his services to PCRI's leasing agents to translate for Spanish-speaking tenants and applicants.

In his spare time, Alex enjoys European football, cooking, traveling, and pretty much anything he can do outdoors.



Portland Community
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