

SPRING 2022

GOOD CHOICES

MCHA Resident Services Newsletter



Easter Egg Hunts in April

As a fun treat for the children at our family sites, we will be hosting 3 Easter egg hunts. The egg hunts will take place at the Quinby Resource Center, Centennial Place, and Valley View Homes. The dates of the egg hunts will be announced closer to April.



Rent Rebates in March

Rep. Longietti's Office is Here to Help

Need help filling out your rent rebate forms? Rep. Longietti's office is here to help! Staff members will be on-site at various senior sites throughout March to help residents with their rent rebates. Can't make your date? You can always visit Rep. Longietti's office by making an appointment by calling (724) 981-4655. To take advantage of the on-site help you will need to make an appointment by calling Resident Services at 724-854-2176. Residents will need to bring income & a driver's license.

- 3/8 @ Gurrera
- 3/15 @ Lavigne
- 3/24 @ Fornelli
- 3/28 @ McDowell
- 3/31 @ Vermeire



Did You Know?

In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.

Contact Resident Services

724-854-2176

102 Wallis Ave.
Farrell, PA 16142

m.burke@mchousing.net

OFFICE HOURS
M-F 8AM - 3:30PM



GOOD CHOICES



The Dangers of Flushable Wipes

Flushable Wipes Are Not Flushable

If the label says "flushable," then wet wipes should be able to go down the toilet, right? Unfortunately, no. Flushable wipes aren't as flushable as advertised.

Toilet paper is designed to disintegrate in our pipes and sewage systems, but flushable wipes are not.



They're typically made with synthetic materials, plastics or polyester, that won't break down. So even if they flush down your toilet, they end up clogging sewers and toilets. This poses hazardous risks to sewage professionals and maintenance that must break these clogs up as well as considerable costs. Some cities have spent millions of dollars a year to address damages and clear the pipes. It costs residents \$17 to have their toilets unclogged.

Healthcare Scholarship

The PHN Charitable Foundation is now accepting applications for their 2022 healthcare scholarships! Each year, they award a total of \$30,000 in scholarships to those pursuing a career in healthcare or allied health. Applications are being accepted through March 11, 2022. Apply today! Visit: <https://phnfoundation.net/healthcare-scholarships.aspx>

EducationPlanner.org

EducationPlanner is your one-stop career and college planning website. EducationPlanner provides practical and easy-to-understand advice to help prepare students for the important decisions they will face in the future.

**“An optimist is
the human
personification
of spring.”**

SUSAN J. BISSONETTE





January's Cooking Class Recipe

ONE-PAN CHEESY CHICKEN, BROCCOLI, AND RICE

This recipe was so popular with those who attended the cooking class that we wanted to share it with everyone! Quick, easy & nutritious.

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 1/2 medium yellow onion, diced finely
- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- 2 cloves of garlic, minced
- 1 teaspoon of kosher salt and freshly ground pepper to taste
- 1 cup uncooked extra long grain white rice
- 2 1/2 cups of low-sodium chicken broth, (I like to use Better than Buillion Chicken base)
- 2 1/2 cups broccoli florets, , cut into bite sized pieces
- 2 cups shredded extra sharp cheddar cheese

INSTRUCTIONS

1. In a large skillet or pan, sauté onions in two tablespoons of olive oil over medium heat. Season chicken with salt and pepper.
2. Once onions soften, increase the heat to medium high and add chicken to the pan.
3. Brown the chicken pieces and add the garlic. Cook for about 1 more minute.
4. Push chicken to one side of the pan and add additional tablespoon of olive oil to other side.
5. Add the uncooked rice in the olive oil and saute it for a couple of minutes.
6. Add the chicken broth to the pan and bring the mixture to a boil. Lower the heat to a simmer and cover the pan with a lid.
7. Cook chicken and rice mixture covered for about 12 minutes.
8. Sprinkle the broccoli evenly over the chicken and rice mixture and stir to combine.
9. Continue to cook covered another 8 minutes on low, or until broccoli and rice are both tender.
10. Remove from heat and stir in half a cup of cheese.
11. Sprinkle remaining cheese on top and cover with a lid, letting it sit for 1-2 minutes or until cheese has melted.

NOTES

If you're using rotisserie chicken add the chicken at the end with the cheese just to heat it through.

You need a large skillet or pan with a higher edge for this dish to hold everything. I used a 12-inch skillet that had a slightly raised edge and it worked great.





Winter Highlights!



**Residents
loved learning
a new delicious
recipe at
cooking class.**



**The holiday spirit was in the
air as residents made wreaths
with the LIFE program.**



**Residents
worked on
dexterity
while finger
crocheting.**

