



-PORCHLIGHT-
NEWSLETTER

April

-Office Hours-

Monday-Thursday: 8:00 a.m. - 4:00 p.m.

Friday: 9:00 a.m. - 12:00 p.m.

Important Dates and Birthdays
ATTENTION Tenants
Spaghetti carbonara recipe
Wellness Tips
Word Search
Crossword

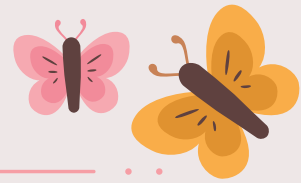
VOLUME 1 ISSUE 1



BETHANY HOUSING
AUTHORITY



SPRING



CALENDAR OF EVENTS & BIRTHDAYS

2602 Crossan Street

APR 01 APRIL FOOL'S DAY

APR 03 GOOD FRIDAY

APR 05 EASTER SUNDAY

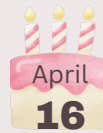
EVERY WEDNESDAY
9:00 A.M. – 10:00 A.M.
COFFEE KLATCH

“I hereby arm myself for today with coffee and the willingness to be wrong.”

—Audrey Assad



Ramikus



Randi



Kathy



Joshua



Anna



**Michael
Dylan**



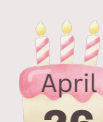
Gerald



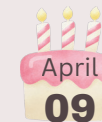
Amber



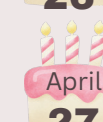
**Marsha
Ruth**



Elaina



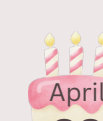
**Tatiana
Keenan**



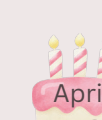
Betty



Justin



Jean



Sebastian



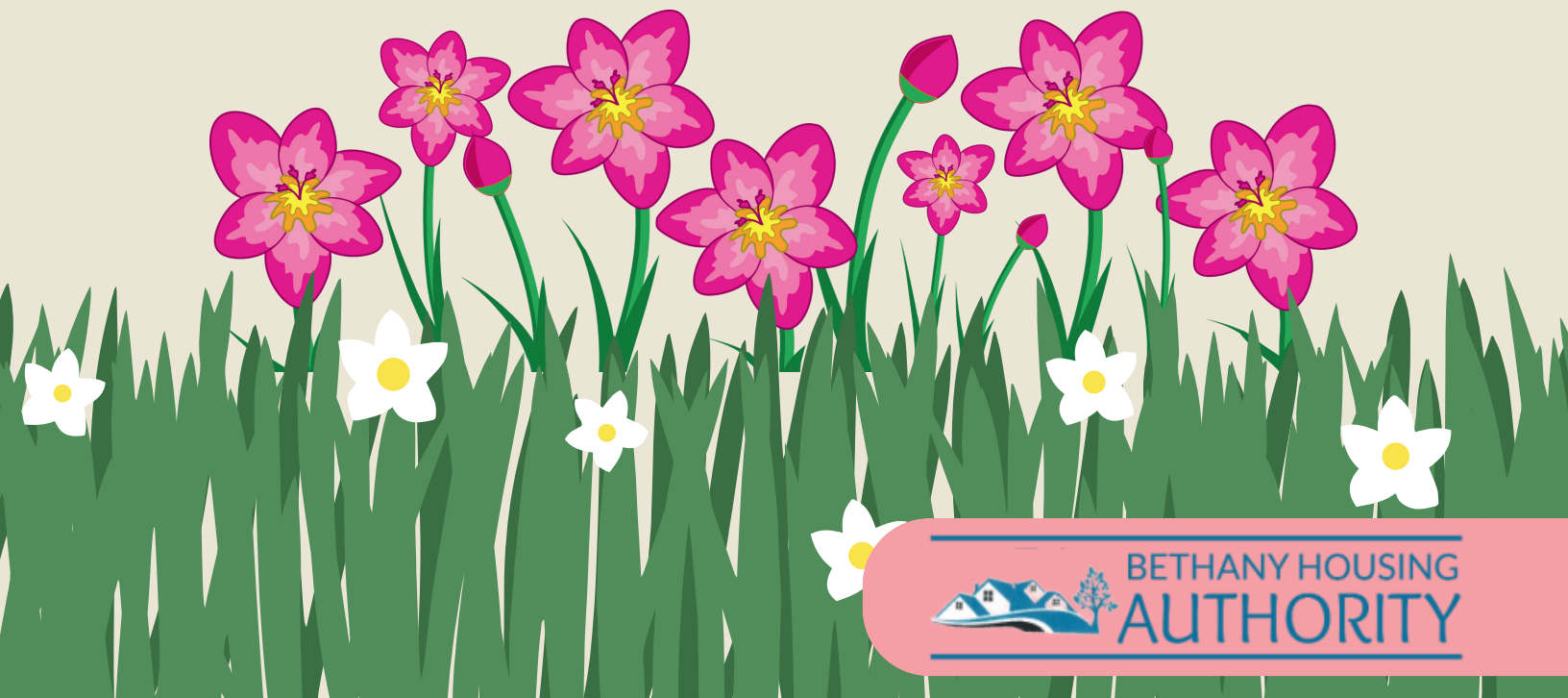
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Attention

BHA RESIDENTS

We kindly request that you refrain from flushing any type of wipes down the toilet. Although some wipes may be labeled as "flushable," they can lead to serious plumbing problems and incur expensive repair costs. Instead, please dispose of wipes in the trash. Your cooperation is essential in maintaining a safe and pleasant environment for all. Thank you for your understanding and attention to this important matter.

We want to remind everyone about our BB gun policy. BB guns are not allowed on the premises due to safety concerns and potential risks. Your cooperation is crucial in maintaining a safe and secure environment for everyone. Thank you for your understanding and adherence to this important policy.



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Spaghetti Carbonara

Carbonara is a classic Italian pasta dish known for its simplicity and rich, creamy flavor. Here's a basic recipe:



Ingredients:

- 1 pound spaghetti
- 4 large eggs
- 1/2 cup freshly grated Parmesan cheese
- 4 ounces guanciale or pancetta, cut into small cubes
- 1/2 teaspoon freshly ground black pepper
- Salt to taste

Instructions:

- Cook the pasta: Bring a large pot of salted water to a boil. Add the spaghetti and cook according to package directions until al dente. Reserve 1 cup of pasta water before draining.
- Prepare the sauce: In a medium bowl, whisk together the eggs, Parmesan cheese, and black pepper.
- Cook the guanciale or pancetta: In a large skillet over medium heat, cook the guanciale or pancetta until crispy and the fat has been rendered.
- Combine the pasta and sauce: Add the drained spaghetti to the skillet with the guanciale or pancetta. Toss to coat.
- Make the sauce: Remove the skillet from the heat and slowly pour the egg mixture over the pasta, whisking constantly to create a creamy sauce. If the sauce is too thick, add a splash of reserved pasta water.
- Serve immediately: Season with salt to taste and serve immediately.

SMALL STEPS, BIG CHANGES.

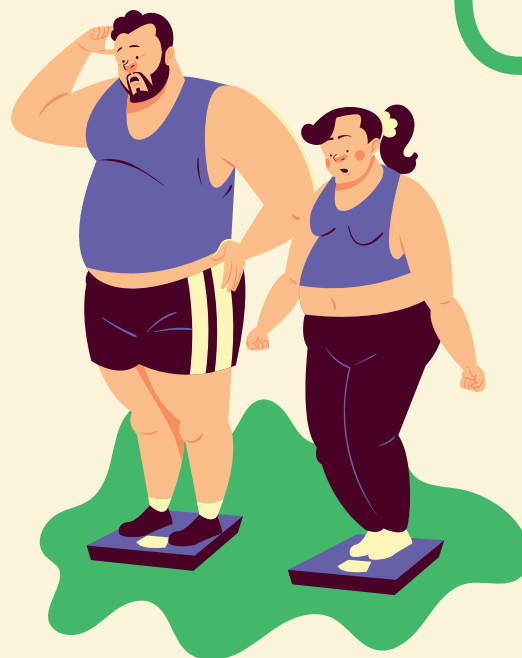
Wellness goes beyond looks, it's about feeling strong, healthy, and living fully.

★ Why Wellness Matters

- Boosts your energy and mood
- Supports heart and brain function
- Encourages positive daily routines

★ Simple Ways to Stay Well

- Balanced nutrition (fruits, vegetables, whole grains, lean proteins)
- Regular physical activity (30 min daily)
- Staying hydrated
- Reducing sugary drinks & processed foods
- Regular health checkups



★ Together, we can build healthier communities. ★



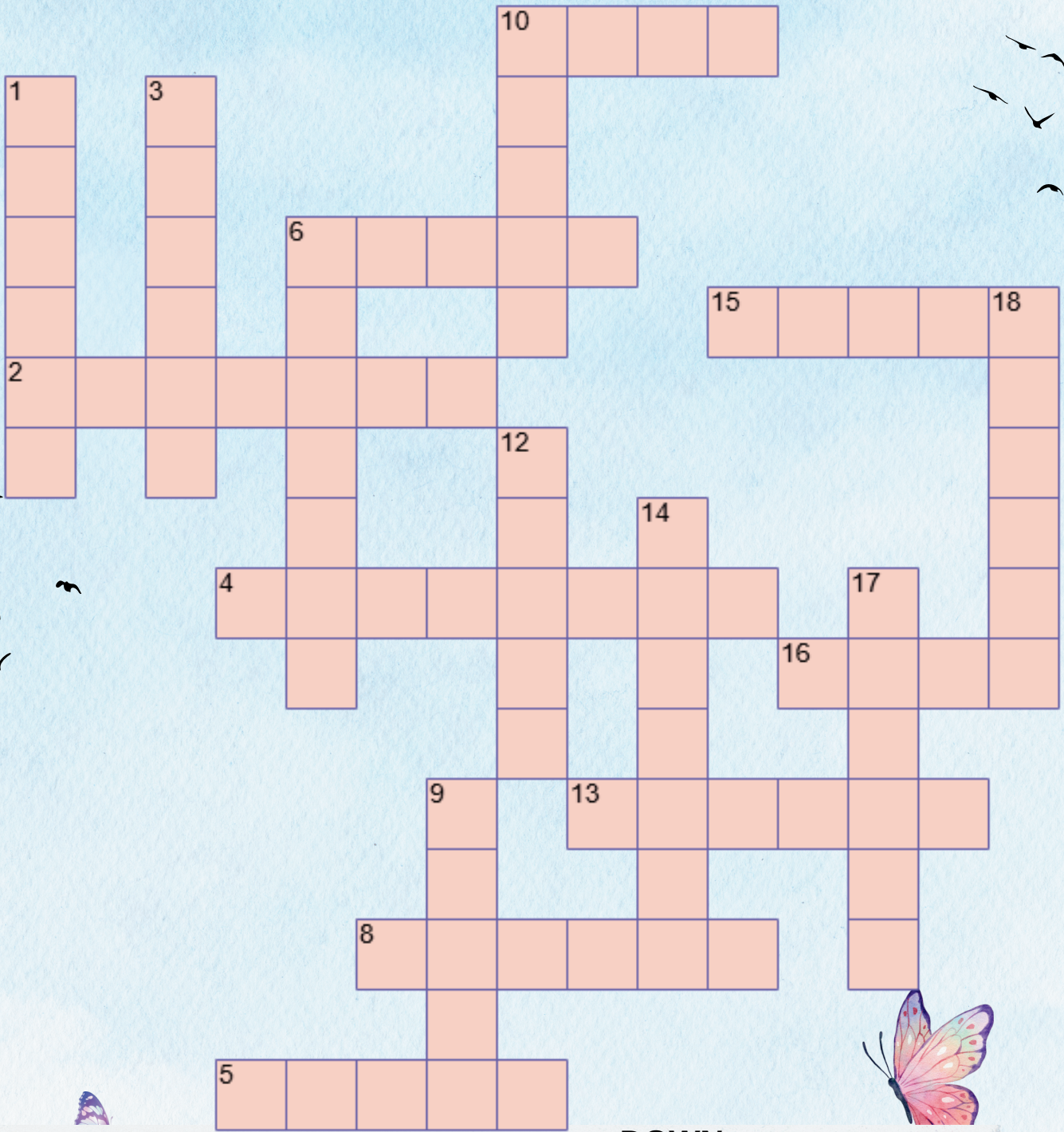
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WELLNESS Word Search

K E X E R C I S E I A G
F B R E A T H I N G B B
I M S G A J L S K A B A
T E G K D C M W A H I L
N U T R I T I O N A I A
E T U M D H E A L T H N
S L E E P R J F S M S C
S K F S U L S G U J L E
I M E D I T A T I O N M
S N S J E R I B S U O B
V H Y D R A T I O N N E

FITNESS **EXERCISE** **MEDITATION**
NUTRITION **SLEEP** **BREATHING**
HYDRATION **BALANCE** **HEALTH**



ACROSS

- 2. Spring astronomical event
- 4. Yellow spring flower
- 5. Spring air feels this way
- 6. Spring bird with red breast
- 8. Where things grow in spring
- 10. Ice melting in spring
- 13. What the sun provides
- 15. Sound birds make in spring
- 16. What spring brings after winter

DOWN

- 1. Soft spring color
- 3. Young plant growth in spring
- 6. Spring season symbolizes this
- 9. Turns green in spring
- 10. Dutch spring bulb flower
- 12. Flower in springtime
- 14. What birds do in spring
- 17. Spring holiday
- 18. Spring allergen from flowers

K	E	X	E	R	C	I	S	E	I	A	G
F	B	R	E	A	T	H	I	N	G	B	B
I	M	S	G	A	J	L	S	K	A	B	A
T	E	G	K	D	C	M	W	A	H	I	L
N	U	T	R	I	T	I	O	N	A	I	A
E	T	U	M	D	H	E	A	L	T	H	N
S	L	E	E	P	R	J	F	S	M	S	C
S	K	F	S	U	L	S	G	U	J	L	E
I	M	E	D	I	T	A	T	I	O	N	M
S	N	S	J	E	R	I	B	S	U	O	B
V	H	Y	D	R	A	T	I	O	N	N	E

10 THAW

1 P
A
S
T
E
L

3 S
P
R
O
T

6 R O B I N
E P

15 C H I R P
O

2 E Q U I N O X
L

12 B
W L

14 M

4 D A F F O D I L
L

17 E
R A I N

16 R A I N

9 G
R T

13 W A R M T H
T E

8 G A R D E N
R

5 F R E S H
S