

Housing Authority of the  
Borough of Highland Park  
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## Housing Authority of the Borough of Highland Park



February, 2017

# THE HIGHLANDER

## FROM THE EDITOR'S DESK

Have you picked your Valentine yet??? You know, it is never too late for that! Love makes the world go around.....

We escaped January with just one moderate snow storm. Although Puxetawny Phil did see his shadow, what is 6 weeks, just a short time..... We will prevail!

With the winter upon us however, we must pay serious heed to energy conservation. The resident council has made it their agenda to inform you about the importance of conservation. Our electric bills are ridiculously high. You all can have a small or large part in keeping it under control. Turn the lights off when you leave a room, turn the TV and other appliances off when you are not using them, keep the heat at a reasonable level and never keep it running high when you are not home. Especially when using the community room, please do not keep multiple heating units running. Just one should heat up the room more than adequately. Turn the TV and lights off when you leave. These are just some basic practices that will make a huge difference. Thank you!

**RUNI SRIWARDENA**



## CELEBRATING AND HONORING BLACK HISTORY

Black History Month was established in 1976 by Afro-Americans for the study of Afro-American life and history. This month long celebration was an expansion of Negro History Week, which was established in 1926 by Carter G. Woodson. He selected the week in February that embraced the birthdays of both Frederick Douglass and Abraham Lincoln. Woodson was friends with Mary Church Terrell and worked with her and the National Council of Colored Women to preserve Douglass' home and personal papers. He sought to appeal to both whites and blacks to improve race relations. For this reason he chose President Lincoln's birthday as well as Douglass'. He wanted to demonstrate to the world that Africans and peoples of African descent had contributed to the advance of history. One of the themes chosen by the founders of Black History Month was "From Slavery to Freedom, Africans in the Americas."

The Negro History Week Movement took hold immediately. At first it was celebrated almost exclusively by African Americans. Increasingly however, mayors and governors, especially in the North, began endorsing Negro History Week and promoting interracial harmony. By the time of Woodson's death in 1950, Negro History Week had become a well-established cultural institution.

With the rise of the Black Power Movement in the 1960's, many in the African American Community began to complain about the insufficiency of a week-long celebration. In 1976, the ASNLH, having changed its name to The Association for the Study of Afro-American Life and History, responded to the popular call, citing the 50th annual celebration and America's bicentennial. And so, the tradition of Black History Month was started. It is also referred to as African-American History Month or African Heritage Month.

## RENT

Rent is due on the 1st.



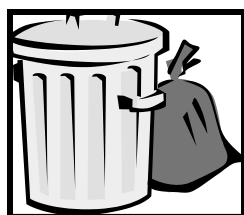
If you are using the rent box, your check must be in the box before 4 PM on **February 7th**.

**After 4 PM it is late—No exceptions!**

\*\*\* **Important**\*\*\*

- ♦ Do not post-date your checks. When a check is received by the Housing Authority, it must be deposited within 48 hours. We cannot deposit checks that are post-dated and cannot hold them until the following month. If you have a third party paying your rent please make sure your name & apartment number is on the check or money order.

**ATTENTION**  
**ALL RESIDENTS!**  
**THE NEXT BULK  
PICK-UP IN  
HIGHLAND PARK IS  
ON MARCH 8TH.**



## HPHA COMMISSIONER MEETINGS FOR 2017 (Note Change of date for April)

Wednesday, January 11, 2017

Wednesday, February 8, 2017

Wednesday, March 8, 2017

Thursday, April 13, 2017

Wednesday, May 10, 2017

Wednesday June 14, 2017

Wednesday, July 12, 2017

Wednesday, September 13, 2017

Wednesday, October 11, 2017

Wednesday, November 8, 2017

Wednesday, December 13, 2017

(Meetings to begin at 6:30 pm in the community room. All are welcome.)

## I'M NOT GROWING OLD

They say that I'm growing old.  
I've heard them tell it times untold  
In languages plain and bold.  
But I', NOT growing old.  
This frail old shell in which I dwell  
Is growing old I know full well-  
But I am not the shell.  
What if my hair is turning gray?  
Gray hairs are honorable they say.  
What if my eye sight's growing dim?  
I still can see to follow Him  
What should I care if time's old plow  
Has left it's furrows on my brow?  
Another house, not made by hand,  
Awaits me in the glory land.  
What if I falter in my walk?  
And if my tongue refuses to talk?  
I still can tread the narrow way;  
I still can watch and praise and pray.  
My hearing may not be so keen  
As in the past it may have been  
Still, I can hear my Savior say  
In whispers soft, "This is the way."

**Submitted by: Wanda Zelenski 3-J**

## **GOOD ADVICE FROM OUR TENANT SERVICES COORDINATOR AND SOCIAL WORKER, KETTLY GILLES**



### **Healing a Damaged Heart**

If you are one of the millions of Americans suffering from heart disease, making some lifestyle changes can help heal your damaged heart. Follow these tips and start your road to recovery.

**Listen to your Doctor:** Always check with your doctor or healthcare professional to see what you should and shouldn't do to recover from heart disease. Take medications as prescribed by health care provider and to let them know if you are having side effects.

**Exercise:** As long as you check with your doctor, you can begin a daily exercise program. Your heart is a muscle and the best way to keep it fit is to get the blood pumping through good old fashioned exercise.

**Quit Smoking:** As a smoker, your heart will never be able to heal. That is because each cigarette damages the lining of your arteries, leading to a buildup of fatty material (atheroma) which narrows the artery.

**Change your Eating Habits:** Choose nutrient-rich foods that have vitamins, minerals, fiber and other nutrients but are lower in calories. Talk to your doctor or a nutritionist to develop a low-fat, low-sodium diet and avoid saturated fat and trans fat when possible.

### **Activities Calendar**

**Coffee Klatch – Friday, February 17, 2017 @ 10:30 AM**

**All are welcome!**

## MARK YOUR CALENDAR

- ♦ Wednesday February 8th—HPHA Commissioner Meeting 6:30 PM
- ♦ Monday February 13th—Winter BBQ—Resident Council
- ♦ Friday February 17th —Coffee Klatch 10:AM by Kettly
- ♦ Wednesday February 22nd—Resident Council Meeting 4:00 PM

Mondays, Wednesdays & Fridays—SK Café / Arts & Crafts / Socialization

Fridays—TGIF Sharing Group meets after SK Cafe



## IN MEMORIAM.....



January was a very sad month for Samuel Kronman as we lost 3 residents. Robert White, a new resident died suddenly. He was not here for long, but those that got to know him found a friendly and cheerful person in Robert. Emily Skaltsiotis was a very popular and much loved resident. Enormously talented and very generous, a good baker and someone who joined in all the activities in the building. She will be sorely missed by many. Joseph Traglia one of our very longtime residents, a Veteran, 98 years old, a wise and dignified man. He served this country proudly. Our condolences to the White, Skaltsiotis and Traglia families.

## IMPORTANT PHONE NUMBERS FOR YOUR EASY REFERENCE

<b>HPHA Office</b>	<b>(732) 572-4420</b>
<b>HPHA Fax</b>	<b>(732) 984-6485</b>
<b>Maint Emergencies</b>	<b>(866) 504-0534</b>
<b>Kettly's Office</b>	<b>(732) 640-1977</b>
<b>Police</b>	<b>(732) 572-3800</b>
<b>Fire</b>	<b>(732) 572-3333</b>
<b>Post Office</b>	<b>(732) 572-6006</b>
<b>Borough Office</b>	<b>(732) 572-3400</b>
<b>Senior Center</b>	<b>(732) 819-0052</b>



**CHEF'S CORNER****EASY TURKEY TACO SOUP****Ingredients:**

1 pound ground turkey  
1/2 cup chopped onion  
1 (12 ounce) package frozen mixed vegetables  
(peas, carrots, green beans, corn)  
2 (10 ounce) cans diced tomatoes with green chili  
peppers  
1 (15 ounce) can ranch style chili beans  
1 (15 ounce) can chicken broth  
1 (1 ounce) package taco seasoning mix  
1 (1 ounce) package ranch dressing mix

**Directions:**

Heat a large pot over medium-high heat and stir in the ground turkey and onion. Cook and stir until the turkey is crumbly, evenly browned and no longer pink. Drain and discard any excess grease. Add the mixed vegetables, tomatoes with green chilies, ranch beans, chicken broth, taco seasoning and ranch dressing mix. Bring to a boil, then reduce heat and simmer on low for 20 minutes.

**SPECIAL DAYS OF FEBRUARY**

2nd: Ground Hog Day  
12th: Abraham Lincoln's Birthday  
14th: Valentine's Day  
20th: President's Day  
22nd: George Washington's Birthday  
28th: Mardi Gras ' Fat Tuesday / Shrove Tuesday

**National Month Of:**

American Heart Month

Black History Month

National Cherry Month

National; Children's Dental Health Month

**How the Month of February was named:**

Februa" means to purify. This was a Roman month of sacrifice and purification.

Full Moon: February 10th

Known as the Full Snow Moon

**SMILE AWHILE.....Happy Valentine's Day!**

- ♦ Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. "Yes," came the answer from Tony who was a bit of a chauvinist. "I've bought her a belt and a bag." "That was very kind of you," Jim added, "I hope she appreciated the thought." Tony smiled as he replied, "So do I, and hopefully the vacuum cleaner will work better now."
- ♦ Roger who was 19 years old, was buying an expensive bracelet to surprise his girlfriend on Valentine's Day, at a very smart jeweler's shop in Hatton Garden, London. The jeweler inquired, "Would you like your girlfriend's name engraved on it?" Roger thought for a moment, grinned, then answered, "No, instead engrave "To my one and only love." The jeweler smiled and said, "Yes sir, how very romantic of you." Roger retorted with a glint in his eye, "Not exactly romantic but very practical. This way, if we break up, I can use it again."

Thanks to the newly formed Resident Council and their brilliant idea of a new tenant Welcome committee, we now have a welcome committee comprised of 2 very experienced, knowledgeable and gracious residents Maggie Ferber (5-C) and Pat Roth 6-J who have come up with a new tenant orientation and instruction program. For any of you who have recently moved in, the following information from Maggie and Pat will be most valuable! Please take the time to read. And please contact Maggie or Pat for a tour!

### INFORMATION FOR NEW TENANTS

We, Pat and Maggie, are the welcoming committee at the Samuel Kronman Building.

First, we will give you a tour of the building, starting with the office and introduce you to everyone. Next, we will take you to the recreation-community room where tenants meet for different activities, watch TV and socialize. The bathroom there closes at 4:30 PM on a daily basis and is closed on weekends.

There are 3 entrances to the building—front, side door and back entrance which is on the way to the mail boxes, also takes you to the parking lot and where the garbage disposals are. Black cans for regular garbage, blue for recycling. If you are able to, please use the dumpsters.

We have a wonderful social worker. Her name is Kettly. She has her office on the 1st floor. Tenants need to make appointments with her in order to see her for whatever issues they need to discuss with her. She also visits tenants in their apartments when necessary.

Outside Area: We have picnic tables where tenants can sit, relax and chat. There is also a gazebo for tenants who smoke.

When the elevator gets stuck, press the emergency button.

Every floor has a laundry room equipped with a washer and dryer. You must purchase a laundry card from the machine outside the community room on the 1st floor. If you lose money on your card, call the emergency number listed on the machine.

Also, there is a bulletin board on each floor and on the main floor. It is important that you take the time to read it so you know what is happening in our building at all times.

There is an intercom system so that you can buzz your visitors in. The tenant directory is in the entrance lobby. You must press 9 on your phone to let visitors in.

The resident Council meets the last Wednesday of each month in the community room at 4:00 pm to discuss upcoming events and resident issues.

In every unit there is a fire alarm system. Whenever there is an indication of fire or smoke, the alarm will ring. Please be aware that the sound is very, very loud. The fire department being very close will respond very quickly.

Also please be informed that in each bedroom and bathroom there is an emergency call button, and there is also one in the community room. In a medical emergency, you press the button which will alert the EMS and Police that there is a problem. For other emergencies, dial 911.

Next to our building, we are fortunate to have one of the best Senior Centers in New Jersey. It is right next to our building. The Center offers many activities, many classes, a social worker, trips, luncheons, local and medical transportation and so much more. We urge you to become a member of the Center. It is only \$10.00 for the whole year. You will meet many people and make more friends.

## Welcome to Samuel Kronman!

### YOUR WELCOME COMMITTEE

Maggie Ferber (5-C)

Pat Roth (6-J)





## FLAT RENT NOTICE

When leasing units to new tenants and each year during the annual recertification process, all residents are provided the opportunity to elect to pay rent based on their income, or they may choose to pay the flat rent amount. Prior to making their choice, they are advised of the amount they would be obligated to pay based on their income, as well as the flat rent amount for the size unit they lease.

Income based rent is determined by comparing 10% of a family's gross income, to 30% of the family's adjusted gross income, as well as to the minimum rent of \$50.00. The formula requires that the greatest of the three amounts is the income-based rent that the family will be obligated to pay should they elect the income-based rent.

The flat rent for each unit size is reviewed and established each year by the housing authority. HUD's Fair Market Rents (FMRs) that are published each October 1<sup>st</sup>, are compared to the previous year's flat rent amounts as well as the local private market rental trends to determine if the current flat rents should remain constant for the next year, or if they should be increased or decreased.

The option to elect flat rent over income-based rent is only available at the time of lease-up, or during the annual recertification process. If flat rent is elected, you cannot switch back to income-based until your next annual recertification date, unless you can document a significant decrease in income due to a loss of employment, the death of a family member, or some other event that would alter the family's income.

Flat rent is a benefit to families that have an income that will result in the income-based rent exceeding the flat rent amount, or families who are not on a fixed income and believe there is a good possibility that their income will increase prior to the time of their next annual recertification, to an amount that will cause their income-based rent to surpass the flat rent.

When a family has elected flat rent, we only have to recertify their income every three years rather than annually. The family is however obligated to verify that they are in compliance with the Community Service/ Self-sufficiency Requirement (CSSR) and that the composition of their family unit remains the same annually.

The flat rents effective October 1, 2016 through September 30, 2017 will be as follow:

<b>0 Bedroom size unit</b>	<b>\$ 949.00</b>
<b>1 Bedroom size unit</b>	<b>\$ 1166.00</b>
<b>2 Bedroom size unit</b>	<b>\$ 1489.00</b>
<b>3 Bedroom size unit</b>	<b>\$1,898.00</b>
<b>4 Bedroom size unit</b>	<b>\$2,296.00</b>

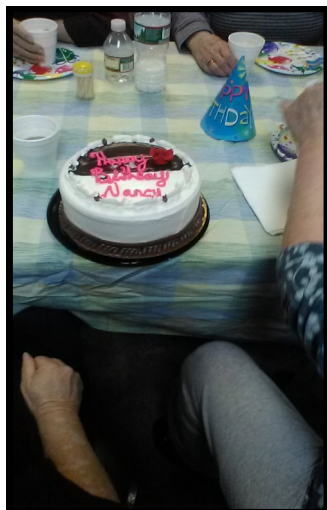
These amounts will be reviewed again after next years FMRs are published.

## PHOTO GALLERY

### HOLIDAY PARTY HOSTED BY THE RESIDENT COUNCIL



**LARRY HOWELL PROUDLY DISPLAYS HIS CERTIFICATE FOR AN ASSOCIATES OF ARTS DEGREE IN BIBLICAL STUDIES. HARD WORK AND WELL EARNED. CONGRATULATIONS LARRY!**



**FRIENDS GATHERED TO CELEBRATE NANCY TURKIN'S B'DAY. GOOD FOOD & GOOD WISHES TO A GOOD FRIEND. HAPPY BIRTHDAY NANCY, AND MANY, MANY MORE!**

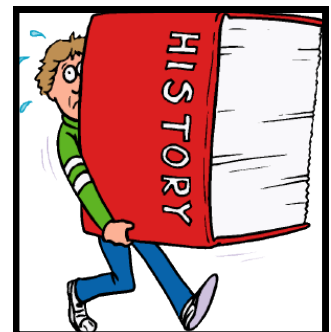


## THIS MONTH IN HISTORY



- ♦ 3rd—Rock singers Buddy Holly, Richie Valens and the Big Bopper died in a plane crash (1959)
- ♦ 6th –The board game Monopoly first went on sale. (1935)
- ♦ 6th –Astronaut Alan Sheppard hits three golf balls on the moon. (1971)
- ♦ 7th –The Beatles come to the U.S. for the first time. (1964)
- ♦ 8th –The Boy Scouts were founded. (1910)
- ♦ 9th –The Beatles appear on the Ed Sullivan show. (1964)
- ♦ 10th- Glenn Miller receives the first ever gold record for selling a million copies of a song. And the song....”The Chattanooga Choo Choo.”
- ♦ 11th –Robert Fulton patents the steamboat. (1809)
- ♦ 14th –The Saint Valentine’s Day Massacre occurred. Mobsters dressed as policemen, gunned down seven members of a rival gang. (1929)
- ♦ 15th –The post office uses adhesive postage stamps for the first time. (1842)
- ♦ 16th –Nylon is patented. But it won’t become popular for a few more decades. (1937)
- ♦ 16th NBC TV begins it’s first nightly newscast. (1948)
- ♦ 19th –A prize is inserted into a Crackerjacks box for the first time (1913)
- ♦ 20th –John Glenn becomes the first U.S. astronaut to orbit the earth. (1962)
- ♦ 22nd –Frank Woolworth opens the first “Five Cent Store” in Utica, N.Y.
- ♦ 23rd –The Tootsie Roll rolls into stores in America. (1896)
- ♦ 23rd –U.S. Marines raise the American flag in Iwo Jima. (1945)
- ♦ 25th –Samuel Colt patents the revolver.
- ♦ 26th –A bomb explodes at the World Trade Center killing 6 people (1993)
- ♦ 28th –The final episode of M.A.S.H. is aired. (1983)
- ♦ 29th –Yellowstone becomes the first National Park (1872)

**Submitted by: Bonnie Bonanno 2-F**



### HEALTHY QUOTATIONS

1. The greatest wealth is health. –Virgil
2. Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. –Doug Larson
3. He who takes medicine and neglects to diet wastes the skill of his doctors. — Chinese Proverb
4. Poor health is not caused by something you don't have; it's caused by disturbing something that you already have.
5. Healthy is not something that you need to get, it's something you have already if you don't disturb it. –Dean Ornish
6. The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if it were a repair shop. – Quentine Regestein
7. The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen. –John Redman Coxe, 1800
8. When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. –George Dennison Prentice, Prenticeano, 1860
9. Each patient carries his own doctor inside him. They come to us not knowing this truth. We are at our best when they give the doctor who resides within each patient a chance to go to work. –Albert Schweitzer
10. The root of all health is in the brain. The trunk of it is emotion. The branches and leaves are the body. The flowers of health blooms when all parts work together. \_Kurdish Saying
11. He who has health has hope; and he who has hope has everything. –Arabic Proverb
12. To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. –William Londen
13. Hear your heart. Heart your health. –Terri Guillemets

**DONNA BRIGHTMAN**

