

Housing Authority of the  
Borough of Highland Park

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## Housing Authority of the Borough of Highland Park



February 2018

# THE HIGHLANDER

### SPREAD THE LOVE!

February the professed month of Love! The Groundhog saw his shadow so brace yourself for 6 more weeks. It has been brutally cold this year but with smaller snow totals. So what do you prefer, the cold or the snow? That's a tough one!

Please continue to be careful about exposure to cold weather and now, the deadly flu epidemic. There is also a corresponding virus going around which has taken the lives of a couple of babies in NJ, and sadly my neighbor's 6 month old baby. The lesson to be learned is that these strains don't always exhibit the classic flu symptoms. They can be "mild "flu-like" symptoms which we, adults often brush off. But statistics this year are showing that can be a deadly decision to make. Please seek medical help if you have flu symptoms. Also, please wash your hands often with warm water and soap or Purell hand cleaner and avoid touching your eyes, nose or mouth as these are the three ways you communicate the virus to yourself. So please do be extra careful this season.

**RUNI SRIWARDENA**

Happy February, Everyone!

I hope you had an auspicious January and that your days were spent putting the foundations in place for a prosperous year. January was definitely an interesting month, with our abnormally cold weather and more sickness as usual. I spent a week or two indoors because of my own cold, and hope you all were also taking care of yourselves. Now that we're in February, and hopefully back on the road to good health, I want to take a moment to talk about another thing near and dear to my heart: Love.

As we all know, February 14<sup>th</sup> is Valentine's Day. Personally, I'm not a big fan of this day. In fact, I think it is my least favorite, simply because I believe it perpetuates false and superficial ways of loving. As much as I love receiving chocolate and cards, I think they hardly count as actions of true compassion and empathy. Furthermore, I think love is something we all should be practicing daily, not just on the one day where stores and corporations can profit on it, and in the process of profiting, make us feel guilty if we can't or don't want to express love in the ways they deem worthy. Additionally, the concept of Love encompasses so much more than the romantic love we see on television and in the movies. There is friendship love, and familial love, and spiritual love, love of nature, love of your neighbors and community, love of yourself, the list goes on.

Submitted by: **ALLISON BALDWIN, 1-B**

## RENT

Rent is due on the 1st.



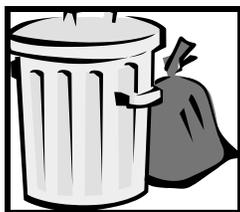
If you are using the rent box, your check must be in the box before 4 PM on February 7th.

**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 14TH**



## THIS MONTH IN HISTORY

Feb 2, 1848: The war between the U.S and Mexico ended with signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming and Texas.

Feb 3, 1870: The 15th Amendment of the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

Feb 4, 1985: Twenty countries in the United Nations signed a document entitled "Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment."

Feb 6, 1933: The 20th Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20th, instead of the old date of March 4th. It also set January 3rd as the official opening date of Congress.

Feb 10, 1942: The first Medal of Honor during World War II was awarded to Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

Feb 11, 1990: In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the Apartheid Government. In April 1994, he was elected president in the first all-race elections.

Feb 13, 1635: Boston Latin School, the first tax-payer supported (public) school in America was established in Boston, Massachusetts.

Feb 15, 1933—An Assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in Miami, Florida. A spectator deflected the gunman's aim.

Feb 17, 1865: During the American Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control.

Feb 20, 1943—German Field Marshall Erwin Rommel broke through American lines at Kasserine Pass in North Africa as inexperienced U.S. Troops lost their first major battle of World War II in Europe.

Feb 22, 1956—In Montgomery, Alabama, 80 participants in the three-month-old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King Jr. and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.

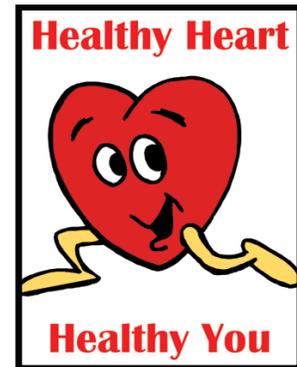
Submitted by: **BONNIE BONANNO, 2-F**

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

February is Heart Healthy Month

Top Ten Tips for Being Heart Healthy

- Give up smoking
- Get active
- Lose weight
- Drink less alcohol
- Eat more fiber
- Eat fish
- Get your veggies 5 a day
- Cut the salt
- Cut the saturated fats
- Read the food label



Following the above is always easier said than done; but making small changes can have an impact over time. The more risk factors you can keep under control, the less likely you are to have a future heart attack. But as you get older, your blood pressure, cholesterol and other heart-related numbers tend to rise.

No matter what your age, you can take matters into your own hands to help reduce your risk of heart disease. It's never too late to live heart-healthy; which is why you should consider your heart health at every age. Be sure to talk to your doctor to see how your current numbers measure up. Important numbers are your Total Cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides and Blood Pressure.

Your goal should be to get 40 minutes of exercise three to four times per week. Light weight lifting, water aerobics, and yoga are all great gentle exercises. Take advantage of the yoga class offered by one of our resident (Ellen Rosner) every Thursday in the community room.

Cooking and eating healthy can give your heart the nutrients it needs as well as improve your cholesterol and blood pressure.

Please continue to schedule your appointment in the office.

Thank you.

## MARK YOUR CALENDAR

- ◆ February 14th—HPHA Commissioner's Meeting at 6:30 PM
- ◆ February 26th—Winter Barbeque hosted by the Resident Council
- ◆ February 28th—Resident Council Meeting at 4:00 PM
- ◆ Mondays / Wednesdays / Fridays—SK Café with Bonnie from 10:30 am onwards
- ◆ Thursday / Fridays—Social Worker Kettly Gilles taking appointments

### Sad to say Goodbye

- Martha LeRoy , 1-J passed away after a long stay in the re-hab. Martha was a very quiet person. She made the best empanadas! We will miss you, Martha.
- Ronald Betz 2-S moved out as he relocated to South Amboy to live with a friend. Ronald was a quiet and very well mannered gentleman. We wish you the best Ronald.
- The building will sorely miss their beloved friend Inabelle Ciluffo who has transferred to a nursing home. Everyone loved Inabelle for her sweet and gentle ways. We wish Inabelle good health, happiness and peace in her new home.

### Resident News

- ◆ So nice to have Chuck Lacaillade back after his holiday in Calcutta, India.
- ◆ Our condolences to Rhonda Coons on the death of her mother.
- ◆ Relieved to see Frida Rydzinski back home after her recent health scare.
- ◆ Also nice to have Fathy Mekhail back after his long illness and re-hab.
- ◆ A big thank you to Ellen Rosner, 1-G who is devoting her time to instructing weekly Yoga classes at Samuel Kronman. We really appreciate your initiative and generosity, Ellen.



**Good friends and neighbors celebrating Jimmy Richter's birthday in his Apartment. Happy birthday Jimmy!**

**CHEF'S CORNER****SPICY VEGGIE QUESADILLAS**

2 tbs. olive oil

1 small onion, diced

1 small red bell pepper, diced

1 small zucchini, diced

1 jar Ragu spicy Italian sauce

4 (10 inch) burrito size flour tortillas

1 cup shredded Mozzarella or Monterey Jack cheese, divided

Heat 1 tbs olive oil in skillet, onion, pepper and zucchini, stirring occasionally, 4 minutes or until tender.

Reduce heat to medium and stir in 1-1/2 cups sauce. Simmer 5 minutes or until sauce is thickened.

Evenly spread sauce mixture on tortillas, leaving a 1-inch border. Sprinkle evenly with cheese and fold in half; set aside. Clean skillet.

Heat remaining 1 tbs olive oil in same skillet. Cook quesadillas, two at a time, turning once, 4 minutes or until golden brown and cheese is melted. Cut quesadillas into wedges.

**Special Days of February**

2nd—Groundhog Day

12th—President Lincoln's Birthday

13th—Mardi Gras

14th—Ash Wednesday

14th—Valentine's Day

16th—Chinese New Year—Year of the Dragon

19th—President's Day

22nd—President Washington's Birthday

28th—Purim begins

Quotable Quotes:

"He enjoys true leisure, who has time to improve his soul's estate."

- Henry David Thoreau

"If I have seen further it is by standing on the shoulders of giants."

- Isaac Newton

No Full Moon this Month!

**SMILE AWHILE..... Groundhog Day Humor!**

Over breakfast one morning, a woman said to her husband, "I bet you don't know what day this is."

"Of course I do," he indignantly answered, going out the door to the office.

At 10 AM, the doorbell rang and when the woman opened the door, she was handed a box containing a dozen long stemmed red roses. At 1 PM, a foil wrapped, two pound box of her favorite chocolates arrived. Later, a boutique delivered a designer dress.

The woman couldn't wait for her husband to come home.

"First the flowers, then the chocolates and then the dress!" she exclaimed.

"I've never had a more wonderful Groundhog Day in my lie!



**MEET THE RESIDENTS.....****RHONDA COONS  
SAMUEL KRONMAN, APT. 4-M**

Hi, my name is Rhonda Coons. I was born in New Brunswick, NJ on February 10th, 1957. I had 3 brothers and one sister but sadly they have all passed away. My mother was a nurse by trade but ran a day care in our home. My dad owned his own business, an Auto Parts and Salvage in Avenel.

I graduated from New Brunswick High School in 1975. My first job was at Rutgers University as a Financial Aid Advisor. I got married and had a daughter, Crystal who presently lives in Newark and a son, Jacob who lives in Trenton. I have 5 grand children, Lauren, Kiara, Jahsan, Major and Zaydan who I love very much.

Much later in life, I went to College at Rutgers University. I graduated with a Bachelor's Degree in Criminal Justice with a minor in Women and Gender Studies.

I am currently doing my Master's Degree at Rutgers University in Criminal Justice and Social Justice.

I enjoy watching old movies, especially old Christmas movies! I also like to bowl and absolutely love trying new baking recipes!

I moved to Samuel Kronman in June 2017. I love Highland Park. It's the best quiet town around where you can take a walk anytime of the day or night.

## YOGA CLASSES



Thanks to the generosity of resident Ellen Rosner, we are happy to offer you Senior Yoga classes right here at Samuel Kronman. The first class was held on Thursday February 1st. The Yoga class ended with a wonderful meditation session. Everybody found it very relaxing. Please do consider joining these classes every Thursday at 10 am. They are right here in the community room, it cannot get more convenient! Park Terrace residents are welcome!

## WINTER BBQ!

The Resident Council will be cooking up burgers and hotdogs fresh off the grill in the dead of winter! Please sign up for the winter BBQ on Monday, February 26th! Yum!

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## SQUIRRELS.....SQUIRRELS.....GO AWAY!

Please help your neighbors in the back of the building by NOT feeding the squirrels or animals. The squirrels are invading their balconies and leaving food and feces around. This is very offensive to your neighbors. Please DO NOT FEED ANIMALS ANYWHERE ON THIS PROPERTY!

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## NEWSLETTER RESIDENT FEATURE

If you have not yet been featured in this newsletter, please contact Runi so she can do a brief interview and you can be the star of the next newsletter! So, calling all Park Terrace and Samuel Kronman residents to step up and be featured! We love getting to know you!

**PHOTO GALLERY**



**FIRST YOGA CLASS  
IN DEEP MEDITATION.....**

**OUR NEWEST AND YOUNGEST  
RESIDENT AT PARK TERRACE-  
BABY JUSTICE WITH PROUD  
MOM, JUSTINE BOYD.**



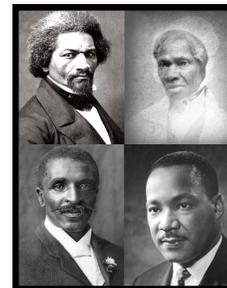
**DANIEL BECKENSTEIN WITH  
HIS WEEKLY DELIVERY OF DE-  
LICIOUS BREAD AND BAGELS!**

**FEBRUARY IS WHEN WE CELEBRATE AND HONOR PRESIDENTS DAY, LET'S  
TAKE A FEW MOMENTS TO REMEMBER ALL OF OUR PRESIDENTS.**

|                         |               |                           |               |
|-------------------------|---------------|---------------------------|---------------|
| 1. George Washington    | 1789-1797     | 31. Herbert Hoover        | 1929-1933     |
| 2. John Adams           | 1779-1801     | 32. Franklin D. Roosevelt | 1933-1945 (a) |
| 3. Thomas Jefferson     | 1801-1809     | 33. Harry S. Truman       | 1945-1953     |
| 4. James Madison        | 1809-1817     | 34. Dwight D. Eisenhower  | 1953-1961     |
| 5. James Monroe         | 1817-1825     | 35. John F. Kennedy       | 1961-1963 (a) |
| 6. John Quincy Adams    | 1825-1829     | 36. Lyndon B. Johnson     | 1963-1969     |
| 7. Andrew Jackson       | 1829-1837     | 37. Richard M. Nixon      | 1969-1974 (c) |
| 8. Martin Van Buren     | 1837-1841     | 38. Gerald R. Ford        | 1974-1977     |
| 9. William H. Harrison  | 1841 (a)      | 39. James Earl Carter     | 1977-1981     |
| 10. John Tyler          | 1841-1845     | 40. Ronald Regan          | 1981-1989     |
| 11. James K. Polk       | 1845-1849     | 41. George H.W. Bush      | 1989-1993     |
| 12. Zachary Taylor      | 1849-1850     | 42. William J. Clinton    | 1993-2001     |
| 13. Millard Fillmore    | 1850-1853     | 43. George W. Bush        | 2001-2009     |
| 14. Franklin Pierce     | 1853-1857     | 44. Barrack H. Obama      | 2009-2017     |
| 15. James Buchanan      | 1857-1861     | 45. Donald J. Trump       | 2017-         |
| 16. Abraham Lincoln     | 1861-1865 (a) |                           |               |
| 17. Andrew Johnson      | 1865-1869     |                           |               |
| 18. Ulysses S. Grant    | 1869-1877     |                           |               |
| 19. Rutherford B. Hayes | 1877-1881     |                           |               |
| 20. James A. Garfield   | 1881 (a)      |                           |               |
| 21. Chester A. Arthur   | 1881-1885     |                           |               |
| 22. Grover Cleveland    | 1885-1889     |                           |               |
| 23. Benjamin Harrison   | 1889-1893     |                           |               |
| 24. Grover Cleveland    | 1893-1897     |                           |               |
| 25. William McKinley    | 1897-1901 (a) |                           |               |
| 26. Theodore Roosevelt  | 1901-1909     |                           |               |
| 27. William Howard Taft | 1909-1913     |                           |               |
| 28. Woodrow Wilson      | 1913-1921     |                           |               |
| 29. Warren G. Harding   | 1921-1923     |                           |               |
| 30. Calvin Coolidge     | 1923-1929     |                           |               |



**BLACK HISTORY MONTH**  
**15 INSPIRING QUOTES FOR BLACK HISTORY MONTH**  
**....FREEDOM IS NEVER GIVEN'**



1. "Never be limited by other people's limited imaginations."  
 - Dr. Mae Jemison, first African-American female astronaut
2. "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality....I believe that unarmed truth and unconditional love will have the final word."  
 - Martin Luther King, Jr.
3. "The cost of liberty is less than the price of repression." - W.E.B. Du Bois
4. "In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."  
 - Thurgood Marshall, first African American US Supreme Court Member
5. "Hate is too great a burden to bear. It injures the hater more than it injures the hated."  
 -Coretta Scott King
6. "Whatever we believe about ourselves and our ability comes true for us."  
 - Susan L. Taylor, Journalist
7. "Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face." - Carol Mosely-Braun, politician and lawyer
8. "One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings."  
 - Franklin Thomas, activist, philanthropist, and former president of the Ford Foundation.
9. "My humanity is bound up in yours, for we can only be human together." - Desmond Tutu
10. "Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."  
 - Langston Hughes
11. "If there is no struggle, there is no progress." - Frederick Douglass
12. "The time is always right to do what is right." - Dr. Martin Luther King, Jr.
13. "Have a vision. Be demanding." - Colin Powell
14. "Freedom is never given; it is won." - A. Phillip Randolph, civil rights activist
15. "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." - Booker T. Washington

**DONNA BRIGHTMAN**