

# Housing Authority of the Borough of Highland Park

Housing Authority of the  
Borough of Highland Park  
242 South 6th Avenue  
Highland Park, NJ 08901  
Phone: (732) 572-4420  
Fax: (732) 985-6485



APRIL, 2014

APRIL IS STRESS AWARENESS MONTH

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Everyone feels stressed from time to time. If left unchecked, it tends to be a real joy-killer. This, of course, makes it harder for us to live complaint free, happy lives. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it's easy to see why it's so important to keep life's major stressors in check. Since April is Stress Awareness Month, the best way to celebrate would be by creating less stress in our own lives. Below are some positive ways you can respond to the stress in your life and keep your own stress levels in check:

1. Make a change. It can be as simple as clearing clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.
2. Make up you mind to get/stay healthy. Taking control of your personal health can make a great difference in the amount of stress you feel. Whether it's through diet, exercise, or simply getting that check-up you've been putting off, let April be the month you put yourself back in control.
3. Focus on now. Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only now. Focusing on this moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be and leave the stress stuck in a time warp.
4. Talk to yourself. Sometimes a good pep talk is all that is needed to keep your stress at bay. Maybe it's time you gave yourself one by affirming what is right with your life instead of dwelling on what's not.
5. Get the giggles. It's true, laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.
6. Keep a happiness journal. Every evening for the next 30 days spend a few minutes reflecting on the day you just had and list 5 things about the day that delighted you.
7. Help someone else. Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges, leading to less stress. So look around, see who needs a hand, then offer yours.

APRIL

1st– April Fools Day

13th–Palm Sunday

15th– First Day of  
Passover

18th– Good Friday

20th– Easter Sunday

27th– Holocaust  
Remembrance Day



## RENT

### Rent is due on the 1st.

If you are using the rent boxes, your check must be in the box **before 4 PM on April 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 (e.g. family member), they must put your name and apartment number on the check so it can be identified and deposited correctly.



### ATTENTION ALL RESIDENTS

**PLEASE REFRAIN FROM  
FLUSHING ANYTHING  
DOWN THE TOILET BUT  
TOILET PAPER!**

**PLEASE DO NOT FLUSH:  
BABY WIPES  
DIAPERS  
PAPER TOWELS  
TAMPONS  
SANITARY NAPKINS OR  
FOOD OF ANY KIND**



## COMMISSIONER'S CORNER

Finally the first day of spring!! It was a winter to remember (and not fondly), but with spring everything changes and we start over.

Some changes are welcome, like warmer weather and more opportunities to be outdoors. At the last board meeting, held on March 12, there was considerable discussion about the condition of the gazebo and the grounds surrounding the gazebo. This space for outdoor living and gathering belongs to everyone. There were several complaints of litter from cigarettes. If you see ashtrays that are overflowing or other accumulations of litter please let the office know so that it can be addressed. Better yet, if you have any ideas for Spring Cleaning or ways to make the area (or any part of the building) more enjoyable for everyone, bring your suggestions to the next board meeting on April 9, 2014 at 6:30 pm. Try to attend the board meetings.

It is your chance to participate and be heard about your housing environment.

Another change we're facing is new personnel. Our good friend Rich Sweeney has resigned as Maintenance Supervisor and we will all miss his friendly, caring manner and the good work he did for the Housing Authority. We all wish him well in his new venture, and hope he stops by sometime for a visit. The office is currently reviewing applications for this important position and more will follow in the next few weeks.

Regis Methven resigned as president of the tenant's association to go back to school. Good luck to Regis. The tenant's association is still getting off the ground and we hope there is a smooth transition to keep this important group active. Your involvement can make it happen.

So it's time to get outdoors or at least open a window and breathe in the long awaited spring air, savor the sights, and sounds of the season. It will boost your happiness!

Diane Reh, Commissioner

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## A NOTE FROM KETTLY AND JANI

### Good bye, Winter

Are you ready for some warmer weather?

### Peel and Eat

Studies have found that people with plenty of potassium in their diet may be less prone to high blood pressure.

Potassium –rich foods include bananas, oranges and cantaloupe.

### Seasonal ABCs

**S** is for Sunshine on chilly days

**P** is for Plants waking from winter

**R** is for Robins searching for worms

**I** is for the buzz of Insects

**N** is for birds building Nests

**G** is for days Growing longer

**T** is for colorful Tulips and daffodils

**I** is for Inhaling the crisp, fresh air

**M** is for the last of the snow Melting

**E** is for Everyone who is happy it's spring!

### Spring Clean Your Kitchen

You're probably used to wiping down your kitchen counters on a regular basis, but there are plenty of other areas in your kitchen that need a good scrub, too. Here's a short guide:

**Refrigerator:** Go through the food and throw away anything that's expired. Remove drawers and clean them separately, then scrub all inside surfaces with hot water and baking soda.

**Oven and Stove:** Use a paste of baking soda and water to get the surfaces of your stove and oven sparkling. To clean the microwave, zap a cup of water or lemon juice for three minutes to loosen grime, then wipe down the microwave walls with a dish cloth.

**Cabinets:** Remove all contents, sweep out crumbs and dust, and wipe shelves with a wet rag. Check pots, pans and dishes to see if any are broken or dirty before putting them back. Wipe down the cabinet fronts.

**Sink:** Fill the sink with warm water and pour in a cup of bleach to disinfect. Baking soda or lemon juice can be used to scrub off any stains.

Everything else: Wipe down other surfaces around your kitchen, including the trash can and light fixtures. Save the floor for last – first sweep up dry crumbs with a broom, then use a mop for a final polish.

### ACTIVITIES CALENDAR

**Parker Day Program – Every Monday from 10AM to 2PM**

Coffee Klatch – TBA

Eye Screening – TBA

Movie Matinee - TBA

## Top Tips to Keep Everyone Safe during National Distracted Driving Awareness Month

*More than 3,200 people killed in distracted driving crashes in 2012*

April is National Distracted Driving Awareness Month, so Robert Wood Johnson University Hospital and Safe Kids Middlesex County are reminding teens and families to put down their devices while driving. *Distracted driving is responsible for about 80% of all collisions.* This is especially important for new teen drivers, since traffic crashes are the leading cause of death for American teens.

Eleven percent of drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted. In NJ, a teen is involved in a crash *every 11 minutes!*

In 2012, more than 3,200 people were killed in distracted driving crashes. It only takes being distracted for a second for a life to be changed forever. National Distracted Driving Awareness month is the perfect time to talk to all drivers, *young and old*, about not texting and driving. Put away your devices, the mascara and the burger you just bought at the drive through so you can focus on getting to your destination safely every time.

Safe Kids Middlesex County recommends the following top driving safety tips.

**Talk to your kids about how to be safe while driving.** Remind kids to follow traffic signals and laws, make eye contact with pedestrians, and enter and exit driveways and alleys slowly and carefully.

**Let your actions speak as loud as your words.** Set a good example for kids by putting devices down and decreasing those other behaviors that can be distracting when you are behind the wheel. If parents demonstrate safe driving behaviors, kids are more likely to do the same. (And remember, the minute you turn your child's car seat around, they are watching your behavior and listening to your words.)

**Take action against distraction.** Teach your new drivers to put cell phones and other distractions in the back seat or out of sight until their final destination.

**Be alert around neighborhoods and schools.** When driving, be especially alert in residential neighborhoods and school zones and be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.

**Watch out for pedestrians.** Give pedestrians the right of way and look both ways when making a turn to help spot any bikers, walkers or runners who may not be immediately visible.

**To learn more safety tips, visit:** <http://www.safekids.org/c2d>

or contact RWJ's Injury Prevention Program and Safe Kids Middlesex County at 732.418.8026.

Like us on Facebook at <http://www.facebook.com/safekidsmc>

*Save the Date*

**Sunday, May 4<sup>th</sup>, 9a – 4p**

**Sports Safety Symposium at the Rutgers Athletic Center**

**For more information: [www.rwjtrauma.org](http://www.rwjtrauma.org)**

### **BUG BITS**

Out with the cold weather and in with the bugs. Spring and summer are great times to enjoy the outdoors; they are also peak times for annual bug and pest explosion. And we're not just talking Cicada's, but also flies, ants, mosquitoes, cockroaches, bees, and bed bugs.

**Mosquito:** There's no reason to ever want a mosquito around. When they bite, it can itch for days and they also transmit diseases like the West Nile Virus. They breed in shallow water areas like puddles and water-filled pots.

**House Flies:** Anyone who has ever been to a BBQ knows flies follow food. If your windows are up please make sure the screen are down and don't have holes in them. Also, mind your mother and don't leave the door open because you don't live in a barn.

**Cicadas:** There's a new batch of these strange looking Sci-fi bugs every summer, and they have been underground for sometimes as long as 17 years. So when they rise, they are due to make some noise. By the way, this is "Brood year" (swarm year) so break out your Badminton and Tennis racquets.

**Ants:** Just like flies, ants are going to follow the food. Whether the food is outside on the grill or in your kitchen, if you leave them a path, they will get there. The best thing is to keep your floors and counters extra clean, put food away after you're finished and always keep a can of ant spray handy during the Spring and Summer months.

**Cockroaches:** Same as Ants but they carry many diseases. If you have poor house-keeping and leave food out, you are inviting cockroaches in for a feast. Keep the stove, cabinets and counters free of grease and other food particles, roaches will feed on anything left behind. Having a house full of clutter can also contribute because roaches can hide and avoid pesticides.

**Bees:** My favorite insect, but can also be one of the most dangerous. Never mess with a bee hive. A bee sting can be very harmful if a person is allergic.

**Bed Bugs:** These nasty little blood suckers multiply three times more rapidly during the warmer months. Checking your mattress and furniture weekly can help with identifying the start of an infestation. Also eliminating clutter can prevent bed bugs from hiding and furthering an infestation.

Thank you and enjoy the warm weather.

As always for any pest issues or questions please feel free to call me.

Vincent Sammartino  
732-634-2750 x126



### KATHY'S CORNER

#### **Spring Clean-Up**

Spring has finally arrived and once again, we have received our annual spring bulletin from the New Jersey Public Housing Authority Insurance Company.

They provide us with numerous advice tips for our employees to follow to ensure safety in the workplace, as well as various property maintenance that should be attended to each spring in order to ensure all around safety.

The spring bulletin also provides some very important information that we are asked to pass along to residents. The insurance carrier asks us to encourage spring-cleaning with all residents, as when it is done properly, it can dramatically improve the safety of your individual residence.

They strongly encourage that each resident spends some time to reduce any clutter that may have accumulated in your dwelling unit. They remind us that while clutter does not start fires, it can certainly become the fuel for a fire, makes fires more difficult for the Fire Department to extinguish, and may make it more difficult to escape if a fire breaks out.

The insurance carrier also asks that we encourage residents to reduce or eliminate hazardous chemicals. Cleaners, paint and other common household chemicals can fuel a fire and are often hazardous to our health. Since we realize that these types of chemicals are not permitted to be disposed of with ordinary household trash, we will set aside April 16, 2014 to allow residents to remove any of these hazardous materials from their dwelling. We ask that you put these items in clear or see through bags, or place in open top boxes and place them in the dumpster area of your respective complex between the hours of 8:00 and 10:00 AM on April 16, 2014. Our maintenance staff will remove these items at this time and dispose of them in the proper way.

Please understand that this can be a one-time only sweep. If you miss the date and time to deposit your hazardous materials in the designated pick-up place, you will have to arrange your own disposal.

Let's all do our part to secure the safety of our homes.

# STRESS

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

**FIND: Adrenaline, Alarm, Anger, Change, Closure, Control, Counseling, Death, Grief, Denial, Depression, Energy, Fatigue, Negative, Support**

# EASTER BREAKFAST CASSEROLE

## Ingredients:

- 1 pound bacon
- 1/4 cup diced onion
- 1/4 cup diced green bell pepper
- 3 cups shredded cheddar cheese
- 1(16 ounce) package frozen hash brown potatoes, thawed
- 8 eggs
- 2 cups milk

## Directions:

1. Preheat oven to 350 degrees. Lightly grease 7x11 inch casserole dish.
2. Fry bacon until evenly browned. Drain on paper towel and crumble.
3. In a large bowl, beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Stir in thawed hash browns. Pour mixture into prepared casserole dish.
4. Cover with foil and bake for 45 minutes. Uncover and bake another 30 minutes until eggs have set.

# STRESS QUOTES

“Stress should be a powerful, driving force, not an obstacle.”

-Bill Phillips

“Give your stress wings and let it fly away.”

-Terri Guillemets

“I try to take one day at a time, but sometimes several days attack me at once.”

-Jennifer Yane

“The greatest weapon against stress is our ability to choose one thought over another.”

-William James

“Stress is the trash of modern life-we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life.”

-Terri Guillemets

“If people concentrated on the really important things in life, there’d be a shortage of fishing poles.”

-Doug Larson

“Each day should have a clearly marked emergency exit sign.”

-Dr. Sunwolf

“When your dealing with stress, the problem may not be the stressful situation, as much as the effort to avoid the situation and the feelings it arouses.”

-Ted A. Grossbart

## **STRESS**

**A DEFINITION, FRIENDS, OF STRESS:  
YOUR OWN REACTION TO A MESS.  
STRESSES MAY BE LARGE OR SMALL  
SOMETIMES THEY'RE NOT PERCEIVED AT ALL  
EXAMPLES: SAY A LACK OF CASH;  
A JUST-AVOIDED FREEWAY CRASH;  
AN ALLERGEN THAT'S IN THE AIR;  
THE BARBER SAYS YOU'RE LOSING HAIR;  
FIFTY ON A SPAVINED HORSE;  
ATTORNEY'S LETTER RE DIVORCE;  
WETNESS, DRYNESS, HEAT OR COLD;  
CALLOW YOUTH OR GETTING OLD  
STRESS FROM PAINS TO PLEASURE RANGE  
THE COMMON ELEMENT IS CHANGE  
ADAPT OR DIE, AND THAT'S THE FACT  
AND SO OUR BODIES MUST REACT:  
THE HEART SPEEDS UP, THE GUT SLOWS DOWN,  
FACIAL MUSCLES SNARL OR FROWN,  
BRONCHIAL TUBES EXPAND AND THEN,  
THE BLOOD ABSORBS MORE OXYGEN,  
WIDENED PUPILS SEARCH THE VOID,  
ADRENAL GLANDS SECRETE STEROID,  
SERUM GLUCOSE STARTS TO CLIMB,  
MORE INSULIN WORKS OVERTIME,  
STRESSED PHYSICALLY OR MENTALLY,  
MUSCLES TENSE TO FIGHT OR FLEE,  
THE MIDBRAIN BOILS WITH RAGE AND FEAR,  
WHILE CORTEX PLANS TO SAVE YOUR REAR,  
THE POINT IS, STRESS IS NOT UNIQUE  
IT DOESN'T MEAN YOU'RE DUMB OR WEAK  
A PART OF MANKIND'S CONSTITUTION  
BEQUEATHED TO US BY EVOLUTION  
COMMON TO BOTH MAN AND BEAST  
IT PROVES YOU'RE STILL ALIVE, AT LEAST.  
-BY WILLIAM GOLDSMITH, MD**

**Sincerely, Donna Brightman**