

Housing Authority of the Borough of Highland Park

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FEBRUARY, 2014

AFRICAN AMERICAN HISTORY MONTH

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The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and the United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

As a Harvard-trained Historian, Carter G. Woodson, like W.E.B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of the African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960's dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights Movement focused Americans of all color on the subject of the contributions of African Americans to our history and culture.

The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of black history in the drama of the American story. Since then each American president has issued African American History Month Proclamations. And the association— now Association for the Study of African American Life and History (ASALH)- continues to promote the study of black history all year.

FEBRUARY

2ND-
GROUNDHOG DAY

12TH-
LINCOLN'S BIRTHDAY

14TH-
VALENTINE'S DAY

17TH-
PRESIDENT'S DAY

22ND-
WASHINGTON'S
BIRTHDAY

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 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 (e.g. family member), they must put your name and apartment number on the check so it can be identified and deposited correctly.

ATTENTION RESIDENT

THE ADMINISTRATION WOULD LIKE TO THANK THE RESIDENTS FOR THEIR PATIENCE AND COOPERATION DURING THE RECENT FREQUENT POWER OUTAGES. PLEASE KEEP IN MIND THAT MAINTENANCE IS IN THE BUILDING TO PERFORM FIRE WATCH DUTIES. PLEASE BE APPRECIATIVE OF WHAT THEY DO OUTSIDE THE SCOPE OF THEIR JOBS AS THEY DO IT WITH THE KINDNESS OF THEIR HEARTS.

COMMISSIONER'S CORNER

Well, it has been quite a winter so far with a few small snowstorms, extremely cold weather and then some relatively warm weather! In addition, so many Highland Park residents, including the HPHA residents, experienced a power outage in January. Let me take this opportunity to thank Rich and Jeff who did such a great job handling the weather problems and the power outage. So many of you have complimented them! Well, let us hope February is not as eventful!

At our January reorganization meeting, I was elected Chair for the second year. Diane Reh was also elected Vice Chair for a second term. We both felt that we made significant contributions in our first year as officers of the Board and we appreciate the confidence our fellow Commissioners have in re-electing us. We will continue to work to maintain and improve the Housing Authority to the best of our ability. At our February 12th meeting, I will announce my appointments for committee chair. As you may know we have six committees as follows:

- Buildings and Grounds
- Finance and Administration
- Personnel
- Tenant Relations
- Policy

The committees meet with no more than three members of the Board and thus the meetings do not have to be advertised or open to the public. A good example was the Policy Committee that met twice last year to work on revising the by-laws. Our first meeting was in the summer of 2013. The Chair was Burt Weltman and his co-chair was Mary Barnes. As Chair of the Board, I attended the meetings. After numerous emails, phone calls and drafts of the proposed by-laws going back and forth between the three of us we made a final draft for Donna and Terrence Corrison, Esquire in the fall to review. At our October meeting, the new by-laws were shared with all the Commissioners. After some discussion, the Commissioners unanimously adopted the by-laws. As you can see, it was more efficient and productive to develop new by-laws in a three member committee then trying to create them with a seven member Board. I hope this brief explanation makes it clear as to how and why we work in committees.

I hope more of you will attend our Wednesday February 12th meeting at 6:30 in the Community Room. The Board looks forward to meeting you and hearing your comments. Happy Valentine's Day, Evelyn Sedehi, Chairperson

A NOTE FROM KETTLY AND JANI

Advance Health Care Directives and Living Wills

Although death is an inevitable part of life, many of us are reluctant to face the fact that we are not going to live forever and do not plan for our end of life care. Thinking about your end of life choices today can improve your quality of life in the future and ease the burden on friends and family. Discussing your wishes with loved ones and preparing an Advance Directive offers the best assurance that decisions regarding your future medical care will reflect your own values and desires.

What is an Advance Health Care Directive?

It is a document that instructs others about your medical care should you be unable to make decisions on your own. It only becomes effective under the circumstances put in the document. The document allows you to:

- ♥ Appoint a health care agent- this person will have legal authority to make health care decisions for you if you are unable to speak for yourself. This could be a spouse, family member, close friend or any other person that you feel will make sure your decisions and wishes are met.
- ♥ Prepares instruction for your healthcare- this is the same as a “living will” it states your wishes about life sustaining medical treatment if you are terminally ill or permanently unconscious. An example would be a clear statement about your choice to prolong your life or to withhold or withdraw treatment.

Planning ahead with an Advance Health Care Directive lets everyone know what is important to you. Talking about death with those close to us is not being ghoulish or giving up on life, but an easy way to ensure greater quality of life even when faced with a life-limiting illness or tragic accident.

Creating an Advance Health Directive and Living Will does not need to be complicated. It can be short simple statement about what you want and don't want. Although some choose to seek legal advice to write an Advance Health Directive you don't need to. The forms are available at most Dr's offices, hospitals, the internet, public library and senior centers. Kettly has them available in her office, feel free to call and make an appointment if you need assistance in filling it out. Once you have your Advance Health Care Directive and Living Will give copies to your family member, Dr and hospital. If you have any questions or would like to discuss this further please come by to see Jani or Kettly.

Activities Calendar:

Parker Day Program – Every Monday from 10Am to 2Pm

Coffee Klatch – TBA

Eye Screening – TBA

Black History Program – TBA

Heart Day Celebration – 2/13/14

Movie Day – TBA

February 14th - Last day to switch from Medicare Advantage Plan to Original Medicare

National Burn Awareness Week February 2-8

Scald injuries affect all ages, but young children and the elderly are the most vulnerable because their skin tends to be thinner and the risk of injury is higher and more serious. A scald is any burn caused by a hot liquid or steam. Bathing and kitchen-related “accidents” are the most common. For young children, scalds are the leading cause of burn-related emergency visits and hospitalizations.

Kitchens tend to be the gathering spot in many homes and are often the scene of many incidents involving hot liquids. Safe Kids Middlesex County and the Level 1 Trauma Center at RWJ suggest the following safety tips to keep your entire family safe from scald burns...

- Keep pot handles turned inward and use back burners to cook.
- Use oven mitts or potholders.
- Use care with a microwave
 - Stir food and test temperature before serving
 - Heat formula separately before putting into a baby bottle
 - Supervise children using a microwave
- Limit the use of tablecloths and placemats with young children; pulling on them may cause hot foods/liquids to spill.
- Keep high chairs a safe distance away from counters and stove.
- EITHER hold a hot beverage or hold a child, *not both at the same time*.
- Establish “safety zones” with your children and closely supervise children when they are in or near the kitchen.
- Set your home water heater to a temperature of 120°F (48°C). Always test the water with your hand before bathing children or allowing them to help with washing dishes or other similar activities.

For more information on how to prevent burn injuries or to join
Safe Kids Middlesex County and the Injury Prevention Program @ RWJ:
732.418.8026

www.facebook.com/safekidsmc

www.rwjTrauma.org

Submitted by: Diana Starace, Injury Prevention Coordinator

BUG BITS-Pantry Pests

Discovering "bugs" in your breakfast cereal may be disgusting, but it isn't unusual, because many insects like to eat what we do. Stored foods commonly infested include flour, cereals, cracked grains, dried pastas, dried fruits, wheats, nuts, popcorn and spices. Insects that feed on these products may also infest other grain-based products such as pet foods, birdseed and ornamental corn. Dried flower arrangements may also be attacked.

Many people call me and say, "I see bugs on my kitchen countertops." I tell them it is most likely "pantry Pests." Pantry pests are a broad spectrum of insects including: red flour beetles, warehouse beetles, larder beetles, sawtoothed grain beetles, drugstore & cigarette beetles, confused flour beetles, spider beetles, rice weevils, grain weevils, common bean weevils, grain mites and Indian meal moths.

Pantry Pest Prevention

- * Purchase food in package sizes that can be used up in a short time. Do not store food products for more four months, if possible.
- * When purchasing packaged foods, be certain containers are not damaged and seals are intact.
- * Store dried foods in insect-proof containers such as screw-top glass, heavy plastic or metal containers. This will prevent entry or escape of insects. Cardboard, paper or plastic wrapping will not prevent insect infestations.
- * Keep food storage clean and do not allow crumbs or food particles to accumulate, as exposed foods will attract insects. Cleanliness is especially important in areas where pet food and birdseed is stored.

Control of all Stored Food Pests

Do not use pesticides or insect spray. This could contaminate your food. Inspection and identification of all potential food sources is essential to controlling the infestation . Control requires locating and discarding all infested items. Do not over look intact boxes or containers because many insects can chew their way into cardboard and foil. Empty out cabinets and inspect all boxes and packages. When infested items are found discard them. You will then want to hose vacuum the cabinets thoroughly picking up the insects and spilled food particles. Empty the vacuum and discard the bag immediately to prevent re-infestation.

As always for any pest issues or questions please feel free to call me.
Vincent Sammartino
732-634-2750 x126



KATHY'S CORNER

As I am writing this article, I know that the State of the Union Address will be made tomorrow evening. I am reminded of the address in 2011, which occurred a few weeks following the tragedy in Tucson where Congress woman Gabrielle Gifford was shot and others were senselessly killed. I watched that State of the Union Address in awe. My awe was not so much inspired by the words the President spoke, but rather by the demeanor and attention of the audience. The atmosphere was quite different from the broadcast of the State of the Union address in years past.

That year there was no line drawn in the sand, with the Jets on one side and the Sharks on the other. That year, our elected representatives sat side by side; democrats intermingled with republicans. The President was afforded unprecedented attention and respect. It was quite noticeable that the often disrespectful interruptions that we sometimes saw in past years when members of the opposing party took exception to something the President would say did not occur last night. The "CIVILITY" in the room was evident from start to finish and I must say that I found it to be quite refreshing. Even the republican rebuttal that followed was so much more gracious than I had ever recalled.

It is just such a shame that it took the tragedy that occurred in Tucson to spark this type of behavior at such an auspicious event as the State of the Union Address. This is the type of behavior that should be displayed on a daily basis. Being courteous and respectful throughout the speech, even though I am sure many in the audience disagreed with any number of points, did not kill, or cause harm to anyone.

I think that we could all learn a lesson from this. On occasion, we can all be guilty of acting less than respectfully towards others, whether they be co-workers, or neighbors, when they have differing opinions. As if this is not bad enough, some of us become so very intolerant of others, that the mere sight, or mention of that other person, sends us into a frenzied tirade.

I hope that everyone reading this will really take a long, hard look at themselves. It is always easier to see negative traits in others, but avoid the looking glass when it comes time to examine the actions and behaviors we ourselves portray.

I have said this numerous times in the past, but it bears repeating; "You do not have to like all of your neighbors, but you **must** respect their right to live where you live". Our residents are multi-cultured, speak a variety of languages, and come from different socio-economic backgrounds. One thing they do all have in common however, is that they have met the eligibility requirements to reside at our sites and we all need to find a way to tolerate and embrace the many differences we all portray.

Happy New Year to Everyone!

BLACK HISTORY

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

FIND: Abolition, Ralph J. Bunche, Equality, March, Freedom, Nat King Cole, Oppression, Hiram Revels, Rights, Guion Bluford, Vote

VALENTINE STRAWBERRIES

Ingredients:

- 20 fresh strawberries
- 1 (3 ounce package) cream cheese, softened
- 2 tablespoons chopped walnuts
- 1 1/2 tablespoons confectioners sugar

Directions:

1. Dice 2 strawberries and set aside. Cut the stems off each of the remaining strawberries forming a base for strawberry to stand on. Starting at the pointed end and cutting most of the way, but not completely through the stem end, slice each strawberry into four wedges.
2. Beat the cream cheese until fluffy. Stir in diced strawberries, walnuts and powdered sugar. Spoon about a teaspoon of mix into each strawberry.

About Super Bowl Sunday

The Super Bowl was first played on January 15, 1967, as part of a merger agreement between the NFL (National Football League) and AFL (American Football League). After a merger in 1970, each league became a "conference" and the game is now played between conference champions to determine the overall championship. The winning team receives the Vince Lombardi Trophy, named after the coach of the Green Bay Packers, who won the first two Super Bowl games and 3 of the 5 preceding NFL championships (1961, 1962, and 1965).

The day on which the Super Bowl is played, is now considered a de facto American national holiday - called *Super Bowl Sunday*. The broadcast of the football game is the most watched American television broadcast and boasts the most expensive commercial airtime of the year. Exclusive television broadcast rights for the Super Bowl rotate each year among 4 major American television networks: CBS, FOX, ABC and NBC. Because of the high viewership and commercial expense, watching and discussing the broadcast's commercials have become a significant part of the event.

Super Bowl games are numbered by using roman numerals. Super Bowl III was the first game to be numbered.



BLACK HISTORY MONTH QUOTES

“The time is always right to do what is right.” -Rev. Dr. Martin Luther King, Jr., Activist

“I have learned over the years that when one’s mind is made up, this diminishes fear.”
-Rosa Parks, Activist and “mother of the freedom movement”

“Hate is too great a burden to bear. It injures the hater more than it injures the hated.”
-Coretta Scott King, Activist

“Never be limited by other people’s limited imaginations.” -Dr. Mae Jamison, first African American female Astronaut

“In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”
-Thurgood Marshall, first African American on the U.S. Supreme Court

“The past is a ghost, the future a dream. All we ever have is now.” Dr. Bill Cosby, comedian/actor

“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, Author/Politician

“For Africa to me...is more than a glamorous fact. It is historical truth. No man can know where he is going unless he knows exactly where he has been and exactly how he arrived at his present place.” Dr. Maya Angelou, Author/Poet

“Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope...and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.” -Robert F. Kennedy, Politician

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” - Rev. Dr. Martin Luther King, Jr.

“Just don’t give up what you’re trying to do. Where there is love and inspiration, I don’t think you can go wrong.” -Ella Fitzgerald, Jazz Vocalist

“A good head and a good heart are always a formidable combination.” -Nelson Mandela

“The need for change bulldozed a road down the center of my mind.” -Maya Angelou

“Each person must live their life as a model for others.” -Rosa Parks

Sincerely, Donna Brightman