

Housing Authority of the Borough of Highland Park

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Borough of Highland Park
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JANUARY, 2014

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JANUARY

1ST-New Year's Day

20th- Rev. Dr.
Martin Luther King,
Jr. Day

31st- Lunar New
Year



MARTIN LUTHER KING, JR.

DAY OF SERVICE, JANUARY 20, 2014

Rev. Dr. Martin Luther King, Jr. was a vital figure of the modern era and a pivotal figure in the Civil Rights Movement. His lectures and dialogues stirred the concern and sparked the conscience of a generation. His charismatic leadership inspired men and women, young and old, in this nation and around the world.

Following in the footsteps of his father, in February, 1948, at the age of 19, Rev. Dr. Martin Luther King, Jr. entered the Christian ministry and was ordained at Ebenezer Baptist Church in Atlanta. In 1954, upon completion of graduate studies at Boston University, he accepted a call to serve at the Dexter Avenue Baptist Church in Montgomery, Alabama. While there, he was an instrumental leader in the Montgomery Bus Boycott, made famous by the nonviolent resistance and arrest of Rosa Parks. He resigned his position in 1959 to move back to Atlanta to direct the activities of the Southern Christian Leadership Conference. From 1960 until his death in 1968, he also served as co-pastor with his father at Ebenezer Baptist Church. Dr. King was arrested 30 times for his participation in civil rights activities.

While Dr. King preached about justice, empowerment, love and peace, in the final months of his life, his attention was turned to fighting poverty. Sadly, more Americans live in poverty today than during Dr. King's lifetime. Forty-seven million Americans currently fall below the poverty line.

Dr. King was shot while standing on the balcony of the Lorraine Motel in Memphis, Tennessee and died on April 4, 1968. He had gone to Memphis to help lead sanitation workers in a protest against low wages and intolerable working conditions.

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Dr. King. Americans first observed the holiday in 1986. In 1994, Congress designated the holiday as a national day of service and charged the Corporation for National and Community Service (CNCS) with leading this effort. Taking place each third Monday in January, the Martin Luther King, Jr. Day of Service is the only federal holiday observed as a national day of service- "a day on, not a day off". This day of service empowers individuals, strengthens communities, bridges barriers, addresses social problems, and moves us closer to Dr. King's vision of a "Beloved Community." Dr. King recognized the power of service. He famously said, "Everyone can be great, because everyone can serve." Observing the Martin Luther King, Jr. federal holiday through service is a way to begin each year with a commitment to make your community better. Your service honors Dr. King's life and teachings and helps meet national challenges.

Service also brings together people of all ages, backgrounds, and abilities. The MLK Day of Service encourages all types of service, particularly projects that have a lasting impact and connect participants to ongoing service.

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 January 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 **SENIOR BUILDING**

IT HAS COME TO THE ATTENTION OF THE OFFICE THAT SOME OF YOU ARE STILL LETTING PEOPLE INTO THE BUILDING WHO YOU DO NOT KNOW. PLEASE DISCONTINUE THIS PRACTICE IMMEDIATELY IN ORDER TO MAINTAIN SECURITY IN THE BUILDING. YOUR OWN SAFETY MAY BE AT RISK!!

ANNUAL NOTICE **OF REGULAR MEETINGS FOR 2014**

BE IT RESOLVED by the Board of Commissioners of the Housing Authority of the Borough of Highland Park, New Jersey that the Regular Meetings of the Board during the period of January 1, 2014 through December 31, 2014 shall be as follows:

Wednesday, January 8, 2014

Wednesday, February 12, 2014

Wednesday, March 12, 2014

Wednesday, April 9, 2014

Wednesday, May 14, 2014

Wednesday, June 11, 2014

Wednesday, July 9, 2014

Wednesday, September 10, 2014

Wednesday, October 8, 2014

Wednesday, November 12, 2014

Wednesday, December 10, 2014

Regular Meetings shall commence at 6:30PM prevailing time within the Community Room of Samuel J. Kronman Building at 242 South 6th venue, Highland Park, NJ.

Agenda Sessions, Work Sessions, Special Meetings and Emergency Meetings of the Board will be scheduled at the call of the Chair at a date, time and place to be determined by the Chair.



A NOTE FROM KETTLY AND JANI

Dealing with Getting Back into Shape after the Holidays

The holidays make weight maintenance difficult for even the most disciplined people. It is easy for the holidays to lead into overeating. Turning down food can be very difficult and the food is often tempting and delicious.

Here is a guide that will help you learn how to cope with your weight and help you learn the healthiest ways to lose a few of those extra pounds in the following months.

Drink Water- water is your friend when it comes to weight loss it can be hard to tell whether or not you are gaining weight or you have just put on some water weight. The best thing to do is drink plenty of water to get off any of the excess water weight you gained over the holidays. The water will fill you up. Some suggest drinking a glass of water before you start your meal so you feel fuller faster. You may want to add fresh lemon to your water.

Get Support for Weight Loss-Weight Loss is a journey that is best not traveled alone. Sometimes the reason that we eat is because we are bored or have no one to talk to. If you try and lose weight on your own you are more likely to revert back to your old ways because there is no one that you have to be accountable to. We are all looking for some kind of acceptance and for someone to tell us whether we are looking good or not. It is always helpful to be supportive to someone who is having the same struggle as you are. Some groups to join are weight watchers, the senior center or just grab a neighbor, friend or family member.

Exercise the Weight away-Doing cardiac (heart) exercise is the best thing for you not only does it help you achieve faster weight loss, but it also helps to strengthen our heart. Just spend 20 minutes a day doing something extra. It can be as easy as a walk in the hallways. Put on some music and dance. Take a class next door at the senior center.

Establish a Healthy Eating Routine-Clear out your fridge immediately after the holidays. The more quickly you can stock your kitchen with healthier, low calorie food options, the easier it will be to take off the weight. Stock your fridge with healthy food options. Fruits, vegetables, fish, nuts, seeds and low calorie snacks are good options.

*This is not easy but if you make it fun then there is no way that you cannot lose the weight and get into good health. This year make your resolution come true and start out with **A Happy and Healthy New Year!!***

ACTIVITY CALENDAR

Coffee Klatch –TBA

Wellness Day –TBA

Eye Screening –TBA

HOW TO MAKE WINTER FUN AND SAFE

Many families believe winter, and everything that comes with it, is a special, sacred time. But there are also some risks and hidden dangers that we think parents need to be aware of. Some of our most treasured winter sports usher way too many kids into the emergency room. For example, in 2010, more than 26,000 injuries were sustained by children ages 14 and under involving skiing, snowboarding or snowmobiles and more than 25,000 children are treated in emergency departments for sledding-related injuries each year.

Injuries during winter sports and activities are bound to happen. Kids love to push their limits and the last thing we want to do is take the fun out of play. But there is nothing less fun than not being able to play because of an injury - and a preventable one at that. That's why it's important to understand a few of the tips that can help keep our kids safe.

Things like sending your kids outside in the cold with proper gear such as [helmets](#) when they're sledding, skiing, snowboarding or playing ice hockey (in fact, helmets have been shown to reduce the risk of concussion, particularly in sports such as football, skiing and snowboarding). We can also remind our kids to stay properly hydrated (compared to adults, children are at increased risk of dehydration—and yes, it can and does happen even in cold temperatures).

Being smart about safety in wintertime also means having proper, warm clothing and sunscreen. It's a good idea to have your kid come indoors periodically to prevent hypothermia or frostbite (hey, you can bait them with hot chocolate and cinnamon toast).

These are just a few winter season reminders to keep your kids happy and healthy while frolicking in the snow. May we wish you plenty of snow angels in January and beyond.

For more information about sports safety, visit www.safekids.org,
or call Robert Wood Johnson University Hospital Injury Prevention Program:
732.418.8026.

Submitted by: Diana Starace, Injury Prevention Coordinator

**BUG BITS-SENIOR BUILDING
PEST CONTROL/UNIT INSPECTION**

January 6th:
1-A through 4-D
January 13th:
4-E through 6-T
February 3rd:
1-A through 4-D
February 10th:
4-E through 6-T
March 3rd:
1-A through 4-D
March 10th:
4-E through 6-T
April 7th:
1-A through 4-D
April 8th-(Tuesday):
4-E through 6-T
May 5th:
1-A through 4-D
May 12th:
4-E through 6-T
June 2nd:
1-A through 4-D
June 9th:
4-E through 6-T
July 7th:
1-A through 4-D
July 14th:
4-E through 6-T
August 4th:
1-A through 4-D
August 11th:
4-E through 6-T
September 8th:
1-A through 4-D
September 15th:
4-E through 6-T
October 6th:
1-A through 4-D
October 20th:
4-E through 6-T
November 3rd:
1-A through 4-D
November 10th:
4-E through 6-T
December 1st:
1-A through 4-D
December 8th:
4-E through 6-T



COMMISSIONER'S CORNER

**ON BEHALF OF THE BOARD OF
COMMISSIONERS AND STAFF
OF THE HOUSING AUTHORITY
OF THE BOROUGH OF
HIGHLAND PARK**

SINCEREST WISHES FOR

**A HAPPY,
HEALTHY AND SAFE
NEW YEAR!!!**





KATHY'S CORNER

All participants in both the public housing and Section 8 programs are given the option each year of selecting to pay flat (market) rent, or income-based rent. Ninety-nine percent choose income-based rent, as flat rent is a benefit to very few of our participants.

The formula for determining income-based rent, with the exception of the minimum rent option that was added with the adoption of the Quality Work and Responsibility Act (QWARA) in 1999, has remained the same for well over twenty (20) years. With the addition of minimum rent, which the Highland Park Housing Authority (HPHA) has established as \$50.00 per month, each participant's family rent is determined by comparing and taking the greater amount of 10% of the family's total, gross annual income, 30% of the family's adjusted annual income, or the minimum rent of \$50.00. (Adjusted income is the income remaining after all eligible allowances are deducted from the gross annual income.) Almost all of our participants' rent is based on 30% of adjusted income. However, when a family's income is so low, or non-existent, \$50.00 may be the greatest of the three formula options.

There are situations, which may require the HPHA to grant a family a hardship exemption and suspend the obligatory \$50.00 minimum rent. The hardship exemption must be granted in the following instances:

- When the family has lost eligibility for, or is awaiting an eligibility determination for a government assistance program;
- When the family could be evicted because it is unable to pay the minimum rent;
- When the income of the family has decreased, because of changed circumstances including loss of employment;
- When a death has occurred in the family; and
- Other circumstances determined by the PHA or HUD.

If the family paying minimum rent requests a hardship exemption, the PHA must suspend the minimum rent, effective the following month. The PHA may not evict the family for non-payment of the minimum rent for 90 days following the request for the hardship exemption.

The suspension of minimum rent continues until the PHA determines whether or not the hardship is temporary or long term.

If the hardship is verified to be temporary (less than 90 days), the PHA must reinstate the minimum rent and offer the family a reasonable repayment agreement of the minimum rent that was suspended.

If the hardship is verified to be long-term (lasting more than 90 days), the minimum rent must be suspended until the hardship ceases. The family may not be evicted for failing to pay minimum rent while the hardship is occurring.

If a PHA denies the minimum rent hardship exemption, the resident is entitled to file a grievance and the PHA may not require the resident to make an escrow deposit to obtain the grievance hearing.

MARTIN LUTHER KING, JR.

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

FIND: African, American, Boycott, Civil, Demonstrate, Discriminate, Dream, Emancipate, Equality, Freedom, Leader, Peace, Protest, Racism,

CANDY CANE FUDGE

Ingredients:

- 2 (10 ounce) package vanilla baking chips
- 1 (14 ounce) can sweetened condensed milk
- 1/2 teaspoon peppermint extract
- 1 1/2 cups crushed candy canes
- 1 dash red or green food coloring

Directions:

1. Line an 8 inch square pan with aluminum foil, and grease the foil.
2. Combine the vanilla chips and condensed milk in a saucepan over medium heat. Stir frequently until almost melted, remove from heat and continue to stir until smooth. When chips are completely melted, stir in the peppermint extract, food coloring and candy canes.
3. Spread evenly in the bottom of prepared pan. Chill for 2 hours, then cut into squares.

IN THE NEW YEAR
 MAY YOUR RIGHT
 HAND ALWAYS BE
 STRETCHED OUT
 IN FRIENDSHIP
 NEVER IN WANT.

-IRISH TOAST



THOUGHTS TO PONDER

“ To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.” -Douglas Adams

“If we do not lay out ourselves in the service of mankind whom should we serve?” -John Adams

“He who helps in the saving of others, saves himself as well.” - Hartmann Von Aue

“ To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.” - Pearl S. Black

“Service is the rent we pay for the privilege of living on this earth.” -Shirley Chisolm

“Only a life lived in the service of others is worth living.” -Albert Einstein

“The best way to find yourself is to lose yourself in the service of others.” -Mahatma Gandhi

“The only thing you will take through those pearly gates is what you have given away.” -Marcia Moore

“The man who gives little with a smile gives more than the man who gives much with a frown.” -Jewish Proverb

“Sometimes the light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled the light.” -Albert Schweitzer

“If you want to lift yourself up, lift up someone else.” -Booker T. Washington

Dear Residents:

What will you be doing in honor of Rev. Dr. Martin Luther King, Jr.? I will be building a house in Paterson for Habitat for Humanity.

Sincerely, Donna Brightman