

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



January, 2015

THE HIGHLANDER

FROM THE EDITOR'S DESK

Happy, happy New year to you all! We have a brand new year, a brand new slate, a brand new opportunity to make it a happy year for us all. Let's work together as a family, a community, caring neighbors living with tolerance and concern for each other.

After the hectic Holiday season, we now face the reality of a long cold winter and some hibernating! Most importantly, please be careful of slippery conditions and dress appropriately to avoid hypothermia. This can come on suddenly and severely to cause grave danger especially to the older and very young population. So take precautions!

I would like to take this opportunity to remind you to read the notice board more than you have been doing! The notice board is often the main and first step in communication between Management and residents. We count on you to take a few minutes daily to stay on top of what is going on! We certainly do not want you to be left out of anything!

RUNI SRIWARDENA

HAPPY NEW YEAR!

All around the world people celebrate the coming of the New Year with traditions from their country. Let's take a look at some of these interesting traditions.....

ECUADOR—in South America (Ano Viejo" is celebrated by creating a fake person or dummy. The scarecrow-looking person will be completely dressed and stuffed with old newspapers and firecrackers. The dummy is placed outside the home. At midnight each family lights the dummy on fire. As the dummy goes up in smoke, the firecrackers also go off. The old year is forgotten and the New Year begins.

GREECE—In Greece, St. Basil fills the children's shoes with presents at midnight. Also people carry figures of apples, ships and stars.

DENMARK—It is a good sign to find your door littered with a pile of broken dishes at New Year! Old dishes are saved all year to throw them at the homes where their friends live. Many broken dishes were a symbol that you have many friends!

NEPAL—There is a four day long parade during the New Year celebration which is colorful and energetic.

Thailand—The New Year parade is led by an honored woman and people march to the beat of drums and gongs. Dragons, elephants, buffalos and giants are popular parade costumes there.

Bahamas—The Junkanoo Parade is held in Bahamas with colorful costumes. Thousands of people participate in the New Year festival. Prizes are given to the best, the strangest, or the most beautiful costumes.

**NO MATTER WHAT YOUR TRADITION IS, A HAPPY,
HEALTHY NEW YEAR TO YOU!**

RENT

Rent is due on the 1st.



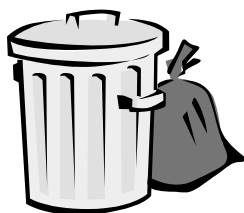
If you are using the rent box, your check must be in the box before 4 PM on **JANUARY 7th**.

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 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 THURSDAY,
FEBRUARY 5, 2015**



COMMISSIONER'S CORNER

I have completed two years as the chair of the Board of Commissioners and thought it might be a good time to reminisce and at the same time give a little recent HPHA history to the many new residents in the family units and in the Kronman Building.

The Department of Community Affairs appointed me to the Board in 2009. On the Board at that time, was Chairperson Al Garlatti, Vice Chair Bob McKinney, Rene Dworeck, Mary Barnes, Charlotte Quaintance and Diane Reh. There have been a lot of changes since 2009 and the biggest and most important one being the decision to enter into an interlocal agreement with the Woodbridge Housing Authority to manage the Highland Park Housing Authority. In my opinion, it was the right decision to make and I am proud to have been a part of the decision making process.

Charlotte Quaintance, Diane Reh and I remain on the Board with four relatively new Board members. Burt Weltman was appointed in 2012. Morgan Chen and Amanda Thomas were appointed in 2013 and Steve Chudnick in 2014. We meet once a month on the 2nd Wednesday of the month at 6:30 in the community room. We welcome residents to come and meet us and attend our meetings which usually do not last even one hour! The public has two occasions to speak at the beginning and at the end of the meeting. So please join us and learn more about the HPHA. I wish all of you a healthy and happy New Year!

Evelyn Sedehi

A NOTE FROM KETTLY AND JANI

(OUR RESIDENT SERVICES COORDINATOR & NURSE)

Protecting Senior Skin from Winter Weather Damage

Contrary to the popular jingle, Jack Frost doesn't just nip-he often bites! And, far from attacking just your nose, he targets the largest organ you possess—your skin.

The bitter cold and blistering winds of winter can quickly strip skin of its moisture, leaving it prone to itching, cracking and bleeding. Broken skin is a recipe for infection, says Rebecca Baxt, M.D., a board certified dermatologist and fellow of the American Academy of Dermatology.

Seniors are more susceptible to skin problems.

Seniors are particularly prone to skin issues. Over time, a person's skin becomes thinner, drier and more fragile. Shingles and senile purpura—skin that bruises easily—are two ailments that often strike the elderly, regardless of the season.

According to Baxt, winter weather further compounds these problems, making a senior more prone to itchy skin and certain types of rashes including:

Eczema craquele (xerosis) is a itchy rash that seniors sometimes develop, typically on their legs and arms.

Six Skin Saving Strategies

Baxt and Marotta offer six essential cold weather skin protection tips:

1. **Make sure to moisturize:** There's no better cure for winter skin woes than a bottle of your go-to moisturizer. Many heavy duty moisturizers contain lanolin—a common allergen for the elderly. Vaseline petroleum jelly can be a skin saver, if you can get over the greasiness. Marotta offers the following tip for making moisturizers more effective: After application, immediately cover the area with clothing (i.e. pants, shirt, gloves, socks) to enhance absorption and prevent evaporation.
2. **Don't forget to drink.** By the time December rolls around, sweat-inducing temperatures may seem like a distant memory, but don't assume that cooler weather means you can skimp on hydration. Keep your fluid consumption consistent—Marotta suggests sticking to eight glasses of water a day.
3. **Bundle up:** Before braving the frigid outdoors, be sure to cover as much exposed skin as you possibly can. The skin on your fingers and toes is particularly susceptible to frostbite and windburn.
4. **Remember your sunscreen:** It may be a summertime staple, but according to Baxt, sunscreen is essential during cloudless winter days—especially if there's sun-reflecting snow on the ground.
5. **Keep showers short:** As satisfying as a steamy shower can be on a cold winter's night, Marotta warns that basking in too much scalding water can strip your skin of much of its moisture.
6. **Crank up the humidity:** Full room humidifiers can help re-infuse dry, artificially heated air with some much needed moisture.



Activities Calendar

Coffee Klatch—January 7th

Birthday Bash—January 30th

Smoke Cessation Seminar—TBA

SPECIAL THANKS GO OUT TO...

The Party Committee and staff for a wonderful holiday party!

It was a great celebration with so much laughter, games, beautiful music, dancing and scrumptious food! A very special thank you to Maggie and Bonnie for spearheading the event, to Ray for taking pictures, to Michelle for helping with the set up and clean up, to the staff for doing so much in so many ways to make this party a success—Lauren and Jeff for picking up the food, to Kettly for helping to set up and clean up, for the cake and so many donations, to Jani and Kathi D for the donation of soda, to Bill, Jani, Lauren, Jeff, Kathy B, Kathi D and Mike (WHA) for helping with the serving. Gus for the great music and equipment. A very special thank you to the “brave” souls who signed up and participated in our first ever Highland Park Housing Carolers group! They were Dee Donnelly, Michelle Dewhirst, Clara O’Neil, Paul Gwaldis, Estelle Arrants, Amie Jost, Lauren Adams, Gus Patino and Bill Snyder. We had so much fun performing at the holiday party and at the Senior Center. Thank you for your angelic voices and most importantly for the great and cheerful holiday spirit! You helped spread joy and happiness to many. It was a pleasure working with you and directing the HPHA “choir”!!!

Runi

The staff wishes to thank the residents for your holiday wishes and delicious goodies which kept us munching through the holidays and for many other expressions of wishes and generosity - Staff

RESIDENT NEWS

- Our condolences to **Freida Rydzinski** (2-R) on the loss of her brother Abraham who passed away in Montreal, Canada.
- Our prayers are with **Inabelle Ciuffo’s** (2-B) daughter Bonnie as she fights a battle with a serious illness. Inabelle just returned from Fort Meyers Florida after visiting her daughter.
- **Clara O’Neill** (6-L) is so excited about her daughter visiting her. Enjoy your quality time!



SMILE AWHILE... DOCTOR JOKES

An elderly woman went to her doctor complaining about her hearing in one ear. The doctor took out his penlight, looked in her ear, then took his tweezers, reached in, and pulled something out. He looked at the object and exclaimed, " Well, it seems you inserted a suppository into your ear." The old woman thought for a moment ,then responded, " Gee that explains why I can't find my hearing aid! "

" Doctor, doctor, you've got to help me; I can't stop my hands from shaking!"

" Do you drink a lot?"

" Not really, I spill most of it!"

JANUARY EVENTS

Birthstone : Garnet

Jan. 1 New Years Day
Jan. 7 Orthodox Christmas
Jan. 13Stephen Foster Day
Jan. 19 Martin Luther King Day
Jan. 26 Republic Day in India

REMEMBERING DR. KING

By Ray Linares

On Monday January 19th, let's all pause for a moment and remember the life of Martin Luther King Jr., one of our greatest civil rights leaders. Like Mahatma Gandhi ,he made the world a better place to live through non-violent protest.

" Love is the only force capable of transforming an enemy into a friend!" — Martin Luther King Jr.

WHAT ARE YOUR NEW YEAR'S RESOLUTIONS ?

Ray L.....Lose ten pounds!

Lauren...To stop and smell the roses and go to the gym 4 times per week..

Runi .. To drink more water and exercise regularly.

Bonnie ..Wash my car more often.

Al ..None, I'm perfect the way I am.

Jose..Lose weight; only drink 2 beers a day.

By Bonnie Bonanno

Meet the Residents

THIS MONTH WE FEATURE.....



**RODA GOLDSTEIN
SAMUEL KRONMAN, APT. 6-D**

Hi, my name is Rhoda Goldstein, born Rhoda Posner in 1921 in the Bronx. Since my father was a travelling manager of a clothing store, he was transferred as needed from state to state, usually in the New England area. I finally graduated from New Brunswick High School in New Jersey in 1939. I met and married my husband Irwin in September 1942. He went off to serve in the Army and I got a job at the Raritan Arsenal until he was discharged from service. We got an apartment in Highland Park where we lived for several years. We had 3 children, Mitchell, Allen and Sheryl. Unfortunately, we lost Sheryl to cancer years later. My husband and I divorced in 1970 but the children lived in the house. Mitchell quit Rutgers to serve in the Navy. When Sheryl was 11 years old, I went back to work at the Unemployment Agency in Highland Park. I took many state exams to get ahead and as a result, I was transferred to many locations.

During the 1960's I was very active in the community. I organized bus trips for ARA and was also actively involved in a Dinner Theater group with Players Pyramid which was run by Vivian Paszaman. I also enjoyed swimming at the Metuchen YMCA!

Due to health issues and specifically thrice weekly dialysis treatments, I have had to scale back on much of my activities but I still love to dance, read, cook and shop, especially at TJ Max!

I enjoy making friends and cherish good friendships, especially those that help and cooperate with each other. I like living here at Samuel Kronman Apartments and especially like the people I have met.



**ELIZABETH TAYLOR
PARK TERRACE, 610 BENNER**

Hello my name is Elizabeth Taylor and I was born in Sierra Leone, Africa. After completing High School I furthered my career in Leeds, England as a stenographer/secretary. After returning to Sierra Leone I began my first job with the British Council as a Personnel Assistant. I then moved on to the American Embassy where I became Personal Assistant/Travel Assistant and Protocol Assistant to the American Ambassador. I was awarded a special Immigrant Visa to travel to the United States where I worked for the State Department for 16 years. In 1980 I married Tannie Taylor and we were blessed with four boys. I work at Wal-Mart in North Brunswick. I love living in Highland Park which is a very peaceful community.

NEW YEAR'S EVE WORD SEARCH

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

AULD LANG SYNE/ BABY NEW YEAR/ CELEBRATE / CHEERS/
 COUNTDOWN/DECEMBER/FATHER TIME/FESTIVE/ FIRST/
 FESTIVE/ HOLIDAY/ JANUARY/ MIDNIGHT/ NEW YEARS EVE/
 PARTY /RESOLUTION/ THIRTY FIRST/TWELVE O'CLOCK/ WINTER

RECIPE CORNER

Amie's Sweep the Floor Pasta

- Box of Penne pasta
- Bag of fresh spinach
- 1 can of stewed tomatoes
- 1 tsp crushed garlic
- Marinated artichoke hearts (small jar)
- 1/4 cup pine nuts
- 2 tsp lemon juice
- 1/4 cup white cooking oil
- Olive oil, salt, pepper
- Small package sliced mushrooms

Sauté all ingredients except pasta and wine in a little olive oil. Add wine. Simmer until soft and done.

Boil pasta and drain. Place in large bowl. Add the sautéed ingredients and toss well. Serve in individual bowls topped with parmesan cheese.

Submitted by:
Amie Jost, 217 South Sixth/Park Terrace

2015 Pest Inspection Schedule

Notices will be sent to individual dwelling units to advise the resident of the **week that the annual UPCS along with a pest control inspection** will be conducted. In addition to that particular inspection, the following is the tentative schedule of the days that the Pest Control Manager will be conducting additional pest control inspections. Next year's annual inspections will begin in October 2015, which will provide more time for completion and hopefully allow for pest control inspections to be conducted more regularly in 2016. Please keep in mind that a number of variable issues can occur throughout the year causing this schedule to be interrupted and/or require adjusting. We will do our best to keep residents informed of changes to this schedule, but sometimes things happen at the last minute that prevent us from informing you.

Please remember that should you experience any type of pest problem at any time, please call in a work order and it will be addressed as quickly as possible. We thank you for your cooperation.

April 13, 2015 through April 24, 2015

July 27, 2015 through July 31, 2015

Sept. 1, 2015 through Sept. 8, 2015

Oct. 6, 2015 through Oct. 14, 2015

(All HP dwelling units except the 6th floor units at Samuel Kronman Apts)

The annual UPCS along with the pest inspection will begin again in October 2015. The 6th floor residents will receive a separate notice advising them of the dates. As stated above, this will allow us to spread out the required annual UPCS inspections, allowing more time for more frequent pest control inspections.

Please remember that we utilize an "integrated Pest Control System". Continuously spraying chemicals has been found to be dangerous to humans and virtually useless in the control of pests. A thorough inspection of the premises to determine if there is any sign of infestation and then arranging an effective treatment plan is much more conducive to safe, productive pest control.

HPHA MANAGEMENT

SAMUEL KRONMAN PHOTO GALLERY.....

END OF YEAR HOLIDAY PARTY



PHOTO GALLERY CONTINUED.....



CONTRIBUTORS NEEDED !

Have something you want to share with the rest of us? How about writing about it? Maybe you're celebrating a special anniversary or birthday. Perhaps you have a favorite recipe or a poem you've written. Use your imagination. If you'd like to have it published in the "HIGHLANDER" give your article to Runi or Ray Linares. Please type or write neatly and keep your article to about a half or quarter of a typewritten page so we can fit it in with the rest of our articles. Come on, give it a try!

" There are no passengers on space ship Earth, everybody's crew."

— Marshall McLuen

Dear Residents:

Last month I traveled to Nepal to build 36 houses for Habitat for Humanity. There were over 400 volunteers from all over the world that gathered in Chitwan to construct three room bamboo houses. Bamboo is a very durable material! We had to carve the bamboo into thin strips. These strips were then woven between bamboo support poles to make walls. The walls were then covered with cement. The home was very small and basic, consisting of three rooms: kitchen, living area and one bedroom where all the family sleeps (5 X 7). The foundations are three rows of bricks and the roof of corrugated metal. It was hard work but worth it. The family of five worked alongside of us as well.

I toured Kathmandu, all the Temples and Stupas. The traffic was unbelievable. The roads are made of dirt (dust everywhere) and there is only one lane which has two way traffic consisting of cars, trucks, motorcycles, people, bicycles, dogs, water buffalo and elephants! I also got to fly around Mount Everest which was breathtaking. The snowcapped Himalayas are so majestic.

Looking forward to my next Habitat trip and building more houses!

Happy New Year!

Donna Brightman

