

Housing Authority of the Borough of Highland Park

Housing Authority of the
Borough of Highland Park
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July, 2015

THE HIGHLANDER

FROM THE EDITOR'S DESK

Are you enjoying the lazy, hazy days of summer? The landscaping is beautiful, the flowers are in bloom and things look green and pretty. Hope you are taking your walks, sitting in the balcony or porch and getting some much needed Vitamin D!

Hope you have great plans for the 4th of July weekend. Try to catch some local fireworks, have a picnic and soak in the patriotic spirit!

On a personal note, I just returned from a beautiful family vacation first to Rome, where we stayed directly across from the Vatican Museum and toured the Vatican and Rome. What history, what culture.... We then boarded a cruise ship and cruised around the Mediterranean and visited Florence, Tuscany, Pisa, Nice, Monaco & Montecarlo in France, Barcelona in Spain and Sardinia, Naples and the magnificent Amalfi Coast of Italy. It was an absolutely beautiful trip and good healthy family time with my husband and daughter. Now it is back to business!

RUNI SRIWARDENA

HAPPY FOURTH OF JULY!



We are all aware of the importance of the Fourth of July and bask in the festivities, the fireworks, barbecues and picnics. But let's take a moment to read about the real significance of our Independence Day..

The Declaration of Independence is so significant because it is what led to our independence from King George III. It justified our right to revolt against a government that did not any longer guarantee or provide us our natural rights. The Declaration also helped us to obtain more foreign assistance from France in our quest to become independent from King George III of England. The Declaration of Independence proclaimed specific ideals that the Colonists felt were important for us to have such as liberty and equality.

Prior to the American Revolution, England passed the Acts known as the Intolerable Acts which were a major reason for the American Revolution as they were written to grant England complete control over the thirteen colonies. Some of these Acts were the Tea Tax, the Stamp Act. The Quartering Act amongst others. The Colonists believed that this was the way England was trying to prevent the colonies from being self-sufficient. John Adams and Thomas Jefferson known as the Sons of Liberty convinced the colonists that England was behaving like a tyrant and that the Colonists must do something about it.

The famous quote in the Declaration of Independence is "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness".

The Declaration continues to play a significant role in our world today. It is because of the important words in the Declaration that women are now treated as equal to men and that all races are treated equally. Thanks to our founding fathers, we all have civil rights. **HAPPY INDEPENDENCE DAY!**



RENT

Rent is due on the 1st.



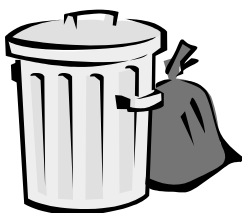
If you are using the rent box, your check must be in the box before 4 PM on **July 7th**.

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,
OCTOBER 1, 2015



CHRONIC HEALTH CONDITION

If you or someone you know has a chronic health condition, consider attending this group of self-management of chronic health conditions. Example of health conditions which would bring someone to such a group include any physical, emotional or mental condition which impacts your life such as multiple chemical sensitivities, arthritis, depression, fibromyalgia, diabetes, pain, pulmonary issues, heart disease, cognitive difficulties, and multiple sclerosis.

This free group will meet weekly on Wednesdays, for six weeks at RCHP beginning Wednesday July 8th 1—3:30 pm, led by two trained facilitators, one or both of whom suffers from a chronic health condition.

The program addresses the depression, frustration and isolation which may arise from having a chronic condition. The group provides support as participants work together to achieve goals they themselves have set. Techniques such as exercise, communicating with others, managing medications, talking to the doctor, are discussed. The goal is to help participants have as active and fulfilled a life as possible. It is interactive. Participants are agents in the process, not passive listeners. In the week between classes, participants are asked to make an “action plan”, something they wish to accomplish during the week. Each participant gets a buddy, to encourage each other.

IMPORTANT INFORMATION: You must register in order to attend. To register: Call Ellen Rosner at (732) 985-4434 or email asheedaas@yahoo.com (after June 8) Twyla-Paige at (732) 745-8864 twyla.paige@co.middlesex.nj.us. We must have a minimum of 15 participants for the course to meet. Therefore please register asap.

- **Submitted by: Ellen Rosner, Apt. 1-G**

A NOTE FROM OUR TENANT SERVICES COORDINATOR KETTLY AND NURSE JANI

Use Your Computer to Get Groceries!

You're out of bread and milk, and you can't get out of the house because it's too hot in the summer or too cold in the winter or you have a physical disability or you just returned from the hospital or the packages are getting too heavy to carry. Fortunately, thanks to online grocery delivery service you will not be deprived of your essential foods. Grocery delivery services typically charge a fee for delivery, based on the dollar amount you purchase. Some keep your shopping history, so it's easy to reorder items you use frequently.

Here is the list of food delivery systems that are up and coming. Unfortunately Peapod is the only one who currently delivers in Highland Park. You can go onto the other sites and enter your email and they will notify you when service in our area is available.

One up-and-coming independent delivery service, Instacart, was named the number one company on Forbes America's Most Promising Companies list for 2015. The 2 1/2 year old company is now seeking more funding to expand its markets. Instacart employs more than 4000 personal shoppers, who shop at various stores including Whole Foods and Costco, and deliver groceries to your home. With the promise of a one-hour delivery (from the time you post your order). Instacart is the fastest of all the services; for a minimum order of \$35.00, a one-hour delivery costs \$5.99; a two-hour delivery is \$3.99.

In addition to delivery services, Walmart Grocery offers pickup service. You can order ahead and simply pull up to your local store to have Walmart employees load your groceries into your car. Delivery is free for your first three months, and after that, the fee is based on the time slot you book. This is another service not yet available in this area.

Another grocery service is Peapod which currently delivers in Highland Park. Its minimum order is \$60.00 and the delivery fee is \$9.95 for orders under \$100 and \$6.95 for orders over \$100. There is a 60-day free trial. You get to pick the delivery time that is convenient for you.

Check out these grocery sites the next time you are on a computer. They are easy to use and they make it easy to shop like you are walking down the aisle yourself.



MARK YOUR CALENDAR

- Tues, July 7th—Coffee Klatch at 10:30 hosted by Kettly
- Wednesday August 19th—Combined HPHA Picnic and BBQ for Samuel Kronman and Park Terrace residents hosted by the staff (Rain date Thurs 20th).



SPECIAL THANKS GO OUT TO

- Chuck and Joanne for the beautiful flower gardens in the front and back. It is so nice to see our residents tending the garden and providing joy to so many.

RESIDENT NEWS

- It is with deep regret that we announce the death of our longtime resident Joseph Finizio, apt. 5-P. Joe was a friendly and very gentle person. He will be missed.
- We were sad to say goodbye to Carl Isaacs who transferred to a nursing home to be with his wife Hope. We hope you will be happy and healthy in your new home.
- We welcome Bertha Jones, who transferred from Park Terrace Apartments to unit 3-F. Bertha is a sweet, kind and friendly person. Please get to know her and make her feel welcome in her new home.
- We also say goodbye to Lev & Gloria Fonarev of Park Terrace who are relocating. We wish you the best of luck, good health and happiness in your new home.
- Our condolences to Evelyn Miller and Mary Boyd on the death of their brother-in-law who passed away in Jackson.
- We wish little Janiah Thomas of Park Terrace a very happy 7th birthday and many happy returns!

YOU ARE ALL INVITED!

The Staff is pleased to host a giant BBQ/picnic for all our residents of Samuel Kronman and Park Terrace on Wednesday, August 19th starting at 1:00 pm. It will be held in the side parking lot next to the senior center. There will be hot dogs, hamburgers, salads, soda, dessert, fun, games, music and loads of camaraderie. Please do not miss this great event. The rain date is Thursday, August 20th.



Q and A Jokes



Q: What's the difference between Bigfoot and an intelligent man?

A: Bigfoot's been sighted several times!

Q: What's black and white and red all over?

A: A skunk with a rash

Q: What's orange and sounds like a parrot?

A: A carrot!

Q: What do you get when you cross an elephant and a kangaroo?

A: Big holes all over Australia!

JULY EVENTS



Flower: Water Lily

Birthstone: Ruby

National Blueberry Month

July 1International Joke Day

July 4Independence Day

July 6....National Fried Chicken Day

July 14.....Bastille Day

July 23.....National Hot Dog Day

July 31....National Cheesecake Day



Full Moons : July 2nd, and 31st

FAMOUS SENIOR QUOTES

“ Old age is no place for sissies.”

— *Bette Davis*

“ From birth to age 18 a girl needs good parents. From 18 to 35, she needs good looks. From 35 to 55 she needs a good personality. From 55 on she needs good cash.”

— *Sophie Tucker*

“ Old age is always 15 years older than me.” — *Bernard Baruch*

“Laughter doesn't require teeth.”

— Will Newton

“ As a senior citizen you may as well learn to laugh at yourself. Everyone else does.”

—*Judy Huffman*

We drink too much, smoke too much
Spend too recklessly, laugh too little,
Drive too fast, get too angry
Stay up too late, get up too tired
Read too little, watch TV too much
We have multiplied our possessions
But reduced our values
We talk too much, Love too seldom
And hate too often.

We have learned how to make a living
But not a Life.

We have added years to Life
But not life to years.

—*George Carlin*

Submitted by Maggie Ferber

Meet the Residents & Staff

THIS MONTH WE FEATURE.....



DEBBIE JOHNSON

PARK TERRACE, 208 SOUTH 7TH

Hi, my name is Debbie Johnson. I was born on May 27, 1954 in New Brunswick, NJ. I lived most of my childhood in North Brunswick. I have one sister who now lives in Edison. I graduated from New Brunswick High School and then went to Middlesex County College, Rutgers University and onto Nursing School.

I worked at St. Peters Hospital mostly in the surgical unit and then at Robert Wood Johnson Hospital in the Cardiac Unit.

I got married and had one son, Timothy who lives in South Brunswick and is also a nurse.

I moved to Park Terrace in 2003. I enjoy living here.

I used to enjoy playing tennis, jogging and bike riding. I even trained for the New York City Marathon!



LAUREN ADAMS

HPHA STAFF MEMBER

Hi, my name is Lauren Adams. I was born in Bethpage, New York and went to school in East Brunswick, NJ. I have one brother, Steve who lives in Florida.

My background has been accounting and recruiting, specifically placing people in jobs.

I have one daughter, Erica who is 23 years old and graduated from Drexel University in Philadelphia. She was recently employed by an Advertising Agency in Philadelphia.

I started working for the Highland Park Housing Authority in March 2008 as an Administrative Assistant and recently received certification for HCV Specialist.

I have gotten to know you all over the past several years and enjoy working with you.

As most of you know, I love to eat and shop (Its "retail therapy" for me!).

SUMMER FLEX HOURS FOR THE OFFICE

The office will be observing summer flex hours starting Friday, July 3rd.

Monday, Tuesday & Wednesday- 8:00 am - 5:30 pm

Thursday - 8:00 am - 4:30 pm

The office will be closed on Fridays during the months of July & August.

The maintenance staff will be working regular hours and will be here on Fridays.

Please be advised that routine maintenance will not be done on Fridays during this time. Only emergencies.

For all emergencies on Fridays please call the emergency number (866) 504-0534

SUMMER WORDSEARCH -

PREPARED & SUBMITTED BY CHRISTINA SMOLDER, WHA

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



BATHING, BEACH, BEER, BOATING, CANDY, COVERUP, CREAM, FAMILY, FIRE, FLORIDA, SUN, HEATWAVE, HOTTER, ICE, LEMONADE, PICNIC, POOL, SANDY, SHARK, SUN, SWIMMING, TRAVEL, WARMTH, WATERMELON, WEATHER

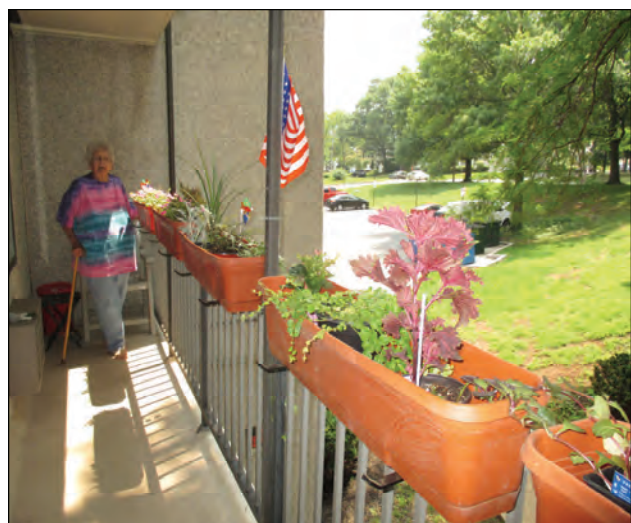
SAMUEL KRONMAN PHOTO GALLERY
Samuel Kronman Green Thumbs!



Once again Joanne Rodgers has used her green thumb to brighten up our landscape, Thank you!



KARIN JACKSON'S BALCONY GARDEN



LINDA DEGENOVA'S BALCONY GARDEN



FRIEDA RYDINSZKY'S BALCONY GARDEN

Senior Prom 2015 at the Senior Center



Standing, last years King and Queen Jimmy Rickter and Cele Diamond
Seated, Bill Szalaga and Kaitlin Oros this years King and Queen.



The King and Queen of the prom lead off the first dance.



Dining



and dancing the night away.

QUOTES ABOUT FORGIVENESS

“Always forgive your enemies; nothing annoys them so much.” - Oscar Wilde

“Forgiveness is not an occasional act, it’s a constant attitude.” - Martin Luther

“Forgive your enemies, but never forget their names.” -John F.Kennedy

True forgiveness is when you can say, “Thank you for that experience.”

-Oprah Winfrey

“To err is human, to forgive, divine.” -Alexander Pope

“Forgiveness is nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim-letting go of the pain and transforming oneself from victim to survivor.” - C.R. Strahan

“If we really want to love we must learn how to forgive.” -Mother Theresa

“The weak can never forgive. Forgiveness is the attribute of the strong.” -Gandhi

“It takes a strong person to say sorry, and an ever stronger person to forgive.”

“Forgiveness is the final form of love.” - Reinhold Niebuhr

“It’s not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you.” -Tyler Perry

“It’s one of the greatest gifts you can give yourself, to forgive. Forgive everybody.”

-Maya Angelou

“I can have peace of mind only when I forgive rather than judge.” -Gerald Jampolsky

Sincerely,

Donna Brightman

