

Housing Authority of the  
Borough of Highland Park  
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## Housing Authority of the Borough of Highland Park



May 2016

# THE HIGHLANDER

### FROM THE EDITOR'S DESK

Mother's Day, Memorial Day, Cinco de Mayo, graduations, Commencements, Proms.....May is a busy, bold and vibrant month. So much to do, so much to look forward to, Winter clothes to put away, Summer clothes to finally enjoy.

Everybody's a-buzz with our two brand new activities this month—the Mother's Day Tea and Poster Exhibition and our Victory Garden. I do hope you plan to enjoy both. Much thought, interest and planning go into bringing these activities and options to you. Please participate and enjoy them. It is good for your mind, body and soul!

On a personal note, I am so looking forward to my vacation with my family to visit my family in Colombo, Sri Lanka and then a brief stay in the beautiful Maldiv Islands. See you soon.

### HAPPY MOTHER'S DAY!

#### *Things My Mother Taught me"*



- Treat people as you want to be treated.
- Happiness is not having what you want, it is wanting what you have
- If I told you once, I told you a million times
- Now I'm going to count to three
- Grass isn't always greener on the other side
- Sticks and stones will break your bones but names will never hurt you
- Mind your P's and Q's
- Your eyes are bigger than your belly
- Make another face like that and it will freeze that way
- One day you will have kids and I hope they are just like you
- Talk is cheap
- Hindsight is 20/20
- Energy is wasted on the youth
- Really, if everyone jumped off a cliff, would you do it too?
- To each their own
- Absence makes the heart grow fonder
- Use that tone of voice again and you'll end up in the middle of next week
- Give and you shall receive
- Haste makes waste
- Two wrongs don't make a right
- Make sure you wear clean underwear in case you are in an accident
- Experience is the best teacher



## RENT

Rent is due on the 1st.



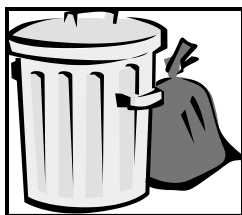
If you are using the rent box, your check must be in the box before 4 PM on **May 7th**.

**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

**ATTENTION**  
**ALL RESIDENTS!**  
**THE NEXT BULK  
PICK-UP IN  
HIGHLAND PARK IS  
ON JUNE 08, 2016**



## THE HISTORY OF THE RED POPPIES FOR MEMORIAL DAY



In 1915, inspired by the poem "In Flanders Fields", Monica Michael replied with her own poem:

*We cherish too, the Poppy red  
That grows on fields where valor led,  
It seems to signal to the skies  
That blood of heroes never dies.*

She then thought of the idea of wearing red poppies on Memorial Day to honor those who died serving the country during war. She was the first to wear a poppy and sold them to her friends and co-workers and donated the money to servicemen in need. Later, Madam Guerin, visiting from France learned about this tradition and when she returned to France, made artificial poppies to raise money for war orphaned children and war widows. This tradition spread to other countries. Shortly before Memorial Day 1922, the VFW became the first Veterans' organization to nationally sell poppies in the USA. In 1948 the US Post Office honored Moina Michael for her part in founding the National Poppy Movement by issuing a red .3 cent postage stamp with her picture on it.

## **GOOD ADVICE FROM OUR TENANT SERVICES COORDINATOR/SOCIAL WORKER, KETTLY GILLES**

### **Spring Cleaning**

As the temperatures begin to rise and the days become longer, spring is in the air. This time of year beckons blooming flowers, chirping birds and a little cleaning.

Spring Cleaning doesn't mean you just need to clean. It's time for a complete assessment, involving health care and finances too. Address the areas that appear to be the most problematic first, whether it's a cluttered bedroom or an unpaid pile of bills, cleaning out closets and getting rid of extra items that you have accumulated but don't really need. Then take on minor issues that aren't as dire. Handling all the current worries can put you and your loved one at ease.

Too often people may begin a project without really planning it out, which can lead to chaos. Spring cleaning is the same way. Before you and a loved one get down to business, it's important to create a schedule. Depending on how much you have to do, you may want to break up the cleaning into a few sessions. Regardless of how you break it up, developing an efficient schedule that everyone is on board with can make the process a lot easier.

Writing out a list of all the tasks that need to get done can make things go smoothly. These duties may include taking expired food out of the fridge, organizing closets or just doing loads of laundry. There may also be certain jobs that involve keeping you safe. Not all spring cleaning tasks, such as lifting items, can be done by older adults. Complete duties that fit your needs – jobs such as organizing shoes or sorting books are not too demanding.

Sometimes spring cleaning can't be done with just one person. Contact any family members, neighbors or friends to see if they're available and willing to help. Having extra hands can make the process go more quickly and efficiently. If no one has the time, consider hiring professional cleaners.

Once all tasks are accomplished, try to set some ground rules. Discuss easy ways to pay bills on time, such as setting up automatic payments. You can also go over methods of organization or reminders to take medication. That way, you can ensure that your work will not go to waste in the future. It'll also make next year's spring cleaning session easier.

### **Activities Calendar**

Coffee Klatch – TBA

Mother's Day Program (Exhibition and Tea) with Girls on the Run – Thursday, May 12<sup>th</sup> - 4:30—5:45 PM.

Victory Garden—Sign up for your own garden plot

## MARK YOUR CALENDAR

- Tuesday, May 12th—Mothers Day Poster Exhibition and Tea and Girls On the Run Program from 4:30—5:45 PM.
- Coffee Klatch—TBA
- Pest Control Inspections—May 2nd—May 6th All Units at Samuel Kronman and Park Terrace
- Mondays, Wednesdays & Fridays—SK Café and Activities with Bonnie 10:30 AM—3:00 PM
- Thursdays—Sharing Group with Pat Roth & the gang 11:45 am—3:00 PM



### Hello and Goodbye.....

We are sad to say goodbye to resident Barbara Ferrell who will be moving to Somerset to be with her grandkids. Have fun in the pool and come visit us!

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We welcome Burton & Florence Stein of Highland Park to apartment 5-S. They are right here from Highland Park and are looking forward to meeting new friends.

We also welcome Averil Brown, her Daughter Shinnelle, son Daniel and grand child Shanaja who are moving into 210 South 7th Avenue in Park Terrace. They already have a lot of friends and family there so we know you will be right at home! Welcome.



## TALENT.....TALENT.....TALENT!



**ARTS & CRAFTS FEVER HAS HIT  
SAMUEL KRONMAN! NANCY TURKIN  
PAINTED THESE BEAUTIFUL  
FLOWERS. KEEP IT UP LADIES!**

**COME DOWN ON MONDAY  
AFTERNOONS FOR ARTS & CRAFTS  
WITH BONNIE!**

## CHEF'S CORNER TRUFFLES



1/4 cp heavy cream

1 1/4 cups milk

White or semi sweet chocolate chips

1/4 to 1/2 tsp flavoring extract such as orange or  
Peppermint (optional)

Toppings

Shredded coconut, cocoa powder, confectioner's  
sugar, or finely chopped pecans or walnuts

Instructions

In a small pan heat the cream over medium heat  
until it begins to gently bubble. Reduce the heat to  
low and add the chocolate chips, stirring constantly  
until completely blended and smooth.

Remove the pan from the heat and add the extract,  
if desired. Transfer the mixture to a bowl, cover and  
refrigerate until firm, about 1 1/2 to 2 hours.

Fit small bowls with the truffle toppings. Roll the  
cooled chocolate into 1 inch balls, then roll each ball  
in a topping and place them on a plate or tray lined  
with waxed paper.

Chill the truffles until completely firm, at least 30  
minutes. For the best taste, bring the truffles to  
room temperature before serving.

Leftovers will keep for a few days in an airtight  
container in the refrigerator. Makes about 1 dozen.



## Special Days of May

1st May Day

5th Cinco de Mayo

8th Mother's Day

8th V-E Day

13th Friday the 13th—the only one in 2016

21st Armed Forces Day

30th Memorial Day

**How May was named:** May was named for Maia,  
the Roman goddess of spring and growth.

**Full Moon:** Friday May 6th 3:31 PM known as the  
Flower Moon.

**Birth flower:** Lily of the Valley

**Birthstone:** Emerald

**Fun Facts about May:**

-On May 1, 1931, the Empire State Building was  
officially opened.

-On the first Saturday in May, the Kentucky Derby  
takes place.

-On May 20, 1932, the first solo flight by a woman  
across the Atlantic Ocean was made by Amelia  
Earhart.

-On May 27, 1937 the Golden Gate Bridge was  
opened in San Francisco.

**-Bonnie Bonanno**

## SMILE AWHILE.....

**Old age isn't for sissies or for those without a sense of humor. That's probably why there are so many senior jokes out there—laughter may not help you find your keys, but its nice to know you're not alone.**

**Bob Hope said "I have a wonderful make-up crew. They're the same people restoring the statue of Liberty."**

**Zsa Zsa Gabor: "I am the world's greatest housekeeper. Every time I leave a man, I keep his house."**

**-Bonnie Bonanno**





# Meet the Residents & Staff

THIS MONTH WE FEATURE.....



**NILI MIOT**  
**SAMUEL KRONMAN, APT. 3-E**

Hi, my name is Nili Miot and I was born in Tel Aviv, Israel on October 29th, 1945. I was an only, spoiled child! My father was a bookkeeper and my mom helped him in the business. I learned the piano and attended a Music Conservatory.

When I was 16, my parents and I moved to the USA and settled down in Bronx, NY where I graduated from High School. I then went to Herbert Lehman College where I was a Bio Major.

I met my husband Joey at a Jewish Temple on Yom Kippur. He had just returned from serving in the US Navy in Vietnam. We were married in 1966, just 6 months after we met and had 3 children, big Dave, Rachel and Yaffa. When Dave was just 2 years old, my parents treated us to a trip to Israel. My husband fell so much in love with Israel that by June 1970 we moved to Ramat Hashron and my parents followed us. Rachel & Yaffa were born. My husband worked as a TV & Radio technician.

In 1979 we moved back to the USA and lived in Delaware and then Florida. My son Dave joined the Navy and my daughters graduated from high School. We then came back to New Jersey and lived in Highland Park. Joey and I moved to Samuel Kronman about 13 years ago. I lost Joey in December 2012.

I enjoy playing the piano, and love music, especially the oldies, I like playing Bingo, going to flea markets and especially spending time with my grandchildren Adina 22, Shayna 18, Jacob 15 and Hannah 12.

Living here has been a great experience but I do miss my husband very much.



**JUAN ORTIZ ABREU**  
**SAMUEL KRONMAN, APT. 3-T**

Hi, my name is Juan Ortiz Abreu and I was born in Puerto Rico on June 4th, 1941. I was one of 5 boys and 2 girls but I just have one sister and one brother left in Puerto Rico. I graduated from Segundo Ruiz Belvis High School in Puerto Rico. I did work making awnings and screens and installing them in houses.

I joined the US Army and served for 2 years. I then moved to Buffalo, NY and worked on a farm driving a tractor.

I went back to Puerto Rico and got married to my fiancée Alida Morales and we had 3 children, Nancy, John and Alida. We settled down in Buffalo where my children went to school. We then moved to the Bronx & Yonkers.

After our divorce, I moved to New Jersey by myself and lived in Princeton Nurseries. I lived briefly in New Brunswick and finally moved to Highland Park. I worked in security for Revlon and when they closed, I worked at the Menlo Park Veterans Home.

I moved to Highland Park and to Samuel Kronman in 2005. I love my apartment here, particularly my balcony and the view!

I enjoy reading, exercising, walking and keeping myself busy and fit.

## **GOOD NEWS....EXCITING HAPPENINGS!!**

### **FIRST TIME EVER MOTHER'S DAY BRAGG BOOK EXHIBITION!**

You are invited to our Mother's Day Tea and Poster Exhibition on Thursday, May 12th from 4:30—5:45 pm. The Highland Park "Girls on the Run" Program will once again visit us with their wonderful program and goodies! We will serve tea and snacks.

If you have not yet done so, please submit pictures of your children and / or of your mother to Bonnie Bonanno so she can mount them on a poster board to be displayed along with all the other beautiful Mother's Day posters.

### **FIRST TIME EVER "VICTORY GARDEN"!**

We invite residents to do some vegetable gardening this year! We can provide a few residents with their own little garden plot which will be roped out and marked with their name. You will be responsible to maintain, weed and water your plot. The harvest is yours to do what you please with! Please sign up if you would like to be one of our Victory Gardeners this year!

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### **MAY FLOWERS WORDSEARCH COMPILED & SUBMITTED BY CHRISTINA SMOLDER, WHA**

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

**ANNUAL, ASH, AZALEA, CALLAS, CHERRY, DAHLIA,  
DAISY, DOGWOOD, FERN, FERTILIZER, IVY, LAWN,  
LILY, MAGNOLIA, MANURE, MINT, OAK, PEA,  
PERENNIAL, RHODODENDRON, ROSES,  
SILVERBELL, WARMTH, WEEDS, WILLOW.**

## PHOTO GALLERY



**FIRST SPRING FLOWERS FOR  
LIZZIE AND LAUREN OF THE OFFICE!**



**MICHELLE CALLING BINGO**



**TENANT MEETING**



**EMILY , RITA & FRIENDS PLAYING POKENO**



**BONNIE WORKING INTENTLY ON THE POSTERS**



**ENJOYING THE WEDNESDAY MOVIE**



### THINGS TO PONDER ON.....

- The easiest way to find something lost around the house is to buy a replacement.
- Have you noticed since everyone has a camcorder these days no one talks about seeing UFO's like they used to.
- All of us could take a lesson from the weather. It pays no attention to criticism.
- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- Why is there a light in the fridge and not in the freezer?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs.
- If corn oil is made from corn and vegetable oil is made from vegetables, then what is baby oil made from?
- Did you ever notice that when you blow in a dog's face he gets mad at you, but when you take him for a ride in the car, he sticks his head out of the window.
- Why doesn't glue stick to the inside of the bottle?

### SK CAFÉ!

Meets every Monday, Wednesday and Friday 10:30 am—3:00 pm

.50 cts donation for coffee and a light snack

The laughter and comradery is priceless!!



From 12:00 Noon—3:00 pm

Mondays - Arts & Crafts

Wednesdays - Movie of the Week with popcorn

Fridays - Bingo with Michelle Vallee

Don't stay home and miss all the fun!

**-Bonnie**

## I'M FINE, THANK YOU

There is nothing the matter with me.  
I'm as healthy as can be.  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze

My pulse is weak, my blood is thin  
But I'm awfully well for the shape I'm in.  
Arch supports I have for my feet  
Or I wouldn't be able to stand on the street.

Sleep is denied me night after night,  
But every morning I find I'm all right.  
My memory is failing, my head's in a spin  
But I'm awfully well for the shape I'm in.

Old age is golden. I've heard it said;  
But sometimes I wonder as I get into bed  
With my ears in the drawer, my teeth in a cup,  
My eyes on the table until I wake up.

The moral is this, as my tale I unfold,  
That for you and me who are growing old,  
It's better to say "I'm fine" with a grin  
Than to let folks know the shape we are in.

-Author Unknown

Sincerely,

**Donna Brightman**

