

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



November 2017

THE HIGHLANDER

The Look of Gratitude

Happy November, Everyone!

The ghouls, the goblins, the witches & wizards were all out for our annual Halloween costume parade! We had a larger than usual group. They banged pots and pans and paraded up South 6th and then were met warmly by the Mayor, Councilman Hersh and the lovely staff at the borough hall. They ended up at the Senior Center where Kim and the staff went out of their way to put on a great reception! The costumes were judged and prizes awarded. It was a fun time for all.

Hope you all plan to vote on Tuesday, November 7th. Don't take your rights and privileges for granted. Millions of people have laid down their lives around the world for the right to vote. Make your voices heard!

November.....my favorite month of the year. It is Thanksgiving, the holiday I feel is so, so special. A time when you are given a special opportunity to reflect on the many blessings you have. This year, again, we are blessed to have the usual 25—30 people around our Thanksgiving table. Yes, the turkey is huge, the cooking is exhausting but the gratification and blessings I feel is immeasurable.

Happy Thanksgiving!

RUNI SRIWARDENA

Now that Halloween has passed, and we've had our fill of costumes and sweet treats, (okay, well, maybe not the sweet treats), it's time for my favorite month—November! This month is particularly special because it is the time when we begin to reflect on the year that has passed, and give thanks for all that has been given to us, both our challenges and our blessings (and our challenges that became blessings).

But let's be honest. Expressing gratitude isn't always easy. In fact, it can be one of the hardest things to do, especially if we feel that our own actions have not been reciprocated or acknowledged. Furthermore, we may often think that expressions of gratitude have to be grand gestures, ones that require planning, but showing appreciation is actually quite simple.

Some ways that I like to show gratitude include: saying thank you (either in person or written form), giving genuine compliments, exchanging goods or services (like food or assistance with some type of work), and holding space for people to talk when they want or need it. Every person is different.

I wonder, what does gratitude look like for you? Do you do any of the actions I mentioned above, or something else? Do you write a gratitude list in a journal? Do you express gratitude to yourself as much as you do to others?

As we draw nearer to Thanksgiving, I hope you all will take time to express gratitude. It might be hard at first, and people may wonder why you are being so nice, but eventually you might start to notice a change; people will relax, open up, smile more. They will be grateful that you acknowledged them and will acknowledge you right back.

Thanks for reading! See you next month!

--Allison Baldwin, 1-B

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 November **7th**.

After 4 PM it is late—No exceptions!

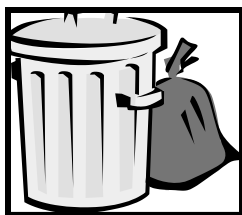
*** **Important*****

- ♦ 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 DECEMBER 13TH**



THIS MONTH IN HISTORY

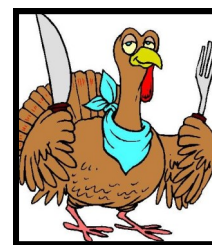
SONGS RELEASED THIS MONTH:

Chattanooga Choo Choo 1941
You Always Hurt the One You Love 1944
Button and Bows 1948
Harbor Lights 1950
Rags to Riches 1953
Sixteen Tons 1955
Love Me Tender 1956
Georgia on My Mind 1960
Big Girls Don't Cry 1962
Leader of the Pack 1964
Get off of My Cloud 1965
Last Train to Clarksville 1966
Hey Jude 1968
I think I Love You 1970
Gypsys, Tramps & Thieves 1971
That's the Way I Like It 1975
You Needed Me 1975
Heartache Tonight 1979

Submitted by: **Bonnie Bonanno, 2-F**

A Thanksgiving Prayer!

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!



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

Home Care & Hospice Triggers

Home Care Triggers – When Home Care Can Help

If you experience one or more of the following, you could benefit from home health care:

- History of falls
- Frequent ER visits or hospitalizations
- Frequent calls to the doctor's office
- Difficulty managing a chronic illness
- Decrease in ability to move around
- Use 5 or more medications
- Changes in your weight or appetite
- Feelings of depression or anxiety
- Difficulty in managing daily activities

Hospice Triggers – When it's time to call

Even when there is no cure, there is much healing that can take place. If you have a life-limiting illness and experienced one or more of the following, Hospice can help:

- Frequent Falls
- Loss of Appetite
- Difficulty bathing or grooming
- Increased ER visits or call to the doctor
- Ongoing pain or discomfort
- Shortness of breath w/minimal exertion
- Infections that don't go away or return often
- Feelings of confusion or depression

Always remember that you are not alone. Please feel free to reach out...

Activities Calendar

Last Coffee Klatch with Bridges - TBA

Thanksgiving Luncheon - Tuesday, November 14th at 12:30 PM

MARK YOUR CALENDAR

- ♦ Tuesday, November 2nd—Election Day, please vote!
- ♦ Tuesday, November 14th—Thanksgiving Luncheon at 12:30 PM hosted by Bridges Program and organized by the Staff.
- ♦ Wednesday, November 15th—HPHA Commissioner's Meeting at 6:30 PM (Note change of Date)
- ♦ Wednesday, November 29th—Resident Council Meeting at 4:00 PM

RESIDENT NEWS

- Congratulations to Nancy Bernstein on her beautiful shiny new car. Lots of luck to you.
- Linda DeGenova is undergoing hip surgery. We wish her the best.
- Bobby Gates was just transferred to a nursing home. We wish you all the best and will miss you.
- Larry Howell gave us a scare when he had to be rushed to the ER. He is recuperating. Good luck.
- Kowski Maniapien had to undergo another cardiac procedure. Glad to see her back home.
- So relieved to see Fathy Mekhail on the mend. His daughter and son take good care of him!
- Our sincere condolences to Jessica Munger on the sudden death of her boyfriend. We wish you strength and comfort.
- We wish Dee Sugleris' daughter Angela, a speedy recovery after her fall and injury.
- Congratulations to Michelle Vallee on her new set of wheels! Bet you are thrilled to drive again!
- We are anxiously awaiting the birth anytime now of Justine Boyd's baby boy. Good luck.
- Congratulations to Daniel Brown on his new job with Amazon.
- We welcome Franklin Hamilton to the Park Terrace family!



**NANCY BERNSTEIN WITH HER
BEAUTIFUL NEW CAR**



**GOOD FRIENDS CELEBRATING
NILI MIOT'S BIRTHDAY**



MEET THE RESIDENTS.....

ELLEN ROSNER
SAMUEL KRONMAN, APT. 1-G

Ellen Rosner was born in 1947. She grew up in Piscataway with her parents and brother, then moved to Highland Park when she was 16 where she attended Highland Park High School. After high school, she attended Rutgers University in Newark, New Jersey where she graduated with a degree in political science. After earning her degree, she stayed in Essex County for another eight years and worked for the Newark Rebellion, where her role included helping people find jobs. Soon after, she moved to Houston, Texas where she spent the next 16 years working as a professor of adult education. Her specialties were math and teaching English as a second language.

She is a 20 year resident of Highland Park, and moved to the Samuel Kronman building three years ago. In her free time, she enjoys looking at folk art, writing, and gardening. She also enjoys meditation, and teaches weekly classes in mindfulness and jyoti at the Reformed Church of Highland Park.

BEGINNER YOGA CLASSES

Resident Ellen Rosner has kindly volunteered her services to instruct you on beginner Yoga, right here at Samuel Kronman! Everybody is welcome. You can participate at your level, use a chair, take it at your pace. Please watch out for the flyer which will spell out more details. Come on Samuel Kronman, let's get healthy, Yoga is good for your mind, body and spirit!

A Special Thanksgiving Luncheon



Please join us for a very special sit-down, family style Thanksgiving luncheon on Tuesday, November 14th starting promptly at 12:30 pm. This wonderful event is made possible by Bridges, Kettly's Grant. However the event will be organized by the staff. It will have all the traditions, pomp and pageantry of a traditional Thanksgiving meal. Please return your RSVP's to the office by November 8th as the meal needs to be catered..

Veteran's Day Word Search

Instructions: Try to find all of the hidden Veteran's Day words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)

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

BATTLE DUTY HONOR CEMETERY FLOWERS SERVICE DAY
HEROES UNIFORM DEFEND HOLIDAY WEAPON

PHOTO GALLERY

ANNUAL SK HALLOWEEN COSTUME PARADE & CONTEST!





**ONLY BY GIVING ARE YOU ABLE TO RECEIVE MORE THAN YOU
ALREADY HAVE!**

- ♦ “You give but little when you give of your possessions. It is when you give of yourself that you truly give.” - Kahlil Gibran
- ♦ “No one has ever become poor by giving.” - Anne Frank
- ♦ “It is every man’s obligation to put back into the world at least the equivalent of what he takes out of it. The value of a man resides in what he gives and not in what he is capable of receiving.” - Albert Einstein
- ♦ “Think of giving not as a duty but as a privilege.”
- John D. Rockefeller
- ♦ “You give to yourself by giving of yourself.” - Matt Kahn
- ♦ “We make a living by what we get, but make a life by what we give.” - Winston Churchill
- ♦ “You’re learning to be nourished by the love you give, not by the validation offered in response to your giving.” - Matt Kahn
- ♦ “When you learn, teach. When you get, give.” - Maya Angelou

**Sincerely,
Donna Brightman**

