

## Housing Authority of the Borough of Highland Park

Housing Authority of the  
Borough of Highland Park  
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September, 2014

# THE HIGHLANDER

## FROM THE EDITOR'S DESK

It is with great pleasure and enthusiasm that I present to you our first new edition of the "The Highlander".

My vision is to create a more newsy, neighborly and community minded newsletter, with more involvement and interaction from you, the residents of this community. So let's work together to infuse more Samuel Kronman and Park Terrace spirit into this newsletter! I will be working closely with resident Ray Linares who has kindly agreed to serve as my resident associate editor. Ray has enormous experience and wisdom as the former editor of The Laurel House newsletter.

Please contribute your news, and any other interesting tidbits to Ray or to the office so that we can continue to publish interesting newsletters. Enjoy the rest of the Summer!

**Runi Sriwardena**

## WE MUST NEVER FORGET.....



September is a particularly poignant month when we remember the 9/11 attacks of 2001. It seems like just yesterday when our lives were shattered and changed forever. Yet time and life has moved on since then and we've gone along our way. Each year when September comes upon us, it still brings sadness to our hearts. Our prayers and thoughts still turn to all those precious lives ended and families torn apart.

As a nation, we had to change our ways and we've become more careful where we tread. Hopefully as humans, we will maintain our compassion towards our fellow man. We cannot change the past. We can only go forward and learn to appreciate the lives we have and hold those we love more closely to our hearts.

Our faith may have been challenged that day and our souls shaken to the core, but we are better people now than we were before. When life is hard or sad for you, think about that day. Remember how lucky you are to be alive and treasure the ones you hold dear each day.

Remember that life is but a journey with lessons learned along the way. Some make us laugh and some make us cry. Some will change us forever.

Let us take this opportunity to especially remember all those lives lost and the residents and families of Highland Park who either worked at the World Trade Center or who were personally affected by this tragedy.

## 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 Sept.7th.**

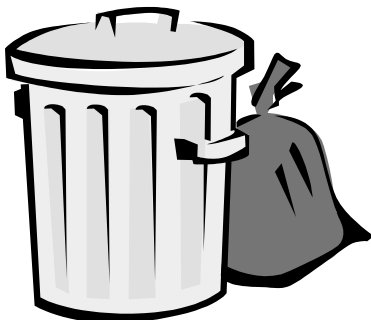
After 4 PM it is late—No exceptions!

**\*\*\* 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 & apt. number is on the check or money order.



**ATTENTION**  
**ALL RESIDENTS!**  
**THE NEXT BULK**  
**PICK-UP IN**  
**HIGHLAND PARK IS**  
**THURSDAY**  
**OCTOBER 2, 2014**



## COMMISSIONER'S CORNER

Get to know your Board of Commissioners:

Evelyn Sedehi, Chair

Diane Reh, Vice Chair

Morgan Chen

Steve Chudnick

Charlotte Quaintance

Amanda Thomas

Burton Weltman

Susan Welkovits—Board Liaison

Terrence Corrison, Esq—Board Attorney

**Schedule of Board Meetings for 2014**

Wed. January 8, 2014

Wed. February 12, 2014

Wed. March 12, 2014

Wed. April 9, 2014

Wed. May 14, 2014

Wed. June 11, 2014

Wed. July 9, 2014

Wed. September 10, 2014

Wed. October 8, 2014

Wed. November 12, 2014

Wed. December 10, 2014

All meetings are held at Samuel J Kronman Building commencing at 6:30 pm. You are welcome to attend these meetings.

## A NOTE FROM KETTLY AND JANI

### FLU SEASON IS ALMOST UPON US

Influenza (or common flu) is one of the mostly highly contagious illnesses. It is spread by “respiratory drops”- coughing and sneezing. Someone may touch something with the flu virus on it-such as door knobs, telephones or shopping cart handles-then unwittingly touch their mouth or nose.

Flu symptoms include fever, chills, runny or stuffy nose, headache, sore throat, cough, extreme fatigue and muscle aches. Nausea, vomiting and diarrhea are sometimes present, but rarely prominent.

Flu season typically runs from October through the end of February, but some years it runs into March and April as well. It is estimated that 10 to 20 percent of the U.S population contracts influenza each year. Once someone gets the flu, the only real “cure” is to rest and drink plenty of fluids, although a doctor may prescribe Tamiflu or Relenza (Prescriptions), both anti-viral medications which can keep the influenza virus from spreading inside the body and shorten the duration of symptoms. Both must be taken within 48 hours of the onset of flu symptoms, and neither is a substitute for a flu vaccination.

### **ACTIONS TO TAKE THIS FLU SEASON:**

#### 1. Get your Flu Shot

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.

A flu vaccine protects against flu viruses that research indicates will be most common during the upcoming year. The vaccine has been updated for this season and immunity wanes over a year., so you should get vaccinated this year even if you were vaccinated last season. Immunity sets in about two weeks after vaccination.

#### 2. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.

**3. Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. It is very important that antiviral drugs be used early to treat flu in people who are sick with flu, and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and over.

Flu shots are available at local drug stores, your Doctor’s office, & the Senior Center. Flu shots are covered by Medicare and most other insurance plans.

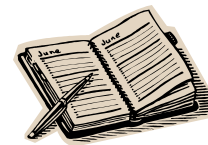
So, Happy Fall and Stay Healthy!



## SPECIAL THANKS GO OUT TO...

- The brand new Activities Committee Bonnie, Emily, Maggie, Michelle, Paul & Ray for all the work they put into hosting the first big barbecue bash at Samuel Kronman Apts.
- Ray Linares for serving as BBQ chef at both the Kronman and Park Terrace picnics.
- Kettly and Jani for their invaluable contribution, generosity and help.
- To all the staff members & the WHA for their contributions.
- Gus and his son Sebastian for providing that amazing music at both picnics. Also, to Alexa, & Marcella Patino for coordinating the kid games at the Park Terrace picnic.
- Mayor Gayle Brille Mitler, Liason Susan Welkovits, & Commissioner Diane Ray for attending our BBQ at Samuel Kronman apartments..
- Joanne Rogers for all the weeding and gardening to make our grounds look beautiful.
- Juan Abreau for taking the initiative to clean the stairwell windows. We really appreciate it.
- Regis Methven for always offering to help the maintenance guys.
- Karin Jackson for monitoring the knick-knack table.
- Bill Giacalone for donating his sculpture for our back garden.

## Mark your Calendar.....



- Monday, September 1st —Labor Day (Office Closed)
- Tuesday, September 2nd—Office returns to regular hours
- Saturday and Sunday, Sept. 13 and 14 — Town wide Garage Sale.
- Wednesday, September 17th—bring down your yard sale donations for tagging. We need household items, trinkets, shoes, hand bags, jewelry knick knacks welcome!
- Thursday Sept 18th / Fri Sept 19th—Giant Yard Sale (indoor and outdoor). Please patronize the sale—this is to raise funds for you! (Please bring your donations down on Thurs. Sept 17th)
- Sunday, Sept., 21st — “Arts in the Park “, artists, performers and food vendors from 11:30 to 4:30 PM.



**MEET YOUR NEW ACTIVITIES COMMITTEE**

From left to right; Emily, Bonnie, Ray, Paul, Maggie and Michelle (absent Joanne Rogers). The committee will be planning events all year round. Please feel free to contribute your own ideas and volunteer for upcoming events.

**SMILE AWHILE ....**



Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: "Get a hot mamma and be cheerful."

The doctor said, "I didn't say that, I said you've got a heart murmur. Be careful."

**ROSH HASHANAH**



This year Rosh Hashanah will be celebrated on September 25th. The new year of 5775 celebrates the anniversary of the creation of Adam and Eve. Some the high holy day customs include the sounding of the Shofar ( a rams horn ) and eating symbolic foods such as apples dipped in honey. A very joyous " Shanah Tova " to all our Jewish Friends.

**SEPTEMBER EVENTS**

Sept.1: Labor Day

Sept. 7: Grandparents Day



Sept.19: National Cheeseburger Day

Sept. 22: Elephant Appreciation Day



Sept. 23: First Day of Autumn

Sept. 25: Rosh Hashanah

Sept.: National Coffee Day



*"Happily we bask in this warm September sun , which illuminates all creatures. "* — Thoreau



# Meet the Residents

THIS MONTH WE FEATURE.....



**JOSEPH TRAGLIA**

**SAMUEL KRNONMAN , APT. 3-B**

Hi, my name is Joseph Traglia. I was born in Astoria, Long Island on December 21st, 1918., right after the end of World War I.

I was in the first draft and joined the Army in 1941 and served until 1945. I was deployed to New Guinea and the Philippines. While I was on furlough, I fell in love with the girl next door, Theresa and I were married in 1947. We were happily married for 56 years until she sadly passed away. We had a daughter who also unfortunately passed away and a son John who lives in California.

I worked for Chemical Bank in New York City and then for a sand paper company for 25 years. I used to paint portraits and I love cooking!

My wife Theresa and I moved into Samuel Kronman Apartments in 1989. That was the best move I ever made. I love living here.



**TERRY BARNES**

**PARK TERRACE 207 SO. 6TH**

Hi, my name is Terry Barnes. I was born on September 27th, 1955 in New Brunswick, NJ. I had 5 siblings, all brothers of whom I have four brothers left.

I received my schooling right here in Highland Park. My first job was at the Clarion Hotel in Edison where I worked for 10 years. I then worked as a child care worker at New Friends in Edison.

I moved into Park Terrace 17 years ago. I really like to complex and get along well with my neighbors and management. I love Highland Park and have a lot of respect for the school system.

## Let's try a Sudoku puzzle!

Your task is to place the numbers from 1—9 into the empty cells in such a way that every row, column & region each number appears only once. No repeat numbers!

<b>8</b>			<b>4</b>		<b>6</b>			<b>7</b>
						<b>4</b>		
	<b>1</b>					<b>6</b>	<b>5</b>	
<b>5</b>		<b>9</b>		<b>3</b>		<b>7</b>	<b>8</b>	
				<b>7</b>				
	<b>4</b>	<b>8</b>		<b>2</b>		<b>1</b>		<b>3</b>
	<b>5</b>	<b>2</b>					<b>9</b>	
		<b>1</b>						
<b>3</b>			<b>9</b>		<b>2</b>			<b>5</b>

### RECIPE CORNER

#### Sweet & Sour Meatballs



**Ingredients:**

- Package of ground turkey
- 1 can Ocean Spray Cranberry Sauce (either jellied or whole cranberry)
- 2—8 oz. cans of Del Monte Tomato Sauce
- Small amount of crushed pineapple (optional)

**Method:**

Put cans of tomato sauce and cranberry sauce in a large pot. Season meat however you choose. Roll meat into meatballs. Put meatballs in the pot with the sauce. Cover the pot and cook for about one hour over low flame, stirring occasionally.

Hint: Meatballs are great served over rice and even better the 2nd day!

**Submitted by: Lauren Adams / Staff**

### THE LITTLE THINGS

- As you might know, the head of a company in the World Trade Center survived 9/11 because his son started kindergarten that day.
- Another fellow is alive because it was his turn to bring donuts to work.
- One woman was late because her alarm clock did not go off on time.
- One was late because she was stuck on the NJ Turnpike due to an auto accident.
- Another missed the bus.
- One spilled food on her clothes and had to take time to change.
- Another's car would not start.
- One went back to answer the telephone.
- One had a child that dawdled.
- One could not get a taxi.

The story that may strike us most is the man who put on a new pair of shoes that morning, took the usual means to get to work but before he got there, he developed a blister on his foot. He stopped at a drugstore to buy a Band-Aid. That is why he is alive today.

Now when we are stuck in traffic, miss an elevator, turn back to answer a ringing phone, all the little things that annoy us, we should think, this is exactly where we are supposed to be at this moment.

Next time your morning seems to be going wrong, the children are slow getting dressed, you can't seem to find the car keys, you hit every traffic light, don't get mad or frustrated: somebody is at work watching over you!

Don't sweat the little things!!



# SAMUEL KRONMAN RESIDENTS ENJOYING THEIR BBQ

FOOD, MUSIC, SINGING AND DANCING.....



Mayor Gayle Brille Mitler drops in to say hi!





# PARK TERRACE RESIDENTS ENJOYING THEIR BBQ FOOD, MUSIC, SINGING AND DANCING.....



## BACK TO SCHOOL QUOTES

“Education is when you read the fine print. Experience is what you get if you don’t.

-Lydia M. Child

“Live as if you were to die tomorrow; learn as if you were to live forever.”

-Mahatma Gandhi

“The important thing is never to stop questioning.”

-Albert Einstein

“Schoolteachers are not fully appreciated by parents until it rains all day Saturday.”

-E.C. McKenzie

“Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken.”

-Bill Dodds

“When the student is ready, the master appears.”

-Buddhist Proverb

Sincerely,

Donna Brightman

