

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



January 2018

THE HIGHLANDER

We made it to 2018! Here's wishing you all a very happy, healthy, safe, prosperous and peaceful new year. Hope you ushered in the new year in a special way. As for me, we saw a movie, had a nice dinner out and then hit the couch to watch the ball come down! It was awfully cold so the best place to be was right on the couch!

The annual year end holiday party went off well with delicious catered food. The icing on the cake was the unexpected music entertainment from our new resident Ram. It was toe-stepping music enjoyed by all.

We have had 3 snowstorms and have survived them. If you or anyone you know is interested in doing some snow clearance work, please contact the office immediately.

With this awfully cold weather we are experiencing, literally a deep freeze, it is vitally important that you all practice safety especially when you venture outside. Bundle up, keep your head, neck, hands and feet well covered, wear layered clothing and never expose yourself to the cold weather for long. Hypothermia can set in within minutes. Please be careful. Again,

HAPPY NEW YEAR!
RUNI SRIWARDENA

HAPPY NEW YEAR!



The New Year is upon us, which means fresh starts, new beginnings, and a chance to build upon all the lessons and transformations of last year. When I look back on 2017, it's hard to believe that I am where I am right now. If someone had told me two years ago that, by the end of 2017, I would be living in my own apartment, and pursuing my writing more actively, I would have laughed in their face. But if I've learned anything over the past few years, it's that, when we're in the middle of a situation or challenging path, we don't always see how everything fits together. We don't always see how our current situations are preparing us for the future ones. Only after the fact do we have an opportunity to gain perspective.

As the New Year begins, I encourage you to look back on 2017 with fresh eyes. Figure out the things that worked for you, that pushed you forward, and also figure out the things that held you back. Take all the good and remove the rest, so that new opportunities can take their place.

Now's the time to start planning for the year ahead. But remember: Even the best laid plans don't always go as we expect. Don't try to control everything. Instead, be open, be present and express gratitude and kindness wherever you go. You'll be surprised how far that gets you.

Wishing you all a prosperous and creative 2018!

- Allison Baldwin, Apt. 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 January 7th.

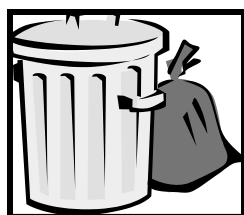
**After 4 PM it is late—No
exceptions!**

*** **Important*****

- ♦ Do not post-date your checks.
When a check is received by the
Housing Authority, it must be de-
posited within 48 hours. We cannot
deposit checks that are post-dated
and cannot hold them until the fol-
lowing month. If you have a third
party paying your rent please make
sure your name & apartment num-
ber is on the check or money order.



ATTENTION
ALL RESIDENTS!
THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON MARCH 14TH



2018 SAMUEL KRONMAN BUILDING RESOLUTIONS

Be a good neighbor, help one another, don't spite
Try not to complain, instead share insight
Bonds and friendships do excite
Don't tell one another to fly a kite
We're all in this together, a team who contributes
all their might
Common message worth repeating despite being
trite
Happy 2018, full of positivity, uplifting messages,
please do recite
Keep mood light
And perhaps extend an invite.

-Donna Haring, Apt. 6-H

FLIGHT 2018

Boarding on Flight 2018 has been announced.....
Hope you have checked in only the best souvenirs, if you
have any, from dreadful Flight 2017 in your luggage.....
The bad and sad moments if carried, must be thrown away
in the garbage bins on arrival.....
The flight will be 12 months long. So, loosen your seat
belts, jingle and mingle.
The stop-Overs will be:
Health / Love / Joy / Harmony / Well-Being / Peace

Refueling will be at:
Giving / Sharing / Caring

The following menu is offered and will be served during the
flight.....
Cocktail of Friendship
Supreme of Health
Grating of Prosperity
Bowl of Excellent News
Salad of Success
Cake of Happiness
Wishing you and your family an enjoyable trip aboard
Flight 2018!

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

HAPPY & HEALTHY NEW YEAR!!!



Practice Mindfulness

Feeling Stressed?

Practicing mindfulness for as little as 10 minutes a day can alleviate symptoms of stress, including headaches, upset stomach, muscle tension, anxiety, lack of focus and difficulty sleeping

Practice Deep Breathing

Deep breathing is one of the best ways to lower stress in the body. When taking slow, deep breaths, you send a signal to your brain to relax and calm down. The brain tells this to the rest of your body, helping you relax and combat stress symptoms.

Practice Meditation

Often times we get caught up worrying about what is to come in the future, or hold onto things that happened in the past. Meditation can help us live in the present without worry of past or future. The key to mindfulness through meditation is to let thoughts come and go without judgement.

MARK YOUR CALENDAR

- ♦ January 15th—Martin Luther King holiday—Office Closed
- ♦ January 31st- Resident Council Meeting at 4 pm
- ♦ Thursdays & Fridays—Appointments with social worker, Kettly Gilles
- ♦ Mondays—Wednesdays-Fridays—SK Café at 10:30 am

Welcome to Samuel Kronman!

We extend a warm welcome to Robert Reap who recently moved into apartment 1-E on the 1st floor. Robert is a longtime resident of Highland Park. Please take the time to meet your new neighbor.



Resident News

- Clara O'Neil, 6-L is enjoying having her daughter visit from Florida.
- Congratulations to Maggie Ferber, 5-C on her new pet cat, she has not named it yet!
- Congratulations to Gus Kurkanakis on his new little pet birds!
- We wish Elsa Vivanco a speedy recovery after her recent eye surgery.



GOOD FRIENDS CELEBRATING BONNIE'S BIRTHDAY AT THE SK CAFÉ. HAPPY BIRTHDAY, BONNIE!



CHEF'S CORNER**ONE-POT TEN MINUTE
BEEF AND BROCOLLI**

1 lb. lean (at least 80%) ground beef
 1 bag (12 oz.) frozen, chopped broccoli
 1 bunch chopped green onions, greens
 and whites separated
 3 cups cold, cooked white rice
 1 cup thick teriyaki marinade and sauce

In nonstick 5-quart Dutch oven, cook beef with salt to taste over medium heat, stirring frequently, until brown. Do not drain. Meanwhile, make broccoli as directed on bag.

Add whites of green onions to pan with beef, and cook 1 minute.

Stir rice and teriyaki sauce. Cook and stir about 2 minutes or until rice is heated through.

Stir broccoli. Top with green tops.

**Special Days of January**

1st -New Year's Day
 6th -Feast of the Epiphany
 7th -Orthodox Christmas
 15th -Martin Luther King's Birthday

Quotable Quotes

"Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man." - Benjamin Franklin

"Blessed are they who can laugh at themselves for they shall never cease to be amused." -Anonymous

How Much Did it Cost?

1 pound of cheese
 In 1913—.22 cts
 In 2013—\$5.83

January 2018 has two full moons:

Tuesday, January 2nd, known as the Wolf Moon

Wednesday, January 31st, known as the Blue Moon

SMILE AWHILE.....

- A senior citizen is driving on the highway. His wife calls him on his cell phone and in a worried voice says, "Herman, be careful, I just heard on the radio that there is a madman driving the wrong way on Route 280!" Herman says, "I know, but there isn't just one, there are hundreds!"
- Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentlemen dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

MEET THE RESIDENTS.....

**JOZEFINA ANDREJEAKOV
SAMUEL KRONMAN, APT. 6-E**

Hi, My name is Jozefina. I was born on March 3rd, 1950 in Slovakia (formerly a part of Czechoslovakia). I had one brother and one sister but unfortunately they are both now deceased. I graduated from High School in Milchalovce. I got married and had a son, Peter who is still in Slovakia. I worked in Accounting for the City of Humene and supported my mother who was very sickly.

After my divorce, I came to the United States and lived in Linden, NJ. I worked as a caregiver for the elderly. I met my husband Al Stokes online and we were married 2 years ago in Highland Park. I now live with Al at Samuel Kronman in apartment 6-E.

I enjoy listening to all types of music. I also love to garden. I grew tomatoes in planters in my balcony. Fortunately we get a lot of sun!

Last year, Al and I drove 3500 miles on a road trip within California and Mexico. We are planning another driving trip from Slovakia to Moscow!

YOGA CLASSES



Thanks to the kind offer of resident Ellen Rosner, we are happy to offer you Senior Yoga classes right here at Samuel Kronman. The classes will be held on the 1st Tuesday of every month at 10 am in the community room. You can do the Yoga routine at your level and at your pace, sitting on a chair or a mat. The first class will be Tuesday, February 6th at 10 am. Please sign up. The sign up list will be posted on the main bulletin board outside the office. We encourage you to participate!

REMEMBERING DR. MARTIN LUTHER KING

Civil Rights leader Martin Luther King Jr. was just 39 years old when he was assassinated on April 4, 1968, but the values he stood for—acceptance, equality, non-violent protest, have echoed throughout the five decades since; His speeches were bold & triumphant and as he spoke, millions listened. As we observe and commemorate Dr. King's birthday, here are some of the most inspiring words he spoke in his short life:

"Our lives begin to end the day we become silent about things that matter."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

"Life's most persistent and urgent question is, 'what are you doing for others?'"

"Never succumb to the temptation of bitterness."

"History will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people."

"The moral arc of the universe bends at the elbow of justice."



PHOTO GALLERY

YEAR END HOLIDAY PARTY HOSTED BY THE RESIDENT COUNCIL





**SURPRISE DJ RAM ENTERTAINING
THE GUESTS!**

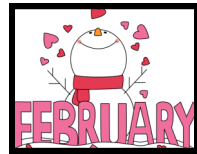


WELCOME 2018 HAPPY NEW YEAR

The New Year is the time when we all want to start on a good note. It is a time when you want to wish each other a year filled with happiness, joy and loads of success. When welcoming the new year it's important to start on a positive note by letting go of the negativities that accumulated in the year gone by. As the sun rises to start a new day, let's all start afresh as we welcome 2018.

I wish for you:

A Jolly January



A fabulous February



A marvelous March



An amazing April



A magnificent May



A joyous June

A jackpot July



An ambitious August



A successful September

An outstanding October

A nifty November

A delightful December



- DONNA BRIGHTMAN