

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



**April 2018**

# THE HIGHLANDER

First day of Spring and wham, another mega snowstorm! Mother Nature continues to show who is mightier! We weathered this one too and humbly pray for what is our due.....nice weather!

It's Tax day, but we have a 2 day reprieve. The deadline is April 17th because the usual deadline date, 15th falls on a weekend! So for last minute tax filers, you have 2 extra days!

It will soon be planting time. Again, we look to our master gardeners, Joanne Rogers and Chuck Lacaillade to keep the front of the building looking beautiful. We are also happy to welcome Natasha Wydoborec Nizama to do a section of the front garden as well. In addition, Joe will soon get the garden beds ready in the back of the building for our Victory Gardeners! We have a total of 6 garden beds which can be allocated as full beds or half beds. Stop in the office to request a space.

With Spring comes a heightened level of activities and programs so please read the bulletin boards regularly and keep abreast with all that's going on and make use of the services and programs that come to your doorstep!

**RUNI SRIWARDENA**

### **APRIL FOOLS!**

Happy April, Everyone! I hope you are having a great start to the fourth month of our calendar year!

Did you know that this year, April Fools' Day falls on the same day as Easter Sunday? I'm not sure whether to think that's funny or ironic, or some other word I haven't come up with yet, but in the spirit of this occasion, I wanted to provide us all with some history of the lesser celebrated, but equally memorable, holiday. According to History.com, April Fools' Day dates as far back as 1582 when the French switched from the Julian calendar to the Gregorian calendar. This switch caused the start of our new calendar year to move from the last week of March to the beginning of January. Those who failed to realize the switch had happened were often made fun of and became the subject of hoaxes and practical jokes including, but not limited to, having paper fish placed on their backs. Anyone who had a paper fish on his or her back was now known as a gullible person or someone who was easily caught.

In the 18<sup>th</sup> Century, April Fools' Day spread throughout Britain and Scotland, where the holiday became a two-day event in which people were sent on phony errands known as "hunting the gowk" (Think "wild goose chase") These days though, April Fools' jokes have become much cleverer, even to the point where newspapers publish satirical articles about fantastical happenings.

After learning all of this, I'm inclined to believe that having April Fools' share a day with Easter might just be the Universe's way of reminding us all to have a little more fun. As we continue to honor our personal belief systems, and reflect upon our rituals, we must remember that playfulness is what brings us together, what lessens the divisions between us. Our rituals do not have to be our divisions, but rather they can be our entry points to understanding. April Fools' Day teaches us that a well-placed joke can help us laugh with each other instead of at each other. Laughter is the best medicine, after all.

Submitted by: **ALLISON BALDWIN, 1-B**

## RENT

Rent is due on the 1st.

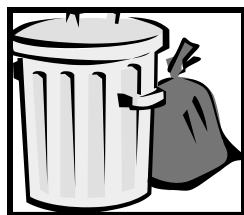
If you are using the rent box, your check must be in the box before 4 PM on April 7th.

**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 APRIL 11TH**



## THIS MONTH IN HISTORY

April 2, 1513—Spanish explorer Ponche De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 3, 1860—In the American West, the Pony Express Service began.

April 4, 1968—Civil Rights Leader Rev. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

April 6, 1896—After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 9, 1865—After over 500,000 American deaths, the Civil War effectively ended as General Robert E. Lee surrendered to General Ulysses S. Grant in the village of Appomattox Court House.

April 15, 1912—In the icy waters off Newfoundland, the luxury liner Titanic with 2,224 persons on board sank at 2:27 a.m. after striking an iceberg.

April 18, 1906—The San Francisco earth quake struck at 5:13 a.m. over 10,000 acres of property and 4,000 lives lost.

April 19, 1993—At Waco, Texas, the compound of the Branch Davidian religious cult burned to the ground with 82 persons inside, including 17 children.

April 22, 1889—The Oklahoma land rush began at noon with a single gunshot signaling the start of a mad dash by thousands of settlers.

April 26, 1944—Federal troops seized the Chicago offices of Montgomery Ward and removed its chairman after his refusal to obey President Roosevelt's order to recognize a CIO Union. The seizure ended when unions won an election to represent the company's workers.

April 30, 1948—Palestinian Jews declared their independence from British rule and established the new state of Israel. The country soon became a destination for tens of thousands of Nazi Holocaust survivors and a strong U.S. ally.

Submitted by **BONNIE BONANNO, 2-F**



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



## **Four Seasonal Allergy Tips**

### **Take Daily Medicine**

If you are a seasonal allergy sufferer, start off every morning by taking an over-the-counter daily allergy pill. If you need stronger medication, please consult your doctor or allergist.

### **Track Pollen Levels**

Some days are worse than others for seasonal allergy sufferers. Stay one step ahead by tracking the pollen levels in the air. There are plenty of apps you can download to get day-to-day pollen levels. Determine how much time you should spend outside by how the levels look each day.

### **Keep Windows Closed**

As the weather gets warmer, it's tempting to open the windows to let the fresh air in, but doing so will also let the pollen in. Keep your windows closed especially on days with high pollen count to ensure your home is a safe haven from allergies.

### **Keep a Clean House**

Allergens will find their way into your house, whether it's from attaching themselves to your clothes and pets, or coming in from open windows and doors. Keeping a consistent cleaning schedule and washing your sheets and curtains regularly will help keep allergens in check at home.

Please continue to schedule your appointment at the office. Thank you for your cooperation.

## MARK YOUR CALENDAR

- ♦ April 13th—Resident Council Spring BBQ, please sign up.
- ♦ April 25th—Resident Council Meeting 4:00 pm
- ♦ Thursdays—Yoga Class at 10 am—please check them out!
- ♦ Mondays/Wednesdays/Fridays—S.K Café at 10 am

## Resident News

- Congratulations to Huldah Rohan's (4-L) grand daughter Shamiah Johnson who went to Barcelon, Spain with her Piscataway High School classmates on a 10 day exchange program.
- Our condolences to Rhonda Coons 4-M, on the death of her brother.
- Ana Da Silva 6-F, returned from re-hab. Please get strong and well soon.
- Our prayers are with Clara O'Neil 6-L, who is still in re-hab.
- Congratulations to Robert Howarth of Park Terrace on being selected for Highland Park Fireman training. We are proud of you!.
- Congratulations to Juan Ratliff of Park Terrace on his new shiny red car! We wish you loads of luck.
- Karin Jackson was thrilled to bits when she received an envelope in the mail and there was a shiny ten dollar bill with a note showing a smiley face and no name! May be an admirer??
- Continued thanks to David Beckenstein who brings bakery items and most recently a whole big pan of kugel and trays of desserts for the residents. Yum!
- Happy birthday to Wanda Zelenski. Her friends threw her a nice surprise party!

## YOU ARE STRONGER THAN STRESS!

It's true that stress seems all-powerful. But it can only take over if you let it! In fact, stress needs your permission to rattle your peace of mind and leave you frazzled. Remember: just because stress demands your attention doesn't mean it deserves you. Your happiness does!

-Submitted by: **Karin Jackson, 3-P**



**CHEF'S CORNER****MEDITERRANENA SALD WITH  
CHICKPEA PATTIES**

1 15.5 ounce can chickpeas, rinsed

1/2 cup fresh flat-leaf parsley

1 clove garlic, chopped

1/4 tsp ground cumin

Kosher salt and black pepper

2 tbs all-purpose flour

2 tbs olive oil

1/2 cup low-fat yogurt

(preferably Greek)

3 tbs fresh lemon juice

8 cups mixed greens

1 cup grape tomatoes

1/2 small red onion, thinly sliced

Pita chips, optional

In a food processor, pulse the chickpeas, parsley, garlic, cumin and 1/4 tsp each salt and pepper until coarsely chopped and the mixture comes together when gently squeezed.

Form the mixture into eight 1/2 inch patties and coat with the flour, tapping off any excess.

**Special Days of APRIL**

1st: Easter

1st: April Fool's Day

17th: Tax Day

22nd: Earth Day

25th: Arbor Day

Quotable Quotes:

"April hath put a spirit of youth in everything".—William Shakespeare

"Snow in April is abominable, like a slap in the face when you expected a kiss."

- L.M. Montgomery

Full moon: April 30th

Known as the Pink Moon

April Birth Flower—Daisy

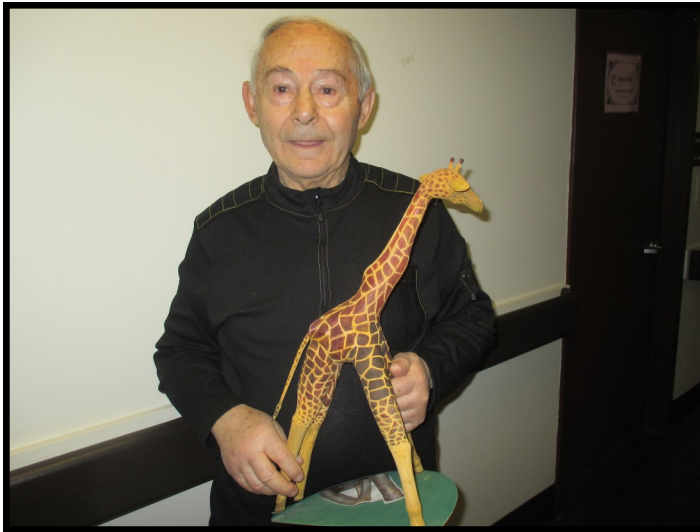
April Gemstone :  
Diamond

Hello  
April

**SMILE AWHILE.....TAX DAY STYLE!**

A little boy wanted \$100 badly and prayed for two weeks but nothing happened. Then he decided to write a letter to Santa requesting the \$100. When the postal authorities received the letter addressed to Santa, they decided to send it to the President of the USA. The President was so impressed, touched, and amused that he instructed his secretary to send the little boy a \$5.00 bill, as this would appear to be a lot of money to a little boy. The little boy was delighted with the \$5.00, and sat down to write a thank-you note to Santa. It said: Dear Santa, Thank you very much for sending me the money. However, I noticed that for some reason you had to send it through Washington, DC and as usual, those jerks deducted \$95 for taxes!



**MEET THE RESIDENTS.....**

**JOSEPH KOGAN  
SAMUEL KRONMAN, APT. 5-B**

Hi my name is Joseph Kogan. I was born in the Capital City of Ukraine, Kiev on November 30, 1933. I had one brother who fought in World War II and died in 1981.

I completed my studies at the Physical Training Institute in Ukraine. I was a sprinter in track and field and participated in many competitions. I taught Physical Ed at the High School and worked with the Ukrainian Track and Field Olympic Team which competed in 1976 at the Montreal Olympics and in 1980 at the Moscow Olympics.

I met my wife Sofya and we were married in 1961. We have one daughter, 2 grand children and 4 great grand children.

We moved to the USA in 1992 and lived in Edison. I worked in several jobs and the last was with the Highland Park Recreation Department as a track and Field Coach at the Senior Center. I also participated in the Cheetah's Track and Field Club and won 1st place in the 100 meter dash and was also Champion of NJ State and won many medals.

I moved to Samuel Kronman in May 2000 just after I retired. I love to paint and do Sculpture. I won 6 times in Middlesex for Sculpture and won 1st place in the State as well. My exhibits are still on display at the senior center.

Please see the sculpture shown in the picture above which won 1st place in the county and 2nd place in NJ.

I love this building and also Highland Park which is a wonderful place to live in.

## SPRING BBQ!

If it can snow in Spring, we can certainly have a BBQ in Spring! Thanks to Bonnie Bonanno and the Resident Council, you will have an opportunity to enjoy those delicious burgers and hot dogs and salads before the official summer days roll by.

ON: Friday, April 13th

TIME: 12:00 Noon

DONATION: \$5.00

Sign up sheet is posted on the 1st floor bulletin board



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### DID YOU KNOW?

- ♦ That someone dies every 15 minutes nationwide from overdosing on Heroin or prescription drugs?
- ♦ Heroin is not just an inner-city drug anymore.
- ♦ Most Heroin users start using in their teenage years.
- ♦ Most Heroin users begin by using prescription pills.

#### Street Names and Slang Terms for Heroin:

Smack, H, Tar, Chiba, Chive, Junk, Brown Sugar, Skag, Mud, Dragon, Dope, White, China White, White Horse, White Nurse, White Lady, White Stuff, Black Tar, Snow, Number 3, Number 4, Number 8, Black Pearl, Brown.

#### Physical Signs of Heroin Use:

- ♦ Dry mouth, Acting strangely
- ♦ "Droopy" Appearance
- ♦ Sudden disorientation
- ♦ Constricted (small) pupils
- ♦ Sudden cycles of hyper alertness followed by nodding off
- ♦ Increased sleeping patterns

Addiction Hotline: (800) 238-2333 (free)

Narcotics Anonymous (800) 992-0401 (free) State Help (866) 202-4357

**PHOTO GALLERY**

Reunited and it feels so good!

Barbara Davis & Baleria Tatum bumped into each other in the hallway. They worked together at Robert Wood Johnson Hospital. Now they live in apt. 2-B and 3-B! Fast friends again!

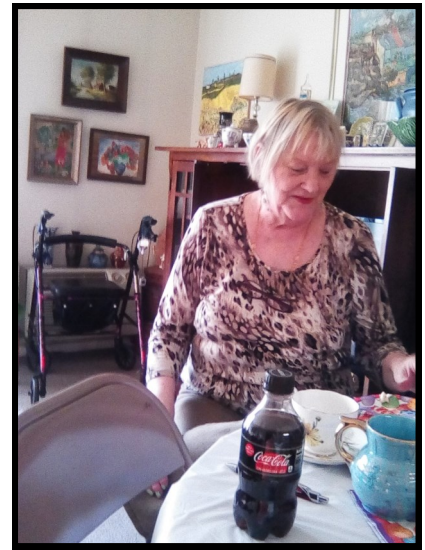
Resident Commissioner Regis Methven just returned from a glorious sailing vacation in the Caribbean on board the Ship Sagitta with friends. It was a week of sun and warm ocean breezes!



Weekly Thursday Yoga Class in session. Residents exercising, meditating and keeping fit!







Good friends celebrating Wanda Zelenski's birthday at Karin's home! Happy birthday Wanda!



Resident Artist Bill Giacalone horsing around during his young military days! We are proud and grateful for your service to this country.

## BEWARE.....MEDICARE SCAM

### THE FACTS

Starting April 18th, Medicare will start a year-long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently, the ID number is your social security number. New Medicare cards without Social Security numbers are being distributed from April 2018 to April 2019. The new Medicare card will come to you in the mail. You don't need to request it or do anything. It will just show up. Your existing card is good until the new one shows up.

### THE SCAM

Somebody from "MEDICARE" will call to tell you that you are getting a new Medicare card. But until it comes, you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account or credit card so they can process your temporary card.

### THINGS TO REMEMBER

Medicare will never call you unless you ask them to. Medicare does all communications by mail unless you ask them to call.

DO NOT give out information over the phone.

Spread the word. Feel free to share these notes.

Use your answering machine to screen calls or just don't even answer a number you don't recognize.

If it has happened to you or your friends or loved ones and personal information has been given out (happens more often than you think so, don't feel bad or stupid) immediately take action to protect yourself against identity theft.

Sincerely

**DONNA BRIGHTMAN**

