

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



May 2018

THE HIGHLANDER

Aaaah, its finally just beautiful! Our gardeners are waiting to dig, plant and tend!

Its unfortunately also a time for allergies with the pollen count at an alarmingly high rate. I have had to resort to taking allergy meds at night just to stop coughing! A simple humidifier helps some people, keeping your throat hydrated by sipping water helps some. Home remedies are sometimes the best remedies!

I am excited to introduce a new feature article by Chuck Lacaille in the newsletter which will feature positive things he sees around the property!

May is a month when we celebrate our mothers. On a personal note, I was privileged to have had an exceptional mother who taught me by example. She was a natural benefactress, a person who gave of herself to the umpteenth amount. I wish I could be half the mom she was to me. I hope you all take the time to remember, honor and appreciate what your mothers have been to you. They birthed you, nurtured you, taught you most of what you learned in your formative years, stayed up many, many nights worrying about you and continued to worry about you long after you were grown!

RUNI SRIWARDENA

HAPPY MOTHER'S DAY!

Hello everyone! I hope you are having a fantastic start to the month! As the saying goes, "April showers bring May flowers," and we are definitely seeing new life bloom around us as the weather changes. As we head into the second week, we also look forward to the celebration of Mother's Day. This year Mother's Day occurs on Sunday, May 13th, and is the perfect opportunity to (further!) celebrate those women who care for us harder than any others. Mother's Day has been celebrated for so long that it may seem like "just another holiday" to many of us, but did you know that it actually has an interesting history?

According to History.com, Mother's Day was created in 1908 by a woman named Anna Jarvis, as a way to honor working mothers. Jarvis started an organization known as the "Mother's Day Work Clubs" in order to teach women how to properly care for their children. Later on, Jarvis switched the day's focus to honoring her mother and the sacrifices mothers make for their children. She spent years trying to get the day added to the national calendar—writing letter campaigns to newspapers and politicians, that argued holidays were biased toward men-only to later denounce the holiday because she felt it became too commercialized.

The holiday became official in 1914. Additionally, the holiday is recognized globally, with traditions and celebration dates varying based on cultural customs. For example, in Thailand, Mother's Day is celebrated in August, on the birthday of the current Queen, and in Ethiopia, Mother's Day is celebrated as part of a multi-day celebration honoring motherhood.

How are you celebrating Mother's Day this year? Whatever the way, I hope you take time to honor those important roots. Have a wonderful month!

-ALLISON BALDWIN, 1-B

RENT

Rent is due on the 1st.



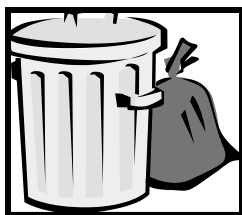
If you are using the rent box, your check must be in the box **before 4 PM on May 7th.**

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 order.

ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON June 13th**



THIS MONTH IN HISTORY

May 1st—Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a worker's holiday or Labor Day.

May 4—1494—During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 6, 1937—The German airship Hindenburg burst into flames at 7:20 pm as it neared the mooring mast at Lakehurst, NJ, following a trans-Atlantic voyage.

May 7, 1992—The 27th Amendment to the U.S Constitution was ratified, prohibiting Congress from giving itself pay raises.

May 10, 1994—Former political prisoner Nelson Mandela was inaugurated as president of South Africa. Mandela had won the 1st free election in South Africa.

May 14, 1607—The first permanent English settlement in America was established at Jamestown, Virginia, by a group of royally chartered Virginia Company settlers from Plymouth, England.

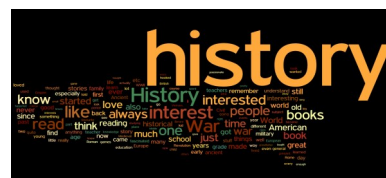
May 17, 1792—Two dozen merchants and brokers established the New York Stock Exchange. In good weather they operated under a buttonwood tree on Wall Street. In bad weather they moved inside to a coffee house to conduct business.

May 22, 1947—Congress approved the Truman Doctrine, assuring U.S. support for Greece and Turkey to prevent the spread of communism.

May 26, 1940—The Dunkirk evacuation began in order to save the British Expeditionary Force trapped by advancing German armies on the northern coast of France. Boats and vessels of all shapes and sizes ferried 200,000 British and 140,000 French and Belgian soldiers across the English Channel by June 2nd.

May 30, 1922—The Lincoln Memorial in Washington D.C., was dedicated. It was designed by architect Henry Bacon and features a compelling statue of "Seated Lincoln" by sculptor Daniel Chester French.

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



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

6 Ways to control



BLOOD

PRESSURE

Exercise Regularly: Just 30 minutes of exercise each day can lower your blood pressure by 5 to 8 mm Hg. Exercise can help avoid developing hypertension and bring your blood pressure down to safer levels.

Eat Healthy : Eat a diet rich in whole grains, fruits, vegetables and low-fat dairy products. If you have high blood pressure, skimping on saturated fat & cholesterol can lower your levels by up to 11 mm Hg.

Reduce Sodium: Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

Quit Smoking: Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal.

Reduce Stress: Chronic stress contributes to high blood pressure. Take time to try to relax by meditating, doing yoga, deep breathing or doing something you enjoy.



Cut Back on Caffeine: The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it.

Thank you for your cooperation. Please continue to schedule your appointments.

MARK YOUR CALENDAR

- ♦ Wednesday, June 6th—Resident Council Taste Sub Sandwich luncheon –12 noon
- ♦ Wednesday, May 30th—Resident Council Meeting at 4 pm.
- ♦ Thursdays—Yoga Class at 10 am—all are welcome
- ♦ Mondays/Wednesdays/Fridays—SK Café at 10 am

Resident News

- Happy to have Dee Donnelly back after a long stay in re-hab. She is fast getting back to normal. Be safe.
- We wish Barbara Davis the best as she soon goes for double knee replacement. Brave girl!
- Nice to have Clara O'Neill back from re-hab as well. Hope you get your strength back fast.
- We welcome Angel Rivera and his son Angel Rivera Jr. to Park Terrace. Angel Sr. is a longtime employee at the Highland Park Stop and Shop and works in the Produce department. Jr. is a student at Highland Park High School. We hope you are happy in your new home.
- Our condolences to Larry Howell on the sudden death of his son-in-law in Detroit. We know you will be a great strength to your daughter and the baby.

Hello Fellow Residents:

As we all know, it has been a long and cold winter. Most, I think, thought it would never end. But now that spring has finally arrived, we are gifted with not only a renewal of the earth around us but, a lifting of our spirits as well. Although I do like the cold weather and snow that it brings, I will admit my focus does sometimes slip and I will get cabin fever from time to time.

I was visiting a friend in the family units at Park Terrace and because the weather was bright and sunny outside, decided to open the windows and let the fresh spring air in to join me. The sun on my face was a welcome treat. As I was doing this, I heard some noise out by the dumpsters. As the sun was in my eyes, it was harder to see who and what was going on. Sounded to me like someone was discarding some glass. My eyes adjusted to the light and could see Audrey Lesuer, one of the residents there, with broom and dustpan in hand. I asked her why she was cleaning up by the dumpsters? This was certainly not in her job description! She gave me a funny look, and then told me about how sometimes debris and broken bottles wind up in the parking lot. I began to realize that she took it upon herself not to complain but, instead to do something about it. I have to admit that this impressed me to no end. She did not seek any attention for her act. Maybe just the self satisfaction of knowing she had an effect on her surroundings? Maybe because she calls this place home and was taking some responsibility for her area? I know her reasons are her own but want to thank her for what she does. This incident reminded me of a childhood experience with my father. He wanted to explain to me what it takes to be a person of character. I will never forget what he said. "The true measure of a person is not what they do when they are seen by others, but what they do when others are not looking."

Thank you Audrey, for reminding me of this simple but oh so important lesson.

-CHUCK LACAILLADE 2-Q

CHEF'S CORNER**CRUSTLESS SPINACH QUICHE**

6 large eggs

1 1/2 cups 1% cottage cheese

1/2 cup grated cheddar cheese

2 tbs Dijon mustard

1/2 cup Spanish onion

1– 10 oz. package frozen spinach

1 clove minced garlic

1/4 tsp black pepper to taste

Combine eggs, cheeses, mustard and pepper. Sauté garlic, onion and frozen spinach until all excess moisture from spinach evaporates. Add to egg mixture. Make sure mixture is well blended.

Pour into 10" pie plate.

Bake in 325 F oven for one hour or until set.

**Special Days of May**

1st—May Day

4th—Star Wars Day

5th— Cinco De Mayo

8th— VE Day

13th—Mother's Day

15th—Ramadan begins

28th—Memorial Day

**Quotable Quotes**

'Flowers are words even a baby can understand' - Quentin Crisp

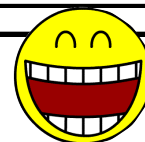
"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome." - Anne Bradstreet

Full Moon: May 29th

Known as the Full Flower Moon

Like to plant flowers?

There are 3 pots on the side of the Kronman building purchased by the Resident Council and available for planting flowers. If you are interested, please see Bonnie Bonanno, 2-F.

SMILE AWHILE.....MOTHER'S DAY STYLE!

- Baby Snake: Mommy, are we poisonous? Mother snake: Yes, son, why? Baby snake: I just bit my tongue!
- Why is a computer so smart? It listens to its motherboard.
- Sunday school teacher: Tell me, Johnny, do you say prayers before eating? Johnny: No, ma'am, I don't have to. My mom's a good cook.
- Doug: I think my mom's getting serious about straightening up my room once and for all. Dan: How do you know? Doug: She's learning to drive a bulldozer.
- A mother mouse and a baby mouse are walking along when suddenly a cat attacks them. The mother mouse shouts "BARK!" and the cat runs away. "See?", the mother mouse says to her baby. "now do you see why it's important to learn a foreign language?"

MEET THE RESIDENTS.....

**FRIDA RYDZINSKI
SAMUEL KRONMAN, APT. 2-R**

Hi, my name is Frida Radzinski. I was born in Satu Mare, Romania on April 17, 1924. I had one sister and three brothers. I attended school in Romania. Sadly, the war broke out, the Nazis came and placed our family and all Jews in a ghetto. They put us in trains and took us to Aush- witz, Poland. My parents, sister and her children were taken to the gas chamber. Miraculously my 3 brothers and I were spared. We were then force marched to Bergen-Belsen Camp in Ger- many where we were starved and mistreated. I witnessed horror.

What joy it was to finally see the Liberation Forces rescue us in 1945. Some of the women were transported by the Red Cross to Sweden. I was severely malnourished but they nursed us back to health.

I met my husband, Moritz who had fled from Poland to Sweden. We were married in 1948 in Malmo, Sweden and had 2 children, a daughter, Rivka and son, Mayer.

In 1954 we emigrated to USA, NY and then went by train to Seattle, Washington. When my husband passed away in 1983, I moved to NJ and lived in Highland Park to be close to my children. I moved to Samuel Kronman in 2001. I love it here and have many good friends.

I used to bake a lot and everybody loved my bread and cookies! Actually, my little grand daughter, when I first moved in exclaimed "how is my Bubi (grandma in Yiddish) going to feed all these people?"!!!

I am so proud of my daughter who is a Licensed Clinical Social Worker and practices in High- land Park and of my son who is a cardiologist in New York City. I love my 7 grandchildren and 20 great grand children who range in age from 3 months to 17 years.

WON'T YOU JOIN OUR YOGA CLASSES?

What can Yoga and meditation do for you?

- | | |
|---------------------------------------|------------------------------------|
| * Produce a calm and positive outlook | Lessen inflammation |
| * Improve memory | Improve flexibility |
| * Reduce stress | Give you more energy and more..... |

WHO CAN DO YOGA?

If you can breathe, you can do Yoga. This is not pretzel yoga, this is yoga in a chair. I have taught in rehabilitative centers with people in wheel chairs. Or, you can do the set on the floor on a mat, if you prefer.

Do come by and try it at least once. Classes are held on Thursdays at 10 am.

Ellen Rosner, Apt. 1-G

THANK YOU, BONNIE!

Sadly, Bonnie Bonanno's term with Easter Seals is ending on May 22nd and that means, she will no longer be able to oversee the SK Café here at Kronman. Bonnie did a splendid job for the past 2 years, developing a new program and fostering socialization and camaraderie through the SK Café and her arts and crafts programs. I loved working with Bonnie. She displayed a great deal of commitment, diligence, reliability, creativity and most importantly discretion and tact! The conversations at the SK Café were always healthy, friendly and devoid of gossip or confrontation. It was a welcome and feel good environment and something I am sad to see she will not spearhead any longer.

However, on a positive note, we are working with Easter Seals to pass the baton on to resident Patty Nash who may very well be taking over Bonnie's position. Let's keep our fingers crossed but in the meantime, I do hope there will be volunteers to keep the SK Café going. As they say, many hands make light work, so please consider working out a roster where a few volunteers keep the café going. I continue to pledge the Wednesday morning bagel donation!

Runi

RESIDENT COUNCIL TASTEE SUB LUNCHEON

Please sign up for the sub sandwich luncheon hosted by the Resident Council on Wednesday, June 6th. The sandwiches will be ordered from Tastee Subs. Sign up sheet posted on the bulletin board across from the elevator on the 1st floor.

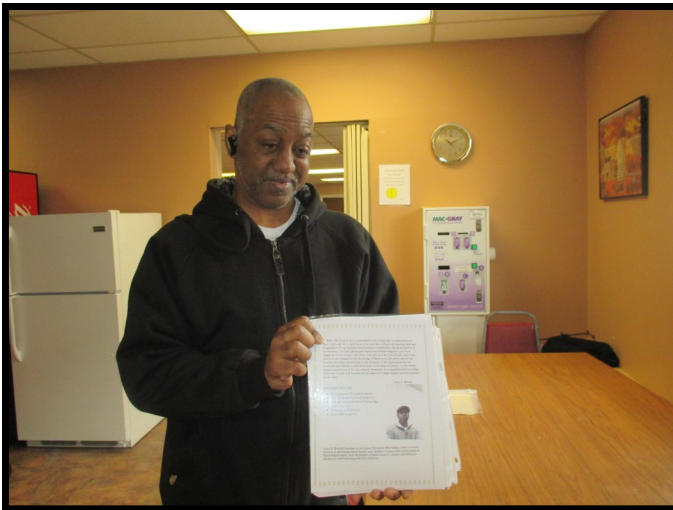
PHOTO GALLERY

RESIDENT COUNCIL HOSTED SPRING BBQ!



**KARIN JACKSON MAKES
THE BEST POTATO
PANCAKES EVER!!**

STAFF MEMBER ELIZABETH ORTIZ'S SON CHRISTOPHER IS ALL SMILES AS HE GOT TO CHECK HIS MOTHER'S WORK OUT ON "BRING YOUR CHILD TO WORK DAY"! WE ENJOYED HAVING YOU, CHRIS!



CONGRATULATIONS TO LARRY HOWELL ON HIS NEW BOOK AWAITING PUBLICATION. GOOD LUCK. PROUD OF YOU!



FATHY MEKHAIL IS ALL DRESSED UP FOR CHURCH—DOESN'T HE LOOK HANDSOME AND DAPPER?

18 THINGS I HOPE I TAUGHT MY CHILDREN

- ♦ It's okay to make mistakes as long as you don't let them define you.
- ♦ Respect yourself and others will respect you.
- ♦ Rejection is not failure.
- ♦ Nobody owes you anything in this world.
- ♦ Treat others as you would want to be treated.
- ♦ Your face will freeze like that.
- ♦ If you start something, you need to finish it.
- ♦ Take care of others less fortunate.
- ♦ Travel the world, experience new cultures.
- ♦ Hitch your wagon to a star.
- ♦ Stand up for what is right.
- ♦ No means no.
- ♦ Always make your bed and never leave dishes in the sink.
- ♦ The world does not revolve around you.
- ♦ Just because everybody else does it, doesn't make it right.
- ♦ Two wrongs don't make a right.
- ♦ Play fair and don't be a sore loser.
- ♦ Life is not fair.

- DONNA BRIGHTMAN

