



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

Winter Safety: Advice for Parents and Kids

Winter is an exciting time for kids. It brings great outdoor activities, such as snowboarding and skating, but also cold weather, ice and snow, which can present a danger to children. But that doesn't mean they can't enjoy the winter. Here are some winter safety tips for both parents and children.

In general

- Never allow children to play outside alone. Establish a buddy system with one or more of their friends and have them look out for one another. Children younger than eight years of age should always be well supervised outside.
- Check from time to time to make sure children are warm and dry.
- Have younger children take frequent breaks to come inside for a warm drink.
- Never send children outside in extreme weather conditions such as snowstorms.
- Keep children indoors if the temperature falls below -25°C, or if the wind chill is -28°C or greater.
- Tell children not to put their tongues on cold metal. It may sound silly, but some kids still do it.
- Advise children to stay away from snowplows and snowblowers.
- Help children choose play areas with a warm shelter nearby such as a friend's home.
- Advise children to play in an area away from roads, fences and water.
- Apply sunscreen to exposed skin, even when it's cloudy.

Clothing

- Dress children in several layers of clothing. If they get too warm, they can remove one layer at a time.
- Always remove children's wet clothing and boots immediately.

- Make sure children wear a hat because most body heat is lost through the head.
- Have children keep their ears covered at all times to prevent frostbite.
- Have children wear mittens instead of gloves.
- Dress children in warm, waterproof boots that are roomy enough to wiggle their toes around.
- Remove all drawstrings from children's clothing to prevent strangulation. Use velcro or other fasteners instead, and use a neck warmer instead of a scarf.

Skating

- Make sure children always wear a hockey or ski helmet while skating.
- Make sure children's skates are comfortable, with good ankle support, to avoid twists, sprains or breaks.
- When possible, have children skate on public indoor or outdoor rinks. If this is not possible, children should remember to:
 - Obey all signs posted on or near the ice. Yellow signs usually mean skate with caution, and red usually means no skating allowed.
 - Make sure they are always supervised on the ice.
 - Never assume it's safe to skate on a lake or pond. An adult should make sure the ice is at least 10 cm (four inches) thick, and check with local weather authorities for information about ice thickness.
 - Avoid walking on ice near moving water. Ice formed on moving water, such as rivers and creeks, will vary in thickness and is highly unpredictable.

Sledding

Children should:

- Always wear either a ski or hockey helmet – not a bicycle helmet – while sledding.

- Never use a sled with sharp or jagged edges.
- Make sure the handholds on the sled are secure.
- Always sit up or kneel on a sled. Lying down increases the risk of head, spine and abdominal injuries.
- Never sled on or near roadways.
- Look for shallow slopes that are free of trees, fences or any other obstacles.
- Avoid sledding on crowded slopes.

Snow forts and snow banks

Children should NOT:

- Build snow forts or make tunnels. They may collapse and suffocate a child.
- Play in or on snow banks. The driver of a snowplow or other vehicle may not see a child.

Snowballs

Children should NOT throw snowballs. Snowball fights can lead to injuries, especially to the eyes. Snowballs are more dangerous if the snow is hard-packed or contains a rock or some other hard object.

Have a Safe & Happy New Year!

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Community Safety Spotlight

Toni Jordon

Community Safety Coordinator
 Freetown Village, Pinewood Village, Pinewood East & Glen Square

Think **BIG**

Well – another calendar year has come and gone. Tradition dictates we mark the occasion by making resolutions to improve something about our self or our condition. This year, why not think BIG? Why not promise to remove apathy from your routine and replace it with “action?” And in addition to your vows to loose weight and stop smoking, how about a commitment to make this a better world?

Here are a few things I like to see happen this coming year:

- Residents respecting themselves and their neighbors;
 - Parents taking responsibility for their children;
 - Fathers stepping up and becoming positive influences in their kids lives;
 - Young girls understanding that their bodies are “temples” and not “playgrounds;”
 - Women recognizing that a “slap upside-the-head” is assault – not love;
 - People everywhere refusing to let greed, hatred and petty dogma prevent peace and prosperity for the world;
 - Governments committing to PEOPLE - not power ;
- And finally, here’s hoping that the world finally figures out that **Buddha**, **Mohammed** and **Jesus** are just different names for love, peace and tolerance.

Maurice Price

Community Safety Coordinator
 Meade Village, Stoney Hill & Burwood Gardens

What Course will you take this year?

The Captain looked off into the distance where he saw a light! He ordered his Signalman to send a message; “Change your Course 10 degrees North!” After a few minutes the light signaled back. “Change your Course 10 degrees South!” Indignant the Captain ordered his Signalman to send this message; “You will alter your Course 10 degrees North, I am a Battle Ship!!!” The light signaled back “I will not alter my Course, you will alter your Course 10 degrees South for I am a Lighthouse!”

We’ve all hit one or two hurdles in 2007, which have caused, us to change or alter our Course, sometimes for the better and sometimes for the worst. Have we learned the lesson? Has the Course we’ve chosen delivered us to a better place? Each time we have these ALTERING experiences, we’re given a gift, a chance to Do better, Feel better, Be better! If a chance has been given to you then you’ve been chosen! Will we remain “The Frozen Chosen” or will we make a true change this time. You’ve gotta be tired or being tired! It is your ATTITUDE that will determine your ALTITUDE! You can continue to do bad or even average; which is really only doing the best of your worse; or we can all come together and do our best imagine, just imagine the results... If you came across that Lighthouse in 2007 then heed the message and change your course!!! If you don’t want to go 10 degrees South, try 10 degrees North! But TRY!



Happy New Year!



WORK ORDERS – HELP US GET THE JOB DONE

Your requests are important to us! When calling in your maintenance request please state your unit number, property address and then the problem you are reporting. Please explain the problem as clearly as possible. The more information you provide, the better prepared we are to correct your problem. The Maintenance Services Work Order Line staff will enter the data into the computer to generate a work order. The work order will then be forwarded to the Property Manager who in turn will pass it on to the site technician. The technician works on all the calls as they come in, in priority order, and when he gets to your work order, he will be out to your unit to do the work.

MAINTENANCE SERVICES WORK ORDER LINE: 410-553-9675



GLEN SQUARE

Taliea Hudson
Property Manager

HAPPY NEW YEAR!!

"Yesterday is history. Tomorrow is a mystery. Today is a gift - that is why we call it the present." Author unknown. How much of your life is lost either dwelling on the past or worrying about the future? The reality is that when you are yearning for yesterday and either tempted or terrified by tomorrow, your ability to move forward will be confined by your inability to make the most of today. The key to throwing off your shackles is to put your effort into the present moment. Not only will you reap the rewards of enjoying a new awareness of everything around you, but also you will have a healthy and positive place from which to move forward in a constructive and fulfilling way. Utilizing the five senses, here a few simple examples of how you can practice "being present" or "living in the moment":

1. **Touch** As you go about your daily activities, be mindful of the texture, temperature and feel of things. Start with your clothing. Are you wearing a pressed cotton shirt, velour jogging suit or rugged denim jeans?

2. **Taste** When you eat your meals today, chew slowly and savor each bite. What different flavors do you encounter? What feelings, associations and memories arise from the various tastes?

3. **See** Actively notice things in your environment. As you drive to work or are out on errands, do you see anything new? Perhaps

a new shop has opened or flowers are in bloom along the highway.

4. **Smell** Aside from the obvious things you normally smell like your food or the perfume/cologne you wear, try to observe the scent of other things. And no, not just the roses! If you are washing the dishes, notice the smell of the dishwashing liquid. Do you like it or is it time for something different?

5. **Hear** When you are interacting with others today, give them your undivided attention: don't interrupt and listen attentively before you speak. Listen also to the background noise of your life. What is the most pleasant sound of the day?

Awareness of the present moment will make you feel in control of your life. Today is what really matters, irrespective of how imperfect it might seem and it is your attitude towards today which counts. You may have little control over things today but one thing is certain. You can choose and control your attitude towards today. Enjoy the present moment then without dwelling on earlier or later, yesterday or tomorrow, past or future and the world will open up to you with all of today's wonderful opportunities.



Resident Council Meeting

The Resident Council Meeting is January 3, 2008 at 7 PM. All residents are encouraged to attend.



Bonnie Woodall
CHSP Manager

HOW SENIORS CAN PREVENT THE #1 CAUSE OF ACCIDENTAL DEATH

Did you know that falls are the number one cause of accidental death for seniors. According to the National Council on Aging, every hour one senior dies from fall related injuries. As you age your balance reflex declines sharply. With age, your brain's ability to compensate for sudden changes in balance and space orientation grow steadily weaker. It is easier to lose your balance, trip and fall. Did you know that no matter how old you are your balance can be improved.

Dr. Betty Perkins-Carpenter has developed a system that works. She has been teaching her system to seniors for over 30 years. These simple movements can be done in as little as 7 minutes a day and they are not strenuous. You can improve poor balance by using simple movements that tone and tighten your muscles and help strengthen your bones. Her balance improvement system can not only help keep you from experiencing a dangerous fall, it can also help you feel revitalized. Growing older does not mean having to avoid doing the things you want for fear of falling. If you would like more information about her program please call Bonnie Woodall at 410-222-6217 Ext. 230



BURWOOD GARDENS



Valerie Robinette

Property Manager

Welcome to all new residents! Please join us at the Resident Council Meeting this month at 3:00 p.m. in the Community Center on Thursday, January 10, 2008.

A couple of reminders going into the New Year...

- If you are thinking about a pet, please contact the management office before bringing it home, we have a Pet Policy and many things you must do BEFORE you are able to bring a pet on the property. If you have a pet and you have not registered it with this office, please do so immediately. Pets are not allowed to visit and no pet sitting.
- Do you have a vehicle? Have you registered it with this office? Don't forget to have your vehicle registered and get a parking permit. Vehicles are subject to towing!
- Are you paying your rent on time? Don't get caught up in the game of trying to catch your rent up because you are behind. Pay before the 10th of the month to avoid any additional charges to your account. Always bring your account balance to ZERO!
- Are you attending the Resident Council Meetings each month? They are held the second Thursday of each month at 3:00 p.m. in the Community Center. Please come out and join your neighbors, bring your questions and your fresh ideas.
- The Laundry Room is open from 7:00 a.m. – 7:00 p.m. everyday. No guest washing, for resident use ONLY!
- With winter upon us we could experience bad weather. Please be patient with our maintenance staff, give them time to have the walkways cleared before attempting to go out.
- You have a very active Resident Council here at Burwood, take advantage of that. Come to the community center to socialize with your neighbors, play bingo, go on day trips with your neighbors and listen to music.
- Has your income changed, been increased or decreased? You must report that to Management within ten days.

Questions???

Do you have any questions about your lease or are you confused about something? Is something not clear in the lease? Call the management office, that is why we are here. We would be happy to answer any questions you have, granted you may not always get the answer you want but you will know whether or not you are violating your lease.

The entire staff at Burwood Gardens would like to wish you and your families a Safe, Healthy and Happy New Year! Let's all work together and have a successful 2008!

MEADE VILLAGE & STONEY HILL



Beth Rolnick

Property Manager

In the winter time we forget some very important things we have to do has a person to take of you're your self. Don't forget to Stretch. All of us stretch our muscles several times throughout the day. Think about it. We stretch in the morning before getting out of bed. We stretch after sitting or working for a long time. We stretch after repetitive activities. Why? Because it makes our muscles and joints feel better. As we age, the importance of stretching or "flexibility training" cannot be stressed enough. We lose muscle flexibility without proper maintenance. If we don't constantly use the entire length of our muscles and the range of motion in our joints, the muscles will shorten and the joints will stiffen and become less mobile. Lack of flexibility can lead to all sorts of problems. For instance, if your leg muscles are tight, you may have trouble lifting things, which can lead to lower back injury. Tightening around the joints can result in premature wearing of the joint surfaces and the need for a joint replacement. So how can you work flexibility training into your daily routine? Here are some tips:

Make a Commitment. Squeezing in one or two quick stretches before or after a workout is better than nothing, but this approach will yield limited results. The more time and attention you give to your flexibility training, the more benefits you'll experience.

Listen to your body. Stretching is an individual thing. Pay attention to your body's signals and don't push too far. Slowly stretch your muscles as far as you can and hold the stretch for 10 to 30 seconds.

Warm Up. If you're stretching on your own, don't forget to warm up your muscles before you begin. Walking briskly for 10 or 15 minutes is a simple way to do this.

Do It Consistently. It doesn't help to stretch for a few weeks and then forget about it. Make regular stretching part of your everyday routine. For inspiration, look to cats and dogs-they really enjoy regular stretching!!

A Few Reminders:

- Holiday decorations must be taken down by the 10th of January.
- Don't forget even though we are in the winter months, you cannot have anything out front or in the back of your home.



CASEWORKERS CORNER



LaShonda Godwin, BSW

Human Services Caseworker
Freetown Village & Pinewood
Village/East

Happy New Year to all of the residents at Freetown and Pinewood Village.

Cleaning tips for the New Year:
Please remember that housekeeping is a very important part of your lease. There are five cleaning products that you should never be without, and most of them are things that

you already have at home or can purchase at an affordable price.

1. White Vinegar will remove heavy soap scum and mineral from showers, tubs, and sinks.
2. Baking Soda is a great deodorizer, cleaner, and mild abrasive. Use as you would a soft scrubbing product or cleanser in tubs and sinks.
3. Lemon Juice is nature's bleach and disinfectant. Apply to clothes, undiluted to remove fruit based stains. Let soak for 30 minutes and then launder.
4. Club Soda is the best emergency

spotter there is. Keep club soda on hand to clean up spills on carpet and clothing.

5. Instant Carpet Stain Remover- every home needs a good all purpose carpet stain remover. Follow the label directions and you will be amazed at how well it works.

All of these items are inexpensive and can be found in your local grocery, dollar, and multipurpose stores such as Target and Walmart. Let's start the new year by keeping our houses clean!

Tina Sellman

Human Services Caseworker
Meade Village & Burwood Gardens

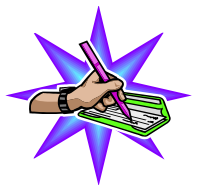
NEW YEAR'S RESOLUTIONS

I believe New Year's resolutions are worth making. First, we all need changes. Some we find very hard to admit to ourselves. I've heard people who say, "I have no regrets about my life. If I had it to do over, I'd do it the same way again. "But that attitude is way too blind and self-serving so far as I'm concerned. There is great power in confession to us and to others. Owning up to our failures is the first, painful step on the road to something better. Second, when we

change calendars is a good time for reassessment. How did last year go? What do I want to do differently this year? This time of year always reminds me of a passage of scripture, better understood by farmers than suburbanites: "Break up your unplowed ground, and do not sow among thorns". Its makes sense. The more land into production, the more prosperous you'll be. But some of us are stupid enough to try to sow seed in land overrun by star thistle without breaking up the soil and taking care to root out the thorns as they come up. Call it laziness. Call it stupidity. Let me ask you a serious question.

How much "unplowed ground" do you have that ought to be broken up in this coming year and made useful?

Reassessment. The brink of a new year is a good time for reassessment. Third, New Year's is an excellent time for mid-course corrections, Sure, we might fail in what we set out to do, but if we fail to plan the old saw goes, then we plan to fail. If you're so fearful of failure that you never set up your row of tin cans to shoot at, you're not very likely to hit any at all. Failure is not the end. For the person who determines to learn from it, failure is a friend.



HCAAC TIPS: *HELPING US HELPS YOU!*

When writing a check or money order for rent or other charges....

**PLEASE PRINT YOUR NAME
CLEARLY AND ALWAYS INCLUDE
YOUR UNIT NUMBER.**

2008

Important Dates to Remember:

January 1st – Offices Closed
New Years Day

January 21st – Offices Closed for
Martin Luther
King Day



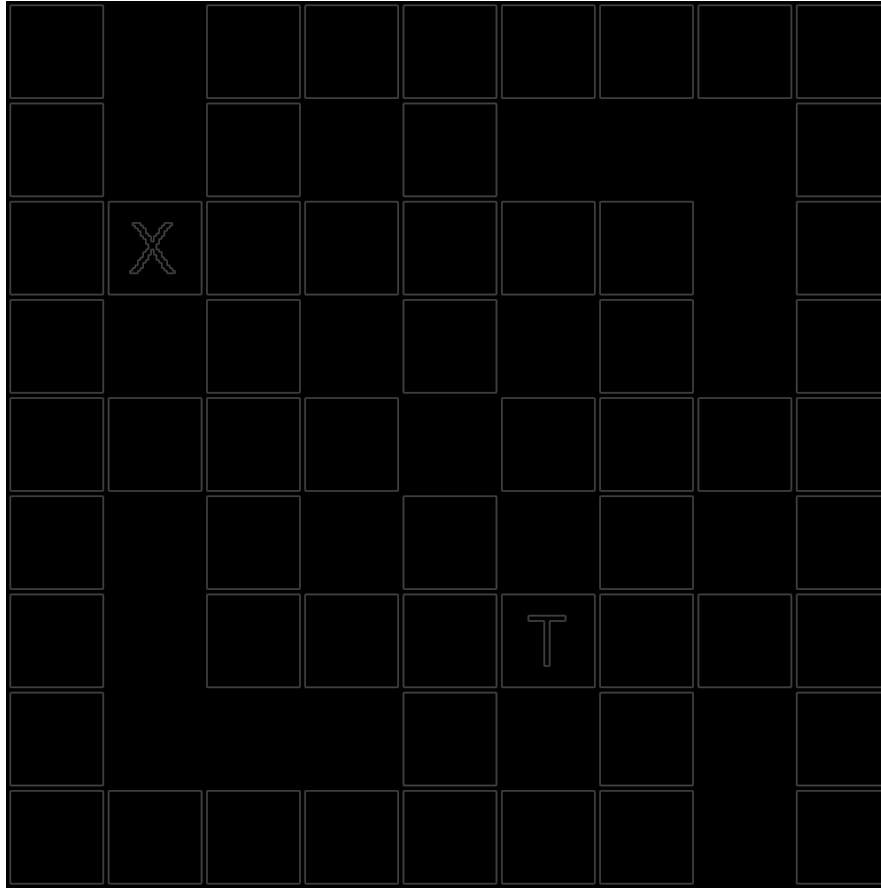
New games this year!

WORD FIT

Can you fit all the words correctly into the grid?
Two letters have already been entered.



January
kidz biz



4 letter words
AREA
BAND
KNEE
TOES

7 letter words
ACTRESS
ANTIQUE
EARLIER
EXTREME
SKATING
THUNDER

9 letter words
BREAKFAST
EXCHANGED



CONGRATULATIONS!

December Winners

Meade Village

Kwame Davis
Alyesha Mundell
Katia Bulter

Freetown Village

Hailey Snyder
Kiera Stepney
Destiny Walters

Turn in your completed KIDZ BIZ PUZZLE within the week and if you find all of the words, your name will be entered in a drawing to **WIN \$10!** Three winners will be selected from each family community.



IMPORTANT NUMBERS

www.hcaac.org

**Family Self-Sufficiency, Section 8,
Mainstream Housing, H.O.P.W.A.
& Caseworkers.
410-222-6205**

**Facilities Management Office
Work Orders
(Maintenance Request)
410-553-9675**

Burwood Gardens

Property Manager 410-222-6226
Fax 410-761-7944
Human Services Caseworker 410-760-6303

Freetown Village

Property Manager 410-222-6237
Fax 410-360-3225
Community Safety Office 410-222-6252x223
Human Services Caseworker 410-222-6253x217

Meade Village

Property Manager 410-222-6241
Fax 410-551-0430
Community Safety Office 410-222-6644x214
Human Services Caseworker 410-222-6645x215

Glen Square

Property Manager 410-222-6220
Fax 410-768-3889
Human Services Caseworker 410-222-6217x230

Pinewood Village/Pinewood East

Property Manager 410-222-6210
Fax 410-590-6723
Human Services Caseworker
(Pinewood East) 410-222-6304x204
(Pinewood Village) 410-222-6347x217

Stoney Hill

Property Manager 410-222-6232
Human Services Caseworker 410-222-6645x215

DEAR RESIDENTS: Please remember to call and schedule an appointment. Your time is valuable as is ours. It is our sincere desire to serve you well. Our daily schedule includes meetings with residents, completing inspections, re-certifications and general problems within units. Your understanding is greatly appreciated.

**Workforce Development
Center — Freetown Village**

7831 Huff Ct.
Pasadena, MD 21122
410-437-3052
9 am – 5 pm Monday to Friday
Located in the PACT Unit

IMPORTANT COUNTY TELEPHONE NUMBERS FOR SENIORS

County Information	410-222-7000	Taxi Program	410-222-4222
Department of Aging	410-222-4464	Transportation	410-222-4826
Weekday Nutrition	410-222-6240	Trip Desk	410-222-6682
Pascal Senior Center	410-222-6680	Meals on Wheels	410-431-5257



CONSTRUCTION ACTIVITIES

The following table is used as a guideline. Items and dates listed are subject to change by the Director of Modernization.



BURWOOD GARDENS	PLAN	BID	START	FREETOWN VILLAGE	PLAN	BID	START
Refurbish Hallways	2005	2007	2008	Roof Replacement Community Bldg	June 2007	Aug 2007	Sept 2007
Renovate Entrances	2005	2007	2008	PINEWOOD VILLAGE	PLAN	BID	START
MEADE VILLAGE	PLAN	BID	START	TBA			
Renovate Kitchens	2007	July 2008	Jan 2009	PINEWOOD EAST	PLAN	BID	START
GLEN SQUARE	PLAN	BID	START	Main Entrance Doors	2007	June 2007	Complete
Refurbish Hallways	April 2007	May 2007	Complete	STONEY HILL	PLAN	BID	START
Paint Hallways	April 2007	May 2007	Complete	Install Water Heaters			Complete
				HVAC Replacement			Complete