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**Housing Authority of the Township of Woodbridge**



**SEPTEMBER**

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**SEPTEMBER  
 5th– Labor Day**

**11th-Patriot  
 Day**

**22nd-Autumn**



**September is National Cholesterol Education Month**

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean. September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites.

**How many Americans have high cholesterol?**

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

**What is cholesterol?**

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

**How do you know if your cholesterol is high?**

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, a Doctor can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

(Continued pg. 2)

## RENT

### Rent is due on the 1st.

If you are using any of the rent boxes, your check must be in the box **before 4 PM on**

**September 5th. 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 (e.g. family member), they must put your name, building and apartment number on the check so it can be



### How often should you have your cholesterol checked?

[The National Cholesterol Education Program \(NCEP\)](#) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

### Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic conditions (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

[The National Cholesterol Education Program](#) has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.

If you have high cholesterol, what can you do to lower it? Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- ◆ Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- ◆ For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week.
- ◆ For those aged 6-17, getting 1 hour or more of physical activity each day.
- ◆ Maintain a healthy weight.
- ◆ Don't smoke or quit if you smoke.

## *GREINER GOING-ONS*

**WOODBIDGE MALL** – Mondays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**BINGO** – Monday & Friday from 6PM – 8:30PM in the Community Room.

**FOOD SHOPPING** – Wednesdays, 9AM to 12PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Tuesday, September 20th at 2PM.

**RESIDENT COUNCIL MEETING** – See you in September!

**RARITAN BAY MEDICAL CENTER**-Wednesday, September 21st from 2PM to 3PM.

**NEWS**- Resident Council meetings will resume this month. I personally request that all residents make every effort to attend and enjoy socialization with each and every one. It is our responsibility and our right. On August 17th WHA organized a meeting to discuss the safety of our building as well as giving us information on the RAD program. The meeting was conducted by Kathy Blaha. Mary Ann is our new Bingo caller. Congratulations! A detailed report of our Summer picnic will be given next month as it was rescheduled due to the weather. Welcome to our new neighbors Janice, Mary Ann and Gloria. Happy Birthday to Prafullachandra, Tukaram, Diane J., Diane S., Josie, Luz and all those born in August. Happy Labor Day to all and Happy Ganeshotav (Festival of Lord Ganesh) to all Indian residents

*Your Greiner Reporter, Madhu Butala*

## *SUPER COOPER*

**WOODBIDGE MALL** – Tuesdays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**FOOD SHOPPING** – Thursdays, 11:30AM to 2:30PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Wednesday, September 14th at 2:30PM

**STRETCH & TONE**- Wednesdays from 10:30AM to 11:30AM *by the Club at Woodbridge.*

**RARITAN BAY MEDICAL CENTER**-Wednesday, September 28th from 2PM to 3PM.

**NEWS**- Any Cooper Resident interested in reporting for the newsletter is encouraged to contact Diane Boyle at (732) 388-4103. Access to email would be ideal but not necessary.



## *FABULOUS FINN NEWS*

**CONGREGATE MEALS** – Daily at 12PM in the Adams Towers Community Room.

**BINGO** – Mondays and Wednesdays at 6:00 PM in the Community Room.

**CONGREGATE AFTERNOON TEA** – Every Thursday at 12:30PM at Adams Towers.

**MALL** – Wednesdays, 10AM. *Call MCAT at 1 (800) 221-3520.*

**FOOD SHOPPING** – Fridays, 11:45AM – 2:15 PM. *Call MCAT at 1 (800) 221-3520.*

**MULTI SERVICE PROGRAM** – Tuesday, September 20th at 1PM in Adams Tower Community Room.

**RARITAN BAY MEDICAL CENTER** – Tuesday, September 13th at Finn Tower Community Room from 2PM to 3PM.

**RESIDENT COUNCIL MEETING** – See you in September!

**NEWS** – It's been a wonderful Summer and very hot as we all know. Fall is upon us. Our annual picnic is September 17th. Hope everyone has their dishes all picked out for the day. We are sure to have a great time. I would like to thank everyone for the cards and get well wishes.

*Your Finn Reporter, Deborah Ellison*

## *SENSATIONAL STERN*

**CONGREGATE MEAL PROGRAM** – Daily at 12PM. Contact Rhonda at (732) 634-3972.

**FOOD SHOPPING** – Tuesdays from Noon – 2:30PM. *Call MCAT at 1-800-221-3520.*

**WOODBRIIDGE MALL** – Wednesdays, 10AM. *Call MCAT at 1-800-221-3520.*

**CONGREGATE AFTERNOON TEA** – Mondays at 2:00PM. Join us!

**MULTISERVICE PROGRAM** - Monday, September 12th at 2PM.

**RARITAN BAY MEDICAL CENTER** – Tuesday, September 27th from 2PM to 3PM.

**NEWS** – September is here, Fall is beginning. We are looking forward to the start of our Fall activities. Welcome back to Paul T. after his long rehab. Get well wishes to Angelina F. We are always happy to see our neighbors return. Allison from Multiservice will be returning to Stern with more interesting programs. Happy September Birthday to Maria P., Eleanor T., Janice S., and Frank S. If you have any news to put in our little column, please contact me.

*Your Stern Reporter, Janice Samuels-Siena*

## *OUTSTANDING OLSEN*

**FOOD SHOPPING** – Mondays, 11:30AM – 2:30 PM. *Call MCAT at 1-800-221-3520.*

**COFFEE TIME** – Join us each Tuesday from 9:00AM to 10:00AM.

**BINGO**– Tuesdays and Sundays at 6:30PM in the Community Room.

**WOODBIDGE MALL** – Thursdays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Thursday, September 1st at 2PM.

**RARITAN BAY MEDICAL CENTER**– Wednesday, September 14th from 2PM-3PM.

**NEWS**– Any Olsen Resident interested in reporting for the newsletter is encouraged to contact Diane Boyle at (732) 388-4103. Access to email would be ideal but not necessary.

**\*\*\*\*Michelle Morgan and Julie Haklar from Multiservice will be conducting a workshop on Chronic Disease Management in the Community Room of Olsen Towers. This is a six week program and will run from 9:30AM to 12:30PM on the following Fridays: September 9th, September 16th, September 23rd, September 30th, October 7th and October 21st.**

## *AMAZING ADAMS*

**CONGREGATE MEAL PROGRAM** – Daily at 12PM in the Adams Community Room.

**BINGO** – Saturdays at 6:00PM in the Community Room.

**CONGREGATE AFTERNOON TEA** – Every Thursday at 12:30PM at Adams Towers.

**MALL** – Wednesdays, 10AM. *Call MCAT at 1 (800) 221-3520.*

**FOOD SHOPPING** – Fridays, 11:45AM – 2:15PM.

**MUTI SERVICE PROGRAM**– Tuesday, September 20th at 1PM in Adams Tower Community Room.

**RARITAN BAY MEDICAL CENTER**–Tuesday, September 13th from 2PM-3PM in Finn Tower Community Room.

**RESIDENT COUNCIL MEETING**– See you in September!

**NEWS**– Welcome back to Leroy Sorensen. We are glad you're feeling better. Drive carefully as all the children are back in school. September is a quiet month. Enjoy!



*Your Adams Reporter, Cathy Ellison*

# EVENTS AROUND TOWN

**BARRON ARTS CENTER  
582 RAHWAY AVE.  
WOODBIDGE, NJ 07095  
(732) 634-0413**

\*\*\*\*\*

**POETS WEDNESDAY**  
*FEATURING*  
**KEN GREENLEY**  
WEDNESDAY SEPTEMBER 14TH  
8PM-10PM  
WORKSHOP 7PM

\*\*\*\*\*

**NJ GUITAR:**  
EXPERIENCES IN MUSIC & ART SERIES  
*GUITARIST & VOCALIST*  
**ABBIE GARDNER**  
*SEPTEMBER 16TH 7:30PM*  
*RESERVATIONS REQUIRED*

\*\*\*\*\*

ART EXHIBIT:  
  
Feria de Sevilla En Plein Air  
On view September 2nd to September 23rd  
Art Reception September 13th 7PM-9PM  
This exhibit showcases the art created at  
Feria de Sevilla, a celebration of Spanish  
dance and heritage, organized by  
*Alborada Spanish Dance Theatre.*  
For more information please call  
(732) 634-0413

**2016 MAYOR'S  
SUMMER CONCERT SERIES**  
**WOODBIDGE WEDNESDAY- AT PARKER  
PRESS PARK 7:30PM**  
September 7th- Martin Barre Band  
**LOCAL BAND THURSDAY-AT TANZAM PARK AT  
7:30PM**  
September 1st- Nikki Briar  
**SECOND FRIDAY JAZZ-AT FRANK PELZMAN  
PARK AVENEL AT 7:30PM**  
September 9th-Tomoko Ohno Trio

**FREE CONCERTS BUT PLEASE BRING  
NON-PERISHABLE FOOD ITEMS TO  
RESTOCK OUR FOOD PANTRIES.**

**CONCERT HOTLINE  
(732) 602-6045**

**2016 WOODBRIDGE FARMERS  
MARKET**  
**EVERY WEDNESDAY**  
**JUNE 29TH-SEPTEMBER 7TH**  
**3PM-8:30PM**  
**PARKER PRESS PARK**  
**400 RAHWAY AVE., WOODBRIDGE**  
**SPECIALTY FOODS**  
**LIVE MUSIC**  
**ARTISANS**  
**FLOWERS**  
**BEER & WINE GARDEN**



## **Seniors at the Community Center**

600 Main Street, Woodbridge, NJ  
Call Cynthia Ruzich at (732) 596-4053

These programs are made possible with the cooperation of the Woodbridge Township Recreation Department. Pre-registration is required for participation in all programs.

### **Brown Bag Movie**

Tuesdays: 11 AM to 1:30 PM

Pack lunch and a beverage—popcorn is on us!

### **Knitting Group**

Wednesdays: 9:30 AM to 11 AM

### **Jewelry and Paper Crafts Workshops**

Wednesdays: 11 AM to 1 PM

Basic and advanced jewelry making as well as scrap booking, card making and rubberstamping!

### **Scrabble Club**

Fridays from 11 AM to 1 PM—Join the fun!

### **Wii Gaming**

Mondays and Thursdays from 11 AM to 1 PM

Rummikub, Mah Jongg and Scrabble games are also available for use weekdays from 9 AM– 2 PM. The gaming card tables are set up in the upstairs lobby during those times. See front desk for the key to the senior gaming cabinet.



**DUE TO THE  
PENDING  
CONSTRUCTION  
ON BUNNS LANE,  
THE  
POLLING  
LOCATION FOR  
THIS YEAR AND  
NEXT YEAR WILL  
BE AT THE REC  
CENTER IN  
WARREN PARK**

**VOTE**

**WHA  
BOARD OF COMMISSIONERS**

\*\*\*\*\*

The Board of Commissioners will meet in Regular Session on Thursday, September 8, 2016 At Stern Towers 55 Brook St., Woodbridge, NJ 07095 At 7PM



**BUG BITS**

**Habits of People Who Always Have A Clean Home**

**I Make My Bed Every Day**

Nothing makes your bedroom look tidy and clean than a made bed.

**I Put My Shoes and Coats Away**

This is one of my biggest pet peeves. I hate to see shoes thrown around a house. We take our shoes off at the door and put them away in the closet when we get home. I don't like the idea of all the dirt and germs being dragged through my house. It's also a great way to keep your front door inviting to guests who may pop over for a visit.

**I Put Things Away After Use**

I have a lot of people in and out of my home on a regular basis caring for my mom. If everyone decided to leave things out or to put them somewhere where it didn't belong, we'd collectively never be able to find anything. Putting things back where you've determined they live in your home ensures everyone knows where to find things and keep your house neat and tidy.

**I Dust and Vacuum Regularly**

Don't freak out when you hear my vacuuming schedule. I know it's not for everyone, but I have three cats so we vacuum daily. I dust once a week. If you dust and vacuum weekly, your house will remain cleaner and you'll save time because you won't have to do a major cleaning each time you do decide to clean. Things will stay presentable longer.

**I'm Respectful Of Those I Live With**

Ultimately, I want to be respectful to the other people who I reside with. Therefore, for me, keeping a house clean, neat and orderly is a way in which I can demonstrate my respect for their living environment. Luckily, we all enjoy a neat home. And even when it wasn't a priority for everyone who did live here, they came to understand it was a way to respect what was important to me.

Adopting these habits will keep your home clean, neat, and tidy and will reduce the stress associated with a messy house. You'll be



**BACK TO SCHOOL**

H S R E K A E N S H H B  
 E E P K R D A E R A S E  
 E A L T B B S K E L A B  
 T E L P P A E R H L Y O  
 A L A R M C L O C K R O  
 L L S K C K L W A K O K  
 G F P J I P U E E S T S  
 E L O A S A N M T E S T  
 B U R R U C C O F D I A  
 R T T A M K H H I H H A  
 A E S C M S D N E I R F  
 H C L A S S E H T O L C

FIND: Alarm, Algebra, Apple, Art, Backpacks, Books, Class, Clock, Clothes, Desk, Easel, Erase, Flute, Forms, Friends, Hall, Help, History, Homework, Late, Lunch, Music, Read, Shots, Sneakers, Sports, Tape, Teachers, Test

**APPLE CHIPS**

**INGREDIENTS:**

- 2 Golden Delicious apples, cored and thinly sliced
- 1 1/2 teaspoons white sugar
- 1/2 teaspoon ground cinnamon

**DIRECTION:**

1. Preheat oven to 225 degrees
2. Arrange apple slices on metal baking sheet
3. Mix sugar and cinnamon together in a bowl; sprinkle over apple slices
4. Bake in the preheated oven until apples are dried and edges curl up, 45 minutes to 1 hour. Transfer apple chips, using a metal spatula, to a wire rack until cooled completely and crispy.



**Introducing a New ME!**

There's a new ME this year,  
 An on-time ME,  
 A clean-desk ME,  
 A first-to-hand-in-assignments  
 ME,  
 A listens-in-class-to-the-teacher  
 ME,  
 A teacher's-pet-for-the-first-time-  
 in-my-life ME,  
 An-always-willing-to-be-good-  
 and help-out ME,  
 A dead-serious-get-the-work-  
 done-and-hand-it-in  
 Before-it's-due ME.  
 The problem is  
 The new ME  
 Is not like ME  
 At all.

-By Kalli Dakos

back to  
 School





### KATHY'S CORNER

I had this posted in my corner in last October's newsletter, but the scams continue and it bears repeating....Don't be fooled!!!!

On September 18, 2015 the Herald News ran an article where a reporter, Chris Harris recounted his phone conversation with a group of con artists running an elaborate scam.

He recounts how a woman on the other end of the line identified herself as an Internal Revenue officer and even included her badge number-829. Her very next statement was to threaten imprisonment. (I can only assume that this is a scare tactic to immediately put the receiver of the call in a state of confusion.)

Mr. Harris went on to describe how he was transferred back and forth between 3 or 4 different IRS agents. He was advised that miscalculations resulted in a \$3,986.00 discrepancy following an audit of his 2008 to 2013 tax returns that must be cleared up immediately. (The interesting thing here is that Mr. Harris was returning a call to a phone number left on his voice mail and never mentioned his name, nor was he asked his name.)

After advising Mr. Harris that unless he settled up and transferred \$4,000.00 cash immediately, local authorities would arrive at his doorstep, seize all of his property and he would face up to 5 years in prison, he was advised to remain on the line while he went to the bank to withdraw the \$4,000.00 in cash. Mr. Harris stayed on the line, waited about 10 minutes and then told the agent he had arrived at the bank, although he never left his original location. He was told to withdraw the money, but not to mention that it was to settle a tax matter, or the bank would summon local authorities and he would be arrested. When he told them that he had the cash in his hands he was asked if he was currently near his home. He responded that he was in fact in Hoboken near his place of employment. The supposed agent on the other end told him that the Walmart in Secaucus was the nearest "government-approved store". He was instructed to go to the Money-Gram section in Walmart and ask for a "Person-to-Person" form, which will be used to send the money. He was told to address the forms simply to "Tampa, Fla." Supposedly his case would be handled by the "attorney at the courthouse".

The supposed IRS agent repeated all of the instructions to Mr. Harris 3 times before Mr. Harris revealed that he was in fact a reporter and asked the supposed agent how he could be in Washington, D.C. when the number he dialed was a Spokane area code. The rest of the conversation got more ridiculous and more ridiculous as it went on.

The point is: please be aware that IRS scams are being perpetrated more and more often throughout New Jersey. Do not fall victim to one of these scams. The IRS has issued numerous warnings about scams and have stated that they never initiate contact with taxpayers by phone or email, so if you receive such a call they advise that you:

- ◆ HANG UP and call the IRS at 1 (800) 829-1040 if you want to determine whether you owe money.
- ◆ Report scams to the Treasury Inspector General at 1 (800) 366-4484.
- ◆ File a complaint with the Federal Trade Commission using its online complaint assistant.

## **School is Back in Session - Watch for Pedestrians and Pedestrians Watch Out!**

*Safe Kids Middlesex County, RWJ and FedEx urge teens to take a  
"Moment of Silence" when crossing the street*

Research released by Safe Kids Worldwide, with support from FedEx, reveals 50 percent of teens admit they cross streets while reading a mobile device, and an alarming 40 percent admit to actually being hit or nearly hit by a car, bike or motorcycle while walking. According to the research, distraction plays a role, as half of the teens surveyed said they cross the street while distracted by a mobile device. (<http://www.safekids.org/research-report/teens-move-october-2014>)

Every hour of every day, a teen is hit or killed while walking. That's why we're asking everyone to put down all phones, headphones and other games or devices until safely across the street.

Safe Kids Middlesex County has joined with Safe Kids Worldwide to promote the *Moment of Silence* campaign. This campaign was created in honor of Christina Morris-Ward, who was killed while crossing the street, wearing headphones and carrying a cell phone. Teens and their families are encouraged to join the Moment of Silence campaign: simply commit to putting devices down and paying attention when crossing the street. Show support by signing the pledge today. (<http://www.safekids.org/distracted-walking-pledge>)

Safe Kids Middlesex County, RWJ and FedEx recommend the following tips to keep *everyone* safe while walking.

### **4 Top Tips for Safe Walking**

- ◆ Put down phones and headphones when crossing the street.
- ◆ Make eye contact with drivers before crossing.
- ◆ Be especially alert when it's dark out, and make sure you're visible to drivers.
- ◆ Cross at a traffic signal or crosswalk when possible.

Contact your local school to see about participating in *Walk Your Child to School Day* on October 5<sup>th</sup>. It's a great way to start off your morning, spending time with your kids and neighbors, cutting down on traffic, improving air quality - having fun and being safe!

For more information, contact RWJ/Safe Kid Middlesex County at 732.418.8026.  
Follow us on Facebook, Twitter, and Instagram: @safekidsmc

## HEALTH

**"The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind." G.K. Chesterton**

**"There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it." Josh Billings**

**"The greatest wealth is health." Virgil**

**"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." Doug Larson**

**"Eat right, exercise regularly, die anyway." Author Unknown**

**"The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop." Quentin Regestein**

**"I drive way too fast to worry about cholesterol." Author Unknown**

**"A good laugh and a long sleep are the best cures in the doctor's book." Irish Proverb**

**"You are as important to your health as it is to you." Terri Guillemets**

**"For happy health, fuel yourself with dreams and greens." Terri Guillemets**

**"He who has health has hope; and he who has hope has everything." Arabic Proverb**

**"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." William Londen**

**Sincerely, Donna Brightman**