

Volume 1, Issue 1

November 2003



HOUSING AUTHORITY OF PORTLAND

Haefner Happenings

Thanksgiving Dinner at Ruth Haefner Plaza

Saturday, November 23rd at 5:00 PM. Every Resident in the building is invited to participate in this years Thanksgiving potluck. The building's Coffee Fund will provide the Turkey and each Resident is asked to bring any kind of dish to share with others.

Don't forget about the next Harvest Share at Hillsdale Terrace, Thursday, November 20th, 10:30 to 1:00 PM.

The next scheduled trip for Ruth Haefner is on Tuesday, November 4th at 1:30 PM. We'll be going to the Grocery Outlet in Beaverton.

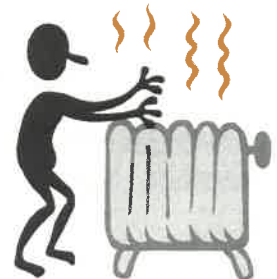


Words to Live By:

As one goes through life one learns that if you don't paddle your own canoe, you don't move. — Katharine Hepburn

Your living is determined not so much by what life brings to you as by the attitude you bring to life. — John Miller

LIEAP Applications are available through Lynn Marshall for any Housing resident who may need assistance paying electric bills this upcoming winter. See Lynn for more details and timeline info.



November's Recipe of the Month: Turkey Shepard's Pie

- 1 lb sweet potatoes plus 1 small sweet potato
- 1 lb russet potatoes
- 1 medium sized ear of corn (or can)
- 2 tbs unsalted butter
- 1 small red pepper-chopped
- 1 rib celery- chopped
- 1 small onion-chopped
- 2 cloves garlic-chopped
- 1 pound ground turkey
- 3 tablespoons all purpose flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1 can (14.5 ounces) chicken broth
- 2 tablespoons chopped fresh parsley

(This recipe can be halved or quartered as needed. It also can be made as listed and frozen in several small freezer containers until needed.)

Microwave the 1 pound of sweet potatoes and 1 pound of russet potatoes on HIGH for 8 minutes. Turn over and microwave again for 8 minutes. Place in large bowl and cover with foil when done. Peel and chop small sweet potato and remove corn from cob (discard cob). In a large skillet, melt 1 tablespoon of butter over medium heat. Sauté sweet potato for 2 minutes then add corn, red pepper, celery, onion and garlic and sauté for about 3 minutes. Add ground turkey and cook, breaking up large clumps until no longer pink, about 4 minutes. Sprinkle with flour, 1 teaspoon salt, thyme, and 1/8 teaspoon of pepper. Stir to blend. Gradually add 1 cup of broth; cook until thickened, about 2 minutes and add parsley. Spoon turkey mixture into a 9-inch deep-dish pie plate. Unwrap the potatoes and peel. Place the potatoes in a large bowl and mash with remaining broth, 1/2 teaspoon salt and 1/8 teaspoon of pepper. Mound potato mixture over turkey mixture, spreading to the edges of the pie plate. Melt last tablespoon of butter and brush over potato mixture. Bake at 375 degrees for 30-35 minutes.



Recipe from the October 15, 2003, issue of Family Circle.

Managers Corner

My office hours are Monday through Friday from 8:00 am until 4:30 PM. The office phone number is 503-297-1276. If I am going to be out of the office for an entire day, I will leave a note on the door and change the phone message to reflect my absence. If I am going to be gone only for a few hours, I will leave a message on the white board.

Lynn Marshall can be reached at 503-802-8480 (message phone).

Birthday greetings and congratulations to all the Residents who have birthdays in November. Special congratulations to Viola Hoppe, who turns 90 this month.

Try These Books

Mother Tongue: English & How It Got That Way

—Bill Bryson

With dazzling wit and astonishing insight, journalist and writer Bill Bryson brilliantly explores the remarkable history, eccentricities, resilience and sheer fun of the English language. From why you can talk but your dog can't, to the fine lost art of swearing, Bryson tells the fascinating, often uproarious story of an inadequate, second-rate tongue of peasants that developed into one of the world's largest growth industries.

Devil in Blue Dress

—Walter Mosley

It's 1948 in Los Angeles, and Ezekiel "Easy" Rawlins needs to make a mortgage payment. Too bad all he has in his pocket is lint. Along comes a savior, looking like a devil and talking like a devil, but offering Easy the precious cash he needs. The man has one simple request: find the woman wearing the blue dress in a photograph. But Easy knows that you get what you pay for in this world, and the man wouldn't be paying so much if it were that easy. Life is tough. But so are Easy Rawlins and his wild helpmate, Mouse.

Seabiscuit: An American Legend

—Laura Hillenbrand

Seabiscuit was one of the most electrifying and popular attractions in sports history and the single biggest newsmaker in the world in 1938, receiving more coverage than FDR, Hitler, or Mussolini. But his success was a surprise to the racing establishment, which had written off the crooked-legged racehorse with the sad tail. This story of the famous racehorse tells of the colorful world of horseracing and of the combination of owner, trainer, and jockey associated with the horse who captured the public's attention during the Depression and the war years.

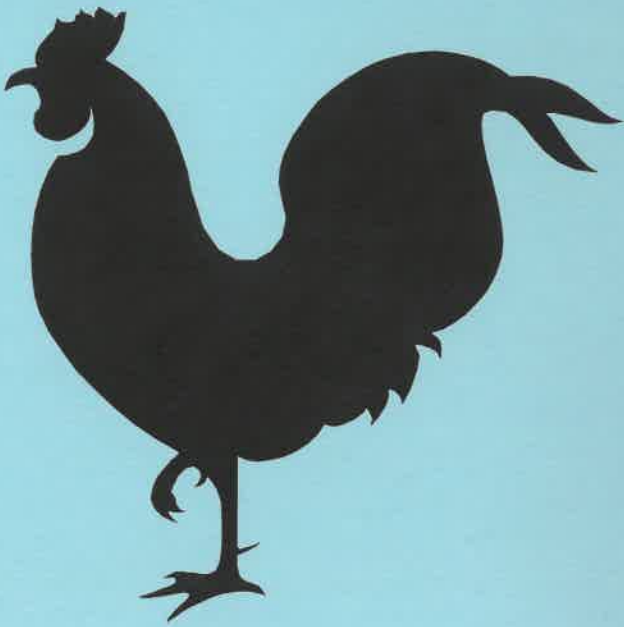
Chicken & Veggies

- 1 large onion
- 4 large red bliss potatoes (about 1 pound)
- 1 clove garlic
- 1 pound bag carrots (4 cups)
- 1 whole chicken, cut up (about 2 pounds)
- juice of one lemon
- 1/4 cup water
- 1 teaspoon oregano
- 1 teaspoon basil, dried
- 1 teaspoon rosemary, dried
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Preheat oven to 375 degrees.

Peel and cut onion into large pieces. Cut potatoes into small pieces. Peel and smash garlic. Wash, peel and cut carrots into pieces. Wash chicken inside and out with cold running water. Pat dry with paper towel. Cut whole chicken into pieces. Combine chicken, vegetables and lemon juice and water in a bowl with oregano, basil, rosemary, salt, pepper and olive oil. Toss the chicken and vegetables in the lemon juice mixture.

Arrange chicken and vegetables in a baking dish and bake for 40 minutes or until done on the inside (juices should be clear not pink when you cut into the inside). Baste chicken (pour broth over chicken) and turn vegetables every 10 minutes.



November 2002



Haefner Happenings

Manager's Corner

My name is Brian Cass and I am the Site Manager here at Ruth Haefner Plaza. I am in the office Monday through Friday from 8:00 a.m. until 4:30 p.m. Until we have a new Assistant Manager for the building in place, please call the after hours emergency line at 503-239-2773 for any maintenance, disturbance, or lock out. Please give all of your information to the operator and an on-call assistant from another building will respond shortly.

Word of the Month

rara avis \RARE-uh-AY-vis\, noun plural rara avises \RARE-uh-AY-vuh-suhz\ or rareae aves \RARE-ee-AY-veez\:

A rare or unique person or thing.

He was, after all, that *rara avis*, a Jewish Catholic priest with a wife and children.

--Jeremy Sams, "Lorenzo the magnificent," *Independent*, May 16, 2000

"First of all," Arthur said, "Jack is that *rara avis* among Ivy League radicals, a birthright member of the proletariat."

--Charles McCarry, *Lucky Bastard*

Rara avis. You'd have to go far and wide to find someone like that, especially in these times.

--Andrew Holleran, *In September, the Light Changes*

Inside this issue:

Manager's Corner	1
Word of the Month	1
Veteran's Day	2
Oven and Stove Door	2
Good Neighbor	2
Giving	2
Dia de Los Muertos	3
Speak To Your Doctor	3
Book Picks	4
Recipe	4



Oven & Stove Doors

Here is a good way to deal with a smelly oven. The smell is probably caused by something that has spilt or burnt. If it is necessary to clean the oven do the following.

Place a small dish of ammonia on the upper rack of the oven and a pan of water on the bottom. Leave the oven warm over night (no fan). Air the oven in the morning and wipe away the grease with an all-purpose cleaner and warm water. To remove the odor from the oven, place bowl of vinegar in the oven for a while. The vinegar will absorb the smell. Another way of dealing with smells in confined areas is to leave a tray of cat litter in the area and it too will absorb the odor.

—Courtesy of www.tipking.com.



Good Neighbor

If your community allows pets, be aware of the rules concerning where they can be when they are outside your apartment. Don't let your dog roam free in the complex; promptly clean up any messes your pets make; and don't let your parrot practice his opera while you are away from your apartment. Be aware of any noise your pet may make while you are at work or school. Ask a neighbor who's home during the day about it. And if your community doesn't allow pets, don't try to get away with it.

Veteran's Day

November 11, 1919 was set aside as Armistice Day in the United States, to remember the sacrifices that men and women made during World War 1 in order to ensure a lasting peace. On Armistice Day, soldiers who survived the war marched in a parade through their hometowns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.

In 1953 townspeople in Emporia, Kansas called the holiday Veteran's Day in gratitude to the veterans in their town. Soon after, Congress passed a bill introduced by a Kansas congressman renaming the federal holiday to Veteran's Day. Beginning in 1954, the United States designated November 11 as Veterans Day to honor veterans of all U.S. wars. In 1971 President Nixon declared it a federal holiday on the second Monday in November.

Veterans of military service have organized support groups such as the American Legion and Veterans of Foreign Wars. On Veteran's Day and Memorial Day, these groups raise funds for their charitable activities by selling paper poppies made by disabled veterans. This bright red wildflower became a symbol of World War 1 after a battle in the field of poppies called Flanders Field in Belgium.

—Courtesy of www.yahoo.com/November/Holidays

Giving

The more you give, the more you get
The more you do unselfishly
The more you live abundantly.
The more of everything you share,
The more you laugh, the less you fret.
The more you'll always have to spare.
The more you love, the more you'll find
That life is good and friends are kind.
For only what we give away,
Enriches us from day to day.

Dia de Los Muertos

On the Day of the Dead/Día de los Muertos, the dead join the living in a festival which originated in the pre-Hispanic past. It is a time when many Mexican and Mexican-American families celebrate the cyclic nature of life and death by remembering their dead.

The ninth and tenth months of the year on the ancient Aztec calendar were dedicated to the dead. After the Spanish conquest, priests attempted to Christianize the celebration by moving it to correspond with All Saints' Day (Día de Todos Santos). Consequently, the modern festival occurs on the first two days of November and combines elements of both Aztec and Christian custom.

Observance of this holiday varies from town to town, and is most traditional in areas of southern Mexico where Indian influence is strongest. Customary observance of Día de los Muertos is likely to include:

- Making of *altares* (altars) filled with *ofrendas* (offerings) such as fruits, flowers, incense, candles, hot chocolate, *pan de muertos* (bread of the dead), as well as photographs of the dead and some of their favorite foods
- Feasting, visiting, gifting
- Church attendance
- Cleaning and decorating family graves
- Eating and keeping company with the dead in the cemetery

In the United States, celebrating the Day of the Dead is becoming more and more popular and respected. Reasons for this include a growing sense of pride in Mexican heritage and the desire to raise community awareness by building altars dedicated to the memory of a person (for example, Selena) or a group, such as victims of drunk drivers, gang warfare or AIDS. Altars can also be created to put a colorful tradition into a different aesthetic context. No matter what the reason, celebration of the cycle of life and death is the reality.

—Courtesy of The San Antonio Public Library

Speak To Your Doctor

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, this isn't always easy. It takes time and effort on your part as well as your doctor's.

Be prepared: make a list of your concerns. Before going to the doctor, make a list of what you want to discuss. For example, are you having a new symptom you want to tell the doctor about? Did you want to get a flu shot or pneumonia vaccine? If you have more than a few items to discuss, put them in order so you are sure to ask about the most important ones first. Take along any information the doctor or staff may need such as insurance cards, names of your other doctors, or your medical records. Some doctors suggest you put all your medicines in a bag and bring them with you, others recommend bringing a list of medications you take.

Consider bringing a family member or friend. Sometimes it is helpful to bring a family member or close friend with you. Let your family member or friend know in advance what you want from your visit. The person can remind you what you planned to discuss with the doctor if you forget, and can help you remember what the doctor said.

Plan to update the doctor. Think of any important information you need to share with your doctor about things that have happened since your last visit. If you have been treated in the emergency room, tell the doctor right away. Mention any changes you have noticed in your appetite, weight, sleep, or energy level. Also tell the doctor about any recent changes in the medication you take or the effect it has had on you.

Questions to Ask Your Doctor and Pharmacist About Medications.

- What are the common side effects? What should I pay attention to?
- What should I do if I miss a dose?
- Are there foods, drugs, or activities I should avoid while taking this medicine?

—Courtesy of www.my.webmd.com

My Hero

My Hero

As I ponder the love
that I saw in his eyes,
A Godly love,
given without compromise....
I recall many times
that he stood by my side,
And prodded me
on with great vigor and pride.
His voice ever confident,
firm and yet fair,
Always speaking with patience,
tenderness and care.

The power and might
of his hands was so sure,
I knew there was nothing
we couldn't endure.
It's true,
a few others provided insight,
Yet, he laid the foundation
that kept me upright.

He's the grandest of men
to have lived on this earth,
Although he's not royal
by stature or birth.
He's a man of great dignity,
honor and strength.
His merits are noble,
and of admirable length.
He's far greater
than all other men that I know,
He's my Dad, he's my mentor,
my friend and hero.

By Debbie Hinton Young



Flag Day

The United States did not have a standardized flag until 1912. Called the "Stars and Stripes," or "Old Glory," the flag is one of the most complicated in the world. No other flag needs 64 pieces of fabric to make. The current flag has 13 red and white alternating stripes (representing the original 13 states) and 50 stars (each star represents one of the states of the Union) on a blue background.

The American flag has also changed designs more than any other flag in the world. The first flag, called the Grand Union, was first flown at the headquarters of the Continent Army on January 1, 1776. Betsy Ross, a seamstress, is said to have contributed to this design. She had an upholstery business which made flags for navy ships in Pennsylvania. A legend still persists that she showed George Washington how to make a five-pointed star and suggested thirteen stars in a circle for the first flag. Her descendants claimed that she offered the design. Actually, she and George Washington never met! George Washington did design the Grand Union but an often-quoted remark attributed to him might not be true:

We take the stars from heaven, the red from our mother country, separate it by white in stripes, thus showing that we have separated from her...

On June 14, 1777, the Continental Congress proposed that the United States have a national flag instead of the British Union Jack. The 13 stars of the flag represented the 13 new states. There were few public ceremonies honoring the Stars and Stripes until 1877, when on, June 14th, it was flown from every government building in honor of the centennial of the adoption of a national flag. Schools had unfurled American flags over their doors or outside the buildings long before this; but in 1890, North Dakota and New Jersey made a law that required their schools to fly the flag daily. The first official Flag Day was observed in Philadelphia, Pennsylvania in 1893. New York also proclaimed June 14th as Flag Day 1897. Other states were slow to follow. Some people thought that the day was too close to Memorial Day and Independence Day.

In August 1949, President Harry S. Truman proclaimed June 14th as Flag Day. Since then the President proclaims the commemoration yearly, and encourages all Americans in the country to display the Stars and Stripes outside their homes and businesses. Individual states determine how they will observe the day.

—Courtesy of The United States Embassy

June
2002



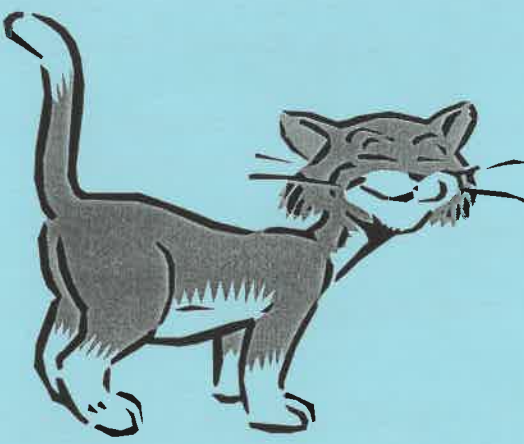
Haefner Happenings

Manager's Corner

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Maintenance Tip

Please properly dispose of used cat litter by placing it in a tightly secured plastic bag before dumping it down the trash chute or in the garbage dumpster. It also causes large messes around and in the dumpster. Cat litter should also never be dumped into the toilet. It causes clogs and backups in the drains that are very difficult and costly to repair. The results cause frustration and inadequate service for everyone. If you own a cat and have any questions and concerns, please feel free to call the office. We will be happy to help with advice and suggestions.



Inside this issue:

Manager's Corner	1
Maintenance	1
Recipe	2
For Your Health	2
Good Neighbor	3
My Hero	4
Flag Day	4

Recipe

Black Bean and Vegetable Quesadillas

1 cup black beans
1 tablespoon oil
2 medium carrots
1 medium zucchini
1 cup cheddar cheese, low-fat and shredded
1/2 cup corn, frozen or from the cob
1 dozen flour tortillas
1 bunch spinach, optional
1/2 cup plain low-fat yogurt
2 tablespoons parsley or cilantro, chopped

If using dried beans, soak overnight. Put beans in saucepan and pour in enough water to cover them. Cook over medium heat for 45 minutes or until tender. In another pan, heat oil and sauté carrots until semi-soft. Add zucchini and corn and cook until tender, about 8 minutes. Let cool and add black beans to the vegetables. Season with salt and pepper. Preheat oven to 350 degrees. Spoon bean mixture onto tortillas. Sprinkle each with 1-2 tablespoons cheese and top with another tortilla. Bake until cheese melts. Cut tortilla into wedges (like pizza) and serve on a plate with shredded spinach. Spoon salsa over the wedges and garnish with yogurt and cilantro.

For Your Health

Coronary heart disease is America's number-one killer. That's why it's so important to reduce your risk factors and know the warning signs.

Some heart attacks are sudden and intense, but most heart attacks start slowly with pain and discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. The *Physician and Sports Medicine Journal* says to pay attention to the warning signs:

- Uncomfortable pressure or pain in the chest that lasts for more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Pain that spreads to the shoulders, neck, arms, jaw or stomach.
- Shortness of breath that comes along with chest discomfort but can also occur before the chest discomfort.
- The pain of a heart attack can feel like bad heartburn.
- Other signs include lightheadedness, fainting, sweating and nausea.

Listen to your body. Don't ignore any pain or discomfort. If you're experiencing any of these signs, go to the doctor right away for a check up. The quicker you get treatment, the greater chance that your doctor can prevent further damage to your heart.

—Courtesy of www.TheSanDiegoChannel.com

Good Neighbor

How should I approach my neighbor about a noise problem?

There are two common reactions to noise coming from a neighbor. The first is resignation. You hate the noise, but you do nothing. The second is anger. You lose your temper and call the police. There are better ways to handle the situation.

Approach the Neighbor. Raising a problem with a neighbor is not easy. But it should always be the first step and, if done with respect and sensitivity, may be the last. Often the neighbor is unaware of a problem -- for instance, the dog barks only when nobody is home. Assume that the neighbor doesn't know and would like to be told.

If you are being bothered, someone else probably is too. The greater the number of people complaining, the faster the relief should be.

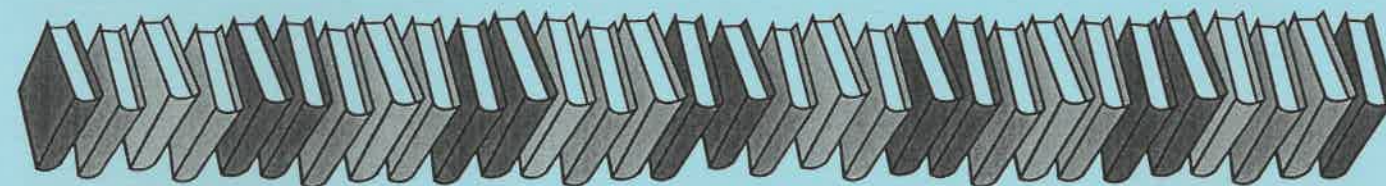
Warn the Neighbor. If complaining doesn't work, get a copy of your local noise ordinance as explained above. Send a copy to the neighbor with a note repeating your request to keep the noise down and explaining that you'll be forced to notify the authorities if you don't get results. Be sure to provide details on the problem, including the dates and times of the noise.

If you rent or live in a planned development, send a copy of the lease agreement or special rules to the neighbor. If that doesn't work, report the problem to the landlord in writing. Especially if several tenants complain at the same time, the landlord will probably order the tenant to quiet down or face eviction.

Suggest Mediation. If you value the neighbor relationship at all, or just want peace in the future, give mediation a try. You and the neighbor can sit down together with an impartial mediator and resolve your own problems. Mediation services are available in most cities and often they are free. Simply call the mediation center, and it will then contact the neighbor for you. Especially if there are problems other than noise, the neighbor may be delighted at a chance to be heard. For more information, see the Lawsuits & Mediation section of Nolo's Legal Encyclopedia.

Call the Police. No response from the neighbor? Stereo turned up another notch? Now is the time to bring in the police (or, if the problem is a barking dog, the Animal Control Department). If you have tried to solve the problem yourself, the police will know your complaint is serious and that you need help. Try to notify the police while the noise is continuing, so they can measure the noise or hear it for themselves. (Some people simply hold the phone out the window.) Sometimes cities won't act until the noise affects two or more persons, to prevent complaints from excessively sensitive people.

—Courtesy of Nolo.com Lawcenter



Renewed Patriotism

I am a 21 year old college student from Rockaway, New Jersey. I did not personally know anyone involved in the catastrophe that struck our nation. Still I feel connected in some way to each and every one of the victims, to their family and friends and to the brave individuals who helped with the search and rescue. I like all Americans, was overwhelmed with emotions. I was sad, confused, frustrated, and angry for many reasons. I had so much I wanted to say, but the words refused to come. I wrote the following passage to express my feelings and to make a statement. My thoughts and prayers are always with you. May God bless America.

I am an American. I am free.
I am an American. I am strong.
Like our nation’s foundation, built by our founding fathers over two hundred years ago, I will not buckle.
I will not be broken. I will endure.
I am an American. I have faith.
I have looked into the eyes of fear, but I am not afraid.
I weep because I am human, not because I am weak. My beliefs cannot be taken from me.
I will never give up hope.
I am an American. I have a voice.
I speak my feelings freely because I am free to do so.
I will voice my anger because I am angry. I will shout my frustration because I am confused. I will say my piece. I cannot be silenced.
I am an American. I am proud.
The colors red, white, and blue flow through my veins.
Like the torch that welcomed my ancestors, my soul radiates freedom and liberty.
The flag is my beacon.
Brotherhood and love are what I believe in, truth and justice are what I stand for.
I am an American. And I am everyone – never just one.
I am everything. I am united.
I am the businessman on Wall Street, the farmer in Nebraska, the movie star in Los Angeles.
I am the rolling waves of Miami Beach, the blowing wind of Chicago, the snow-capped mountains of Boulder and the desert sun of Phoenix.
I am not weakened by cowardly acts of malice; I am strengthened.
I cannot be divided. I will not be conquered.
I am an American. I will survive.
I will stand up and I will fight and I will defend. I will not sit back and do nothing when I can do something. I will not back down. I will overcome. I will prevail.
I am an American. I am free.

—Courtesy of Danielle M. Giordano
Chicken Soup for the Soul of America, Stories to Heal the Heart of Our Nation,
Jack Canfield, Mark Victor Hansen, Matthew E. Adams



April
2002

Haefner
Happenings

Manager’s Corner

WELCOME TO RUTH HAEFNER PLAZA!

Your site manager is Brian Cass and assistant on-site manager is Vincent Kuhn. You can reach us most times at the office from 8:00 a.m. to 4:30 p.m., and from 7:00 p. m. to 10:00 p.m. Monday through Friday. Please remember to call the answering service at 239-2773 for maintenance emergencies and for disturbances after normal business hours. Remember to tell them your name, address and the nature of the problem, so the answering service will know how to direct your call.

Good Neighbor

Like many of the other High-Rise buildings within the Housing Authority, we have in our Community Room what we lovingly call the “Give-Away” table. Every day, items mysteriously appear and just as quietly disappear from the table. The amount of items ranges from a few items here and there, to a whole table practically buckling from the weight of the treasures left there. (And, if it is time for yearly inspections, there may also be items on the floor under the table as well.) The old saying that “One mans junk is another mans treasure” holds particularly true to its words. One thing to keep in mind though, is that there is a limit to what people will refer to as “treasure.”

Now, sharing items with your fellow neighbors that you no longer need or can make use of is a wonderful and kind thing to do. However, please make sure that you are not leaving things that will cause more harm than good. While cleaning out your cupboards, if you should decide that you no longer want that unopened box of cereal or that jar of peanut butter, please check the date on them before placing them out for someone else. If you are not sure how to read the dates or where to find them, ask someone for help. Please do not leave out food items that have been opened--throw them away. The same principal holds true for clothing and other household items. If the items are ripped, torn, frayed, broken, or suspected of being a residence for uninvited pests, just throw them away. Those items will not be useful to anyone.

Inside this issue:

Manager’s Corner	1
Good Neighbor	1
Recipe	2
For Your Health	2
Maintenance	2
April Fool’s Day	3
Arbor Day	3
Renewed Patriotism	4

Recipe

Confetti Pepper Cornbread

1 cup flour
1 cup cornmeal (yellow or white)
1/3 cup granulated sugar
2 1/2 tsp. baking powder
1/4 tsp. salt
1 cup buttermilk
1 cup green chilies, cut up (can be canned)
1/3 cup nonfat yogurt
1 egg slightly beaten
cooking spray
19 inch square baking pan

Preheat oven to 400 degrees.

Stir flour, cornmeal, sugar, baking powder and salt together in a bowl. Add buttermilk, peppers, yogurt, egg and mix gently.

Spray 9 inch square baking pan with cooking spray and pour in batter. Place on middle rack of oven and bake for 25 minutes. Cornbread is done when edges are lightly browned and knife comes out clean when put into the bread. Cut into nine 3 inch pieces.

For Your Health

"Health lies in labor, and there is no royal road to it but through toil." -Wendell Phillips

Just like brushing your teeth, healthy habits should be cultivated on a daily basis. The following is a guide to daily tasks:

- Activity should be a daily occurrence. Walk, run or jump for a minimum total of 20 minutes a day.
- Protect your skin. Sun block should be applied on face, neck, arms and hands even in the dead of winter. It protects against climatic toxins too. Moisturize skin daily.
- Eat fruits, vegetables, grains, low-fat dairy products and small amounts of protein. Avoid sweets and other processed foods.
- Meditate or spend a minimum of five minutes daily in quiet time.
- Exercise your brain. Read, study, solve problems, and learn new skills. As does the body, the brain atrophies with lack of use.
- Hug somebody.

—Courtesy of Yahoo Health

To clean out a drain, try pouring 1/2 cup of baking soda down the drain. Then follow it up with 1/2 cup of vinegar. Cover and wait 5 minutes. Uncover and pour boiling water down the drain.



April Fool's Day

In sixteenth-century France, the start of the new year was observed on April first. It was celebrated in much the same way as it is today with parties and dancing into the late hours of the night. Then in 1562, Pope Gregory introduced a new calendar for the Christian world, and the new year fell on January first. There were some people, however, who hadn't heard or didn't believe the change in the date, so they continued to celebrate New Year's Day on April first. Others played tricks on them and called them "April fools." They sent them on a "fool's errand" or tried to make them believe that something false was true. In France today, April first is called "Poisson d'Avril." French children fool their friends by taping a paper fish to their friends' backs. When the "young fool" discovers this trick, the prankster yells "Poisson d'Avril!" (April Fish!)

Today Americans play small tricks on friends and strangers alike on the first of April. One common trick on April Fool's Day, or All Fool's Day, is pointing down to a friend's shoe and saying, "Your shoelace is untied." Teachers in the nineteenth century used to say to pupils, "Look! A flock of geese!" and point up. School children might tell a classmate that school has been canceled. Whatever the trick, if the innocent victim falls for the joke the prankster yells, "April Fool! "

—Courtesy of Yahoo .com

Arbor Day

In the 1840s, the Midwestern state of Nebraska was a territory within a wide prairie. When pioneers moved out to settle there, they found few trees to build houses or to burn for fuel. There was no shade from the sun or wind, and crops did not grow well in the dry earth.

J. Sterling Morton was one of those pioneers who moved to the treeless Nebraska territory. He and his wife planted trees immediately after moving from their home town of Detroit, Michigan. Morton was a journalist, and later the editor, for Nebraska's first newspaper. In his writings he advocated planting trees to help life on this vast barren plain.

He became the secretary of the Nebraska Territory. At a meeting of the State Board of Agriculture in January 1872, Morton proposed that citizens of the new state of Nebraska set aside April 10 as a day to plant trees. He suggested offering prizes as incentives for communities and organization that planted the most trees properly. Everyone welcomed the idea enthusiastically. Nebraskans planted about one million trees on that first Arbor Day. Today a visitor to Nebraska would never guess that it was once a dusty prairie.

In 1882, Nebraska declared its own Arbor Day as a legal holiday and the date was changed to Morton's birthday, April 22. Today almost every state celebrates an Arbor day but because the best tree-planting season changes from region to region, some states observe the day on different dates. Hawaiians, for example, plant Arbor Day trees on the first Friday in November!

—Courtesy of The US Embassy



Most people in the United States celebrate the 4th of July, but do you know exactly why the holiday is so important to our country? Imagine how you would feel if someone older than you kept telling you what to do all of the time and kept taking more and more of your money. That is how the colonists felt in the years leading up to 1776. England kept trying to make the colonists follow more rules and pay higher taxes. People started getting mad and began making plans to be able to make their own rules. They no longer wanted England to be able to tell them what to do, so they decided to tell England that they were becoming an independent country

The Congress met in Philadelphia, Pennsylvania and they appointed a committee to write a formal document that would tell England that the Americans had decided to govern themselves. The committee asked Thomas Jefferson to write a draft of the document, so he worked for days, in absolute secret, until he had written a document that he thought said everything important that the committee had discussed. On June 28, 1776, the committee met to read Jefferson's "fair" copy. They revised the document and declared their independence on July 2, 1776. They officially adopted it on July 4, 1776. That is why we call it "Independence Day." Congress ordered that all members must sign the Declaration of Independence and they all began signing the "official" copy on August 2, 1776. In January of the next year, Congress sent signed copies to all of the states.

The Declaration of Independence is more than just a piece of paper. It is a symbol of our country's independence and commitment to certain ideas. Well, the signers of the Declaration of Independence wanted the citizens of the United States to have a document that spelled out what was important to our leaders and citizens. They wanted us to be able to look at the Declaration of Independence and immediately think of the goals we should always be working for, and about the people who have fought so hard to make these ideas possible. The people who signed the Declaration risked being hanged for treason by the leaders in England. They had to be very brave to sign something that would be considered a crime! So every time we look at the Declaration of Independence, we should think about all of the effort and ideas that went into the document, and about the courage it took for these people to stand up for what they knew was right -- independence!

-Courtesy of Kim Moon

Flag Cake

- ★ 2 pints of strawberries
- ★ 1 recipe of your favorite white or yellow cake
- ★ 1 1/3 Cup of blueberries
- ★ 1 tub of whipped topping

Mix up and bake your favorite cake mix or recipe. Let cool.

Slice 1 cup of strawberries, set aside. Halve remaining strawberries, set aside.

Top cake (in pan) with 1 cup sliced strawberries, 1 cup blueberries and all of the whipped topping. Arrange remaining strawberry halves and blueberries on whipped topping to create a flag design. Refrigerate until ready to serve.



Haefner Happenings

July 2001

Puppies for Sale

Manager's Corner

Offices Closed

WEDNESDAY,
JULY 4TH
FOR
INDEPENDENCE
DAY

Inside this issue:

Manager's Corner	1
Inspiration	1
Osteoporosis	2
A Little Reminder	2
Good Neighbor	2
Maintenance Tip	3
Independence Day	4

A store owner was tacking a sign above his door that read "Puppies For Sale." Signs like that have a way of attracting small children, and sure enough, a little boy appeared under the store owner's sign. "How much are you going to sell the puppies for?" he asked.

The store owner replied, "Anywhere from \$30 to \$50."

The little boy reached in his pocket and pulled out some change. "I have \$2.37," he said. "Can I please look at them?"

The store owner smiled and whistled and out of the kennel came Lady, who ran down the aisle of his store followed by five teeny tiny balls of fur. One puppy was lagging considerable behind. Immediately the little boy singled out the lagging limping puppy and said, "What's wrong with that little dog?"

The store owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame. The little boy became excited. "That's the little puppy that I want to buy."

(Continued on page 3)

This is to inform you of an immediate change with your Site Manager. Pat Johnson will no longer be working at Ruth Haefner Plaza and has chosen to resign from her position at The Housing Authority of Portland effective June 8, 2001.

I am in the process of finding a new Site Manager. Until I can properly advertise and recruit a new Site Manger I will have temporary assistance in the office for your convenience.

I would like you to know that I will do my best to make this a smooth transition. I thank you in advance for your cooperation and patience during this time.

If you need any assistance and you do not find myself or another HAP Site Manager in the office, please feel free to contact the office at Northwest Towers, 503-802-8380. We will be able to assist you with maintenance requests and other items.

Thank you,
Lucia M. Clausen
Property Manager

Osteoporosis

Osteoporosis is a condition of porous bones, which causes the bones to become weak and break easily. The bones of the spine, wrists, and hips are most prone to fracture. Osteoporosis is known as the silent disease. Before, there were not ways to know if a person had osteoporosis until a bone was broken. Osteoporosis is now defined in terms of bone density.

Many women begin to lose bone mass early and more rapidly in menopause. A woman can lose up to 20% of her bone mass in the first 5 to 7 years after menopause begins, which could contribute to fractures. Using estrogen can slow the rate of bone thinning.

It is possible to identify those who are at risk for developing Osteoporosis. Bone density can be assessed by DXA, dual-energy Xray absorptiometry which computes bone mass at the spine and sonometry, which calculates bone mass at the heel. Risk factors for developing Osteoporosis are Caucasian or Asian race, slim build, cigarette smoking, family history, and early menopause.

The National Osteoporosis Foundation recommends a bone density test for women over the age 65, those who have had a bone fracture in adulthood, thin women, smokers, or for women who are entering menopause.

Calcium can help strengthen your bones. Calcium is naturally found in many foods, including dairy products. Calcium tablets are available and a good way to add calcium to the diet.

Courtesy of Yahoo, www.nutritionfitness.com



Good Neighbor

Good neighbors can be found in every part of town. They come in all shapes, sizes, colors, religions, cultures and ethnic backgrounds. Good neighbors are young, middle aged, and elderly. They are able-bodied as well as frail and disabled. Most good neighbors can be easily identified. Just do, or say, something kind and caring to someone who lives near you. You will be surprised at the number of people who respond accordingly. Kindness and caring begets kindness and caring. Good deeds are rewarded with good deeds.

A person can rise above barriers and roadblocks that confront us in the world today. Kindness and good neighbor tactics will win over ugliness and hatred. Otis Redding used to sing, "Try a little tenderness". It goes a long way to becoming a "Good Neighbor".

*"Everyday do something that will inch you closer to a better tomorrow."
-- Doug Firebaugh*

A Little Reminder

This is a reminder regarding the laundry room rules currently in effect. Since there are only 3 washers and 3 dryers, it is important that every resident understands and adheres to following.

- Use only 2 washers or 2 dryers at a time.
- Remove your laundry as soon as it is done. The times are posted to help you keep track of when you need to return.

If everyone would follow these two rules we can avoid some of the delays that are sure to happen when 73 apartments are using only 3 sets of machines.

Thanks so much for your cooperation.

Maintenance Tips

For your household's safety, please make sure that all cable cords, extension cords, etc., are not lying around for someone to trip over. You can tape them securely to the floor.

Sometimes we tend to overload our electrical outlets by having too many things plugged in at once. This can cause the circuit breaker switches to trip (turn off). If a breaker switch does shut off, check all switches to see which one is loose. Once you find it you need to turn switch to the "OFF" direction and then you can turn it back on. Power that turned off should turn back on. If you still have a problem, please contact your prospective Site Manager and explain what has happened.

Please notify your Site Manager if you notice any hazards on and around the property so that the issue can be taken care of properly and immediately, if needed. Sometimes with our busy schedules, some things are not noticed right away. Your help will be greatly appreciated.

During the hot, summer weather, we have a tendency to leave our windows open, especially at night while we are sleeping. Please remember that an open window is an invitation for a thief. When you leave your home, even for a short while, it is a good idea to close and lock all windows and doors.



*By Dan Clark
from Chicken Soup for the Soul*



"I am only one; but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do." -- Helen Keller

(Continued from page 1)

The store owner said, "No, you don't want to buy that little dog. If you really want him, I'll just give him to you."

The little boy got quite upset. He looked straight into the store owner's eyes, pointing his finger and said, "I don't want you to give him to me. That little dog is worth every bit as much as all the other dogs and I'll pay full price. In fact I'll give you \$2.37 now, and 50 cents a month until I have him paid for."

The store owner countered, "You really don't want to buy this little dog. He is never going to be able to jump and play with you like the other puppies."

To this, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg supported by a big metal brace. He looked up at the store owner and softly replied, "Well, I don't run so well myself, and the little puppy will need someone who understands!"

What's In Your Fridge?

Open your refrigerator and take a close look. How long has that mayo been on the shelf? When did you open those olives? While many people are diligent about tossing out wilted lettuce, spoiled chicken and sour milk, condiments often sit in the fridge long past their expiration dates.

Luckily, spreads and relishes don't pose quite the same health risk as raw foods like meat, poultry and produce. According to Diane Van, project coordinator for the U.S. Department of Agriculture's Meat and Poultry Hotline, processed foods are less likely than raw foods to harbor bacteria like Salmonella, Listeria, and E. Coli, which can cause serious illnesses. In other words, that 2-month-old salad dressing in your refrigerator may get smelly, but it probably isn't going to send you to the hospital.

Even mayonnaise, if handled correctly, can weather a fairly long stint in the fridge. Robert Earl, a registered dietitian and director of public health at the International Food Information Council, is quick to debunk the popular misconception that your refrigerated jar of mayonnaise is a case of food poisoning just waiting to happen. "Mayonnaise, in and of itself, is a very stable food," says Earl, pointing out that that mayo's high acid content actually deters the growth of bacteria in the spread.

The biggest safety concern Earl sees is not refrigerator shelf life but cross-contamination, when bacteria are transferred from one item to another. Think about it: How often have you double-dipped a knife into your favorite condiments? To avoid cross-contamination, Earl recommends always using a clean knife or spoon, and spreading your mustard, mayon-

naise or other condiment on your bread, rather than on luncheon meat or cheese.

Here are some additional tips to consider before using that year-old chili sauce this weekend:

- ◆ Know the difference between "Sell By" and "Use By" dates. The Sell By date is determined by the manufacturer and tells the store how long to keep a product on the shelf. The Use By date indicates when the manufacturer deems the product is no longer at peak quality. To be on the safe side, don't buy or use foods after the Use By date.
- ◆ Respect your cold cuts. To guard against Listeria, the Agriculture Department recommends that unopened luncheon meats sit in your fridge no longer than two weeks.
- ◆ Beware of mold. According to Van, molds develop an intricate root structure well before they appear at the surface of your food. If your mozzarella is turning green or your salsa is a little fuzzy, throw it out. You *can* cut away mold on hard cheeses like cheddar and Parmesan, which are too dense for the mold to penetrate. Just be sure to make your cut at least 1 inch below the mold.

Set your refrigerator at 40 F, always refrigerate groceries promptly and remember these six words: "When in doubt, throw it out."

—Information courtesy of OnHealth.com



Haefner Happenings

April 2001

Manager's Corner

If you would like to contribute a brief article, please get it to me by the 15th of each month.

My office hours are 8:30-5:00 p.m., Monday through Friday. The office phone number is 297-1276. For after hours maintenance emergencies or disturbances, please call 239-2773.

Dolores Johnson, Resident Aide, is available evenings and weekends only. Please call 239-2773 for assistance, **please do not knock on her door.**

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Being Neighborly

Webster's Encyclopedic Dictionary defines the word "neighbor" as a person living next door or relatively close to another. According to this definition, everyone in your apartment building is considered a neighbor to you.

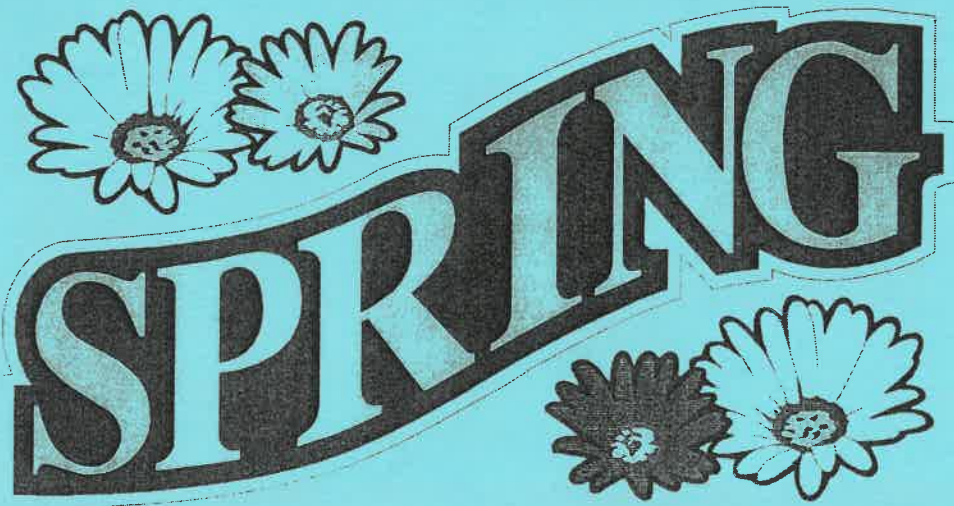
"Neighborhood" means a district; the people who live in a district or an area planned as a unit. The Northwest Tower / Annex property is the neighborhood that you and your neighbors live in.

According to Webster, "to be neighborly" means to be friendly and sociable.

Are you a neighborly neighbor within your neighborhood?

Inside this issue:

Manager's Corner	1
Being Neighborly	1
Recipe	2
Stable Angina	2
Maintenance Tips	3
Ability	3
Inspiration	3
What's In Your Fridge	4

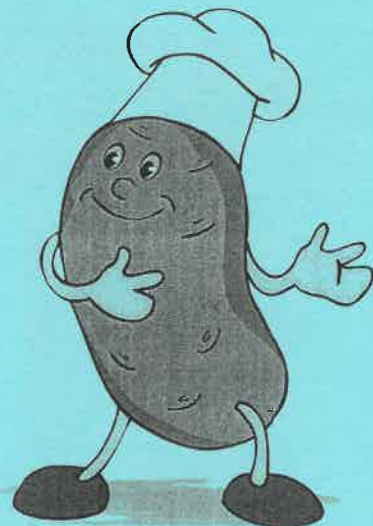


Potato Salad “New Jersey Style”

Courtesy of Wolfgang Puck, 2000

2 pounds Yukon gold potatoes
3 hard boiled eggs, finely chopped
1/2 cup mayonnaise
1/2 medium yellow onion, finely diced
2 stalks celery, finely diced
Kosher salt
Freshly ground black pepper
Sugar, to taste

Boil potatoes in skin and let cool. Slice into quarters. Add eggs, mayonnaise, onion, and celery and fold together. Season to taste with salt, pepper and sugar.



Stable Angina

Definition: A pain or discomfort in the chest or adjacent areas caused by insufficient blood flow to the heart muscle.

Causes, Incidence, and Risk Factors

Coronary artery disease is by far the most common cause of angina. Blockages in the coronary arteries, called plaques, prevent enough blood from reaching the heart muscle. Activities or situations that require increased blood flow to the heart may cause angina. These include exercise, heavy meals, and stress.

Less common causes of angina include coronary artery spasm (also called Prinzmetal's angina), diseases of the heart valves, heart failure, and abnormal heart rhythms.

The risk factors for angina include cigarette smoking, high cholesterol levels, high blood pressure, diabetes, a family history of coronary heart disease before age 55, a sedentary lifestyle, and being more than 30% over ideal body weight.

Angina affects approximately 3.1% of the population of the U.S.

Prevention

The best prevention is to modify the risk factors that

can be changed. Stop smoking, lose weight if you are overweight, and control blood pressure, diabetes, and cholesterol. Some studies have shown that modifying risk factors can prevent the progression of arterial blockages and can even lead to a decrease in the severity of blockages.

Aspirin, anti-anginal medications such as nitrates (nitroglycerin), beta-blockers, calcium channel blockers, or others may be prescribed to prevent the occurrence of angina and lessen its severity.

--Information courtesy of Yahoo Health



Maintenance Tips

Garbage disposals

Here are a few tips to use to keep your garbage disposal running in good shape.

Never use a broomstick to unclog the garbage disposal as this will ruin the blades and will result in needing a new disposal and a charge to you.

Do not put potato peelings, celery and bones of any kind in disposal, as they can cause the disposal to plug up.

Ability

Ability is to look at a blank page,
And create a poem.

Ability is to stare into the eyes of fear,
And come out stronger because of it.

Ability is to walk into a room of strangers,
And come out with friends.

Ability is to admit you are wrong,
When you are wrong.

Ability is to get back up,
When you fall down.

Ability is to believe,
When everything seems lost.

Ability - a simple word, with a complex meaning.
For many, ability is never found, but for all ability is within.

Ability stares everyone in the face at one time or another.

Whether your ability is how well you shoot hoops,
How well you flip at dancing,
How smart you are at school.
You have ability.

For some, ability is lost by never trying.
Whether never trying to shoot one more time,
Never trying to bend a little more,
Or never trying to score higher in school.

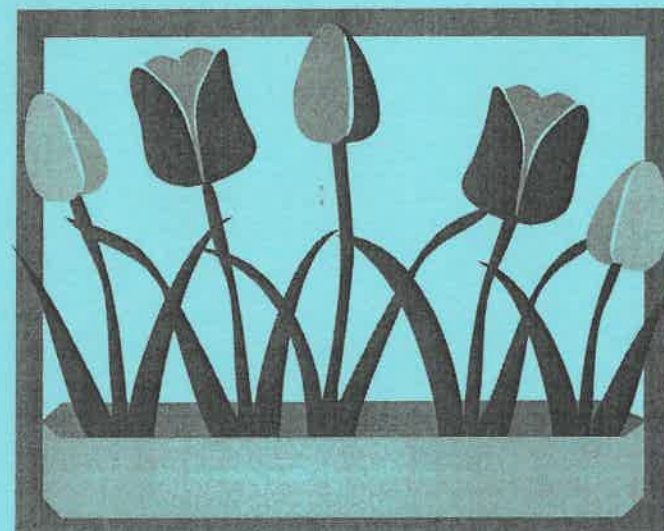
Ability is within.
Ability is yours.

—Selina E. Matis

Once in awhile, place coffee grounds and/or lemon peelings in disposal to aid in removing foul odors.

Once a month you can add one cup of ice, turn on the garbage disposal. This will help to sharpen the blades.

Please remember to check inside the drain before turning on the disposal to make sure that there are no silverware or anything else that could damage the blades.



Inspiration

Listen

Be still and hear.

Intuitive guidance from angelic messages is the highest form of education. Openness is my key to knowledge. Stillness brings clarity.

Dear Angel, I wish to Listen,
so I will open myself to learn.

Breakthrough

Transformation is life's miracle.

Focus on values. Bless my past. Welcome new beginnings, creative opportunities and unexpected fortune.

Monday Morning

As we move through time, our lives become intertwined with the lives of others—a weaving, in and out, the minutes and hours becoming the threads that bind us all together. As the turns and twists of our lives touch the lives of others, there are people who make a difference to the direction we may take. They are those who provide us with a gift—maybe a gift of guidance or understanding—sometimes the gift is only a few precious moments they have shared with us, to let us know that they care.

Weave into your life a time for yourself—a time to remember those people who have helped shape you, and the destiny you are unfolding. Set aside a few minutes each week, put it into your planner.

Monday morning works best for me. I stay in bed for five extra minutes awake, with my eyes closed. I think about someone either in my past or present, and bring their face to mind. There, in the safety and warmth of my bed, I thank that person for the gift they brought into your life—a simple kindness from a childhood friend, or a great laugh I may have recently shared with a co-worker. If possible, before I go to work I call and tell the person how grateful I am that they have shared my life. Plan to tell at least one person a week what a difference they have made. There is no better way to start a week!



(Continued from page 3)

good luck and praise nature, this practice stemming from the hanging of peach-wood charms to keep away ghosts and evil spirits. In many homes incense is burned, and also in the temples as a mark of respect to ancestors.

On New Year's Eve houses are brightly lit and a large family dinner is served. In the south of China sticky-sweet glutinous rice pudding called nian gao is served, while in the north the steamed dumpling jiaozi is popular. Most celebrating the festival stay up till midnight, when fireworks are lit, to drive away evil spirits. New Years day is often spent visiting neighbors, family and friends.

The public holiday for New Year lasts 3 days in China, but the festival traditionally lasts till the 15th day of the lunar month and ends with the 'Lantern Festival'. Here, houses are decorated with colorful lanterns, and yuanxiao, a sweet or savory fried or boiled dumpling made of glutinous rice flour is eaten.



Housing Authority of Portland

Haefner Happenings

January 2001

CALENDAR OF EVENTS

JANUARY 15, 2001
HAP Offices Closed
In observance of
Martin Luther King
Jr. Day

Manager's Corner

WELCOME TO RUTH HAEFNER and Tuesday from 9:00 AM to 4:30 PM. She can be reached at 802-8480.

If you would like to contribute a brief article, please get it to me by the 15th of each month.

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Inside this issue:

Manager's Corner	1
Calendar of Events	1
Good Neighbor	1
Recipe	2
Seasonal Affective Disorder	2
Maintenance Tips	3
One Man and His Dream	3
Chinese New Year	3
Monday Morning	4

Good Neighbor



Did you say hello to your neighbor today when you passed in the hallway or rode in the elevator together? I'm sure it would have made them feel happy and appreciated. It always makes me feel delighted when my neighbors and even total strangers speak and wish me well for the day. And on the other hand it makes me feel good to wish my neighbors well also. Try it, you might like it. Do a good deed for the day. That really gives me a wonderful feeling. It's good therapy. Humans are made to need other people. Be there for one another. It's what the "good neighbor doctor" orders.

Traditional Mandarin Fried Rice

Canola oil
3 eggs
2 tablespoons minced garlic
2 tablespoons minced ginger
1 bunch chopped scallions, green and white separated
1 lapchang, diced (Chinese sausage), can substitute with
4 strips of cooked bacon
8 cups cooked, day-old long grain rice
3 tablespoons thin soy sauce
1/2 teaspoon white pepper
Salt to taste

In a wok, add 2 tablespoons of oil and quickly soft-scramble the eggs. Remove the eggs. In the same wok, coat with oil and stir-fry garlic and ginger. Add white scallions and lapchang. Add rice and mix thoroughly. Add soy sauce, white pepper and scrambled eggs. Check for seasoning. Serve immediately.

-Submitted by Ming Tsai



Seasonal Affective Disorder

A diagnosis of SAD requires that a person has experienced depression and other symptoms in at least two consecutive winters, followed by non-depressed periods in the spring and summer. Also, there must be no other explanation for the changes in mood and behavior. It's often difficult to diagnose SAD because other disorders may mimic SAD.

Signs and Symptoms

Affective means emotional and some of the primary effects of SAD relate to feelings. Yet SAD affects behavior as well. Some of the signs and symptoms of SAD include:

- Depression
- Loss of Energy
- Anxiety
- Irritability
- Increased sleep
- Loss of interest in activities
- Overeating, especially foods high in carbohydrates
- Weight gain
- Difficulty concentrating and processing information

What causes SAD?

Researches first thought that lack of sunlight affects

levels of melatonin, a hormone. However, studies on the role of melatonin in SAD are inconclusive. Some researches believe that a lack of sunlight disrupts circadian rhythms, which regulate your body's internal clocks.

How is SAD best treated?

Light therapy is currently the treatment of choice. This involves exposing people to special lamps that are 10 to 20 times brighter than ordinary indoor lights. Despite the uncertainty about SAD, you can do something about depression. There are many options for treatment. If you're diagnosed with SAD, you can also make lifestyle changes. For example:

- Increase the amount of light in your home. Add lamps or skylights. Trim tree branches that block sunlight.
- Walk outdoors on sunny days, even during winter.
- If possible, take winter vacations in a sunny, warm location.
- Exercise regularly.
- Learn ways to manage stress.

**Information taken from 2000 Mayo Foundation for Medical Education and Research*

Maintenance Tips

SNOW AND ICY CONDITIONS

If and when there are snowy and icy conditions, please remember your safety comes first.

If at all possible, stay inside your home. Walking about in the ice and snow is hazardous. If you were to fall, you may seriously injure yourself and could end up in the emergency room.

If you are not familiar with driving in bad weather conditions, DON'T! It would be safer and easier to use Tri-met buses. If you live in a single-family home or town-

house, remember to help to keep the pipes warm and in good working condition by letting the water faucets drip slightly in freezing weather (under 32 degrees). Open up cabinet doors under the kitchen sink to help keep the pipes warm.

If the power goes out, remember to notify PGE first.

Please do not use your ovens to heat your homes. This is not safe and could be fatal. Keep plenty of blankets around and dress in layers of clothing to help keep yourselves warm.



One Man And His Dream

On January 15, 2001 we will celebrate the birthday of one of the nations most respected figures. Martin Luther King Jr. was one man who motivated a nation with his dream of equality for all. When Americans speak of diversity they often refer to Martin Luther King, Jr. Mr. King led the fight for desegregation in schools and public facilities during the early 1960's. He led the greatest moral crusade on the nations moral battlefield with his dream that ALL children would not be judged by the color of their skin but by the content of their character. His greatest passion was his fight against poverty. His work led to the enactment of the civil rights act of 1964 and the voting rights act of 1965.

Martin Luther King, Jr. was the first minority to

have a national holiday proclaimed in his honor. This year marks the 71st anniversary of Martin Luther King, Jr.'s birth. Through his work, we have all lived to see his vision of the mountain top where all men are created equal.



Chinese New Year

The oldest and most important festival in China is the Spring Festival, more commonly known in the West as Chinese New Year. Like all Chinese festivals, the date of the new year is determined by the lunar/solar calendar rather than the Western (Gregorian) calendar, so the date of the holiday varies from late January to mid February.

The Spring festival celebrates the earth coming back to life, and the start of plowing and sowing. In the

past, feudal rulers of dynasties placed great importance on this occasion, and ceremonies to usher in the season were performed.

Preparations for the New Year festival start during the last few days of the last moon. Houses are thoroughly cleaned, debts repaid, hair cut and new clothes bought. Doors are decorated with vertical scrolls of characters on red paper whose texts seek

(Continued on page 4)

Haefner Happenings

December 2000

(Continued from page 3)

tions require change and some may no longer be possible.

Set differences aside—Leave old grievances or discussions about differences until a more appropriate time.

Budget—Decide how much money you can afford to spend on gifts and other items, and stick to your budget. Consider gifts that can't be bought, such as volunteering, sharing memories or an item you've made yourself.

Plan ahead—Develop a calendar of specific days for

shopping, baking, visiting friends and other events.

Don't abandon healthy habits—Don't feel pressured to eat or drink more than you're accustomed to just because it's the holiday season.

Get plenty of sleep, and, if you're healthy, schedule time for exercise. Not only will exercise help fend off extra pounds, it will make you feel more refreshed and less fatigued.

-Information taken from 2000 Mayo Foundation for Medical Education and Research

(Continued from page 3)

days. Chanukah is celebrated December 22nd through December 29th. The menorah has eight candles, and one is lit for each day of the celebration

Christmas

Christmas is a Christian celebration of the birth of their savior, Jesus Christ. The spirit of Christmas is to give to others as God gave Christ to the world. Christmas is celebrated December 25th, but there are many activities that lead up to the 25th. There are many Christmas traditions including Christmas caroling, card and gift giving, decorating an evergreen tree with lights and ornaments, and a feast on Christmas Eve and Christmas day.

Kwanzaa

Kwanzaa is an African American celebration based

on African festivals. Kwanzaa is held December 26th-January 1st. The seven day celebration encourages people to think about their African roots and their life in America today.

There are seven principles of Kwanzaa.

- Umoja: Unity, to strive for and maintain unity in the family, community, nation, and race.
- Kuji Chagulia: Self Determination
- Ujime: Collective work and responsibility
- Ujamaa: Cooperative economics
- Nia: Purpose
- Kuumba: Creativity
- Imari: Faith

A black, red or green candle is lit for each of the seven days.

(Continued from page 3)

4. Brace your tree and tree stand as securely as possible. Larger animals have a tendency to pull things to them for inspection, and a Christmas tree is one large inspection magnet. Besides the obvious aggravations of having to redecorate a fallen tree, the tree itself can maim or kill a pet in far too many ways. Have at least two separate systems working to hold up your tree, such as a sturdy tree stand and wires hooked to the wall. The water surrounding the base of a live tree is a notorious attractant, so discourage your pet from drinking from it through the use of commercial

deterrents, such as bitter apple spray.

5. Broken ornaments and lights are an invitation to injury. Glass decorations are very thin, and leave a large pile of razor-sharp pieces when they shatter. People may have enough sense to walk around the debris, but pets sometimes get 'tunnel-vision' when they are on a quest. Make sure you gather up ALL the broken pieces of a glass ornament, then vacuum the area thoroughly, if at all possible. Pets have very sensitive foot pads, and a shard of glass imbedded in a pet's paw can become infected quickly.

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Inside this issue:

Manager's Corner	1
Holiday Blues	1
Recipe	2
Holidays Around The World	2
Pet Safety During The Holidays	2

HOLIDAY BLUES

DON'T LET THE CRUSH OF THE SEASON GET YOU DOWN.

The holidays! They're supposed to be a time of warmth, happiness and excitement. And for many people, they are. But for some, the season can be a paradox. Stress, fatigue and gloom, "the blues" can overshadow joyous feelings and family and religious traditions.

It's quite normal to experience a little unhappiness or frustration during the holidays. After all, it's an emotional

and busy time of year. The key is knowing how to respond to your feelings and having realistic expectations.

Strains of the season

The holiday blues, as the name implies, tend to be temporary and seasonal, as opposed to depression, which is longer lasting and may require treatment. Still, the holidays can be difficult for many people. Problems or emotions repressed during other months often tend to surface during the holidays. Factors that commonly con-

(Continued on page 3)

Gingerbread

-Recipe Courtesy of Cathy Lowe

2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
2 teaspoons ground ginger
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1/2 teaspoon ground black pepper
5 tablespoons unsalted butter, melted
1 cup molasses
1/2 cup hot tap water
2 eggs

Preheat oven to 350 degrees. Grease a 9 inch square baking pan.

In a bowl stir together flour, baking soda, salt, ginger, cinnamon, nutmeg, allspice and pepper. In a large bowl mix together the melted butter and molasses. Stir in the water until well mixed. Add the eggs and mix to combine. Add the dry ingredients and mix until just combined. Pour into greased baking pan and bake for 30 - 40 minutes or until a toothpick inserted in the center comes out clean. Serve warm with whipped cream, ice cream or apple-sauce.



Holidays Around The World

There are several Holidays to make the season diverse in America. Winter holidays include Ramadan, Feast of Immaculate Conception, Winter Solstice, Christmas, Kwanzaa, and Chanukah. It is through understanding others that we learn tolerance.

Ramadan

November 27th: Ramadan is the fasting month for Muslims. Muslims believe is fasting in celebration of

the month in which "the Guran was revealed, providing guidance for the people, clear teachings, and that statute book..." Muslims believe that through fasting it helps a serious believer remodel, reshape, reform and renew his physical and spiritual disposition and behavior. Ramadan begins November 27, 2000 but may vary each year according to the Islamic calendar.

(Continued on page 3)

Pet Safety Around the Christmas Tree

A Christmas tree is traditionally the centerpiece of the annual holiday decorating season, with its bright lights, shiny tinsel and numerous glass ornaments. But every year thousands of pets are injured or even killed by accidents caused when certain precautions are not taken by their owners when setting up and decorating their Christmas trees. Before a festive holiday ritual turns unnecessarily tragic, here are some safety tips for pet-proofing your tree.

1. Think like an animal. Once you've put up all your decorations and hung the lights and laid on the tinsel, take some time to think like your pet. Get down on

their level, and look at the tree from their perspective. The colorful lights may be irresistible to a curious pet, and the new smells and strange shiny objects might appeal to them as well. Notice how much larger the tree looks from their level. Would you want something that size to fall on your unprotected head?

2. Tinsel may look pretty, but it may also look like food to an unsuspecting pet. Loose tinsel around a Christmas tree is a temptation for cats, so make an effort to keep the area clean and tinsel-free. The

(Continued on page 3)

(Continued from page 1)

tribute to the holiday blues tend to fall into three major categories:

Psychological—great feelings of loneliness, sadness, depression.

Financial—you may not have as much money to buy gifts or holiday clothing this year. Or, you may find you're spending more than you can afford.

Physical—the strain of shopping, attending social gatherings and baking holiday goodies can make you tense and fatigued. Too much food and drink during the holidays can also cause weight gain, which can be especially frustrating if you're trying to lose weight.

(Continued from page 2)

The Feast of the Immaculate Conception

The feast of the Immaculate conception is a Roman Catholic Holy day of obligation. It is held to commemorate the Immaculate conception of the Virgin Mary. It is celebrated on December 8th. In 1854 the Pope paid homage to the statue of Mary at Rome's Spanish Square. It is tradition for Catholics to place a garland of flowers around Mary's statue.

Winter Solstice

This is an ancient celebration of the solstice. On the solstice the sun reaches its southern most rising and seeing points in the Northern hemisphere. The sun's apex is at its lowest point of the year. The days are shortest and the nights are longest. Ancient people,

(Continued from page 2)

good news is that most tinsel will pass through a pet's digestive track without damage, but you can never be too sure. Limit the use of loose tinsel to the higher levels of the tree, and discourage your pet firmly whenever you observe such 'sampling' of the loose tinsel.

3. Make sure your electric lights and ornaments are grounded properly. Many pets have a naturally in-

Keeping the blues at bay

To help prevent the season's stresses from ruining your holidays, follow these important strategies:

Acknowledge your feelings—It's okay now and then to take time just to cry or express your feelings. By repressing them, they'll only last longer.

Seek support—Take advantage of social support, such as community, religious or social services that can provide you with support and companionship.

Be realistic—Try not to set your expectations too high. Those perfect holiday gatherings portrayed in pictures and the media, generally aren't representative of most families. Understand that some tradi-

(Continued on page 4)

dependant on the seasons for their harvests, celebrate the sun in hopes that it would return quickly in the spring. Celebration begins approximately December 21st on the Solstice, which varies on the calendar year. It is a time of feasting, gift giving, and visiting. Evergreen trees are decorated with fruit and ornaments.

Chanukah

Chanukah, which means dedication, is a Jewish festival of lights. It commemorates the miracle that happened after the victory of the Macabees over the Syrians around 165 B.C. Legend has it that there was only one jar of sacramented oil for the rededication of their Temple, yet the oil burned for eight

stinct to chew wiring, so an improperly grounded wire will not protect them from electrocution. Plug your wiring into an approved circuit-breaking power strip or a grounded (three pronged) wall socket. If you can't keep the wires above pet level, then at least do your best to bury them deeply into the branches of the tree. Surprisingly, the lights themselves are not usually seen as a temptation, but do attract the pet closer to other dangers, like the wiring.

(Continued on page 4)



Have a Good Thanksgiving!

Take A Moment To Remember What You Are Most Thankful For.



MANAGER'S CORNER

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EVENTS

Library Day

November 9th 11-12 p.m.

Thanksgiving Dinner

November 21st 6:30 p.m.

INSIDE THIS ISSUE

- 1 Manager's Corner
- 1 Diabetes
- 2 Good Neighbor
- 2 If I Had To Live Life Over
- 3 Recipe
- 3 Maintenance Tips

DIABETES

What is diabetes?

Diabetes is a disease in which the body doesn't produce or properly use insulin; the hormone needed to convert sugar, starches, and other foods into energy for the body to use. There are two major kinds of Diabetes: Type I and Type II. In Type I, the body doesn't produce any insulin. This type most often strikes children, adolescents, or young adults. Type II is much more common-90-95 percent of all cases of diabetes are Type II—especially among Blacks. In Type II the body is unable to make enough insulin or is unable to utilize it effectively.

Diabetes can lead to serious complications including blindness, amputation of limbs, kidney failure, and death. Complications are more common and worse in people who have hypertension and/or heart disease. Being overweight raises the risk of contracting diabetes, in fact 80 percent of diabetics are obese or weigh 20 percent more than what is considered ideal weight.

Symptoms of Diabetes

Some of the symptoms are subtle which is why so many people don't know they have diabetes. It's imperative to pay close attention to your body and to visit your physician once a year for a checkup. Symptoms are as follows:

- ◆ Frequent urination
- ◆ Extreme thirst
- ◆ Dramatic weight loss with increased food intake. This generally occurs at the onset of the disease even in those who are extremely overweight.
- ◆ Weakness, fatigue, irritability, and drowsiness.

Continued on page 3

GOOD NEIGHBOR

Being a good neighbor is looking out for the people who live around you. It means notifying the Site Manager if you have not seen or heard from your neighbor in several days. It also means being considerate and kind to your neighbors. Help each other when you can. If it's after regular office hours and the management office is closed, call 911 for your neighbor if you hear his or her emergency pull cord in the middle of the night. Call the Housing Authority's emergency answering service. Being a good neighbor also means being kind and cordial to your neighbors. Smile and wish each other well when you see your neighbors. You will never know when you may need their help. Being a good neighbor means "Doing unto others as you would have them do unto you."

IF I HAD TO LIVE LIFE OVER

I'd dare to make more mistakes next time.
I'd relax. I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more chances.
I would take more trips.
I would climb more mountains and swim more rivers.
I would eat more ice cream and more beans.
I would perhaps have more actual troubles but I'd have fewer imaginary ones.
You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.
Oh, I've had my moments and if I had to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments. One after another, instead of living so many years ahead of each day.

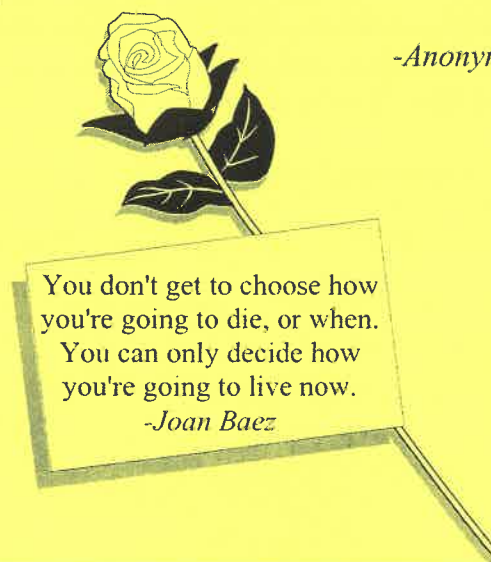
I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.

If I had it to do again, I would travel lighter next time.

If I had my life to live over, I would start barefoot earlier in the spring, and stay that way later in the fall.

I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daisies.

-Anonymous



Maintenance Tips

1. Please remember to notify your manager promptly of any breakage, damage, or need for repair in your apartment and of known unsafe conditions in the common areas, facilities, or grounds of the development, which may lead to damage or injury.
2. The exhaust fans that are above your stove and in the bathrooms, should be free of grease and dust on a regular basis. This will ensure a properly working fan to help reduce the moisture that collects on walls and ceilings, which may result in mold and mildew.
3. Winter season is upon us so please remember to keep all flammables (bed, sofas, etc) away from your heaters.

Refrigerator Tips:

Food safety experts recommend the following guidelines for discarding foods after they have been opened:

Juice	7-10 days
Salsa	1 month
Hard Cheese	3-4 weeks
Ketchup	6 months
Olives	2 weeks
Jam & Jelly	6 months
Oil	4 months
Mayonnaise	2 months
Pickles	1-2 months
Barbecue Sauce	4 months

Remember, even in the refrigerator, bacteria can grow and multiply. Play it safe by regularly cleaning out the fridge and keeping the thermostat set at 40 degrees or below.

Italian White Bean Turkey

Soup With Sage

Recipe Courtesy of Michelle Urvater

- ◆ 2 tablespoons olive oil
- ◆ 1 clove garlic, cut into wafer thin slices
- ◆ 3 tablespoons chopped fresh sage
- ◆ 19-ounce can cannellini beans pureed with 4 cups chicken broth
- ◆ 2 cups cubed cooked turkey
- ◆ 2 tablespoons lemon juice
- ◆ Salt and freshly ground black pepper

Heat olive oil in a saucepan. Add garlic and sauté over low heat until garlic turns golden. Add sage and sauté a few seconds, then add pureed beans and broth. Bring to a simmer and add turkey; simmer a few minutes to heat turkey through. Add lemon juice, remove from heat and season to taste with salt and pepper.

Continued from page 1

- ◆ Blurred vision or changes in eyesight.
- ◆ Tingling or numbness in the fingers, arms, legs or feet.
- ◆ Frequent infections and slow healing of cuts and bruises.
- ◆ Itching of the skin or genitals. The itching may be caused by yeast infections, which are common in diabetic women.

Preventing Diabetes

Eat right. Keeping a tight control on your blood sugar helps. Stick to a diet that is low in fat, salt, and sugar and high in fresh vegetables and fruit, whole-grain breads, pasta and cereals. Also eat more lean meats and poultry (nothing fatty or greasy), fish, and low-fat dairy products.

Lose weight if you need to or keep weight under control.

Exercise. Riding a bike, roller-skating, walking, running, swimming, three times a week for twenty to thirty minutes speeds weight loss and can help control blood sugar.

Halloween Around the World

MEXICO, LATIN AMERICA, & SPAIN

In Mexico, Latin America, and Spain, All Souls' Day, which takes place on November 2, is commemorated with a three-day celebration that begins on the evening of October 31. The celebration is designed to honor the dead who, it is believed, return to their earthly homes on Halloween. Many families construct an altar to the dead in their homes to honor deceased relatives and decorate it with candy, flowers, photographs, samples of the deceased's favorite foods and drinks, and fresh water. Often, a wash basin and towel are left out so that the spirit can wash before indulging in the feast. Candles and incense are burned to help the deceased find the way home. Relatives also tidy the gravesites of their departed family members. This can include snipping weeds, making repairs, and painting. The grave is then decorated with flowers, wreaths, or paper streamers. On November 2, relatives gather at the gravesite to picnic and reminisce. Some gatherings even include tequila and a mariachi band! Celebrations honoring departed loved ones and family members are found as far back as ancient Egyptian times.

ENGLAND

On the evening of November 5, bonfires are lit throughout England. Effigies are burned and fireworks are set off. Although it falls around the same time and has some similar traditions, this celebration has little to do with Halloween or the ancient Celtic festival of Samhain. The English, for the most part, stopped celebrating Halloween as Martin Luther's Protestant Reformation began to spread. As followers of the new religion did not believe in saints, they had no reason to celebrate the eve of All Saints' Day. However, a new autumn ritual did emerge. Guy Fawkes Day festivities were designed to commemorate the execution of a notorious English traitor, Guy Fawkes.

On November 5, 1606, Fawkes was executed after being convicted of attempting to blow up England's parliament building. Fawkes was a member of a Catholic group who wanted to remove the Protestant King James from power. The original Guy Fawkes Day was celebrated right after his execution. The first bonfires, which were called "bone fires," were set up to burn effigies and symbolic "bones" of the Catholic pope. It was not until two centuries later that effigies of the pope were replaced with those of Guy Fawkes. In addition to making effigies to be burned in the fires, children in some parts of England also walk the streets carrying an effigy or "guy" and ask for "a penny for the guy," although they keep the money for themselves. This is as close to the American practice of "trick-or-treating" as can be found in England today. Guy Fawkes Day was even celebrated by the pilgrims at the first settlement at Plymouth. However, as the young nation began to develop its own history, Guy Fawkes was celebrated less frequently and eventually died out.

IRELAND

In Ireland, where Halloween originated, the day is still celebrated much as it is in the United States. In rural areas, bonfires are lit as they were in the days of the Celts, and all over the country, children get dressed up in costumes and spend the evening "trick-or-treating" in their neighborhoods. After trick-or-treating, most people attend parties with neighbors and friends. At the parties, many games are played, including "snap-apple," a game in which an apple on a string is tied to a doorframe or tree and players attempt to bite the hanging apple. In addition to bobbing for apples, parents often arrange treasure hunts, with candy or pastries as the "treasure." The Irish also play a card game where cards are laid face down on a table with candy or coins underneath them. When a child chooses a card, he receives whatever prize is found below it.

A traditional food eaten on Halloween is barnbrack, a kind of fruitcake that can be bought in stores or baked at home. A muslin-wrapped treat is baked inside the cake that, it is said, can foretell the eater's future. If a ring is found, it means that the person will soon be wed; a piece of straw means that a prosperous year is on its way. Children are also known to play tricks on their neighbors, such as "knock-a-dolly," a prank in which children knock on the doors of their neighbors, but run away before the door is opened.

Haefner Happenings

October 2000

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INSIDE THIS ISSUE

- 1** Manager's Corner
- 1** Staying Healthy
- 2** Good Neighbor
- 2** Rules for Being Human
- 3** Recipe
- 3** Racism Is...
- 3** Maintenance Tips
- 4** Halloween Around the World

STAYING HEALTHY

There are over 37 million women with disabilities living independently across the United States. Women with disabilities are at a greater risk for being abused than women without disabilities, and it is believed that about 65% of women with physical and cognitive disabilities will experience physical abuse and over 50% will experience sexual abuse. This abuse prevents women with disabilities from being healthy, safe and able to live independently in their communities.

The findings of the Personal Assistance Service Providers (PASA) Abuse of Women with Disabilities Project suggest several reasons why abuse of women with disabilities continues to be a problem, and often a problem that is hidden. Just like other women, women with disabilities may not recognize that what is happening to them is abuse. Women may not think constant yelling and screaming is emotional abuse. Women may not realize subtle forms of sexual abuse, or having no choice about sex, is sexual abuse. Or, they may not believe being handled roughly is physical abuse. So, even though a friend, police officer, community advocate/case manager, or health care provider may ask about these things, a woman may not report them because she doesn't think they are abusive.

The PASA project found that women with disabilities are also at risk for additional kinds of abuse not usually experienced by women without disabilities. For example, refusing to give medication or food, putting a cell phone out of reach, taking the battery out of a power wheel chair, or leaving someone in a chair all night are all abuse. These are not just bad ways to treat people; each of them could also be life threatening.

Some of the personal and emotional feelings

Continued on page 2

GOOD NEIGHBOR

Please remember to keep your music and other noise to a minimum. Your neighbors are sometimes sleeping or resting during any time of the day or night. A good rule to follow is to see if your music, radio and /or television can be heard out in the hallway with your door closed. If so, then it is too loud. If you are being disturbed by your neighbor's noise during regular business hours be sure to let us know in the management office so that we will be able to respond. If the disturbance is anytime after regular office hours, please call HAP's emergency answering service at 239-2773. Someone will respond.

Continued from page 1

expressed by the women also may keep her situation unsafe and prevent her from speaking out about the abuse or seeking help. Often women may feel ashamed that the abuse is going on. A woman may be scared to tell the PA or anyone else about the abuse because she fears that no one will listen to her anyway, or she fears the abusive situation may become worse after she talks about it. A major barrier to women getting help is being afraid to report the abuse. Because many women are dependent on the abusers for care, they may be afraid the abuser will become more hurtful or refuse to help them if they say anything, or women may fear that they will not be able to find another person to provide the help they need. Some women are afraid of losing their children or having to leave their home if they report the abuse are afraid of losing their children or having to leave their home if they report the abuse. For others, an abusive care provider may seem like a better choice than going to a nursing home or other institution.

Strategies need to be developed for both individual women and the community in order that abuse of all women stop. Women with disabilities need to learn how they can keep themselves safe, and prevent and end abuse, which includes knowing how to recognize what abuse is, learning about their options, and developing safety plans.

-Mary Oschwald,

Oregon Health Sciences University, 2000

THE RULES FOR BEING HUMAN

1. **You will receive a body.**
You may like it or hate it, but it will be yours for the entire period of this time around.
2. **You will learn lessons.**
You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. **There are no mistakes, only lessons.**
Growth is a process of trial and error: Experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".
4. **A lesson is repeated until learned.**
A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. **Learning lessons does not end.**
There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. **"There" is no better than "here".**
When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here".
7. **Others are merely mirrors of you.**
You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
8. **What you make of your life is up to you.**
You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. **You answers lie inside you.**
The answers to Life's questions lie inside you. All you need to do is look, listen and trust.
10. **You will forget all this.**

Racism Is...

- ◆ A sales clerk ignoring you to help a person who arrived to the counter after you.
- ◆ A waitress who passes your table two or three times to serve guests who arrived after you.
- ◆ An apartment manager who tells you there are no vacancies, even though the vacancy sign is on.
- ◆ A bus driver who intentionally passes you by at the bus stop.

Racism is a **DELIBERATE ACT** of:

- ◆ Giving poor service given to an individual based on their race.
- ◆ Enforcing rules for some races and not others.
- ◆ Issuing a stiffer penalty to some races and not others.
- Racism limits where you live, where you can work, and what kind of service you may receive.
- Racism may prevent you from having equal access to valuable resources and information that could help you.
- Racism hurts a person's self-esteem.

Beef Stroganoff

Butter and/or olive oil for frying
8 ounces mushrooms, sliced
2 medium onions, diced
1 (20-ounce) sirloin steak, cut into 1-inch strips
Flour for dredging
1/2-cup red or white wine, plus more for deglazing pan
16 ounces beef stock
1 pint sour cream
1 tablespoon Worcestershire
Salt and pepper
Egg noodles or rice as an accompaniment

In a hot sauté pan melt butter and sauté the mushrooms first then add the onions. The mushrooms take a little longer. In a separate pan brown strips of sirloin that have been dredged in flour. Set aside. When the onions and mushrooms are done, deglaze both of the pans with a little white or red wine and combine all ingredients into one pan. Add 2 cups beef stock, white wine or water and 1/2 of the pint of sour cream. Simmer for 30 to 45 minutes. During the cooking the sour cream will separate and some of the butterfat will become visible. This is normal, just stir the pot. Just before serving add the balance of the sour cream, stir to combine. Serve over noodles or rice pilaf and garnish with parsley.

Maintenance Tips

- ◆ Please remember to clean the gasket (rubber seals) around the refrigerator and freezer doors. If the doors are sealed properly, this will help to keep the cold air in and the room temperature air out. It is also more energy efficient with a properly sealed fridge and freezer door. Try not to block the vents in your freezer so that the air will circulate properly and thoroughly.
- ◆ Check your heaters for dust and any other objects that may collect in them and clean them out. This will help your heaters to function properly and help to eliminate a potential fire hazard.
- ◆ Mold and mildew problems occur due to poor ventilation. When cooking, turn on the exhaust fan. When taking a shower, remember to turn on the fan. When mold and mildew appear, use hot, bleach water, which is the best and most inexpensive thing to use. Clean the mold and mildew right away so that it doesn't stain your walls and/or ceilings.



DON'T FORGET...

MANAGER'S OFFICE
297-1276

AFTER HOURS MAINTENANCE EMERGENCY
239-2773

RESIDENT SERVICES COORDINATOR--
LYNN MARSHALL
802-8480

CALENDAR OF EVENTS

Ruth Haefner offers a lot of opportunities to get out and meet some of your neighbors. Here is a list of events scheduled for July. Everyone is welcome.

BINGO

EVERY TUESDAY
7:00 P.M.-9:00 P.M.

LIBRARY DAY

SEPTEMBER 14
11:00 A.M.-12:00 P.M.



Haefner Happenings



September 2000

MANAGER'S CORNER

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INSIDE THIS ISSUE

- 1 Manager's Corner
- 1 Staying Healthy
- 2 Diversity
- 2 A Gentlest Need
- 3 Maintenance Tips
- 3 Recipe
- 4 Calendar of Events

STAYING HEALTHY

As the body gets older, the immune system declines, making it harder to fight off all kinds of illnesses—from cancer and heart disease to colds and flu. On top of that, many organs in the body become less efficient as the years go by. The heart becomes less elastic and pumps less blood with each beat. The arteries stiffen and narrow, which leads to an increase in blood pressure. The lungs and airways become more rigid, leading to a less efficient respiratory system. These and other changes, combined with lowered immunity, explain why serious illnesses are more likely to strike older than younger folks.

Still, most of the health problems that plague older folks are preventable. Though the body does change with age, the effects of those changes can be lessened if you're willing to take extra care of your health. It's that simple. Here's how:

Follow healthy habits. Age doesn't make illnesses. Age is one of many risk factors, but it is one that cannot be changed. Which means that to keep your risk of getting serious illness lowered, you have to pay attention to factors you can control. Stick to a healthy low-fat, low-salt diet; learn to avoid or handle stress; don't smoke; exercise regularly; and get a medical checkup at least once a year.

Have your blood pressure checked. Get a yearly blood pressure reading; a reading of 120/80 or lower is normal. To keep our blood pressure down within the normal range, avoid high-fat foods and salt, and make sure you exercise consistently.

Talk to your Doctor about taking vitamin supplements. Zinc and vitamins C, E, A, and B's are all immune boosters, and research has shown that vitamins help older folks stay healthy.

Get a flu shot. People over 65 years of age should do this once a year.

*Source: *Body and Soul*, 1998

DIVERSITY

This is a story about not sitting back and accepting someone else's inappropriate behavior.

On a British Airways flight from Johannesburg, a middle-aged, well-off white South African lady has found herself sitting next to a black man. She called the cabin crew attendant over to complain about her seating.

"What seems to be the problem Madam?" asked the attendant.

"Can't you see?" she said. "You've seated me next to a kaffir. I can't possibly sit next to this disgusting human. Find me another seat!"

"Please calm down Madam," the stewardess replied. "The flight is full today, but I'll tell you what I'll do—I'll go and check to see if we have any seats available in club or first class."

The woman cocks a snotty look at the outraged black man beside her (not to mention many of the surrounding passengers). A few minutes later the stewardess returns with the good news, which she delivers to the lady, who cannot help but look at the people around her with a smug and self-satisfied grin.

"Madam, unfortunately, as I suspected, economy is full. I've spoken to the cabin services director, and club is also full. However, we do have one seat in first class". Before the lady has a chance to answer, the stewardess continues, "It is most extraordinary to make this kind of upgrade, and I have had to get special permission from the captain. But, given the circumstances, the captain felt that it was outrageous that someone be forced to sit next to such an obnoxious person."

With which, she turned to the black man and said:

"So if you'd like to get your things, sir, I have your seat ready for you..."

THE GENTLEST NEED

At least once a day our old black cat comes to one of us in a way that we've all come to see as a special request. It does not mean he wants to be fed or to be let out or anything of that sort. His need is for something very different.

If you have a lap handy, he'll jump into it; if you don't he's likely to stand there looking wishful until you make him one. Once in it, he begins to vibrate almost before you stroke his back, scratch his chin and tell him over and over what a good kitty he is. He squirms to get comfortable. Every once in a while one of his purrs get out of control and turns into a snort. He looks at you with wide-open eyes of adoration, and he gives you the cat's long slow blink of ultimate trust.

After a while, little by little, he quiets down. If he senses that it's all right, he may stay in your lap for a cozy nap. But he is just as likely to hop down and stroll away about his business. Either way, he's all right. Our daughter puts it simply: "Blackie needs to be purred."

In our household he isn't the only one who has that need: I share it and so does my wife. We know the need isn't exclusive to any one age group. I am a teacher as well as a parent, I associate it especially with youngsters, with their quick, impulsive need for a hug, a hand held out, a coverlet tucked in, not because anything's wrong, not because anything needs doing, just because that's the way they are.

There are a lot of things I'd like to do for all children. If I could do just one, it would be this: to guarantee every child, everywhere, at least one good purring every day.

Kids, like cats, need time to purr.

-Fred T. Wilhems



Maintenance Tips

- Please do not use Drano on clogged pipes, as this will eventually destroy the pipes. If you are having a drainage problem, please contact your Site Manager as soon as possible.
- Please remember to change the batteries in all smoke detectors every six months.
- Please remember to report any maintenance problems to your Site Manager in timely manner. Do not wait for a list of repairs to accumulate.
- If you have water leaking from pipes or overflowing toilets, please turn off the water valve and then notify HAP. Valves are located under sinks and behind the toilet.
- Please do not unhook your smoke detectors. If you are having a problem with a smoke detector, please contact your Site Manager immediately.
- Please report broken window and non-working heaters immediately. You should also check and clean out and dirt or trash that may collect in heaters. This can be a fire hazard.



Hot and Sour Chicken Soup

Marinade:

2 large egg whites
1 tbs dry sherry
1 tsp. sesame oil
2 tsp. cornstarch

1 lb. boneless, skinless chicken breast, cut into thin strips

1 tsp. coarse salt

1 tsp. freshly ground black pepper

10 dried Chinese mushrooms, soaked in hot water for 20 minutes

½ cup frozen organic peas

Soup Base:

6 cups chicken stock

2 tbs dry sherry

2 tbs soy sauce

3 tbs rice vinegar

2 tsp. sesame oil

1 tsp. coarse salt

1 tsp. ground white pepper

½ tsp. cayenne pepper

2 tbs freshly grated ginger

1 tbs cornstarch

¼ cup water

2 eggs, lightly beaten

4 scallions, white and green parts, thinly sliced for garnish

In a bowl, combine the egg whites, sherry, sesame oil, and cornstarch, and whisk until thickened. Add the chicken, toss lightly to coat, cover, and refrigerate 3 to 4 hours, or overnight.

Drain the mushrooms, remove and discard the stems, and cut into strips. Set aside with the peas.

In a large pot, combine the soup base ingredients and heat until mixture boils. Add the chicken, mushrooms, and peas. Bring back to a boil and cook about 3 minutes, stirring to separate the chicken pieces, and skimming the surface to remove any impurities. Meanwhile, dissolve the cornstarch in the water. Add to the soup, stirring constantly, and cook until soup thickens and turns glossy, 2 to 3 minutes. Remove from the heat, and taste for seasoning. Slowly add the beaten egg to the soup in a thin stream around the edge, stirring once or twice so that the cooked egg forms long threads. Serve warm in individual bowls, and garnish with scallions.

Continued from page 2

skies. Burning ashes fell like rain. The Chief of the Below World spewed fire from his mouth. Like an ocean of flame it devoured all of the forests. The Curse of Fire raged on until it reached the homes of the people. Fleeing in terror, they found refuge in the waters of Klamath Lake.

Two great medicine men lifted up their voices. "Our people have done wrong," said one of them. "Because of our wickedness, the Curse of Fire has been sent upon us. Only a living sacrifice will turn away the wrath of the Chief of the Below World, who has sent the Curse of Fire. Who among us will offer himself as a living sacrifice?" "No young man will want to make the sacrifice," answered the second of the great medicine men. "We old men have but a few more suns to live. We should be the ones to follow our torches into the fire. Then the sins of our people be forgiven."

The Chief of the Above World heard the voices of the medicine men and spoke to the people from the top of Mount Shasta. "Your wise men have spoken the truth. Now you are being punished."

As his voice ceased, the two medicine men, the oldest and most revered of the Klamath people, rose from the water, lit their torches, and started toward the mountain of the Chief of the Below World. From the waters of Klamath Lake the people watched the torches moved up the ridge on the side of the cliff, which hung over the entrance to the Below World. On that cliff stood the angry Chief of the Below World. There the medicine men paused for a moment, watching the flames and smoke coming up through the opening. Then they lifted their burning torches high above their heads and jumped into the fiery pit.

The Chief of the Above World saw the brave deed of the medicine men. Once more the mountains shook. This time the Chief of the Below World was driven into his home, and the top of the mountain fell upon him. When the morning sun rose, the high mountain was gone. Then it started to rain. For many years, rain fell and filled the great hole that was made when the mountain fell upon the Chief of the Below World. The Curse of Fire was lifted. Peace and quiet covered the earth. Never again did the Chief of the Below World come up from his home. Never again did his voice frighten the people.

CALENDAR OF EVENTS

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BINGO

EVERY TUESDAY
7:00 P.M.-9:00 P.M.

LIBRARY DAY

AUGUST 10
11:00 A.M.-12:00 P.M.

OLD FASHION ICE CREAM SOCIAL

AUGUST 20TH
6:30PM-8:00PM



Haefner Happenings



August 2000

MANAGER'S CORNER

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INSIDE THIS ISSUE

- 1 Manager's Corner
- 1 Eating Healthy
- 2 Legend of Crater Lake
- 2 On Courage
- 3 Household Hint
- 3 Recipe
- 4 Calendar of Events

MAKING THE CHOICE TO EAT HEALTHFULLY

The American Cancer Society has developed general guidelines to help you reduce your risk for cancer and other so-called "lifestyle" illnesses, diseases that are affected by what we eat. (Scientists estimate that 35 percent of all cancer deaths may be related to what we eat.) The steps, each of which can be gradually adapted, include:

- Avoiding obesity, which is defined as weighing 20 percent or more than what is considered to be the maximum desired weight.
- Eating fewer foods that have high cholesterol levels. Meat, butter, egg yolks, and some types of oils are all high-cholesterol foods.
- Cutting down on total fat intake, especially animal fats that come from meat and dairy products.
- Eating bulkier, high-fiber foods such as vegetables and whole-grain breads and cereals.
- Eating at least five servings of fruits and vegetables each day, especially those that are rich in Vitamins A (apricots, broccoli, carrots, peaches, sweet potatoes, and spinach) and C (cabbage, red and green peppers, strawberries, and citrus fruits such as oranges and grapefruit).
- Consuming only moderate amounts (if any) of salt-cured, smoked, foods such as bacon, ham, and smoked fish.

Experts say that for most people, it's best to make adjustments, rather than to suddenly unload a dramatic new menu on yourself and your family. Start by increasing your intake of fruits, vegetables and grains and trimming all visible fat from meat before you bake it or broil it. Consider the time and money you put into making yourself look good from the outside. Why go to all that trouble to make your outer body look good, then throw just anything inside? Think about it.

Source: *Women's Health* ©1998

ON COURAGE

"So you think I'm courageous?" she asked.

"Yes, I do."

"Perhaps I am. But that's because I've had some inspiring teachers. I'll tell you about one of them. Many years ago, when I worked as a volunteer at Stanford Hospital, I got to know a little girl named Liza who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the boy if he would be willing to give blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, 'Yes, I'll do it if it will save Liza'.

"As the transfusion progressed, he lay in a bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, 'Will I start to die right away?'

"Being young, the boy had misunderstood the doctor; he thought he was going to have to give her *all* his blood.

"Yes, I've learned courage," she added, "because I've had inspiring teachers."

-Dan Millman

VEHICLE PARKING

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THE LEGEND OF CRATER LAKE

Long ago the spirits of the earth sky, sea and mountains came and talked with my people. Sometimes the Chief of the Below World came up from his home inside the earth and stood on the top of the mountain, the high mountain that used to be. At that time there was no lake up there. Instead, there was an opening, which led to the lower world. Through it the Chief of the Below World passed from his home to the outside world and back again. When he came up from below, his tall form towered above the snow-capped peaks. His head touched the stars around the lodge of the all-powerful Chief of the Above World.

One time when the Chief of the Below World was on the earth, he saw Loha, the daughter of the tribal chief. Loha was a beautiful maiden. She was beloved by all her father's people and warrior chiefs from many nations have tried to win her favor. The Chief of the Below World immediately fell in love with her. He told her of his love and asked her to return with him to his lodge inside the mountain. There he said she would live forever and ever. But Loha refused to go with him.

The Chief of the Below World then sent one of his warriors to plead for him and to arrange for a marriage with Loha. "The maiden shall have eternal life," promised the warrior. "She shall never know sickness or sorrow or death when she becomes the mate of the Chief of the Below World. The great chief demands that she come with me." The maiden refused, and the wise men of the council would not command her to go. Instead they advised her to hide herself.

When the messenger returned to the middle of the mountain and reported the maiden's answer, the Chief of the Below World was very angry. In a voice like thunder, he swore that he would have revenge on the people of Loha, that he would destroy them with the Curse of Fire. Raging and thundering, he rushed up through the opening and stood on the top of his mountain.

Then Chief of the Above World descended from the sky and stood on the top of Mount Shasta. From their mountaintops the two spirit chiefs began a furious battle. In a short time all the spirits of earth and sky took part in the battle. Mountains shook and crumbled. Red-hot rocks as large as the hills hurtled through the

Household Hints

Throughout history vinegar has been used for science and industry. Modern industry uses it in many processes, including the manufacturing of plastics. It should come as no surprise, then that it can be used in many everyday chores around the house. Its key constituent, acetic acid, makes it useful in cleaning, deodorizing and many other tasks. These are a few of the ways in which it can help you to live a more pleasant life.

- ◆ Bathtub film can be removed by wiping with vinegar and then with soda. Rinse with clean water.
- ◆ Vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers from hard water. Fill the reservoir with vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished.
- ◆ Fresh cut flowers can be kept blooming longer by adding two tablespoons of vinegar, plus three tablespoons of sugar to each quart of warm water. The stems must be kept in three to four inches of the nutrient.
- ◆ A few teaspoons of distilled or spirit vinegar will help to cut grease.
- ◆ Smokey odors may be removed from clothes by hanging them over a steaming bath to which one cup of distilled vinegar has been added.
- ◆ Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of distilled vinegar and olive oil. Rub with the grain and polish for the best results.



Keefer's Hawaiian Peanut Butter Muffins

- ❖ 2 cups all-purpose flour
- ❖ 1 teaspoon salt
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon baking soda
- ❖ ¾ to 1 cup shredded coconut
- ❖ ¾ to 1 cup chopped pecans
- ❖ 6 tablespoons softened butter (¾ stick)
- ❖ 6 tablespoons creamy peanut butter
- ❖ 1 cup firmly packed brown sugar
- ❖ 2 eggs
- ❖ 3 ripe bananas, mashed
- ❖ 1 tablespoons Amaretto liqueur or vanilla

Preheat oven to 400 degrees. Spray regular-size muffin pans with nonstick cooking spray.

In a medium bowl, stir together the flour, salt, baking powder, baking soda, coconut and pecans. Set aside.

Using an electric mixer, beat the butter and peanut butter until light and fluffy. Add the brown sugar and continue beating until well-combined. Add the eggs, one at a time, scraping the sides of the bowl after each addition. Stir in the bananas and Amaretto.

Gently stir the flour mixture into the peanut butter mixture just until blended.

Fill the prepared muffins pans two-thirds full. Bake for 20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Remove from oven. Let muffins cool in pan about 5 minutes before removing to wire rack.



LEGSON KAYIRA:

A Testament of Determination

In October 1958, a sixteen-year-old from Nyassland, East Africa, named Legson Kayira, had a goal of getting a college education in America. His family was extremely poor and was not able to help him. He needed to make it to Cairo, Egypt 3,000 miles away. He began his journey from his village barefoot and broke, with a five-day supply of food.

His journey was a difficult one. Many times he went hungry and slept outside. He would sometimes stop in a village and do odd jobs to help pay for food and a place to sleep. At one point he fell ill from the heat and lack of food. A village helped bring him back to health, and never once did he contemplate not continuing.

When he reached Kampala, the capital of Uganda, he stayed for six months, working at various jobs and spending every spare moment in the library, reading. One day he was looking through a picture book of colleges and saw Skagit Valley College in Mt. Vernon, Washington. He immediately fell in love with it, the breathtaking mountains with a small town snuggled safely in between. It reminded him of his home. He then decided that is where he wanted to go.

He wrote to the dean at the college explaining his situation and asking for admission. The dean was so impressed with Legson's determination he not only granted him admission but also offered him a scholarship and a job that would pay his room and board. The students of Skagit, and the help of local citizens who had heard of his problem, raised \$650 to cover Legson's airfare to America. Legson spent the last of his savings to buy himself a pair of shoes so that he wouldn't have to walk through the doors of the college barefoot.

After Legson graduated, he continued his academic journey. He became a professor of political science at Cambridge University in England and a widely respected author. Like his heroes, Abraham Lincoln and Booker T. Washington, Legson Kayira rose above his humble beginnings and forged his own destiny. He made a difference in the world and became a magnificent beacon whose light remains as a guide for others to follow.

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BINGO

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LIBRARY DAY

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**JULY BIRTHDAY PARTY IS TO BE
ANNOUNCED AT A LATER DATE.**



SHOPPING CARTS

Please do not leave carts out in the hallways and in front of the building. They will become a tripping hazard. Please be careful when using a cart in the building, when the carts hit the walls, elevators, or doors it may cause damage.



Haefner Happenings



July 2000

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- 1 Manager's Corner
- 1 Outsmarting Forgetfulness
- 2 Update on Your Health
- 2 Maintenance Tip
- 3 Am I a Good Neighbor?
- 3 Recipe
- 4 Calendar of Events
- 4 A Testament of Determination

TIPS FOR OUTSMARTING FORGETFULNESS:

Are you concerned about memory loss and mental alertness? While your mind and memory may slow down a bit with the passing years, there are some things you can do. Here are a few tips and techniques that can help keep your mind alert and improve your memory.

Many physical and emotional conditions can contribute to memory problems. These include nutritional deficiencies, depression and loneliness. Some prescription and over the-counter medications also can effect your memory. Be sure to talk with your primary care physician or provider (PCP) about how your health status as a whole may be impacting your memory, and what you can do to improve it.

Exercise is another beneficial way to keep your mind sharp. A daily walk or arm exercise while sitting can be a nice, healthy way to exercise. It is good not only for your body, but also for your mind and spirit. As for any other types of exercise, you should always consult your PCP before starting a walking or exercise program.

Write down notes when you are talking on the phone, or when doing other day-to-day activities. Put your thoughts, ideas and plans on paper. Doing this forces your mind to register the information twice and increases your chances of remembering it later.

Keep yourself active! Volunteer, join a club, socialize or read a book. These activities can help keep your mind lively and alert.

CALCIUM: GOOD FOR BONES AND MORE

Why is calcium so important?

Apart from giving strength to your bones, calcium is necessary for many body functions. Practically every cell in your body, including those in your heart, nerves, and muscles, relies on calcium to function properly.

In order for your body to function properly, the level of calcium in the blood must stay relatively constant. For this to happen, you need to consume enough calcium throughout the day otherwise your blood will "steal" calcium from your bones to maintain the level it requires. Think of your bones as a "bank". If you are rich in calcium, you make "deposits" in your calcium bank. Over time, if your withdrawals exceed your deposits, your bones can begin to weaken and become more susceptible to breaking.

In combination with a calcium-rich diet, your bones need regular physical activity to maintain their strength. Exercise helps the body store calcium in the bones, so that the calcium you get from your diet is used more efficiently. Activities you do on your feet, like brisk walking, skating, dancing, and low-impact aerobics are ideal. Walk to the store instead of driving. Take the stairs instead of the elevator. Every bit counts. Find activities that you enjoy and make active living a pleasurable part of your everyday life.

*Information gathered from Yahoo,
Calcium: Prevention of Osteoporosis, 1998*

Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You won't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

-Martin Luther King Jr.



MONTHLY MAINTENANCE TIP

Pest Control

HAP has a very good pest control program. It is a service the Maintenance department does at little or no cost to you. The first thing you need to do is call your manager of your building if you have a pest problem. Your Site Manager will schedule a time for the HAP pest control person to spray your apartment. You will be your spray date. before your apartment can be sprayed you need to do the following:

1. CLEAR OUT ALL cabinets and cupboards in the kitchen, bathroom and laundry room.
2. CLEAN the kitchen, bathroom, laundry room, and all other floors.
3. Make sure all food is in SEALED containers.
4. REMOVE all garbage/trash, bottles, and empty bags from your apartment.
5. Plan some activities outside of your home for 1-2 hours immediately after the spraying so that you will avoid any fumes.

After your apartment has been sprayed, dispose of any dead insects. Do not leave them in a trashcan inside of your apartment. Your apartment may be re-inspected to assure that the problem has been solved. It may take more than one spray treatment to solve the problem.

In order for you to have a relatively pest free apartment you should make sure you do not leave sugar on the counters. If you recycle, take the time to rinse the containers out and do not store them in your apartment. Remember that if you take the food source away, they will go somewhere else to find food.

Good Neighbor Am I A Good Neighbor?

A good neighbor is considerate and well behaved. I always think of my neighbors and offer to help when I can. A good neighbor keeps noise such as stereos, radios, televisions, and visitors to a level where they can't disturb others. I always test my noise level by closing my apartment door when I'm involved in any of these activities. I also step out of my apartment to check if the sounds can be heard outside. If so, I know that the noise level is too loud. I then re-enter my home to change the situation so that I'm not disturbing my neighbors. A good neighbor does not leave grocery carts, household trash and garbage, or unwanted furniture in the hallway outside of their apartment. I always return grocery carts to the outside of the building. I also dispose of my household trash and garbage in a responsible and proper manner.

Am I a good neighbor?



VEHICLE PARKING

Please remember to contact your site manager when you acquire a vehicle so that it may be registered with HAP. This is also necessary when you change vehicles.

Raphael's Greek Pasta

- ❖ 4 tablespoons butter (½ stick)
- ❖ 2 boneless, skinless chicken breast halves, cut into strips
- ❖ 1½ cups sliced mushrooms (5 ounces)
- ❖ ½ cup red bell pepper, cut into strips
- ❖ ½ cup red onion, cut into strips
- ❖ 2 packed cups fresh spinach, cut into strips
- ❖ 1 medium tomato, finely chopped
- ❖ 8 ounces fettuccine, cooked
- ❖ 2 teaspoons Lawry's Seasoning Salt, or to taste
- ❖ 1 cup freshly grated parmesan cheese (3 ounces)

In a large skillet, melt butter over medium-high heat. Continue to cook and stir butter until it turns golden brown. Add chicken, mushrooms, bell pepper and onion; saute until the chicken is almost cooked through, about 3 minutes. Add spinach and tomato; cover until spinach has wilted. Reduce heat to low; add fettuccine. Toss while slowly adding seasoning salt and parmesan cheese.

When the cheese has melted, remove from heat. Serve immediately.



TOBACCO MYTHS

Myth: Smoking isn't dangerous if you don't inhale.

Truth: Smokers who don't inhale, including pipe and cigar smokers, are still at risk for lip, mouth and tongue cancers.

Myth: Smokeless tobacco and snuff are safe alternatives to smoking.

Truth: Smokeless tobacco leads to cancers of the mouth, gum, pharynx, larynx and esophagus. Fact is, snuff is not a safe alternative to smoking.

The Bottom Line: Smoking shortens life expectancy by 10-12 years. Quitting now can add years to your life. If you don't smoke share these truths to help someone who's trying to kick the habit.

Source: American Cancer Society

The One Creative Force

Spread love everywhere you go. First of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor. Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness, kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.

-Mother Theresa

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LIBRARY DAY

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INSIDE THIS ISSUE

- 1 Manager's Corner
- 1 Seizure Disorders
- 2 Your Feet Will Thank You
- 2 Maintenance Tip
- 3 Car Prowls
- 3 Recipe for Spring
- 3 Parking
- 4 Calendar of Events
- 4 Tobacco Myths

SEIZURE DISORDERS

EPILEPSY FOUNDATION OF OREGON (EFO) was established in 1952. Its mission is to help people with seizure disorders and their families improve the quality of life. They have a number of programs from Information and Referral and Advocacy to training in job search skills and vocational counseling. Their phone number is 228-7651.

The following is some basic information to assist you to know more about seizures.

BASIC FACTS: Seizures are not a disease. They are a symptom of a disorder occurring in the brain. Between seizures, most people are perfectly normal and healthy. For the majority, seizures are brief and infrequent. For most people, it can be treated, thus permitting them to lead normal lives.

WHAT IS A SEIZURE? A seizure is a change in sensation or an awareness of behavior brought about by a brief electrical disturbance in the brain. Seizures may include convulsions, short periods of unconsciousness, distortion of the senses, or loss of control over movement. There are more than 20 different types of seizures. The kind of seizure a person has depends on where in the brain the seizure starts and where it spreads. The type that sweeps through the whole brain at once is called a "Generalized" seizure and causes loss of consciousness, falls, convulsions or massive muscle spasms. "Partial" seizures happen when the disturbance occurs in just one part of the brain, affecting whatever physical or mental activity controlled by that area.

CAUSE: In about half of the adults with seizures, no specific cause is known. In cases where a cause is known or suspected, it is often linked to head trauma, a brain tumor, stroke, high fever or central nervous system infection. About 1 in 100 people (1

continued on page 2

YOUR FEET WILL THANK YOU...

Your feet take a pounding – about 5,000 to 10,000 steps a day. Over a lifetime, that's several trips around the world. Here's how to keep your feet feeling good:

1. Don't take the stairs. After work, walking, or just a long day on your feet, sit down, elevate your feet at an angle and wiggle your toes for 5 – 10 minutes.
2. Water your feet. Sit at the edge of the bathtub and hold your feet under running warm water for several minutes. The benefit of this is that the water massages the feet by opening and closing blood vessels. Avoid extreme hot or cold temperatures.
3. Rub your feet. Before going to bed, rub moisturizing lotion into your feet. This also provides temporary relief from corns. Rinse with cool water.
4. Change your shoes. Don't wear the same pair of shoes every day. This can cause athlete's foot. Try to switch pairs as often as possible.
5. Buy shoes to fit. A shoe should fit the curve of the arch on the inner side of your foot.

Take care of your feet and your feet will take care of you...

(This information was taken from Top Health March 1999.)



Continued from page 1

½ million Americans) have some form of seizures. While there is no "cure" there is excellent medication to assist in controlling seizures.

HOW TO RESPOND TO SOMEONE HAVING A SEIZURE: Make the person comfortable and wait with them until they regain consciousness, reassuring them that they are okay. Do NOT put anything into the person's mouth (they cannot swallow their tongue). Do NOT attempt to restrain them.

If you would like more information please contact the Epilepsy Foundation or call your Resident Services Coordinator.

MONTHLY MAINTENANCE TIP

Garbage Disposals:

*If you have a garbage disposal you must run it! Even though you do not put things down it, food still finds its way in there and sits, eventually rotting and rusting out the disposal blades.

1. In order to insure your garbage disposal runs efficiently, avoid putting onionskins, stringy vegetable matter (for example, celery), or any paper, plastic of any kind or metal down the garbage disposal.
2. Remember to always run the water when you use the disposal.
3. Flush the disposal with water after use to cut down on odors.
4. To clean your disposal put a tray of ice cubes in and run it without water. When the ice is being crushed the chunks scrape the sides and blades to clean them. **Caution: While cleaning it with the ice cubes, a chunk could fly out and cause injury.** If your disposal jams, turn it off and wait for the ice to melt.
5. To refresh your disposal, put orange or lemon peel down the disposal.

CAR PROWLs

Are an ongoing problem in Portland.

Car prowls are a crime of opportunity. Police reports show recent car prowls in downtown have resulted in the following items being stolen:

*Cash
Cameras
Golf Clubs
Typewriters
Purses
Clothing
Duffel Bags
Walkmans
Tennis Rackets
Jewelery*

The key to prevention is to reduce the opportunity:

- ♦ Leave nothing inside your car or trunk
- ♦ If you expect insurance to cover a theft, your trunk and car should be locked
- ♦ Avoid putting spare keys in "hiding places"
- ♦ Engrave any expensive accessories and your car battery
- ♦ Park in a well-lit area
- ♦ Respond to the sound of breaking glass and report any suspicious behavior to 9-1-1

IF YOUR CAR IS PROWLED, CALL 9-1-1!

While you may not recover your stolen possessions, reporting the crime will make the Police notice increases in this activity and be more likely to invest resources in mitigating the problem.



Fruit Smoothie

- ❖ 1 Cup non-fat vanilla yogurt
(any flavor yogurt will do)
- ❖ 1 Banana, peeled
- ❖ 1 Cup Orange juice
- ❖ ½ Tsp. Cinnamon

Combine all ingredients and whisk by hand until smooth. If you have a blender or a food processor, put all ingredients in and blend until smooth.

If the smoothie is too thick, add some skim milk and if smoothie is too thin, add more fruit.

Variations:

- Use different fruit in place of banana.
- Use milk instead of orange juice
- Substitute milk for orange juice and 2 tablespoons peanut butter for cinnamon to make peanut butter smoothie.



VEHICLE PARKING

Please remember to contact your site manager when you acquire a vehicle so that it may be registered with HAP. This is also necessary when you change vehicles.

concentration camps. Anne's diary, discovered and published after her death, became the most widely read of all personal accounts of the Holocaust.

JUNE 13:

Luis Alvarez (1911-1988): Mexican American physicist. Alvarez's greatest contribution to science was his research on subatomic particles, for which he won the Nobel Prize in 1968. He created a ground-controlled radar system, collaborated in the building of the atomic bomb, and in 1970, along with his son, Walter, proposed the theory that the extinction of the dinosaurs was caused by a comet or asteroid.

Dragon Boat Festival (Tuan-Wu): Chinese holiday in honor of Ch'u Yuan, China's first major poet, who drowned himself in 278 BCE to protest the injustice and corruption of his prince's government. In the traditional dragon boat races, teams from different towns compete in long boats with bows shaped like large dragonheads.

JUNE 25:

Battle of Little Bighorn (1876): On this date at Little Bighorn River, General George A. Custer was killed and his command annihilated by combined forces of Sioux and Cheyenne Indians. A determined resistance of the nomadic Plains tribes in the protection of their hunting grounds and way of life earned them a number of military victories.

JUNE 30:

McCarran-Walter Act (1952): This immigration act, passed during the Korean War over President Truman's veto, reaffirmed earlier, restrictive immigration policies, but removed the ban against the

Ruth Haefner Headlines

naturalization of Asian and Pacific immigrants. Greeted with jubilation by Japanese-born residents of the U.S. who were barred under previous laws from seeking citizenship. Another provision of the law empowered the Attorney General to deport immigrants for Communist sympathies, even if they had become U.S. citizens.

Greek Pasta

(Makes 2 to 3 Servings)

- ☐ 4 tablespoons butter (1/2 stick)
- ☐ 2 boneless, skinless chicken breast halves, cut into strips
- ☐ 1 1/2 cups sliced mushrooms (5 ounces)
- ☐ 1/2 cup red onion, cut into strips
- ☐ 2 packed cups fresh spinach, cut into strips
- ☐ 1 medium tomato, finely diced
- ☐ 8 ounces fettuccine, cooked
- ☐ 2 teaspoons Lawry's Seasoning Salt, or to taste
- ☐ 1 cup freshly grated parmesan cheese (3 ounces)

In a large skillet, melt butter over medium-high heat. Continue to cook and stir butter until it turns golden brown. Add chicken, mushrooms, bell pepper and onion; sauté until the chicken is almost cooked through, about 3 minutes. Add spinach and tomato; cover until spinach has wilted. Reduce heat to low; add fettuccine. Toss while slowly adding seasoning salt and Parmesan cheese.

When the cheese has melted, remove from heat. Serve immediately.

(From Raphael's Restaurant, Pendleton)

Ruth Haefner Headlines

June 1999

MANAGER'S COLUMN

Welcome to Ruth Haefner Plaza. I am Pat Johnson, your on-site manager. My office hours are 8:30 a.m. to 5:00 p.m., Monday through Friday. For after-hours emergencies, please call 239-2773.

Your resident aide is Dolores Johnson. She is available evenings and weekends, and can be reached by calling 239-2773. If you knock at her door, she may not answer.

- Manager-Residents meeting is the first Thursday of each month at 5:30 p.m.
- Multnomah County Library visits the 2nd Tuesday of each month from 11:00 to 12:00.
- Our RN is available the 2nd and 4th Monday of each month from 2:00 to 4:00.
- If you're in the mood for coffee in the morning it's available in the community room for 25 cents. All proceeds go towards food for potlucks.
- Have a great month and we'll see you next month!

YOUR FEET WILL THANK YOU...

Your feet take a pounding – about 5,000 to 10,000 steps a day. Over a lifetime, that's several trips around the world. Here's how to keep your feet feeling good:

1. Don't take the stairs. After work, walking, or just a long day on your feet, sit down, elevate your feet at an angle and wiggle your toes for 5 – 10 minutes.
2. Water your feet. Sit at the edge of the bathtub and hold your feet under running warm water for several minutes. The benefit of this is that the water massages the feet by opening and closing blood vessels. Avoid extreme hot or cold temperatures.
3. Rub your feet. Before going to bed, rub moisturizing lotion into your feet. This also provides temporary relief from corns. Rinse with cool water.
4. Change your shoes. Don't wear the same pair of shoes every day. This can cause athlete's foot. Try to switch pairs as often as possible.
5. Buy shoes to fit. A shoe should fit the curve of the arch on the inner side of your foot.

Take care of your feet and your feet will take care of you...

(This information was taken from Top Health March 1999.)

MONTHLY MAINTENANCE TIP***Garbage Disposals:***

1. In order to insure your garbage disposal runs efficiently, avoid putting onionskins, stringy vegetable matter (for example, celery), or any paper or metal down the garbage disposal.
2. Remember to always run the water when you use the disposal.
3. Flush the disposal with water after use to cut down on odors.
4. To refresh your disposal, put orange or lemon peel down the disposal.

INSPIRATIONAL UPLIFT***Chinese Proverb:***

If there is light in the soul,

There will be beauty in the person.

If there is beauty in the person,

There will be harmony in the house.

If there is harmony in the house,

There will be order in the nation.

If there is order in the nation,

There will be peace in the world.

Hugging Is:

Hugging is healthy. It helps the immune system, cures depression, reduces stress and induces sleep. It's invigorating, rejuvenating and has no unpleasant side effects. Hugging is nothing less than a miracle drug.

Hugging is all natural. It is organic, naturally sweet, no artificial ingredients, nonpolluting, environmentally friendly, and 100 percent wholesome.

Ruth Haefner Headlines

Hugging is the ideal gift. Great for any occasion, fun to give and receive, shows you care, comes with its own wrapping, and of course is fully returnable.

Hugging is practically perfect. No batteries to wear out, inflation proof, nonfattening, no monthly payments, theft proof, and nontaxable.

Hugging is an underutilized resource with magical powers. When we open our hearts and arms, we encourage others to do the same.

Think of the people in your life. Are there any words you'd like to say? Are there any hugs you want to share? Are you waiting and hoping? Someone else will just ask? Please don't wait! Initiate!

(Charles Farnasne)

SEIZURE DISORDERS

EPILEPSY FOUNDATION OF OREGON (EFO) was established in 1952. Its mission is to help people with seizure disorders and their families improve the quality of life. They have a number of programs from Information and Referral and Advocacy to training in job search skills and vocational counseling. Their phone number is 228-7651.

The following is some basic information to assist you to know more about seizures.

BASIC FACTS: Seizures are not a disease. They are a symptom of a disorder occurring in the brain. Between seizures, most people are perfectly normal and healthy. For the majority, seizures are brief and infrequent. For most people, it can be treated, thus permitting them to lead normal lives.

WHAT IS A SEIZURE? A seizure is a change in sensation or an awareness of behavior

brought about by a brief electrical disturbance in the brain. Seizures may include convulsions, short periods of unconsciousness, distortion of the senses, or loss of control over movement. There are more than 20 different types of seizures. The kind of seizure a person has depends on where in the brain the seizure starts and where it spreads. The type that sweeps through the whole brain at once is called a "Generalized" seizure and causes loss of consciousness, falls, convulsions or massive muscle spasms. "Partial" seizures happen when the disturbance occurs in just one part of the brain, affecting whatever physical or mental activity controlled by that area.

CAUSE: In about half of the adults with seizures, no specific cause is known. In cases where a cause is known or suspected, it is often linked to head trauma, a brain tumor, stroke, high fever or central nervous system infection. About 1 in 100 people (1 ½ million Americans) have some form of seizures. While there is no "cure" there is excellent medication to assist in controlling seizures.

HOW TO RESPOND TO SOMEONE HAVING A SEIZURE: Make the person comfortable and wait with them until they regain consciousness, reassuring them that they are okay. Do NOT put anything into the person's mouth (they cannot swallow their tongue). Do NOT attempt to restrain them.

If you would like more information please contact the Epilepsy Foundation or call your Resident Services Coordinator.

Ruth Haefner Headlines**MULTICULTURAL CORNER*****Interesting Points in History for the Month of June:******JUNE 2:***

Citizenship granted to Native Americans (1924): On this day, Congress extended the rights of citizenship to all Native Americans born in the United States. Previously, only part of the Native American population had been granted citizenship through treaties, statutes, naturalization and services in the armed forces.

JUNE 3:

Charles Richard Drew (1904-1950): African American physician – a pioneer in blood research. Dr. Drew introduced the use of plasma on the battlefield, organized the world's first mass blood bank project, Blood for Britain, and established the American Red Cross Blood Bank, of which he was the first director.

JUNE 8:

Leroy (Satchel) Paige (1906-1982): African American baseball player – perhaps the most talented baseball player in the history of the game. He became a legend for his showmanship, his fast ball, and his longevity. Beginning in the 1920's in the Black Leagues, he played 2,500 professional games, won 2,000; 250 were shutouts and 45 no hitters.

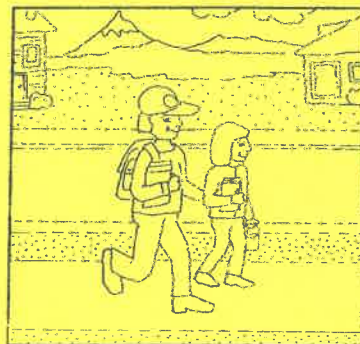
JUNE 12:

Ann Frank (1929-1945): Jewish Dutch – the young girl hid with her family from the Nazis in a secret apartment during the Occupation of the Netherlands. Eventually discovered, the family was deported to

FOR KIDS' SAKE - SLOW DOWN!

Portland is one of the most livable cities in the world, and we each have a responsibility to keep it that way.

In every neighborhood, traffic is a big concern. Drivers who speed, cut through neighborhoods or don't share the



road with pedestrians and cyclists make Portland less livable for all of us. Here are some Good Neighbor Traffic Tips:

♦ SLOW DOWN

Vehicle collisions are the leading killer andcrippler of young Oregonians. It's illegal *and* unsafe to exceed the posted speed limit. Don't do it. The life you save may be someone's child.

♦ SHARE THE ROAD

Bicyclists and pedestrians have as much right to the right-of-way as motorized vehicles. Share the road.

♦ STAY ON MAJOR STREETS

Residential streets are designed for local use. Cutting through neighborhoods may seem like a time-saver – but it's *not*. Don't turn neighborhoods into raceways. Stay on major streets.

♦ LINK YOUR TRIPS

Not only are there more vehicles on the road, each vehicle is being driven more miles. Buck the trend. Combine several errands into one trip.

♦ CURB YOUR CAR

Walk, bike or bus. The best way to keep Portland safe for pedestrians, cyclists



and transit users is to become one yourself. Curb your car. It's an easy way to keep Portland livable.

KEEP YOUR NEIGHBORHOOD LIVABLE!

COURTESY OF CITY OF PORTLAND'S BUREAU OF TRAFFIC MANAGEMENT

HAEFFNER HEADLINES



OCTOBER
1998

HAP
HAP USES
RECYCLED PAPER

"SMILES"

It's contagious and it makes people wonder what you've been up to!

It's also what I've seen on everyone's face when they come down to their cup of coffee each morning.

Smiles is also the longest word in the world, because there is a mile between each S!!!!

Dennis Mandley

TO YOUR HEALTH

If you are living with regret, if depressed, you are living in the past.

When you are afraid, anxious, worried, you are living in the future.

When you are reasonably content you are living in the present.

A DAY AT THE BEACH

On Sept. 4th very early in the morning 25 residents departed for Lincoln City's Chinook Winds and Spirit Mountain. Lots of good food, games, and a walk on the beach and there was fun for everybody who went.

ACTIVITIES BEGIN AGAIN

Summer break here at Ruth Haefner, is over and its time to get back into our activities, such as potlucks, movie nights, Bible study, and bingo. If you would like to plan an activity please check with the office first so that I can put it on the big calendar.

PARKING LOT

Please remember that most of the spaces are assigned to residents. We have seven spaces open where people can park when they are visiting. If you have changed vehicles you need to make sure that your vehicle is registered and you have a proper sticker in the back window.

THREAD LIGHTLY

Our Good Neighbor Tip concerns noises that carry to the apartment below. This is one of the most frequent complaints here at RHP since I arrived here.

Did you know that our building is wood frame? It is not concrete as many other buildings are. Because of this, sounds carry extremely well. A normal walk across your floor can sound like the Baby Elephant Walk to your neighbors downstairs! If you use a shopping cart across your floor or your mobie that too can sound like a sherman tank to the people below you. After 10:00 p.m. and

before 8:00 a.m. let's practice a quiet period as a Good Neighbor.

So this is a request to keep in mind. Please tread lightly.....perhaps wear slippers. Thanks!

CLOSE THE DOOR

Apartment doors should be kept shut for the following reasons:

- * An open door violates fire safety policies.
- * An open door sends odors and noise out into the hall.
- * An open door makes HAP pay the apartment heat bill.

GOSSIP FREE ZONE

This is a friendly reminder that in January, your common area here at RHP was declared a Gossip Free Zone, where you all agreed not to speak or listen to gossip. If we have no gossip speakers or gossip listeners, then we have no gossip!

SHOPPING CARTS

Please remember to not leave your shopping carts so that they are blocking the handicap access to the back yard. Also if you do not need to bring a shopping cart here, please do not bring them home. When you are using the shopping carts in the building try to think of your neighbors below you. When you run them back and forth in your apartment, they

make lots of noise and disturb the person who lives below you. Please return them to the parking lot.

ANNUAL INSPECTIONS

Yes folks it's that time again! You've got it Inspection time. If you have been here before you know that means cleaning behind your stove and refrigerator, defrosting your refrigerator, cleaning your window sills, degreasing your stove and hood fans. Please mark your calendars for the week of October 19th. I tried to twist Gregs arm, but he would not commit a specific day that he would begin or if he would be the one inspecting. Makes sure all debris is out from under the sinks. You do not want any fire hazards of any kind.

FALL GROUP BEGINS

Fernita Cleaver is announcing that the Friday Bible Devotional Group is ready to begin again. It will begin Oct. 2 at 3:00 p.m. It will be held at the same time every Friday. The group will meet in the community room.

I REMEMBER WHEN

by Norm Peterson

I remember when the little town of Bolus, Neb. population 180, didn't have a jail until 1911. They apparently didn't need one. It was built of 2" by 4's laid one on top of another for strength. It was 8ft. by 8ft., and had a window with a dirt floor, a bench, to sit on or sleep on, and had no toilet facilities. It was used once to house a drunk and when

he sobered up they let him out because they didn't want the expense of feeding him. John Rasmussen was the sheriff and was paid \$10.00 a month for his services.

He didn't earn it but was so poor that it kept he and his wife alive for there were no pension systems or social security then. His cow died and the towns folk took up a collection and bought him another cow for \$42. When Xmas came my mother would send me to bring them a present of carpet slippers, mittens, or shawl which would bring them much happiness because they didn't have many of the necessities of life.

My brother had a job each summer of seeing that people who owned milk cows would get their cows to pasture which was on the edge of town. I think there were 5 of them. When owners of cows finished milking them in the morning they would turn them loose and they would go to pasture gate and wait for him to open the gate about 7:30 a.m. then at 6 p.m. at night he would go and open the gate and they would go to their respective owners home. It was his duty to see all of them got home OK and to the pasture ok in the morning. None of them seemed to give him any trouble because it was a routine they always followed. He got .50 cents from each owner for the summer work.

I was sent out to help out on my aunt and uncles farm 4 miles from Boles all I got out of it was my board and room and an education of how to take care of farm animals, which was quite a liberal education. When I was 6 years old my aunt Caroline Halt of Dannebrog, Neb. died suddenly. Her brother was the undertaker there, so he prepared the body for burial. In those days

when a person died, they didn't remove the blood from arteries and veins. I remember viewing her body which was in the parlor of their house before she was buried and it was a very unforgettable experience.

Before my aunt died, her husband Hans Halt who lived 2 or 3 blocks from the main part of the little town would walk down- town and chat with his brother-in-law, Carl Christensen who owned the furniture store and ran a mortuary. This would be on long summer evenings. One evening while chatting they heard a hoot owl hooting and my uncle says to his brother-in-law you are going to have some business soon. This was a superstition then. Ironically it turned out to be his own wife.

In later years, I told an Irishman about my experience of viewing a dead person. He then told me his experience about sitting up with some Irish friends at an Irish Wake, where they watched over the corpse at night so nothing would happen to it.

Here's what a well dressed man and woman looked like in the early 1900's. The man wore a rich brocaded vest, some kind of a family tie, and shirt and dark suit. A derby hat crowned his head. He wore spats on his oxford shoes and all the fillings in his teeth were of gold. Gold was only \$20 dollars an ounce then. Displayed on his ornate vest was a gold chain attached to a big gold watch with some kind of ornament or charm on his chain, most men then wore suspenders in those days, usually colored ones. Some men also wore elaborate mustaches.

The women wore long dresses ankle length, with 2 or more petticoats. All wore corsets to maintain a wispy like figure. The dresses had bustles on them. The shoes were

high laced ones. They also wore small watches attached to a charm around their necks. They wore rings of various kinds, long gloves, large hats with ostrich feathers on them with fancy hat pins holding them on their heads. Some women wore flowers or imitation fruit on their hats like grapes. All wore smelly perfume. Those with glasses wore what was called a lorgnette which is eye glasses with a handle attached.

No one got in an argument or fight with a woman who wore hat pins in her hat because she could use them like swords. Now if you who read this and find me wrong write a rehabilitate to my article.

MORNING PERK-UP

A quarter doesn't buy much these days. But 25 cents is all you need for a great cup of coffee here at RHP. Bonnie Evans, our brew mistress, invites residents to greet the day with a cup of fresh, hot coffee, available mornings in our community room.. And thanks to Penny Mohamed and our manager, you may be getting starbucks coffee or kona coffee. Your quarter will be added to our resident coffee fund. That quarter goes a long way. It does three things: (1) Buys you a cup of coffee; (2) Replenishes the coffee and kitchen supplies; (3) Helps pay for special events and parties like the New Years celebration or Thanksgiving. Please do remember to pop a quarter in the can for each cup of coffee-----a bargain at that price!

WELCOME!!

A Warm welcome to our new resident, Randy Richardson. We are happy to have you here at Ruth Haefner!

DECORATION PARTY

On October 16th, at 7:00 p.m. we have a Halloween decorating party for all residents who wish to join in. Lets bring in some fall colors to brighten up our community room.

FAREWELL

To Jim and Carolyn Piercy, who lived here for 5 years. They have moved to Everett Washington, so that they can be closer to align family members. Both Jim and Carryon had many friends here who will miss them and we wish them well.

MONEY MATTERS

At our September resident meeting, we discussed our tenant funds.

Our Coffee Fund has a current balance of \$603.49.

The Activity Fund has a current balance of \$458.70

1. Movie rentals for Movie Nights

- 2. Plants for in front of the windows
- 3. A new wheel for bingo
- 4. Paints to use in Window decorations

RESIDENT MEETING

Our next resident meeting will be on October 28th at 3:00 p.m. If you have suggestions for guest speakers, please let me know. You will want to come, just to find out what the door prize will be. You must come and stay for our meeting in order to participate. Mystery food will be served too!!!

OCTOBER ACTIVITIES

BINGO Tuesday night at 7:00 p.m.

Bible Study Friday's at 3:00 p.m.

Movie Night Sunday's @ 6:30 P.M.
Crafts' Tuesday's @ 2:00 P.M.

Spaghetti Dinner 10/9 @ 5:30 P.M.

Decorations Party 10/16 @ 7:00 P.M.

Birthday Party 10/21 @ 4:00 P.M.

Halloween Potluck 10/31 @ 5:30 P.M.

Produce Day 10/22 @ 9:30 A.M.

FIBROMYALGIA - The Latest Research and Treatment

Carol Burchkhardt, R.N., PH.D,
Fibromyalgia Treatment Team.
OHSU, discusses new research into chronic pain that helps us better understand fibromyalgia symptoms and treatment.

Tuesday, October 20
7:00 p.m.

OHSU Family Health Center
Gabriel Park
SW 45th and Vermont
494-9992

NEWS LETTER

If you would like to contribute to your news paper, please hand in your article by the 15th of each month.

WOULD YOU LIKE THE TV LEFT OUT?
YES NO

Dear Residents,

Thank you for you warm welcome, many of you have stopped in to chat and bring little goodies. I appreciate all of you putting up with me being gone participating in training's as I learn my new job. Now that I am fairly well trained. I should be around a lot more to serve your needs. If you have any comments, suggestion; or problems please write them down and put them under the door. Please remember that my hours are from 8:30 A.M. to 5:00 P.M.

MINI SURVEY

Would you like to have a vending machine?

Yes No

Would you be interested in having a Secret Pal?

Yes No

Would you like to have your birthday in the newsletter?

Yes No

Are you experiencing noise from your neighbors? How often?
A. Occasionally B, Frequently C. Often D. Never

If you are hearing noises, what kind of noises are you hearing?
a. TV b. Music c. loud talking
d. Shopping cart across ceiling
e. noise from traffic on street.
f. neighbors in next apartment complex