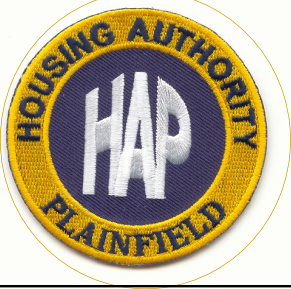


HOUSING AUTHORITY OF PLAINFIELD



**2019 QUARTERLY
PUBLISHED**

RICHMOND TOWERS LIGHT



Guiding Light

VOLUME 1, ISSUE 1

NOW ACCEPTING APPLICATIONS

WE ARE NOW ACCEPTING APPLICATIONS FOR EFFICIENCIES - (0 BEDROOMS) AND ONE BEDROOMS

APPLICATION FOR RICHMOND TOWERS IS OPEN ALL YEAR ROUND AND ARE AVAILABLE AT THE

ADMISSIONS/SECTION. 8 OFFICE OF THE HOUSING AUTHORITY OF PLAINFIELD

510 E. FRONT STREET ,
PLAINFIELD, NJ 07060

(908) 769-6335

HOUSING AUTHORITY
OF PLAINFIELD

Richmond Towers Management
Offices

510 E. Front Street Suite 31
Plainfield, NJ 07060

James Marsh—Manager

Phone: (908) 769-6335 Ext. 609

Fax: (908) 412-8520

Email: jamesm@hap-nj.org

Richmond Towers is a HUD Funded Low Income Public Housing Complex for Senior Citizens, Located at 510 East Front Street Plainfield, New Jersey it is a very clean and secure facility.

APPLICATION IS ALWAYS OPEN.

We offer low income public housing for the elderly (62 years) old, or older. We have 225 units with 135 efficiency and 90 1 bedroom units. We offer Congregate Housing Services Program (CHSP). This program allows residents to come together for dinner and also allows our frail and elderly to remain in their apartments for as long as possible by offering housekeeping, personal assistance and an evening daily hot meal.

Transportation is provided for medical appointments by local vendors. Our facility has laundry rooms with attendants.

On a monthly basis a podiatrist is available, health insurance counseling, a home health aide program and orthopedic specialist are also on hand. Residents have access to and all-around volunteers who can assist with completing paperwork.



YOU CAN PICK UP AN APPLICATION AT THE 510 East Front Street or on Line.

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EXECUTIVE DIRECTOR'S NOTE

This past November, Congress continued the downward trend of funding for Housing by passing an appropriations bill that significantly slashed most of the items in the Department of Housing and Urban Development fiscal year 2012 budget. This means the Housing Authority of Plainfield will continue to be creative and innovative and to remain optimistic searching for better ways to save and produce revenue to survive during these tough times.

Creativity is crucial in a tough economy. The Housing Authority of Plainfield has been and will continue to actively pursue other sources of revenue through grants and Resident Association micro-business partnership with the Housing Authority of Plainfield. We are proud to continue our partnerships with our Resident Associations. We have had very successful events such as the Cancer Survivors tribute in March, the Country Western

Dance and as recent, a pre-Mother's Day SHERO Award Banquet honoring many of our Community mothers and our own Commissioner Hattie Williams and resident advocate Marjorie Hollis were among the honored mothers. Richmond Towers Resident Association will be having their first Flea Market in June, so please contact the Association for further details.

I urge residents to continue to be part of our Congregate Housing Program because there are only a few programs left in the State and we cannot afford to lose another Grant Program that residents can benefit from. Our Partnership with the Union County Food Bank still remains strong but it is contingent based upon your participation, so please continue to come down and support this wonderful service. For the month of May the Housing Authority of Plainfield and The Richmond Towers Resident Association

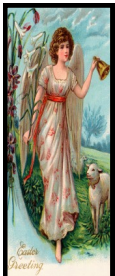
has embarked upon an exterior landscape "Project Beautification" endeavor to enhance our property around Richmond Towers flowers and landscape bedding. I would also urge you as resident partners that you contact the Management office to discuss any concerns and to access information pertaining to the Housing Authority of Plainfield's array of supportive services that are presently here and forthcoming so we can better serve you.



Randall M. Wood
Executive Director
Housing Authority of Plainfield

Let us remember if we can continue to work and live together and always respect one another by bringing the right people in partnership, then we can overcome any challenge to make things happen.

"Tough Times never last, Tough People do." Keep the Faith.



Have We Forgotten?

It seems that a lot of us have forgotten the greatest person in our lives, and it's God. We must remember the first Commandment of the Ten Commandments, "Thou shall have no other god's before me" (Exodus 20:2); even the Lord

Jesus Christ said: "A new commandment I give unto you, that we love one another as I have loved you; (John 13:34). Love for one another is what we have forgotten. Many are walking around with hard hearts; jealous hearts, and unconcerned hearts. Listen, we are all in the latter part of our lives, think about all God has done in our lives and be grateful.

Let us come to remember the Wisdom of our yesteryears, so we can be the example for the generation that's looking at us today...

By:
Anonymous

Remember, Rent is due every 1st of the Month. If your Rent is going to be Late for whatever Reason, Please Call or See your Manager.

PLEASE SUBMIT ALL ARTICLES, CORRESPONDENCE AND INFORMATION TO THE MANAGEMENT OFFICE: 510, E. FRONT STREET SUITE- 31
PHONE: (908) 769-6335 Ext. 614-SHARI DARBY

PROGRAMS & EVENTS AT THE TOWERS

RICHMOND TOWERS IS NOW A SMOKE-FREE COMPLEX



RICHMOND TOWERS NOW ACCEPTING APPLICATIONS

SECONDHAND SMOKE

Smoke-Free Housing



To buy these pamphlets & other tobacco prevention pamphlets please visit:
journeyworks.com/Tobacco/products/203/



NO SMOKING

PROTECT YOURSELF & YOUR FAMILY

RICHMOND TOWERS PEOPLE



Ms. Mud Phillips over see the Richmond Towers Community room

Joy of an Aging Girl

I have become quite a frivolous old gal. I'm seeing FIVE gentlemen every day. As soon as I awake,

Will Power helps me out of bed. When he leaves, I go to see **Mr. Tal Linoli**. Then

Charley Horse comes along and when he's here he takes a lot of my attention. When he Leaves, **Arthur Ritis** shows up and stays the rest of the day.

He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with **Ben Gay** to keep me warm.

What a day!!!

MANAGER'S CORNER

Welcome to the First Richmond Towers Newsletter Publication. I will like to thank everyone that made this publication possible, more so you the readers.

The purpose of this Newsletter, which we hope to print every other month is to keep you, the residents of Richmond Towers informed of any

event, or activities and to pass on any new information concerning your Lease and Residency here.

In this inaugural issue, the Executive Director of the Housing Authority of Plainfield, Mr. Randall Wood has highlighted the importance of community effort and joint ventures in order to

survive this hard economy.

Please help make this newsletter a success by contributing your talent, skills, and knowledge of community association.

We will review and publish any article or information that you submit to us on time.

Deadline Date is the 15th of the Month before publication



James O. Marsh, PHM.
General Manager
Richmond Towers



RICHMOND TOWERS EVENTS

Brief Report on The New Richmond Towers Birthday Club

BY: Alfred Hanciles—President

Some of the residents in Richmond towers had been without reliable Social Club for a long time as several attempts made in order to have a functional Birthday Club have been unsuccessful. The Birthday Club which was in existence had failed as membership began to dwindle for lack of incentive.

A new Richmond Towers Birthday Club was founded on June 3, 2011 with 8 Foundation members under the dynamic leadership of Alfred Sam Hanciles, a senior citizen and also resident of Richmond Towers.

Later four members registered who subsequently volunteered to take up offices as Secretaries, Financial Secretary/Treasurer and President.

For a change and also to give members opportunity for future Club competitions, the Club was divided into two Houses. Building #510 was named BLUE HOUSE and Building#520 YELLOW HOUSE. All members were given membership cards bearing the appropriate House Color. Each house had its own Secretary who was mandated to provide clerical and other services for each member and also to inform the Club of sickness, bereavement or death of any member in the house.

Members unanimously agreed to contribute monthly a non-refundable sum of \$3. These monies are intended to defray miscellaneous expenses incurred by the club and to give donations or gifts periodically to deserving members or their families. When funds are available donations may be made to persons outside the Club. Some members volunteer to provide refreshments etc. during Club parties with no cost to the Club.



IMPORTANT TELEPHONE NUMBERS IN CASE OF EMERGENCY	
LIFE OR HEALTH Call	911
SECURITY GUARD—DAY	908 490-1847 908 490-1861
SECURITY GUARD—NIGHT	908 413-7308
ON-CALL MAINTENANCE	908 482-1991

The Club's Motto is

“ONE FOR ALL—ALL FOR ONE”

Meetings are held every 2nd Tuesday each month and Birthday Club Parties every last Friday each month.

Membership is now 24 and more residents are joining the club. The club's Bye Laws are now being prepared for implementation.

Recently the Club celebrated the 90th birthday of one its members and she was decorated appropriately for the party. There were fun and laughter, good food and music to grace the occasion..

The Club will shortly celebrate its 1st anniversary on June 2nd with a grand Barbecue to be followed by a Thanksgiving Worship Service. There will also be an election of officers towards the end of June, 2012.

The Club is therefore making steady progress.

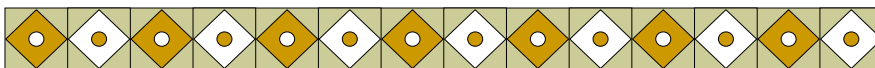
Original Club Members representing both buildings: Building #510—BLUE and #520—Yellow



CROSSWORD PUZZLE

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

FIND: BEHAVIOR, CHANGE, CONTROL, DAILY, FAILURE, FINISH, GUILTY PLAN, POSTPONE, STEPS, STOP, TASK, TOMORROW, YESTERDAY



Security
 PUBLIC
 INFORMATION



HOUSING AUTHORITY OF PLAINFIELD

KEEPING FAMILIES & NEIGHBORHOOD SAFE

Help keep the Bad Guys behind bars.

Report any suspicious activity in your neighborhood to the POLICE by calling the

TIPS Hotline. (908) 753 - 8477

TIPS@Plainfield Police.com

All phone calls or e-mails are confidential



SEE SOME-

SAY SOME-

INFORMATION PROVIDED BY THE HOUSING AUTHORITY OF PLAINFIELD



PLAINFIELD FINEST



The Richmond Towers' Management Office has been re-located from 520-1J to 510-3I.

From this location we will continue to provide adequate service to our residents.

All work orders can be placed in-person at the Office or by Telephone to 908 769-6335 Ext. 614.

Our Business Hours

Monday—Friday

9:00 A.M to 5:00P.M

Lunch

1:00 P.M to 2:00 P.M

HOUSING AUTHORITY OF PLAINFIELD BOARD OF COMMISSIONERS

- Joseph Ruffin
Chairman
- Louise A. Colone
Vice Chairman
- Dollie S. Hamlin
Commissioner
- Joylette Mills-Ramson
Commissioner
- Viola Barco
Commissioner
- Cleveland Burton. Jr.
Commissioner
- Charles Simmons
Commissioner

BOARD MEETINGS ARE HELD EVERY 3RD MONDAY OF EACH MONTH AT 7:00PM.



HEALTH ALERT - DIABETES IN OLDER ADULTS

DIABETES

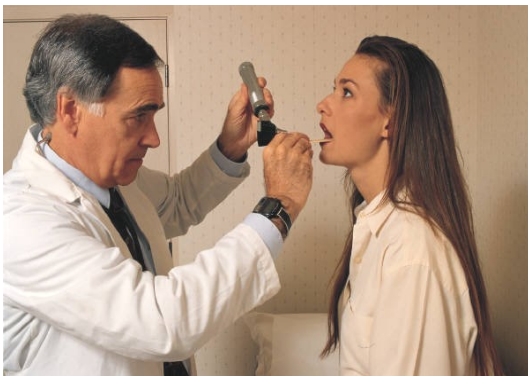
This segment is designed to help our Seniors understand more about diabetes, how to identify the warning signs of the disease, and what to do if you think you may have this disease.

What is diabetes?

Diabetes mellitus is a group of diseases characterized by high level of blood glucose (sugar) that result from defects in the way insulin is produced and used by the body. What this means is that when we eat food, it is turned into glucose for our bodies to use as energy. The pancreas then produces a hormone called insulin to help get the glucose into our cells. If a person is diabetic, his or her body cannot make enough insulin or use the insulin that it does effectively. This causes the glucose to build up in the body, resulting in a variety of serious and often life threatening conditions.

Who is affected?

Diabetes occurs in every age group, from young children to the elderly. In adults over 65, nearly one in five have the disease. Once a person is diagnosed as



MEDICAL CHECKUP BY A DOCTOR

a diabetic, it is very important that he or she learn how to manage and control the disease. That's because diabetes, like all chronic conditions, will get progressively worse and lead to serious health complications unless it is properly treated. Because diabetes can never be "cured", the key to success in conditioning diabetes rests in early detection, proper medical care, and lifestyle changes.



What are the warning signs?

If you suspect that you have diabetes or any disease, it is important to visit your doctor for diagnosis. Many people with diabetes experience some of the following symptoms.

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling tired often
- Sores that heal slowly
- More infections than usual

If you are experiencing any of these symptoms, be sure to notify your doctor immediately.



SENIOR FIRE PREVENTION

Americans over the age of 65 have a fire death rate nearly twice the national average. For those over 75, this jumps to three times the national average. Whether living independently or in a care facility, there are steps seniors can take to remain safe from fire.



Kitchen Caution

- ◆ Don't leave food unattended on the stove. If you must leave the kitchen, take a wooden spoon or potholder as a reminder.

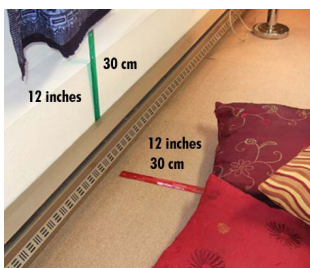


- ◆ Wear short or close fitting sleeves and an apron to avoid catching clothes on fire.
- ◆ When cooking, keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.
- ◆ Clean the stove and toaster regularly to avoid grease and crumb buildup.
- ◆ Use potholders, not towels, to handle hot pans and dishes.
- ◆ Don't use the oven to heat your home.

Heating Hazards

- ◆ Keep everything at least one foot from any heat source.
- ◆ Unplug electrical appliances and heaters when not using them.
- ◆ Never hang clothes near a heater to dry them.
- ◆ Don't leave portable heaters alone or go to sleep while they are on.
- ◆ Make sure curtains hang well away from heat sources.

Safe Smoking



- ◆ Never smoke in bed or while lying on the couch. Smoke only when alert—never when tired or drowsy.
- ◆ Use a large, sturdy ashtray or purchase a special "safety ashtray".
- ◆ After using an ashtray, leave it on the kitchen counter or in the sink overnight before emptying. Always empty ashtrays into a nonburnable container, such as a metal garbage can.

At Bed Time

- ◆ Keep your robe, slippers, eyeglasses and house keys close by the bed.
- ◆ Check to be sure that any space heaters are turned off and heat is turned down.
- ◆ Close your bedroom door while sleeping.

Be Prepared

- ◆ Install a smoke alarm on every level of your home. Check smoke alarms monthly. If you need a smoke alarm, call the Plainfield Fire Department at 908-753-2353
- ◆ Plan your escape routes (two from every room, if possible) in case a fire

does strike. Locate two exit stairways from your apartment building. Never use elevators in a fire.

Calling 9•1•1

- ◆ Place a 9•1•1 sticker on your phone so that you will always have the number at your fingertips during an emergency.
- ◆ Call 9•1•1 from a safe location for any fire, medical or police emergency.

More Information

Contact:

Plainfield Fire Division

315 Central Avenue
Plainfield, NJ 07060
(908) 753-2353

info@.gov/fire



We are now on the Web

Housingauthorityofplainfield.org

**HOUSING AUTHORITY OF
PLAINFIELD**

Richmond Towers
Management Offices
510 E. Front Street Suite 3I
Plainfield, N.J 07060



Phone: (908) 769-6335 Ext. 609

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