



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

File your Taxes for Free !

The Free File program is a free electronic federal tax preparation and filing program for eligible taxpayers developed through a partnership between the Internal Revenue Service (IRS) and the Free File Alliance LLC, a group of private sector tax preparation companies.

Free File allows taxpayers earning \$54,000 or less to prepare and file their federal tax returns for free—that means no cost and no hidden fees. Qualified taxpayers must enter the Free File program through the IRS website at www.irs.gov. While Free File partners are allowed to charge a fee for state returns, some also offer free state filing. Check with your Free File partner to see if you can file your state taxes for free, as well. Use the “Guide Me to A Company” tool on www.irs.gov to determine which partners offer state tax preparation and e-filing services for your state. Fees for filing state income tax returns may apply.

Those who earned \$54,000 or

less in 2007 may use Free File this year. That means 70 percent of all filers—97 million taxpayers—can take advantage of the program. Taxpayers who used Free File in the past and qualify again this year must use the IRS website, www.irs.gov, if they want to use Free File again this year. Offers from any other source or location are not Free File.

Free File is easy to complete, as well as safe and secure. Also, you will receive a fast refund, in as little as 10 days when you use Direct Deposit. The software programs are constantly updated to give you the most up to date information to complete your return accurately. If you qualify for the Earned Income Tax Credit (EITC), you can use Free File to claim your credit and to prepare and file your return.

→ To date, more than **19 million** taxpayers have prepared and submitted their tax returns through Free File.

→ 96% of those who used the program found it “easy to use.”

→ 98% said they would recommend Free File to others.

→ 95% who used Free File said they would use it again.

Free File is available 24 hours a day, seven days a week, beginning mid-January 2008. The program is available in English and Spanish.

Visit the IRS website, www.irs.gov. Check the Free File Alliance company’s website for customer service options such as a help desk phone number, online assistance, or an e-mail address.

(The above information was obtained from the IRS website.)

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Community Safety Spotlight



Toni Jordan

Community Safety Coordinator
Freetown Village, Pinewood Village, Pine-
wood East & Glen Square

EMPLOYMENT OPPORTUNITY

TITLE: Parent (aka "Mom,"
"Mommy," "Momma," "Ma," "Dad,"
"Daddy," "Da-Da," "Pa", "Pop")

JOB DESCRIPTION: Long term, team
players needed, for challenging perman-
ent work in an,often chaotic environ-
ment. Candidates must possess excel-
lent communication and organizational
skills and be willing to work variable
hours, which will include evenings and
weekends and frequent 24 hour shifts
on call. Some overnight travel required,
including trips to primitive camping
sites on rainy weekends and endless
sports tournaments in far away cities!
Travel expenses not reimbursed. Ex-
tensive courier duties also required.

RESPONSIBILITIES: The rest of your
life. Must be willing to be hated, at least
temporarily, until someone needs \$5.
Must be willing to bite tongue repeat-
edly. Also, must possess the physical

stamina of a pack mule and be able to
go from zero to 60 mph in three sec-
onds flat in case, this time, the screams
from the backyard are not someone just
crying wolf. Must be willing to face
stimulating technical challenges, such
as small gadget repair, mysteriously
sluggish toilets and stuck zip-
pers. Must screen phone calls, main-
tain calendars and; coordinate pro-
duction of multiple homework pro-
jects. Must have ability to plan and
organize social gatherings for cli-
ents of all ages and mental outlooks.
Must be willing to be indispensable
one minute, an embarrassment the
next. Must handle assembly and
product safety testing of a half-
million cheap, plastic toys, and bat-
tery-operated devices. Must always
hope for the best but be prepared for
the worst. Must assume final, complete
accountability for the quality of the end
product. Responsibilities also include
floor maintenance and janitorial work
throughout the facility.

**POSSIBILITY FOR ADVANCEMENT
& PROMOTION:** None. Your job is to
remain in the same position for years,

without complaining, constantly retrain-
ing and updating your skills, so that
those in your charge can ultimately sur-
pass you.

PREVIOUS EXPERIENCE: None re-
quired unfortunately. On-the-job train-
ing offered on a continually exhaust-
ing basis.

WAGES AND COMPENSATION:
Get this! You pay them! Offering fre-
quent raises and bonuses. A balloon
payment is due when they turn 18 be-
cause of the assumption that college
will help them become financially inde-
pendent. When you die, you give them
whatever is left. The oddest thing
about this reverse-salary scheme is
that you actually enjoy it and wish you
could only do more.

BENEFITS: While no health or dental
insurance, no pension, no tuition reim-
bursement, no paid holidays and no
stock options are offered; this job sup-
plies limitless opportunities for per-
sonal growth, unconditional love,
and free hugs and kisses for life if
you play your cards right.

Maurice Price

Community Safety Coordinator
Meade Village, Stoney Hill & Burwood
Gardens

YOU CHOOSE!

It's 10:30pm, the knock comes at the
door, you look through your peephole
and there he is! He's banned!! Again
you find the community safety staff
asking you "Ma'am this is a senior
community, why is this young man
always here, day and night?" There are
continuing calls for police service to
house, night after night, week after

week and month after month. Warning
letter after warning letter has been
sent to you in respect to lease viola-
tions; pet policy, unauthorized guest,
criminal activity, banned persons, dis-
orderly household, late rent, peaceful
enjoyment, neighbor disputes... Coun-
seling sessions, conference and con-
ference agreements, resource inter-
vention, chance after chance given...
and then it comes!

"You are therefore expected to quit
and deliver!" "LEASE TERMINATION";
the last act of civil intervention af-
forded the Housing Commission and

the very last thing that people who's
job it is to "house people and families",
want to take however all other options
and benevolence have been ex-
hausted!

Never is this action taken without giv-
ing every benefit and opportunity leav-
ing this conclusion, "YOU CHOSE".
Before you make a decision that may
jeopardize you living arrangements
remember this very simply thing.
**"YOU CAN CHOOSE THE ACT,
WHAT YOU CAN'T CHOOSE IS THE
CONSEQUENCE"!**

GLEN SQUARE

Taliea Hudson

Property Manager

GROUND HOG DAY

Tired of winter? If so, you're sure to be interested in the goings-on in Punxsutawney, Pennsylvania, on February 2. On that date, Punxsutawney Phil, the world's most famous groundhog, will predict whether winter will last for six more weeks.

HAPPY VALENTINES DAY- FEBRUARY 14TH, 2008

The rose and several other flowers say I love you to your special Valentine. Below are symbolic meanings for several varieties of flowers:

- Calla lily - Splendid Beauty
- Carnation - Distinction, fascination
- Orchid - Rare beauty
- Roses - All roses say, "I Love You", but each color has it's own meaning:
 - Orange or Coral - Desire
 - Pink - Grace and gentility
 - Red & White Together - Unity
 - Red - Passion
 - White - Worthiness
 - Yellow - Joy
 - Tulip - Love

NATIONAL AFRICAN AMERICAN HISTORY MONTH, FEBRUARY 2008

With grace and determination, African-American men and women have shaped our Nation and influenced American life. Frederick Douglass, W.E.B. Dubois, Rosa Parks, and Martin Luther King, Jr., advanced the cause of civil rights for all Americans and helped change the course of American history. Educators Booker T. Washington and Carter G. Woodson helped break down racial barriers in education to provide opportunity for all people.

HAPPY PRESIDENTS DAY

President's Day (also called Washington's Birthday) is celebrated in the USA on the third Monday of February. It is a Federal holiday in the USA. George Washington's Birthday was originally designated a national holiday in 1885, but its date was changed by Congress in 1971.

The official U.S. holiday is meant to honor only George Washington, but many people consider President's Day a day to honor both George Washington (born on Feb. 22, 1732) and Abraham Lincoln (born on Feb. 12, 1809).



Bonnie Woodall

CHSP Manager

DOES EATING SUGAR CAUSE DIABETES?

No, Although diabetes has been called "sugar diabetes" for many years, eating sugar does not cause it. Type 1 diabetes happens when your body's immune system destroys the insulin-producing beta cells in the pancreas. Factors that may cause the immune system to do this are autoantibodies, cow's milk, genes, and oxygen-free radicals. Type 1 diabetes is probably triggered by one of these environmental factors in people who have the genes for developing the disease.

Type 2 diabetes is different from type 1. The bodies of most people with type 2 make insulin but can't use it well. Genetics plays a strong role in type 2 diabetes, as does age, obesity, and lifestyle. Obese individuals who eat a high-calorie diet and don't participate in physical activity are more likely to develop type 2 diabetes. In this case, too much sugar may provide excess calories, the same way excess fat does. The resulting weight gain and obesity, which interfere with the action of insulin, can lead to the development of type 2 diabetes

(101 Nutrition Tips, People Diabetes. Patti B Geil, MS RD, FADA, CDE, Lea Ann Holzmeister, RD, CDE)

2008 Important Dates to Remember:

- February 1st - Rent due
- February 14th - Valentine's Day
- February 18th - President's Day - Offices Closed

HCAAC TIPS:
HELPING US HELPS YOU!

When writing a check or money order for rent or other charges.... **PLEASE PRINT YOUR NAME CLEARLY AND ALWAYS INCLUDE YOUR UNIT NUMBER.**

FREETOWN VILLAGE



Lisa Hahn

Property Manager

RESIDENT COUNCIL MEETING: Freetown Village Resident Council Meeting is the 2nd Monday of the month. The next meeting is Monday, February 11, 2008. All residents are invited and encouraged to attend the meeting.

Is your smoke detector getting on your nerves because it constantly goes off while you are cooking?

Resident Answer – Yes, it goes off every time I cook something so I just cover it or unplug it.

Smokey the Bear Asks – Do you know the danger you are putting your precious love ones in? The importance of **WORKING SMOKE DETECTORS** can alert you to a fire in your home in time for you to escape, even if you are sleeping.

TIPS FOR FIRE SAFETY

1. Plan your escape from Fire – If a fire breaks out in your home, you have to get out fast. Prepare for a fire emergency by sitting down with your family and agreeing on an escape plan. Be sure that everyone knows at least two unobstructed exits – doors and windows – from every room. Decide on a meeting place outside where everyone will meet after they escape. Have your entire household practice your escape plan at least twice a year.

2. Keep An Eye On smokers – Careless smoking is the leading cause of fire deaths in North America. Smoking in bed or when you are drowsy could be deadly. Provide smokers with large, deep non-tip ashtrays and soak butts with water before discarding them. Before going to bed or leaving home after someone has been smoking, check under and around cushions and upholstered furniture for smoldering cigarettes.

3. Cook Carefully – Never leave cooking unattended. Keep cooking areas clear of combustibles and wear clothes with short, rolled-up or tight fitting sleeves when you cook. Turn pot handles inward on the stove where you can't bump them and children can't grab them. Enforce a "Kid-Free Zone" three feet (one meter) around your kitchen stove. If grease catches fire in a pan, slide a lid over the pan to smother the flames and turn off the heat. Leave the lid on until cool.

4. Use Electricity Safely – If an electrical appliance smokes or has an unusual smell, unplug it immediately, then have it serviced before using it again. Replace any electrical cord that is cracked or frayed. Don't overload extension cords or run them under rugs. Don't tamper with your fuse box.

Stop, Drop and Roll – If your clothes catch fire, don't run. Stop where you are, drop to the ground, cover your face with your hands, and roll over and over to smother the flames.

MEADE VILLAGE & STONEY HILL



Beth Rolnick

Property Manager

Over the weekend I was on the Internet looking for something to do with my children. With it being cold and raining outside we needed something to do. When I found this article the kids and I tried this and it actually worked. I wanted to share this with everybody. If you would like a copy of this stop by the Management Office.

WHAT ARE ICE SPIKES?

Ice spikes are odd ice structures that occasionally grow out of ice cube trays. Unlike some of the strange things you might find growing in your refrigerator, ice spikes are made of nothing but ice. Ice spikes are the result of physics, not biology. To see your own ice spikes, make ice cubes in an ordinary ice cube tray, in an ordinary household freezer, but using distilled water, which you can buy in most supermarkets for about a dollar a gallon. We've tried several different freezers, and almost always got the some ice spikes to grow. Ice spikes grow as the water in an ice cube tray turns to ice. The water first freezes on the top surface, around the edges of what will become the ice cube. The ice slowly freezes in from the edges, until just a small hole is left unfrozen in the surface. At the same time, while the surface is freezing, more ice starts to form around the sides of the cube. Since ice expands as it freezes, the ice freezing below the surface starts to push water up through the hole in the surface ice. If the conditions are just right, then water will be forced out of the hole in the ice and it will freeze into an ice spike, a bit like lava pouring out of a hole in the ground to makes a volcano. But water does not flow down the sides of a thin spike, so in that way it is different from a volcano. Rather, the water freezes around the rim of the tube, and thus adds to its length. The spike can continue growing taller until all the water freezes, cutting off the supply or until the tube freezes shut.



CASEWORKERS CORNER



Tina Sellman

Human Services Caseworker
Meade Village & Burwood Gardens

WHAT DOES IT MEAN TO LOVE YOUR NEIGHBOR?

To love your neighbor, means we should first follow the ancient golden rule "What you do not want other to do to you, do not do to others." Second, we can show and prove that we really love our neighbor by respecting and keeping on improving our being. I believe these are the key that we can be able to find a true meaning of happiness and peaceful living. There are people nowadays, saying that they really love their neighbor and even proclaiming that they extended support to the needy in time of their needs but these people sometime forgot to nurture and improve their selves in overdoing so and became subjects of abuse by those being helped. That is why, for me, I firmly believe, to love our neighbor, we should first take a stand to ourselves because we have only one life to live that given by a loving God. We should live with self-respect, with purpose, with a strategy for continued growth. When we are born each of us is given a piece of blank paper to write down whatever that we want. Some write only a little, some write a lot but some just allow others to write for them. Whose fault is it?

Sheep, for self-preservation, always remain with their herd. Why do so many of us act as if we where sheep? Why do we abandon the management of lives to others while we stumble forlornly through each day waiting only for the next command to jump or perform for our breakfast? If we do not rise to the challenge of our unique capacity to shape our own lives, to seek the kinds of growth that we find individually fulfilling, then we can have no security: we will live in a world of sham, in which our selves are determined by the will of others, in which we will be constantly buffeted and increasingly insolated by the change around us. Without choices we can have no direction, without a life strategy that is our own we lose our sense of self and become a cipher, a nothing. Whenever we allow others to control our lives we place our future in their hands, we abdicate our right to make choices beneficial to us, and we stifle all opportunity for growth. With no goals, no priorities, no life strategy of our own, we drift with the herd through an endless meadow of mediocrity, unable to break loose, to achieve even a small part of the dreams we once cherished. Taking a stand in life, a stand for us is integral to shifting gears, to growing through self-directed change.

LaShonda Godwin, BSW

Human Services Caseworker
Freetown Village & Pinewood Village/East

THE ATTITUDE YOU CARRY

What kind of attitude do you carry with you every day? Does it really matter? Yes, it matters. It matters a lot. Doors for success or failure are opened and closed by your attitude. Some people look for the opportunity to complain and criticize. Some jump at the chance to gossip. Some carry within themselves disgust for all human beings. To these people, it seems that no one ever does the right thing. No one looks the right way or says the right thing. Carrying that type of attitude everyday is certainly not a formula for success in any area of life, it is a formula for failure.

Think about it, isn't it always pleasant to spend some time with someone who is very kind and caring? When you know that someone genuinely cares about you it is so refreshing to be in their presence or just hear their voice. When you have a kind and caring attitude, you don't look for the bad things. Instead, you look for the good, and you find it! You can always find the bad if you look for it. You can always find something or someone to criticize and complain about.

This year let's try to do something different and get this year started going in a positive direction. Make a conscious decision and effort to look for the good in yourself, in people, and in situations. Refuse to look for the bad. Refuse to criticize and complain. Remember, the attitude that you carry is opening and closing doors for you everyday. Choose to love yourself and be kind to others, and you will see dynamic results!



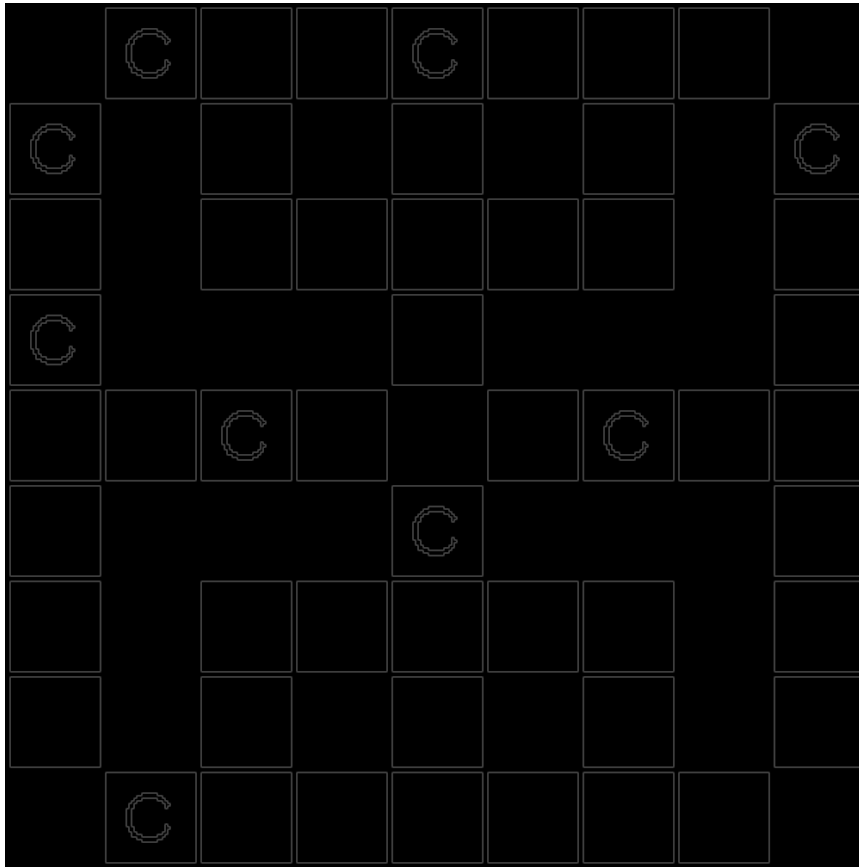
New games this year!

WORD FIT

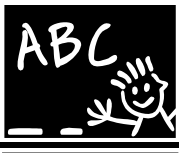


There are no clue numbers in the grid. Use your powers of deduction to put the right words in the correct positions in the grid. All the C's have already been filled in.

kidz biz
February



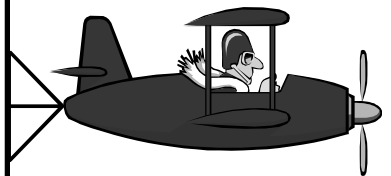
1. One of the two horizontal 7-letter words is a bat and ball sport and the other is a vegetable.
2. One of the two vertical 7-letter words is a palm tree fruit and the other is the fastest land animal.
3. One of the 5-letter words is a joint between the arm and hand and the other is worn around the neck.
4. The 4-letter words are baby bed; dull pain; one time only; young sheep.
5. The two 3-letter words on the left are uncooked and large area of water.
6. The two 3-letter words on the right are take food and kind of mist.



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

CONGRATULATIONS!
January Winners

| | |
|--|--|
| <p>Meade Village</p> <p>Candace Wheatly Malik Washington Taylor & Nicholas Dunton</p> | <p>Freetown Village</p> <p>Tanea Fogg, Jazmin Stepney Cortrell Montgomery</p> |
|--|--|



IMPORTANT NUMBERS

www.hcaac.org

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

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

Burwood Gardens

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

Freetown Village

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

Meade Village

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

Glen Square

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

Pinewood Village/Pinewood East

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

Stoney Hill

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

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

**Workforce Development
Center — Freetown Village**

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

IMPORTANT COUNTY TELEPHONE NUMBERS FOR SENIORS

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



CONSTRUCTION ACTIVITIES

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



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