



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

UNDERSTANDING DIFFERENCES

THE KEY TO PEACEFUL, QUIET & ENJOYABLE COMMUNITY LIVING

It's easy to get irritable and angry when people behave in ways different from the way we do – ways that we may perceive as rude, irritating or inconsiderate. Although we may not like or agree with other people's actions, we should take a moment to think about why a person may be behaving a certain way and then we might begin to see their behavior in a different light. Being more understanding of others is beneficial for everyone. The more understanding we are of each other, the more kind and happier we and our world might be.



Remember - we are all different. It's easy to forget that not everyone thinks and functions the same. Do not expect everyone to react to situations in the same way. For example, where one person may laugh off an insult another may be hurt for days. If we keep in mind the fact that we all react differently to situations, we will be better equipped to be more considerate of other people's feelings.



Don't jump to conclusions. Stop and consider reasons why someone may be behaving a certain way. If someone does not return your friendly “Hello” and smile in the grocery store, it's easy to immediately think, ‘how inconsiderate’. However, what could be perceived as rude could actually be the result of anxiety, fear, depression, or just a bad day.



Empathize - try to relate to others. For example, most of us have been in a hurry and done something hasty while on the road which probably irritated another driver, but we seem to forget that when another driver does the same to us. By

empathizing we can relate back to some of our own behaviors and experiences and use it to try to understand rather than becoming angry with others.



Demonstrate understanding. Although we may not like or agree with what some people may do, we should attempt to understand why they do what they do. Let's say someone demonstrates behavior that would imply that he or she is really not a very nice person. There could be medical or environmental reasons for this person behavior for which we are not aware.



Finally, show compassion. If someone appears to be rude and unkind maybe they are having had a difficult day, maybe they are being or have been abused, or maybe they have just received an unwanted or unexpected diagnosis. Someone who does not act very nice probably does not feel very good inside. Be compassionate, be friendly, and be thankful that you do not feel the way that they appear to feel on the inside.



A COMMUNITY IS ONLY AS STRONG AS THE PEOPLE WITHIN IT.

RECOGNIZE, ACCEPT, UNDERSTAND, APPRECIATE, AND CELEBRATE YOUR DIFFERENCES.

COMMUNITY SAFETY SPOTLIGHT

TONI JORDAN

COMMUNITY SAFETY COORDINATOR

PART OF THE SOLUTION

We spend a lot of time in these columns telling you not do this, or not do that. I'd like to use this month's space to thank those of you who report problems in your community and who conscientiously contact the police when trouble arises. Give yourselves a pat on the back.

Getting involved isn't easy and people have different reasons. Some do it out of pure altruism – that is to say, because it's the right thing to do. Others have a personal stake in what's going on, and some folks are just trying to "get out in front" of a bad situation. Whatever the case, stepping out, especially in the "Don't Snitch" culture that's so pervasive today, isn't an easy thing to do.

The bottom line is that whatever the motivation, the community benefits

when neighbors get involved. The "don't snitch" mentality does nothing but immobilize the community, and allow criminals to keep victimizing innocent people. As the Irish philosopher Edmund Burke said, "All it takes for evil to flourish is for good men to do nothing." For those who choose to be part of the solution, thanks for caring enough to get involved.

CASEWORKERS CORNER

The Department of Aging Staff will provide Flu shots and flu related information to our residents at:

- Pinewood Village on November 5th, 2009 from 10-12pm
- Glen Square on November 12th, 2009 from 10-12pm
- Stoney Hill on November 9th, 2009 from 10-11am
- Burwood on November 3rd, 2009 from 10-11am

STEPHANIE HNIDA

CHSP Coordinator/Human Services Caseworker PWE

WHAT IS INFLUENZA?

It is a contagious respiratory illness cause by influenza viruses. Be aware of common flu symptoms which include:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore Throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the com-

mon cold, can have similar symptoms. Only your doctor can tell for sure.

Tips on how to keep the Flu from getting to you/prevent others from getting it too according to the CDC August 5, 2009.

Stay away from people who you think might be sick, especially if you are elderly and are at high risk for medical complications. Phone calls are safer than a visit from your sick friends and family.

- Get your flu shot when it becomes available.
- Listen to the news for flu updates.
- Wash your hands regularly.
- Throw away tissues and used paper towels after each use.
- If you have a fever, stay home for at

least 24 hrs. after the fever has ended.

- If you develop a cough cover your mouth.
- If you get sick, stay home and do not allow visits other than your caregiver.

Know when to seek emergency medical care

- You have difficulty breathing or chest pain
- Develop purple or blue discoloration of the lips
- Vomiting and unable to keep fluids down
- Signs of dehydration such as dizziness when standing
- Develop seizures or convulsions

Information from the Centers for Disease Control and Prevention August 2009

IMPORTANT NUMBERS

www.hcaac.com

Section 8, Mainstream Housing, H.O.P.W.A. & Caseworkers.....410-222-6205
Facilities Management Office (Maintenance Request).....410-553-9675

IMPORTANT COUNTY TELEPHONE NUMBERS FOR SENIORS

County Information	410-222-7000	Social Services	410-421-8500	Taxi Program	410-222-4222
Department of Aging	410-222-4464	Weekday Nutrition	410-222-6240	Transportation	410-222-4826
Partners In Care	410-544-4800	Pascal Senior Center	410-222-6680	Meals on Wheels	410-431-5257