



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

HAVE A HAPPY STRESS FREE HOLIDAY!

The Holiday Season comes but once a year, but what will you do when you fall behind on rent and other essential bills in the new year?

Most people associate the holiday season with material abundance. During times like these, worries about money can rob you of your peace of mind. Shopping can be fun, but the holiday spirit might feel a lot scarier once the bills start rolling in after the big day. Read on to get ideas about how to keep the “Merry” in Christmas while making sure that you start the year debt free.

✂ *Have a Holiday movie marathon.* Nothing will put you in the Holiday mode faster than watching “A Charlie Brown Christmas”, “A Christmas Story”, or “It’s a Wonderful Life”.

✂ *Have a Holiday book marathon.* Gather up your Christmas books, settled in under blankets and take turns reading the stories. You can check books out at your local library, or hit the thrift stores.

✂ *Take a ride to look for neighborhood Holiday lights.* Wrap up in warm pajamas or sweats, and bring a thermos of hot cocoa. Parking at one end and allowing the kids to walk the block is a great family activity that won’t cost you a thing.

✂ *Pray for family and friends.* A nice way to do this is to gather each night and pray for those folks who sent you cards that day.

✂ *Sing Carols.* Grab some family and

friends and treat your neighbors to caroling. It is a great way to meet everyone in the neighborhood.

✂ *Have a family sleep over.* Pick a night to camp out with the whole family in the living room or family room, near the tree. The kids will especially love this idea. Pull out the photo albums. Tell your children about your holiday celebrations as a child.

✂ *Volunteer at a soup kitchen or other charity.* “Tis the season” to be generous...Not with your money, but with your time.

✂ *Offer to do a service for friends and loved ones in lieu of a gift.* Offer to watch your brother’s kids, or help your grandmother balance her checkbook. Consider making a coupon book full of free services your recipient can redeem later.

✂ *Give a Jar You Made Filled with Holiday Spirit.*

“I wish we could put up some of the Christmas spirit in jars and open a jar of it every month.” Harlan Miller

Keeping the Holiday Spirit alive the year ‘round is something that many people would like to do. You can make your own Holiday Spirit Jar, from materials you already have. Fill it with something that embodies that spirit to you.

- It might be pieces of paper with wishes.
- It might be paper hearts with all the things that you love.
- It might be filled with sticky notes of things to be grateful for.
- It might be Holiday Spirit Sprinkles

- Salt or Baby Powder mixed with glitter.

- It might be tags with words that embody the spirit and meaning of the holidays to you.
- It might be tiny pine cones.
- It might be spices.
- It might be hot cocoa.

You might want to include the Quote from Harlan Miller or any of the other quotes on this page along with the message: *This jar holds reminders of Holiday Spirit. Open as needed whenever you want to experience a reminder of Holiday Spirit.*

✂ *Study Christmas Traditions in other countries.* Learn about your heritage and how your ancestors celebrated the season.

✂ *Make paper snowflakes.* If you want a real challenge, make a 3-D paper snowflake.

✂ *Invite some neighbors over for dinner.* It doesn’t have to be formal. Just enjoy the company. Make it a potluck. Or have a soup night. Have everyone bring their favorite soup in a crock-pot.

✂ *Put on some Holiday music and dance.*

✂ *Record your children singing their favorite Holiday songs.* Children’s voices change so much over the years. Twenty years from now, you’ll be glad to have the recording.

✂ *Go to a Church Service.* It’s completely free, and it will put you in the right frame of mind to celebrate the true meaning of the Holidays.

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Here are some inexpensive area events you may want to check out:

Kwanzaa Celebration: Celebrate the second day of Kwanzaa at the Reginald

Lewis Museum with performances, films, art activities and educational sessions. Call 443-263-1800 or visit Africanamericanculture.org. Special admission: \$1.

Family Day at the BMA: The theme of today's family activities at the Baltimore Museum of Art is "ceremonies from around the world." Sunday, December 28, 2009 at 2:00 p.m. Free.

COMMUNITY SAFETY SPOTLIGHT

TONI JORDAN
Community Safety Coordinator

War, disease, endless poverty and calamitous climate change seem to have our world on the brink of disaster. Dogma and deception fuel our ignorance and keep us in perpetual fear of the mysterious "other." It's time we learned to embrace our humanity and work together to make our planet a happy home. This is my gift to you:

"Imagine there's no Heaven, It's easy if you try. No hell below us, above us only sky. Imagine all the people Living for today. Imagine there's no countries. It isn't hard to do. Nothing to kill or die for, and no religion, too. Imagine all the people living life in peace. You may say that I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will be as one."
"Imagine no possessions; I wonder if

you can? No need for greed or hunger - A brotherhood of man. Imagine all the people sharing all the world. You may say that I'm a dreamer; but I'm not the only one. I hope someday you'll join us and the world will live as one."

John Lennon



Happy Winter Solstice!

CASEWORKERS CORNER

Bonnie Woodall
CHSP Manager

The Holidays are fast approaching and before you know it Christmas will be here. These times are hard for some people who do not have family or loved ones. It can be a difficult and stressful time. Did you know that volunteering can make us all feel better? Give a helping hand and keep an eye on our neighbors. Invite a guest for dinner, get together with friends or make some new ones. Lets keep the sprit of the holidays in our hearts.

Depression

Did you know that some people think that depression is part of the aging process? Well, they are wrong. Did you



know that some people think that depression is something that you have to live with? Well, they are wrong too! If you are depressed, you are not crazy, it is not a weakness, and it is not the result of having a negative attitude. These are common myths and there is something that you can do. Ask your doctor about medications that may help and know the signs of depression.

- Feelings of sadness or irritability
- Loss of interest or pleasure in usual activities
- Sleeping too much or too little
- Noticeable restlessness or decreased activity
- Change in weight or appetite

- Fatigue or loss of energy
- Feelings of hopelessness or guilt
- Inability to concentrate or remember things or difficulty making decisions
- Thoughts of death or suicide.

Treatment for depression can improve overall health and help you enjoy life once again. If you or someone you know has experienced several of these symptoms for 2 weeks or more, it could be depression, a serious but highly treatable disease.

Enlighten: A New Light on Depression in Older Adults, The National Council On The Aging, 1998. Pfizer U.S. Pharmaceuticals Group.

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