



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

THE RENT IS DUE



For every person in life's broad view, There comes a time, when the rent is due.

Pay now or later, it's all the same, we all must pay to stay in the game.

Much is expected from he who gains, Much too, is accepted from he who wanes.

Life is free, or so they say, Stop paying the rent, and you will pay.

The cost of living is not in the rent, like unfinished mail, never sent.

It builds up a mount of cost, Pay a little or a lot, before all is lost.

So before all your time has come and went, Please, be sure, to pay the rent.

In accordance with your Housing Commission of Anne Arundel County Residential Lease Agreement, RENT is due and payable in advance on the 1st day of each month.

LATE CHARGES

A charge equal to five (5) percent of the late rental payment not to exceed \$10.00, for rent paid after the tenth (10TH) calendar day of the month.

COURT FILING

A Failure to Pay Landlord Complaint is filed on all residents whose rental payments are not received by the 15th of the month. Upon receiving judgment on the Failure to Pay Landlord Complaint, a Warrant of Restitution is filed re-

questing possession of the property five (5) business days later. EVICTION is scheduled three (3) business days after the Warrant of Restitution is filed.

All fees accrued, as a result of not paying rent when it's due, must be included when submitting payment of the delinquent rent. The fees are as follows:

Late Charge – five (5) percent of the late rental payment not to exceed \$10.00.

Court Cost – Failure to Pay Landlord Complaint

- \$14.00 for one head of household
- \$19.00 for head of household & spouse/co-tenant

TIPS FOR FIRE SAFETY



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 loved 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.

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.

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.

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.

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.

COMMUNITY SAFETY SPOTLIGHT

TONI JORDON
COMMUNITY SAFETY COORDINATOR

KEEPING THE "PEACE" IN PEACEFUL ENJOYMENT



The Housing Commission encourages residents to enjoy all the amenities their particular community has to offer. We understand the desire to sit outdoors and enjoy the nice weather and each other's

company. In communities where benches aren't available, some residents like to relax and socialize by sitting on the apartment stairs or in chairs in front of the building. Generally this isn't a problem. But, when residents can't get to and from their apartments or when the noise and commotion get excessive, then it becomes an issue.

We all want a quiet, peaceful living environment. A place where we can sit outside enjoy the weather relax with

neighbors and friends. But remember: these are apartment communities and apartment living sometimes means making compromise. It also requires you to be considerate of your neighbors and their right to peaceful enjoyment of their home. I'm not saying you can't bring out a chair and take advantage of a nice summer night every now and then. Just use common sense and respect your neighbors and you shouldn't have a problem.

CASEWORKERS CORNER

Tina M. Heisler
Human Services Caseworker
PW/FT



Sleep and the lack of, contribute significantly to our quality of life from cradle to grave.

Although we may be sleeping peacefully, our brains are working behind the scenes rejuvenating our cells, slowing our metabolism, heartbeat, and breathing rate. Sleep also helps to support our immune and nervous systems.

Most of us know and recognize a good night sleep and appreciate the benefits of feeling rested, energized and alert. But often times we forgo sleep to catch up on other task, assuming we can maintain our optimum physical and mental performance. In addition to lack of sleep, the quality of your sleep could be affected due to a sleeping disorder. Studies now show

short and long term sleep deprivation has a significant impact on our overall wellbeing, including every aspect of day-to-day living, including mood, mental alertness, work performance, and energy level. Even a few nights of bad sleep can be detrimental. In this country, over 100,000 motor vehicle accidents annually are sleep-related. Disasters such as Chernobyl, Three Mile Island, Challenger, Bhopal, and Exxon Valdez were officially attributed to errors in judgment induced by sleepiness or fatigue. Disordered or abnormal sleep is often the cause of major medical problems such as heart disease, strokes, diabetes, obesity and high blood pressure and robs people of the joy of life, making each waking day a chore and a task. Sufferers may feel old before their time, and have a great deal of difficulty in just performing the usual tasks of daily living.

Tips for a better night sleep include:

- avoid caffeine and nicotine
- use alcohol cautiously
- get some exercise earlier in the day
- a bedroom that's quiet, dark, and relatively cool, with a comfortable bed
- maintain a regular bed schedule (go to bed and get up at the same time daily).

If you have any questions or would like more information, contact your Human Services Caseworker.

Palo Alto Medical Foundation Website
<http://www.pamf.org/teen/health/diseases/Sleep.html>

University of Maryland Medical Center Website
http://www.umm.edu/sleep/adult_sleep_dis.htm

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