



NEWSLETTER

Housing Commission of Anne Arundel County

“HOUSING CHOICES AND AFFORDABLE COMMUNITIES”

www.hcaac.com

SUMMER FUN IN MARYLAND



With the summer fast approaching and the warm weather right around the corner now is the perfect time to start planning your summer fun and vacation getaways. We would like to offer some fun and exciting ideas that are close to home!

Maryland has everything from mountains and wetlands, the Chesapeake Bay, the beach and flat grassy fields with wild horses to museums, the zoo, aquarium and the Inner Harbor. Maryland has entertainment for everyone! This summer plan a trip with the family to one of Maryland's exciting attractions. There is a seemingly endless assortment of incredible places to see,

awesome things to do, and happy memories to hold on to.

With all of the different things to do and places to visit how does one choose? Here are a few suggestions:

Wild Rides & Water Slides

Visit Six Flags America a Largo based theme park with a general admissions purchase you also get a ticket into the Hurricane Harbor Water Park.

Adventure Park USA located in New Market offers rollercoaster rides, rock wall climbing, a ropes course, paintball, pinball and a playground.

Fairy Tales & Animal Friends

Many Maryland farms have seasonal corn mazes, hayrides and petting barns. Clark's Elioak Farm near Ellicott City is a place to relive your favorite fairy tales amid Cinderella's life-sized pumpkin coach and the Three Little Pigs' huts.

Don't forget about the Maryland Zoo with its award winning kids' section or the Salisbury Zoo which is listed as one of America's finest small zoos.

Baltimore: Bring It On!

Port Discovery, the Children's Museum in Baltimore, is one the top five kids' museums in the nation. Geppi's Entertainment, dedicated to toys, comic books and American pop culture.

B & O Railroad Museum which is guaranteed to thrill kids.

Enjoy the Maryland Science Center, where you can explore the stars at the planetarium or experience an adventure at the IMAX Theater.

This summer get out and enjoy all of the attractions Maryland has to offer. Take the family, grandchildren, friends, whomever and make the most of the warm weather and sunshine. You will remember the fun for years to come.

A NOTE FROM GINA DYER
MEADE VILLAGE PROPERTY MANAGER



www.visitmaryland.org

COMMUNITY SAFETY SPOTLIGHT

TONI JORDON
COMMUNITY SAFETY COORDINATOR

IT'S UP TO YOU

Responsibility, accountability and commitment are important concepts. They denote a duty or obligation, and imply that you will be answerable if the commitment isn't met. Responsibility is such an important concept that an entire section of your Lease Agreement is devoted to explaining your obligations or responsibilities as a tenant. Once you sign your lease you have committed to accept the

responsibility of being a resident in one of our communities. The Housing Commission takes this commitment seriously and so should you.

For example, parents, YOU are responsible for your children. School will be letting out for the summer soon. This means many young people will be left without meaningful activities during the day. You should make every attempt to enroll them in summer programs and activities that keep them off the streets and out of trouble. If

you allow your kids to move about unsupervised, causing property damage and getting into trouble, YOU will be held accountable. Accepting responsibility is NOT just the obligation of resident parents. ANY resident who decides to act irresponsibly by accommodating long-term overnight guests and banned persons, getting involved in criminal activity, or constantly disrupting other resident's peaceful enjoyment, is going to be held accountable, up to, and including,

termination of their lease. Folks, access to public housing isn't a right. It's a privilege extended to those in need, and there are literally thousands waiting to be placed. The Housing Commission works hard to meet its responsibility to provide clean, safe and affordable housing opportunities. We expect no less of a commitment from our residents. Responsibility, accountability and commitment; it's up to you.

CASEWORKERS CORNER

STEPHANIE HNIDA
CHSP COORDINATOR/CASEWORKER
PWE

HOW WELL DO YOU LIVE?

Scientific studies suggest that only about 25 percent of how long we live is determined by our genes. The other 75 percent is determined by the choices we make and our lifestyles. While you can't change your genes, you can change whether or not they are activated. In other words, "genetics loads the gun, but your lifestyle pulls the trigger."

Here are 10 simple tips one can do to begin a healthy lifestyle promoting longevity:

1. Get involved. Take up a hobby, join a group, volunteer, spend more time with your children/ grandchildren. A new activity can promote self-esteem, a sense of well-being, and purpose. Also, by joining a

group cuts in half your odds of dying during the next year.

2. Stay active. Make a list of physical activities you enjoy. Shut off the T.V. and go for a walk with a friend. Build activity into your daily routine.

3. Laugh. Not only is laughing enjoyable but it's good for you. Laughing reduces stress and lowers your blood pressure and risk for cardiovascular disease.

4. Quit smoking. Smoking is the most preventable cause of death and disease. It causes damage to your internal organs not to mention it prematurely ages the skin.

5. Eat healthy. Eat a diet of whole grains, beans, nuts, brightly colored fruits and vegetables. Limit meats, junk food, and processed food. Eating healthy can reduce your risk for cancer and heart disease. Also, it can lower your blood pres-

sure and cholesterol. Equally important enjoy meals with family and friends.

6. Have gratitude and appreciate the subtle beauty around you. Remember every day is important!

7. Exercise your brain. Take up a new language, do a word search or a puzzle. Strengthening your brain keeps your mind sharp, decreases you rate of memory loss, and risk for Alzheimer's disease.

8. Get sleep. Those who sleep fewer than 6 hours a night have a 50 percent increased risk of viral infections and an increased risk for heart disease and stroke. Make sure to get at least 7 to 9 hours of sleep each night.

9. Enjoy the sunshine. The body needs sunlight to manufacture vitamin D. However, too much sun can damage the

skin. The National Institute of Health recommends 10-15 minutes of sun exposure twice a week, then apply sunscreen of SPF 15 or higher afterwards.

10. Drink water. It's important to drink water throughout the day. Try to drink at least 8 glasses daily. Water helps lubricate digestion, helps hunger, fights bad breath, and could reduce your risk of a fatal heart attack.

Research shows that if you dedicate yourself to a new practice for at least 5 weeks, it's more likely to become habit. Pick the tips that are the easiest to do first. Focus on the small victories and reward yourself! For more information or guidance on a healthy lifestyle, contact your Human Services Caseworker.

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