

October 2019



NORTHAMPTON HOUSING AUTHORITY

Cahill * 35 Fruit Street, Northampton, Mass 01060 * 413-297-8058 *



Celebrating October

**Italian-American Heritage
Month**

Positive Attitude Month

World Day of Architecture
October 7

**Brown Bag Day @
Northampton Senior Center**
@10:00am
October 10

NHA Closed Holiday
October 14

**Board Meeting @McDonald
Building @ 6:30pm**
October 21

International Artists Day
October 25

All Hallows Eve
October 31

Northampton Housing Authority Reminders!

We would like to remind everyone, that the smoking policy is in place and that smoking is not allowed in the building and when smoking outside please remember to smoke 25 feet from the building. Please remember there are smoking huts in place for you to smoke at.

Please remember that any maintenance issues need to be called into the Main Office for a work order.

Please remember that if you have any issues that you would like to discuss, you may put it in writing or feel free to contact the office and set up an appointment. If you need help getting connected to services, please reach out to Lynn King, the resident service coordinator. She has one office day which is on Monday's and the rest of the week she is at a scheduled property. **The Resident Service Coordinator number is 413-297-8058.** If you would like to reach out to her to set up a meeting.

If you would like to Speak with the team member directly! Please follow these steps.
(413) 584 -4030 then press the following number. If you are calling about anything else please stay on the line.

- 1 – Section 8**
- 2 – Applications**
- 3 – Salvo House**
- 4 – Cahill Apartments**
- 5 – McDonald House**
- 6 – Hampshire Heights**
- 7 – Forsander Apartments**
- 8 – Tobin Manor**
- 9-- Florence Heights**

There is also a calendar attached to the newsletter with upcoming events and the dates and times that your property is open.

Here are five tips for seniors to follow to stay healthy and safe during the colder seasons.

1. **Get the flu vaccine.** The Centers for Disease Control ([CDC](#)) recommends that adults aged 65 and older get a flu vaccine each year, ideally by the end of October. While the flu shot is recommended for every person above six months of age, seniors are especially at risk for complications from the flu, such as pneumonia, bronchitis and ear infections. The flu can also make any chronic health problems worse. There are two types of flu shots specially designed for seniors. Ask your health care provider which one would be best for you.
2. **Be wary of tripping hazards.** People generally experience stiffer joints in colder weather. Not only might it be a bit harder to move around, but it gets dark out early, the ground is often wet or frozen, and fallen leaves create slipping hazards or even cover up hazardous rocks that you can trip on. Make sure leaves are cleared from sidewalks and driveways on your property and that all walkways are illuminated to reduce your chances of a fall. Sprinkle cat litter or sand on icy sidewalks. Stretch before going outside to warm up stiff muscles. You can learn tips for preventing falls inside of the home [here](#).
3. **Stay warm.** As you get older, your risk of suffering hypothermia goes up. Hypothermia can be a life-threatening condition that occurs when an individual's body temperature drops below normal and remains low for a period of time. Being over the age of 60, having health conditions like diabetes or hypothyroidism, and taking certain medications all make you more susceptible to the cold. You can develop hypothermia even after exposure to mild cold temperatures, according to the [National Institutes of Health](#). Dress in layered, loose-fitting clothing. Dress warmly and wear a hat when going outside. Keep your indoor temperature at a minimum of 68 degrees Fahrenheit. If you need help paying your heating bills, the U.S. Department of Health and Human Services may be able to help. The [Eldercare Locator](#) is a tool from the U.S. government to help connect you with agencies that can help.
4. **Protect your skin.** Indoor air becomes arid thanks to household heating systems. With age, our skin gets thinner and more prone to dryness and tears that can lead to infections. Stay hydrated by drinking plenty of fluids and eating soup. Using a humidifier indoors can go a long way toward putting some much-needed moisture back into the air. Also, make sure to help keep your skin from drying out with lotion or cream.
5. **Eliminate fire risks.** Check that electrical appliances like electrical blankets are in good condition without fraying cords. Space heaters are common sources of fires. Make sure they're placed far away from flammable surfaces. Autumn is an excellent time to check the batteries in your smoke and carbon monoxide detectors. Also, be sure to have working fire extinguishers in the kitchen and near any fireplaces.

Poem: The Triumph of Ice Cream.

The triumph of ice cream

In the summer

The only thing that can

Destroy soft serve is
Is rain

Vous etes fol

Written by Irene Marie Askew
McDonald house

Left, Right, and Center



Logical people are left-brained, and creative people are right-brained, or so goes the persistent myth, a myth so popular that October had been declared Right Brainers Rule! Month. The idea that the brain has two different hemispheres and that people lean more favorably to one side than the other was largely perpetuated by research conducted in the 1960s. Those suffering from severe epilepsy had the bridge of nerves that connects both sides cut, and doctors showed that each side could act independently of the other. Of course, most of us have our bridges left intact, allowing both sides of our brain to operate together and function in integrated and coordinated ways. For this reason, there is no such thing as a truly right- or left-brained person.

The Funny Pages



Be sure to pick up a newspaper on October 18 so that you can celebrate Newspaper Comic Strip Appreciation Day. The very first comic strips appeared in the giant rivals of New York's newspaper industry during the 19th century. Joseph Pulitzer's

New York World featured the first comic strip in 1894, *The Yellow Kid*, about a down-on-his-luck boy who hung out in Hogan's Alley. Two short years later, William Randolph Hearst's *Morning Journal* jumped on the comic strip bandwagon and introduced a weekly full-color comic strip supplement. Hearst even went so far as to lure *The Yellow Kid* and his creator Richard Outcault away from the *New York World*.

By 1897, comics were in high demand, and Hearst meant to capitalize on the phenomenon. He called upon Rudolph Dirks to create a new strip for the Sunday edition of his *New York Journal*. The strip followed two boys, Hans and Fritz, who were constantly running into trouble with their parents and schoolteachers. *The Katzenjammer Kids*, which ran continuously from 1897 to 2006, remains the longest-running comic strip in history.

Soon, all newspapers wanted in on the comic strip act. In 1915, the *San Francisco Chronicle* debuted the first daily black-and-white comic, Bud Fisher's *Mr. A. Mutt*, which would later become *Mutt and Jeff*. Classics like *Gasoline Alley*, *Popeye*, *Krazy Kat*, *Dick Tracy*, *Li'l Abner*, and *Blondie* began to appear all across the country thanks to syndication. It was only a matter of time before publishers realized that they could create entire books from comics. *Detective Comics* and *Action Comics* soon spawned enduring heroes like Batman and Superman. Even Walt Disney, that beloved master of on-screen animation, started serving audiences a *Mickey Mouse* daily comic strip in 1930. Lucky for us all, comic strips endure with an almost unlimited variety. All we have to do is pick up any newspaper to find our favorite comic characters.

Your Stamp on the World

October is Stamp Collecting Month, so grab your magnifying glass and join the millions of people worldwide who collect, catalogue, and admire these miniature works of art. There is an almost infinite variety of stamps issued by countries around the world. Some are worth only a few cents, but others can be very valuable. The rarest stamp, issued in British Guiana in 1856 and known as the *One Cent Magenta*, was purchased by a collector in 1980 for \$935,000. While for some stamp collecting is a playful hobby, for others it is an expensive obsession. Just as great works of art are forged, so are great stamps. The greatest stamp forger of all time was the Italian Jean de Sperati. He grew up in a family of printers and mastered the trade, but he turned those skills into becoming a master counterfeiter of stamps. His forgeries are so perfect that they have become works of art in their own right. Some professionals cannot even tell the difference between his fakes and the real thing. In some cases, a Sperati forgery is worth even more than the original stamp.

A Howling Good Time



Falling just a few days before Halloween, October 26 is Howl at the Moon Night. To hear a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl

specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Interestingly, wolves have been associated with the moon since ancient times. So, too, have werewolves, that gruesome transformation of people into wolves. Luckily, werewolves are also just a myth.

A Big Thank You

I would like to thank each and every one of you for all that you do. I appreciate all of the feedback and suggestions that you have given to me. It is greatly appreciated. I am very happy to be working with each and every one of you.

Tenant Parking

Please remember that parking is for tenants only. Please remind visitors and health care workers that they must park in the visitor spots that are located at each property and the properties that do not have visitor parking, visitors must park on the street. Thank you.

Volunteering

If anyone would like to volunteer and help with activities and delivering the monthly newsletter please give Lynn King, RSC a call at 413-297-8058. I would love to have more of the residents involved.

Suggestions/Comments

Please remember there is a suggestion box located in each community room and one located in front of the Resident Service Coordinator office door. Please feel free to leave a suggestion or comment for me on activities that you would like to see happen at your site.

October Birthdays

September Birthdays

Happy Birthday to all that are celebrating a birthday this month. May you all have a great day!

Thank you for all that you do, I appreciate each and every one of you.

Thank you,
Lynn King, Resident Service
Coordinator.

Giants Among Us



On October 2, 1969, President Lyndon Johnson signed a bill creating Redwoods National Park in California. While it is estimated that over two million acres of old growth redwoods once existed along California's coast, today 133,000 acres

of those remaining forests are protected as national and state parks. The coastal living conditions for these trees are perfect, and they get much of their water from the thick fog that rolls in off the coast. These trees are the tallest on Earth, and as such are the world's tallest living things. Take the redwood known as "Hyperion." Standing at 379 feet tall, it is the tallest known tree in the world. The tree is hidden deep within a rugged and inaccessible section of Redwood National Park and is considered so valuable that its location has not been disclosed so as to discourage visitors and vandals alike.