



Berwick Housing Authority

NEWSLETTER

DECEMBER 2015

Clarence Robinson, Jr., Executive Director

Berwick Housing Authority

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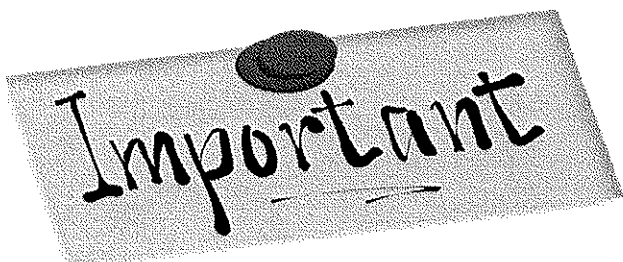
Visit our website:
Berwickhousingauthority.com



The Berwick Housing Authority office will be closed December 24th, 25th & 31st for the Christmas and New Year's holiday. If you have a maintenance emergency please call the office and listen to the message for the phone number to the maintenance guy on call.



December 10, 2015 which is the 8th working day of the month. If you do not pay by the 10th a \$10 late fee will be applied. If you signed a contract then your rent is due December 15, 2015, but a late fee is still applied after the 10th. **Due to the Christmas holidays, the absolute last day to pay rent is December 18th by noon.**



- If a drain in your unit is clogged with hair you will be charged a \$25 plumbing charge. This charge will be added to your rent for the following month.
- We will no longer accept or post partial rent payments. The entire rent amount including any repayment agreements you may have must be paid on or before the scheduled due date.
- Strikes will start over on January 1, 2016. Four strikes in one year is automatic eviction.
- If you are allowing someone to live with you that is not on your lease you can be automatically evicted.



If you are working and would like to sign a contract for 2016 you may come into the office **DECEMBER 7TH -11TH** to sign one. This will be the only time that you will have the opportunity to sign a contract for the year 2016. Signing a contract gives you until the 15th of each month to pay your rent without getting a strike, but you will still have a \$10 late fee applied after the 8th working day of the month.

****If you lose your job the contract will be automatically voided.**



ST. MARY PARISH PUBLIC SCHOOLS WILL BE CLOSED FOR THE HOLIDAYS DECEMBER 21ST-JANUARY 4TH ALSO CLOSED ON JANUARY 5TH FOR PARENT/TEACHER CONFERENCE DAY

Tutoring Center will re-open Jan. 11th

FLAT RENT

Current Residents

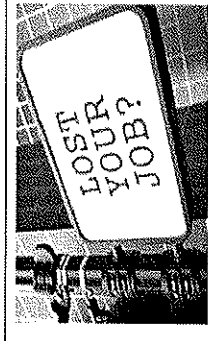
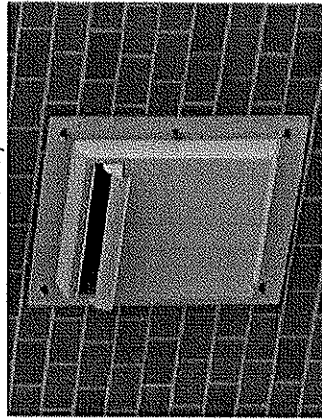
0 Bedroom.....	\$351
1 Bedroom.....	\$353
2 Bedroom.....	\$476
3 Bedroom.....	\$671
4 Bedroom.....	\$700

New Residents

0 Bedroom.....	\$351
1 Bedroom.....	\$353
2 Bedroom.....	\$479
3 Bedroom.....	\$683
4 Bedroom.....	\$729

F.Y.I.

If you want to pay your rent after the office is closed for the day or on the weekend, please feel free to drop it off in the drop box located by the front door of the office. We will send you a receipt of payment on the next business day.



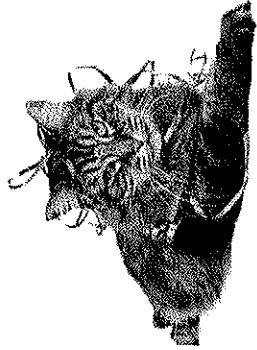
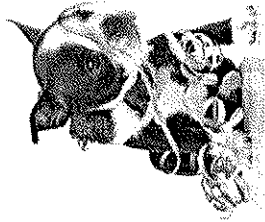
If you lose your job and request a rent adjustment, you must provide proof by bringing in a copy of your separation papers or a letter on letterhead from your previous employer.

WORK ORDERS
Please call in work orders as soon as problems arise

Christmas Riddles

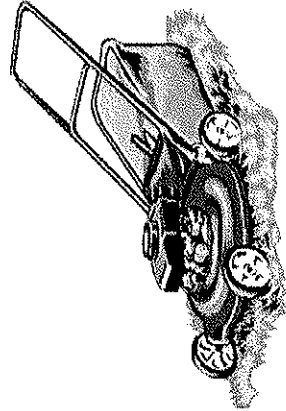
1. What do snowmen eat for breakfast?
2. What do you call Santa when he stops moving?
3. Where does a snowman keep his money?
4. What do elves learn in school?
5. Which elf was the best singer?
6. What did the gingerbread man find on his bed?
7. Why did Santa get a ticket on Christmas Eve?

ANSWERS FOUND ON LAST PAGE OF NEWSLETTER



TOP 5 HOLIDAY DANGERS TO PETS

1. **Holiday Tinsel and Ornament:** Tinsel, if consumed, could actually be fatal as it twists & bunches inside your pet's intestines. Immediate veterinary care is required. In addition, place glass, aluminum & paper ornaments higher up on the tree. Pets can chew & swallow these fragile objects which could break into pieces forming sharp edges that may lacerate your pet's mouth, throat & intestines, they can also create a choking hazard.
 2. **Holiday Lighting & Candles:** Electrical shock may occur when a pet chomps down on an electrical cord, causing tongue lacerations & possible death. In addition, place candles in hard to reach areas. Pets can burn themselves, but can also create a fire hazard.
 3. **Gift Wrap Ribbon:** Ingested ribbon can cause a choking hazard & ultimately twist throughout the intestines, leading to emergency surgery & even death.
 4. **Food Hazards:** Some of the most popular holiday goodies, such as chocolate, bones & nuts can be extremely toxic or fatal to pets. In general, the darker & richer the chocolate the higher the risk of toxicity. Depending on the amount ingested, dogs might experience vomiting, diarrhea, hyperactivity, heart arrhythmias, tremors & seizures. Certain nuts should not be given to pets. Lethargy, vomiting & loss of muscle control are among the effects of nut ingestion.
 5. **Toxic Holiday Plants:** Pine needles can produce oral irritation, vomiting, diarrhea, lethargy, trembling & posterior weakness. Holly can cause intense vomiting, diarrhea & depression. Mistletoe can cause significant vomiting & diarrhea, difficulty breathing, collapse, erratic behavior, hallucinations & death when ingested. Poinsettias can cause irritation to the mouth & stomach and sometimes vomiting.
- **Taking precautions with pets during these festive times can help ensure that you and your family enjoy a happy & healthy holiday season.**



Please make an effort to pick-up any paper or toys in your yard. It takes the maintenance guys twice as long to cut the grass when they have to keep stopping to pick-up paper and other items in your yard. Help us make the Berwick Housing Authority a beautiful place to live.



The Quality Housing and Work Responsibility Act of 1998 requires that in order to be eligible for continued occupancy, every adult resident of public housing must either **(1)** be employed, **(2)** contribute eight hours per month community service within the community in which the public housing development is located, or **(3)** participate in an economic self-sufficiency program unless they are exempt from this requirement.

Community Service is defined as "The performance of voluntary work or duties that are a public benefit, and that serve to improve the quality of life, enhance resident self-sufficiency, or increase resident self-responsibility in the community." Examples are serving at schools, Head Start Programs, child-care centers, or senior centers; assisting at nonprofits dedicated to special needs populations, environmental improvement, or the performing arts; improving conditions at their public housing development; and participating on resident councils or the Resident Advisory Board.

Examples of eligible **self-sufficiency activities** include job readiness or training, higher education, apprenticeships, substance abuse counseling, literacy classes, English proficiency classes, and budgeting counseling.

Examples of public housing residents who are **exempt** from the requirements, include people 62 years old or older, people with disabilities, and people engaged in work activities. To qualify, work activities, including employment, vocational education, on-the-job training, and education directly related to employment are based on **30 hours per week** as the minimum number of hours for a work activity to be eligible.

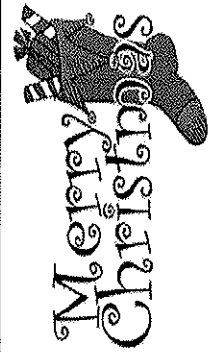
A community service meeting will be held @ the Berwick Housing Authority Resident Center on December 9, 2015 @ 1:30 pm. This meeting will be **MANDATORY** for all residents required to complete community service. Letters will be sent to those required to attend.



CHRISTMAS WORD SCRAMBLE

1. NCYAD _____
2. TGFI _____
3. TASAN _____
4. ERDRIENE _____
5. GCSIONTK _____
6. ETPSPNER _____
7. TSAR _____
8. LEBSL _____
9. GLSIHE _____
10. ERET _____
11. ROPULHD _____
12. FEL _____
13. ARCD _____
14. CEDERBME _____
15. OTOECHALC _____
16. AWNOMSN _____
17. YLOHL _____
18. NAEGL _____
19. YOTS _____
20. ESOKOCI _____
21. GNGEGO _____
22. SCRALO _____
23. DRANLAG _____
24. STRANEMON _____
25. SLITEN _____

ANSWERS FOUND ON LAST PAGE OF NEWSLETTER



**MERRY CHRISTMAS
FROM THE STAFF OF
THE BERWICK
HOUSING AUTHORITY**

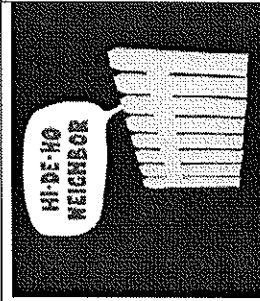


How To Avoid Overeating During the Holidays

While the holidays are a great time to celebrate with family and friends, celebrations often result in overeating and excessive calorie intake. Below are tips to prevent overeating:

- 1. Listen to your body:** It takes 20 minutes for your digestive system to inform the brain that you are full. Before having seconds or dessert, ensure it has been 20 minutes since you started eating.
- 2. Take a break:** Take a break during your meal by having a drink of water or talking to your company. This will help your meal last at least 20 minutes.
- 3. Drink water with your meal:** Water is calorie free and helps aid digestion. Choose water over other beverages to avoid excess calorie intake.
- 4. Graze during the day:** Eat small meals and snacks leading up to the holiday meal. Avoid skipping meals all day to save room for the feast. Eating more often will increase your metabolism and put less stress on your digestive system.
- 5. Drink hot liquids during or after your meal:** Hot liquids tend to help speed up digestion. Drink hot herbal/decaf tea or hot water with your meals to aid digestion. Avoid drinking caffeine in excess such as coffee.
- 6. Wait for dessert:** Instead of having dessert with the meal, wait and have dessert 1-2 hours after the meal. This will put less stress on your GI tract.

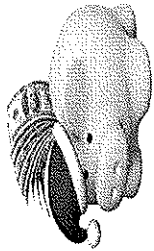
Eric Sharer, MPH, RD



You are familiar with your neighbor's comings and goings, so if you think something is out of the ordinary or you haven't seen them recently, knock on the door and check on them. If you don't feel comfortable knocking, call the office and let us know what is going on so we can check on them.

ANSWERS TO CHRISTMAS RIDDLES:

1. Snowflakes
2. Santa Pause
3. In a snow bank
4. The elf-abet
5. ELFi's Presley
6. A cookie sheet
7. He left his sled in a snow parking zone.



IDEAS FOR A LOW BUDGET CHRISTMAS

1. Shop consignment stores or sites like Craigslist for good quality toys.
2. Hand-write heartfelt letters to your spouse and other family members instead of purchasing gifts. Frame them for a little extra something.
3. Hide a bunch of small gifts (like gum, or stickers) around the house and send each child on a personal scavenger hunt for gifts.
4. Send your Christmas letter and photo via email instead of regular mail.
5. Walk/drive around looking at Christmas lights.
6. Shop the sales.
7. Give what little you have to someone else who needs it more.
8. Have a homemade Christmas, where everything is homemade.
9. Make homemade gifts instead of buying them.
10. Make homemade ornaments instead of buying them.
11. Save on your electric bill by decorating with ribbons and/or tinsel etc. and NOT lights on the house or tree.
12. Do "Christmas Pajamas" pictures instead of pictures in fancy clothing to save money on outfits.
13. Use fruit as stocking stuffers instead of expensive candy.
14. Sell old toys/clothes to a local consignment store for extra cash for new gifts.
15. Do something for others: take Christmas cookies to the elderly in a nursing home.
16. Instead of buying a ton of gifts have the family just do stocking stuffers and see how many cheap gifts you can fit into each stocking.
17. Make and give yummy Christmas desserts as gifts instead of buying gifts.
18. Give a gratitude journal/notebook in which you document the multiple reasons you are grateful for that special person in your life as a gift.

ANSWERS TO WORD SCRAMBLE:

- | | | | | |
|-------------|------------|---------------|-------------|---------------|
| 1. Candy | 6. Present | 11. Rudolph | 16. Snowman | 21. Eggnog |
| 2. Gift | 7. Star | 12. Elf | 17. Holly | 22. Carols |
| 3. Santa | 8. Bells | 13. Card | 18. Angel | 23. Garland |
| 4. Reindeer | 9. Sleigh | 14. December | 19. Toys | 24. Ornaments |
| 5. Stocking | 10. Tree | 15. Chocolate | 20. Cookies | 25. Tinsel |