

# Berwick Housing Authority

## NEWSLETTER

# February 2016



Clarence Robinson, Jr., Executive Director

### Berwick Housing Authority

2751 Fifth Street  
Berwick, LA 70342

(985) 385-1546 office  
(985) 385-5840 fax

[berwickhousing@petronet.net](mailto:berwickhousing@petronet.net)

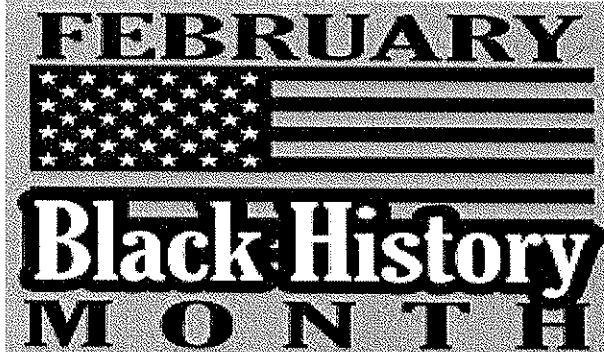
Visit our website:  
[Berwickhousingauthority.com](http://Berwickhousingauthority.com)



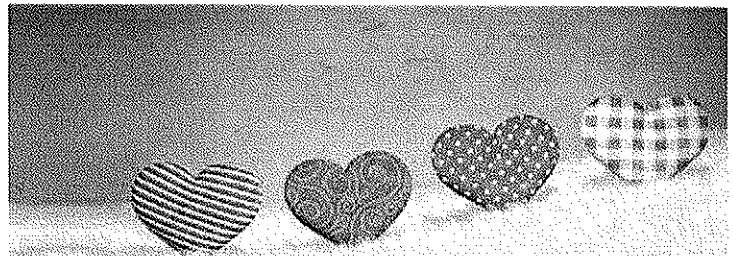
The Berwick Housing Authority office will be closed **February 9<sup>th</sup>** for Mardi Gras. If you have a maintenance emergency please call the office and listen to the message for the phone number to the maintenance guy on call.



February **11<sup>th</sup>** which is the 8<sup>th</sup> working day of the month. If you do not pay by the 11<sup>th</sup> a \$10 late fee will be applied. If you signed a contract then your rent is due February 15, 2016, but a late fee is still applied after the 13<sup>th</sup>. **The absolute last day to pay rent is February 20<sup>th</sup>.**



Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African American's in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African American's. Since 1967, every U.S. president has officially designated the month of February as Black History Month. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.



**Valentine's Day is February 14, 2016**, so don't forget to wish your special someone a Happy Valentine's Day. Here are some fun facts about Valentine's Day:

- About 1 billion Valentine's Day cards are exchanged in the US each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- Worldwide, over 50 million roses are given for Valentine's Day each year.
- Women purchase 85% of all Valentine's.
- On average, men shell out \$130 each on candy, cards, jewelry, flowers and dates. That's more than double what women commit to spending.
- More than 36 million heart-shaped boxes of chocolates are sold for Valentine's Day each year.
- 73% of people who buy flowers for Valentine's Day are men, while only 27% are women.



February is...

# Heart Month

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health.

### 8 WAYS TO LOWER YOUR HEART DISEASE RISK

**1. Quit Smoking**-If you smoke, you are more than twice as likely to have a heart attack as nonsmokers, and you're much more likely to die if you do have a heart attack.

**2. Improve your Cholesterol**-You're more likely to get heart disease if you have:

- Total cholesterol over 200
- HDL ("good" cholesterol level under 40
- LDL ("bad") cholesterol level over 160
- Triglycerides over 150

**3. Control High Blood Pressure**-More than 50 million people in the US have hypertension, or high blood pressure, making it the most common heart disease risk factor. Exercise & healthy eating help. Some people need medications to control their blood pressure, too.

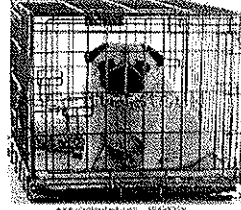
**4. Get Active**-People who don't exercise are more likely to get heart disease, and die from it, than people who are active. Check with your doctor before starting a new exercise program.

**5. Follow a Heart-Healthy Diet**-Eat foods that are low in fat & cholesterol. Just about everyone should eat more fruits, veggies, whole grains, beans, nuts, legumes, and other plant-based foods. The fiber is good for your cholesterol.

**6. Get To a Healthy Weight**-Losing weight is good for your heart. It can also help you lower high blood pressure & manage diabetes.

**7. Control Diabetes**-Diabetes makes heart disease more likely. Many people who have diabetes don't know it. Get tested & get treated.

**8. Manage Stress & Anger**-Everyone has stress, and it's normal to get angry now & then. When stress & anger flare up, especially if it happens a lot, that's a problem. Managing your stress & handling your anger in healthy ways puts you back in charge.



When the maintenance guys go to your unit for a maintenance call please put your dogs in a crate or in a bedroom, so that they can complete the job as soon as possible and without distraction.



**Groundhog Day is Feb. 2, 2016:** According to folklore, if it is cloudy, when a groundhog emerges from its burrow on this day, then spring will come early; if it's sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and winter weather will persist for six more weeks.

# Don't Forget!

If you have to complete community service it is your responsibility to turn in your signed community service forms every month. Eight hours each month are required.



## MARDI GRAS PARADE SCHEDULE

Friday, February 5, 2016  
Krewe of Adonis, Morgan City, 7:00 pm

Saturday, February 6, 2016  
Krewe of Dionysus, Berwick, 2:00 pm

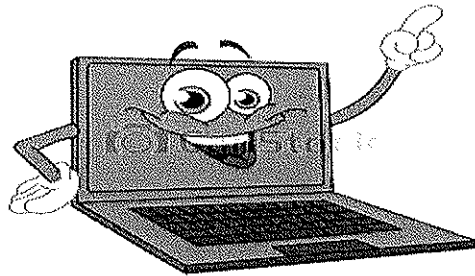
Sunday, February 7, 2017  
Krewe of Galatea, Morgan City, 2:00 pm

Monday, February 8, 2016  
Krewe of Armani, Patterson, 2:00 pm

Tuesday, February 9, 2016  
Krewe of Hephaestus, Morgan City, 2:00 pm



**President's Day, February 15, 2016**, is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22-Washington's actual day of birth- the holiday became popularly known as President's Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, President's Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



© 2011 Grace Press - 800-456-9980

**RESIDENT CENTER COMPUTER HOURS**  
**TUESDAYS - 9:00-11:30**  
**THURSDAYS - 1:30-3:30**

**MEETING!!**



**RESIDENT COUNCIL MEETING**  
**THURSDAY, FEBRUARY 4, 2016**  
**9:00 AM**  
**RESIDENT CENTER**

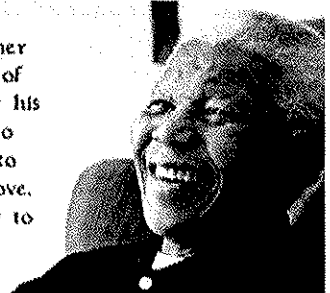


**SUNDAY**  
**FEBRUARY 7, 2016**  
**Denver Broncos**  
**vs**  
**Carolina Panthers**



Please **DO NOT** flush baby wipes or even wipes that say they are "flushable wipes". They clog up the line. If maintenance comes to unclog a drain line and finds wipes in your line, you will be charged a \$25 plumbing fee.

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love. For love comes more naturally to the human heart than its opposite."

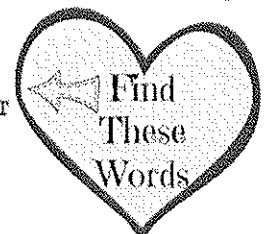


**Valentine's Day**  
**Word Search**

K	S	Q	S	J	I	V	R	T	D	S	R	Q	G	K
R	Q	Q	T	D	M	A	B	X	U	F	N	Q	J	J
K	G	D	A	S	N	L	Y	E	U	S	F	S	N	S
S	V	E	E	M	B	E	R	I	G	C	E	V	O	L
Q	W	Q	R	Q	Q	N	I	A	W	R	A	O	C	G
T	Z	E	T	G	R	T	Z	R	E	Y	I	N	Q	T
D	Q	I	E	E	O	I	K	Z	F	D	R	E	D	J
H	O	B	N	T	P	N	W	N	O	E	F	T	G	Y
X	U	T	H	C	H	E	H	V	X	E	A	L	A	T
N	A	G	B	P	R	E	E	Y	B	M	T	C	B	H
F	O	M	G	T	U	S	A	R	L	R	K	U	T	Q
I	M	T	M	Q	S	K	U	R	A	U	N	P	E	H
C	A	R	D	S	K	A	A	E	T	W	I	I	G	U
M	C	D	I	R	R	M	H	H	X	E	P	D	P	N
W	Q	K	L	Y	S	R	E	W	O	L	F	J	O	J

CANDY  
 CARDS  
 CUPID  
 DEAR  
 DOVES  
 FEBRUARY  
 FLOWERS  
 FRIENDS  
 HEART

TREATS  
 VALENTINE  
 SWEETHEART  
 RED  
 LOVE  
 KISS  
 PINK  
 HUG



JINXYKIDS.COM