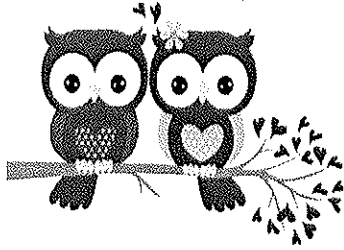


HAPPY
VALENTINE'S
DAY ♥



Berwick Housing Authority
P.O. Box 231
2751 Fifth Street
Berwick, LA 70342

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

berwickhousing@petronet.net

Visit our website:
Berwickhousingauthority.com

 **Scholarships**
2019 LHC-NAHRO
Scholarships

- Senior Traditional-High School Seniors living in public housing going to a University
- Senior Non-Traditional-High School Seniors living in public housing going to community college
- Head of Household-Head of Households living in public housing

**Come to office for Applications.
Due on FEBRUARY 15, 2019



February marks Black History Month, a tribute to African American men and women who have made significant contributions to America and the rest of the world in the fields of science, politics, law, sports, the arts, entertainment, and many other fields.

Berwick Housing Authority

NEWSLETTER

FEBRUARY 2019

Clarence Robinson Jr., Executive Director



Rent is due February 12th which is the 8th working day of the month. If you do not pay by February 12th a \$10 late fee will be applied. If you signed a contract, your rent is due February 15, 2019, but a late fee is still applied after the 11th. The absolute last day to pay the rent is February 20th.



BEGINNING MARCH 2019 RESIDENTS WILL BE ABLE TO PAY THEIR RENT WITH A DEBIT CARD. A SERVICE CHARGE OF \$1.50 WILL BE APPLIED FOR EACH TRANSACTION.



Berwick Housing Authority will be taking applications February 14th and February 21st from 8:15 am-11:00 pm and 1:15 pm-3:00 pm. You must have birth certificates and social security cards for all members of the household, picture ID for all members over age 18 and current proof of income.



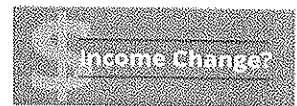
FEBRUARY 3, 2019
6:30 pm
New England Patriots
Vs
Los Angeles Rams
Mercedes-Benz Stadium in
Atlanta
Televised on CBS



Random Acts of Kindness Day

FEBRUARY 17TH

Today is Random Acts of Kindness Day. And, you know what to do.....perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.



If your income changes, you have 10 days to report it to the Housing Authority Office. This means changes in wages from employment, changes in Social Security payments, changes in Child Support payments, financial contributions from family/friends, etc. If you fail to report changes in income, you will be required to pay back rent for the months in which the income change was not reported. We receive monthly Income Discrepancy Reports which alert us when the income information we have in our system doesn't match what is reported in the Federal system.



Saturday, February 2nd

If the groundhog sees his shadow, there will be six more weeks of winter. He then returns to his den and goes back to sleep. If he does not see his shadow, spring is just around the corner.



Every resident is responsible for keeping their yard free of trash. Please pick-up any trash in your yard and place it in the trash can. Also, please do not open your door and place garbage bags on your porch. Everyone has a garbage can provided—please use it! If maintenance has to pick-up trash in your yard, you will be charged \$25.

FEBRUARY American



Heart Month

2300 Americans die of cardiovascular disease and stroke every day, an average of one death every 38 seconds. The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet & lifestyle can improve your heart health and lower your risk by as much as 80%.

WAYS YOU CAN REDUCE RISK OF HEART DISEASE

- Maintain a healthy body weight
- Stop smoking
- Make physical activity a regular part of your daily routine (aim for 30 minutes most days of the week, walking can be a great way to start).
- Manage stress levels
- Avoid excessive alcohol consumption
- Make healthy food choices:
 - Choose low fat dairy products, lean meats such as fish or poultry.
 - Have lots of fruits and vegetables each day (aim for at least 5 servings).
 - Reduce your sodium intake-try using onions, garlic and spices such as cumin, curry, basil when you cook instead of table salt.

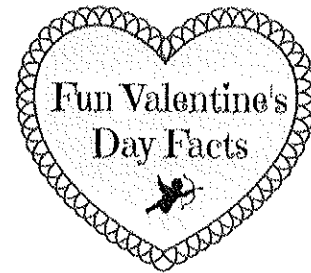


FRIDAY, FEBRUARY 1ST

National Freedom Day celebrates freedom from slavery, and recognizes that America is a symbol of freedom. National Freedom Day was established in 1948 to remind us that America stands for, and is a symbol of freedom for all people. The roots of this special day come directly from the end of slavery and the signing of the 13th amendment outlawing slavery. Celebrate this day by reflecting upon your own freedoms that you enjoy by being fortunate enough to be in America. Millions of people in the world are not free.



MONDAY, FEBRUARY 18TH



▪Based on retail statistics, about 3% of pet owners will give gifts to their pets on this day.

▪In the Middle Ages, young men & women drew names from a bowl to see who would be their Valentine. They would wear this name pinned on their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

▪Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.

▪Richard Cadbury produced the first box of chocolates for this holiday in the late 1800's.

▪More than 35 million heart-shaped boxes of chocolate will be sold.

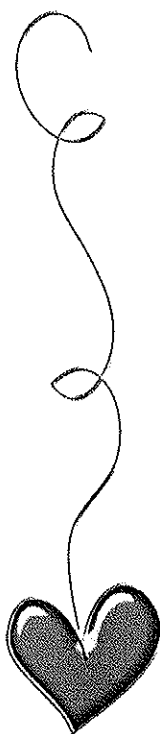
▪Over \$1 billion of chocolate is purchased on this romantic day.

▪Red roses are considered the flower of love because the color red stands for strong romantic feelings.

▪Nearly 10 new candy "conversation heart" sayings are introduced each year.

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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



YOUR PET DAY

WEDNESDAY, FEBRUARY 20TH

National Love Your Pet Day is an unofficial holiday. For most of us with pets, we love our companions each and every day. Pets are our pride & joy. They love us unconditionally, they make us smile at the end of a hard day of work or school, and they are our source of endless companionship. Pets are oftentimes our very best friends.

Ways To Celebrate Love Your Pet Day:

- Take your furry friend on a walk somewhere new or special.
- Gift your pet a special treat
- Shop for your pet-they may be in need of new toys, a collar or a bed
- Wash your pet-your furry friend may detest baths, but tough love is still love, and at least you'll have a clean companion.
- Celebrate your pet on social media-posting a photo with you and your pet is a great way to commemorate your relationship & celebrate your pet.