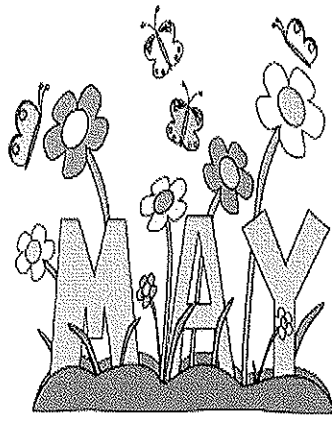


Berwick Housing Authority

NEWSLETTER

MAY 2016

Clarence Robinson, Jr., Executive Director



Berwick Housing Authority

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The Berwick Housing Authority office will be closed **May 30 for Memorial Day**. 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.



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



Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer. Memorial Day is May 30, 2016.



MOTHER

**You're a dependable source of comfort,
You're my cushion when I fall.
You help in times of trouble,
You support me whenever I call.**

**I love you more than you know,
You have my total respect.
If I had my choice of mothers,
You'd be the one I'd select!**

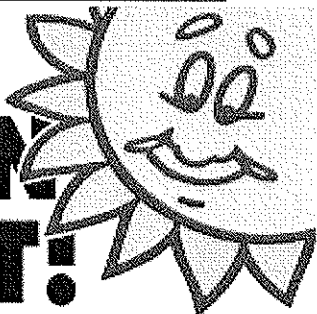
May is SKIN CANCER AWARENESS MONTH

Skin cancer is the most common form of cancer in the United States. Fortunately, skin cancer is also one of the most preventable forms of cancer. The Skin Cancer Foundation offers these prevention guidelines:

1. **Seek the Shade**, especially between 10 am-4 pm.
2. **Do not Burn**. A person's risk for melanoma, the deadliest form of skin cancer, doubles if he or she had five or more sunburns at any point in life.
3. **Avoid Tanning or UV Tanning Booths**. Tanning bed users are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.
4. **Cover up with Clothing**, including a broad-brimmed hat and UV-blocking sunglasses. The more skin you cover, the better, so choose long sleeves and long pants whenever possible.
5. **Use a Broad Spectrum Sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum sunscreen with SPF 30 or higher.
6. **Apply 1 ounce (2 Tbsps.) of sunscreen to your entire body** 30 minutes before going outside. Reapply every 2 hours or immediately after swimming or excessive sweating.
7. **Keep Newborns out of the Sun** since their skin is extremely vulnerable.
8. **Examine your Skin Head-To-Toe Every Month**. While self-exams shouldn't replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer.
9. **See your Physician Every Year for a Professional Skin Exam**.

For more information, visit www.SkinCancer.org

BE SUN SMART!

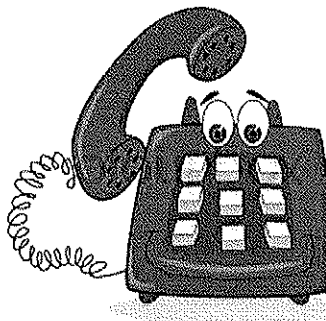


For many Americans, Cinco de Mayo means enjoying Mexican food and probably a few margaritas. But Cinco de Mayo, which means May 5 in Spanish, is probably one of the most misunderstood Mexican holidays. Cinco de Mayo commemorates the Mexican army's unlikely victory over the French forces of Napoleon III on May 5, 1862, at the Battle of Puebla. Contrary to popular belief, Cinco de Mayo is not Mexico's Independence Day. Mexican Independence Day is celebrated September 16.



LIVE MUSIC SERIES
Historic Downtown-Morgan City
Front Street between Everett and Freret Streets
6:30 PM-9:30 PM

- MAY 6-KROSSFYRE
- MAY 13-SOUL SURVIVORS
- MAY 20-NICK L BEER
- MAY 27-DEJA VU



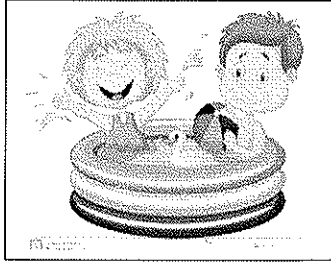
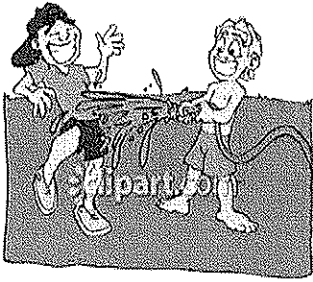
IF YOU CHANGE YOUR PHONE NUMBER, PLEASE CALL THE HOUSING AUTHORITY OFFICE AND GIVE US YOUR NEW PHONE NUMBER TO KEEP ON FILE.

IF YOU RECEIVE SNAP BENEFITS, PLEASE BRING A COPY OF YOUR PRINTOUT TO THE OFFICE FOR YOUR FILE. IT WILL NOT AFFECT YOUR RENT AMOUNT.

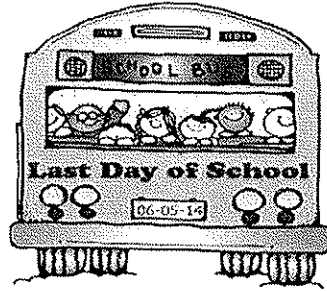


Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach



Once again, you are **NOT** allowed to have swimming pools or play in the hose pipe/sprinkler on housing authority property! This also includes fun jumps with or without water slides.



THE LAST FULL DAY OF SCHOOL IS WEDNESDAY, MAY 25TH. REPORT CARDS WILL BE GIVEN OUT ON THURSDAY, MAY 26TH. HAVE A HAPPY AND SAFE SUMMER!

PARENTS OF CHILDREN AGES 6-12

MARK THIS ON YOUR CALENDAR

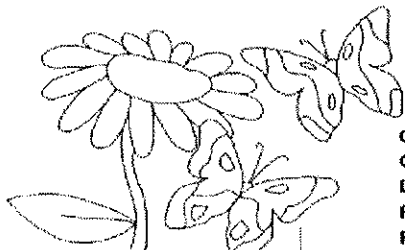
BAYOU VISTA BAPTISH CHURCH WILL BE HAVING VACATION BIBLE SCHOOL AT THE BERWICK HOUSING AUTHORITY **JUNE 6TH-10TH**. THIS IS A TOTALLY FREE EVENT. INFORMATION AND REGISTRATION FORMS WILL BE SENT OUT IN MAY.

SKIN CANCER: WHAT TO LOOK FOR WHEN COMPLETING SELF-EXAMS

- A Asymmetry One half of the mole looks different from the other half
- B Border A mole with an irregular or "scalloped" border should raise suspicion
- C Color A mole that is either very dark or has multiple colors within it should raise suspicion
- D Diameter Moles that are greater than 6 mm in diameter, the size of a pencil eraser, are at increased risk of melanoma
- E Evolving Any mole that is changing should be evaluated

Mother's Day

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



CARING	FRIEND	KIND	MOTHER
CHILDREN	FUNNY	LAUGH	PARENT
DAUGHTER	GIVING	LOVE	READ
FAMILY	HAPPY	MAY	SON
FLOWERS	HUGS	MOM	SPECIAL



IF YOU HAVE PEOPLE LIVING WITH YOU THAT ARE NOT ON YOUR LEASE, THAT IS CAUSE FOR AUTOMATIC EVICTION—NO QUESTIONS ASKED!

TIME TO GO