



GOLDEN YEARS at Golden Tower

Volume 1, Issue 1 April 2016

WELCOME TO THE 1st EDITION of GOLDEN YEARS **at GOLDEN TOWER!!!**

Dear Residents: Welcome to the 1st edition of **GOLDEN YEARS!** We are very happy to offer you this great new way of interaction and to provide you with the latest information on what's happening in your community. A monthly event calendar will accompany every issue! Stayed tuned to Channel 31 and watch for future event flyers too!

Golden Tower Residents, don't miss this great opportunity from the University of Kentucky College of Agriculture, Food and Environment!!!



Healthy Choices for Everybody

Simple Solutions to Help You Eat Better for Less!

Benefits:

- Save money on groceries
- Learn to cook quick, easy, and affordable meals
- Prepare healthy foods that taste great
- Receive kitchen tools that help you prepare food at home
- Learn about easy ways to become more physically active
- By completing the *Healthy Choices for Everybody* program, you will become a Nutrition Education graduate and receive a certificate.



What can you expect from the program?

- Hands-on activities
- Recipe cards
- Practical tips
- Cooking demonstrations
- Small group discussions
- Handouts & newsletters

When: April 11th, 2016 from 2:00-3:30PM

Will continue the second Monday of each month until October.

Where: Golden Tower Recreation Room, Lower Level

See Monthly Event Calendar.

For More Information Contact:

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Seniors Who Bully

Written by: Marianne Delorey, Ph.D.

Although we usually think of school-aged kids when we think of bullies, there is a fair amount of bullying in senior housing. Here are some tips on how to deal with bullies:

- ◆ If you feel physically threatened, walk away and call 911.
- ◆ Focus on the problem behavior. Decide what you can tolerate and what you can't. For instance, some people are okay with swearing while others find it offensive. If you do not like someone's language, communicate your boundaries respectfully and calmly to the other person.

Some examples of boundary-setting include:

- ◆ "I need to walk away until you can speak to me without using that language."
- ◆ "I can't understand you when you're yelling. Can you speak more softly?"
- ◆ "I don't enjoy being near you when you say things like that."

If you happen to be a bystander, consider making it known that you don't condone certain behaviors, especially if someone makes a negative comment about someone's physical appearance, gender, race, or disability. Examples include:

- ◆ "Please don't tell jokes like that. I don't find them funny."
- ◆ "That kind of talk seems unkind and unnecessary."



A bully's best defense is to try to deflect the issue back onto the other person or try to make light of what you find offensive. Consider this conversation:

Bully: "Here comes Bertha. Why does she wear that shirt?"

Bertha: "I heard that. What you said is hurtful. Why does this shirt bother you?"

Bully: "I was just being funny."

Bertha: "Really? It sounded like you were trying to put me down. Did anyone find it funny? No? Neither do I."

It is hard to stand up to a bully, but it is equally hard for many bystanders to stand up to a bully. You can involve the crowd by asking them to support the bully. However, if they don't, then the bully starts to lose their influence.

Bullies are awful at any age and they are everywhere. But with any luck, if you use the tips above, you may help change a bully's behavior and make the bullies more tolerable to be around.

NEW EMERGENCY SIGNAGE INSTALLED AT GOLDEN TOWER

Many of you may have noticed the new emergency signage in the basement of Golden Tower. One part of the signage is for fire emergencies and another part is for weather emergencies. Please be sure to look at the new signage the next time you're in the basement. There are also emergency directions posted on the bulletin board in the community room and information will be available during the weekday meal program from 11:00-12:00. If you have any questions about the new emergency signage, please contact Chris Bradburn, at (859) 655-7306.



Quote of the Month: A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles. ~ William Hazlitt

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