

The Hilltop Herald

SEATTLE, December 2022



One of the real joys of the Holiday
Season is the opportunity to say

Thank you!

and to Wish you the very best for the
New Year!

From the staff at



VOLUNTEERS NEEDED

Hilltop house is looking for community members to become volunteers! If you already do some of the activities listed below and would like to become a volunteer , please see Ana so she can get you a sign up sheet in the activity book located at the front counter.

- Welcome Wagon - Linda Garland

Help in welcoming new neighbors to the community

- Transportation -

Willing and able to accompany residents to medical appointments, ER, day surgery or errands.

- Technology -

Helping neighbors with their technology issues.

- Critter Care

Care for pets when the owner has to be away for a short period of time.



Word search on next page...

avalanche	gloves	January	slippery
blanket	hail	Kwanzaa	slush
blizzard	Hanukkah	lunar new year	snowball
chimney	heater	melt	snowboard
Christmas	hibernate	migrate	snowdrift
coat	hockey	mittens	snowflake
cold	holidays	New Year's Day	snowman
December	hot chocolate	quilt	snowmobile
earmuffs	ice fishing	scarf	snowplow
February	ice skates	shovel	snowstorm
fireplace	icicles	skiing	sweater
freeze	igloo	sled	vacation
freezing rain	Jack Frost	sleet	Valentine's Day
frigid	jacket	sleigh	

WORD SEARCH



A 20x20 grid of letters for a word search puzzle. The letters are arranged in a regular grid, and the entire grid is enclosed in a black border. The grid is surrounded by a decorative border of light blue snowflakes.

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

THE WORD OF THORNTON

Thornton Bowman

- By the time the Herald gets to your doorway, both elevators may be up and running. If not, it will be soon. There has been a hold up related to some work done on the roof by a sub-contractor. It doesn't impact the operation of the elevators, but the inspectors will not certify the work until the issue is fixed.
- As of this December, there are NO vacancies inside Hilltop. Say hello to your neighbors. We have heard that Ed Bardot is moving so he can have access to more care, but as I write this, that news is not confirmed.
- As mentioned in a previous note, HUD will be inspecting Hilltop on December 28th. Every apartment will have a Notice to Enter on the door. We are required to do that, but we won't know which apartments will be inspected until the day of the inspection. The main emphasis of the inspection is to look for health and safety issues. Some of that relates to how tenants maintain their apartments, but mostly it relates to Hilltop's staff upkeep of outlets, fire alarms, electric panels and so on. I apologize for any inconvenience the inspection may cause, and I appreciate your assistance in helping us pass the inspection.
- As you know, masks are suggested but no longer required here at Hilltop. However, I do want to remind you that not only is this the season to be jolly, it's also the season for air-borne infections like the flu. Guess what helps protect people from the flu, especially in tight spaces like elevators? That's right, our friend, the mask. We usually have some at the front desk if you need one.

NEW RESIDENTS AT

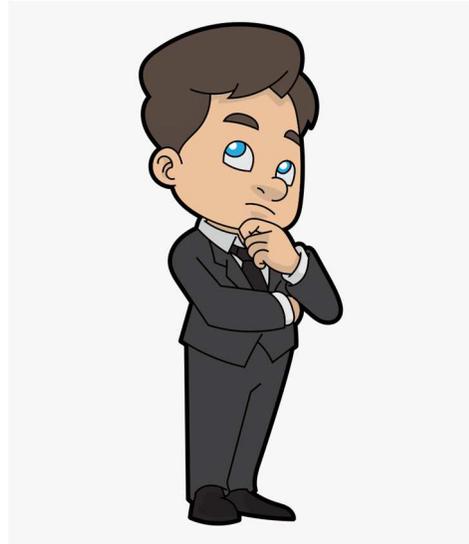
- **Angelina Salazar 806**
- **Valerie Edmunds 805**
- **Thanh Le 704**
- **Loren Miller 308**
- **Jules Ahoua 210**



MY FRIEND, GARY TOO...

Gary Rea

I have written about my research into the unconscious and how one of its functions is to act as the body's protector. In fact, I am so convinced of this relationship between the conscious and the unconscious that I have now begun thinking of my unconscious as Gary too, because it is. Or, perhaps I should say, "he is." After all, he is a component of who I am and performs many vital functions for the survival of us both. It's not as if I'm thinking of my unconscious as another person, though. He is me and I am me and we are both together, Goo-goo-ga-choob. :)



Humor aside, it is a normal, healthy thing to appreciate that aspect of ourselves that keeps us alive, protects us from harm, watches over us and integrates all our daily experiences into our memories and provides us with our dreams while it monitors all our bodily functions during our vitally necessary period of unconscious recuperation that we call "sleep". Our constant companion does so many things we are not even aware of. It drives our car for us, autonomically, so our conscious mind is free to think about things unrelated to where we are and what we are doing. We can listen to music, talk to our passengers, enjoy the scenery, and all without even having to think of where to put our hands and feet, how much pressure to apply to the controls, etc.

Our unconscious friend will remind us of things we need to remember and bear in mind. It will nag us about those things we have done wrong, never letting us forget them. The unconscious is partly us, partly our parents and everyone we've ever known. It is everything and everyone we have ever been. Everywhere we go in everything we do, from our first breath to our last, we share an inextricable bond with our other self that only we will ever know.

COMING TO JAFFNA COLLEGE

Bob Porter

Coming by train to Jaffna for the first time, I found a student couple, to whom I could speak German— completing a student tour of Sri Lanka. They wanted to see Jaffna. So I invited them to stay with me— if I should have a room. I was amazed at the size of the flat I was provided next door to Bunker Hall. So, Birgitt and Wolf stayed a whole month, teaching Naveena Kadirgamer, the youngest daughter of the principle, to swim and much else.

Also amazing was the intellectual and cultural niveau I found. At a meeting in town, Nirmala Rajasinghan quizzed me on the revolution in Iran, where I had been teaching during those events. Not long afterward, Nirmala and her husband were taken to prison in Colombo by the army. Her father the vice-principle, asked for books I could lend her.

Birgitt Frey became a life-long friend, finally working in the book industry in Hamburg, Germany. When I visited her about 30 years later, she introduced me to a young Tamil from Puttur who, in 1991, had been sent away from the bombings of his village to an uncle in Germany at age 12. He had just published two books in German about his travel with smugglers and then on his experiences in school, getting into medical school, and gaining citizenship. I translated the main book {he said I knew his home country}- “The Foreign German” available as an Amazon e-book under his own name; Umeswaran Arunagirinathan. I was happy to have this work to do for this highly motivated Jaffna boy.

Miss Elias gave me a fun version of “Goldilocks and the Three Bears” to train the year 7 students, who I found wonderful to work with.

Principal Kadirgamar had told me I was to direct the choir, which later included special performances of the students at Prize Giving events.

Sveral staff came to the “Book Club” in my flat, which gave me a chance to talk with them in a relaxed setting. I also joined the Vaddakkodai Lions, which gave me an opportunity also to know active Hindu neighbors. {I had duties at the Cathedral church as well as missionary.}

For neighbors I had Brodies and the Dharman Kulatungam family. And as it is now Halloween season as I write, I recall scaring Dharman’s kids with a Jack-o-lantern.

This novel idea pleased the kids in the Boys Home, who began a tradition of taking a Jack-o-lantern around the village. Several of these boys have remained good friends. In the flat below me, at first, was the Rajasingham family. Dr Rajani visited occasionally with her two girls and sometimes her husband Tirandagma.

One of the great shocks of my time at the college was her murder by LTTE boys. In Colombo I sometimes stayed with Kamala Alphonsus, Principal Selliah's sister. Another shock came when I came back from a visit to the Kodikanal school in Tamil Nadu. That very day the July 1983 pogrom against Tamils broke out. A kind policeman in Kalutara called to let Kamala know that her husband had been killed by a mob on the rubber plantation property he had managed for the government. Kamala and her family stayed at their home in an otherwise Muslim side street in Colombo 4. Sinhalese Catholic neighbors put me up for the duration in their garage, on a Ping-Pong table!

And this was only the beginning of the adventures at Jaffna College during the war.

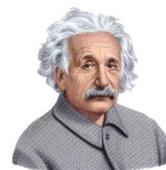


The Book Club meets every Tuesday at
7:00 pm in the library!

Please come and join us, bring a favorite book if you wish, and read a paragraph or two for us.

Warren Crain

“ The world is a dangerous place to live,
Not because of the people who are evil,
But because of the people who don't do
Anything about it.”



Beverly McKenzie

THAT TIME OF YEAR

Thornton Bowman

Christmas was my mother's favorite holiday. I think that was probably because she loved to decorate, cook and bake, and host long parties. All of that fed another passion of hers: her war on dirt. She was a ruthless soldier on a personal crusade against all manners of dust, grime, trash, and clutter.

Every year, almost, the pattern repeated. She would send my father, my sisters, and me out into the Appalachian woods to cut down and drag home the "perfect" tree. Then she would fuss and decorate, fuss and bake, fuss and clean, cook and fuss, and so forth until entropy won and the holiday was done.

One year we didn't go to the woods for a tree. Instead, she decided we would buy a live tree for the festivities. Her idea was that, when the celebrations ended, we would plant the tree just outside of the kitchen window to remind us of Christmas all year long. It was an idea I ruined early the next summer.

One already hot day while mowing the lawn, I had, what I imaged to be, a brilliant private conversation with myself. Given my youth and my over-inflated assessment of my abilities, I bet I could take a quick run toward that tree and then actually jump plumb over it. I was wrong. Somewhat painfully wrong. And even though I did a fine job of taping the top of tree back on, a week or so later my mother noticed her Christmas tree had turned quite an ugly shade of brown. "Why no, Mother, I have no idea what happened."



I tell you this because I am happy you live here and, to show my thanks, I want to offer a small but valuable piece of advice. As we move into 2023, and if you are at a loss for a proper New Year's resolution, may I suggest resolving to **not** jump over any trees you can't already step over first. Trust me; it's a good resolution and easy to accomplish if you try.

ONLINE RENT PAYMENT COMING SOON

Katie Yankula

I am pleased to announce that Hilltop will offer an online payment option for rent and other Hilltop charges.

We are implementing a secure online portal called eBizCharge through which rent payments can be made directly from your bank checking account. There is also an option for you to set up automatic recurring monthly payments. All you need is a checking account, email address and internet access

There are no fees for tenants to use this service and you can start or stop using eBizCharge at any time.

Hilltop continues to accept payments by cash, check or money orders

A notice will be delivered to each unit once the new system is ready. Tenants who are interested in using the online payment portal will need to provide their email address. Step-by-step instructions will then be provided. Ana and I can help you with any questions.

We hope this payment portal offers a convenience to our residents. Stay tuned for the official roll-out!



NEW YEAR RESOLUTIONS

A new year is around the corner and making resolutions is the easy part, it's sticking to achieve those resolutions that is the hard part. Here are some easy new year resolutions you could work on this coming new year.

- Positive Mind Set: Practice gratitude and surround yourself with people that lift your mood.
- Be Active: Join Sit & Stretch or Strength & Balance, help your muscles stay strong and improve your mental health and well-being.
- Learn Something New: Studies show learning something new strengthens connection within the brain and it keeps dementia at bay.



COUGAR'S COLUMN

Michelle Schmidt



Happy Holidays Hilltop friends! Winston here, donning my festive Christmas attire. How do I look? Do I look thrilled as pie to be wearing this crap? Of course not. Michelle made me wear it. I couldn't wait to rip it off of me. But it wasn't in time to prevent her from snapping a few pics. Now, there's physical evidence showing this travesty of feline dignity.

I don't know what got into me last month. But, I did something that Michelle thought was very funny. Let me explain. Michelle has an altar with pictures and mementos of family members and furry family that have passed on from this world. On the wall directly above the altar is a picture of Cougar. Many of you might remember him. He was the cat that started this column and would walk around with Michelle on a leash around Hilltop. Anyway, cat lovers know about our nocturnal activities fondly referred to as the "zoomies" right? So, one night, I start zooming around the apartment and I climb up on the bookshelf where the altar is and I reach up and tear Cougar's picture off the wall. Next morning Michelle places it back up on the wall. Next night, same thing. I rip it off the wall again, In the morning Michelle puts it back. Next night, again, I ripped it off the wall. You get the idea now right? Four nights in a row I do this. Finally, Michelle gets the message that I don't want Cougars picture displayed anywhere in my domain. So, she permanently removes it from the altar. I have nothing against the dude, never met him but, she's my person, understand?

I'd like to wish all of you a Merry Christmas and I'd like to finish with a couple of cat themed Christmas cartoons. Also, see the picture of Cougar that survived four nights of terror.

Cheers,

Winston & Michelle





Little do people know,
Santa first tried cats



OUTSMART THE SCAMMERS!

Janice Harrison

Tis the season to be jolly, and unfortunately, tis also the season for scammers! While many of us are fully immersed in the spirit of Christmas and feeling generous this time of year, there are scammers and thieves out there ready to take advantage of you. These criminals want to collect your personal information, and if they are successful the result can be devastating to your financial security. They will try to trick you in various ways, for example, you may get phone calls from scammers and thieves posing as legitimate charities or reputable organizations asking you to make a donation. There are also phishing scams where they will try to swindle you by sending a fake email suggesting that one of your accounts has been compromised and will be shut down unless you respond immediately. Don't fall for it! Never open emails, attachments, or links from unknown senders. When in doubt close it out!

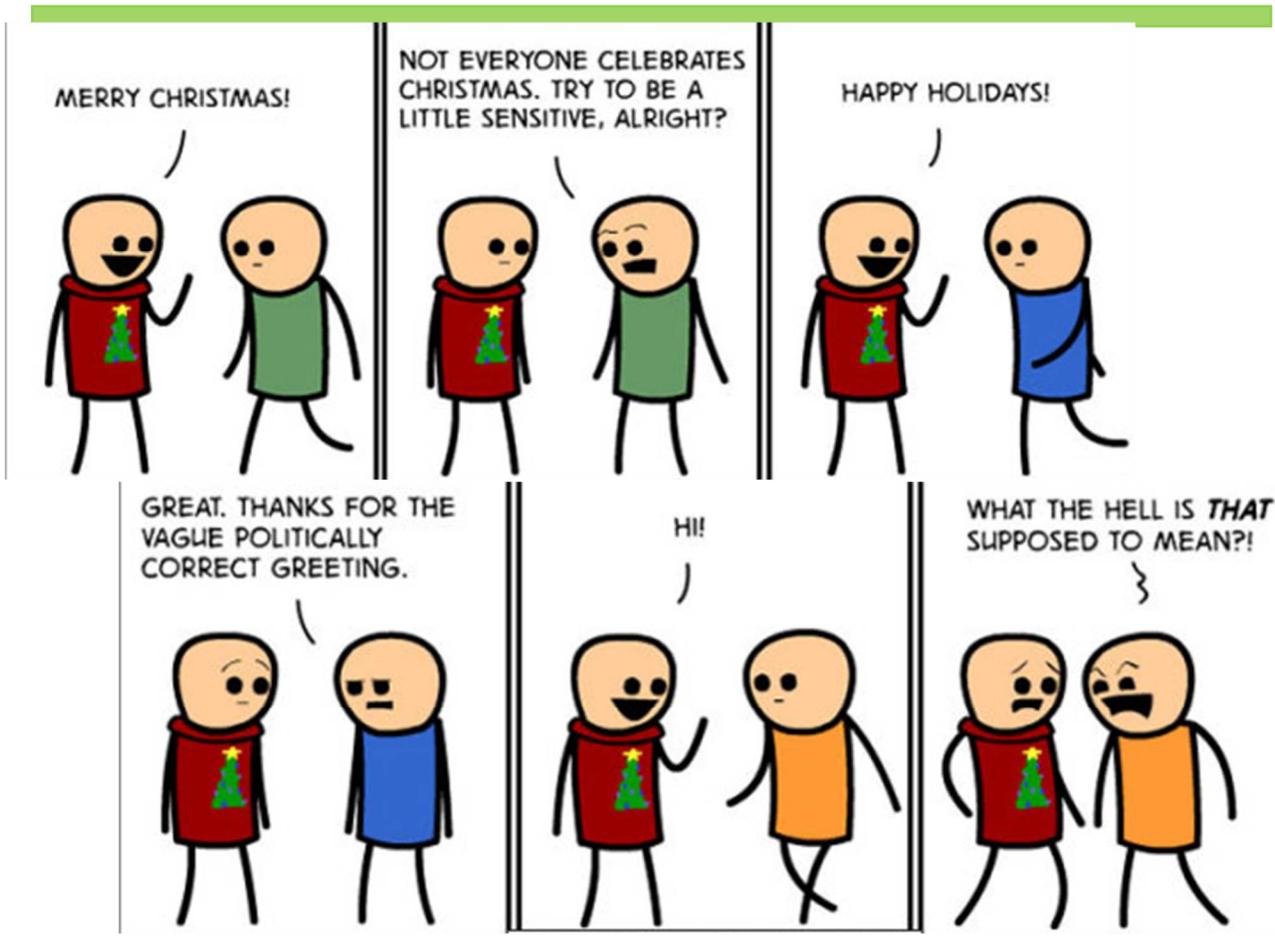
Remember, scammers want to gather your information and then use it to impersonate or defraud you, so you must never provide personally identifiable information such as your full name, birthdate, SSN, account numbers, passwords, address, or even your mother's maiden name.



If you are not 100% certain that you are communicating with a trusted business, person, or entity then do not divulge anything because even a small amount of information is enough for a thief to take out loans, make purchases, and open bank accounts in your name.

Another way scammers will try to get you is through social media. Let's face it, social media is part of our lives, and while you may enjoy posting memories, special moments and events be careful not to over-share. Do not make it easy for thieves to get access to your information. Be careful not to fall for fundraising scams and always verify before you buy. Prevention is key!

Wishing you all a Merry Christmas and a safe and Happy New Year!



Hilltop House is a nonprofit corporation which owns a 124-unit apartment building. It is an equal opportunity facility that provides housing to low-income individuals 62 years of age and older through the Department of Housing and Urban Development's 202 Program. Residency is open to all qualified persons without regard to race, color, creed, national origin, handicap status, religion, familial status, political persuasion, sex, or sexual preference.

