



Watervliet Housing Authority



March 2010



Charles V. Patricelli, Executive Director



Equal Housing Opportunity

• **Watervliet Housing Authority 273-4717**

• *or*
office@watervliethousing.org

• **Emergency Number 273-6085 (after hours)**

• **Watervliet Police Dept. 270-3833**

• **Watervliet Fire Dept. 273-6622 or 270-3826**

• **Tenant Assistance Program 356-1012**

In Home Channel 273-4717



Watervliet Housing Authority wants you to be counted in our 2010 Census. Take 10 minutes to be counted.

Reminder to VRV tenants

The Inspections previously scheduled for 3/22-3/30 were already completed. Disregard the information in the WHA Calendar.



VRV Groundbreaking Ceremony

Please join us on March 5th at 11 am to celebrate and to officially kick off this \$16 million project



We have a Web site...
WatervlietHousing.org
Check us out, over 30,000 have!

Resident Advisory Meeting



Get Involved

A general tenant meeting will be held on March 18th at noon at the Quinn Community room and again at noon on March 19th at the Hanratta Community room. The purpose is to discuss the policies and make any recommendations to our Annual Plan to be submitted to HUD in July of 2010. Any interested tenant of the WHA can call the office to join the group.



Family Self-Sufficiency can work for you!

My name is Ivette Cortez-Wisdom . I moved into Manor Sites in 2006. I was encouraged by a friend to join the Family Self-Sufficiency Program. I hesitated at first because I didn't believe that the program could work for me. I listened to what the program offered and then went ahead and joined the program.

Today, (2010) I'm happy to say that I'm graduating from the program. I'm about to purchase my own home thanks to the benefits of the Family Self-Sufficiency Program.

I would encourage anyone to join this program knowing that there is a light at the end of the tunnel.

Ivette Cortez-Wisdom received a check from the Housing Authority that she will use to make a down payment on her new home.

Need more info?

If you would like to learn more about how the program works, please call Sherry Muzio at 235-4500, ext. 129.



2010



Crime Victims Board

The NYS Crime victims board (CVB)

compensates innocent victims of violent crime who have been injured and report the crime to the police. The board also compensates uninjured victims who are handicapped /disabled, over 60 or under 18 years old. Compensation is available for a variety of out of pocket expenses due to the crime, including:

- Medically necessary treatment related to the crime that is not covered by insurance;
- Counseling for all violent crimes, unlawful imprisonment, kidnapping and stalking;
- Burial expenses up to \$6000;
- Lost wages as determined by a medical doctor;
- Lost essential personal property, up to \$500;
- Stolen money, up to \$100; and
- Other expenses related to domestic violence.

For more information contact:
Crime Victim Advocacy Program
(518-447-5500)

cvsvc@albanycounty.com
www.albanycounty.com

Sexual Assault

Albany County Crime Victim and Sexual Violence Center offers information, advocacy and counseling to victims of sexual assault, and to their families and friends. Trained volunteers operate a 24 hour sexual assault crisis hotline. The center also provides public education to schools and various organizations. All of the center's services are free and confidential for Albany County residents.

What is Sexual Assault?

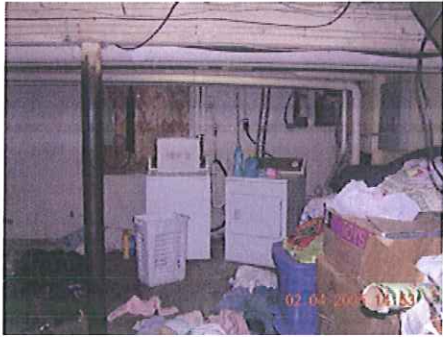
Sexual assault is any unwanted sexual contact. It can be physical or non-physical, and may include rape, sodomy, fondling, incest, child sexual abuse, sexual harassment, pornography, or prostitution.

For more information contact:

Albany County Crime Victim and Sexual Violence Center
112 State Street, Room 1100
Albany, NY 12207
518-447-5500

24 hour sexual assault hotline:
518-447-7716

Around the WHA...



Reminder to Day Tenants

This cellar is NOT acceptable. It must be kept clean. Don't risk eviction over poor housekeeping.



We need your help now!

Energy costs are skyrocketing and we need your help to

lower our costs. There seems to be no end in sight. HUD doesn't give us more money to make up this increased cost, nor can we raise your rents to make up the increased costs. What can we do? It's simple... Conserve! We still have several tenants leaving up their storm windows. Lowering the storm windows stops the wind and cold air from entering in the apartments. Keep your radiator dials on 3 for constant comfort. We want everyone to be warm and comfortable but we have found lobby heaters running wild at 78 to 80 degrees. We have found windows and doors wide open with the heat on high. This can't continue. If we can't keep the costs low we must cut costs, as always these will be the extra's that has made Watervliet the place it is, the flowers, hiring of children, tenant parties, newsletters, pc for kids, to name a few. If everyone would help out and do their part we will all get through this OK.

Curb Appeal



Do you know what curb appeal is? It is time to take a good hard look at the apartment YOU

rent. Does your unit look good from the curb? Or are there toys littered about, bicycles dropped willy-nilly, over stuffed furniture on the porch and garbage heaped in the back? Are your front and rear doors dirty and the porch light on day and night? YOU are responsible for the upkeep and maintenance of the outside of your unit. Make it a point to teach the kids to pick up the toys and bicycles and to store them neatly. Get rid of the over stuffed furniture, it's an eyesore. It is YOUR job to keep the immediate lawn areas, storage areas, window wells, porches, etc. in conditions that will prevent health or sanitation problems from occurring. If debris, papers, or trash blows into your yard from someplace else or if a dog does his business on your lawn, clean it up! The way your yard looks is a reflection on you. Remember there are many people who see the outside of your home who will never see the inside.

Is the Snow Finally Gone?

We can never be sure. If it snows, please remove your car 24 hours after it snows. Don't risk getting your car towed. You are responsible to shovel your walks. If we have to, you will receive a back charge from maintenance. Your help and cooperation is greatly appreciated.



2010



Around the WHA...



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Don't forget Mother's & Father's Day is coming!

Every year we use WVLT to recognize our parents. You can submit your photo to the office so we can air it on WVLT. Get your photo in early.



What to do in case of an emergency?

First stay calm, be sure you take care of yourself first. Depending on what it is fire, power outage, call the appropriate agency. Don't assume someone else called. With all this freaky weather the WHA tries to be ready for anything. That is why we had all the trees trimmed and pruned. This reduces the possibility of wood falling down on power lines, physical injury or property damage. If you need help call us but first call the Fire Department. They are there to help. We have emergency generators for both the Hanratta and Quinn community rooms. These rooms are also open to the general public in case of a city wide emergency. If you're on oxygen, some other needed medication or medical help, be sure to call our office so we can check the box on your computer screen. Again don't assume it's checked, call and verify with either Matt, Mary Clinton or Daria. The office sends a copy of this information to both the Watervliet and Green Island Fire Departments..

Albany County Head Start

We have a small supply of applications for the Head Start program for the upcoming 2010-2011 school year at the office. Anyone who is interested can pick one up anytime between 8:00 and 4:00, Monday through Friday.

Credit Report and Budgeting Classes

We had to cancel our credit report and budgeting classes due to lack of interest. These are free classes we are offering that will be taught by Stephanie Galvin of Albany County Rural Housing. Anyone who is interested in attending these classes please call Sherry Muzio at 235-4500, ext. 129 and we will set up another class. These classes will be helpful to anyone who would like to learn how to improve their credit score, manage their finances or maybe buy a home someday. You missed this opportunity.



Garbage

Furniture and other large items can only be placed out the day of NORMAL garbage pick up. We can only do it once a week. This makes it easier on our men to get everything picked up at once than to keep going back wasting a lot of time. This is important to make sure we have enough time to devote to work orders and other needed seasonal work. Also it is very important that furniture NOT be left out making it a disgraceful appearance to anyone driving by. This is your home and IS a reflection on you. Please report anyone that violates this policy. Tenants violating this policy could receive a violation notice and/or a back charge.



The First Parent

To those of us who have children in our lives, whether they are our own, grandchildren, nieces and nephews, or whatever here is something to make you laugh. (*Remember, this is a laugh!*)

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to His own children. After creating heaven and earth, God created Adam and Eve (his children).

The first thing he said was, "Don't!"

"Don't what?" Adam replied.

"Don't eat the forbidden fruit," God said.

"Forbidden fruit? We have forbidden fruit? Hey, Eve. . . we have forbidden fruit!" "No way!" "Yes, way!"

"Do NOT eat the fruit!" said God. "Why?" "Because I am your Father and I said so!" God replied, (wondering why he hadn't stopped creation after elephants).

A few minutes later, God saw His children having an apple break and was He ticked!

"Didn't I tell you not to eat the fruit?" our first parent, God, asked.

"Uh huh," Adam replied.

"Then why did you?" said the Father.

"I don't know," said Eve.

"She started it!" Adam said,

"Did not!" "Did too!" "DID NOT!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own. Thus, the pattern was set and it has never changed!

But there is assurance in this story. If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself. If God had trouble raising children, what makes you think it would be a piece of cake for you?



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Important info...

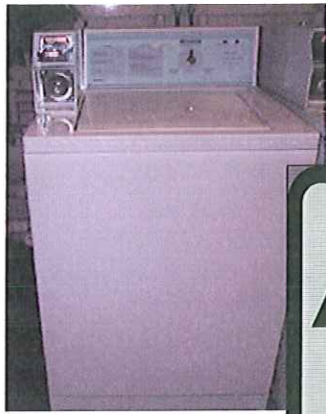


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Happy
St. Patrick's
Day



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Clothes Dryer Fires in Residential Buildings

EMMITSBURG, MD. – The U.S. Fire Administration (USFA) announced the release of a report today regarding residential building clothes dryer fires. Between the years 2002-2004, an annual average of 12,700 clothes dryer fires occurred in residential buildings. These fires were responsible for an estimated 15 civilian fire deaths, 300 civilian fire injuries, and \$88 million in property loss each year. In residential buildings, operational deficiency, including “failure to clean”, is the leading factor contributing to clothes dryer fires, followed by mechanical malfunction and electrical failure. Approximately 62% of clothes dryer fires are confined to the object of fire origin while about 27% are confined to the room of origin.

A copy of the topical report can be downloaded from: <http://www.usfa.dhs.gov/statistics/reports/>

For more information, or to become a member, visit us at:
NYSAFCA - Providing Service To Those Who Serve
Or: <http://www.nysfirechiefs.com/>

Don't let the bed bugs bite!

This was a saying when we were kids and you probably say it to your children. But it is becoming more a reality than you want to have. Thankfully we don't have a problem here, as of yet, but the problem is expanding and we have heard of horror stories that other apartment complexes, hotels and even very expensive homes are having when they get them.

Having bed bugs does not always mean you have a fitly apartment. Just like having roaches does not mean you are dirty. These pests travel so fast and easy that having them MAY not be your fault BUT having them and not reporting them is YOUR fault.

Do you have bed bugs? Know the signs and report them immediately.

Unfortunately you are responsible for the cost of their removal BUT if you leave it unreported the problem will only get worse and more expensive.

- 1) Black spots (actually the bed bugs themselves) on the mattress, especially around the seams or ropes of the mattress.
- 2) Black spots behind the headboard or pictures in the bedroom
- 3) Large welts on your arms or legs mostly in a row on your body

Always wash your sheets and bed material in HOT water. Bed bugs live on blood – they bite you! They have no wings so we transport them into the home. Do not use any chemicals on them that makes the spread and makes if even more difficult to eliminate.

Do you need a form? Copy of a policy? Vacate notice?
Go to our website. Most forms are on our website
www.watervliethousing.org

Around the WHA...

Summer Help

We are now accepting applications for summer work. If you are in school and between the ages of 14 and 18 stop by the office and fill out an application. Jobs are limited so apply before April 29th. You will need working papers if you are between 14 and 18 years old. You can obtain them by going to the High School guidance office.

Garbage

Garbage should be put in cans and placed out the night before pick-up. If a mess results from your trash, you are expected to pick it up. If the WHA maintenance staff must take it away you will have to pay the disposal charge. Don't forget to put your cans back after pick up!



Parking

Parking always seems to be a problem. Please be considerate of your neighbors. If you park on the street, please try not to take a homeowner's space.



Are You Moving Out?

First if you are moving out it is important to give us 30 days written notice. This means you need to tell us on the first of the month that you are leaving the following month. Secondly, you need to think about your security. Security deposits will be returned within four to six weeks after your move-out date. However,

Check List

- Don't park on the lawn.
- Give a 30 day written notice.
- Be sure you get rid of all garbage.
- Clean your apartment.
- Ask for a move out inspection.
- Turn off all utilities.
- Don't tie up the elevator.

the amount returned is less charges and/or cleanup. Anything, furniture or garbage, that needs to be removed from the apartment by our maintenance staff is back-charged against your security. Any clean-up of the apartment or appliances will also result in a charge. The charge for cleaning each appliance is \$25. Think ahead and you will be surprised at the amount you save.



PC's for Everyone!

Our belief is that anyone not using a computer or connected to the internet is missing out of valuable knowledge, education and we are committed to help you regardless if you can't afford one by making sure we "bridge that technical divide".

Therefore we have established our goal to have all 400 tenants connected to the internet by the year 2010. We want everyone connected! Check on very valuable services, email your friends and family or search for important information. Regardless what your needs are you need to be connected. Contact the office for more information.



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Things you should know...



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Keep Kids Healthy & Fit

What's the first thing your kids do when they come home from school? Do they grab a snack and head for the TV or computer? Eating too much and not being active can make kids too heavy. In the last 20 years the rate of overweight kids has doubled. About 15% of kids ages 6–19 weigh too much. That means that nearly 1 out of every 5 kids is too heavy.

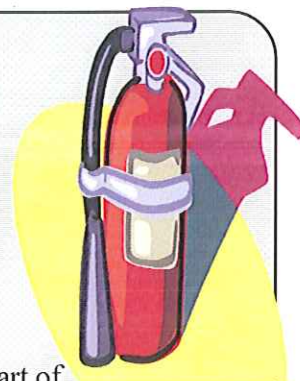
Young people who are too heavy have a greater risk of Heart disease, Diabetes, High Blood Pressure, High cholesterol & Certain Cancers.

Extra weight also puts a lot of stress on growing bones and joints. Being overweight plays a role in poor self esteem and depression in kids, too. Kids really do watch what you do. Habits they learn early follow them all their lives. Make sure your home is a place where they learn healthy habits. Talk to your doctor if you think your child may weigh too much.

Tips for parents:

- Be a good role model for your kids. Make sure you and your family eat healthy.
- Keep fewer sweets and high-fat snacks in your home. Have fruits and vegetables ready for when kids want to snack.
- Use 100% fruit juice in place of fruit juice drinks. A half cup is 1 helping.
- Give your child water instead of soda pop or fruit drinks.
- Use skim or 2% milk in place of whole milk.
- Do not force your child to finish the food on their plate if they are full.
- Do not use food as a reward. And do not withhold food to punish your child.
- Do not eat snacks or meals while watching TV
- Try to get your child to be more active each day. Go out walking or biking together. Each child should get at least 60 minutes of exercise each day.

Fire Safety At Home



Safe practices

at home are part of your family's fire protection plan, and it is also critical that your home and family are prepared to react quickly if a fire occurs at home.

- Develop a fire escape plan for your family that identifies two exits out of every room and an established meeting place outside. Practice makes perfect – hold a family fire drill at least twice each year.
- Be sure all smoke alarms are in working order, never disconnect one because it goes off.
- Know how to extinguish a small pan fire by sliding a lid over the flames.
- Teach every family member to “Stop, Drop and Roll” if clothes catch fire.
- Be sure your fire extinguisher is in working order and that the pointer is on the fully charged marker.
- Learn how and when to use a fire extinguisher.



For Your Information

Carbon monoxide poisoning

In the past decade, people have become more aware of the risk of carbon monoxide (CO) poisoning in the home. Often called the



silent killer, carbon monoxide is an invisible, odorless, colorless gas created when

fuels such as natural gas burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Never, never, disconnect your smoke or CO detector.

Facts & figures

According to the National Safety Council:

- 400 gas-poisoning deaths occurred in 2000, 300 of them in homes.
- The risk of unintentional CO death is highest for the very elderly.
- During and after a snow storm, make sure vents for the dryer, and furnace are clear of snow build-up.
- Never use your oven to heat your home.
- Only use barbecue grills – which can produce CO – outside.
- Know the difference between the sound of the smoke alarms and the sound of the CO alarms.
- If your CO alarm sounds and is a battery-powered intermittent alarm, check the battery.
- If it is a steady alarm or you are unable to determine, evacuate the dwelling. Do not re-enter until the responding agency says it is OK.
- Report the CO alarm warning by calling the fire department

Symptoms of CO poisoning

Severe headache, dizziness, mental confusion, nausea, or faintness. Many of these symptoms are similar to the flu, food poisoning or other illnesses



Are thousands of people each year really poisoned by the misuse of pesticides?

Sadly YES! The same pesticides used to kill those bothersome rodents and insects, when used incorrectly can poison you or someone you love...so before you use any pesticides, please read the label instructions first. Don't suffer the same tragedy as an Enterprise Alabama family. Last year, two of them died in their sleep after breathing toxic fumes from an industrial strength pesticide they put out in their home to kill bugs. That pesticide is used to kill insects in grain and peanut warehouses. Learn



more about pesticide safety by calling the pesticide telecommunications network at 1-800-858-PEST. They can even help you teach your kids about pesticide safety. Ask about a free activity booklet for children when you call. That number again is 1-800-858-PEST. Please read the label first and only use pesticides as directed...it can save a life.



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Elder Abuse: There's help!



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Every year, tens of thousands of elderly Americans are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. You may suspect that an elderly person you know is being harmed physically or emotionally by a neglectful or overwhelmed caregiver or being preyed upon financially. By learning the signs and symptoms of elder abuse and how to act on behalf of an elderly person who is being abused, you'll not only be helping someone else but strengthening your own defenses against elder abuse in the future.

As elders become more physically frail, they're less able to stand up to bullying and or fight back if attacked. They may not see or hear as well or think as clearly as they used to, leaving openings for unscrupulous people to take advantage of them. Mental or physical ailments may make them more trying companions for the people who live with them..

More than half a million reports of abuse against elderly Americans reach authorities every year, and millions more cases go unreported.

Where does elder abuse take place?

Elder abuse tends to take place where the senior lives: most often in the home where abusers are apt to be adult children; other family members such as grandchildren; spouses/partners; or institutional settings such as long-term care facilities. Abuse of elders takes many different forms, some involving intimidation or threats against the elderly, some involving neglect, and others involving financial chicanery. The most common are defined below.

Physical abuse

Physical elder abuse is non-accidental use of force against an elderly person that results in physical pain, injury, or impairment. Such abuse includes not only physical assaults such as hitting or shoving but the inappropriate use of drugs, restraints, or confinement.

Emotional abuse

In emotional or psychological senior abuse, people speak to or treat elderly persons in ways that cause emotional pain or distress.

Sexual abuse

Sexual elder abuse is contact with an elderly person without the elder's consent. Such contact can involve physical sex acts, but activities such as showing an elderly person pornographic material, forcing the person to watch sex acts, or forcing the elder to undress are also considered sexual elder abuse.

Neglect or abandonment by caregivers

Elder neglect, failure to fulfill a caretaking obligation, constitutes more than half of all reported cases of elder abuse.

Financial exploitation

This involves unauthorized use of an elderly person's funds or property, either by a caregiver or an outside scam artist.

Healthcare fraud and abuse

Carried out by unethical doctors, nurses, hospital personnel, and other professional care providers.

Reporting elder abuse

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

Who to call?

You can call Eldercare Locator at 1-800-677-1116. The person who answers the phone will refer you to a local agency that can help. The Eldercare Locator answers the phone Monday through Friday, 9 am to 8 pm, ET.

The first agency to respond to a report of elderly abuse, in most states, is Adult Protective Services (APS). Its role is to investigate abuse cases, intervene, and offer services and advice. Again, the power and scope of APS varies from state to state.

10 Tips for Parents to Help Their Teens Prevent Pregnancy

1. **Be clear about your own sexual attitudes and values.** Communicating with your children about sex, love and relationships is often more successful when you are certain in your own mind about these issues.

2. **Talk with your children early and often about sex, and be specific.** The time to begin talking to your teen about sex and its consequences is now. Initiate the conversation, and make sure it's honest, open, and respectful.

3. **Be a parent with opinions.** In addition to being an "askable parent," be a parent with a point of view. Tell your children what you think and why you think so.

4. **Supervise and monitor your children and adolescents.** Establishing rules, curfews, and standards of expected behavior, preferably through open family discussions. It's not being a nag it's being a parent.

5. **Know your children's friends and their families.** Friends have a strong influence on each other. Meet with parents of your children's friends so that you can get to know them and establish common rules and expectations.

6. **Discourage early, frequent and steady dating.** Allowing teens to begin steady, one on one dating much before age 16 can lead to trouble. Instead, support group activities.

7. **Take a strong stand against your child dating someone older.** Try setting a limit of no more than two (or at most three) year age difference. The power difference between younger girls and older boys or men can lead girls into risky situations.

8. **Let your children know that you value education.** Encourage your children to take school seriously and set high expectations about school performance. School failure is often the first sign of trouble that can end in teenage parenthood.

9. **Talk to sons as well as daughters.** The nearly 900,000 teen girls who get pregnant each year don't do it alone. Boys need to know that teen pregnancy has serious consequences for them too.

10. **Know what your kids are watching reading and listening to.** Television, radio, movies, music videos, magazines and the Internet can send many messages about sex. Sex often has no meaning and unplanned pregnancy seldom happens. It is important to talk with your children about what the media portrays, what you think about it, and what your children think about it.

*For more tips and details, visit: www.teenpregnancy.org
Reprinted with permission from the National Campaign to Prevent Teen Pregnancy 1776 Massachusetts Ave, NW Suit 2001 Washington, DC 20036*



2010



For Your Health



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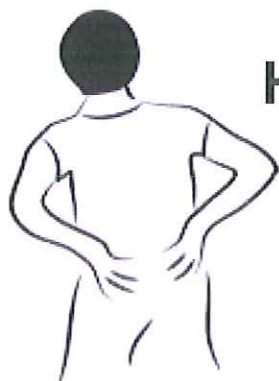


ATTENTION RESIDENTS!!!

Are You Sick and Tired of Pain?

Lynncore MedGroup, Inc. can help

Join us for Food and Fun while we discuss
Arthritis, Diabetes, & Joint Pain



Hanratta* — March 11th • 12:00pm

Quinn* — March 25th • 12:00pm

**Held in the community room*

Pizza and Door Prizes Provided

Jaclyn Franze of Lynncore MedGroup, Inc. will also offer information on the following devices available through Medicare:

Arthritic Gloves

Ankle Supports

Knee Supports

Back Supports

Wheelchairs

Seat Lifts

Diabetic Shoes

And More...



Looking to buy a home? The WHA can help!

For the past 15 years the Watervliet Housing Authority has been offering its tenants \$2,500 toward the purchase of their home in Watervliet, regardless if it was their first time or not. The only qualification was that the tenant had to be in good standing, for example, rent paid, not outstanding charges, etc.

The Watervliet Housing Authority has had several guest speakers from our area banks make presentations to help anyone getting their credit in line, how to save and also how to look for your home. Many of these presentations are show periodically on our TV station. We recently devoted an entire show on a new program that NY State is sponsoring to help save and that NYS will provide cash incentives to the program. To learn more, you can go to our website and watch the entire broadcast or stop in at the Watervliet Housing office and you can watch the show here.

There is more; The federal government is giving tax incentives to first time homebuyers off their income tax.

And there is still more: The city has launched a first-time homebuyers program which will help cut costs associated with purchasing a home in Watervliet.

The program is operated by the city's Local Development Corporation in cooperation with the Albany County Housing Trust Fund to help 30 first-time homebuyers of two and three family homes, said Mayor Mike Manning.

"With this first-time homebuyer program, we will not only be able to offer an incentive for a person or family looking to buy their first home, but also create another reason for families to choose to buy their first home in Watervliet instead of somewhere else," Manning said.

The goal of this first phase of the first-time homebuyer program is to position property owners so they can take advantage of existing federal home buyer credits which are presently set to expire at the end of April, officials said.

In order to qualify for the program, the cost of the two or three family property must fall between \$70,000 and \$160,000. The property also must be in move-in condition. The homeowner would be issued \$5,000 with a declining balance obligation to remain in the property for five years or repay the balance of the grant.

What are you waiting for? NOW IS THE TIME!



Tenant Commissioner Elections

Every two years tenants of the Watervliet Housing Authority vote for two of the seven board members. The City Council of Watervliet appoints the other five.

Elections for Tenant Commissioners will be held on June 11th. A list of eligible tenants will be posted on the bulletin board at the office. Errors appearing on the list must be made known to the office not less than 60 days prior to the election. Nominating petitions for tenant members will be accepted at the office no earlier than March 3rd and must be received by April 7th. Nominating petition forms can only be obtained at the office.

Roberta Gilson of the Day apartments and Regina Warner of the Quinn apartments are the current tenant commissioners. If you have any questions, please contact Matt or Mary Clinton for more information.

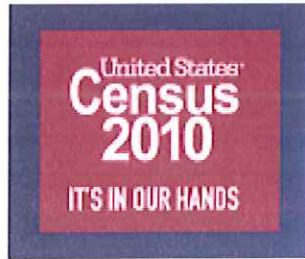


2010





2010



Census 2010

Make sure
you're counted!



In March 2010, more than 130 million addresses will receive a 2010 Census form by mail or hand delivery. The 2010 Census will document the changes in our nation since the last decennial census in 2000 and will tell us how we've evolved as a country. Census data affects how more than \$400 billion in federal funding is distributed to tribal, state and local governments and as a result will frame the future of our country and our community for the next 10 years.

The City of Cohoes has been working diligently over the past three years to make sure that each and every parcel eligible for the census is included in the count. We've identified many streets and neighborhoods that were not included in the last census and with the assistance of technology we are comfortable that every parcel eligible will receive a 2010 Census form. Now it is up to the residents to do their part and complete the forms and be sure to return them.

Understandably in this day and age there may be questions about the 2010 Census that come to mind. Here's what you should know about the 2010 Census:

It's easy. One of the shortest census forms in history, the 2010 Census form asks 10 questions and takes about 10 minutes to complete. The individual in whose name the housing unit is rented or owned should complete the form on behalf of every person living there, both relatives and nonrelatives.

It's important. Census data is used to reapportion seats in Congress and ensure proper district representation in state and local governments. Information from the census helps determine locations for child-care and senior centers, new roads, hospitals, schools and community centers. Locally to the City of Cohoes the 2010 Census plays a large role in our second largest revenue source – sales tax. Annually we receive over 30% of our sales tax revenue (>\$4.7 million/yr) which is based on our population as compared to other communities in Albany County. Over the last 60 years, our population has dropped over 30% and whereas I believe we have slowed down that decline these last five years, it is critically important that we maximize our piece of that sales tax revenue pie.

It's safe. By law, the U.S. Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities. All Census Bureau employees take an oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

Finally, the most efficient way to respond to the 2010 Census is to complete the form as soon as it arrives and return it in the postage-paid return envelope. Census workers will visit households that do not return forms to take the count in person.

WARNING: 2010 Census Cautions from the Better Business Bureau

Be Cautious About Giving Info to Census Workers by Susan Johnson

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is: **How do you tell the difference between a U.S. Census worker and a con artist?** BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a hand held device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering any questions. However, you should never invite anyone you don't know into your home.
- Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. *Remember, no matter what they ask, you really only need to tell them how many people live at your address.*
- While the Census Bureau might ask for basic financial information, such as a salary range, *you don't have to answer anything at all about your financial situation.* The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Any one asking for that information is NOT with the Census Bureau.
- Remember, the Census Bureau had decided **NOT** to work with ACORN on gathering this information. No Acorn worker should approach you saying he/she is with the Census Bureau.
- Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau **will not contact you by Email**, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

PLEASE SHARE THIS INFO WITH FAMILY AND FRIENDS.



2010 Playground Safety Poster & Essay Contest

It's that time of year again!

In our ongoing effort in "Going Green" we will not be mailing the Playground Poster and Essay Contest flyer this year. Please click on or use the link below to access and download this year's flyer. **Registration deadline is Friday, April 2, 2010.**

Link: <http://www.housingcenter.com/RiskControl/AwardsContests.aspx>



2010



Entering the Job Market: Advice for job seekers who have limited work experience

*By Elizabeth Romand, a Career and Community Services Program
Coordinator at Albany Community Action Partnership.*



2010



How important is work experience on a resume?

It is incredibly important. Work experience is used to showcase skills to a potential employer.

What if you don't have work experience?

Think about what experiences you do have. If you were recently in high school or college look at your participation in extracurricular activities. Everyone should consider volunteer community service, duties in the community, and work at religious centers as other sources for experience.

What activities could you substitute for work experience?

Internships, volunteering, extracurricular activities, and clubs should all be considered. For example, involvement in the Parent Teacher Association at your child's school may showcase community involvement, the ability to organize, and experience working in a team.

How do you determine if an activity would be good to include?

The activity should highlight transferable skills that the potential employer is considering. Organized activities are often good sources for those skills. Be careful to focus on the tasks and skills rather than the organization. For example, if you have collected donations for your church, highlight the responsibility of handling people's money and the organization skills needed to collect the funds rather than information about your church.

Some time-consuming responsibilities, such as providing long-term care for a sick loved one, may not always seem relevant. However, it may prove that you have the ability to jump in and help out regardless of what needs to be done and are able to commit yourself to long-term projects.

What other things do employers consider?

Training, both formal and informal, or a willingness to learn is important to employers. It is expensive to hire a new employee and train them, so employers need to know you are dedicated and interested in joining them for the long-term. Be prepared to explain patterns of job instability and gaps in employment. If you were unemployed, use other activities to show that you were still developing skills. Your resume will act as a snapshot of your professional life to an employer.

What assistance is available for job seekers from ACAP's Career and Community Services?

We offer job placement as well as relevant training/credentialing in a career field of your choice that you can include on your resume. We also have a full range of soft-skills and job readiness services provided in a one-on-one setting to prepare you for an interview and your life with a job. Our programs also work to ensure your childcare, transportation, and professional clothing needs are met. For more information, please call us at 518-463-3175 or visit our website at www.albanycap.org.



Important VRV News

Did you see the article in the Troy Record?

The Record
troyrecord.com

By Danielle Sanzone

The Record

WATERVLIET — The Watervliet Housing Authority for years had been promising its Van Rensselaer Village residents a new, updated development, which is finally coming to fruition.

The demolition for the first phase of the four-phase \$18 million project is complete and rehabilitating work by Omni Housing Development is underway, said Duncan Barrett, COO with Albany-based Omni.

The WHA had previously applied for grant funding for the redevelopment and had been denied, said Matt Ethier, a tenant relations specialist with WHA.

“This isn’t the first time we applied for funding. We have been telling tenants about our plans for a long time. It’s satisfying to know it’s finally happening,” he said. The project was approved with \$3.8 million in stimulus funds along with \$9.5 million in tax credits. The final financing process held up the construction for about four months, but ground was broken in late January. A groundbreaking ceremony for the project is slated for 11 a.m. on March 5 at the Early Drive site.

There are currently 12 buildings with 100 units that are part of the affordable housing development. Once the project is completed, there will be a total of 17 buildings and 80 units. The structures will have new roofs, windows, insulation, air conditioners, and the area will have more green space, said Ethier.

A total of about 60 units are filled at the site now, from attrition and not refilling the vacancies in preparation for the rehabilitations which requires that some of the families move temporarily from their buildings to other units in the development. With the available units, no one had had to move out of the development, said Ethier.

The first phase is expected to be completed, with the three new buildings, in May. The total project is

expected to take between 15 to 18 months, said Barrett.

“Since this is an occupied project, we cannot work at all of the buildings concurrently. It’s one of the constraints, but everything is still going smoothly,” Barrett said.

When the project and funding were originally announced in April 2009, officials expected 200 temporary jobs and 30 permanent jobs to be created. Now, the WHA estimated about 30 to 50 total jobs would come about from the project.

A new payment in lieu of taxes program, PILOT, has been initiated with the construction which will affect the city and the school district, said Mayor Mike Manning.

“Because of the original Housing and Urban Development agreement, there were not a lot of possibilities on how to utilize the land and finance it,” Manning continued. “The plan to make the development smaller will be a better fit for the community.”

Though the development dating back to 1972 is one of the newer WHA complexes, officials felt it needed upgrading due to design weaknesses like the flat roofs, said Ethier noting the WHA became the owner of the Van Rensselaer development in 1998 and has been planning for this project for at least four years.

Van Rensselaer Village resident Henry Lopez said, “I think the development needed this. There are some thin walls and other issues. I hope when the construction is done, it’s even better than it is now.”

The WHA manages 406 units and they received stimulus funding to do make energy efficient upgrades at their other sites.

Danielle Sanzone may be reached at 270-1292 or by email at dsanzone@troyrecord.com.

Be Counted!



2010



United States
**Census
2010**

In the Neighborhood



U.S. Census workers are visiting your area to identify the addresses of all housing units for the 2010 Census.

Safe. Easy. Important.



U.S. Census Bureau
Boston Regional Census Center
One Boston Avenue, 10th Floor
Boston, MA 02116
Phone: (617) 233-2800
Email: Boston_HDS@cen.gov
This Notice Expires 6/30/09

IT'S IN OUR HANDS



IT'S TIME!
Registration is
beginning
for the
Watervliet City
School District Universal Pre-K



March 10-12, 2010
Watervliet Elementary School

The Watervliet UPK/Head Start is a FREE full day pre-k program. The hours are 8-2pm and breakfast and lunch are included.

Before and after school care will be available for a fee provided by the Civic Center.

Please call 629-3263 to set up an appointment. Applications will be available in the main lobby of the Elementary school and on the website at www.watervlietcityschools.org



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Why Renters Insurance?

“Doesn’t the owner or property management company carry insurance to cover me?” Our community’s owner’s insurance policy doesn’t cover damage to your personal property. Also, our policy doesn’t cover you if someone else is injured in your apartment or if someone else’s property is damaged in your apartment.

“Why do I need insurance if I don’t own anything valuable?” Even the smallest apartment can contain personal property worth thousands of dollars. Just think about how much it would cost to replace your belongings. We recommend that you take an inventory of your personal items so you can better understand the level of coverage you may need.



Fire at VRV

Nobody got hurt but the fire took everything from this tenant. Please look into tenant’s insurance. It is cheaper than you think.

Hilton Tenants

We found the lock to the door at the laundry room taped so you don’t have to use a key. If anyone knows who is doing this please call the office . You have to use your key to get in to the laundry room. If this continues, we’ll have to install a modification to the door entry system and the cost will result in the increase of the laundry facilities. Your choice!

A.A. Meetings

Alcoholics Anonymous (A.A.) meetings are held weekly in the Quinn Community Room and are open to all. Stop in for more information on Friday evening at 6:00 pm.



March 2010

Charles V. Patricelli, Director

Waterlilet
Housing
Authority

2400 Second Avenue, Waterlilet, NY 12189