



Watervliet Housing Authority



MAY 2010

Charles V. Patricelli, Executive Director



• **Watervliet Housing Authority 273-4717**
ext. 201 Mary
ext. 203 Matt
ext. 204 Daria
ext. 205 Mary Clinton
ext. 206 Charles

or
office@watervliethousing.org

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

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

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

Memorial Day A DAY OF REMEMBRANCE



The American tradition of Memorial Day began approximately a century and a half ago, when two Civil War veterans saw a woman and her two children decorating the grave of a fallen soldier. Their gift of blossoms moved the two veterans so greatly that they decided to decorate more graves with flowers. From that humble beginning, a great tradition was born.

On May 5, 1868, Gen. John A. Logan, commander in chief of the Grand Army of the Republic, ordered that the 30th day of May be designated "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion."

For many years, "Decoration Day," as it was called at that time, was celebrated as a day for Americans to remember those who lost their lives in service of their country. In 1882, the name Decoration Day was changed to Memorial Day, and in 1971, Memorial Day was declared a national holiday to be held on the last Monday of May every year. National observance is marked officially by the placing of a wreath on the Tomb of the Unknowns in Arlington National Cemetery.

Please join our City in honoring our veterans on Memorial Day, May 31st with a parade which starts at the Watervliet High School at 10am.

Memorial Day is May 31st

See you at the parade!



We have a Web site...
WatervlietHousing.org
Check us out.



Annual Plan Public Hearing

Come join in and share you ideas on housing issues. A public hearing will be held on **June 14th** at 7pm at the Quinn community room.

or your information...



2010

Hilton INSPECTIONS



Inspections will be conducted for all Hilton apartments in May.

The inspection will be for the purposes of :

1. Checking for apartment cleanliness and care.
2. Checking contractor work for compliance.
3. Checking normal items that need to be repaired (either caused by tenant or wear & tear).
4. Look over the apartment for new items that will benefit both you and us.



Inspections will be:
May 12 Apartments 1-15
May 13 Apartments 16 - 30

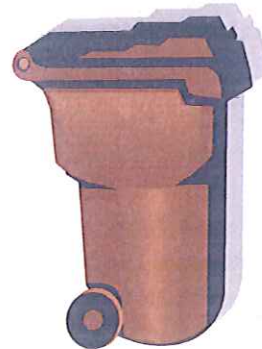


Tenant Insurance. Make sure you are covered!

Tenant insurance is the best \$50-75 you can spend a year. In case of fire or water damage you risk losing everything. Call your insurance agent for more information.

Syringe Disposal

When disposing of medical syringes please be sure to place them in a plastic laundry detergent container. When the container is full be sure to put a LID on the container before placing it in the trash. Thank you for your cooperation



Special Note to Quinn Tenants

As you know, you NOW need to put your garbage in a trash can. We have ordered some trash cans with wheels to make it easier for you to bring out your trash. If you would like a can we'll swap the can for you.

Pet Rules

Don't tie your dog to the porch railing. Why? Many times the dog is found unattended, when children try to pass by it can scare the children, and for that matter even adults. Please be considerate.



Important Information...

Attention high school seniors heading to college



Are you a high school senior graduating and attending college this fall? Do you need a laptop? If

you said yes to both of these questions help is on the way. We have purchased 10 laptops that we want to donate to graduating high school seniors to help you as you enter college in the fall. We know that college isn't cheap no matter how much aid you may get, so we're trying to make it easier for at least 10 of our college-bound students. It is FREE as long as you attend one full year of college.

Our office is constantly seeking financial assistance from various organizations and we wanted to share our success with you. Call the office now for more details.

Interested in paying your rent on line? Contact the office. We are looking to put this in place this summer.

Tenant Fraud Tips

Don't be a victim of fraud
Call the Attorney General's hotline
number at 1-800-771-7755



Do Not leave behind any credit card or ATM receipts
Limit the number of credit cards and other items with personally identifiable information that you carry.

Guard your social security number-avoid carrying your Social Security card or other cards with that number

Sign your credit cards as soon as you receive them. Also, cancel all inactive accounts.

Memorize ATM numbers and keep them secret.

For more information watch WVLT 17 for a Consumer Fraud talk conducted by the Attorney General's office.



Phase I is almost completed!

If you haven't been up to VRV you will be surprised. We soon will be moving tenants into the first building and will be completely finished in less than a month with the first phase. Phase II will then start with buildings 1,2 and 12. We will be having an OPEN HOUSE for those that want to see what the apartment looks like. You'll be very pleased with the attention to details. The new apartment will have granite counter tops, central air conditions, more storage and internet connections.



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Around the WHA...



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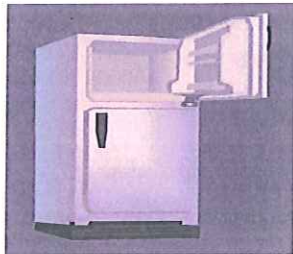
Litterbugs Beware

Anyone found littering in the Watervliet Housing Authority will be responsible for picking up their own trash as well as anyone else's that is found in the area. Please put trash in its proper place.



Range and Refrigerator Care

Kitchen appliances should be thoroughly cleaned on a regular basis. Greasy and dirty appliances are a fire hazard and can attract unwanted pests for which you will be held responsible. Don't forget to clean the stove hood and fan to keep them free of grease.



Direct Deposit Banking

Seniors receiving monthly checks should consider direct bank depositing. This prevents social security payments from getting lost in the mail. Maybe this is something you should consider. Call your bank for more details.

Safety is Number One to Us & Should be to You



Report any problems to the office immediately. The electrical outlets in your bathroom and kitchen are called GFI's. They protect you against electric shock. If your outlet isn't working, push the reset button. If it still won't work it may be your appliance. Call the office. Also, report site lights that are out immediately.

Laundry Rooms

The laundry rooms at Joslin and Hilton are available to all Watervliet Housing Authority tenants. Why go to the expensive laundromat when tokens here are only 1.25 each. Seniors at Quinn, Day, and Hilton can also use the Quinn laundry facility for the same price. Tokens can be bought at the office. We do ask that if you use the laundry facilities to please clean up after yourself. It only takes a minute to throw away an empty container or a used laundry sheet.



Spring Has Sprung

Please help by raking and picking up papers. If we all pitch in we can make our homes ones we can be proud of. If you need rakes call or stop by the office.



Watervliet Civic Center 2010 Summer Recreation Program

The Watervliet Civic Center 2010 Summer Recreation Program will be offered to all children ages 6-12 who live in the City of Watervliet.

The program will operate in July and August.

Also, after hours will be available from 4:00 PM – 5:30 PM for an additional charge.

The Watervliet Civic Center is offering this program to Watervliet Housing Authority residents for half price; **BUT there is a limited amount of slots and will be taken on a first come first serve basis. The weekly rate is \$30 per week.** The normal rate is \$60 per week.

Activities consist of swimming, gym games, outdoor games, relays, arts & crafts, bicycle safety, awareness programs, trips and much more.

Applications will be available at the Watervliet Civic Center. For more information please call the Civic Center at 27-5922.



Love mom? Then tell her!

You have less than 10 days from when you get this newsletter to get a photo of your mother on WVLTV. Make your mother proud that you remembered her. Newspapers charge lots of money to put in an ad. We do it for **FREE!**



Justin
Rivera

Veteran's Day Tribute

For the past several years we at the Watervliet Housing Authority has taken on the project to recognize our city veterans via our own TV channel. Nowhere in the entire United States has this been done to our knowledge. This unique tribute is by far the best way to honor our veterans. We currently have over 1700 veteran photos on DVD that lasts over 4 hours. Our staff takes the time out of our very busy day to scan and return photos to anyone who drops off a photo of their loved ones. Don't miss this tribute the week of Memorial Day. Don't wait, call our office for more info.



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Court affirms drug evictions

Rules that allow families to be kicked out of public housing upheld

By ANA HOLLAND Associated Press

WASHINGTON — The Supreme Court reinforced a hard line against drugs Tuesday, backing rules that permit eviction of families from federally subsidized housing if any family member or guest is involved in narcotics.

The decision came a week after justices indicated they were ready to allow wider drug-testing in schools. The court is also handling cases this year that could curtail government intrusions for public safety.

Chief Justice William H. Rehnquist wrote in the housing decision that "with drugs leading to murders, kidnappings and other forms of violence against tenants, aggressive eviction policies are reasonable. The court ruling was 8-0. Justice Stephen Breyer did not take part.

The court said the public housing agencies could evict entire families for drug use by one member, regardless of whether the use was on public housing property or

Anytime the Supreme Court takes a case with drugs in it, it is another opportunity to further erode our civil liberties.

DANIEL ABRAHAMSON Drug Policy Alliance

if anyone else knew about it.

The laws note four California senior citizens who received eviction notices because of the drug use of relatives or caregivers.

Critics of the law said there is a double standard for the poor who depend on public housing.

"This war on drugs is being waged most viciously against the poor people," said Daniel Abrahamson, of the Drug Policy Alliance. "Anytime the Supreme Court takes a case with drugs in it, it is another opportunity to further erode our civil liberties."

The issue of substance abuse has reached the White House. President Bush's underage daughters were caught trying to buy alcohol in a Texas restaurant last year and his niece, the daughter of Florida

Gov. Jeb Bush, was admitted to a drug treatment center in February after being arrested on a prescription drug charge.

Two more drug cases will be argued before the court next month, both at the request of the Bush administration. One could make it easier to search public transportation passengers who may be drug couriers, the other may affirm the way some states are figured in drug cases.

Jonathan Macey, a professor at Cornell University Law School, said the court's decision "gives legitimacy to the war on drugs. Regardless of the impact, it's symbolic and morale boosting" when the court affirms the government's drug work, he said.

Justices have resolved two search and seizure cases this term in favor of government. In one, the court ruled that an officer had enough suspicion to make a traffic stop when he saw a family acting strangely in a minivan near the Mexican border. The officer found 125 pounds of marijuana.

The "one-strike" housing provision at issue in Tuesday's decision was part of a drug law Congress passed in 1988 amid complaints about crime in public housing.



Chalk on Buildings

We have noticed a lot of chalk drawings on the sidewalks, flowerbeds and buildings at various sites. Although it may seem innocent, chalk drawings on the buildings and flowerbeds are prohibited. Please be sure to ask your children not to use chalk on the buildings and flowerbeds.

“Parents who host, lose the most! Don't be a party to teenage



Did You Know?

Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy and 7,000 gallons of water!

WHA News

Spring Cleaning



Cleaning of windows is here. If you need your windows cleaned and don't know how to remove them, call the office and someone

will be glad to show you. It beats paying for a damaged window.

Tenants at Day and Hilton are reminded that they can remove the windows by pulling the clips outward and pushing the window up into the clips. This will release the window from the track, then by pushing the window to either side, the window will come out of the opening. To reinstall, place the window above the clips making sure the clips are in the outward position, slide the window downward and be sure to close the clips. You are responsible for the labor and costs of repair to the window if done incorrectly. If you need help don't hesitate to call the office.

My Parents

AT SEVEN: My parents—They are the smartest people in the world; they know everything.

AT SEVENTEEN: My parents don't know as much as I thought they did.

AT TWENTY-ONE: My parents don't know anything compared to me—they just don't understand the younger generation.

AT THIRTY-FIVE: My parents know much more than I thought they did. They were really quite worldly-wise.

AT FIFTY: My parents were always right. Everything they did was for my benefit.



Freedom is Not Free

This Memorial Day we honor our family and friends who have died in the past year. May we as a nation not forget those who lost their lives on September 11, 2001 and all the service men and women who gave the supreme sacrifice for our country. Freedom is not free. Did you know the cost of freedom is:

AMERICAN WAR DEATHS:

American Revolution-(1775-1783)
4,435

War of 1812- (1812-1815) 2,260

Mexican War – (1846-1848) 13,283

Civil War – (1861-1865) 558,052

Spanish American War –(1898) 2,446

World War I – (1914 –1918) 116,708

World War II – (1939-1945) 407,316

Korea – (1950-1953) 33,651

Vietnam –(1957-1975) 58,168

Gulf War – (1991) 293

Iraq War – (2003-present) 4,274

Mother's Day

Is May 9th



Conserve Water Tips

- Report all water leaks, drips no matter how small
- Do not use the hose to clean sidewalks
- Don't let children play unattended with hoses
- Keep swimming pools filled with a lower amount of water to reduce the amount of water splashed



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For Your Information...



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Attention Hilton Tenants

You can gain access to the basements to reset your circuit breakers by asking the seniors living in the apartments for access.

Put Butts In Their Place

Cigarette butts on the ground are disgusting and unsanitary. Please put cigarette butts in their place.



Lawn Mowing

We have recently signed a contract to have the lawns mowed at all sites.

Outside “stuff”— move it

Since the weather is getting nicer, everyone wants to sit outside. If you have “stuff” outside like furniture, swings and tables for example, you need to know they will be moved when it’s time to mow. Please make sure everything is out of the way for our mowers. Also, please make sure all garbage cans and bins are on the concrete slabs provided for them, NOT the lawn.



Lawn/garden clean up

We appreciate the cleanup everyone does but ask that they refrain from putting the leaves, etc. in plastic bags. We have to separate and empty all the plastic bags. They will not accept them at the landfill.



Join the fun... Bingo & Ice Cream

The bingo and ice cream parties are scheduled for:

**June 14 6 PM at
Hanratta**

and

June 28 6 PM at Quinn

Safety Begins at Home

- Park your car in well-lit areas, report any site lights out immediately to the office we have an answering machine.

- Teach your children the importance of calling 911

- Lost your keys, report it immediately to the

office. Locks can be changed very quickly

- Use the intercom-Seniors know who is at the door before letting anyone in your apartment.

- Check throw rugs for tripping hazards like bumps and turned-up corners.

- Check for proper lighting on and around stairways.

- Use night lights in the bathroom and hallways.

*Provided by the GuildCare Adult Day Health Program,
301 Washington Ave. Albany*

*To schedule a complimentary visit to their program call
Ellen Many at 463-1211*





Budgeting Classes... They're free!

Stephanie Galvin of Albany County Rural Housing has scheduled a two part class on credit reports and budgeting. These classes will be held on **May 11th** and **May 18th**. They will be held in the Manor Sites Community Room from 6 p.m. until 7:30 p.m.

Each student will log onto a computer and print off their free credit report. Stephanie will then teach everyone how to read and understand their credit report. The second class will be about doing a household budget and how to fix your credit report to get a better credit score in the future. This will also benefit anyone who just needs to learn how to better manage their finances.

Anyone who is interested in these classes, please call Sherry Muzio at 235-4500, ext. 129 at the Cohoes Housing Authority.

Family Connection: Considerations for Parents

If children are to understand that alcohol and other drugs are potential hazards to their health, adults must not only speak clearly on this subject, but they must act clearly as well. We may be giving children confusing messages if we tell them to avoid these substances but we use them ourselves. The following self-assessment focuses on alcohol, a legal drug in common use.



children?

Self-Assessment: Messages Concerning Alcohol in the Home

As a parent, do you:

- Make it clear that use of too much alcohol is not acceptable?
- Avoid pressuring individuals to drink alcohol?
- Make it clear that drinking too much is not funny?
- Offer guest non-alcoholic drinks as well as alcoholic drinks?
- Never let guest drive home after drinking?

Watch Out For...

- Drinking alcohol as a way to escape problems.
- Drinking alcohol or using other drugs after work because you had a bad day.
- Drinking to intoxication.
- Allowing children to observe intoxicated adults.
- Leaving liquor bottles out for children to see or obtain.
- Always including alcohol in family events, parties or celebrations.
- Rewarding children with an alcoholic drink for a special occasion.

The role of the parent and the home environment is pivotal in forming beliefs about drinking and drug use. Children who grow up with little exposure to alcohol are less likely to have problems with substance use. Problem drinking, for example, is more common in families with vague and inconsistent drinking practices, where one parent favors drinking and the other is opposed, and where standards for drinking are different for men than for women.

In examining the modeling that they provide concerning alcohol, parents must contemplate their own habits and attitudes on this subject. Do children often see alcohol in the home? Do they observe adults who are intoxicated? What do they think when parents offer guests a drink? Do the attitudes that parents convey support what they want for their



2010



What Every Parent Needs to Know About Secondhand Smoke



2010

Instinctively we know that children need fresh, clean air to breathe and thrive. Yet nearly 12 million American children under age 5 are exposed to secondhand smoke in their home, and 43% of American children aged 2 months to 11 years live in a home with at least one smoker. Eliminating your child's exposure to secondhand smoke may be best thing you do for their health.

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. This mixture contains more than 4,000 substances, including 40 that are known to cause cancer in humans.

Research has shown that children are especially susceptible; their lungs are still developing and childhood exposure to secondhand smoke can result in decreased lung function as adults. Children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis, and other lung diseases.

Exposure to secondhand smoke has been shown to contribute to a child's likelihood of developing asthma, the leading serious chronic childhood disease in the US. Secondhand smoke can also cause more frequent and severe asthma attacks; 200,000 to 1,000,000 children with asthma have experienced aggravated symptoms.

Secondhand smoke exposure causes buildup of fluid in the middle ear, resulting in 700,000 to 1.6 million physician office visits. Middle ear infections are the most common cause of childhood operations and of childhood hearing loss.

Prolonged exposure to secondhand smoke kills over 53,000 nonsmokers every year in the U.S. It may also increase the risk of Sudden Infant Death Syndrome. There is no safe level of exposure to secondhand smoke.

I Don't Smoke, What Else Should I Do?

- Don't allow smoking in your home or car, particularly if infants or young children are present. This includes family members, visitors, baby-sitters and others who may work in your home.
- Find out about the smoking policies of the day care providers, preschools, schools and

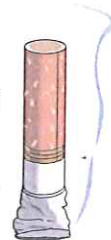
World No Tobacco Day!
Prepare yourself to go smoke-free for the day.

other caregivers for your children. Help other parents understand the serious health risks to children from secondhand smoke. Work with parent/teacher associations, your school board and other community leaders to protect your child's environment.

- When dining outside your home, patronize 100% smoke-free restaurants. In restaurants with smoking/nonsmoking sections, ask for the nonsmoking section that is as far away from smokers as possible.

I Smoke, What Should I Do?

- If you must smoke, there are things you can do to protect the people around you.
 - Do not smoke in your home! Go outside to smoke.
 - Don't smoke in a car, if there are others with you.
 - Do not let other people smoke near your children.
 - Do not take your children to smoke-filled environments.
 - Finally, give serious thought to quitting. You'll feel better and so will your family, friends and others who are breathing your secondhand smoke.



More FREE Information...

Contact the Capital District Tobacco-Free Coalition for the following FREE resources to protect your children's health:

Want to Stop Smoking – a directory of nearly 20 smoking cessation resources and programs in the Capital Region.

This is a smoke-free home – static sticker to post on the door or window of your home.

This is my Smoke-Free Space – a sticker 2x3 inches long, with youth oriented images.

No Smoking, Baby Breathing – white infant bib with red lettering

Janine Stuchin, Project Manager
Capital District Tobacco-Free Coalition
(518) 459-4197, ext. 322

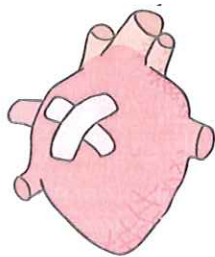
General Heart Disease and Stroke Facts about Women

Heart disease and stroke are the No. 1 and No. 3 killers of women over the age of 25. Heart attack, stroke and other cardiovascular diseases claim the lives of more than half a million women each year about a death a minute. That's more lives than the next 7 causes of death *combined*, and nearly twice as many as all forms of cancer, including breast cancer. Of the women who die, one in 29 dies of breast cancer. About one out of every 2.4 women dies of heart disease, stroke and other cardiovascular diseases. One in five females in the United States has some form of cardiovascular disease.

Every year since 1984 more women than men have died of heart disease, stroke and other cardiovascular diseases. The difference in deaths currently is more than 65,000 per year. 63 percent of women who died suddenly of heart disease had no previous symptoms of this disease. Of the

attacks are more likely than men to die from them within a few weeks. After the first heart attack, studies show that 38 percent of women die within a year compared to 25 percent of men, because women tend to be older and sicker when they have heart attacks. Stroke is the No. 3 cause of death for American women, behind heart disease and cancer. It is a leading cause of serious, long term disability. Overall, more women than men die of stroke. In 2000, nearly 103,000 females died from stroke, which represents about 61 percent of the deaths from stroke. 25 percent of women who have an initial stroke die within a year. This percentage increases among women 65 and older. 53 percent of women under the age of 65 who have a stroke die within eight years.

*Sources: American Heart Association Heart Disease and Stroke Statistics 2003 Update
American Heart Association Biostatistical Fact Sheet,
"Women and Cardiovascular Disease"*



total number of U.S. Deaths in 2000 from heart disease and stroke, women represented 53.5 percent of all deaths and men represented 46.5 percent. African American and Mexican

American women have higher heart disease and stroke risk factors than white women of comparable socioeconomic status.

Heart disease rates in women after menopause are 2-3 times those of women the same age before menopause. Within six years after a recognized heart attack: 35 percent of women will have another heart attack, 14 percent will develop chest pain, 11 percent will have a stroke, 46 percent will be disabled with heart failure, and 6 percent will experience sudden cardiac death.

At older ages, women who have heart

Breast Cancer Hotline

Do you have questions or concerns about Breast Cancer? Are you currently battling Breast Cancer? Are you struggling with the knowledge that a loved one has Breast Cancer? Then there is hope. Now you can call the Breast Cancer Hotline at 1-800-877-8077.

Trained volunteers, many breast cancer survivors themselves, are standing by to help and support you. They also have information about services for Breast Cancer patients in all parts of New York State. The call and services are FREE and confidential.



2010

More WHA news...



2010



What's coming this summer?

We've been planning since last fall for projects we want to accomplish this summer. Here's an update on some things we're working on:

- Repairing the foundations at Day
- Repairing the soffits at Joslin
- Installing a new emergency generator at the Joslin Community room

Attention Joslin Tenants

A contractor will be entering your apartment to change your Rinnai heater with a clean one. He will be starting at Bldg. 1 and working his way around the complex. We found them to have a lot of dust and that once cleaned the units will be much more efficient and reliable. Notices will be given to you before entering. Please have all your personal belongings moved.

Green Island Window Cleaning

Do you want your windows cleaned? If so, let us know and we'll have them done for you. Please call our office. Once we have the total number we'll schedule the contractor

Seniors, are you having trouble reading your bills?

We applied to the State to have 2 readers that will help you see your bills, important papers or even a magazine article. Feel free to go over and try it out. If you need help, give Mary Clinton a call and she'll show you how.



M&T Bank Donates to WVLT!

M&T Bank again presented WVLT with a check for \$2,000. They have repeatedly stated that the mission of our station and the service it provides — not only to our residents but the entire city — is remarkable and feels this donation well deserved.

Our station is devoted to improving the quality of life of all our residents. It showcases the many special events in our city which instills a sense of community pride.

GREAT TRUTHS OF TIME

Great Truths That Little Children Have Learned

- 1) No Matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3 year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk..
- 9) Don't wear polka dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

Great Truths Adults Have Learned

- 1) Raising teenagers is like nailing Jell O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge..mostly sweet..with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise; It's like jogging on the inside.
- 6) Middle age is when you choose your food for the fiber, not the joy.

Great Truths About Growing Old

- 1) Growing old is mandatory; growing up is optional
- 2) Forget the health food. I need all the preservative I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

Library News

• FREE family storytelling event

Please join us at the Watervliet Public Library on **Saturday, May 22nd at 1:30PM** for a FREE Family Storytelling Event with local storyteller Peggy Cimino! Light refreshments will be served. Please call 274-4471 to register. This event is underwritten by the Story Circle of the Capital District.

• March in the parade with us!

We're looking for Volunteers to march with the Watervliet Public Library in the Memorial Day Parade on Monday, May 31st. Our theme: "Make a Splash" for the 2010 Summer Reading Program. Win a prize for best theme-related costume: "Make a Splash," "Make Waves," or "Water Your Mind." Please call 274-4471, or visit the Library for more information and to register today!



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Memorial
Day is
May
31st

See you at
the parade!

A message from the Albany County Department of Health...



2010



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Michael G. Breslin
Albany County Executive

James B. Crucetti, MD, MPH
Commissioner of Health

May is Lyme Disease Awareness Month!

Spring is here which means it's time to start protecting yourself against those pesky ticks! In the last 5 years, cases of Lyme disease in Albany County have nearly tripled. The best way to prevent Lyme disease is to protect yourself from ticks and to check yourself for ticks after you have been outside. Removing a tick as soon as you find it (particularly within 36 hours) will reduce the likelihood of contracting any disease that tick may be carrying. And don't forget to check your kids and your dog!

- Stay on cleared, well-traveled trails.
- Keep your lawn short and remove any leaf litter.
- Wear light-colored clothing (to spot ticks) and tuck pants into socks and shirt into pants.
- After every two to three hours outdoors, check for ticks on clothing or skin. Brush off any ticks on clothing before they can attach to your skin.
- Do a thorough tick-check of your entire body at the end of the day. Pay particular attention to the back of the knees, behind the ears, the scalp, the armpits and your back.
- Removing a tick within 36 hours reduces your risk of infection. To remove a tick: Use tweezers, grasping the tick near the mouthparts, as close to the skin as possible. Don't squeeze, crush or puncture the body of the tick, which may contain infectious fluids. Pull the tick in a steady, upward motion away from the skin.
- After removing the tick, disinfect the bite site with soap, rubbing alcohol or hydrogen peroxide. Wash your hands carefully. Record the date and location of the tick bite. If a rash appears or you experience flu-like symptoms over the next 30 days, contact your health care provider immediately.

Materials on Lyme disease prevention and tick identification are available at the Albany County Department of Health by calling 447-4648.

Head Start is a FREE Comprehensive Preschool Program

Head Start serves 3 and 4 year old children from income eligible families. Open enrollment has begun for the 2009/2010 program year.

Please call 463-3175,
Ext 120 or 117 to apply.





Attention Hanratta Tenants

On May 19th at 10:00 am, Fidelis Care will be on hand to talk about their NEW program. Please join us in the Community room at Hanratta.

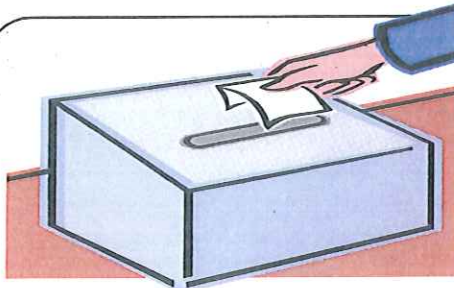
Learn More About the Family Self Sufficiency Program (FSS)

The Family Self Sufficiency Program (FSS) believes the best way to predict the future is to create it. And FSS does just that with a program designed to give you the tools you need to create self-sufficiency goals and follow them through. You will get personalized, individualized attention when you need it. If:

1. You are a CHA or WHA Section 8 Voucher program recipient.
2. You are already working.
3. You are not presently working but are seeking work.
4. You are working toward a promotion or searching for a better job.
5. You are enrolled in school or career training or plan to go back to school.

If you are interested in the FSS Program and would like more information, please call Sherry Muzio, FSS Coordinator

(518) 235-4500, Ext. 129



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.



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, 2010. Nominating petition forms can only be obtained at the office.

Elections for Tenant Commissioners will be held on **June 11th**. A list of eligible tenants will be posted on



Roberta Gilson of the Day apartments and Regina Warner of the Quinn apartments are the current tenant commissioners and are running again along with Darline Quinlivan of Hilton Apartments. Any questions, please contact Matt or Mary Clinton for more information.



2010

Memorial Day is May 31st
See you at the parade!



2010

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How many Daffodils?

Well ballpark — around 10,000. Chris Daus says he only counted 9,540. What do you think? Well whatever the final count, the one thing we know for sure is that the Watervliet Housing Authority couldn't look better and we can't forget to thank all the Grace Fellowship volunteers that planted them.

We found many areas that could use even more. So maybe next year we can get even more volunteers and the sites will look even better.



Carnival

Come Join the Fun • May 14th thru 16th
Spring Carnival With Rides, Games and More
to Benefit Homebased HeadStart Watervliet-Cohoes Program
Friday 4pm to 11pm • Saturday 12pm to 11pm • Sun 12pm to 5pm.
Van Schiack Island in Cohoes at the End of Continental Ave.
Sunday Special Wristband Day Ride the Rides All Day for \$10.00



May 2010

Charles V. Patricelli, Director

Watervliet
Housing
Authority

2400 Second Avenue, Watervliet, NY 12189