



Watervliet Housing Authority

NEWSLETTER

AUGUST 2015



Charles V. Patricelli Executive Director



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

or
office@watervliethousing.org

Emergency Number
273-6085 (after hours)

Watervliet Police Dept.
call 911

Watervliet Fire Dept.
call 911

Joslin Inspections

Inspections will be conducted as follows:

- 501-518 August 11
- 519-540 August 12
- 541-558 August 13

Apartments will be inspected for cleanliness, repairs that may be needed, and also for any possible improvements. If you have any questions or problems we can discuss them during the inspection.

We need access to ALL of your windows. Please make sure ALL items are removed from the window area. Please remove ALL items off the top of your stove. Call in any work orders before the inspection.



Once again the Watervliet & Cohoes Housing Authorities reached out to their local businesses to fund the purchase of laptops for our Watervliet and Cohoes high school seniors going off to college in the fall. This year was a huge success once again.

See page 11 for more details and photos

Attention Tenants

If your windows are hard to open or off the track, call us so we can get them fixed.

HAVE A SAFE AND HAPPY SUMMER FROM THE WHA!



We have a Web site...

WatervlietHousing.org

Check us out.



GISH apartment windows will soon be washed inside and out by Shiny Windows. Shiny Windows will be cleaning the windows sometime in August - August 25th at the latest. You will be notified before they arrive. All drapes, photos, and furniture must be moved so they can gain access.



2015



Important

Swimming Pools

* Slip and Slides are **NOT PERMITTED**

It is that time of the year again when swimming pools of various sizes are being set up by residents at many of our developments. Due to concern about the possibility of children falling into, or using these pools without proper supervision, we are reminding everyone of the following rule: **“Any pool deeper than 18 inches, or any pool that needs to remain filled when not in use is prohibited.”** The safety and well being of our residents is a high priority at the Watervliet Housing Authority, and we hope all of our residents will work toward that goal. Remember, you are responsible for any damage to the grass done by the pool or water.



Lock-Out Policy

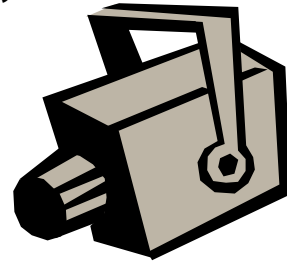
There is a lock-out policy at the WHA. The maintenance men have a master list of tenants who are living in the Watervliet Housing Authority. The only people listed are on the leases at WHA. No one will be let into an apartment unless they are on that list. This list and policy will eliminate any problems with letting unauthorized persons into an apartment. The charge for a lock-out is \$24.



It has come to our attention that people have been leaving cigarette butts on their lawns. It is important to keep the Watervliet Housing area clean so please remember to pick up after yourself.

Security Cameras

We have increased the number of cameras at most of our sites to help record events that happen around the authority. **None of the cameras are monitored for security but just recorded in event of a problem.**



These cameras are to assist in recording problems that may occur. We hope that we never have to use them, but they are there for both your and our protection. Please remember if you SEE SOMETHING, SAY SOMETHING!

Warning...

Remember when you are finished using your gas grill to turn off the propane.



VRV Tenants: Please keep the laundry room clean. Recently, we've found that tenants leave their laundry supplies all over the floor and their clothes in the machines. It is not fair to your neighbors that have to use the laundry room too. It is important to keep the room clean - remember to pick up.

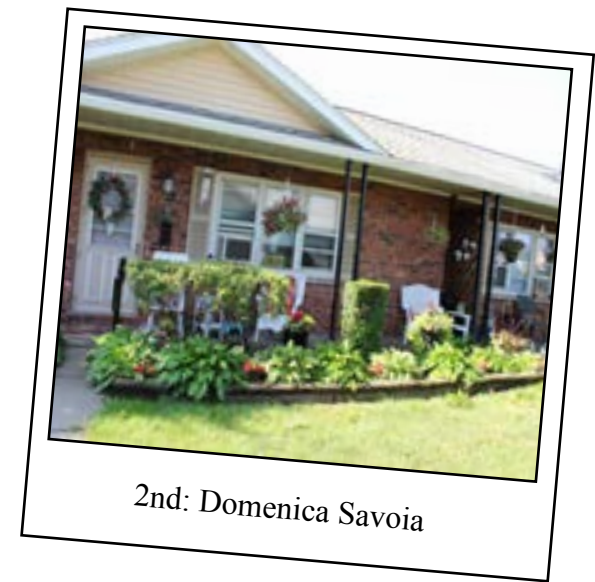
BEAUTIFICATION CONTEST 2015 Congratulations To This Year's Winners



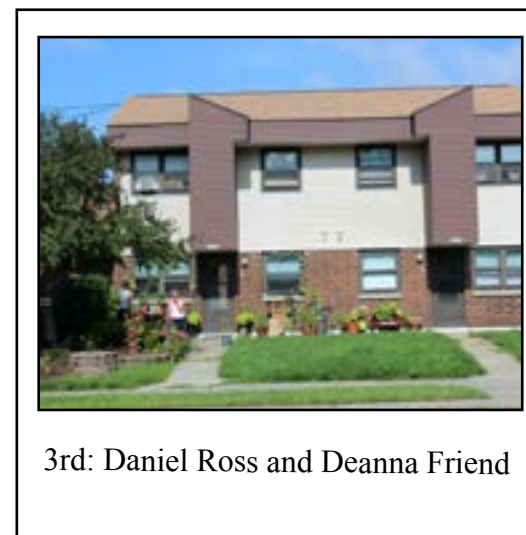
2015



1st: Debbie Lanni



2nd: Domenica Savoia



3rd: Daniel Ross and Deanna Friend



Thank you to all who participated.
You make Watervliet Housing
a beautiful place to live!

Helpful Information



RECYCLING GLASS

Glass can be recycled forever. It never wears out. In 2 weeks, Americans throw away enough glass bottles and jars to fill the New York Trade Center's twin towers. The energy saved by recycling just one bottle could light a 100-watt bulb for 4 hours. A ton of glass produced from raw materials creates 384 pounds of mining waste. Using 50% recycled glass cuts it down by 75%. We create 27.8 pounds of pollution for every ton of new glass produced. Recycling that glass reduced that pollution by 20%.

Energy Saving Tips:

- * When buying new appliances, be sure to purchase energy-efficient ENERGY STAR® labeled models.
- * Set the furnace thermostat at 68 degrees or lower, and the air-conditioner thermostat at 78 degrees or higher, health permitting. 3 percent to 5 percent more energy is used for each degree the furnace is set above 68 degrees and for each degree the air conditioner is set below 78 degrees.
- * If your old air conditioner is on its way out replace it with ENERGY STAR® labeled energy-efficient model.
- * Use compact fluorescent lamps. You can lower your lighting bill by converting to energy-efficient low-wattage compact fluorescent lighting and fixtures.

Bed Bug Service Preparation Checklist

- Remove all blankets, sheets, covers, pillows, bath towels from the bed and room and put them into bags to be laundered.
- Clean everything out from under bed.
- Contents of drawers and closets should be emptied and placed in plastic bags for laundering.
- All clothing and linens must be placed and kept isolated until the customer is moved to a new location, or until the problem is eliminated.
- All clothing, linens, pillows, and plush toys should be treated by placing them into a hot dryer for 30 mins.
- Seal shoes, coats, pillows, children's plush toys, and small rugs in small plastic bags.
- Keep clean items separate from items that have not been checked or cleaned.
- Room should be empty of any cloth or plush item, except furniture to be treated.
- If there is a fish tank in the home, there should be a towel or plastic bag covering it.
- People and pets should leave the area during treatment, and wait 2-4 hours after service is completed to enter the property. Everyone must be prepared to leave when technicians arrive.
- Make sure the pest control technician can get to all furniture, closets, beds, and baseboards to inspect and treat.

*If these steps aren't taken, you could potentially be feed.



Around the WHA...



Nassau Band played at the Quinn and Hanratta Apartments
The Nassau Band was a huge hit once again. The Hanratta and Quinn tenants enjoyed very entertaining performances this year.



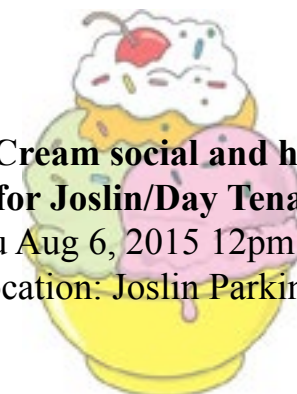
Find a home for these PC's

We currently have a few PC's ready to hand out to any WHA tenant that needs a computer in their home. These PC's are fully loaded and ready to go. Don't get behind. Learn how to use the PC in one of our sponsored classes or just try



Thank you to our summer help!

Ice Cream social and hot dogs for Joslin/Day Tenants
Thu Aug 6, 2015 12pm – 3pm
Location: Joslin Parking Lot

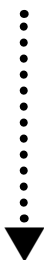


IMPORTANT NOTICE

14 Day Notice Update
14-day notices are now being sent to our tenants by e-mail. Those who do not have e-mails will still get copies sent in the mail. Please make sure your e-mail is up to date with the office. You can check this on the Tenant Portal. If it is not, or you do have an e-mail but it is not in our system please let us know.



For Your Information



2015



POOL PASS

Any residents can obtain a pool pass at a cost of \$3/child and \$5/adult. If you would like to buy a pass, they are available at the Watervliet Dome.

Check out WVLT Channel 17

We hope you have been watching because there are so many different programs that could benefit you and your family and also many for your enjoyment. We have this month:
-Watervliet High School Graduation
-WES 6th Grade Graduation
-Kindergarten Graduation
-PreK Graduation
and so many more.
We do this for you and hope you find it beneficial.

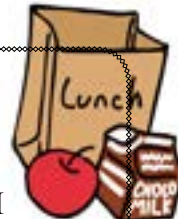


Did you have someone graduate in your family?

We will put their photo on WVLT-17. It doesn't matter what grade, elementary, high school or college. Get their best photo and bring it over to the office. If they graduated from high school let us know if they are going to college, and if so what college, so we can wish them well.

Summer Lunch Program

The program exists for children 18 years old and younger.
Locations: Jermain Church Hall until Aug 21 from 11 AM - 1 PM
Watervliet Civic Center until Aug 21 from 11 AM - 1 PM
Watervliet Elementary School until Aug. 21 from 11 AM - 1 PM
Paine St Park in Green Island until Aug 27 from 11 AM - 1 PM
Call Darryl Whited at 629-3261 with any questions.



Immunization Opportunity

Hannaford Pharmacy has a on-site immunization program. Upon request, a pharmacist will travel to our facility to provide immunizations to our residents and employees against the influenza virus for the 2015-16 season. Hannaford accepts most third-party insurance plans, many of which cover the full cost of the vaccine. If a resident is not covered, Hannaford offers low discounted prices. Their vaccines are to arrive in the pharmacy in September. If you want to receive vaccinations by a Hannaford pharmacist, call the office to let us know so we can arrange for a pharmacist to travel to the housing authority.

For Your Information



2015



WALKING TIPS

PROPER POSTURE:

Tuck chin in to neck so ear, shoulder, hip, and ankle are in straight line (perpendicular to ground when neck stand still) – to avoid extra stress on joints, vertebrae, and muscles thus causing pain.



AVOID ARCHING BACK

Tuck buttocks under body and hold in stomach while walking. Strengthens back and stomach muscles which redistribute weight away from lower vertebrae, thus eliminates back pain.

MOVE ARMS

- Pump arms, bend elbows slightly for regular walking and 90 degrees for aerobic walking. Guide arms straight forward and back, hands rising as far as chest, at least to waist. Let inside of arms rub the sides to your body.
- Walk with feet parallel, use heel-toe roll.
- Keep feet hip width to shoulder apart to avoid tripping and falling.
- Longer steps burn more energy, work leg muscles, increase heart rate, increase circulation, make you feel more energetic, and increase walking speed.
- Avoid shin splints by using thicker soles on shoes and walking on softer surfaces.
- No pain – No gain!! If something hurts its not right.
- No exercise 2 hours after and 20 minutes before a meal.
- Avoid humidity and heat (Use mall, time of day, light clothing, gym, water)
- Avoid cold.
- Drink fluids, no alcohol.

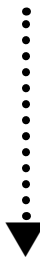
Mary's Corner is serving adults caring for children from newborn to 3 years, living in the City of Cohoes and Watervliet. Stop by on Tuesdays or Thursdays from 10:00-12:00. Mary's Corner will be offering the following items free of charge; formula, Stewarts Milk Coupons, Diapers, Baby Clothing(infant to size 5), baby furnishings(strollers, bouncy seats, baby gates), breast feeding items, literacy classes/GED tutoring, support group/Just Mom & Me, and other outreach services. Registration and proof of residency is required. You may also call Mary's Corner at 518-269-6068.

Open Door
Community Center
115 Mohawk Street
Cohoes, NY 12047
518-269-6068



PREVENT SECONDHAND SMOKE

Secondhand smoke affects 1 in 4 nonsmokers, including 40% of children ages 3 to 11. There is no safe level for passive smoke, which causes 41,000 deaths annually, mainly from lung cancer, heart disease, and sudden infant death syndrome. Secondhand smoke has also been linked to respiratory and ear infections, asthma attacks, and strokes.



2015



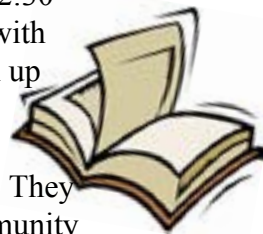
Healthy Recipe: Grilled Fruit with Balsamic Vinegar Syrup

- 1 small pineapple, peeled, cored, and cut into 4 wedges
- 2 large mangoes, cored, and cut in half
- 2 large peaches, cored, and cut in half
- Cooking spray
- 2 tablespoons brown sugar
- 1/2 cup balsamic vinegar
- Mint or basil leaves for garnish

In a large bowl, combine the pineapple, mangoes, and peaches. Spray generously with cooking spray. Toss and spray again to ensure the fruit is well-coated. Sprinkle with brown sugar. Toss to coat evenly. Set aside. In a small saucepan, heat the balsamic vinegar over low heat. Simmer until the liquid is reduced by half, stirring occasionally. Remove from the heat. Prepare a grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the rack 4-6 in. from the heat source. Place the fruit on the grill or in the broiler pan. Grill or broil over medium heat until the sugar caramelizes, about 3-5 minutes. Remove the fruit from the grill. Drizzle with balsamic vinegar and garnish (optional) with mint or basil leaves.

Library News

* ValleyCats Visit the Library: visit the library on Friday, August 7, at 2:30 PM for StoryTime with SouthPaw - no sign up required



* Community Heroes: They will be having a Community Heroes program on Tuesday, August 4 at 2 PM - sign up with the library



Happy Birthday to all of our tenants who are celebrating this month!

Joslin Tenants: The contractors are starting work in August putting new Time Warner cable lines in each apartment. You will be getting a letter when they will be entering your apartment.

Tips on How to Adjust for the New School Year

Roll Back the Schedule: Begin adjusting bedtime, wake-up time, and eating schedules to avoid an abrupt switch once school starts.

Involve Your Kids: Let your kids help with setting up playdates, starting a chore or homework schedule, or shopping for school supplies and new outfits.

Be a Good Listener: Listen to kids if they share feelings of sadness that summer's ending or feelings of anxiety about the upcoming school year.

Help Kids Set Goals: Review the previous year and the progress your child has made; then set goals for the upcoming year to give them something to work toward.

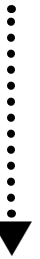
WD-40 USES

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
3. Cleans and lubricates guitar strings.
4. Gives floor that 'just-waxed' sheen without making them slippery.
5. Keeps the flies off of Cows, Horses, and other Farm Critters, as well. (Ya gotta love this one!!!)



6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Untangles jewelry chains.
10. Removes stains from stainless steel sinks.
11. Removes dirt and grime from the barbecue grill.
12. Keeps ceramic / terracotta garden pots from oxidizing.
13. Removes tomato stains from clothing.
14. Keeps glass shower doors free of water spots.
15. Camouflages scratches in ceramic and marble floors.
16. Keeps scissors working smoothly.
17. Lubricates noisy door hinges on both home and vehicles doors.
18. It removes that nasty tar and scuff marks from the kitchen flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.
19. Remove those nasty Bug guts that will eat away the finish on your car if not removed quickly!

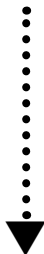
20. Gives a children's playground gym slide a shine for a super fast slide.
21. Lubricates gearshift and mower deck lever for ease of handling on riding mowers...
22. Rids kids rocking chair and swings of squeaky noises.
23. Lubricates tracks in sticking home windows and makes them easier to open.
24. Spraying an umbrella stem makes it easier to open and close.
25. Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
26. Restores and cleans roof racks on vehicles.
27. Lubricates and stops squeaks in electric fans.
28. Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
29. Lubricates fan belts on washers and dryers and keeps them running smoothly.
30. Keeps rust from forming on saws and saw blades, and other tools.
31. Removes grease splatters from stove-tops.
32. Keeps bathroom mirror from fogging.
33. Lubricates prosthetic limbs.
34. Keeps pigeons off the balcony (they hate the smell).
35. Removes all traces of duct tape.
36. Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
37. Florida's favorite use is: 'cleans and removes love bugs from grills and bumpers.'
38. The favorite use in the state of New York, it protects the Statue of Liberty from the elements.
39. WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.
40. Use it for fire ant bites. It takes the sting away immediately and stops the itch.



2015



Around the WHA...



Join our Video Club!

We are accepting applications from interested children to be a part of our Video Club. Learn how to tape, edit and produce videos for our TV Channel WVLT 17. You will learn from professionals on how to put together a commercial or conduct an interview. If anyone is interested, please contact the WHA office.



The Watervliet Housing staff has done a great job this year with planting flowers throughout all of the sites. They continue to work hard to make Watervliet Housing a great place to live.



2015



Laptops For Kids Program



Once again the Watervliet & Cohoes Housing Authorities have been reaching out to our local businesses to fund the purchase of laptops for our Watervliet/Cohoes high school seniors going off to college in the fall. There were 10 seniors that received them this year.

We are very proud to have this type of program because we feel that technology is vital to the growth to our area and especially our children. No child here, at housing, will be denied the opportunity to learn and grow, or not be on the same playing field as others. We want them to be able to advance their education and job skills. It is totally up to the child and their parents to take advantage of these programs.



2015

Thanks! We couldn't do it without you!

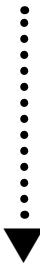
A special thanks to all that supported and contributed to our Laptops for Kids program including:

Watervliet Charitable Foundation
 Pioneer Savings Bank
 Cohoes Savings Foundation, Inc
 CT Male Associates
 Bunkoff General Contractors, Inc
 Fitzgerald Funeral Home, LTD
 Mohawk Fine Papers, Inc
 Find Your Dreams, Inc
 Friedman Fisher Associates

Passonno Paints
 Cohoes Knights of Columbus
 Polish American Association
 Harold Clune Electric
 Main-Care Energy
 Reagan Development
 Mrs. Patricia Crinigan
 Dan McCoy, County Executive
 CSEA
 Mayor Michael Manning



Fair Housing



2015



THE FAIR HOUSING ACT

The Fair Housing Act ensures that all persons receive equal housing opportunity. Fair Housing Act protects all people against prohibited discrimination, regardless of their legal status in the United States. In addition, the Act expressly prohibits discrimination because of national origin.

What Housing Is Covered?

The Fair Housing Act covers most housing. In some circumstances, the Act exempts owner-occupied buildings with no more than four units, single-family housing sold or rented without the use of a broker.

What Is Prohibited?

In the sale and rental of housing, no one may take any of the following actions based on race, color, national origin, religion, sex, familial status, or disability:

- Refuse to rent or sell housing
- Refuse to negotiate for housing
- Make housing unavailable
- Deny a dwelling
- Set different terms, conditions, or privileges for sale or rental of a dwelling
- Provide different housing services or facilities
- Falsely deny that housing is available for inspection, sale, or rental
- For profit, persuade owners to sell or rent (blockbusting)
- Deny anyone access to or membership in a facility or service (such as a multiple listing service) related to the sale or rental of housing
- In mortgage lending, no one may take any of the following actions on the basis of race, color, national origin, religion, sex, familial status, or disability:
 - o Refuse to make a mortgage loan;
 - o Refuse to provide information regarding loans;
 - o Impose different terms or conditions on a loan, such as different interest rates, points, or fees;
 - o Discriminate in appraising property;
 - o Refuse to purchase a loan; or
 - o Set different terms or conditions for purchasing a loan.

In addition, it is illegal for anyone to:

- Threaten, coerce, intimidate, or interfere with anyone exercising a fair housing right or assisting others who exercise that right.
- Advertise or make any statement that indicates a limitation or preference on the basis of race, color, national origin, religion, sex, familial status, or handicap. This prohibition against discriminatory advertising applies to single-family and owner-occupied housing that is otherwise exempt from the Fair Housing Act.

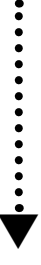
The Fair Housing Act provides additional protections for individuals with disabilities.

Definition of Disability

Federal laws define a person with a disability as “Any person who has a physical or mental impairment that substantially limits one or more major life activities; has a record impairment; or is regarded as having such an impairment. “In general, a physical impairment includes hearing, mobility and visual impairments, chronic



Fair Housing Continued...



2015



alcoholism, chronic mental illness, AIDS, AIDS Related Complex, and mental retardation that substantially limits one or more major life activities. Major life activities include walking, talking, hearing, seeing, breathing, learning, performing manual tasks, and caring for oneself.

Prohibits discrimination against persons with disabilities

It is unlawful for a housing provider to refuse to rent or sell to a person simply because of a disability. A housing provider may not impose different application or qualification criteria, rental fees or sales prices, and rental or sales terms or conditions than those required of or provided to persons who are not disabled.

Example: A housing provider may not refuse to rent to an otherwise qualified individual with a mental disability because s/he is uncomfortable with the individual’s disability. Such an act would violate the Fair Housing Act because it denies a person housing solely on the basis of their disability.

Requires housing providers to make reasonable accommodations for persons with disabilities.

A reasonable accommodation is a change in rules, policies, practices, or services so that a person with a disability will have an equal opportunity to use and enjoy a dwelling unit or common space. A housing provider should do everything s/he can to assist, but s/he is not required to make changes that would fundamentally alter the program or create an undue financial and administrative burden. Reasonable accommodations may be necessary at all stages of the housing process, including application, tenancy, or to prevent eviction.

Example: A housing provider would make a reasonable accommodation for a tenant with mobility impairment by fulfilling the tenant’s request for a reserved parking space in front of the entrance to their unit, even though all parking is unreserved.

Example: A building with a “no pets” policy would make a reasonable accommodation for a visually impaired tenant by allowing the tenant to keep a guide dog.

Where Should a Person Write or Call to file a housing discrimination complaint?

Send the Housing Discrimination Complaint Form or a letter to the Housing Authority’s Main Office, or call the hotline number at 1-800-669-9777 (voice) or (TTY) at 1-800-927-9275. You may also file a housing discrimination complaint online.

Avoid Fraud



Know who you’re dealing with.

Know that wiring money is like sending cash.

Read your monthly statements.

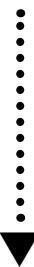
Don’t send money to someone you don’t know.

Don’t reply to messages asking for personal or financial information.

Live-In’s



There is no way to say it but it’s simply FRAUD. Having someone stay at your apartment and not reporting it is fraud. Many think that “THEY” don’t live there because they get mail at some other place, or they still say they live with their “mom”, when in fact they haven’t seen their mom in months. Staying in the apartment for more than 3 days and not reporting it is living there.



2015



Jermaine Church Arts and Cultural Center

ArtPartners/Tsehaya and Company, Inc.
Alternatives for Youth Dance Program Sponsored
by the Watervliet Housing Authority

Ages 7+ to teens/young adults
Discover Dance! Workshop
8weeks/ Saturdays 1-3pm
Summer classes run July 11th- September 5th

Resigter Now!
Free for Watervliet Housing Residents
Non-Resident WHA: \$50.00 per person

Call 518-210-7854 for more information
Dance classes held at the Jermaine Church (gym)
605 5th Street, Watervliet in Port Schuyler

This dance program is in partnership with the
Watervliet Housing Authority

Celebrating the 10th anniversary of the Troy Health Center and the recent growth of WYH. On August 11th from 4:00—6:00 p.m., join for an open house and light refreshments as National Health Center Week is recognized.



To RSVP, please email events@wmyhealth.org or call (518)591-4472.
Whitney M. Young, Jr. Health Center
6 102nd Street • Troy, NY 12180
(518)833-6900



A large rectangular area with a dashed border, containing horizontal lines for writing. A scissors icon is at the top right corner of the dashed area.

If any tenant would like to provide an idea for the September newsletter or comment on services the WHA provides, etc. please do so in the box above. This can be sent back into the office or e-mailed to sskinn03@gmail.com at anytime before the last week of August.



2015



Occupancy Policy

It is the position of the Watervliet Housing Authority's to maintain an appealing appearance in that the amount of outside personal belongings be considered appropriate. The appearance from both the street and interior must be of a nature to avoid the look of excessive storage and thus making an unattractive appearance. No outside patio furniture shall be placed in the front of any apartment, all patio furniture must be in the rear of the apartment and also be in a clean state and in good repair. This includes grills and chairs. No inside furniture shall be stored outside including but not limited to; dressers, tables, chairs, entertainment centers, coffee tables etc. Tenants can sit in the front of the apartment using portable chairs only. Once not it use the chairs must be removed. Also, excessive amounts of children toys may distract from the overall appearance of the property, and will not be permitted. The Executive Director shall make the final determination as to whether an area is being properly maintained by the residents. Residents will be charged for removal of excessive materials if they do not abide by housing requirements.

Attention All Tenants

Now you can go online and view your balances, account information, and even your open and past work orders. Just go onto the WHA website and go to Tenant Portal and you can log in to view your information.
For more details call the office!

HAVE A GREAT SUMMER FROM THE WHA!



2015

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