



WATERVLIET HOUSING AUTHORITY NEWSLETTER



June 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. or
Fire Department
911

**Resident survey? If we
have your e-mail
address and a work
order was completed
at your apartment, you
would have received an
electronic survey. Fill
it out and let us know
how we did.**

**DON'T FORGET:
The last day rent is due is
Friday, June 5th!**



Watervliet has great kids!
We appreciate the Character Education
Program at WHS for continuously helping to
make the WHA a great place to live.

**Watch WVLTV 17 for our
Annual Father's Day Salute**

Father's Day
is June 21st

**Happy
Father's
Day
from the
WHA!**



**Joslin new flat rents are as
follows:**

Effective 6/1/2015:

Two Bedroom	\$743.00
Three Bedroom	\$915.00
Four Bedroom	\$994.00

We had a great time at the
Memorial Day Parade!
Check out the photos on page 6



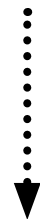
We have a Web site...
WatervlietHousing.org
Check us out.



Annual Plan Public Hearing

Come join in and share you ideas on housing
issues. A public hearing will be held on **June 8th** at
6pm at the Joslin Meeting room.

Around the WHA



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Check out our new website!

There you can find information about WHA policies, public housing, Section 8, Van Rensselaer Village, links to useful pages, and access to our new tenant portal!

<http://www.watervliethousing.org/home/>

Every apartment should have a fire extinguisher. If you do not have one, it is because the WHA had to take recalled fire extinguishers to get replaced with new, usable ones. If you don't have one yet, please let us know!



Also, if you have a fire extinguisher with 2013 or 2014 stamped on the bottom, please let us know. It may be one that has been recalled.

An ice cream social will be held at the Hanratta apartment building. It will be on June 11th at 1:00 PM.



Attention Quinn and Hanratta tenants:

Look out for the Nassau Band next month!

The band will be playing at the Quinn Community Room on July 23rd and the Hanratta Community Room on July 30th.



Laptop for Kids Presentation 2015

Laptops will be presented to the graduating seniors of Watervliet and Cohoes Housing and Section 8. The presentation will be held on June 22nd at 11 am at the Joslin Office Conference Room, 2400 2nd Ave, Watervliet.



Announcements



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Troy Waterfront Farmers' Market

Summer Season started on May 2nd. It is open from 9:00am to 2:00pm every Saturday. The market is located at the Troy Atrium, 49 4th Street, Downtown Troy, NY. They are accepting Debit and EBT Cards - tokens available at the Market Table. There is also free Parking in the Uncle Sam & 5th Avenue Parking Garages.



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.

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

RABIES CLINIC SCHEDULE

All animals must be on leashes!
A record of prior vaccination will be required for a year immunization.
Donation: \$8.00

Tuesday, June 2nd 4pm-7pm
Bethlehem Town Park, Elm Avenue
Cats/ferrets 4-5:30, Dogs 5:30 -7:00

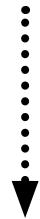
Saturday, September 12, 1pm-4pm
Village of Colonie Municipal Garage, 2 Thunder Rd.
Cats/Ferrets 1 -2:30, Dogs 2:30 -4:00

Saturday November 14, 1pm-4pm
Village of Green Island Public Works Garage, Cohoes Ave.
Cat/Ferrets 1-2:30. Dogs 2:30 4:00

Any inquiry can be directed to
Division of Environmental Health Service
(518)447-4620 or 447-4625



Around the WHA



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Lawn Furniture

Lawn furniture (picnic tables, etc.), children's playhouses, sand-boxes, etc. and all tents, screen or otherwise, must be moved when maintenance mows/weedwacks the lawn. If maintenance has to move these objects in order to mow you will be charged for the man's time to move them.



Joslin Laundry Hours

The laundry room is open every day. Please remember it's your room, so please help maintain it. Warning! If used after hours the alarm will go off and you will be charged for the alarm call.



Working on Cars

Only properly registered vehicles are permitted in WHA parking areas. Vehicle repairs such as oil changes, motor overhauls, and body work are not allowed in the complexes.

Toilets

Do you have a stain in your toilet that you can't get out? We have the stuff for you. Just call us and we'll put some in your toilet to get it sparkling clean.



Work order Surveys!

If you have an e-mail address and you had a work order completed lately you received an e-mail asking you to fill out a survey



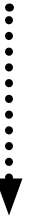
on the service you received. Nobody is perfect but we always want to be better. That is why we ask for your comments. Take the few minutes to

respond to the survey and you'll be entered in a drawing next month of all those that responded and will receive a FREE gift. Let us know what you think. We again think we are the only housing authority that provides this type of survey and will continue to improve with your help.



GISH apartment windows will soon be washed inside and out by Shiny Windows. Shiny Windows will be cleaning the windows sometime in July or 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.

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Air Conditioners



You must have a 2 x 4 piece of wood under them to protect the storm windows. The unit cannot be placed on the storm window or it will damage the

frame. If you need the 2 x 4's, we will supply them free of charge. If the unit isn't properly installed, we will correct the problem and back charge you for the time, so please call. Please save your 2x4's they are \$3/board.

Bike Sheds

The bike sheds are not play houses for your children. If they are found misusing the sheds you will not be permitted to use them. Also, the playground isn't being kept clean. If the parents can't help by keeping it clean and watching their children it will be closed. You can help a lot by organizing a work party to pick up papers and doing other activities that will make the area clean. We can assist with supplies and refreshments.

Showers

After taking a shower, please check outside the tub for water. It's the usual cause of water damage. Please make your



family more aware of it and pull the curtain tight and wipe up any water immediately. Please report any-

thing that needs to be repaired in your apartment. Waiting can make the repair more costly, because of additional damage from not having the original problem taken care of.



Fire Safety

If the fire alarm is going off and you do not smell smoke and your apt door is not warm to the touch it is OK to stay in your apt. However if you do smell smoke it is

best to leave the apt.

If you are in bed and the alarm goes off roll out of bed and do not stand up. If you stand up you take the chance of breathing in smoke.

Sewer Plugs

Day tenants are reminded not to put down rugs on your basement floors. It's best to keep boxes off the floors. Keep the area around the traps accessible so if a backup starts the men can get to it. Also, we are not responsible for loss or damages in the event of a back up therefore we suggest you obtain tenants insurance.



Water Faucets

Your outside faucet is a convenience to you. Some tenants can abuse them. If

left unattended, they can cause a lot of water damage. You are responsible for the damage to the lawns and the faucets could be removed. Also, if you need a key to turn on the water you can obtain one at the office or the hardware store. If you use pliers and ruin the stem, the faucet will not be repaired.

Rugs

Rugs cannot be glued or nailed. You are permitted to use carpet tape.



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Great Parade!

If you missed the parade on Memorial Day, you can still watch it on WVLT 17. Thanks to our video club, it was again taped and put on WVLT.

Also thanks to Scott for driving in the parade. Great job to all our housing staff that participated in the parade representing housing and the great things we do.



Did you see the Flags?
They are hard to miss. The Watervliet Housing Authority has been installing these flags for over 10 years. Having them around our property to show our love and respect for our country is only one of the many programs we do. Jim Verhagan installs all these flags himself and does such a great job! Thank you Jim!

For Your Information

Head Start is looking for people looking to sign their children up for the 2015-2016 school year. They will be having registration at the Ogden Mills on June 9th from 8:30-4:00. Families can also apply at ACAP on White Street on Fridays.



Older women who ate a cup of blueberries a day for eight weeks saw a modest drop in their blood pressure, a new Florida State University study found. The berries decreased both the top and bottom numbers in blood pressure readings for women ages 45 to 65 with mild hypertension. Researchers think it's because blueberries contain nitric oxide, a natural compound that helps widen blood vessels.

AARP Bulletin March 2015

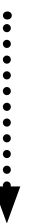


With the Watervliet Prom coming up, there will be a mock crash put on at the high school. The DWI crash will be on June 12th at 9:30am. The WHA will be there to interview those putting on the event as well as tape the event for WVLT.

The WHA will be conducting a Load Test on the Hanratta generator this month. A bulletin will be posted with the date of when the test will take place. Electricity from the Grid will be disconnected so we can see everything is working properly in an emergency.

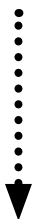
Citywide Garage Sale - June 5-7, 2015

A Citywide garage sale will take place in Watervliet on Friday, June 5th, Saturday, June 6th and Sunday, June 7th, 2015. THERE WILL BE NO RAIN DATES. The City will map out and list on their website (www.watervliet.com – select the box “Interactive Mapping”) your address, days and hours you wish to hold the sale on your property. The normal \$10 permit fee will be waived for this weekend's sale. All unsold items at the end of the sale must be cleared from the property according to the City's Refuse and Recycling codes. Please do not block the public right of way (sidewalks, etc.). If you wish to have your garage sale placed on the map and list, please contact Phyllis at 270-3800 ext. 100 no later than 2:00 PM, Wednesday, June 3rd. If leaving a message, please be sure to include your name, address, phone number, the day or days (Friday, Saturday, Sunday or ALL) and the hours (e.g. 9 AM to 4 PM) you will be holding your sale. Sale end time must not exceed 5 PM.



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SUMMER TIPS

Sunscreen: Applying it incorrectly or not at all. There's a reason lotions, cosmetics and lip balms market products containing SPF, Sun Protection Factor, so heavily. According to the Skin Cancer Foundation, almost 90 percent of melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun. Although we seem to know sunscreen is important, the confusion and misuse of the product can be sourced back to our confusion of what sunscreen really is and how it works.

Ultraviolet A (UVA) is the longer of the two associated with lasting skin damage and aging, while Ultraviolet B (UVB) is the shorter wave known for causing sunburns. Both forms of UV radiation, however, are linked with skin cancer. Sunscreens prevent the sun's ultraviolet radiation, UVA and UVB, from reaching the skin and are measured by SPF, the ability to prevent UVB from damaging the skin.

"I think many people associate a greater SPF with the prevention of tanning their skin. I've been guilty of not wearing sunscreen at all, especially in the beginning of the summer because I thought I'd tan faster without it," said Amy Westrick, junior in marketing.

The truth is, when applied frequently and generously coated, sunscreens prevent skin from tanning as much without. But here's the catch: it should. While bronze skin is a signature summer look in society today, tan skin now could lead to skin aging and cancers.

Sunglasses: Our sight, one of our most valued senses, allows us to see and experience the world in a way we often take for granted. According to a Mayo Clinic article about choosing sunglasses, M.D. Dennis Robertson answered that "UV radiation from the sun can damage not only the skin of your eyelid but also the cornea, lens and other parts of the eye.

UV exposure also contributes to the development of certain types of cataracts and possibly macular degeneration." Not covering your eyes from sunny July days significantly increases your exposure to harmful UV effects.

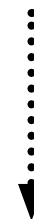
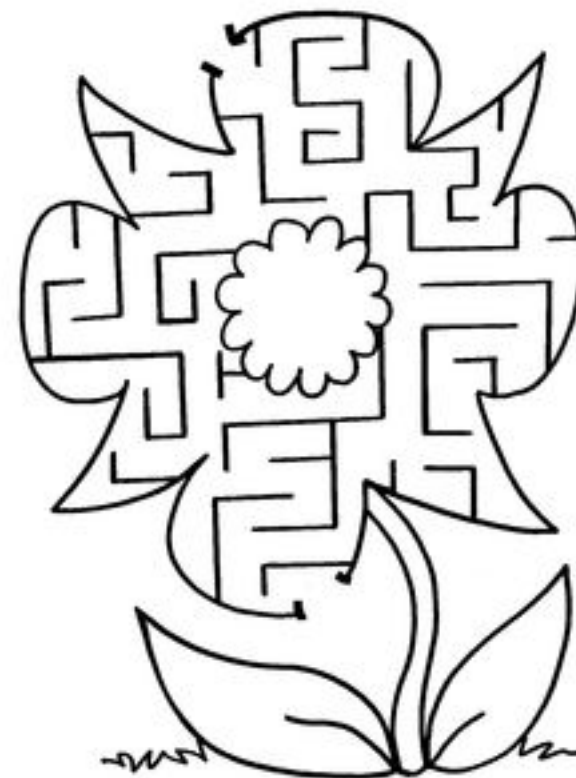
In addition to simply wearing sunglasses, it's also critical we chose the right pair. Mayo Clinic suggests choosing sunglasses that block 99 to 100 percent of both UVA and UBA rays. Surprisingly, the color and degree of darkness in lenses aren't correlated with the amount of UV protection of the sunglasses. For those spending summers near water, polarized lenses reduce the glare of light reflection.

Hydration: Inside and out. Not only does the summer heat have dehydrating effects, frequent sun exposure quickly dries out your skin as well. The best way to combat dry skin any time of the year is through drinking plenty of water. According to an article from the National Center on Health, Physical Activity and Disability, staying well-hydrated is always important, particularly in the summer months when the temperature rises and our perspiration (sweating) increases. Therefore, during the summer we are advised to increase our water consumption by a few glasses. Eating foods that are high in water content like cucumbers and watermelon is also recommended.

Scratching bug bites: No amount of bug repellent can guarantee a bug bite free summer and no amount of lotion or ice seems to remedy the tortuous urge to itch them.

"My least favorite part of summer is the bugs and bug bites because you can't really avoid them," said Rachel Walsh, junior in apparel, merchandising and design.

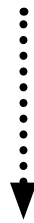
Scratching bug bites, although temporarily relieving, is a bad idea. Rachel Saslow with The Washington Post received expert advice that "If you scratch an insect bite vigorously enough to break the skin, the bacteria from underneath your fingernails could cause a skin infection." Every time we scratch bug bites, the body releases more histamines, which only leads to more redness, swelling and itching.



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Playing Outside with Sports Balls

For any children using sports balls around the WHA, kicking and bouncing them off the buildings is not the way to properly use them. If they hit a window, it might not break it but slamming into it could cause damage to the frame or screen. Also if one were to slam into a tenants air conditioner it can break it. So please, use sports balls carefully!



Loud Noise

With the nice weather now here, many tenants keep their windows open throughout the day. With this, it is easier to hear noise so please be curtious to other tenants living near by. Keep the volume of your music and/or TV down. If there is consistent, disrupsitive noise, your neighbors have grounds to contact the police or the WHA.

Kids' Outside Behavior

Parents are responsible for their child's outside behavior, good or bad. The trees and brick enclosures are not "playgrounds" for the children. It's unsafe to climb or hang from the little trees. It also damages the trees. Also, children should not be jumping up and down, or skipping on the raised brick enclosures. This can cause damage to the bricks but can be dangerous for the children as well.

Grilling Tips for the Summer

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.



The prom and graduation season is here! This is an exciting time in a teenager's life. To help make this a safe, happy and memorable event. The Albany County Sheriff's Office would like to offer you some safety tips:

- Think Responsibly – Do not let peer pressure make you do something you aren't comfortable with. It's ok to say no!
- Travel Safe – Wear your seatbelt, put the phone down, slow down and do not drive under the influence of alcohol or drugs and do not get in the car with someone who is under the influence.
- Communicate – Parents, please have conversations with your children about the potential dangers prior to prom and graduation parties.
- Plan Ahead – Before you go to an event, know how you are getting there and how you are getting home. Keep your parents involved in this plan.
- Be Available – Parent's, let your teens know they can call you at any time if they get in a situation and need your help.
- Social Host Law – Thinking about hosting an underage drinking party? Think again! The Social Host Law prohibits the service of alcoholic beverages to persons under the age of 21 at a private party. It is a violation punishable by both fines and/or imprisonment. We share these safety tips with you in hopes that our teens do not make poor decisions that will have lifelong consequences.

LEARN TO PLAY LACROSSE!

Introduction to lacrosse for any child in grades 3-8 that lives in Watervliet, Green Island, or Menands

WHEN: EVERY THURSDAY NIGHT FROM 5:30 – 6:30PM

(STARTING JUNE 11, 18, 25 & JULY 2, 9, 16, 30)
WHERE: WATERVLIET JSHS TURF FIELD
1245 HILLSIDE DRIVE, WATERVLIET, NY 12189

- WEAR GYM CLOTHES AND SNEAKERS (OR MOLDED CLEATS)
- EQUIPMENT, STICKS, AND BALLS WILL BE PROVIDED

THE PROGRAM IS OFFERED BY THE ADK WOMEN'S LACROSSE CLUB
FOR MORE INFORMATION, PLEASE CONTACT WCSD ATHLETIC DIRECTOR MICHAEL FOUST @ 629-3303
OR CLUB CHAIR NANCY HOXIE @ 312-3282

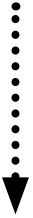


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Healthy Summer Recipe



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Ingredients:

2 cups dry elbow macaroni, cooked, rinsed, and drained
1/3 cup diced celery
1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
1 tablespoon minced flat-leaf parsley
1/2 cup diced vine-ripened tomato (optional)
1/2 cup prepared mayonnaise
3/4 teaspoon dry mustard
1 1/2 teaspoons sugar
1 1/2 tablespoons cider vinegar
3 tablespoons sour cream
1/2 teaspoon kosher salt, plus more to taste
Freshly ground black pepper

Macaroni Salad



Total Time: 30 min

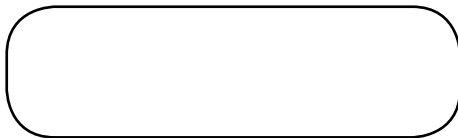
Prep: 20 min

Cook: 10 min

Yield: 6 servings

Directions:

In a large bowl combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.



2400 Second Avenue, Waterliet, NY 12189

Charles V. Patricelli, Director

June 2015