



Watervliet Housing Authority

March Newsletter 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



We have a Web site...
WatervlietHousing.org
Check us out, over
50,000 have!

HAPPY
ST. PATRICK'S DAY
FROM THE WHA!



March 30th: Public
Hearing at **THE WHA
OFFICE** starts at 7 PM
*(This meeting will be about
the HUD's RAD program.
This establishes a signifi-
cant amendment to our ap-
proved Agency Plan and it
is available for review.)*



VRV Annual Inspections

Notice to all VRV tenants we'll be inspecting your apartments on the dates listed below. Please be sure to let us know of any issues you may have with the condition of the apartments. If your not going to be home, please leave or email us any comments.

- March 17 Bldgs. 1-4
- March 18 Bldgs. 5-8
- March 19 Bldgs. 9-12
- March 20 Bldgs. 13-17

History of St. Patrick's Day

St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick's Day is a national holiday in Ireland and a provincial holiday in the Canadian province of Newfoundland and Labrador. The name "leprechaun" has several origins. It could be from the Irish Gaelic word "leipreachan," which means "a kind of aqueous sprite." Or, it could be from "leath bhrogan," which means "shoemaker." Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

Important



2015



WATERVLIET ELEMENTARY KINDERGARTEN REGISTRATION THURSDAY, MARCH 19TH

IF YOU ARE A RESIDENT OF
WATERVLIET AND HAVE A CHILD
WHO WILL TURN 5 YEARS OLD
BY DECEMBER 1ST, 2015 CALL
WATERVLIET

ELEMENTARY SCHOOL IN ORDER
TO SCHEDULE A REGISTRATION
APPOINTMENT. OUR REGISTRA-
TION DAY WILL BE
THURSDAY, MARCH 19TH
629-3400

Paperwork can be picked
up at the main office or
downloaded from our website:
[www. watervlietcityschools.org](http://www.watervlietcityschools.org)

HANRATTA TENANTS:
On February 28th at 3:00,
a woman and her daughters
will be visiting Hanratta. They
would like to spend some time
and get to know our tenants.

HANRATTA TENANTS:
Character Education students have
been having coffee and donuts at
the Hanratta
complex each month with the ten-
ants from 10-12.
Upcoming dates include:
March 22
April 19
May 3

PC's for Everyone!

Our belief is that anyone not using a computer
or connected to the internet is missing out on
valuable knowledge and education. We are
committed to helping you
"bridge that technical divide".



We want everyone connected!
Check on very valuable ser-
vices, 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. This is an awesome way
to communicate and learn.

FREE Citizenship Awareness by The American Red Cross

The City of Watervliet is in the process of
setting up a Red Cross **FREE** Citizen Pre-
paredness Corps training sessions entitled
Prepare, Respond, Recover: What to do When

Disaster
Strikes. The
training will
take place at
the Senior Cen-
ter on March
4th at 7:00
PM. If you are



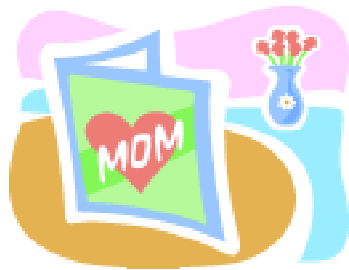
interested, contact City Hall at
270-3800 ext 100.



Around the WHA...

Attention Hanratta Tenants

In the near future, during March, we will begin a window maintenance program throughout the building. The project we include the lubrication of the windows, cleaning of the tracks, and evaluation of the windows operation. New balances will be installed where required once we ascertain the overall need. We ask that when you are notified that we will be working your windows that you remove all items from the sills and window for easy access.



Don't Forget Mother's & Father's Day are 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, typically we don't get much help to put this program together so we need your photos in early.

VRV SMOKE AND CO DETECTORS

Do NOT test your smoke and CO detectors because they are hooked up to a monitoring system at the fire department.
THIS IS ONLY FOR VRV TENANTS!



2015



GETTING AHEAD IN A JUST-GETTIN'-BY WORLD"

Living paycheck to paycheck?

Want a better life for your family but can't seem to overcome certain obstacles?

Looking for support and tools to make changes?

A Getting Ahead group is forming now and will meet Wednesday evenings from 6:30-7:45 at the Vineyard Church, 121 Remsen St. for 14 weeks. We discuss everything from work to rent to kids. Group meetings are private and casual. Childcare is provided.

If you are interested, please contact:

Brittney Hunt, Cohoes Bridges Coordinator, at: (518) 935-3381, or
Kathy Kavanaugh, at (518) 869-6520



2015



**Announcing Registration
for the
Watervliet City School District
Pre-K
March 24th & 25th, 2015
at the Watervliet Elementary School**

**The Watervliet Pre-K
is a FREE full day program.**

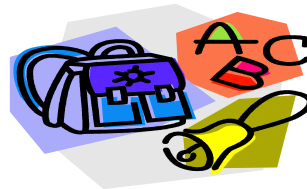
The hours are 8-2pm, breakfast and lunch are included.

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

**Please call Jill O'Connell at 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



Trinity Church Bible Study

**There will be a 6 week Bible study group located at the Quinn Community
Room. The group will begin sometime in April, the starting date and
time will be posted by the WHA soon.**

Contact Al at 459-3440 for any other information.



Frostbite

What causes frostbite?

Inadequate blood circulation when the temperature is below freezing leads to frostbite. This is because the body is constricting circulation to extremities to preserve core temperature and fight hypothermia

What are the signs of frostbite?

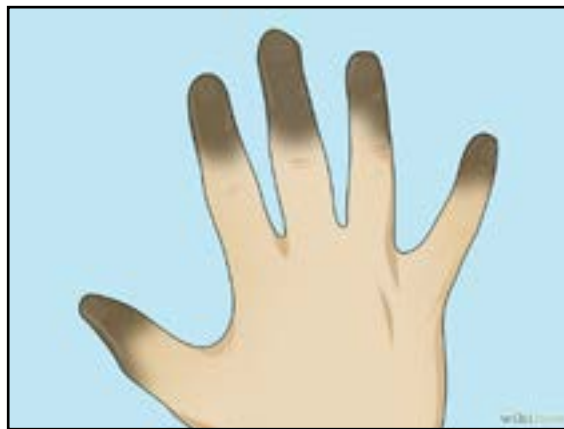
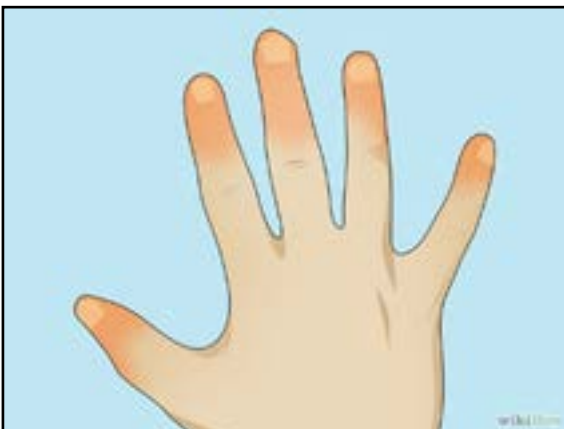
- First degree frostbite: Itching and pain, and the skin may develop white, red, and yellow patches and become numb.
- Second degree frostbite: The skin may freeze and harden and form blisters. The blisters may become hard and blackened.
- Third degree frostbite: If the area freezes further, deep frostbite occurs with areas of purplish blisters which turn black. The skin is hard, feels waxy, and use and/or feeling in the area is lost temporarily, and in severe cases, permanently.
- Extreme frostbite may result in fingers and toes being amputated if the area becomes infected. If the frostbite has gone on untreated, they may fall off.

How should frostbite be treated?

- Rubbing, massaging, shaking, or otherwise applying physical force to frostbitten tissues in an attempt to rewarm them can be harmful. Excessive movement of frostbitten tissue can cause ice crystals that have formed in the tissue to do further damage.
- Splinting and/or wrapping frostbitten extremities are recommended to prevent movement.
- Rewarm as soon as possible by moving to a warmer environment and wrapping in blankets or submerging in warm (not hot) water. Avoid dry heat such as a heating pad or fireplace, because the skin is numb and will easily be burned.
- Seek medical attention right away.

How do I prevent frostbite?

- Wear many thin, loose-fitting layers of clothing to resist dampness and maintain body heat.
- Wear a hat or ski mask to protect ears and nose.
- Wear waterproof shoes, gloves, and thick socks to protect fingers and toes.
- Keep clothing dry, or change if anything becomes wet.
- Alcohol, caffeine, and nicotine leave the skin more prone to frostbite.
- At the first sign of redness, blueness, pain, or numbness, get out of the cold, warm up, and protect exposed skin from further damage.



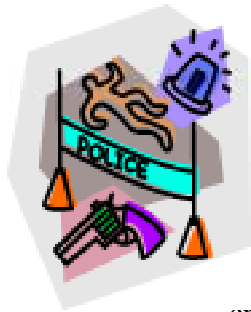
2015



Important Information.....



2015



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

Mary's Corner

Mary's Corner is a Ladies of Charity of the Albany Diocese outreach site in Cohoes, serves small children and their caregivers. We try very hard to encourage reading and are in great need of children's books for children up to about age 5. If you can help, please leave books at The Watervliet Housing Authority. If you have questions, please contact Mary Clinton at 273-4714.

Things you should know...



No Visiting Pets!

Visitors with pets of any kind are NOT allowed on the premises of WHA except for registered service animals for disabled people. This includes visitors from the family sites. This is very serious. The tenant will be in violation of WHA's Admissions and Continued Occupancy Policy if they allow a visiting pet on the property. There are no other exceptions!



Reminder to Day Tenants

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

Health Tip

Taking aspirin to reduce stroke risk could be doing more harm than good.

That's according to a new study out of Hallym University College of Medicine.

"Twenty-five percent of the patients were aspirin-resistant, which means that that is a huge proportion of people. So, people who have strokes, heart attacks that are put on aspirin, it may not be doing anything," explained Dr. Jennifer Frontera of Cleveland Clinic. The study was based on 310 people who had an ischemic stroke, which involves blood clotting. They were all taking aspirin for at least seven days before their first stroke symptoms.

Results show nearly 30 percent of them were resistant to aspirin and those in the aspirin-resistant group had more severe strokes affecting larger areas of the brain.

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By: WNYT Staff



Large 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.

Overdue Back Charges

Many have received notices that you have outstanding balances in either maintenance or other fees. These must be paid. You expect proper response, as we all do, for maintenance calls, then you should pay the charges that are due. We have kept prices down as much as possible and more than likely under the going rates. Please save us the time and money to clean up these accounts as soon as possible.



2015



Around the WHA...



2015



We need
your help
now!

Energy costs
are skyrocket-
ing 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, and as always these will be the extra's that has made Wattervliet 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.



**Happy
St. Patrick's
Day**



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.



Laptops for High School Graduating Seniors

If you're a high school senior and going to college you are eligible to receive a laptop. All you must do is have been accepted at a college and COMPLETE one full year and the laptop is yours FREE. Call the office or better yet, send us an email at



Cpatricelli@
watervliethousing.
org.

Special thanks to the many supporters to this project. Watervliet Housing is very proud of

helping to support our children get ahead and have the same opportunities regardless of their income. Go Watervliet!

Reducing Risks

The Board and staff of the Watervliet Housing Authority primary goal is to operate and maintain our properties free from risk. We make every effort to remove potential problems prior to them causing injuries to the residents or visitors. With spring approaching there will be more outdoor activities in areas that have not been utilized since the late fall. To make sure that all areas are as risk free as possible we ask that if you see any areas of concern, such as low hanging trees or shrubs, sidewalks that are trip hazards, steps in need of repair, or poor lighting please alert the main office so that we can quickly address these conditions. By alerting the office immediately we will be teaming together to make our properties as safe as possible.

SENIOR MEDICAL CARDS

Senior Medical Cards are very important. Why? We are not always open or available in the event of a medical emergency or illness. The cards have all your important medical information on them. Keep them up to date. If you need a new one, call the office.

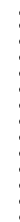
NETWORK JACKS

Routers of any kind are not allowed to be plugged into the outlet for your network jack. You are not supposed to plug anything into your outlet because it will interfere with the broadband access and no tenant will be able to get on the internet.

Work Order Surveys

When we complete work orders, we email you a survey. Please respond to the email to tell how our men did.

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 these dates: March 10th, April 14th, May 5th, and June 9th from 8:30-4:00.



2015



For Your Information



2015



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.



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/>

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 need medical help, be sure to call our office so we can record it in your tenant profile. Again don't assume it's recorded, 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..

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.



2015



We Need Air to Breathe..

The last several HW calls in Joslin were for bad flame sensors. While removing the sensor to clean or replace, there was a good amount of scaling from the bottom of the tank. This is a symptom of not enough air. We may even want to look into combining the fresh air intake with the exhaust. The scaling will lead to early failure of the water heater. The same can be said for the heating and air conditioning ducts in the apartments at VRV. Please be sure the wall grills and lover doors in the living rooms are exposed and cleaned with a duster at least once a month.



2015



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Thank you to our maintenance crew that worked hard plowing the Housing Authority during the past few snow storms.

Did you get a call for snow removal?

If not, we do not have your current phone number on file. Be sure to keep us up to date. We also need your current email.



Remember to:



“Wherever you go and whatever you do, May the Luck of the Irish be with you.”



March 2015

Charles V. Patricelli, Director

Waterliet Housing Authority

2400 Second Avenue, Waterliet, NY 12189