



WATERVLiet HOUSING AUTHORITY NEWSLETTER



May 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.**



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

Memorial Day is May 25th *See you at the parade!*

Hilton INSPECTIONS

Inspections will be conducted for all
Hilton apartments this month.
Inspections will be for the purposes of:

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

Inspections will be:

May 13th

Apartments 1-15

May 14th

Apartments 16-30

****Make sure to move everything
away from your windows prior
to your inspection.***



The office will be
CLOSED on Monday, May
25th for Memorial Day



2015 CHW Scholarship Fund

For students living in affordable housing, the Cannon Heyman & Weiss Scholarship Fund will be awarding successful, qualified applicants and will offer financial aid for full- and part-time study at approved colleges, junior colleges, technical schools, and other post-secondary institutions leading to a degree, diploma, or certificate. Graduate studies are not included.

This year's awards are expected as follows:
\$10,000 • \$5,000 • \$2,000

For more information (www.chwattys.com)
Deadline for application is May 20th.

New WHA Website

Check it out at
www.WatervlietHousing.org



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.

For your information...



2015

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Tenant Fraud Tips

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

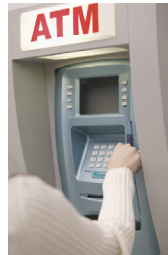
Do Not leave behind any credit card or ATM receipts.

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.



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.

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



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!

Are You Looking For Things Your Children Can Do This Summer?

Some camps that you may want to look into include:

- Camp Scully at Snyder's Lake of North Greenbush
(CampScully.squarespace.com)
- Club Scientific in Colonie
(Colonie.ClubScientific.com)
- Kids on Stage/Summer on Stage at Sage College (sage.edu/theatre)
- Albany JCC Summer Camps
(Albany.jcc.org)
- Drama Kids (DRAMAKIDS.com)

Parent Pages March 2015

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: May 5th, and June 9th from 8:30-4:00. Families can also apply at ACAP on White Street on Fridays.

THE HISTORY OF



Cinco de Mayo commemorates the Battle of Puebla of 1862, in which Mexican soldiers surprisingly defeated French forces trying to occupy the country. "Outnumbered, ill-equipped, and ragged, but highly spirited and courageous," the underdog Mexicans drove back the French on May 5, 1862, according to a U.S. House resolution about the day.

911 System



If you need to call for the Police, fire or Emergency help you need to call 911. **DO NOT CALL THE OLD NUMBER.** The City is now using 911 for ALL calls if you need help. If you call the old number you will get an answering machine that will take messages but if you need assistance it will tell you to hang up and dial 911, which you will be wasting valuable time.

Why the change? Simply it is easier, more efficient, and economical. The Albany County Sheriff Department will now be handling all dispatching and soon many other cities will be doing the same. If your only phone is a cell phone it will most likely go to the State Police but they'll transfer it to the Sheriff dispatch immediately.

We were taught use only 911 for an emergency, but now it is for EVERYTHING. If you have any questions, please feel free to call our office. Only call the 270-3833 number for general information that you can wait to get a return call back. You will need to leave a message and someone will get back to you as soon as possible.



If you need anything notarized, please see Charles or Matt at the WHA Office.



2015

Check out the WHA Tenant Portal on our new website

Around the WHA...



2015

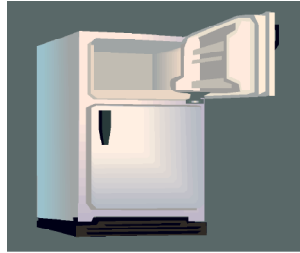
Litterbugs Beware

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.



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.

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.



In the Community...



Watervliet Civic Center 2015 Summer Recreation Program

The Watervliet Civic Center 2015 Summer Recreation Program will be offered from June 29 - August, Monday - Friday from 8:00 AM to 4:00 PM, extended hours are available from 4:00 PM - 5:30 PM. The program is available to children ages 5-13.

Children ages 5-7 will have the program conducted at Watervliet High School, ages 8-13 will be held at the Watervliet Civic Center.

Watervliet Housing Authority children are able to attend this program at half price, there are a limited number of slots available to WHA children and will be available on a first come first serve basis. The weekly registration fee is \$75.00 per week (\$37.50 for WHA children).

Activities consist of; gym games, outdoor games, swimming, arts & crafts, group activities, musical activities, service program, weekly trips, special events and much more.

Applications are available at the Watervliet Civic Center. For further info. call 273-5922.

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 laptops that we want to donate to graduating high school seniors living in Watervliet

Housing or on Section 8. We know that college isn't cheap no matter how much aid you may get, so we're trying to make it easier for 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.

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.



2015

Help keep the WHA clean. Pick up any garbage that is on the ground





2015

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.



Chalk on Buildings

We have noticed a lot of chalk drawings on the sidewalks, flower beds and buildings at various sites.

Although it may seem innocent, chalk drawings on the buildings and flower beds are prohibited. Please

be sure to ask your children not to use chalk on the buildings and flower beds.

Hanratta windows are being fixed. If any Hanratta tenant has an issue with their windows, they should call the office to report it.



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.



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

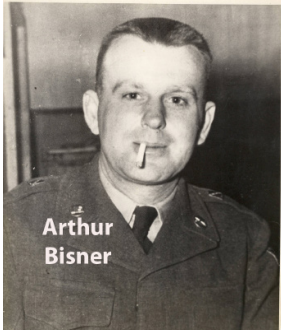
the way for our mow-

ers. Also, please make sure all garbage cans and bins are on the concrete slabs provided for them, NOT the lawn.

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.

WVLT Channel 17



Memorial Day Tribute

For the past several years we, at the Watervliet Housing Authority have 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.



Tell your mom you love her in a special way this Mothers' Day!

Make your mother proud that you remembered her. Newspapers charge a lot of money to put in an ad. We do it for **FREE!** Bring in a picture or a message you have for your mom and we will put it on WVLT Channel 17.



2015

The 10th Annual "I Love My Library" Dinner In Honor of the late Mary O'Brien

To benefit the Watervliet Public Library, they will be having the annual dinner on May 8th. The dinner will begin at 5.

Tickets for the event are \$25/person and are available at the library.

The main course offered is Prime Rib, there are also Vegetarian and Children's options available.

There will also be a basket raffle.



What Every Parent Needs to Know About Secondhand Smoke



2015

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

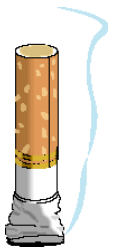
the day care providers, preschools, schools and other caregivers for your children. Help other parents understand the serious health risks to children from secondhand smoke. Work with parent/teacher associations, your school board and other community leaders to protect your child's environment.

- 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.



Remember, smoking is not allowed within any of the WHA common areas. It is an Albany County law that no one is to smoke inside of one the common areas and you could get evicted.



Stay Healthy

Foods You Should Never Put in the Refrigerator

Refrigerators can help plenty of foods last longer, but many people don't know that not every perishable needs to be kept in the cold.

Chef Rachel Reuben of Food Fix Kitchen makes her living teaching others how to cook. Reuben says one of the most important lessons she provides involves guidance on which foods need to be refrigerated, especially when it comes to produce.

"I think we assume everything will do better in the refrigerator but that's not really true," Reuben told CBS News.

Knowing what food should and shouldn't be left to chill can ensure that what you eat maintains its quality, she explains.

While the cold can prevent many fruits and vegetables from going bad, that doesn't mean they'll taste as good or will be as healthy. "They will lose nutrients and flavor in the refrigerator," Reuben said.

In the fridge, tomatoes lose their texture and potatoes can become gritty. Reuben believes other foods like apples, onions, avocados and citrus fruits are better when kept at room temperature.

Bananas should never be refrigerated because they turn black faster, she says.

Berries can also be kept out of the fridge but should be eaten quickly, which is why Reuben recommends buying them in smaller quantities.

Many people refrigerate bread because there's a widespread belief that it will reduce mold growth. However, Reuben says that cold bread tends to dry out.

Reuben also pointed out one item most people don't refrigerate but probably should: nuts. Though it's safe to keep nuts in the pantry, Reuben says they will actually taste better and last longer if you store them in the fridge. They also contain oil, which can go bad over time.

"If you have a large quantity of nuts that you know you're not going to use for a long period of time, I would definitely keep nuts in the refrigerator," she said.

CBS News/February 5, 2015, 2:52 PM



2015



20-Second Brain Health Test

Japanese researchers wanted a simple, low-cost test for brain health. Their solution: Ask patients to balance on one leg for at least 20 seconds. A study of about 1,400 adults, average age 67, found that those who couldn't were more likely to have silent strokes that damaged tiny blood vessels in the brain, affecting balance, memory, and thinking skills.

Troy Waterfront Farmers' Market



Summer Season starts 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.

Attention Seniors



2015

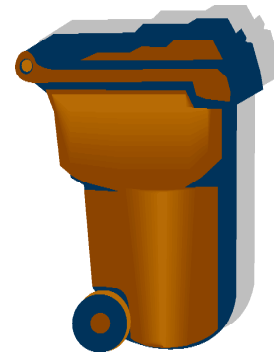
Seniors, are you having trouble reading your bills?

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



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.



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.

Battery Recycling Program

The Watervliet/Cohoes Housing Authorities are spearheading a household battery recycling program. This program can help avoid the improper disposal of hundreds or even thousands of pounds of batteries leaking hazardous wastes in our soils. The housing authorities use nearly 1000 batteries each year for all their battery operated smoke detectors and will be sending those back and felt that offering it open to the city residents was the right thing to do. It will cost a few extra dollars and if the program gets too large, we'll seek outside funds to help support the program. Residents can drop off batteries at any of our maintenance shops, main offices and we're soliciting businesses that may want to participate and we'll add them to our list below as they notify us. **Please tape the positive ends of the battery before you drop them off to the Watervliet Housing office.**



Mold Removal Using

Did you know that an effective and economical method for mold removal is using vinegar? Rather than using more costly products or ones that give off pungent odors white vinegar is safe and found in nearly everyone's pantry. Provide below is a step by step process using vinegar"

1. Make sure you use only white fermented vinegar to kill mold, other synthetic acetic acids will not do the job.
2. Fill a spray bottle with undiluted white vinegar.
3. Spray vinegar onto mold infested surfaces and in places where mold regularly grows, such as shower curtains, grout of tiles, walls, sealing underneath faucets, edges and outside of the bathtub, counter top, etc.
4. Leave the vinegar to sit for a minimum of 30 minutes for the acid to kill the mold.
5. Wipe clean the surfaces with water and let it dry completely. Remember moisture is the cause for mold growth.
6. Use a solution of vinegar and water to mop floor regularly. This helps to kill any mold residues.
7. To remove mold from clothing and fabric materials, soak them with the solution of vinegar and water and leave overnight without adding any laundry detergent.



8. Rinse off the vinegar water and wash with normal laundry detergent and warm water. This shall kill all traces of mold. Vinegar is a safe product to use for mold removal; as it is biodegradable and edible. It does not leave nasty residue like bleach does. You can even use vinegar to kill molds in kitchen. Spray vinegar onto the counter tops, dish drainer, cutting board will keep mold at bay

Have You Started Your Spring Cleaning Yet?

If not, here are some tips that may help:

- Wash your windows using Windex and paper towels.
- Dust shelves, blinds, light fixtures, etc.
- Wipe the dust off of your computer and TV.
 - Vacuum your carpets.
 - Swiffer/mop your floors.
 - Wipe down the kitchen countertops.
- Clean out and wipe down the refrigerator. If there are some tough stains, many say that putting toothpaste on them gets it right up.
- Flip your mattress. You should do this every season, it helps with getting a better nights sleep. Also, change sheets and blankets out with ones for warm weather.
- Clean your bedroom pillows. Whether they are made of natural fibers or synthetic, most are machine washable.



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**Memorial
Day is
May 25th
See you at the
parade!**



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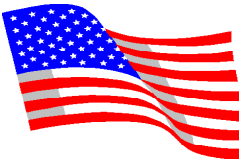
Memorial Day Salute to our Veterans

Don't forget to watch our tribute to our Watervliet Veterans. We have over 1700 photos of our residents that will run every Memorial and Veterans Day. Do we have your military photo? Get it to us today!



THE HISTORY OF MEMORIAL DAY

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 25^h with a parade which starts at the Watervliet High School at 10am.



2400 Second Avenue, Watervliet, NY 12189

Watervliet
Housing
Authority

Charles V. Patricelli, Director

May 2015