



2015

Watervliet Housing Authority

Charles V. Patricelli, Executive Director



Newsletter

WATERVLIET HOUSING AUTHORITY: 273-4717
ext. 201 Mary
ext. 203 Matt
ext. 204 Daria
ext. 205 Mary Clinton

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.



INSPECTIONS

Hanratta Apartments

Inspections will be conducted as follows:

- 100-219 November 17
- 301-319 November 18
- 401-419 November 19

** Please remove all items away from your windows and off of your stove. We will need access to them for inspections.*

Annual Santa Visit

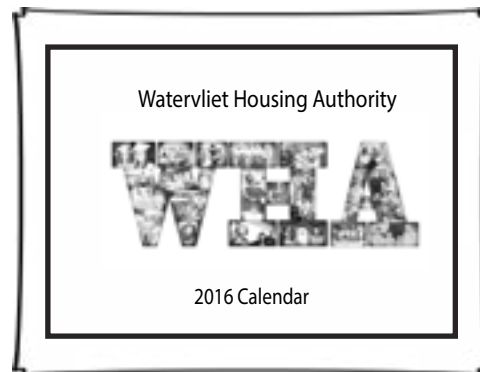
Yes, it is that time of year again and we are trying to get a list of children that want Santa to visit just before Christmas. We are trying to get a shopping list going so please fill out the form on page 6 and send it back. Santa's Elves want to get going early to take advantage of any sales. Sign up now.



Happy Thanksgiving!

OFFICE will be Closed
Nov 11th, 26th and 27th

DON'T FORGET:
The last day rent is due is
Friday, November 6th!



2016 Watervliet Calendars

You should have received your new 2016 calendar from the Watervliet Housing Authority. This calendar is filled with information about the Authority and many important dates you need to know. We are very proud to have created this calendar and hope you find it useful. If you didn't receive one and want a calendar, please stop by the office or call us. You can also request one by e-mail at cpatricelli@WatervlietHousing.org



FLAT RENT

Day, Hilton, Hanratta, and Quinn new flat rents are as followed:

One Bedroom	\$570
Two Bedroom	\$709
Three Bedroom	\$869
Four Bedroom	\$929

Joslin new flat rents are as followed:

Two Bedroom	\$666
Three Bedroom	\$828
Four Bedroom	\$900

CABLE

Cable for Quinn and Hanratta is \$40 per month.



2015



HANRATTA TENANTS:
 Character Education students have been having coffee and donuts at the Hanratta complex each month with the tenants from 10-12. Upcoming dates include:
 November 15
 December 20



Around the WHA...

Senior Medical Cards

We provide a senior medical card for all seniors to fill out and leave in the metal sleeve next to your front door. Fill them out and keep them current. If you ever need a new one just call the office. They are important because if you are sick and have difficulty speaking the ambulance crew can use this to bring you to the hospital you prefer, call your personal doctor and review your current medication. This is for your benefit. The difference in minutes could save your life.

Attention All Residents



We are required by law to take reasonable steps to make the site as accessible for disabled residents as for non-disabled residents. If any member of your household is disabled or becomes disabled and needs accommodation or modification of the site or its policies, please bring it to our attention. You must also inform us if your household may have difficulty meeting its obligations under the lease or house rules because of a member's disability. We want to make sure that disabled residents are treated fairly and have the same positive experience at the site as non-disabled residents, and we need your help in meeting this goal.

New Laundry Room Equipment at Hanratta



We recently upgraded the washers and dryers at Hanratta! We hope our tenants are happy to have them and take good care of them!

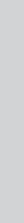


If you have toilet bowl stains, we have a chemical that can help. Call the office for assistance. We will take care of the issue.



WVLT channel 17 on Time Warner Cable

Watch this channel for great parenting tips, educational material on drug use, and a constant update on what's going on in your city. Comments? Suggestions? You want to get involved — call us. Watch Channel 17 for school closings!



2015



Important Information



Coats For The Community

The Coats for the Community event is over! And what an event it was. We served so many residents with some coats they seemed to love. We served residents of Cohoes and Watervliet and each person received one jacket and one coat. We collected about 2,000 really beautiful coats and jackets. The day went very well, with great volunteers who really seemed devoted to finding a great looking and fitting coat for each person. The joy on some of the faces of those receiving a coat was a treasured memory.



After the day was over the remaining coats were dispersed to Mary's Corner, Cohoes schools, Cohoes Housing Authority, Alpha Pregnancy, Community Chest, the United Church of Cohoes, and Catholic Charities Housing. Other remaining coats were given to charities in the area.

The help was just amazing. Each volunteer gave so willingly, effectively and joyfully. It was such a pleasure to work with them. It was a splendid example of city and community working together with supportive camaraderie. The hearts of Cohoes and Ladies of Charity is alive and well.

A special thanks to Bill Conroy for making the coat racks that held all of the donated coats. Thanks to everyone who helped. Each person did such a magnificent job of not only offering to help but often taking the ball and running with it, making awesome decisions.

Remember ALL air conditioners must be removed from the windows!

We are expecting record high prices for gas and we all need to do our part to conserve energy. There will be a surcharge for any air conditioners left in the windows of \$35.

They had to be out by October 15th. Please cooperate!



2015



Around the WHA...

Video Club

Are there any interested children in our community that want to learn more about videography? A video club will allow children to learn about all the various components that local and national TV stations use. It will introduce them to technology that you will not see anywhere else. Many other communities have such programs, why not here in WATERVLIET? If any children are interested, call Watervliet Housing at 273-4717 for more information.



November is a month to count our blessings and spend time with family and friends.

Thanksgiving Eve is the first holiday of the fall/winter season and is known to be a one of celebrating. College students will be returning home, social gatherings with friends, or dinner with families might be planned. While we do encourage everyone to enjoy their Thanksgiving break, be sure to think ahead if alcohol will be consumed. We



hope you have a safe and fulfilling holiday, and remind you not to drink and drive!

November is American Diabetes month.

It is important to be aware of this disease. Diabetes is usually a lifelong (chronic) disease in which there are high levels of sugar in the blood.

National Diabetes Statistics Report 2014:

- 9.3% of children and adults in the U.S. have diabetes, both diagnosed and undiagnosed, which is equal to 29.1 million people.
- 27.8% diabetic cases are undiagnosed, which is equal to 8.1 million people of all ages.
- 25% of people 65 and older have diabetes, diagnosed and undiagnosed. This is the largest age group of the U.S. population with the chronic condition.
- **More than 3x** is the rate of new diabetes cases among adults ages 45 to 64, compared with ages 20 to 44. Middle-aged and older adults have the largest proportion of newly diagnosed diabetes among U.S. adults.

Source:

cdc.gov



2015





Christmas Is Almost Here...



...and we want your child to have the best Christmas possible.

That is why the WHA is asking a local church and city residents to help provide gifts to families in need. If you're interested in participating in this program, please fill out this flyer by Friday, November 13th and return it to the office. If you have an idea of a small gift, please provide that as well (for instance, if they would like a doll, basketball, or some other small toy).

Child 1: _____

Gender: M or F Age: _____

Gift Idea: _____

Child 2: _____

Gender: M or F Age: _____

Gift Idea: _____

Child 3: _____

Gender: M or F Age: _____

Gift Idea: _____

Family Address: _____

Email Address: _____

REMINDER: The deadline is Friday, November 13th. Any slips returned after Nov. 19 we may not be able to filled. Drop in our mail slot or go on-line for a copy.

Important Information...

Attention Hanratta Residents:

The General Meeting is Monday, November 9th at 10:00 am.

Great News!
The WHA received the audit report that was released by the NYS Comptroller. There were no findings and they presented a clean audit.

Attention All Tenants

Now you can go online and view your balances, account information, and even your open and past work orders!
Just go to the WHA website and click on the link to the portal to log in.
For more details Call the office!



Notice to all tenants:

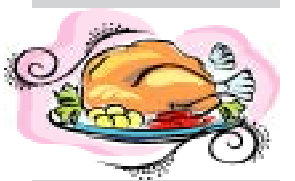
The City has said they are going to clamp down on skateboarders using private property as their play area. I'm sending out this notification to everyone to hopefully tell your children and neighbors that if they skateboard on private property, including the WHA they could be facing some other issues with the police.



The Nassau Band will be having their holiday performance at Hanratta on Thursday December 17th - 7 PM.



2015



For Your Information...



Neighborhood Watch Works

Report any sign of vandalism or suspicious activity to the police immediately. Let's keep unwanted troublemakers out of the apartment complexes. Call us so we can document the problem. We need this information if we need to go to court for an eviction.

Syringe Disposal

When disposing of medical supplies or syringes please be sure to place them in a laundry detergent container. When the container is full be sure to put a LID on the container before placing a work order to have it removed from your apartment. Medical waste facilities will not accept containers without lids. Thank you for your cooperation.



Note to Hanratta Tenants

If your deadbolt lock is locked on the door and you pull your emergency cord, your neighbors cannot enter the apartment to help you. You must wait for the EMT's, they have the key to assist you.

Security

We would like to again remind residents to please refrain from opening the outside building doors to anyone that you do not know. In addition, if someone calls your apartment and requests to be let in and you do not recognize the person requesting entrance, please do not buzz them into the building. We ask this in order to help us maintain the safety of your home. Also it's very important that you call in a work order for any outside light that is out. You see it usually before we do.

Attention Day Residents

Cellars must be in compliance with fire codes, no furniture and cleanliness. The cellars cannot be used as a playroom. This is for both you and your neighbors safety.



Attention All Laundry room users!

Please clean up after yourself; the laundry room is not a place to leave unwanted clothes.

Joslin Laundry Room

Open daily 6am – 10pm
Anyone entering after hours will set off the alarm and be back charged.

Don't forget to watch WVLT channel 17 for school closings



Ice Melt

There is a bucket in the front entrance of your hallway. Please help us out. Spread a little ice melt on the walkway when you are leaving your apt if you see that it is icy.



Holiday Spending Budget

It's not too early to start thinking about the holidays and gifts. Use these instructions for making a holiday spending budget.

1. Determine the total dollar amount available in your budget for holiday spending.
2. Prepare a list of gift recipients and set a budgeted amount for each person's gift.
3. List possible gift choices along with appropriate size, color, and stores carrying item.
4. List miscellaneous expenses (decorations, cards, etc.) and set a budgeted amount.
5. List the estimated cost for each gift choice. Check the estimated cost for each gift choice against the budgeted amount.
6. Consider another choice if the estimated cost is greater than the budgeted amount.
7. List the price paid against the budgeted amount.
8. Total the price paid amounts. Check the price paid amounts against the total amount available for your holiday spending. It's easy to get over your head...



Preparing for Winter

Prepare your car

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
 - Keep gas tank full to avoid ice in the tank and fuel lines.
 - Use a wintertime formula in your windshield washer.

Be ready for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
 - Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.

Take these precautions outdoors

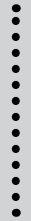
- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
 - Sprinkle cat litter or sand on icy patches.
 - Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.
- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.



2015



Fun For Kids...



2015



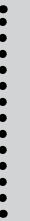
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 family
 feast
 food
 gravy
 harvest

maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey



Fun For Kids...



2015



Draw your own turkey.

NAME: _____

**Bring your turkey drawing into the office with your name on it and we will hang them up in the window on display for the month of November.





Tips for Parents

TOPIC: Helping with homework

This month's article will discuss HELPING WITH HOMEWORK. Given the schedules of most parents, finding time to help children with homework is no easy feat. Nevertheless, the time you can spend together keeps you involved with your child, decreases the chances that you child will fall behind in class, and **shows your child that you value education.**

Okay, so maybe you don't feel comfortable helping with fractions, physics, or diagramming sentences. There are still some things you can do to help your children complete their assignments:

- First, be available and watch for opportunities to praise them for staying on task with their homework.
- Second, set a positive example. Read a book. Write a letter, balance the checkbook, or make a grocery list while they are studying. Leave the TV and radio OFF. (If need be, videotape your favorite show and watch it later). You help set the tone for the importance of homework. When there are questions you can't answer, and there will be, your children can call a classmate or teacher. Then, have them explain the answer to you so you both can understand what they're doing.
- Third, help your children organize their time and materials (for example, pens and paper) for homework. This might involve having them use a notebook for keeping track of their assignments. This notebook can be their school planner. At the end of each class, they write the assignment in their planner and bring it and related schoolbooks home after school. You also can use the planner to start discussions about their school day.
- Finally, they need to get started studying at the designated time. Kids generally do better if they have a routine to follow. Pick a time that works best for both you and your child.

There will be times when activities prevent your children from studying at that time, but those activities should be the rare exception, not the rule.

CONTACTING TEACHERS

Contact between parents and teachers can be a problem. To be blunt, teachers often blame students' problems on parents and parents often blame children's school problems on teachers. **Instead of assigning blame, work together to help your children get the best education possible.**

Start by attending the open house that almost every school offers at the beginning of the school year. Introduce yourself and be sure to mention to the teachers that they can call you whenever necessary. Explain that you are interested in keeping informed about your child's progress and that you may call during their free period if that's acceptable to them. Then, at the end of the first week or so, call the teacher and ask how your child is doing in school. You also can share with the teacher some of the skills you are teaching your child, such as following directions and asking for help. Discuss how the teacher might be able to help by focusing on similar skills at school. Keep the teacher informed about major events in your child's life, such as the death of a relative or other emotional situations. Always thank the teachers for the hard and intense work they do and the time they take with your child.

Calling or meeting with a teacher sends a clear message to everyone (your children, their teachers, the school administration) that you are interested and involved in your children's education.

2015

Diabetes Awareness



Know the symptoms...

Millions of people have diabetes. Many don't even know they have it. Diabetes is a serious disease and should not be ignored. If you have diabetes, your body can't make or use insulin. Insulin helps change sugar into energy to keep you alive. There are different kinds of diabetes. The main ones are Type 1 and Type 2.

Type 1 Diabetes

This type of diabetes is mostly found in children and young adults. If you have type 2 diabetes, your body does not make insulin and you must take insulin shots every day. If you have type 1 diabetes, you may:

- Urinate often.
- Be very thirsty.
- Be very hungry.
- Lose a lot of weight.
- Be very tired.
- Be irritable.
- Have blurred vision.
- Have trouble seeing.

Type 2 Diabetes

Most people with diabetes have this form of the disease. Type 2 is usually found in people over 45, who have diabetes in their family, who are overweight, who don't exercise and who have cholesterol problems. It is also

common in certain racial and ethnic groups (blacks, American Indians, Hispanics) and in women who had diabetes when they were pregnant.

If you have type 2 diabetes, your body cannot make enough insulin or correctly use it. Treatment is diabetes pills and sometimes insulin injections, as well as diet and exercise.

If you have type 2 diabetes, you may have:

- Any of the symptoms of types 1 diabetes.
- A lot of infections.
- Cuts or bruises that heal slowly.
- Tingling or numbness in your hands or feet.
- Skin, gum or bladder infections that keep coming back.

If not treated, diabetes can give you infections that won't go away. It can also hurt your eyes, kidneys, nerves, and heart.

Taking Care of Your Diabetes

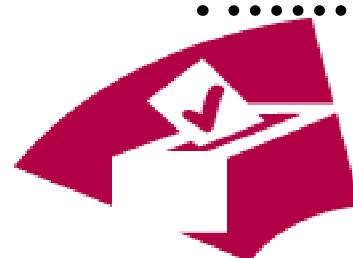
Correct treatment of diabetes can help you live a long and healthy life. If you think you might have diabetes, call your doctor. Look for your doctor's name and telephone number on your member ID card. If you need help making an appointment, call Member Services at 1-800-288-5441.



2015



Election Day is Nov.3rd
Don't Forget to Vote





2015



For Your Information...

Too Hot? Too Cold?

If you have these type of valves on your radiators you can regulate how hot or cold they get. If there is little or no heat and the valve is on 5 or too much heat coming out and the valve is on 1 or 0 then the pin may be stuck. Just call the office and we'll send someone over to check it out.



5 = HOT
0 = COLD

Snow Removal

Again, it is approaching winter and with that comes the snow. We must plow to keep the lots safe and usable. We will again be asking your support to have all vehicles moved by 9am the day following the storm. We can not always promise that we can give any prior notification other than this policy but we'll try the phone system method as much as possible. **BE SURE WE HAVE YOUR CURRENT PHONE NUMBER AND ANY UPDATED VEHICLE INFORMATION!** If you changed your number or want us to call a cell number be sure the office has the new number. Again this method is a courtesy not mandatory and it will be NO excuse for not moving your car and being towed.



ATTENTION ALL VRV TENANTS

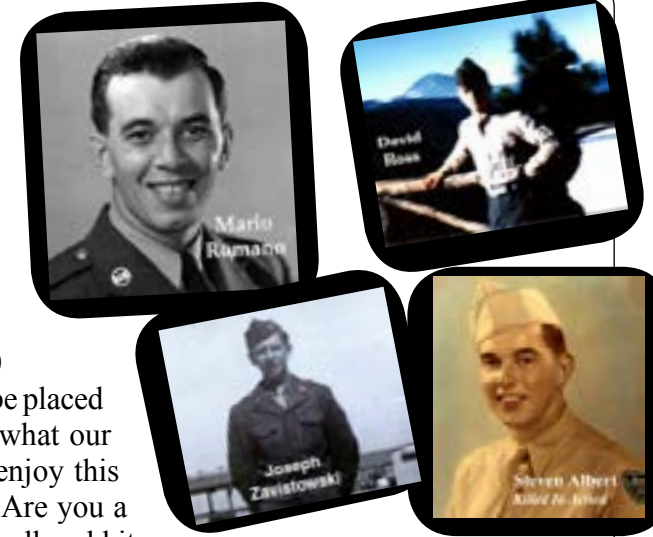
The Laundry Room is YOURS, not the general publics. If you can't monitor it and keep it clean and report anyone damaging the units or making a mess then it may need to be closed and the rates to do a wash or dry will increase. If we have to do more work that will generate an increased expense it will be charged to the laundry room and that will result in an increase in price of the room. The WHA is thinking that we're more convenient and cheaper than a general Laundromat. We want to keep the cost down as much as possible but that will be up to you. Hopefully we receive your cooperation. **REPORT ANYONE MAKING A MESS.**

Please also tell your children to keep it clean also. Any questions, give us a call.

WORK ORDERS

If you have any work orders for your apartment, **PLEASE** get them in as soon as possible. It is important that you get them in sooner than later so the repair doesn't become worse. If it does, you will be charged a larger amount of money.

Don't miss the salute to our Watervliet Vets



The WVL has put together over 1,800 photos of our Watervliet veterans and will be placed on our city TV station. We are proud of what our vets have done for us and we hope you enjoy this presentation during Veteran's Day week. Are you a Vet? Drop off your photo and we will proudly add it to the future presentations. We are the only known city to produce such a program honoring our veterans.

Why report your income?



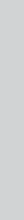
WHA has recently conducted several investigations using a new HUD program called EIV. This program allows WHA to view the current income of all household members living in public housing. As result of these investigations WHA has evicted four households for fraudulently not reporting income. The Watervliet Police Department is now looking into this matter and charges are pending. One investigation resulted in an over \$3,000 back charge for rent. The household will need to pay towards this amount each month, as well

as keep current on their rent or face eviction. The final investigation we would like to make you aware of a tenant was back charged \$600, this amount was received at a court date as directed by a Watervliet City Court Judge to stop eviction. Please be sure you keep your income and all household information up to date with the office to avoid putting your family in situations like these. Although your rent may go up as the result of a new job or a family member receiving a raise, keeping this information from the office is not worth losing your apartment or having to pay a back charge. This information can be updated with the office at anytime, not just at the time of your yearly recertification.

CAREER PATHWAYS PROGRAM

ACAP has a Career Pathways Program. This program offers FREE career training and guidance in 6 targeted career paths. The program takes about 6-8 weeks to complete and includes one full year of job retention services. It is a FREE, income-qualifying program of connected education and training programs and support services that enable you to secure entry level employment within a specific industry and to advance over time in that industry. Each step on a Career Pathway is designed explicitly to prepare you for the next level of employment and/or education. The six designated Career Pathways are growing Capital Region industries, and offer real opportunities for advancement. The purpose is to create both avenues of advancement for current workers and job-seekers and to supply qualified workers to local employers.

Contact ACAP for more information.



2015





2015



Equinox Thanksgiving Dinner...

Equinox is having their 46th Thanksgiving Day Community Dinner November 26th. If you or someone you know would like a Thanksgiving Day meal brought to your door, you can call the office. If you want to volunteer to help you can also call the office. A volunteer will deliver your meal directly to your apartment.



The Equinox Hotline is 434-0131 (ONLY for Volunteers).

Roasted Pork and Potatoes with Creamy Applesauce



Preheat the oven to 375 degrees F. Toss the potatoes and bell pepper with the thyme, 1 tablespoon olive oil, 1/2 teaspoon salt, and pepper to taste in a shallow baking dish. Transfer to the oven and roast until the potatoes are slightly tender, about 20 minutes. Mix the applesauce, sour cream and nutmeg in a small bowl and set aside. Pat the pork dry and season with salt and pepper. Heat the remaining 1/2 tablespoon olive oil in a large skillet over medium-high heat. Add the pork and sear until browned on all sides, about 6 minutes.

Transfer the pork to the baking dish with the vegetables and continue to roast until a thermometer inserted into the center of the pork registers 145 degrees F, 15 to 20 more minutes. Transfer the pork to a cutting board and let stand 5 minutes before slicing. Serve with the roasted vegetables and creamy applesauce.

- 1 1/2 pounds small red-skinned potatoes, halved
- 1 red bell pepper, cut into 1-inch pieces
- 2 teaspoons fresh thyme
- 1 1/2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 cup applesauce
- 1/4 cup light sour cream
- Dash of freshly grated nutmeg
- 1 1/4 to 1 1/2 pounds pork tenderloin, cut into 4 pieces

November 2015

Charles V. Patricelli, Director

**Watervliet
Housing
Authority**

2400 Second Avenue, Watervliet, NY 12189