

# Watervliet Housing Authority September 2015

2400 Second Avenue, Watervliet, NY 12189

Charles V. Patricelli, Executive Director

## 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



## Day Inspections

The schedule is as follows:

Apt. 1-20 ..... September 22

21-40 ..... September 23

41-66..... September 24

67-90 ..... September 25

**NOTE: please take all items off  
the bedroom doors, windows,  
and stove top for the inspection.**

Annual inspections for Day apartments will be made in this month. The inspection will be for the purposes of:

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

## Have a Safe Holiday!

The office will be closed September 7th for Labor Day.

We have a Web site...

[WatervlietHousing.org](http://WatervlietHousing.org)

Check us out.



We're on Facebook



Equal Housing  
Opportunity



## School is starting... So keep your eyes open!

It's that time of year again when kids head back to school. Please drive carefully, especially near schools and school bus stops. Let's do our part to make this a safe school year for everyone!

## DON'T FORGET:

The last day rent is due is  
**Tuesday, September 8!**



REAC is coming to inspect the WHA apartments October 28th and 29th. Please make sure you check out Page 11 to see if you have any of the issues listed with your apartment.



# Hello from...

“Mrs. Fran”

Retired Student Assistance Counselor  
Watervliet Elementary School

## LISTENING TO YOUR CHILDREN

Listen carefully to what your children say. Talk with them instead of at them. For example, bedtime is a good time to recap your children’s day and talk with them about what’s going on in their lives. Dinner time also lets family members share information with one another. The many families that always seem to be on the run taking kids to sports and other activities, can use the time spent riding in the car for having family chats.



How you talk to your kids is important, too. Get at eye level and eliminate distractions. Ask questions, but don’t interrogate. Keep it brief; don’t lecture. Help your kids feel comfortable when they tell you things. If they fear your reaction, they won’t volunteer much information.

Some parents make the mistake of rushing in and flooding their children with advice when their kids tell them about a problem. Even when your children tell you something that distresses you, try to remain calm and hear them out. Keep your cool, especially when they tell you things that go against your beliefs or that honestly frighten you. You cannot help them come up with solutions to their problems if you don’t know the whole story. Remember, their “kid” world is sometimes completely different from our “adult” world. They don’t have the experience needed to make some decisions. There are many new experiences waiting and they need time to talk and discover how to handle these situations.

There will be times when your kids are purposely vague about a problem they’re having with friends or classmates. They don’t want to be tattletales and they may be worried that they will lose their friends if they tell you about them. They also may worry about your reaction. At the same time, they may be confused and, deep down inside, really want your help. That’s why making them feel comfortable about telling you things is very important. By listening calmly, asking brief clarifying questions, and saying understanding words, you will help your child “open up” when they are having problems.

It’s also extremely important to praise your children when they do share their thoughts and opinions with you, stand up to negative influences, report a concern, or tell you about a problem. Reinforce their decisions; let them know they did the right thing. If things didn’t work out as well as expected, praise their courage for trying. A few words of support can go a long way toward helping them make, and be confident in their abilities to arrive at good decisions in the future. For example, you can simply say, “Thanks for telling me that. It took a lot of courage,” or “you should be proud of yourself for standing up to those guys,” or “I know that it was hard for you to tell me, but now we know what the problem is, we can deal with it together.”

## Parenting Tips

### A Recipe For Parenting

- “The shoe that fits one person pinches another; there is no recipe for living that suits all cases.” – Carl Jung
- There is no “recipe for living” at all. What you’ve got is a pinch of this, and a dash of that an improvisational stew that may or may not taste right.
- Nor is there a recipe for successful parenting. You toss together the ingredients at hand — some love, some wisdom, some discipline — and you cross your fingers. What works for you won’t necessarily work for your neighbor. Your kids are different; your lives are different.
- You may wish your babies had been delivered with an instruction booklet — that there was one good way to do this — but, no. There are as many ways to parent as there are parents.
- I am someone’s parent and this means having my own set of standards and no one else’s.



*This excerpt taken from the book “Meditations for Parents Who Do Too Much” written by Jonathan and Wendy Lazar*

### Child Passenger Safety

- As many as 80% of the child car seats in use today are installed incorrectly. There are a few places in the area that do car seat safety checks.
- Buckle children ages 12 and under in the back seat.
- Never put the shoulder belt under a child’s arm or behind the back.
- Infants should ride in rear-facing car seats until they are at least one year old **AND** weigh at least 20 pounds.



### Child Safety Tips

- According to the FBI’s National Crime Information Center, nearly 2,100 children a day, or almost 2 children per minute, were reported missing last year. Only 2% of these children had fingerprints taken and personal information recorded.
- The most common ways that strangers lure children are:
  - o Pretending to look for a lost dog
  - o Promising the child candy, money, or a toy
  - o Asking for directions
  - o Threatening the child
- Make sure your child knows his or her full name, as well as yours, and his or her telephone number and address.



# Fun For Kids



y	h	m	s	k	o	o	b	s	o	t	f
c	r	a	y	o	n	s	i	y	f	e	k
p	u	d	r	a	o	b	k	c	a	l	b
l	m	z	r	c	t	w	r	i	t	e	f
a	t	o	j	a	w	e	c	m	t	g	p
y	f	b	o	u	o	z	a	o	l	e	e
g	k	r	l	r	e	b	y	c	n	l	k
r	s	f	i	l	s	s	e	c	h	x	a
o	e	w	b	e	b	s	i	t	p	e	k
u	d	a	a	a	n	l	a	d	i	c	r
n	t	r	e	a	d	d	r	l	y	h	g
d	t	n	i	a	p	k	s	x	c	r	w

- Blackboard
- Books
- Classroom
- Crayons
- Desk
- Friends
- Paint
- Pencil
- Playground
- Read
- Table
- Teacher
- Toys
- Whiteboard
- Write



## Back to School Shopping Saving Tips

### General Tips

Back-to-school shopping ranks second only to Christmas when it comes to seasonal spending. The average family is expected to spend more than \$500 on school clothes and supplies.

So how do you avoid going broke?

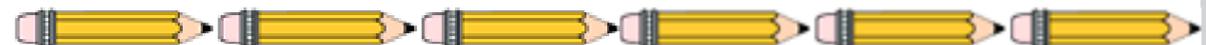
**Tip #1:**  
Tell the kids you're setting a budget and stick to it.

**Tip #2:**  
Take an inventory of your children's clothes and supplies

**Tip #3:**  
Be patient. If you wait until after school starts, you'll have a better chance of finding bargains.

**Tip #4:**  
Don't over do it. If you try to get it over with and do all your shopping done in one day, you'll all end up tired and you'll probably overspend.

- Never stop shopping for back to school merchandise. Buy when you see items on sale and pack it away until next year.
- Dive into the super discount bins at stores.
- You can find huge savings on notebooks, pencils, erasers, clips and even socks and underwear.
- Buy clothing off the final sale racks that your child can grow into.
- **Shop the Outlet Malls:** Shopping outlet malls for back to school clothing is a great way to increase how much you get for your money.
- **Clothes Exchange:** Get in touch with neighbors, friends and family who have young children and begin a clothes exchange.
- **Consignment Shops and Thrift Shops:** Using consignment shops as a way to help with back-to-school expenses is a growing trend. Not only will you get back a percentage of the cost of the clothes your child has outgrown. Many of today's consignment shops only accept clothing in very good condition. There is no reason to shy away from thrift stores. We have two here in Watervliet. The places I have found are Thrift and Gift Shoppe (on Fifth Ave). In Latham, Salvation Army, Troy Goodwill, Salvation Army and Unity House Thrift store. Many times these stores run weekly specials on clothing. You just need to shop around.
- **Garage Sales:** Garage sales can be a great place to find back-to-school supplies. Common items found at garage sales are children's clothing, book bags, and other supplies. Look carefully at items for rips and stains.



## GET INVOLVED

“Parent involvement” has become a popular phrase in schools, and for good reason. Supporting your child’s learning doesn’t just feel nice, it also makes a significant difference in a child’s performance.

**What it is:** Parent involvement can include things as different as quizzing your child on spelling words, volunteering in a classroom, or taking tickets at the school carnival. As long as your actions show that you value education, your child is likely to respond.

**Why it matters:** Decades of research shows that when parents get involved in their children’s education, kids do better in and out of school. Parent involvement is tied to better grades and higher test scores, better social skills, and improved behavior. Kids of involved parents are more likely to stay in school and are more likely to continue their education beyond high school.

*This article was written by School Family staff, and may include portions of articles previously published on School-Family.com.*

## Register to Vote



You can pick up forms at city hall or download one on our website. You can mail it directly to

**32 North Russell Road  
Albany, NY 12206.  
or call the  
Board of Elections at  
487-5060.**

## Energy tip...

Do not use electric appliances more than necessary and be sure to turn off appliances when not in use.



## Packing a Healthy Lunch

With the kids heading back to school, it’s time to start thinking about packing a healthy and nutritious lunch. “Brown bagging it” doesn’t have to be blah on taste and needn’t skimp on nutrition.

Antonio Gregorian, MD, family practitioner at Cohoes Family Care on Remsen Street in Cohoes suggests starting with healthy foods that you know your child will eat. “Then, think of different ways to dress up those things, and, every now and then, mix it up by trying something different for variety ... including a sweet treat.”

For example, try sandwiches on bagels, pita pockets, tortillas or wraps and load them with lettuce, tomatoes, sprouts. Also, try stuffing sandwiches with beans, salsa and cheese for a tasty change.

Having trouble getting your child to eat vegetables and fruit? Cut raw veggies into fun shapes or bite size pieces and make fruits more interesting by including a small container of peanut butter, cream cheese or yogurt for dipping.

Dr. Gregorian says for dessert, include a low-fat cereal or granola bar, graham crackers or vanilla wafers. Puddings, cookies and cakes are okay, but only in moderation. He reminds parents that the American Dietetic Association recommends choosing from all four food groups to ensure children get the mix of vitamins and minerals they need. “And, grown-ups also need to be more aware of what they eat so that they are more likely to make healthful choices, even when they’re not brown bagging it,” he adds.

## Around the WHA

### Check your washing machine hoses!



It’s a good practice to check your washing machine hoses if you’re leaving for any extended period of time. They do wear out, so check for bubbles or soft rubber. Purchase good quality hoses, it’s a cheap investment.

### Get Connected!

If you are a tenant get connected to the internet. Contact the office for more information.



### You know who you are!

If you have a pet you must pick up the poop. Anyone seeing a violation please report it to the City and our office reporting the violation. It is not only our policy but the law.

### GARBAGE



Why would you just throw your garbage on the ground? Remember you must give a 30 day notice before you move out and NO parking of any vehicles on the lawns or sidewalks.

## COAT DRIVE



### COATS FOR THE COMMUNITY!

Again this year the City of Cohoes and Ladies of Charity are working to help our kids and also adults get winter coats. The first phase is to get donations of winter coats that are clean and in good condition. These coats can be dropped off at the office of either the Watervliet or Cohoes Housing Authority and they will be delivered to the Cohoes for distribution. Please spread the word to all your friends and family to see what they have and no longer need. Coats will be distributed on Friday, Oct. 16, 2015 1:30pm-6:00pm and Sat. Oct. 17, 9:00am-noon, at the Cohoes Senior Center, Cohoes. If you have any questions, please feel free to call the WHA Office.



## Alcohol & Drugs

### WHY DO PEOPLE USE ALCOHOL/DRUGS?

Experts in the field of substance abuse prevention agree that if ignorance was the only problem, knowledge or information would be the solution. But information alone is not enough. While young people do need to be armed with facts about alcohol and other drugs, they also need the following:

- Awareness of alternatives to alcohol/drugs as a means to have fun.
- An environment conducive to healthy choices.
- Refusal skills when confronted with “peer pressure.”
- Effective ways to manage stress and relax.
- Available resources for personal/emotional problems.
- Positive role models (including other students!).

### WHAT RESOURCES ARE AVAILABLE?

The following is a list of resources that offer assistance with alcohol and/or other substance abuse problems that you may experience either personally or through friendship with someone who experiences problems.

#### Community Treatment Centers:

- Albany Citizens Council on Alcoholism ..... 465-5470
- Conifer Park ..... 1-800-926-6433
- Hope House ..... 482-4673
- Hudson Mohawk Recovery Center..... 272-3918
- St. Peter’s Addiction Recovery Center..... 525-1300
- Seton Addiction Services ..... 268-5323

#### Self-Help Groups:

- Al-Anon/ACOA ..... 292-0577

Since 1981, the Albany County STOP-DWI Program has served to educate the community regarding the dangers of impaired driving and provide funding to groups and organizations engaged in activities which support our mission to reduce alcohol related crashes in Albany County.

Albany County STOP-DWI Offers, Anti-DWI Programs including speakers and DVD’S High School mini-grants to assist with alcohol and drug-free prom-time events, hand-outs and printed materials, DWI Program displays and educational events.

With another new school year approaching, we would like to wish all the students, teachers and staff a safe and healthy school year!

**DRIVING DRUNK PUTS YOU ONE STEP CLOSER TO DEATH**



## Renter’s Insurance

“Isn’t it expensive?” Actually, renter’s insurance is relatively inexpensive. It can cost as little as \$100 to \$200 a year, depending on the amount of coverage you choose. In real terms, renter’s insurance can cost as little as one movie ticket or one pizza a month.

“What does renter’s insurance cover?” Renter’s insurance typically covers you for property loss due to fire or smoke, lightning, vandalism, and theft. Renter’s insurance also covers you if someone else is injured in your apartment or elsewhere by you, a family member, or a pet. You may want to ask a licensed agent for more details on what renter’s insurance covers.

“Doesn’t the owner or property management company carry insurance to cover me?” Our community’s owner’s insurance policy doesn’t cover damage to your personal property. Also, our policy doesn’t cover you if someone else is injured in your apartment or if someone else’s property is damaged in your apartment.

“Why do I need insurance if I don’t own anything valuable?” Even the smallest apartment can contain personal property worth thousands of dollars. Just think about how much it would cost to replace your belongings. We recommend that you take an inventory of your personal items so you can better understand the level of coverage you may need.

“Why does this apartment community advise renter’s insurance when the community down the street doesn’t?” We see renter’s insurance as a service to our resident’s. Most losses that residents suffer aren’t their fault. For example, a candle left burning by a neighbor causes a fire that damages your apartment. Or a pipe bursts inside a wall and floods your apartment. Or your apartment may be robbed. With renter’s insurance, you’re more likely to recover from any of these unforeseeable losses.

# Attention Seniors

## Attention Hanratta Tenants

Garbage being put down the chute should be in TIED bags. If you are throwing litter or pet waste down the shoot it should be double bagged and tied.

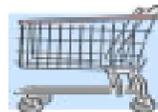


**Be Sure!  
Be Safe!  
Don't be  
Sorry!**

Don't let anyone in the lobby without knowing who they are. Many tenants get "buzzed" immediately without knowing who is there. Strangers know this and they use this tactic all the time.

**Be safe first!**

## Attention Seniors



Did you know that a bus will pick up Seniors from Quinn and Hanratta Apts? On Tuesdays a bus will be at

the Quinn Community Room at 8AM to bring seniors to Price Chopper.



## Safety First!

For a long time we honored the request to leave the rear door to the first floor east courtyard open but we must now keep it locked and on the alarm bell. This is for your safety and the safety of others. If you see anyone suspicious in the building, call the police immediately.



## Meals On Wheels

Did you know you can receive a fresh hot meal delivered to your door every day of the week. That's exactly what the Albany Meals on Wheels program does. Meals on Wheels is a special program for home bound seniors who have trouble buying and preparing their own meals. You can receive the service on a short term basis or on a long term basis depending on your circumstances. The meals are prepared locally by Senior Services and delivered to your door on a daily basis by volunteers. If you are interested in receiving meals on wheels you can call 447-4600.

## Know signs of a STROKE!



Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may

suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at an American Stroke Association's annual meeting. Widespread use of this test could result in prompt diagnosis and treatment of the stroke as well as preventing brain damage.

# Attention Tenants: Inspections

**REAC will be inspecting some of our apartments in October. If any tenant has any of the following issues, please contact the office so that we can get it fixed:**



- Tub levers not working
- Tub draining too slow or not at all
- Stoppers in bathroom sink broken or missing
- Windows will not lock or are hard to open
- Smoke detectors missing or broken
- Outlet covers broken or missing
- Hall lights not working
- Refrigerator gaskets have holes in them or are pulled out
- Any screens are missing in windows
- Closet doors not operating properly or are missing

*As it gets into October it is extremely important to have these issues fixed so let the office know as soon as possible.*

## Live-In's



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



Congrats to our staff member  
Brittney on  
becoming a certified  
minister through the Vineyard  
Christian  
Fellowship of Albany!



# Other News...

## UTILITY ALLOWANCE UPDATE

<i>Day</i>		<i>Quinn</i>
1BR	\$30	1BR \$30
2BR	\$34	
3BR	\$46	<i>Joslin</i>
4BR	\$65	2BR \$77
		3BR \$87
<i>Hilton</i>		4BR \$94
1BR	\$30	<i>Hanratta</i>
2BR	\$34	1BR \$26
3BR	\$46	
4BR	\$65	

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*

**Mary's Corner is looking for book donations. Please consider donating old books that you no longer use/need.**



**VRV Tenants:** If you need a laundry key please come to the office. They should be available Friday, September 4th.

### To all Watervliet tenants: Looking for a job? This may be of interest!

If you have a GED or a high school diploma you are eligible to apply for a position to install Solar panels. The training is provided by Questar III and NYSEERDA. You must contact Rebecca Collins at 518-326-3565 or email at rcollins@questar.org

They will train you on how to install solar panels and then work for the many solar panel employers. If you're interested OR know someone that is seeking employment have them contact Rebecca now.

### Attention Seniors

Are you interested in learning about steps and Services to help you maintain your Independence? Please come and join for a presentation on Services that may be available to you!

When: September 9th  
Time: 11:00



On September 9th, the Albany County Veterans Bureau will also be hosting a program to assist with Aid and Assistance (AA) at the Hanratta apartments from 11:30 am -12:30 pm.

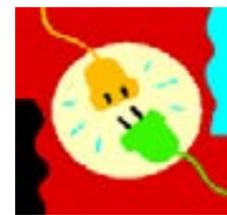
# More Great Info...



## The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held it's second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.



## No Power? Safety first!

Remember, be prepared with flashlights and extra batteries. Avoid candles since they are very dangerous in situations like these. If you're too hot or in the winter too cold, everyone can use the Quinn or Hanratta Community Rooms as a safe place to spend some time and even take a nap if the emergency is that much longer.

### 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.

## Are you moving?

First, if you are moving out it is important to give 30-Day notice. This means you need to tell us on the first of the month that you are leaving the following month. Secondly, you need to think about your security deposit. Your security is returned within four to six weeks after your move-out date. However, the amount is less charges for damages and/or cleanup. Anything (furniture or garbage) that needs to be removed from the apartment by our maintenance staff is back-charged against your security. Any cleanup of the apartment or appliances will also result in a charge. Take the time to clean your appliances. The charge for cleaning each appliance is \$25. Also, important to remember when moving, you are not allowed to drive trucks, moving vans, cars, etc. up on the lawns. Hanratta residents are reminded not to tie up the elevator when moving.

## EIV Income Verification

The Department of Housing and Urban Development (HUD) has determined that there is a significant amount of fraudulent income reporting in the Section 8 program. It has therefore created a new electronic way for agencies to uncover fraud through the Enterprise Income Verification (EIV) system. The Section 8 program has always required that tenants report their income on the Affidavit of Income, and that all adult family members 18 years of age and older sign the release forms.

These release forms give the Watervliet Housing Authority the right to verify the income that you report. Now the new computer matching program called EIV has the capability to verify what you report through Federal Agency information sharing. We urge you to make sure that the income you report is accurate. **WARNING:** If you are not truthful when you report your income, you will get caught, and you will lose your voucher.



# WVLT Channel 17



## Is your child interested in video?

We are looking for Housing children that want to learn more about video cameras, videography, and video editing. If your child is interested please give the office a call.

## WVLT -17 Salute to our City Veterans



Do you have a Watervliet City family member that served in the Armed Forces? WVLT – 17 will air all of our veteran’s during Veteran’s and Memorial Day week. We now have over 1,400 Vets to honor.

Bring your photo to the Watervliet Housing Office: 2400 Second Ave (next to Stewarts). Please note: *Any photos submitted too late will be included in the next Memorial or Veteran’s Day week film.*

**For more information call 273-4717 or visit [www.watervliethousing.org](http://www.watervliethousing.org)**

## 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.



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

The Watervliet Civil Service Commission announces an examination for police officers for the City of Watervliet.

The exam is scheduled for November 14, 2015.

Applications are available at Watervliet City Hall in the City Clerk’s office or on our website at [WATERVLIET.COM/CIVIL SERVICE](http://WATERVLIET.COM/CIVIL SERVICE).

The last filing date for this exam is September 29, 2015.



# Thank You!



Thank you to all the youth staff that helped out this summer!





### Find a home for these PC's

We currently have a few PC's ready to hand out to any WHA tenants that needs a computer in their home. These PC's are fully loaded and ready to go. We are aiming mostly to get computers to families with children in school. If you do not have a computer and have a child in school, please call the office and we can help.

They will be handed out on a first come first serve basis with children receiving preference.



## Beauty Salon

at Hanratta is open call Denise Lindheimer at 884-0646 for an appointment Fridays and Saturdays.

### Need Volunteers for Community Service

- Humane Society:** 3 Oakland Ave., Menands .....434-8128
- Community Gardens:** 40 River Street, Troy .....274-8685
- American Red Cross:** 33 Everett Road, Albany .....458-8111
- Northeast Health:** 2212 Burdett Ave., Troy .....274-3382
- Regional Food Bank:** 965 Albany Shaker Rd., Latham.....786-3691
- Watervliet Library:** 1501 Broadway, Watervliet.....274-4471
- Watervliet Senior Center:** 1501 Broadway, Watervliet.....273-4422



September 2015

Charles V. Patricelli, Director

**Watervliet Housing Authority**

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