



Watervliet Housing Authority



July 2016



Watervliet Housing Authority 273-4717
ext. 201 Mary
ext. 204 Daria
ext. 206 Mary Clinton
ext. 213 Kylea

or
office@watervliethousing.org

Emergency Number
273-6085 (after hours)

Watervliet Police Dept.
Call 911

Watervliet Fire Dept.
Call 911

Matthew J. Ethier Executive Director



The Office is
CLOSED on July 4th



Last Day to pay rent is July 8th! Make sure you get your payments in.



Once again the Watervliet Housing Authority has been reaching out to our local businesses to fund the purchase of laptops for our Watervliet/Heatly high school seniors going off to college in the fall. See more on page 12.

Save the Date

The Nassau Band will be performing at the Quinn apartments on Thursday, July 7th and the Hanratta Apartments on Thursday, July 21st. Come have a good time and enjoy some great music. Performances start at 7pm.



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

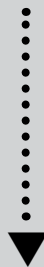
WVLT channel 17
Watch this channel for great tips, educational material, and a constant update on what's going on in your city. Comments? Suggestions? You want to get involved — call us.



Congratulations to all Watervliet High School class of 2016 graduates. You can watch the graduation ceremony on WVLT Channel 17.

Would you like to know your rent balance, see if your work orders are in, or see maintenance charges? Check out the Tenant Portal located on our website!

WHA Policies



2016



Satellite Dish Rules



Satellite dishes may not exceed 1 meter in diameter. Dishes may be installed in apartments or on own patios. They may not be mounted on exterior walls, in common areas, on roofs or at any location outside of the tenant's apartment. Satellite dishes may not be installed in ways that would enable them to fall on people from above. They may not extend beyond a patio and they may not be installed in windows or on window frames. Satellite dishes may not be installed in ways that damage units or buildings. Satellite dishes must be installed professionally with a member of maintenance staff present and the tenant will be charged for the time spent by the WHA for being present.

NO SATELLITE DISHES are allowed in VRV.



Warning...

Remember, when you are finished using your gas grill, turn off the propane. **NOTICE TO VRV TENANTS:** no cookers are allowed on the front patios.

Report water leaks

Did you know a drip at one drip per second wastes 5 gallons of water every day? If your faucet is leaking call us!



Outside Faucets



Every year we have parents that allow their children to abuse the use of the outside water faucets. These faucets left unattended or over used can cause damage to the lawns and even the building foundation. They also cause a mess and it may be dangerous. Please explain to your children that if this happens the faucet will be disconnected.

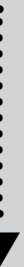
Lock Outs

Tenants are responsible to pay for lock outs. As you know if you are locked out of your apartment during normal business hours there is no charge to open your door for the adult member of the family. If it's a child we need to talk to a parent before we let the child into the apartment.

After hours you are charged to open the apartment door because the Authority must pay the employee over-time to come out. This is why we encourage you to leave a key with a trusted friend or relative. Even at \$24 it doesn't cover the cost for the overtime but does help defray the costs. If you rip a screen and enter the apartment through the window you will be responsible for the damaged screen, window and the lock out charge.



WHA Policies



2016



Swimming Pools

It has again come to our attention that swimming pools of various sizes are being set up by residents at many of our developments. Due to concern about the possibility of children falling into, or using these pools without proper supervision. We are reminding everyone of the following rule: "Any pool deeper than **18 inches**, or any pool that needs to remain filled when not in use is hereby prohibited." The safety and well being of our residents is a high priority at the Watervliet Housing Authority, and we hope all of our residents will work toward that goal.

NO SLIP & SLIDES ALLOWED

Air Conditioners

Must have a piece of 2 x 4 wood under them to protect the storm windows. The unit cannot be placed on the storm window or it will damage the frame. If you need the 2 x 4's, we will supply them free of charge. If the unit isn't properly installed, we will correct the problem and back charge you for the time, **so please call for a 2x4 now.**

Pet Policy



Don't forget to register your pets with the WHA office. They must be in compliance with your lease. One per apartment, no pets over 20 lbs, shots are a must and only certain types of pets are allowed. Tenants cannot allow family or visitors to bring their pets. This is for you, and especially for the safety of the children. It is important to keep your pets shot records up to date. *Also, don't forget to ask the office for a "Pet Finder" sticker for your apartment window so the Fire Department knows to look for pets in case of emergency.*

Joslin Bicycle Storage Shed Policy

The sheds were constructed so you can store your bikes and leave more room in your apartment. The sheds are not a fort or play area for your children. The key we give you only opens your assigned shed. You must stress to your children to always lock the shed to prevent unauthorized entry. Report anyone causing damage or unauthorized entry to the office immediately. You are advised to lock your bike to the rack. The Authority assumes no liability if your bike is stolen or damaged. The authority is simply supplying you with a place for storage. There is no charge for the first key, replacement keys cost \$6. If you or your children are found to not be complying with the rules, the lock will be changed and you will no longer be permitted usage and a charge of \$25 will be charged to you for the key replacements.



Security Camera Policy

As you know we have increased the number of security cameras around almost every site. These cameras and the video are for the sole use of the Watervliet Housing Authority. They are being used for security purposes and to record violations of the lease provisions and any criminal activity. These cameras ARE NOT MONITORED! They simply record video and in the event of an issue they are reviewed. Tenants are not permitted to review any of the footage. **The staff does not have the time to review the footage unless it is deemed necessary by the Executive Director.**

Around the WHA



2016



Are You Moving Out?

First, if you are moving out it is important to give us a 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. Security deposits will be returned within four to six weeks after your move-out date. However, the amount returned is less charges 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 deposit. Any clean up of the apartment or appliances will also result in a charge. The charge for cleaning each appliance is \$25. Think ahead and you will be surprised at the amount you can save.

WIRELESS INTERNET

Wireless internet is provided to the tenants and is a privilege. It is important that you respond to any emails sent by the office. If you do not respond to these emails, your internet will be taken away. If you have lost your internet, it may be for this reason. You will need to register again for internet and are not guaranteed approval.

Noise!!!

According to the public nuisance law in Watervliet complaints, such as noise complaints can be reported 24 hours a day, not just after dark. In addition if police have to respond to an address more than once during an 8 hour period the guilty party may be arrested and subject to a fine.



Attention Tenants REAC Requirements

According to the REAC requirements no tenant should have an air conditioner in a window in a room where there is not a second window or point of exit. This is done for the safety of the tenant. If there is a fire in your apartment and the firemen need to gain access to the room through the window they would not be able to push the A/C out to enter.



Garbage pads at VRV

We have two central locations where you can bring your garbage and recyclables. This will avoid the look of the unsightly garbage cans all over the site and provide an easier and more efficient way to pick up the cans. We have found that tenants are not recycling and putting their raw garbage in the recycled containers. This causes us to have the garbage dumped and thus costing us extra dollars. Please be sure to put all household garbage inside the dumpsters in each shelter. The cans on the outside of the shelter are for recyclables only. Any bulk items can be placed next to the recycling containers. We appreciate your cooperation and support. Please separate your garbage according to the rules posted.

Special Needs?

If you live in housing we need to know if anyone has any special needs that in the event of an emergency the police or fire department should know who would need what. If you're in a wheelchair, have an oxygen tank, or have some serious medical condition that if you lost power you may need help, please call the office and let Mary Clinton know so we can mark it in our computer program. We then share that list with the police/fire department so they can try to help you in the event of an emergency. Regardless, if you need help always call 911.



Hello from...
"Mrs. Fran"

Retired Student Assistance Counselor
Watervliet Elementary School

Summer Fun

Summer is coming and with it lots of free time for our children. In order for their summer to be relaxed, healthy, and fun, we as parents need to make sure we are monitoring our children.

Monitoring what your children do also helps them avoid negative peer pressure. A very real probability in the summer, when there is often fewer adults involved in your children's daily activities.

By monitoring, we mean keeping track of and watching over your kids. Having them check in and report:

- Where** they are...
- Who** they are with...
- What** they are doing...

...AND CONFIRM YOUR CHILD'S STORY WITH THE PARENTS OF THEIR FRIENDS!

CONSISTENTLY DELIVER CONSEQUENCES FOR THEIR BEHAVIOR:

- Positive – for following through on their plans and the family rules.
- Negative – for not doing what they said they were going to do.

Regardless of whether your children are younger or older, monitoring their activities is imperative to their well being. It keeps parents involved and lets your kids know that you care about them and their safety. An additional benefit is that your kids will have fewer opportunities to get into trouble because they aren't spending too much unsupervised time with other kids. Let's put it this way: If you don't monitor your kids, someone else will be in charge of what they do and what they learn. That's taking a big chance.

Checking on your kids is one way you can help them avoid peer pressure. You can alert them to pitfalls, teach and discipline, and help them solve problems on their own. Monitoring also gives you many more opportunities to "catch'em being good," which leads to more times you can use praise effectively. DO NOT BE AFRAID TO SET CLEAR GUIDELINES AND CHECK UP ON YOUR KIDS.

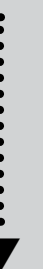
Help Your Child Stay Hydrated This Summer

Summer is a time to spend days out in the playground, having a lot of fun in the sun. However, kids tend to get so engrossed in having fun that they forget to have water regularly and this could lead to dehydration. Kids sweat a lot while playing outdoors during summertime and lose fluids in the process. Not having sufficient intake of liquids can lead to dehydration and weakness. In more severe cases, children can suffer from heatstroke and impaired kidney function. The responsibility falls on the shoulders of parents to ensure their children are rehydrated regularly. There are some simple signs of dehydration where parents can identify that they need to pay special attention to their child's water in-take. Such as:

- **Shallow and sunken eyes**
- **Tearless crying**
- **Infrequent urination**
- **Strong smelling and darkish-yellow colored urine**

Another way of testing your child for dehydration is to quickly pinch the back of his/her hand. If the color takes a long time to return, then it is a sign of dehydration.

To ensure that your child is well rehydrated during summer, keep reminding your child to drink water. If needed, take water out to him/her and make sure he/she takes a break to rest and replenish liquids. Parents need to make sure that the child takes in plenty of plain water in addition to juices. Having fizzy drinks and soda does not count as water intake. In addition, try to keep your child indoors during peak heat times, from noon till mid-afternoon, when he/she is more likely to lose maximum fluids. Always carry sufficient water with you when you take your child out so you don't have to rely on external sources.



2016



In the Community



2016



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. You may also call Mary's Corner at 518-269-6068.

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



Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future. Suggestions for a healthy diet include: making at least half your grains whole grains, varying your veggies, focusing on fruit, getting your calcium-rich foods, going lean with protein

Head Start is a comprehensive pre-school program for children who are 3-4 years old by December 1st of the school year. In Watervliet, 4 year olds can attend Watervliet Elementary School for UPK. For further information, contact the school district at 269-3263.

If you have a child that will be 3 by December 1st, Head Start services are offered at their Ogden Mills location in Cohoes. For further information, please contact 237-1395.

The program is free and runs on the school calendar. Transportation is NOT provided.

Violence Against Women Act



Things that you should know...

Did you know that every 15 seconds somewhere in America a woman is battered? Both Housing and Section 8 tenants that are victims of domestic violence are protected under this act. If at any time you are a victim please protect your rights and yourself from future violence and call us immediately. Repeated violations can result in eviction and if you don't follow some simple steps to protect them you can be evicted from your apartment. So please, protect yourself and your family.

HAPPY
4th
OF JULY
FROM THE
WHA



In the Community

Attention all Section 8 Landlords WHAT ARE THEY LOOKING FOR NOW?

If you never experienced a Housing Quality Inspection before, you might well ask this question whether you are the landlord or the tenant.



The Inspection Department recently reported the top ten reasons why apartments fail inspections. They are the following:

1. Faulty electrical wiring, outlets and other electrical hazards.
2. Missing or malfunctioning smoke detectors.
3. Peeling paint and crumbling plaster.
4. Poor heat and hot water
5. Inoperable appliances
6. Tripping hazards
7. Evidence of rodent infestation
8. Broken windows that won't lock
9. Broken locks/security issues
10. Inadequate apartment plumbing

The best advice we can give is to be responsive and responsible. You know when the inspector is coming: so make sure the apartment is ready for the inspection. Make sure that the Section 8 client or landlord is present to let the inspector into the apartment. Make sure the power is on.

For your health...

Alcohol and the Brain Did You Know...



Alcohol dilutes itself in the water volume of the body in order to travel through the system. Those vital organs, like the brain, that contain a lot of water and need an ample blood supply are particularly vulnerable to the effects of alcohol. (Dunlap, 2001)

Heavy drinking over many years may result in serious mental disorders or permanent, irreversible damage to the brain or peripheral nervous system. (Narcotic Educational Foundation of America, 2002)



Alcohol affects all parts of the brain, which also affects the heart rate, coordination, speech, and destruction of brain cells. (Narcotic Educational Foundation of America, 2002)

Alcohol may encourage aggression by disrupting normal brain mechanisms that normally restrain impulsive behavior such as aggression. (Hingson et al, October 2001)

The brain does not finish developing until a person is around 20 years old, and one of the last regions to mature is intimately involved with the ability to plan and make complex judgments. (Kuhn, Swartzwelder, and Wilson, 1998)

The available evidence suggests that adolescents are more vulnerable than adults to the effects of alcohol on learning and memory. (White, 2001)

It has become clear over recent years that alcohol impacts both behavior and brain function differently in adolescents and adults. (White, 2001)



2016



We're on Facebook

Important info...

SAVE ENERGY

Air conditioners are the biggest users of electricity. Save energy by:

- 1) Closing outside doors and windows during hot periods of the day and when the air conditioner is on.
- 2) Closing window shades and drapes.
- 3) Turning off the air conditioner when not at home or on mildly warm days.
- 4) Using the stove as little as possible.

Do You Have A Fruit Fly Problem?

They are usually found around overripe or decaying vegetables and fruit. They may also be attracted to bread or other baked goods containing yeast, and to liquids including fruit juice, soda, beer, and vinegar. Spilled milk or ketchup between counter tops are also potential breeding sites. On occasion, you may see one on a moist washcloth or a sponge near the sink or on a floor mop. The key to eliminating fruit flies is to remove their breeding sites. This is accomplished through cleaning.



Kitchen Cabinet Care

The following is a list of rules and ways to take care of them:

1. No contact or wall-paper is permitted anywhere in the apartment.
2. Do not nail or tack anything on the metal backsplash behind the stove.
3. Clean grease filter regularly.
4. Do not put larger than a 60 watt bulb in the exhaust fan light.
5. Do not store newspapers behind or on the side of the refrigerator, it's a fire hazard.
6. Do not use soap or water on the cabinets, use the same product you would use to polish furniture.
7. Wipe water quickly off the fronts of the cabinets, it will stain and mark the finish.



Bed Bug Help

Bed Bugs can be a big problem. Preventing them from entering your home can be easy if you take the right precautions. Bed bugs are usually unknowingly carried into homes by luggage, bedding, or furniture. To prevent an infestation, make sure you wash luggage and clothing immediately after returning from a trip. Also inspect used furniture before bringing it into your home. Never bring discarded bed frames, mattresses, box springs, or upholstered furniture into your home. Make sure to clean your bedding and furniture regularly. Call the WHA office if bed bug infestation occurs. We will take care of the problem. For more information, go to our website.



2016



For Your Information...

Looking for a job? Employment Opportunities

At the Housing Authority it is our policy to assist residents whenever the opportunity presents itself. We accomplish this in many ways. One way is helping contractors and local businesses who periodically are seeking new workers find qualified persons for filling those positions. So we can more smoothly facilitate this process we are asking any resident who wishes to do so to fill out the accompanying questionnaire and return it to the main office. In doing so, we will be able to link employers with persons qualified in the line of work that is available. If you have any questions please contact Nicholas Ostapkovich at 273-4717.

Watervliet Housing Authority Employment Experience Survey

Name: _____

Address: _____

Phone Number _____ Email Address _____

Education: High School Associate's Degree Bachelor's Degree

Work Experience: (check all that applies)

Construction Plumbing Electrical Bookkeeping

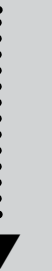
Computer HVAC Laboring Clerical

Landscaping Masonry Roofing Painting

Cleaning (apartments)

Other Skills and or Experience: _____

What computer courses would you like to take? _____



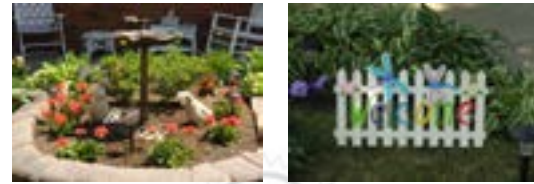
2016



Around the WHA



2015



Do you think you have the nicest looking apartment?

A beauty contest for the nicest looking outside apartment will be held in July. Prizes will be awarded to the tenant who has the best display outside of their apartment. Consideration will be given to the overall appearance including shrubs, lawn care, and flowers. Remember, more isn't always better. You must keep within the existing Watervliet Housing Authority landscaping scheme. Let's all take pride in doing well not only for the prizes but because you care. Of course the prizes don't hurt any! If you are not interested or unable you can do a lot just by picking up papers.

NEW BENCHES IN JOSLINS COURTYARD

Please do not play on these benches! Kids should NOT be standing or jumping over them. So parents, please be sure to watch your children and make sure they are not playing around on them.



Albany County Stop-DWI

The Dangers of Social Hosting
What is a social host?

An individual who hosts a gathering, such as a party held in a private home. The host may be an adult or minor, and may or may not know all guests of the gathering.

What are the dangers of being a social host?

A social host may be held liable by law if a gathering becomes unruly or if a person who attended the gathering is later involved in an incident that results in injury or death. Most often laws regarding social hosts involve the serving of alcohol to someone who is already intoxicated or to a minor.

Social host liability laws may vary from one state to another, and may include civil or criminal provisions. Such laws may heavily rely on legal precedent set in other cases rather than exact working of a statute. While most people should know that serving alcohol to minors is almost always illegal, they might not realize that they can be held liable if the alcohol is determined to have contributed to a crime or accident. Some states, such as New Hampshire, have social host laws that even apply in the case that a minor is the host. Parents could be held liable if underage drinking took place in their home, even if they were not at home and did not provide the alcohol. That parental liability for party-goers' actions could even extend beyond their property.

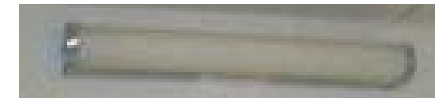
Please don't be a party to teenage drinking. It's against the law.



Attention Seniors



2015



Hanratta Tenants

As a reminder the light over the door inside your apartment is for the generator emergency lighting. When the generator runs every Friday around 3 p.m., this light should go on for an hour. If it doesn't, call the office. In the event of a power failure this is your only light in the apartment.
DO NOT USE CANDLES.

Green Island Tenants

If you need something stored, please contact the office and we can arrange to have it placed in the storage room.



Fire Safety at Hanratta

Do not jam open fire doors.

These doors shut to prevent the smoke from going through the building. Shut all doors behind you.

Do not use elevators.

If you decide to leave your apartment and want to leave the building stay to the right on the stairs. If the alarm is going off and you decide to stay in your apartment and for some reason (smoke coming in the apartment or fire) you feel the need to leave, if you cannot safely leave your unit, pull your emergency cord.

HANRATTA RESIDENTS: It is important that pull cords hang to the floor. If you hear an alarm, call 911 and help if possible!



Hanratta Shower Cleaning Instructions

To properly clean the showers there are recommended products that will do a better job than others. Some products can even cause permanent damage.

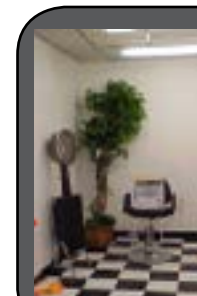


Recommended

Soft Scrub
Chlorox Cleanup
Mr. Clean
Spic & Span
Tilex Soap Scum
Fantastik
Windex

NOT Recommended

No abrasives
No Lysol
No Alcohol
No Drano
No Dow Bathroom Cleaner



Beauty Salon at Hanratta is open
Call
884-0646 for an appointment





2016



Laptops For Kids Program

Once again the Watervliet Housing Authority has been reaching out to our local businesses to fund the purchase of laptops for our Watervliet/Heatly high school seniors going off to college in the fall. Eight seniors received laptops this year.

We are very proud to have this type of program because we feel that technology is vital to the growth of our area and especially our children. No child here at housing will be denied the opportunity to learn and grow. They need to be on the same playing field as others to be able to advance their education and job skills. It is totally up to the child and their parents to take advantage of these programs.

A Special Thanks To:

All of our Laptop For Kids 2016 Sponsors



Do you have someone graduating in your family?

We will put their photo on WVLT-17. It doesn't matter what grade, elementary, high school or college. Get their best photo and bring it over to the office. If they are graduating from high school let us know if they are going to college, and if so what college, so we can wish them well.

