

**September
2016**

Watervliet Housing Authority

2400 2nd Avenue, Watervliet, NY 12189 www.watervliethousing.org

Executive Director, Matthew Ethier

Day Inspections

The schedule is as follows:

1-20	
21-40	September 21
41-66	September 22
67-90	September 23

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.



**The office will be closed:
Monday,
September 5th
for Labor Day**

**The last day to pay rent is:
Tuesday,
September 8th**

**Watervliet
Housing Authority
273-4717**

ext. 201 Mary
ext. 203 Mary Clinton
ext. 204 Daria
ext. 205 Mike
ext. 213 Kylea

or
office@watervliethousing.org

**Emergency Number
273-6085 (after hours)**

**Watervliet Police Dept.
Call 911**

**Watervliet Fire Dept.
Call 911**

ARSENAL CITY RUN
The run will take place on Sunday,
September 25, 2016 at 10 am. The Kids
Run will be at 9:30 am. You can find the
registration form at www.watervliet.com.
The entry fee is \$20.

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!

PARENTING TIPS

Child Passenger Safety

- As many as 80% of the child car seats in use today are installed in correctly. 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:
 - Pretending to look for a lost dog
 - Promising the child candy, money, or a toy
 - Asking for directions
 - Threatening the child
- Make sure your child knows his or her full name, as well as yours, and his or their telephone number and address.

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

BACK TO SCHOOL

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.

School Supply Shopping 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.



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GET INVOLVED

Parent Involvement

“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 SchoolFamily.com.



COATS FOR THE COMMUNITY!

Again this year the City of Cohoes and Ladies of Charity are working to help our community residents 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 Cohoes Community Center (22-40 RemsenSt.) or Holy Trinity Church Parish Center (One St. Marie Lane, Cohoes) 9-3:00 Monday-Friday. You can also drop them off at the WHA office for your convenience. Please spread the word to all your friends and family to see what they have and no longer need.

If you would like to receive a coat, they will be distributed on Friday, Oct. 21, 201 1:30pm-6:00pm and Sat. Oct. 22, 9:00am-noon, at the Cohoes Multi-Service Senior Center located at 10 Cayuga Plaza, Cohoes. You will need a birth certificate for your children and your driver’s license as well as proof of residency.

If you have any questions, please feel free to call Mary Clinton at the WHA Office.

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!

The WHA provides free Wifi to its tenants. This service is a privilege, not a right, and should only be used for essential purposes. You must fill out a form at the office to receive a password to log on. Contact the office for more information.

30 Day Notices

If you plan on moving out, you must complete a 30 Day Notice to Vacate your apartment to the administrative office.

Pet Clean Up

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

GARBAGE PICKUP SCHEDULE

Monday:	Abram Hilton
Tuesday:	Michael J. Day Daniel P. Quinn Edwin Joslin
Wednesday:	Eugene Hanratta

**VRV tenants must place all trash and recycling in the appropriate bins in the designated areas located on site.*

Check us Out!

www.WatervlietHousing.org



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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.



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 specious 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.

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.

Know the 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.

WVLT CHANNEL 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



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.

Celebrate with WVLT Channel 17

If wish to celebrate someone you love, call the office today to display it on WVLT Channel 17. Tell someone Happy Birthday, Happy Anniversary, or Congratulations today! Just bring in a photo to the office and a written message of what you want displayed. Call 518-273-4717 for more information.



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

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THANK YOU To Our Summer Staff

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RENTERS INSURANCE

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What is Renters Insurance?

Renter's Insurance, also known as tenant's insurance, is a type of policy offered by most major New York insurers. These policies provide contents coverage and liability protection in the event someone becomes injured at your residence.

Cost

Renter's insurance is generally less expensive than many people realize: a basic policy costs about \$300 a year for around \$50,000 worth of property protection

Coverage

Coverage generally provided under Renter's Policy includes:

Personal Property, Loss of Use, Personal Liability, Medical Payments

Renter's Insurance typically covers loss or damage caused by:

Fire or Smoke, Theft or Vandalism, Windstorm or Hail, Lightning, Explosion,

Falling Objects, Weight of Snow, Ice, or Sleet, and Electrical Surges

Things to Remember

Before purchasing a renter's policy, conduct a complete inventory of all your personal belongings, taking photos or a video of things like furniture, jewelry, and expensive electronic items. Calculate the replacement costs for these items and double check with your insurance agent to make certain you are fully protected against any type of loss.

Choose the coverage according to your property. If you have a lot of electronics, choosing a policy that provides replacement cost coverage instead of actual cash value coverage might be the best option for you.

Make sure that the policy has liability coverage. The best renter's insurance policies will also include liability coverage for medical and legal costs if someone gets hurt in your residence.

Information adopted from The NYS Department of Financial Services ©

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IMPORTANT INFORMATION

Capital Roots' Veggie Mobile

is a mobile market that travels around the capital region. It's been delivering a large variety of fresh, affordable and local produce to residents with limited access to fresh food since 2007. Thursdays from 2:00-2:45 the mobile market will be at the Public Library/Senior Center for all Watervliet Residents!

The Veggie Mobile® accepts the following payment types:

- Cash - Check
- EBT - Veggie Rx
- Farmers Market Nutrition Program Checks (July through November)
- Capital Roots sponsored certificates

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.

Trying to Quit?

The NYS Smokers Quitline offers many resources and can be used at any time at www.nysmokefree.com or by calling 1-866-NY-QUITS (1-866-697-8487).

Mary's Corner

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.

Cohoes Public Library
169 Mohawk Street
Cohoes, NY 12047
518-269-6068

LABOR DAY

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.



Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	K	E	N	D	U	G	E	I	S	
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

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IMPORTANT INFORMATION

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Don't Feed the Squirrels!

Although they may be cute to look at, they can cause a major problem around the sites! So please, we urge all tenants not to feed them.



REMINDER

Don't forget to put *your name and unit number* on your check or money order before you put in your rent payment!

The office will be closed:
Monday,
September 5th

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