

Watervliet Housing Authority

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AUGUST 2017 NEWSLETTER



THIS MONTH..

- » Last Day rent is due is Monday, August 7th
- » Joslin Inspections will be conducted on the following dates:
 - 501-518 August 15
 - 519-540 August 16
 - 541-558 August 17

Inspections:

Apartments are inspected for cleanliness, repairs that may be needed, and also for any possible improvements. If you have any questions or problems, they can be discussed during the inspection.

We need access to ALL of your windows. Please make sure ALL items are removed from the window area. Please remove ALL items off the top of your stove or on the burners.

Call in any work orders before the inspection.



The Nassau Band was a hit once again this year! Thank you to everyone that came out to see the performance.

Resident survey

If we have your email address and a work order was completed at your apartment, you would have received an electronic survey. Fill it out and let us know how we did.



Read more on the Watervliet Housing Authority's conversion to the RAD program on **Page 12**. If you have any questions regarding the program, please contact the WHA Office.



Consider Renter's Insurance!!

What is Renter's 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 damage or injury occurs 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 provided under Renter's Policy usually includes:

- Personal Property
- Loss of Use
- Personal Liability
- Medical Payments and Others



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
- Electrical Surges

You may think things like this can't happen to you but accidents or natural disasters can happen at any point in time. So please, be aware of the risks of not having Renter's Insurance.

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.

It has come to our attention that people have been leaving cigarette butts on their lawns. It is important to keep the area around your apartment clean so please remember to pick up after yourself.



Attention Hanratta Tenants:

Please be aware that your lease requires your utilities to remain turned on in your name every month throughout your tenancy. You may not turn your utilities off during the non-heating season.

An excerpt from the lease, states: Where dwelling is individually metered, failure of the tenant to pay utility charges as billed by the utility company, shall constitute grounds for termination of the lease and eviction proceedings against the tenant due to the unit becoming substandard. The Authority shall not be responsible for failure to furnish utilities by reason of any cause beyond its control.

(Refer to 16 (p) in the WHA Lease Agreement)

Bed Bug Service Preparation Checklist

- Remove all blankets, sheets, covers, pillows, bath towels from the bed and room and put them into bags to be laundered.
 - Clean everything out from under bed.
 - Contents of drawers and closets should be emptied and placed in plastic bags for laundering.
 - All clothing and linens must be placed and kept isolated until the customer is moved to a new location, or until the problem is eliminated.
 - All clothing, linens, pillows, and plush toys should be treated by placing them into a hot dryer for 30 mins.
 - Seal shoes, coats, pillows, children's plush toys, and small rugs in small plastic bags.
 - Keep clean items separate from items that have not been checked or cleaned.
 - Room should be empty of any cloth or plush item, except furniture to be treated.
 - If there is a fish tank in the home, there should be a towel or plastic bag covering it.
 - People and pets should leave the area during treatment, and wait 2-4 hours after service is completed to enter the property. Everyone must be prepared to leave when technicians arrive.
 - Make sure the pest control technician can get to all furniture, closets, beds, and baseboards to inspect and treat.
- *If these steps aren't taken, you could potentially be fined.**

Warning...

Remember... when you are finished using your gas grill, turn off the propane.



National Immunization Awareness Month

Everyone age 6 months and older needs to receive a flu shot (vaccine) every year. The

seasonal flu vaccine is the best way to protect yourself and others from the flu. For many people, the seasonal flu is a mild illness. But for some people, the flu can be dangerous or even deadly.

The flu can sometimes:

- Cause serious infections like pneumonia.
- Make existing health problems worse.
 - Lead to hospitalization or death.

The flu spreads easily from person to person. When you get a flu vaccine, you're not just protecting yourself, you also protect everyone around you.

Check out WVLT Channel 17

We hope you have been watching because there are so many different programs that could benefit you and your family.

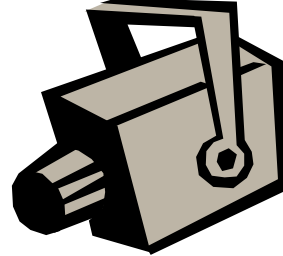


This month we have:

- Watervliet High School Graduation** and so much more.

We do this for you and hope you find it beneficial.

Security Cameras



We have increased the number of cameras at most of our sites to help record events that happen around the authority.

None of the cameras are monitored

for security but just recorded in the event of a problem.

These cameras are to assist in recording problems that may occur. We hope that we never have to use them, but they are there for both your and our protection. Please remember if you SEE SOMETHING, SAY SOMETHING!

Summer Lunch Program



The program exists for children 18 years old and younger.

Locations:

Watervliet Civic Center and Watervliet Housing Authority until Aug 18 from 11 AM - 1 PM

Watervliet Elementary School until Aug 18 8 AM - 9 AM

Call Darryl Whited at 629-3261 with any questions.

Tenants: On the assigned day, you should be taking out your garbage cans each week. If not, the maintenance department will take it out to prevent issues with rodents and insects. You will then be back charged.



14 Day Notices

14-day notices are sent to our tenants by e-mail. Those who do not have e-mails will still get copies sent in the mail. Please make sure your e-mail is up to date with the office. You can check this on the Tenant Portal. If it is not, or you do have an e-mail but it is not in our system, please let us know.

IMPORTANT NOTICE

Swimming Pools

It is that time of the year again when 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 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. Remember, you are responsible for any damage to the grass done by the pool or water.



* Slip and Slides are **NOT PERMITTED**

Live-In's

Staying in an apartment for more than 3 days and not reporting it is considered living there. Having someone stay at your apartment and not reporting it is fraud. If you want someone to live with you, they must fill out an application to be added to your lease. You will need to contact the office in order to start this process. Failing to report household additions is grounds for eviction.



Avoid Fraud

- Know who you're dealing with.
- Know that wiring money is like sending cash.
- Read your monthly statements.
- Don't send money to someone you don't know.
- Don't reply to messages asking for personal or financial information.

Occupancy Policy

It is the position of the Watervliet Housing Authority to maintain an appealing appearance in that the amount of outside personal belongings be considered appropriate. The appearance from both the street and interior must be of a nature to avoid the look of excessive storage and thus making an unattractive appearance. No outside patio furniture shall be placed in the front of any apartment. All patio furniture must be in the rear of the apartment and also be in a clean state and in good repair. This includes grills and chairs. No inside furniture shall be stored outside including but not limited to; dressers, tables, chairs, entertainment centers, coffee tables, etc. Tenants can sit in the front of the apartment using portable chairs only. Once not in use, the chairs must be removed. Also, excessive amounts of childrens toys may distract from the overall appearance of the property, and will not be permitted. The Executive Director shall make the final determination as to whether an area is being properly maintained by the residents. Residents will be charged for removal of excessive materials if they do not abide by housing requirements.

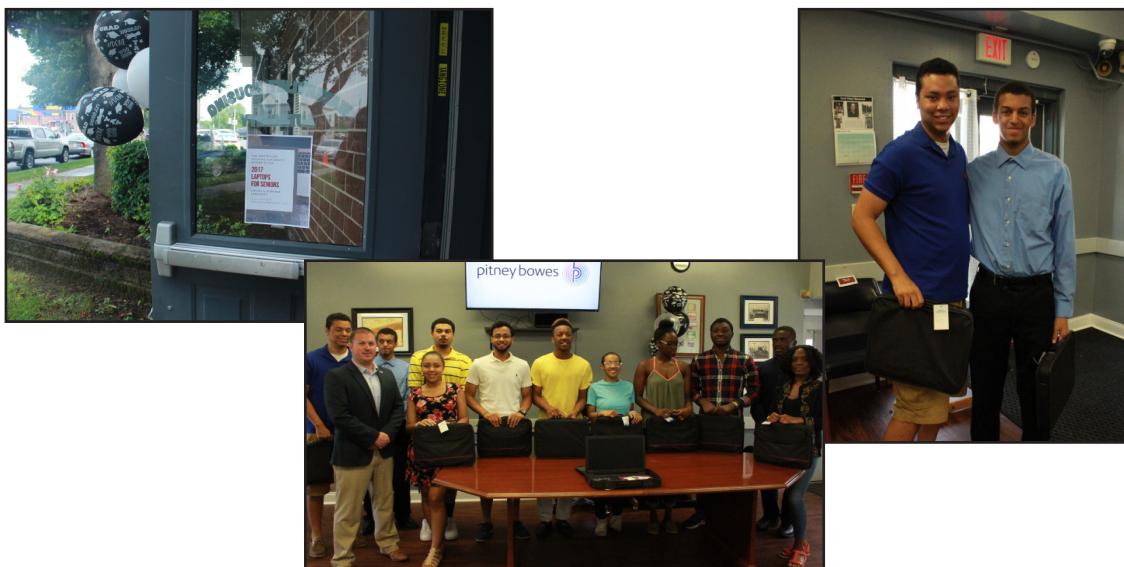
Lock-Out Policy

There is a lock-out policy at the WHA. The maintenance men have a master list of tenants who are living in the Watervliet Housing Authority. The people listed are on the leases at WHA. No one will be let into an apartment unless they are on that list. This list and policy will eliminate any problems with letting unauthorized persons into an apartment. The charge for a lock-out is \$24.

Laptops For Seniors 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. There were 11 seniors that received them this year.

We are very proud to have this type of program as we feel that technology is vital to the growth of our area and especially our children. No child in housing will be denied the opportunity to learn and grow. We want them 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.



Thanks! We couldn't do it without you!

A special thanks to all who supported and contributed to our Laptops for Kids program including:

Walmart Community Grant Program
Albany County Legislature
Siemens
Price Chopper
Pitney Bowes
Find Your Dreams
Micro Knowledge
Saratoga Investigative
Fitzgerald Funeral LTD
Lou Krupka
FES Installations Inc.
Marra's Pharmacy Inc.
William Sheehy
In Memory of Roberta Gilson
Gus's Hot Dogs

Greenwood Contracting Inc.
Joseph P. Mangione Inc.
Weston & Sampson
Machnick Builders, LTD
Delollos Hardware
Whalen Automotive
Harold R. Clune, Inc. Elec. Construction and Maint.
Stewarts Shops Corp
Schuyler Companies
Testo Kitchen's
Schuyler Bakery Inc.
Bonded Concrete Inc.
Robert and Sandra Beston
Friedman Fisher Associates, P.C.

DLC Electirc, LLC
Watervliet Lodge NO 1500 BPOE
Friends of Senator Breslin
C.T. Male Associates
Guerin Generator Services
Wells Communication Service, Inc.
Watervliet Charitable Foundation
Brian and Bernadette Boardman
Passonno Paints
Shiny Window Wash Inc.
Cohoes Savings Foundation, Inc.
Watervliet AOH
Friends of Paul D. Tonko
Michael Manning
Local 590 IAFF
CDPHP

Beautification Contest 2017

Congratulations To This Year's Winners



1st: Josephine Gonzalez (13B VRV)
and Elizabeth Rivera (13F VRV)



2nd: Hanratta Tenants
Virginia Dollard (110 Hanratta)



3rd: Justina Amill (142 Quinn)



Thank you to all who participated.
You make Watervliet Housing
a beautiful place to live!

BASICS - A GREAT PLACE TO START (AND FINISH)

- Dust all surfaces
- Dust corners + edges
- Vacuum all floors
- Wash all floors
- Wipe down switches
- Wipe door knobs
- Wash bathroom surfaces
- Scrub tubs + showers
- Wash all throw rugs
- Wash bedding
- Vacuum furniture (couch, chairs, etc.)

DEEP CLEANING EXTRAS

- Clean appliances
- Wipe ceiling fans + lights
- Dust door tops
- Wash doors
- Clean windows
- Dust lampshades
- Empty + wash cabinets

TRADITIONAL FALL CLEANING TASKS

- Rotate + Flip mattresses
- Wash curtains
- Check + clean outdoor light
- Wash windows
- Clean up toys from the area outside of the apartment





SAVE MONEY COOKING

Shrimp Fra Diavolo



8 ounces uncooked linguine
2 tablespoons extra-virgin olive oil, divided
1 1/2 tablespoons minced garlic, divided
1 pound medium shrimp, peeled and deveined
3/4 cup diced onion
1 teaspoon crushed red pepper
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
2 tablespoons tomato paste
1 tablespoon fresh lemon juice
1 3/4 cups canned crushed tomatoes
1/4 teaspoon salt
1 (14.5-ounce) can diced tomatoes, drained

Step 1. Cook pasta according to package directions, omitting salt and fat. Drain; keep warm.

Step 2. While pasta cooks, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 1 - 1/2 teaspoons garlic and shrimp; sauté or 3 minutes or until shrimp are done. Remove from pan; keep warm.

Step 3. Add remaining 1 tablespoon oil and onion to pan; sauté 5 minutes or until softened. Stir in remaining 1 tablespoon garlic, pepper, basil, and oregano; cook 1 minute, stirring constantly. Stir in tomato paste and lemon juice; cook 1 minute or until slightly darkened. Stir in crushed tomatoes, salt, and diced tomatoes; cook 5 minutes or until thickened. Return shrimp to pan; cook for 2 minutes or until thoroughly heated. Serve over pasta.

Calories 477
Fat 10.7g
Satfat 1.4g
Monofat 5.3g
Carbohydrate 59.4g
Calcium 121mg

Polyfat 1.7g
Protein 33g
Fiber 5.4g
Cholesterol 172mg
Iron 5.4mg
Sodium 552mg

BACK TO SCHOOL SHOPPING

Here are some great ideas for how to get everything they need and save a few bucks doing it.

1. **Hold off buying trendier gear:** Kids may love a certain lunch box or pencil case they find in July, but once they start school and see that their friends are all using another kind, they'll beg you to upgrade them, and that only results in wasted cash.
2. **Shop end-of-summer sales:** You know as well as we do that kids wear short sleeve polo shirts all year long, so hit the big summer sales and snap up discounted duds that can be worn well into fall.
3. **Stick to the list:** The teacher's supply list at the start of a new school year is daunting enough so don't waste time and money on unlisted items. Extra supplies, while they may be cute, will probably never get used and just leave your pockets empty.
4. **Head to the supermarket for basic supplies:** Check weekly circulars for great deals on pens and loose-leaf paper, and get your weekly grocery shopping done at the same time. Bonus: buying everything in one place will save time and gas money!
5. **Let the kids raid your cabinets:** The kids can select home-office supplies and then personalize them in unique ways. For example, decorate inexpensive plain, white binders with digital photos by creating a collage and inserting the page into the plastic outer cover.
6. **Plan lunch:** When you're in charge of what your child eats, you'll save yourself money. Check the weekly circulars at your local supermarkets for sales.
7. **Buy bright:** Lost school supplies may be a given, but gear that's hard to miss can stave off the inevitable. Pack all their pencils, erasers, and other goodies into a bright backpack or pencil pouch to keep them from disappearing.
8. **Shop the big three:** Old Navy, Gap Kids, and The Children's Place rotate merchandise often. Ask when they do their markdowns so you can grab the deals. Also, if you see an item you bought in the past 14 days on sale later, you can get the difference refunded, you don't need the clothing, just the receipt.



Looking for Fun Fall Activities?

Here's some things you can do...

- Liberty Ridge Farm (Schaghticoke, NY)
- Ellms Family Farm (Ballston Spa, NY)
- Treepaad Fun Center (Malta, NY)
- MiSci Museum of Innovation and Science (Schenectady, NY)
- The Music Studio (Albany, NY)
- Flight Trampoline Park (Albany, NY)
- New York State Museum (Albany, NY)
- Goold Orchard (Castleton, NY)



Back to School: Transitioning Your Family From Summer to School

By Bethany Hardy

Anticipate and address your child's anxiety. Going back to school is stressful for kids of all ages, so head off the stress before school even starts, says Renee Clausell, a child psychologist in Long Island, New York. Talk with your children about new experiences and traditions, from using the potty at preschool to learning how to use a locker “in a playful and creative, role-playing way,” Clauselle says.

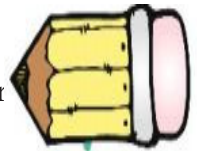
Manage your own anxiety. Maintain a positive attitude about summer ending, advises Edward Christopherson, a Kansas City-based child psychologist. “If you are nervous about school starting, then your child is certainly going to be nervous about school starting,” he says. It also helps to plan fun, transitional activities to prepare your kids, says Tina Feigal, an author and parenting coach in Roseville, Minn. “Plan a fun weekend for Labor Day, and include the kids in the plan,” she suggests. “If school has already started, it’s a nice buffer vacation. If it hasn’t, Labor Day is a great time to say good-bye to summer and hello to all the good things coming up in the new school year.”

Ease back into scheduled days. When your kids are used to running around outside until dark each night, shifting to the early morning school bus rush can be a real shock to the system. To ease the transition, about a week before the first day of school, start their bedtime routine about 10 minutes earlier each night and wake them up 10 minutes earlier each morning, every day, until they’re back on track. And Mom and Dad: don’t forget to readjust your bedtime schedules too!

Stay connected to nature. Going back to class doesn’t mean your kids have to say farewell to outdoor fun. Make a habit of getting outside together after the school day ends, for as long as the warm weather lasts. When the air turns cold, hold a “camp-in” weekend evening, suggests Sarene Marshall, director of The Nature Conservancy’s global climate change team: “Set up floor pillows or sleeping bags, turn off all the electronics, and play good, old-fashioned board games.” You can also encourage your kids to create a lasting record of the family’s outdoor activities by creating a “summer adventures journal” together, she notes.

Get back to healthy eating. If your family is like mine, your household inventory of potato chips and cookies skyrockets during the summer. The arrival of fall is a perfect time to teach your kids that family-focused healthy eating can be fun too. “While [kids] may be used to having ice cream every night in the summer, start swapping [those] out some nights for fruit Popsicles, frozen yogurt, or baked fruit sprinkled with cinnamon and brown sugar,” says Rania Batanyeh, a San Francisco-based nutritionist and wellness coach. “And be prepared with healthy snacks and meals when things get hectic, such as in the morning before school, when kids come home from school, and before dinner.”

Seek out one-on-one time with your child every day. Yes, this one is daunting, especially when your days consist of carting Kid A to one activity and picking up Kid B from another. But challenge yourself to set aside just 15 minutes per day, per child, to enjoy a quiet activity together. Whether it involves reading a few extra books to your toddler, taking turns making up a story with your preschooler, or gazing at the stars with your oldest after the others have been put to bed, your children will savor your undivided attention. And both of you will benefit from putting yet another hectic day on hold.



RAD Conversion

As you are aware, the Housing Authority has been working towards a RAD conversion, changing from public housing to more of a Project Based Section 8 rental assistance program. We have received permission from HUD to convert all of our public housing units effective September 1, 2017.

If you have not already done so, you are required to sign a new lease with WHA Management, and other paperwork necessary, which will begin your Project Based Section 8 Rental Assistance.

You will not notice much of a change in the way you have been dealing with WHA Management since you began living here. You will still be required to notify the Housing Authority of any change in income, and household composition.

This RAD Conversion provides the Housing Authority a stabilized funding source, and ensures the preservation of affordable housing in the City of Watervliet.

If you have any questions, or concerns, please feel free to contact the WHA Administrative Office.

We thank you in advance for your cooperation.



Our summer maintenance staff has installed new benches and a newly painted door at the Quinn Community Room. The old benches will be repositioned in other areas of Quinn. Great job by our summer helpers!

