

Watervliet Housing Authority

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DECEMBER 2017 NEWSLETTER

THIS MONTH..



- Rent is due by Friday, December 8th. A late fee will be processed to your account for any rent payment after the fifth business day.
- The office will be closed Monday, December 25th for Christmas Day.
- The office will be closed Monday, January 1st for New Year's Day.

SANTA IS COMING

Santa will be visiting the children of the Watervliet Housing Authority and Van Rensselaer Village on Monday, December 18th! If you signed your child up to receive presents this year, keep an eye out for Santa!



2018 Watervliet Calendars

You should be receiving your 2018 WHA calendar soon. This calendar is filled with information about the Authority and many important dates you need to know. We are very proud to have created this calendar and hope you find it useful. If you don't receive one and want a calendar, please stop by the office or call us!

The Watervliet Civic Center sponsors a Safe Site Program in the Joslin Community Room every Monday, Wednesday, Friday from 3 to 6 PM for ages 5-12. This program provides a supervised environment for kids to play in after school. Call the Watervliet Housing office for more information on this program.



Around the WHA...

If You Are Paying Your Own Heat, Try An Electric Blanket

They keep you warm and save energy instead of heating up an entire room. You can also save money on your gas bill by cleaning the filter on your heater monthly.

Hilton Tenants

You can gain access to the basement by asking the seniors living in the apartments for access or by using the laundry room key.

Warning To All Residents

Dogs and cats are permitted but must be in accordance with the pet policy. Please don't risk eviction, tell your family not to give you something you cannot keep. You must pick up the waste. Bring a plastic bag and dispose of it properly. No exceptions!



Lockout Policy

There is a lockout policy at the WHA. The maintenance men have a master list of tenants who are living at the WHA. No one will be let into an apartment unless they are on the list. This list and policy will eliminate any problems with letting unauthorized persons into an apartment.

Thirty-Day Notices

Thirty-day notices will be given immediately to anyone not abiding by the WHA lease. Tenants should keep in mind that "live ins" are not allowed. Guests staying overnight for more than two nights per week or present more than 36 hours per week must provide written notification to the Authority and receive written consent.

Calling in Work Orders

We have found that tenants are not calling in work orders and when we do our inspections we find too many work orders that should have been called in, putting a heavy strain on our help. We need your cooperation. Yes, if it is damage, you'll be charged but you'll be charged anyway.

Now if it is found that you have NEGLECTED to call in a serious work order and this puts a burden on our help, you will be charged the OT rate. Please, just call it in.

ARE YOU A HIGH SCHOOL STUDENT GRADUATING THIS JUNE?

If so, NYSPHADA provides a scholarship of \$2500 to one graduating high school student. This scholarship is for high school seniors living in public or assisted housing.

If you would like an application you can go the NYSPHADA website to print one out.

The scholarship deadline is **February 12th.**



GET YOUR STAMPS

The Post Office will be at Hanratta on December 5th from 12:30 PM to 1 PM to sell stamps. Call the office for more details.



Community Rooms

for Hanratta, Green Island, & Quinn



These rooms are available for seniors to use. You must call the office to reserve the room and sign an agreement that details what you can and cannot do. We have worked very hard to

make the rooms useful, enjoyable, and practical. We provided VCR's, DVD players and now a computer for your use. If you need help using the computer, call us.

We don't have the manpower to constantly check the rooms so we need your help to keep it picked up and clean. If something is wrong, you need to let us know. We also provided a CD player in the rooms for those wishing to listen to their favorite CDs. All rooms now have cable TV, and Quinn and Hanratta have internet service.



We will only continue to furnish the room if you can monitor its use. We hope you enjoy the rooms and if you have some suggestions we would be happy to hear them.

Refrigerator Care

There has been a problem with refrigerators not being properly cleaned. You must clean the coils at the bottom of the refrigerator. When these coils are not cleaned, they cause the compressor to burn out and the tenant may be responsible for its replacement. If something spills, wipe it up right away—especially the front where the door gasket meets. If the gasket remains sticky and not cleaned, it will cause the gasket to pull from the frame and you will be responsible for a new gasket. Fantastic cleaner seems to work the best.

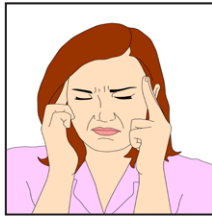
Large Bulk Items

Notice to all tenants:
Large bulk items can ONLY be placed out for pick up the night of garbage. If anyone places any large items such as couches, large furniture, washing machines, or any items on a non-scheduled garbage day, you will be charged for the removal. We cannot continually pick up this type of material, and it looks very unsightly.

Attention Tenants:

Please make sure that you have your current information up to date with the office. Having your current phone number, etc. is important in case of an emergency.

Tips for Preventing a Headache



Do you suffer from headaches? Here are a few tips to help you better manage, and even prevent, headaches:

Follow Your Treatment Plan

If you're under the care of a physician or other provider, follow your prescribed treatment plan. Also, avoid taking medications not prescribed by your doctor.

Keep a headache diary

Keep track of what triggers your headaches so you can avoid those triggers in the future.

Relax

Learn relaxation techniques such as deep breathing and mental imagery.

Exercise Regularly

Try to exercise at least 20 minutes, three times a week.

Keep a Regular Routine

Eat meals and snacks around the same time each day and make sure you get enough sleep

Stop Smoking

Smoking not only triggers headaches, but can actually worsen a headache's severity.

Holiday Tips for Maintaining Good Health

The opportunities to eat around the holidays seem endless, beginning on Halloween and not ending until New Year's Day. Toss in an out-of-control list of things to do – from parties to host and attend, to gifts to wrap and ship – and it's no wonder most of us pack on the holiday pounds.

Before the frenzy begins, establish a plan and detailed schedule for how you will manage all the things you need to do between now and New Year's Day.

A few ideas to help ease the holiday stress:

1. Consider shopping online
2. Send out a holiday newsletter or photo card to everyone on your list
3. Scale back your social calendar to allow some down time to enjoy the spirit of the season

Even though it seems impossible to squeeze in more activities, your fitness routine is a priority. Physical activity of any kind- whether working out at the gym, doing a fitness tape at home, fast walking at the mall or going for a daily walk – helps you cope with stress while it burns calories and keeps muscles strong.





Stay Warm this Winter, and Follow the Safety Tips Below!

Dress for the Cold

Wear several layers of clothing.

Cover exposed areas of your body with mittens, hats, and scarves.

Wear shoes or boots with nonskid soles.

Change out of wet clothes as soon as possible.

Walking Safety

Always be cautious of where you are walking to avoid slips, trips, or falls.

Do not walk outside until snow removal procedures have been completed.

Know the Signs

Frostbite

Loss of feeling and white or pale appearance in fingers, toes, ear, and nose.

Hypothermia

Uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, and exhaustion.

Driver Safety

Before winter, make sure your car is ready for the season with a tune-up, adequate tires, a charged battery, and antifreeze.

- Keep emergency gear in your car
- Avoid driving in bad weather. If you must, always drive slowly and with caution.
- Never sit in a parked car with the engine running unless a window is open, and never warm up your car in a garage.

Home Heating Safety

Cold weather means it is time to utilize your heating devices. Be sure to avoid home heating hazards by following these safety tips:

- Keep your thermostat at 55 degrees Fahrenheit or higher at all times to avoid freezing pipes.
- Ensure that all smoke detectors and carbon monoxide detectors are functioning properly.
- Never use your oven or stove as a heater.
- If you must use a space heater, consider the following tips:
 - They should be kept three feet away from anything that can burn, and placed on a level, secure surface.
 - Never leave them unattended, and keep children and pets away from the heater.
 - Never use an extension cord. They should only ever be plugged directly into an outlet.
 - Only use space heaters that are UL approved.
- Close and secure all windows during the winter months.

The Best Gift of All

This time of year, most of us hope to have a joyous time of giving and gathering together. Whether the season is celebrated religiously or commercially, it is a big deal in our culture; expectations run high. Sometimes these high expectations can bring a painful let down.

This year so many military families are not able to celebrate the holidays together. Many things can preclude gathering together: distance, lack of resources, family feuds. Hopefully we can each reach out and help those who need our support this season.

There are also many folks who are struggling this time of year because they have lost a loved one. Sometimes we avoid these people because we feel helpless to comfort them. I would like to write out some ideas written by Pamela J. Kuhn who lost an infant in a house fire. Her words of advice seem to be the essence of “giving” during this “Season of Giving.” Again, whether or not we celebrate commercially, religiously (or both!) most of us know of someone who is grieving this season.

GIVING COMFORTING SUPPORT

“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

— Henri Nouwen

- A simple “I’m so sorry” is the most comforting thing we can say. Even the most caring people sometimes say things that come out wrong, and once said, words can’t be taken back.
- Don’t wait for the grieving family to ask for help. Offer! Many times a crowd of people is the last thing a grieving person wants to face. Maybe you could offer to drive a family member to take care of some business, or run errands for them. Gift certificates to local

restaurants or take-outs ensure the grieving ones eat without a lot of energy expenditure. Helping with housecleaning, laundry, mowing the lawn... there are many ways to give that could lift the burden and give comfort.

- Don’t be afraid to talk about the person who has died. Most people don’t want to think that others have forgotten their child, their husband, mother, father, etc... If a funny or poignant incident comes to mind don’t be afraid to say, “Do you remember when...?” The story may bring some tears but the healing benefits are abundant.

- Remember and acknowledge dates connected to the tragedy. Mark the date of the loved one’s death on your calendar. Send a note each month on that day during the first year of the loss. A birthday of the loved one may be another date of remembrance. Try to remember the family annually depending upon how close you are to them.

- Cry with the bereaved. A comforting moment for one woman who had lost her child happened one Sunday in church. The service had not yet begun, but the quiet and sacred atmosphere brought tears to her eyes. When she looked up, she noticed a friend in the seat in front of her. When the friend turned around she saw tears swimming in his eyes. The friend didn’t say a word, just reached out his hand, looked into her eyes and cried. The woman said how incredibly comforted she felt.

This season continues to be a time that reminds us to share what we can with others who may be suffering in some way. I believe that this is what brings to our own celebrations and gatherings true joy, love, and peace.

Have a blessed holiday season.



The Story of Hanukkah The Festival of Light and Dedication



For more than two thousand years, the festival of Hanukkah is celebrated by the Jewish faith for eight days each December. Hanukkah recalls a time long ago when the Jewish people, led by Judah Maccabee, fought a king named Antiochus for the right to worship their one God, instead of many gods of the Greek religion. When the Jews won the battle, they cleared away the statues of the Greek Gods and rededicated their Temple to one God. Then they celebrated for eight nights. According to legend, Judah Maccabee searched for some pure oil to light the Temple menorah, but found only enough to last one day. But then a miracle occurred; the oil burned for eight whole days. That miracle of lasting light has come to symbolize the meaning of Hanukkah — a celebration of the freedom and determination of the Jewish people to practice their religious beliefs freely.



Kwanzaa

Kwanzaa is an African-American tradition celebrated December 26th – January 1st, with seven nights of candle lighting representing the seven principles: Unity, Self-Determination, Responsibility, Cooperative Economics, Purpose, Creativity and Faith.

Taking care of your Christmas Tree...

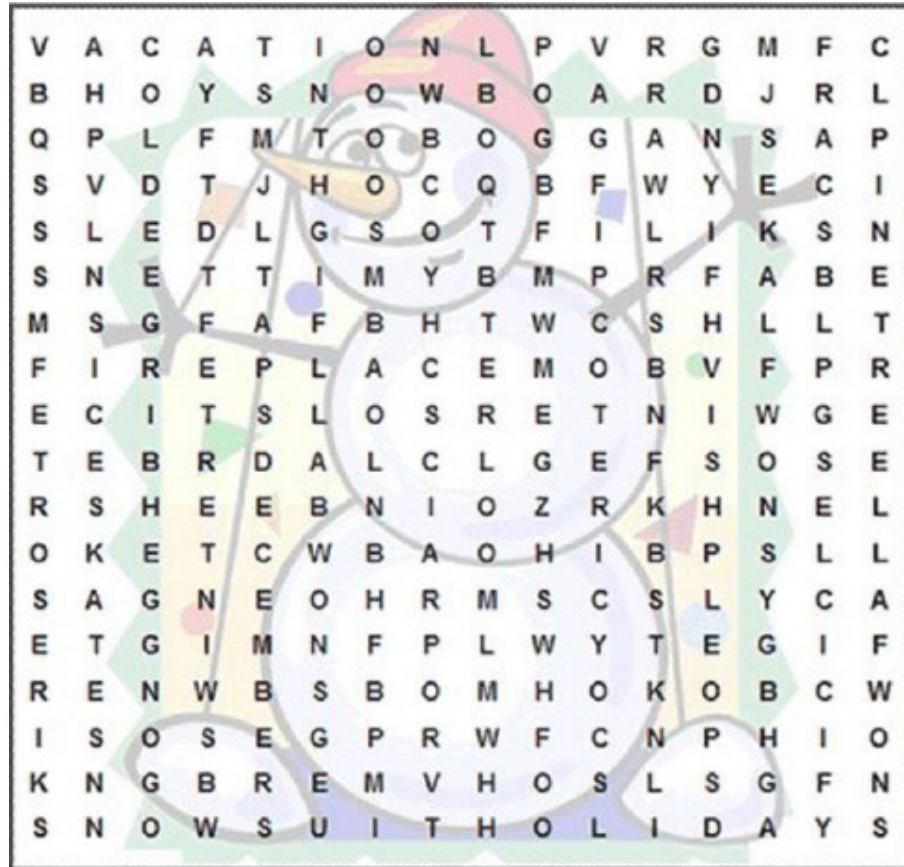


If the reservoir is empty for a while, the tree will stop drinking and it will need to be re-cut an inch above the previous cut to allow the tree to once again take-up water.

- 1- Cut at least one inch off the base to allow the tree to absorb water.
- 2- Put it in a bucket of luke warm water outdoors in a cool place away from the sun and the wind.
- 3- Bring the tree into your house and once again cut at least 1 inch off above your last cut (the cleaner the cut the better)
- 4- Sterilize your tree stand by cleaning it with boiling water before you use it.
- 5- Fill with luke warm water and place your tree in it.
- 6- Keep the reservoir filled above the base of the tree.
- 7- Place your tree away from radiators, air ducts, and TV sets, all of which can dry the needles.



HOLIDAY WORD SEARCH



- Snowfall
- Pine Tree
- Icicles
- Holiday
- Scarf
- Cold
- Winter
- Eggnog
- Hockey
- Snowmobile
- Snow Boots
- Frozen

- Ice
- Sled
- Snowboard
- Toboggan
- Ice Skates
- Mittens
- Ski Lift
- Snowman
- Ski Slopes
- Snowball Fight
- Hot Chocolate
- Winter Solstice
- Fireplace
- Snowflakes
- December
- Ski Resort
- Snowsuit
- Vacation

WORD SCRAMBLE

Unscramble these letters to reveal the hidden holiday words.

- lelbs _____
- isentpiota _____
- cleand _____
- gigabrndeer _____
- tewhar _____
- scralo _____
- endinerer _____
- gostinck _____
- esokoci _____
- gngego _____
- gliseh _____
- leves _____

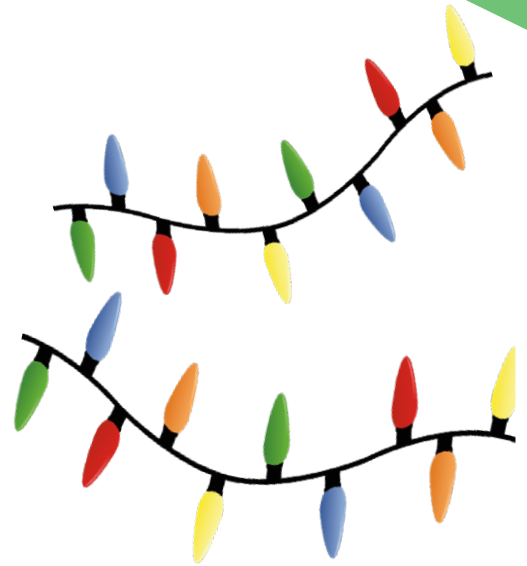
- tenessrp _____
- dranlag _____
- sottlemie _____
- fitg _____
- yalohid _____
- eylu _____
- leno _____
- stranemon _____
- womanns _____
- credembe _____
- dancy enca _____
- sliten _____

Answers: (first column) bells, poinsettia, candle, gingerbread, wreath, carols, reindeer, stockings, cookies, eggnog, sleigh, elves, (second column) presents, garland, mistletoe, gift, holiday, yule, noel, ornaments, snowman, december, candy cane, tinsel

Holiday Tips:

Outdoor Decoration Safety

- Make sure all extension cords and electrical decorations used for outdoor decorating are marked for outdoor use.
 - Inspect all lights, decorations, and extension cords for damage before using.
- Fasten outdoor lights securely to trees, the house, or other firm supports to protect them from wind damage, but take care not to attach the lights in a way that would damage their insulation.
- Keep all extension cords and light strings clear of snow and standing water.
- Always unplug the electrical decorations before replacing bulbs or fuses.
- Be sure to turn off all indoor and outdoor electrical decorations before leaving home or going to sleep.



Candle Safety Tips

Always keep a burning candle within sight. Extinguish all candles when leaving a room or before going to sleep. Be sure the wick ember is no longer glowing.

❑ **Never burn a candle on or near anything that can catch fire.** Keep burning candles away from furniture, drapes, bedding, carpets, books, paper, flammable decorations, etc.

❑ **Keep burning candles out of the reach of children and pets.**

❑ **Trim candlewicks to ¼ inch each time before burning.** Long or crooked wicks can cause uneven burning and dripping.

❑ **Always use a candle-holder specifically designed for candle use.** The holder should be heat resistant, sturdy, and large enough to contain any drips or melted wax.

❑ **Be sure the candle-holder is placed on a stable, heat-resistant surface.** This can help prevent heat damage to underlying surfaces and prevent glass containers from breaking.

❑ **Keep the wax pool free of wick trimmings, matches and debris at all times.**



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BEDBUGS!

A bedbug is a small (about the size of an apple seed), flat, reddish-brown bug that feeds on blood. They are found in homes all over the world, even the cleanest of homes. Bedbugs can cling to clothing and other objects, making it easy for them to transfer from one place to another. They are not picky about their environment, whether clean or dirty, so it makes it very difficult to prevent them. They also hide during the day and come out during the night in order to feed.

During the day, bedbugs hide here:

- Mattresses
- Box springs
- Bed frames
- Headboards
- Under peeling paint and loose wallpaper
- Under carpeting near baseboards
- In upholstered furniture seams
- Under light switch plates or electrical outlet



So, how do you know if your home is infested?

Bedbugs can be dormant for about one year before coming out again. This means that they do not need to feed for up to a whole year and they will still survive! Females can lay up to 500 eggs, 50 at one time!! Needless to say, they are quite the nuisance!

Here's how to detect them in your home:

- Check for speckling (digested blood) around electrical outlets & faceplates, crevices where the wall meets the ceiling and the corners of the room, on the mattress and its folds, and in cluttered areas. Also check carpets, especially underneath furniture and against walls.
- Check for bugs, speckling and light brown (molted) skins in the nooks and crannies of your mattresses and box springs, especially areas by your pillows. Check behind headboards, and in the bed frame. You will be able to see the bugs and speckling, but not the eggs (at least, not without a magnifying glass).
- Check the mattress and sheets for small smears of blood where you may have squished a bug.
- Examine all items on and near the bed – clothes, shoes, pillows, blankets, alarm clocks, socks, etc. Check items you leave the house with and return home with (jackets, purses, hats, suitcases, etc.)
- Examine bites – bedbug bites can look like other insect bites such as mosquito bites. Bedbug bites are small, reddish bumps with a small dark center and they occur in a cluster, or a row. They often look like a rash and can be very itchy.



THIS IS MICE SEASON!

If you see any signs of mice call us right away. Mice reproduce very quickly. Be sure your outside garbage cans are tight and no food is laying around both inside or outside.

Snow Removal

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



Refrigerator Seals & Gaskets

“It was just a spill. I’ll clean it up later.” Well, that spill may have just cost you over \$100 if we need to replace the gasket on the door. It’s important to keep your door gaskets clean. If they aren’t kept clean, they can stick to the refrigerator and cause cracks and tears. If the gaskets are cracked or torn, cold air will escape. This just adds to the run time and can cause other problems. Our tenants are responsible for properly maintaining their appliances. If they don not, they will be charged for the repairs. Don’t waste your money.

Ice Melt for Common Entrances

There is a bucket of ice melt in the front entrance of your hallway.

Please help us out and spread a little on the walkway when you are leaving your apartment if you see that it is icy. If you use it and need more call us.





Move it...

...Avoid towing charges after a snow storm

Be sure the correct information for all vehicles registered to your apartment is on file at the WHA Office. Please return this information to the WHA Office to avoid any confusion while crews are out plowing. Do not risk having to pay the fees if your vehicle is towed! We will try our best to notify you in advance but we make no promises that this will happen, you are required to move the vehicle by 9 AM the day following the storm. Check up to date details on our website, and Channel 17. Also, with the new technology available, we are trying to make a COURTESY call to you're registered phone number on file. Again, this is a COURTESY call. If you don't get the call or hear the siren or whatever the policy stands, you **MUST REMOVE THE CAR BY 9AM THE DAY FOLLOWING A STORM!**

Name: _____

Apt. Complex and #: _____

Telephone #: _____

E-mail: _____

Vehicle 1: Make _____

Model _____

Color _____

License Plate _____

Vehicle 2: Make _____

Model _____

Color _____

License Plate _____



Happy Holidays

from everyone
at the Watervliet
Housing Authority!



TENANTS: Be sure to have your phone number, car information, emergency contact, and email address updated with the Housing Authority Office! In case of emergency or conditions where the authority needs to tow cars, this information will be important.