

WATERVLIET HOUSING AUTHORITY

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FEBRUARY 2019



THIS MONTH...

FEBRUARY 2

Groundhog Day

FEBRUARY 7

Last day rent is due

FEBRUARY 14

Valentine's Day

FEBRUARY 18

Office Closed (President's Day)

WEB UPDATES

Don't forget to return the post card you received in the mail to the WHA Office with your updated personal information so that we can keep you up to date via email with newsletters, important messages and updates around the WHA that you should know about. If you need another form, extras are available at the Office.

GETTING AHEAD IN A JUST-GETTIN'-BY WORLD GRADUATION

The Bridges Out of Poverty Program's Getting Ahead in a Just-Gettin'-By-World Graduation Ceremony was January 9, 2019. To see photos from the event and to learn how to get involved, see page 5.

QUESTIONS OR COMMENTS?

On the bottom portion of the last page of this newsletter, you will find a questions/comment section. Please feel free to fill this out and bring to the WHA office. We will be answering your questions in next months newsletter.

REMINDER

Don't forget to put your name and apartment number on your check or money order before you hand in your rent payment each month!



www.WatervlietHousing.org

Emergency Number:
273-6085 (after hours)

HOLIDAY FACTS

Fun Facts about Valentine's Day

- Valentine's Day has been celebrated for over 600 years!
- Men usually spend 2x as much as women do on gifts each year!
- Every year more than 36 million chocolate filled heart shaped boxes are sold across the Country!
- Teachers receive the most Valentine's Day cards, followed by children, mothers, wives & girlfriends!
- The most popular flower bought on Valentine's Day is the Red Rose (Over 50 million of them are given away)
- Every year around 9 million people buy Valentine's Day gifts for their pets!



Fun Facts about President's Day

- There were 4 presidents born in February including: George Washington, Abraham Lincoln, William Harrison & Ronald Reagan.
- Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from The World's Fair!
- Teddy Roosevelt was the youngest president to hold office.
- James Monroe was the 3rd president to die on the 4th of July!
- On the day he was shot, Lincoln told his bodyguard that he had dreamt he would be assassinated.

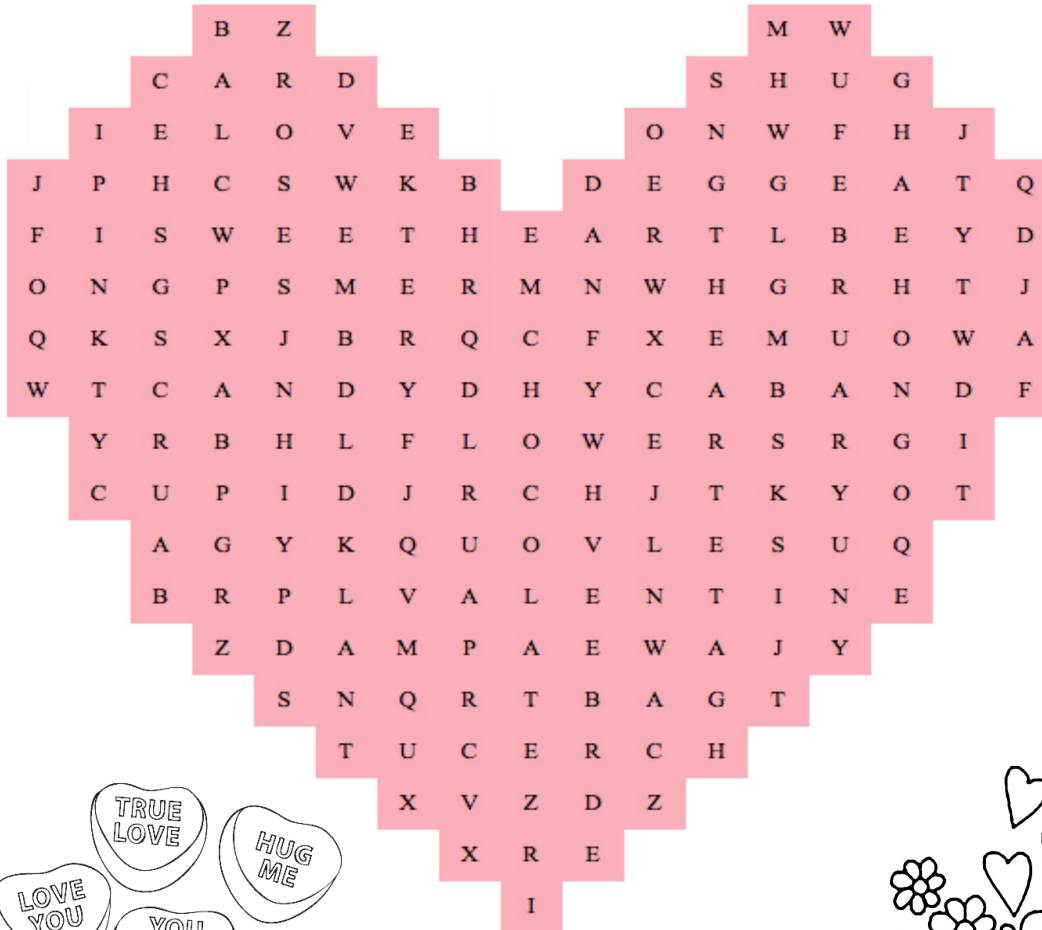
The History of Groundhog Day

The Christian religious holiday of Candlemas Day has become most commonly associated with the current celebration, but it's roots are older than that. The celebration started in Christianity as the day, (February 2nd), when Christians would take their candles to the church to have them blessed. This, they felt, would bring blessings to their household for the remaining winter. As time rolled on the day evolved into another form. The following English folk song highlights the transition to weather prognostication.

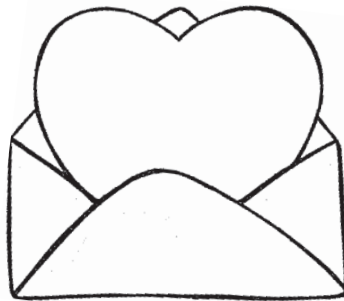
***If Candlemas be fair and bright,
Come, Winter, have another flight;
If Candlemas brings clouds and rain,
Go Winter, and come not again.***

This "interpretation" of Candlemas Day became the norm for most of Europe. As you can read, there is no mention of an animal of any kind in the preceding song. It wasn't until this traditional belief was introduced to Germany that an animal was introduced into the lore, hence another evolution of February 2nd. If, according to German lore, the hedgehog saw his shadow on Candlemas Day there would be a "Second Winter" or 6 more weeks of bad weather. As German settlers came to what is now the United States, so too came their traditions and folklore. With the absence of hedgehogs in the United States, a similar hibernating animal was chosen. This leads us to yet another evolution in the legend and to present day Punxsutawney.

Valentine's Day Word Search!



- Love
- February
- Sweetheart
- Chocolate
- Red
- Card
- Pink
- Hug
- Sweet
- Valentine
- Flowers
- Roses
- Cupid
- Heart
- Candy



CRAFT OF THE MONTH "FINGER PAINT VALENTINE"

What you will need:

red, white, and/or pink paint, white paper, scissors, and a dark marker

Instructions: First, dip your finger in the red, white, or pink paint and dab the paper repeatedly. When the paint dries, cut the paper in the shape of a heart. With a dark marker, write cute sayings over the top of the dried paint.

WINTER TIPS

HOW TO AVOID GETTING SICK

With the cold weather comes sicknesses, including the flu and the common cold. To avoid getting sick is actually much easier than you may think. While these tips may not completely stop you from getting sick, it's a step in the right direction. Start with keeping your hands away from your face... especially your mouth. **WASH YOUR HANDS!** Hand cleanliness is the number one way to contract the flu or a cold. With that being said, your hands collect the most germs, it is best to keep your fingernails cut as short as you can tolerate them. Stay hydrated! Fresh fruit juice, tea, water, and water additives such as Emergen-C or Airborne are helpful when preventing illnesses. Water consumption should be something that you are very conscious of, even when you are not sick! As a base line, the average adult should be consuming 8 eight ounce bottles of water per day. It may seem hard, but if you get into the habit of doing it, it will be a piece of cake! Keep your surroundings clean. Clean your workspace, common areas, door knobs and toilets. Wiping them down with Clorox wipes is pretty efficient. If you think about it, everyday items that we touch are actually disgusting. Your cell phone is quite possibly the dirtiest thing that you touch daily. Wiping it down with a microfiber cloth or an alcohol pad will help to disinfect it! Maintain a healthy diet. Each meal that you eat should contain at least one fruit or vegetable. The healthiest vegetables are green- such as spinach, broccoli and kale (to name a few). Dress for the weather! Exercising can help prevent you from getting sick. Even if you are just lifting 5 lb. weights for ten minutes a day- it gets your blood flowing and wakes you up. On the other hand, be sure to get enough rest. A tired body is a sick body. When your body is more tired than usual, this is a sign of illness. Listen to your body when it gives you these signs.

WHAT CAUSES FROSTBITE?

Inadequate blood circulation when the temperature is below freezing leads to frostbite. This is because the body is constricting circulation to extremities to preserve core temperature and fight hypothermia.

WHAT ARE THE SIGNS OF FROSTBITE?

First degree frostbite: Itching and pain, and the skin may develop white, red, and yellow patches and become numb. Second degree frostbite: The skin may freeze and harden and form blisters. The blisters may become hard and blackened. Third degree frostbite: If the area freezes further, deep frostbite occurs with areas of purplish blisters which turn black. The skin is hard, feels waxy, and use and/or feeling in the area is lost temporarily, and in severe cases, permanently. Extreme frostbite may result in fingers and toes being amputated if the area becomes infected. If the frostbite has gone untreated, they may fall off!

COLD WEATHER TIPS

Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out: extra blankets, sleeping bags, and warm winter coats. Use electric space heaters with automatic shut-off switches and non-glowing elements. Never place a space heater on top of furniture or near water. Also, never leave children unattended near a space heater. Keep heat sources at least 3 feet away from furniture and drapes. Have the following safety equipment: fire extinguisher, smoke alarm in working order, carbon monoxide detector. Have a week's worth of food and safety supplies. Make sure you have the following supplies: drinking water, canned/no-cook food, non-electric can opener, prescription drugs and other necessary medicine, first-aid kit, rock salt to melt ice on walkways, flashlight and extra batteries, and battery-powered lamps or lanterns.

GETTING AHEAD IN A JUST GETTIN' BY WORLD

The Getting Ahead curriculum is part of the Bridges Out of Poverty program. This January, we celebrated three women living in the Watervliet Housing Authority who have completed 12 weeks of study, learning more about generational poverty within their community and their own lives, as well as tools to break the cycle. We were honored to have many community members join us in celebrating their accomplishments and showing these individuals how much our community supports their continuing efforts to move from day-to-day living to sustainability for themselves and their families. If you would be interested in participating in this program in the next curriculum cycle, call Mary Clinton at the WHA office or email MClinton@watervliethousing.org.



2019 Graduation Ceremony
Congratulations to this year's
graduates!

IN THE COMMUNITY

WHITNEY YOUNG HEALTH CLINIC

The Whitney Young health clinic is located at 1804 2nd Avenue. They offer a variety of healthcare services at a low cost. The services range from pediatric care to senior healthcare. They participate at the WHS & WES in a school-based health center that works in collaboration with your child's primary care provider if they already have one. It is designed to save parents/guardians time as students can be seen on-site without having to take time off. They provide necessary care on-site when the student is sick and write prescriptions and referrals (as needed). If you have any questions about eligibility or the services provided, please contact the school health center at (518) 629-3200 or contact Whitney Young Health Clinic at (518) 833-6900.



WINTER AT THE PLAZA

WHEN: FEB 4, 2019 - FEB 10, 2019

WHERE: EMPIRE STATE PLAZA ICE RINK

COST: FREE ADMISSION

Now in its 8th year, the tremendously popular Empire State Plaza Ice Rink is open daily from Noon - 8:00 p.m. (closed for maintenance from 3:30 p.m. - 4:30 p.m.) and skating is free. Located in the shadow of Albany's majestic State Capitol, amenities include lockers, skate rentals, and refreshments. Rentals are available whenever the rink is open and cost \$3 for children 12 and under and \$4 for adults. A photo ID is required to rent skates. Every Saturday is Free Skate Rental Day courtesy of Hannaford Supermarkets. The 2018-19 season will feature an assorted line-up of special events including instructional clinics!

CALENDAR OF ICE RINK EVENTS:

EVERY SATURDAY – Hannaford Free Rental Saturday

FEBRUARY 2 – Learn To Skate Clinic (10am-12pm)

MARCH 2 – Learn To Skate Clinic (10am-12pm)

ARE YOU GOING TO BE A HIGH SCHOOL GRADUATE THIS JUNE?

If so, NYSPHADA provides a scholarship of \$2,500 to one graduating high school student. The runner up will be rewarded a \$1,000 scholarship. This scholarship is for high school seniors living in public or assisted housing. If you would like an application you can come to the housing office to pick one up. **The deadline to apply is [February 11, 2019](#)**

WES/WHS WINTER RECESS

Watervliet Elementary and Junior/Senior High school will not be in session from February 18th - 22nd for their Winter Recess.

WHS FINANCIAL AID NIGHT

Come and learn the basics for filing for Financial Aid for high school Seniors planning on attending college next year. This will be held on February 14th from 6-6:30pm. If you have any questions, call WHS.

PRE-K REGISTRATION

Be sure to have yourself prepared to register your child for Pre-K at Watervliet Elementary School. Registration will be held on March 11th and 12th!

IS YOUR CHILD READY FOR KINDERGARTEN?

WES Kindergarten Registration and screening will be held on March 14th at WES. For more information contact WES.

HEROIN AWARENESS MEETING

WHERE: WHS Auditorium

WHEN: Tuesday March 12th, 2019 from 6:00-8:30 pm.

Sheriff Craig Apple, the City of Watervliet, the Watervliet Housing Authority, and the Watervliet City School District will be hosting an informational meeting about heroin awareness. At the meeting you will learn about lifesaving NARCAN training, where heroin overdoses are occurring, preventative tips, how addiction starts and how to get help. Currently, heroin is currently the number one drug linked to deadly overdoses. We encourage you to attend and learn more about the ongoing epidemic and how to help stop it.

PROPER GARBAGE DISPOSAL

As stated in your lease agreement, *garbage must be in cans and placed outside the night before your scheduled pick up date*. If a mess is found, you are expected to clean it up. We have been getting several complaints about proper garbage disposal. Due to the messes, we have been experiencing a squirrel and bird problems. Remember to place the lids on your cans when you bring them out. If the authority has to clean your mess, you are subject to a disposal fine. Everyone must have **TWO garbage cans and a recycling bin**. If you don't have a recycling bin, please contact the WHA Office and we will provide you with one. Over the next few weeks, WHA Staff will be monitoring your trash making sure that you are following the proper garbage disposal guidelines. It will be brought to our attention if Staff notice that you are missing any of the required trash cans/recycling bins. This has been an ongoing issue and we are trying our best to accommodate everyone, without your help- this will not be possible. Be courteous of your neighbors and respect your property. The garbage pickup schedule is as follows:

Monday: *Hilton, Hanratta, VRV*

Tuesday: *Day, Joslin, Quinn*

Wednesday: *Hanratta*

Thursday: *VRV*

Friday: *Hanratta*

SENIOR MEDICAL CARDS

We provide a senior medical card for all seniors to fill out and leave in the metal sleeve next to your front door. Fill them out and keep them current. If you ever need a new one, just call the office. If you are sick and have difficulty speaking, the ambulance crew can use this to bring you to the hospital you prefer, call your personal doctor, and review your current medication. This is for your benefit. The difference in minutes could save your life.

KEEP YOUR WINDOWS LOCKED

Windows and doors have been found to be unlocked. Your windows should always be locked for security reasons and to prevent cold drafts.

EMERGENCY EVACUATION PLAN

Are you wheelchair bound? Do you use oxygen? In the event of a fire, can you leave your apartment? Many times we are unsure of who can and cannot leave their apartment in the event of an emergency. If we don't know, the Fire Department certainly does not know! Call us now and let us know if you need a Medical Emergency Data Card to hang in your apartment so first responders are aware of any specific medical conditions you may have. It is better to be safe rather than sorry!

EMERGENCY CALLS

Remember that calling 911 is not the only way to reach the Watervliet Police Department! You can also dial 518-270-3833 and press 1 for non-emergency calls. 911 is still an option but not every emergency requires a 911 call. Please, regardless of the situation, know that they are there to protect you no matter what the situation is.

SNOW REMOVAL

Again, winter is approaching and with that comes the snow. We must plow to keep the lots safe and usable. As always, we will be asking for your support to have all vehicles moved by 9am the day following the storm. We cannot always promise that we can give any prior notification other than this policy, but we typically send robo-phone calls out as a reminder. Be sure we have your current phone number and any updated vehicle information. Again, this method is a courtesy. Your car will be towed if it is not moved in a timely manner.

CARBON MONOXIDE DETECTORS

Carbon monoxide (CO) is a colorless, odorless, tasteless and toxic gas that results from the incomplete combustion of fossil fuels such as gasoline, natural gas and oil. Dangerous amounts of CO can accumulate when fuel is not burned properly or when rooms are poorly ventilated and the CO is unable to escape! If you heat with gas that your CO detector is working!

COMMUNITY EVENTS

WATERVLIET SENIOR CENTER GROUP LUNCHES

Enjoy a nutritious and fun lunch with the Watervliet Senior Center every weekday at noon. The \$3 suggested donation is anonymous and everyone is welcome. Call for the daily menu and sign up by 2 p.m. for the following day. The Senior Center is located at 1501 Broadway, Watervliet. Call 518-273-6480 to make a reservation and for more information.

MARY'S SOUP KITCHEN

The Immaculate Heart of Mary Parish has a soup kitchen every Monday afternoon from 3:00 PM to 5:30 PM at the Parish Life Center, located at 2416 7th Avenue. All are welcome. Call 518-273-6020.

IN STITCHES AT THE LIBRARY

Every Wednesday at 6:30 PM, the Watervliet Public Library hosts a community knitting, crochet, needlework social group. Keep yourself from unraveling and unwind with us.

CITY COUNCIL MEETING

This month's meetings will be held on February 7th & February 21st.

CONTACT US

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EMERGENCY NUMBER

518.273.6085 (after hours)

For general inquiries,
email office@watervliethousing.org

 **2400 2nd Avenue
Watervliet, NY 12189**

DO YOU HAVE QUESTIONS/COMMENTS FOR THE WHA?

If you have questions/comments about policies that we have in place or what you'd like to see in the newsletter, bring the bottom portion of this paper to the WHA Office with your questions and we will give answers in next month's newsletter.
