

# WATERVLIET HOUSING AUTHORITY

Executive Director, Matthew J. Ethier

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**JULY  
2019**



## THIS MONTH...

### JULY 4

Independence Day  
(Office Closed)

### JULY 8

Last Day Rent is Due

### STAY INFORMED

Stay up to date with announcements, reminders, events & more by liking us on Facebook! Just search; *Watervliet Housing Authority*



### GETTING AHEAD IN A JUST GETTIN' BY WORLD



Congratulations to the graduates of the 'Bridges out of Poverty' program hosted by the Albany Ladies of Charities. This is a 12 week course that helps individuals in poverty help build their resources for a more prosperous life. Congratulations and we wish you the best of luck while achieving the goals you have set for yourselves and your families!

### LITTLE FREE LIBRARY

There is now a Little Free Library outside of the WHA administrative office. This library belongs to everyone and the books are always free! The mission is to inspire a love for reading, build community, and spark creativity by fostering neighborhood book exchanges around the world. When you're finished with a book, you may pass it along to a friend or return it to the bin. Your books are also welcome at any Little Free Library.

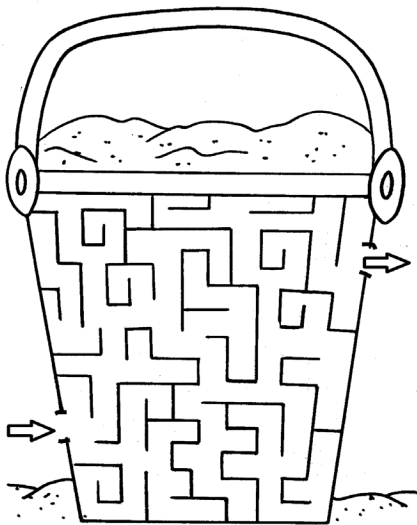


[www.WatervlietHousing.org](http://www.WatervlietHousing.org)

Emergency Number:  
273-6085 (after hours)



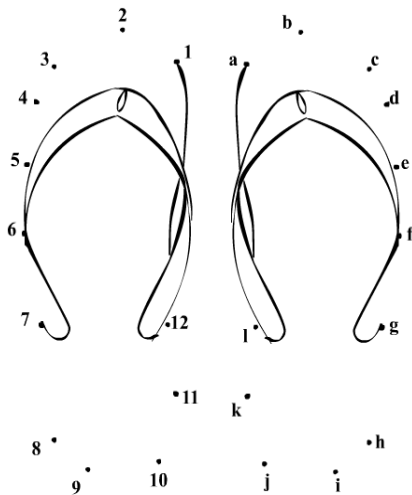
## SAND MAZE



## WORD SEARCH

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

## ALPHABET CONNECT THE DOTS!



- |             |           |              |           |        |
|-------------|-----------|--------------|-----------|--------|
| America     | Fireworks | Independence | Red       | United |
| Blue        | Flag      | July         | Sparklers | White  |
| Britain     | Fourth    | Liberty      | Stars     |        |
| Celebrate   | Freedom   | Parade       | Stripes   |        |
| Declaration | Holiday   | Picnic       | Summer    |        |



## HAPPY INDEPENDENCE DAY

Independence Day is a federal holiday in the United States commemorating the signing and development of the Declaration of Independence of the US on July 4, 1776. The Continental Congress declared that the 13 colonies were no longer subject to the monarch of Britain and were now entitled, free, and independent states. Independence Day is usually celebrated with fireworks and outdoor parties. In fact, in 2014, over \$850 was spent on fireworks across the US! In 2016, the US imported 5.4 million dollars in American Flags. In 2017, the National Retail Foundation estimates that Americans will spend a total of \$7.1 billion on food for cookouts and picnics to celebrate the Fourth of July.

### MAKE YOUR OWN ICE CREAM!

#### Instructions:

Combine milk, vanilla, and sugar in the quart sized plastic bag. Seal the bag tightly, making sure to press out any air trapped inside of the bag.

Mix ice and salt in the gallon sized plastic bag.

Place the small bag into the large bag and seal tightly.

Shake the bag very hard for about 5 minutes.

After about 5 minutes, you will see that the liquid inside the smaller bag has hardened. without opening the bags, let them sit on a plate or towel for another few minutes, rearranging the ice in the larger bag so that it is surrounding the smaller bag.

Open up, and scoop out the ice cream from inside the small bag and serve immediately.

#### Ingredients:

- 1 cup of milk
- 1.5 tbsp of sugar
- 1/2 teaspoon of vanilla extract

#### Materials:

- 2-3 cups of ice
- 1/3 cup of salt
- 1 quart sized plastic ziplock bag
- 1 Gallon sized plastic ziplock bag



When barbequing this Independence Day, remember to be safe around the grill.  
**THE WATERLIET HOUSING AUTHORITY DOES NOT ALLOW CHARCOAL GRILLS.**

# AROUND THE WHA

## ATTENTION ALL TENANTS

You MUST report all income changes! Failure to provide timely and accurate information regarding new jobs, pay rate increases/decreases, and increased hours may result in charges owed to the WHA and possible eviction.

## FRUIT FLIES

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. A simple way to catch fruit flies is to put a small bowl on your counter with 2 tablespoons of white vinegar and 1 tablespoon of dishsoap.

## HANRATA TENANTS

There have been several issues regarding proper garbage disposal and recycling. Please remember to recycle! You do not need to separate paper from plastic, or glass. All recycled items may be co-mingled and placed in the same container. However, please remember all regular household trash, food waste, etc. should be placed in trash bags and sent down the trash chute!

## AVOID FRAUD

Know who you are dealing with! It is easy for scammers to wire money from you when you are least expecting it. Be sure to read your monthly bank statements. Don't send money to anyone that you don't know. Make sure you don't reply to messages asking for personal or financial information, unless you know for sure who they are and what they want.

## LAWN FURNITURE

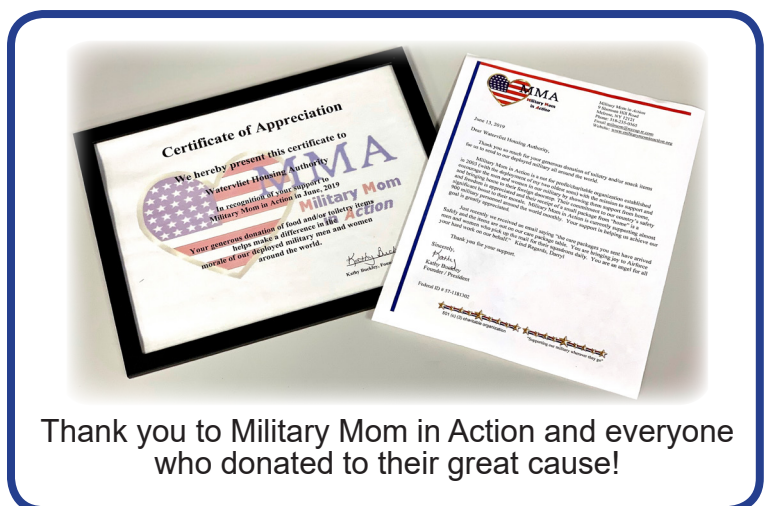
Lawn furniture (picnic tables, etc.), children's playhouses, sandboxes, and all tents must be moved when maintenance mows/weedwacks the lawn. If maintenance has to move these objects in order to mow, you will be charged.

## HELP SAVE ENERGY

Air conditioners are the biggest users of electricity. Save energy by closing outside doors and windows during the hottest periods of the day, when your air conditioner is in use, closing window shades and drapes, turning off your air conditioner when you are not home or on mildly warm days, and using your stove as little as possible.

## SUMMER FUN SAFETY

Summer is here, and with it comes with lots of free time for children. In order for their summer to be relaxed, healthy, and safe, parents need to make sure they are monitoring their children. Monitoring what your children also helps them avoid negative peer pressure. This is a very high probability in the summer when there is often fewer adults involved in your child's daily activities. By monitoring your children, we mean keeping track of and watching over your kids. Having them check in and having report where they are, who they are with, and what they are doing. Regardless of the age of your children, monitoring their activity is vital to their well-being. It keeps parents involved and assures your children 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.



Thank you to Military Mom in Action and everyone who donated to their great cause!

# LAPTOPS FOR SENIORS

## LAPTOPS FOR GRADUATING SENIORS 10TH ANNUAL AWARD CEREMONY

**We would like to thank the sponsors of this year's program for their generous donations that helped to make this program a success:**

- Bonded Concrete Inc.
- CSEA Local 1000, AFSCME
- C.T. Male Associates
- Cohoes Savings Foundation
- DLC Electric, LLC
- Find Your Dreams
- Flex Electric LLC
- Friedman Fisher Associates, P.C.
- Friends and Family of Roberta Gilson
- Friends of Senator Breslin
- Greenwood Contracting Inc.
- Harold R Clune, Inc.
- Hart Alarm LTD
- Hymanson, Parnes & Giampaolo, P.C.
- I B E W Local Union 236
- Joseph P. Mangione
- Machnick Builders, LTD
- Parker Bros Memorial Funeral Home, Inc.
- Polish American Assoc. of Cohoes, NY Inc.
- Price Chopper's GOLUB Foundation
- Repair Track Services
- Saratoga Investigative Services
- Schuyler Brokerage Corp.
- Shiny Window Wash Inc.
- Stewart's Shop Corp.
- Testo's Kitchen, Inc.
- Thomas E. Lamb, Attorney
- Tri City Manpower, Inc.
- Tri City Mechanical of Albany
- Walmart, Inc.
- Watervliet Charitable Foundation
- Watervliet Lodge No. 1500 BPOE
- William Sheehy
- Winn & White LLC.



WHS Class of 2019 laptop recipients

This year, we celebrated the 10th anniversary of the Laptops for Graduating Seniors Program. The Watervliet Housing Authority reached out to our local businesses to fund the purchase of 9 laptops this year for our Watervliet/Heatly high school seniors going off to college in the fall. The students received their brand new laptops and were congratulated on their incredible accomplishments. The Watervliet Housing Authority congratulates these students and wishes them success in their future.



Heatly High School Class of 2019 laptop recipients

# The Watervliet City School District

has partnered with



To bring “Stan the Produce Van” to our summer food sites July 8 – August 16!

FREE fresh fruits and vegetables are available to all!

## LOCATIONS:

### Mondays

The Watervliet Housing Authority: 11 a.m. – 1 p.m. *(parking lot of Joslin Apartments)*

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### Wednesdays

The Watervliet Elementary School: 12:30 – 1:30 p.m. *(parking lot near softball field)*

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### Fridays

Paine St. Park, Green Island: 11 a.m. – 1 p.m.

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**Anyone can stop by the truck.**



## BEAT THE HEAT

Here are some ways to cool down this summer without an air conditioner. Wear loose fitting cotton clothing, preferably of a light color, fill a spray bottle with cold water for a quick refreshing spray to your face after and during being outdoors, store lotion in the refrigerator to use when you are hot and overtired, take frequent baths or showers with cool water, drink plenty of cold water along with sports drinks for a source of electrolytes, eat more cold foods (fruits, salads, etc.) instead of hot meals, and take frequent breaks when you are outside for an extended period of time.

## WATERLIET PUBLIC POOL

The City of Watervliet has a public pool located at 1530 2nd Avenue. WHA Residents do not have to pay a fee for a pool pass. The pool is now open as of July 1<sup>st</sup>. Swimming lessons are offered free of charge to all children who reside within the city. They are offered in the morning. Dates and times are determined each summer. You can get your season long pool pass at the Dome (1300 2<sup>nd</sup> Ave). For more information, contact the City of Watervliet at (518) 270-3800.

**GENERAL PUBLIC:** Monday-Friday 12 noon-6 p.m.  
Saturday 12 noon – 4 p.m.

**LAP SWIMMING:** Monday-Friday 11am- 12:00pm

**SWIMMING LESSONS:** Mornings- dates and times TBD

## HELP SAVE ENERGY

Air conditioners are the biggest users of electricity. Save energy by closing outside doors and windows during the hottest periods of the day, when your air conditioner is in use, closing window shades and drapes, turning off your air conditioner when you are not home or on mildly warm days, and using your stove as little as possible.

## HEALTHY TIPS

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 of your grain consumption whole grains, varying your vegetables, focusing on fruits, getting plenty of calcium rich foods, and going lean with protein!

## BEAT THE HEAT

### STAY HYDRATED

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, and 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 until 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. How much water should you and your child be drinking? Adults should drink 64oz (1/2 gallon) of water daily, children should consume 1-2 litres daily depending on their age.

# COMMUNITY EVENTS

## 2019 SUMMER CONCERTS IN THE PARK

The City of Watervliet will host free concerts Tuesday evenings from 6pm-8pm starting July 2nd through August 27th at Hudson Shores Park! The concert series will feature bands varying from country to swing to the golden oldies! (Alternate rain location is the Dome)

## CITY COUNCIL MEETING

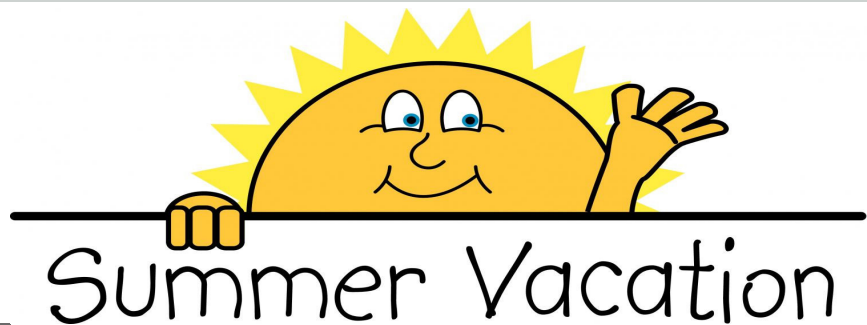
This month's meetings will be held on July 11<sup>th</sup> and July 25<sup>th</sup> at 7pm at the Watervliet Senior Center.

## FIREWORKS AT THE PLAZA

For the 43<sup>rd</sup> consecutive year, Price Chopper and Market 32 will be hosting it's annual Fireworks at the Plaza in celebration of Independence Day. The annual event features live music and fun for the whole family, including the best fireworks show in the capital district.

## 12TH ANNUAL TROY PIG OUT

On Saturday, July 13<sup>th</sup> from 10am-9pm at Riverfront Park, River Street Troy, NY 12180- One of the most loved events in the Capital Region, Troy Pig Out is a full day of fun where culinary competitors duke it out for the best BBQ, and people flock to Troy's Riverfront Park to taste some of the areas best food. The night ends with an amazing firework display!



## CONTACT US

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