

WATERVLIET HOUSING AUTHORITY

Executive Director, Matthew J. Ethier

2400 2nd Avenue, Watervliet, NY
(518) 273-4717

office@watervliethousing.org

SEPTEMBER 2018



THIS MONTH...

September 3
Labor Day Office Closed

September 10
Last Day Rent is Due

September 18
Day Inspections (1-20)

September 19
Day Inspections (21-40)

September 20
Day Inspections (41-66)

September 21
Day Inspections (67-90)

INSPECTIONS

Apartments are inspected for cleanliness, repairs that may be needed, and 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 and on the burners. Call in any work orders **before** the inspection.

AIR CONDITIONERS

Make sure your air conditioners are out of your windows by **October 1st**. If you keep your AC unit in your window past this date, you will be backcharged.

UPDATE YOUR INFORMATION

Please be sure the office has all of your contact information up to date in our system including a working phone number, email address, and current license plate number. We need to be able to contact you efficiently. Just call the office at 273-4717 to update your information with a staff member.

REMINDER

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



WatervlietHousing.org

Emergency Number:
273-6085 (after hours)

BACK TO SCHOOL

School is Starting

It's that time of year again when kids head back to school. Please drive carefully, especially near the school bus stops around the Housing sites. Let's do our part to make this a safe school year for everyone!

Parent Involvement

"Parent involvement" has become a popular phrase in schools, and for good reason. Supporting your child's learning makes a significant difference in a child's performance.

What it is: Parent involvement can include things like quizzing your child on spelling words, or taking tickets at the door at school events. 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, 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.

Child Safety Tips

According to the FBI's National Crime Information Center, nearly 2,100 children a day (almost 2 children per minute) were reported missing last year. The most common ways that strangers lure children are:

- Pretending to look for a lost pet**
- 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 their telephone number and address. Make sure you remind them not to talk to strangers and always stay with a friend or neighbor when they are outside.

Child Passenger Safety

As many as 80% of the child car seats in use today are installed incorrectly. There are a few places in the area that do carseat 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.

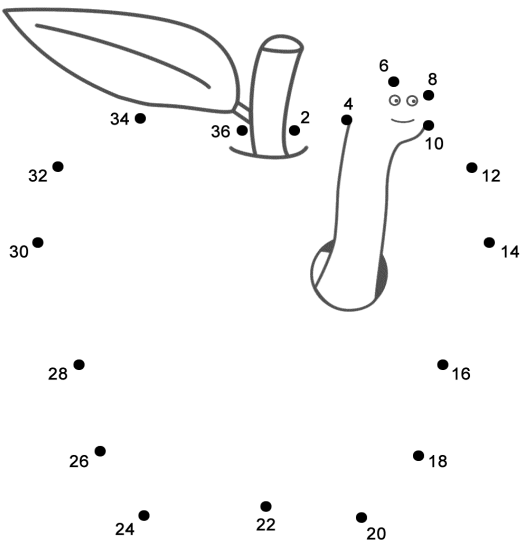
Packing a Healthy Lunch

With the kids heading back to school, it's time to start thinking about packing a healthy and nutritious lunch. A homemade lunch doesn't have to be boring or bad for your child. 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, or 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. 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 themselves," he adds.

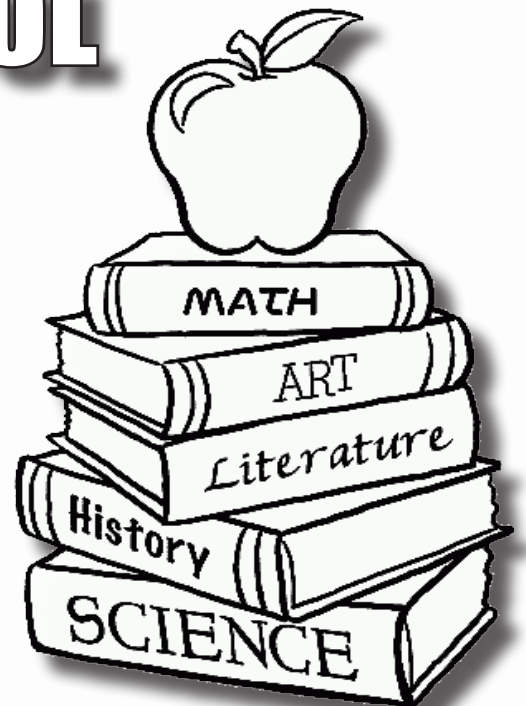
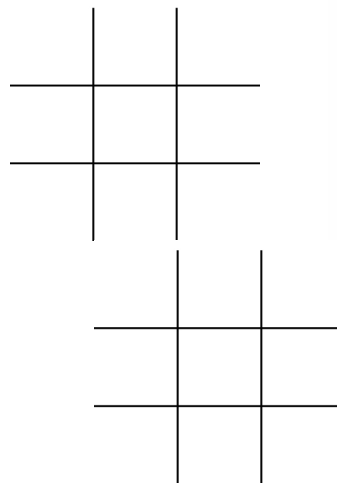
Word Search

C	S	C	D	T	N	E	D	U	T	S	R	D	Y	K	I	F	K	ALGEBRA
J	P	R	T	L	M	C	W	J	B	N	W	M	O	G	Y	M	J	ALPHABET
T	A	A	E	E	A	M	Y	Z	G	Q	U	I	Z	Z	E	S	C	ART
O	N	Y	W	C	B	S	E	S	S	A	L	C	S	B	L	R	L	BLACKBOARD
M	I	O	B	R	N	A	Z	X	G	A	B	L	O	O	H	C	S	CHALK
E	S	N	L	E	I	E	H	I	F	L	M	T	U	D	Z	O	C	CLASSES
J	H	S	A	B	O	T	I	P	R	A	M	M	A	R	G	R	E	CRAYONS
V	U	A	C	R	X	V	I	C	L	K	J	E	W	S	E	N	S	ENGLISH
M	F	F	K	E	T	S	S	N	S	A	X	F	P	P	G	C	T	ERASER
R	N	W	B	H	Y	A	A	L	G	E	B	R	A	L	F	Q	I	EXAMS
E	O	C	O	C	C	B	B	Z	X	X	Y	P	I	Y	S	Y	H	FRENCH
A	T	P	A	A	L	P	P	A	Y	S	C	S	R	R	M	Q	G	GEOGRAPHY
D	E	K	R	E	I	M	M	A	H	J	H	B	O	O	H	T	W	GRAMMAR
I	B	L	D	T	C	B	B	H	R	E	Y	S	Y	T	T	S	R	GYM
N	O	A	D	O	N	I	I	T	W	G	S	J	A	S	V	U	L	HISTORY
G	O	H	C	N	E	F	F	A	T	I	O	S	G	I	M	W	T	MATH
L	K	C	V	E	P	M	M	M	C	P	N	E	U	H	A	K	V	NOTEBOOK
F	W	S	B	A	T	S	S	S	U	H	J	M	G	D	M	Z	M	PAPER
U	R	E	R	A	S	R	R	L	Q	J	D	F	Y	S	T	A	K	PENCIL
																		QUIZZES
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																		SCHOOLBAG
																		SCIENCE
																		SCISSORS
																		STUDENT
																		SPANISH
																		TEACHER
																		TUTOR
																		WRITING

BACK TO SCHOOL



Tic Tac Toe



Connect the Dots
count by 2s

RENTER'S INSURANCE



RENTERS INSURANCE

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 (\$25/month) for around \$50,000 worth of property protection. Many car insurance plans may include Renters Insurance as well.

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 insurance 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 ©

Checking 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.

30 Day Notice to Vacate

If you plan on moving out, you must complete a 30 Day Notice to Vacate your apartment and return it to the administrative office. If you fail to do so, we will charge you the following month's rent.

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.

Tenant Portal

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. Your username is the first initial of your first name followed by your entire last name. Your password is the last 4 digits of your social security number.

Pet Clean Up

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

Intercoms

Attention Seniors: do not 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! The intercom system at GISH was just repaired and should be working properly. If your intercom is still not working, call the office.

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.

Stove Tops

Make sure you clean your drip pans on your stove regularly. Grease can build up and cause a larger problem later. If our staff has to replace them because you neglect to clean them, you will be charged a material fee, a labor fee, and a negligence fee. Be sure your stove top and the surrounding areas are also cleaned regularly.

Garbage Pick Up Schedule

Make sure you take out your trash on the appropriate garbage day. Failure to take out your trash on time will result in a backcharge.

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. You will be back charged if garbage is not taken out each week.*

Looking for Cleaners

The WHA is looking for people who would be interested in cleaning apartments for new move ins. If you or someone you know would be interested in the position, call Kylea at the office today.

ARSENAL CITY RUN

The 36th Annual Arsenal City Run will be held on September 23rd, 2018.

The 1 Mile Fun Run/Walk begins at **9:30** and **free** to all.

The 5K begins at **10:00** and costs **\$15** if you register before 9/3/18

\$20 if you register before 9/22/18

\$25 if you register day of race (8:00-9:45)

\$10 if you are an active member of the military

\$5 for Watervliet Elementary and Jr/Sr High School Student

For more information and to register online, visit www.arsenal5K.com

You can mail your fee and application to:

Watervliet City Hall, Recreation Department

2 15th Street

Watervliet, NY 12189

Make checks payable to: *Arsenal City Run*

Name: _____

Address: _____

City/Town: _____ State: _____ Zip Code: _____

Emergency Contact: _____

Phone: _____

Email Address: _____

Age: _____ M F

Dri fit shirt in women's or men's for 5K runners- sign up early to guarantee size

Women's Sm Med Lg XL

Men's Sm Med Lg XL

Race: 1 Mile Fun Run 5K

Team Participation: _____

Please Read and Sign: In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators waive and release any and all rights and claims for damages I might have against the Watervliet Recreation Department, City of Watervliet for all injuries suffered by me in said event. I attest and verify that I am physically fit, and my physical condition has been verified by a licensed medical doctor.

Signature: _____ Date: _____

Parent/Guardian (if under age 18): _____



Patients are being seen at the Whitney Young Health Center (1804 Second Avenue, Watervliet). Medical and Dental hours are from 8am-5 pm.

Troy Waterfront Farmers' Market

Summer Season started on May 2nd. It is open from 9:00am to 2:00pm every Saturday. The market is located on River St, Downtown Troy, NY. They are accepting Debit and EBT Cards - tokens available at the Market Table. There is also free parking in the Uncle Sam, 5th Avenue and State Street Parking Garages.

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, and Capital Roots sponsored certificates.

IN THE COMMUNITY

Mary's Corner

Mary's Corner is serving adults caring for children under the age of 4, living in the City of Cohoes or 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, Stewart's 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. For more information, contact Mary Clinton at the office.

Open Door Community Center
115 Mohawk Street
Cohoes, NY 12047
(Located under the Library)
518-269-6068

RABIES CLINIC SCHEDULE

Saturday, September 8 1:00–4:00pm

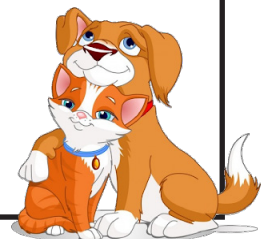
Village of Colonie Municipal Garage
cats/ferrets | 1:00–30 pm
dogs | 2:30–4:00 pm

Saturday, November 10 1:00–4:00pm

Village of Green Island Public Works Garage
cats/ferrets | 1:00–2:30pm
dogs | 2:30–4:00pm

Any inquiry can be directed to Division of Environmental Health Service
(518)447-4620 or 447-4625

All animals must be on leashes! A record of prior vaccination will be required for a year immunization.
Donation: \$8.00



Community Events

WATERVLIET SENIOR CENTER GROUP LUNCHESES

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 518-273-4422 for more information.

FIRST DAY OF SCHOOL

The first day of school for the Watervliet City School District will be Wednesday, September 5th. Remember to be respectful to all school employees working the student drop off and pick up loops and to the other parents throughout the school year. It can be a hectic time for everyone! Make sure you register for free or reduced lunch if you qualify. You can download them at vliet.neric.org.

ARSENAL CITY RUN

The Arsenal City Run will be held on September 23rd this year. There will be a 1 mile Fun Run starting at 9:30 AM and a 5K race at 10:00 AM. For more information and to register, please see page 6.

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.

Contact US

518.273.4717

Kylea Spain ex 201
Tenant Relations Examiner
kspain@watervliethousing.org

Mary Clinton ex 203
Tenant Relations Clerk
mclinton@watervliethousing.org

Daria Leibach ex 204
Section 8 Program Coordinator
dleibach@watervliethousing.org

Michael VanPatten ex 205
Accounts Payable
mvanpaten@watervliethousing.org

Matthew Ethier
Executive Director
methier@watervliethousing.org

EMERGENCY NUMBER

518.273.6085 (after hours)

For general inquiries,
email.office@watervliethousing.org

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