



# Watervliet Housing Authority

August 2012



- **Watervliet Housing Authority 273-4717**  
ext. 201 Mary  
ext. 203 Matt  
ext. 204 Daria  
ext. 205 Mary Clinton  
ext. 201 Charles

or  
[office@watervliethousing.org](mailto:office@watervliethousing.org)

- **Emergency Number 273-6085 (after hours)**

- **Watervliet Police Dept. call 911**

- **Watervliet Fire Dept. call 911**

**Charles V. Patricelli, Executive Director**

## Joslin Inspections

Inspections will be conducted as follows:

- 501-518 August 14
- 519-540 August 15
- 541-558 August 16

Apartments will be inspected for cleanliness, repairs that may be needed, and also for any possible improvements. If you have any questions or problems we can discuss them during the inspection.

**We need access to your windows. Please make sure they are not blocked. Please remove all items off the top of your stove. Call in any work orders before the inspection.**

The WHA summer maintenance staff will be around to clean heater fan motors in the Joslin Apartments. They will be there the week of inspections.



Once again the Watervliet & Cohoes Housing Authorities reached out to their local businesses to fund the purchase of laptops for our Watervliet and Cohoes high school seniors going off to college in the fall. This year was a huge success once again.

**See page 11 for more details and photos**



We have a Web site...  
**WatervlietHousing.org**  
Check us out.

HAVE A SAFE AND HAPPY SUMMER FROM THE WHA!

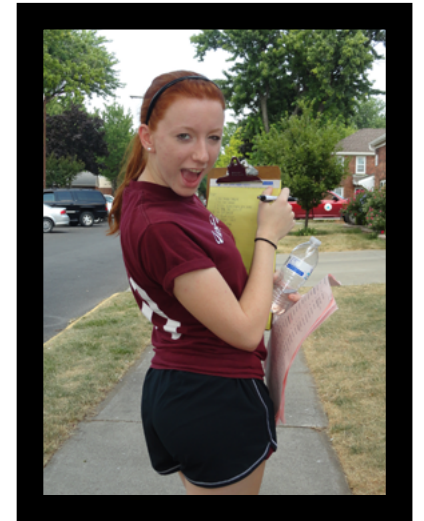


## Swimming Pools

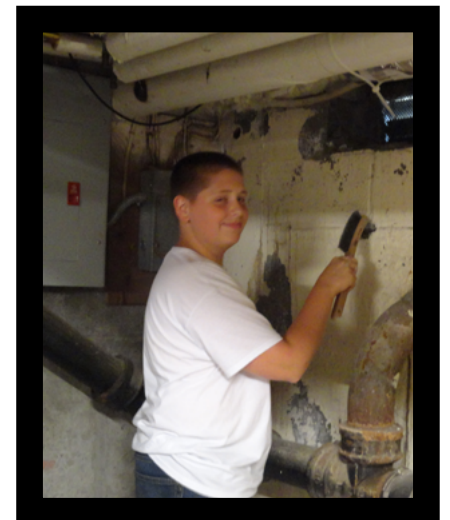
It is that time of the year again when swimming pools of various sizes are being set up by residents at many of our developments. Due to concern about the possibility of children falling into, or using these pools without proper supervision, we are reminding everyone of the following rule: **“Any pool 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.



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THANK YOU

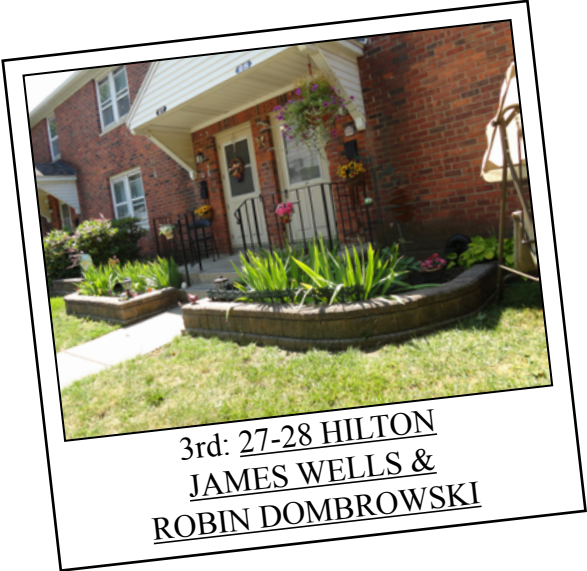


Thanks to our Summer help for making all of our sites look great!

# BEAUTIFICATION CONTEST

## 2012

Congratulations To This Year's Winners



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

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# Head Start Program Frequently Asked Questions



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## **Is Head Start like school or day care?**

Head Start provides comprehensive programming individualized based on the strengths and needs of each child. Programming includes cognitive development, health and nutrition programming, family development, and attention to special needs.

## **What does a typical center-based program day look like?**

Center based programs run on a six-hour day. Children arrive in the morning and start their day with a full breakfast followed by teeth brushing. The morning includes large and small group activities as well as free play. Large motor skill development activities are a part of this programming. A nutritious lunch is provided followed by teeth brushing. The afternoon includes a quiet rest time followed by dismissal.

## **What is the Home Based Program?**

A home visitor provides education and family development programming once a week. In addition, members of the home based program meet twice a month for socialization. The program benefits five to eight children each year. Placement for the home based program is done through the general application process.

## **Are centers licensed under NYS day care?**

All Head Start classrooms are monitored to meet Head Start performance standards that are set at the federal level. Some of our centers are New York State day care licensed. Other centers are located within public school buildings.

## **How do I apply?**

A parent or guardian must complete an application for enrollment and submit it at any ACAP Head Start center. Applications may be pick-up at any Head Start center, ACAP's Albany Outreach Center (333 Sheridan Avenue, Albany), or downloaded from our website at [www.albanycap.org](http://www.albanycap.org). Once applications are processed selections for program spots are made based on a number of criteria.

## **What are the criteria for eligibility?**

To be eligible for Head Start:

- The child must be 3 or 4 years old by December 1st. If the child turns three between the beginning of the school year and December 1st they may not start attending school until after their 3rd birthday.
- Meet federal income eligibility guidelines
- Reside in Albany County.

\*For four-year-olds there is school district residency eligibility requirement at some of our centers.

Albany Community Action Partnership Head Start  
333 Sheridan Avenue  
Albany, NY 12206

Tel.: 518.463.3175 Fax: 518.432.6504

# Around the WHA...

## Do You Have Any Children's or Adult's Coats Not Being Used and in Good Condition?

You can donate them to kids in need. Just drop them off at the housing office and they will distribute them to kids that need them for the upcoming winter season.



### RECYCLING GLASS

Glass can be recycled forever. It never wears out.

In 2 weeks, Americans throw away enough glass bottles and jars to fill the New York Trade Center's twin towers.

The energy saved by recycling just one bottle could light a 100-watt bulb for 4 hours.

A ton of glass produced from raw materials creates 384 pounds of mining waste. Using 50% recycled glass cuts it down by 75%.

We create 27.8 pounds of pollution for every ton of new glass produced. Recycling that glass reduced that pollution by 20%.

### Energy Saving Tips:

\*When buying new appliances, be sure to purchase energy-efficient ENERGY STAR® labeled models.

\*Set the furnace thermostat at 68 degrees or lower, and the air-conditioner thermostat at 78 degrees or higher, health permitting. 3 percent to 5 percent more energy is used for each degree the furnace is set above 68 degrees and for each degree the air conditioner is set below 78 degrees.

\*If your old air conditioner is on its way out replace it with ENERGY STAR® labeled energy-efficient model.

\*Use compact fluorescent lamps. You can lower your lighting bill by converting to energy-efficient low-wattage compact fluorescent lighting and fixtures.



*Nassau Band played at the Quinn Apartments*  
The Nassau Band was a huge hit once again. The Quinn and Hanratta tenants enjoyed very entertaining performances this year. Thank you to all who attended and we look forward to the next performance.

## 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 only 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.



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# *Attention all Residents of Cohoes/Watervliet Housing*

## **FREE AIR CONDITIONERS**

### **PROGRAM**



NYS is providing cooling assistance via free air conditioners for low-income New Yorkers whose health issues pose a medical emergency during the extended period of hot weather we are experiencing in NY. We are working with the Albany County Community Partnership to help our tenants take advantage of this program.

## **YOU MAY BE ELIGIBLE IF:**

**Eligibility for the program is determined by:**

-LIHEAP low-income guidelines. (For a four-person household, the maximum gross annual income to qualify is approximately \$49,500.)

*-Having at least one household member who has been diagnosed with a chronic or acute medical condition which is aggravated by exposure to extreme heat situations.*

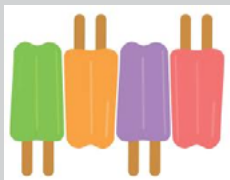
-A doctor providing written documentation (dated within the last six months) that air-conditioning assistance is critical to prevent a heat emergency.

\* Households that have a working air conditioner or have received one from the State in the last 10 years are not eligible.

NOT SURE? CALL Jack at 237-0521 to see if your eligible, he will help you fill out the forms or you can call the ACAP at (518)432-4460 or go directly to their <http://www.governor.ny.gov/press/06292012air-conditioners-available>



**2012**



# Never stop learning...

## Join our Video Club!

We are accepting applications from interested children to be a part of our Video Club. Learn how to tape, edit and produce videos for our TV Channel WVLT 17. You will learn from professionals on how to put together a commercial or conduct an interview. Our current members interviewed many sport teams and attended many other events as members of the Press! Classes start in September and are on Tuesday afternoons, after school.

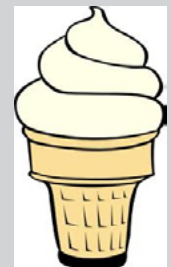


## Find a home for these PC's

We currently have a few PC's ready to hand out to any WHA tenant that needs a computer in their home. These PC's are fully loaded and ready to go. Don't get behind. Learn how to use the PC in one of our sponsored classes or just try it on your own.



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Mary's Corner is serving adults caring for children from newborn to 3 years, living in the City of Cohoes and 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, Stewarts 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. You may also call Mary's Corner at 518-269-6068.

**Open Door Community Center**  
115 Mohawk Street  
Cohoes, NY 12047  
518-269-6068

# For Your Information...

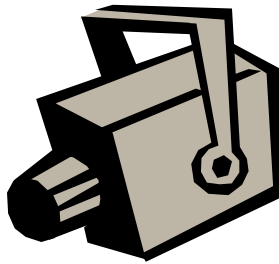


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## Security Cameras

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 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!

## Warning...

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



## Mrs. Waterman is 104 Years Young!

And boy is she as sharp as a tack. She still loves every minute at Hanratta. We here at the Watervliet Housing salute Mrs. Waterman for her wit and her positive outlook on life.

## Walking Tips

### PROPER POSTURE:

Tuck chin in to neck so ear, shoulder, hip, and ankle are in straight line (perpendicular to ground when neck stand still) – to avoid extra stress on joints, vertebrae, and muscles thus causing pain.



### AVOID ARCHING BACK

Tuck buttocks under body and hold in stomach while walking. Strengthens back and stomach muscles which redistribute weight away from lower vertebrae, thus eliminates back pain.

### MOVE ARMS

- Pump arms, bend elbows slightly for regular walking and 90 degrees for aerobic walking. Guide arms straight forward and back, hands rising as far as chest, at least to waist. Let inside of arms rub the sides to your body.
- Walk with feet parallel, use heel-toe roll.
- Keep feet hip width to shoulder apart to avoid tripping and falling.
- Longer steps burn more energy, work leg muscles, increase heart rate, increase circulation, make you feel more energetic, and increase walking speed.
- Avoid shin splints by using thicker soles on shoes and walking on softer surfaces.
- No pain – No gain!! If something hurts its not right.
- No exercise 2 hours after and 20 minutes before a meal.
- Avoid humidity and heat (Use mall, time of day, light clothing, gym, water)
- Avoid cold.
- Drink fluids, no alcohol.

# Fire Safety

Do you know how and when to use a fire extinguisher?

## 10 Important Rules to Remember:

1. **Most fires start small. Except for explosions, fires can usually be brought under control if they are attacked correctly with the right size of extinguisher within the first two minutes!**

2. A fire extinguisher should be “listed and labeled” by an independent testing laboratory. The higher the number on an A or B extinguisher, the more fire it can put out. Be careful, high-rated units are often heavier models. Make sure you can hold and operate the model you are buying.



3. A portable fire extinguisher can save lives by putting out a small fire or containing it until the fire department arrives. Before attempting to fight a small fire be sure everyone is out of the building. It is important to have someone call the fire department. If the fire starts to spread or threatens your escape path, get out immediately!

4. The operator must know how to use the extinguisher quickly without taking the time to read the instructions during an emergency. Remember that extinguishers need care and must be recharged after every use.

IF YOU FIGHT A FIRE REMEMBER THE WORK P.A.S.S. – PULL, AIM, SQUEEZE, SWEEP

5. **PULL** the pin. Some extinguishers require a locking latch, pressing a puncture lever or other motion.

6. **AIM** low, pointing the extinguisher nozzle (or it’s horn or hose) at the base of the fire.

7. **SQUEEZE** the handle. This releases the extinguishing agent.



8. **SWEEP** from side to side at the base of the fire until it appears to be out. Watch the fire area in case the fire breaks out again, and repeat use of the extinguisher if necessary.

9. Most portable extinguishers work according to these directions, but some do not. Read and follow the directions on your extinguisher. If you have the slightest doubt about whether or not to fight a fire – **DON’T!** Get out and close the door behind you.] Ask your fire department about training and practice in the use of portable fire extinguishers. Many departments offer training sessions to the public.



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facebook

We're on Facebook!



We have a Web site...  
**WatervlietHousing.org**  
Check us out.

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SMART SENSE GAMES AND GIVEAWAYS

## Brain teaser!

Try to fill in the missing numbers

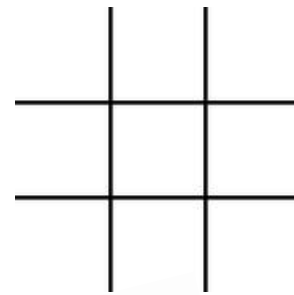
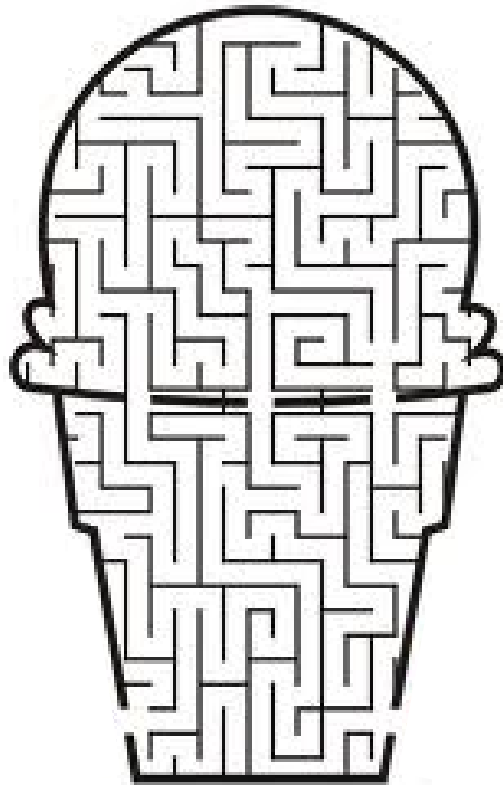
- ① Use the numbers **1 through 9** to complete the equations.
- ② Each number is only used once.
- ③ Each row is a math equation. Work from left to right.
- ④ Each column is a math equation. Work from top to bottom.

	x		-		34
x		/		/	
	x		/		14
+		/		/	
	x		-		26
36		11		2	

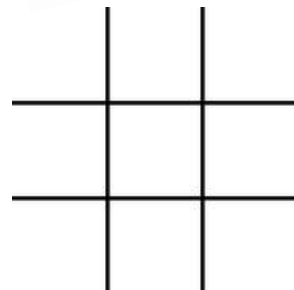
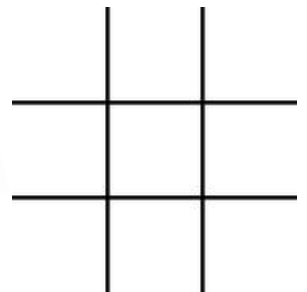
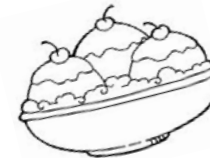
SCRAP PAPER



2012



Tic Tac Toe



# Laptops For Kids Program

Once again the Watervliet & Cohoes Housing Authorities have been reaching out to our local businesses to fund the purchase of laptops for our Watervliet/Cohoes high school seniors going off to college in the fall.

There were 8 seniors that received them this year.

We are very proud to have this type of program because we feel that technology is vital to the growth to our area and especially our children. No child here at housing will be denied the opportunity to learn and grow or not be on the same playing field as others 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 that supported and contributed to our Laptops for Kids program including:

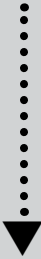
Main Brothers Oil Company, Inc  
Passonno Paints  
Cohoes Police Union  
Watervliet Charitable Foudation  
Kid's Count  
SEFCU Foundation  
Harold Clune, Inc.  
Norlite Plant

E.W. Thomkins Co., Inc.  
Friedman Fisher Associates  
Stewart's Shops  
Goldberger & Kremer  
Ambrose Electric  
Redemption Church  
of Christ  
Mayor John McDonald



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Congratulations to Robin Temple for winning our Kindle. She was picked by random selection. She entered an online survey on how well our maintenance and staff were taking completing work orders.



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

HAVE A GREAT SUMMER!



August 2012

Charles V. Patricelli, Director

Watervliet  
Housing  
Authority