



Watervliet Housing Authority



Charles V. Patricelli, Executive Director



- *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

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

- *Watervliet Police Dept. 270-3833*

- *Watervliet Fire Dept. 273-6622 or 270-3826*

WE'RE ON.....

Resident Advisory Meeting



A meeting will be held with the members of the Resident Advisory

group on March 20th, at noon at the Joslin Office. The purpose is to discuss the policies and make any recommendations to our Annual Plan to be submitted to HUD in July of 2012. Any interested tenant of the WHA can call the office to join the group.



VRV Annual Inspections

Notice to all VRV tenants we'll be inspecting your apartments on the dates listed below. Please be sure to let us know of any issues you may have with the condition of the apartments. If your not going to be home, please leave or email us any comments.

- March 20 Bldgs. 1-4
- March 21 Bldgs. 5-8
- March 22 Bldgs. 9-12
- March 23 Bldgs. 13-17

Health Tip

Nature's Best Cancer Protection- Plants have developed powerful defenses against cancers that attack them when you eat your veggies and fruits, you gain this same mighty protection against cancer and a host of other diseases.



We have a Web site...
WatervlietHousing.org
 Check us out, over 30,000 have!

HAPPY ST. PATRICK'S DAY FROM THE WHA!

Important information...



2012



WATERVLIET ELEMENTARY KINDERGARTEN REGISTRATION MARCH 14TH & 15TH

IF YOU ARE A RESIDENT OF WATERVLIET AND HAVE A CHILD WHO WILL TURN 5 YEARS OLD BY DECEMBER 1ST, 2012 CALL WATERVLIET ELEMENTARY SCHOOL IN ORDER TO SCHEDULE A REGISTRATION APPOINTMENT. OUR REGISTRATION DAYS WILL BE
MARCH 14TH & 15TH
629-3400

Paperwork can be picked up at the main office or
downloaded from our website:
[www. watervlietcityschools.org](http://www.watervlietcityschools.org)

At registration:

You will turn in the required paperwork. Your child will go through a series of screening stations. WES staff will work with your child to learn more about them and our specialists will share results with you.

Healthy Families Albany County

Healthy Families is for families who are pregnant or have newborns under 3 months old. The Healthy Families program helps parents with the changes and needs of their family that come with the birth of a child.

What can Healthy Families do for your family?

- Ensure that the family's basic needs are met.
- Promote positive interactions between you and your child.
- Enhance your understanding about child growth and development.
- Strengthen your family's support system.
- Set up links between other programs and community resources.

What can Healthy Families do for your baby?

- Help you give your baby the most valuable gift of all- a loving, nurturing, happy family.

Other advantages of Healthy Families:

- Have opportunities to attend social and educational activities
- Be introduced to other parents and share experiences with them.
- We provide books, videos, and toys, and your family support worker will assist you in using them to aid your baby's development.

There is no cost for these services. Health Families serves families in Albany, Watervliet, Co-hoes, and Green Island.

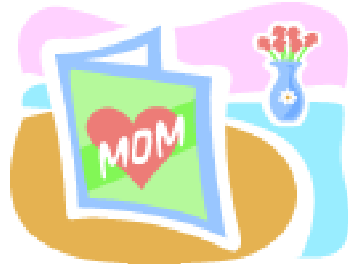
For more information or to sign up for the program please call 447-7054 and ask for Sherry or Rebecca.



Around the WHA...



2012



Don't forget Mother's & Father's Day are coming!

Every year we use WVLT to recognize our parents. You can submit your photo to the office so we can air it on WVLT. Get your photo in early, typically we don't get much help to put this program together so we need your photos in early.



What to do in case of an emergency?

First stay calm, be sure you take care of yourself first. Depending on what it is fire, power outage, call the appropriate agency. Don't assume someone else called. With all this freaky weather the WHA tries to be ready for anything. That is why we had all the trees trimmed and pruned. This reduces the possibility of wood falling down on power lines, physical injury or property damage. If you need help call us, but first call the Fire Department. They are there to help. We have emergency generators for both the Hanratta and Quinn community rooms. These rooms are also open to the general public in case of a city wide emergency. If you're on oxygen, some other needed medication, or need medical help, be sure to call our office so we can record it in your tenant profile. Again don't assume it's recorded, call and verify with either Matt, Mary Clinton or Daria. The office sends a copy of this information to both the Watervliet and Green Island Fire Departments..



Albany County Head Start

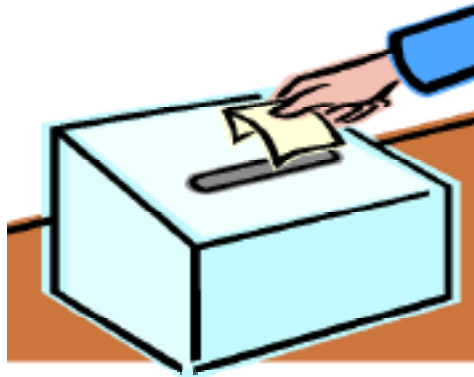
We have a small supply of applications for the Head Start program for the upcoming 2012-2013 school year at the office. Anyone who is interested can pick one up anytime between 8:00 and 4:00, Monday through Friday.



Around the WHA...

Summer Help

We are now accepting applications for summer work. If you are in school and between the ages of 14 and 18 stop by the office and fill out an application. Jobs are limited so apply before April 29th. You will need working papers if you are between 14 and 18 years old. You can obtain them by going to the High School guidance office.



Garbage

Garbage should be put in cans and placed out the night before pick-up. If a mess results from your trash, you are expected to pick it up. If the WHA maintenance staff must take it away you will have to pay the disposal charge. Don't forget to put your cans back after pick up!



PC'c for Everyone!



Our belief is that anyone not using a computer or connected to the internet is missing out on valuable knowledge and education. We are committed to helping you "bridge that technical divide".

We want everyone connected! Check on very valuable services, email your friends and family or search for important information. Regardless what your needs are you need to be connected. Contact the office for more information. This is an awesome way to communicate and learn.

Tenant Commissioner Elections

Every two years tenants of the Watervliet Housing Authority vote for two of the seven Board members. The City Council of Watervliet appoints the other five.

Elections for Tenant Commissioners will be held on **June 13th**. A list of eligible tenants will be posted on the bulletin board at the office. Errors appearing on the list must be made known to the office not less than 60 days prior to the election. Nominating petitions for tenant members will be accepted at the office no earlier than March 2nd and must be received by April 6th, 2012.



Nominating petition forms can only be obtained at the office.

Roberta Gilson of the Day apartments and Regina Warner of the Quinn apartments are the current tenant commissioners. Any questions, please contact Matt or Mary Clinton for more information.



2012



History of St. Patrick's Day

St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick's Day is a national holiday in Ireland and a provincial holiday in the Canadian province of Newfoundland and Labrador.



The name "leprechaun" has several origins. It could be from the Irish Gaelic word "leipreachan," which means "a kind of aqueous sprite." Or, it could be from "leath bhrogan," which means "shoemaker."

Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

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No! Visiting Pets!



Visitors with pets of any kind are NOT allowed on the premises of WHA except for registered service animals for disabled people. This includes visitors from the family sites. This is very serious. The tenant will be in violation of WHA's Admissions and Continued Occupancy Policy if they allow a visiting pet on the property. There are no other exceptions!

There are no other exceptions!

LIKE US ON.....



According to the Substance Abuse and Mental Health Services Administration:

*emergency room visits resulting from prescription drugs have exceeded those related to illicit drugs for three consecutive years.

*there were 1.2 million visits to emergency rooms involving pharmaceutical drugs in 2009, compared with 627,000 in 2004.

*in 2010 it was reported that the number of people seeking treatment for addiction to painkillers jumped 400% from 1998 to 2008.



Watervliet Housing Video club travels to interview our Congressman Paul Tonko



What a great opportunity to have our children not only learn about video technology but to meet such great people. Priceless! Does your son or daughter want to be a part of the group? Contact Mr. Patricelli.



2012



We need air to breath..

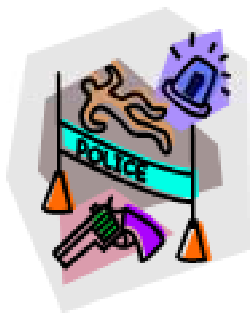


2012



The last several HW calls in Joslin were for bad flame sensors. While removing the sensor to clean or replace, there was a good amount of scaling from the bottom of the tank. This is a symptom of not enough air. We may even want to look into combining the fresh air intake with the exhaust. The scaling will lead to early failure of the water heater. The same can be said for the heating and air conditioning ducts in the apartments at VRV. Please be sure the wall grills and lover doors in the living rooms are exposed and cleaned with a duster at least once a month.

Crime Victims Board



The NYS Crime victims board (CVB) compensates innocent victims of violent crime who have been injured and report the crime to the

police. The board also compensates uninjured victims who are handicapped /disabled, over 60 or under 18 years old. Compensation is available for a variety of out of pocket expenses due to the crime, including:

- Medically necessary treatment related to the crime that is not covered by insurance;
- Counseling for all violent crimes, unlawful imprisonment, kidnapping and stalking;
- Burial expenses up to \$6000;
- Lost wages as determined by a medical doctor;
- Lost essential personal property, up to \$500;
- Stolen money, up to \$100; and
- Other expenses related to domestic violence.

For more information contact:
Crime Victim Advocacy Program
(518-447-5500)
cvsvc@albanycounty.com
www.albanycounty.com

Sexual Assault

Albany County Crime Victim and Sexual Violence Center offers information, advocacy and counseling to victims of sexual assault, and to their families and friends. Trained volunteers operate a 24 hour sexual assault crisis



hotline. The center also provides public education to schools and various organizations. All of the center's services are free and confidential for Albany County residents.

What is Sexual Assault?

Sexual assault is any unwanted sexual contact. It can be physical or non-physical, and may include rape, sodomy, fondling, incest, child sexual abuse, sexual harassment, pornography, or prostitution.

For more information contact:

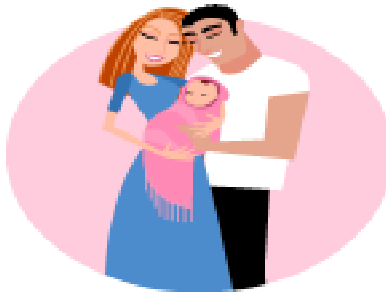
Albany County Crime Victim and Sexual Violence Center
112 State Street, Room 1100
Albany, NY 12207
518-447-5500

24 hour sexual assault hotline:
518-447-7716



Garbage

Furniture and other large items can only be placed out the day of NORMAL garbage pick up. We can only do it once a week. This makes it easier on our men to get everything picked up at once than to keep going back wasting a lot of time. This is important to make sure we have enough time to devote to work orders and other needed seasonal work. Also it is very important that furniture NOT be left out making it a disgraceful appearance to anyone driving by. This is your home and IS a reflection on you. Please report anyone that violates this policy. Tenants violating this policy could receive a violation notice and/or a back charge.



The First Parent

To those of us who have children in our lives, whether they are our own, grandchildren, nieces and nephews, or whatever here is something to make you laugh. *(Remember, this is a laugh!)*

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to His own children. After creating heaven and earth, God created Adam and Eve (his children). The first thing he said was, "Don't!" "Don't what?" Adam replied. "Don't eat the forbidden fruit," God said. "Forbidden fruit? We have forbidden fruit? Hey, Eve. . . we have forbidden fruit!" "No way!" "Yes, way!" "Do NOT eat the fruit!" said God. "Why?" "Because I am your Father and I said so!" God replied, (wondering why he hadn't stopped creation after elephants). A few minutes later, God saw His children having an apple break and was He ticked! "Didn't I tell you not to eat the fruit?" our first parent, God, asked. "Uh huh," Adam replied. "Then why did you?" said the Father. "I don't know," said Eve. "She started it!" Adam said, "Did not!" "Did too!" "DID NOT!" Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own. Thus, the pattern was set and it has never changed!

But there is assurance in this story. If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself. If God had trouble raising children, what makes you think it would be a piece of cake for you?



2012



Important info...



2012

**Happy
St. Patrick's
Day**



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Clothes Dryer Fires in Residential Buildings

EMMITSBURG, MD. – The U.S. Fire Administration (USFA) announced the release of a report today regarding residential building clothes dryer fires. Between the years 2002-2004, an annual average of 12,700 clothes dryer fires occurred in residential buildings. These fires were responsible for an estimated 15 civilian fire deaths, 300 civilian fire injuries, and \$88 million in property loss each year.

In residential buildings, operational deficiency, including “failure to clean”, is the leading factor contributing to clothes dryer fires, followed by mechanical malfunction and electrical failure. Approximately 62% of clothes dryer fires are confined to the object of fire origin while about 27% are confined to the room of origin.

A copy of the topical report can be downloaded from: <http://www.usfa.dhs.gov/statistics/reports/>

For more information, or to become a member, visit us at:
NYS AFC - Providing Service To Those Who Serve
Or: <http://www.nysfirechiefs.com/>

Don't let the bed bugs bite!

This was a saying when we were kids and you probably say it to your children. But it is becoming more a reality than you want to have. Thankfully we don't have a problem here, as of yet, but the problem is expanding and we have heard of horror stories that other apartment complexes, hotels and even very expensive homes are having when they get them.

Having bed bugs does not always mean you have a fitly apartment. Just like having roaches does not mean you are dirty. These pests travel so fast and easy that having them MAY not be your fault BUT having them and not reporting them is YOUR fault.

Do you have bed bugs? Know the signs and report them immediately.

Unfortunately you are responsible for the cost of their removal BUT if you leave it unreported the problem will only get worse and more expensive.

- 1) Black spots (actually the bed bugs themselves) on the mattress, especially around the seams or ropes of the mattress.
- 2) Black spots behind the headboard or pictures in the bedroom
- 3) Large welts on your arms or legs mostly in a row on your body

Always wash your sheets and bed material in HOT water. Bed bugs live on blood – they bite you! They have no wings so we transport them into the home. Do not use any chemicals on them that makes the spread and makes it even more difficult to eliminate.

**Do you need a form? Copy of a policy? Vacate notice?
Go to our website. Most forms are on our website
www.watervliethousing.org**

Things you should know...



2012



Keep Kids Healthy & Fit

What's the first thing your kids do when they come home from school? Do they grab a snack and head for the TV or computer? Eating too much and not being active can make kids too heavy. In the last 20 years the rate of overweight kids has doubled. About 15% of kids ages 6–19 weigh too much. That means that nearly 1 out of every 5 kids is too heavy.

Young people who are too heavy have a greater risk of Heart disease, Diabetes, High Blood Pressure, High cholesterol & Certain Cancers.

Extra weight also puts a lot of stress on growing bones and joints. Being overweight plays a role in poor self esteem and depression in kids, too. Kids really do watch what you do. Habits they learn early follow them all their lives. Make sure your home is a place where they learn healthy habits. Talk to your doctor if you think your child may weigh too much.

Tips for parents:

- Be a good role model for your kids. Make sure you and your family eat healthy.
- Keep fewer sweets and high-fat snacks in your home. Have fruits and vegetables ready for when kids want to snack.
- Use 100% fruit juice in place of fruit juice drinks. A half cup is 1 helping.
- Give your child water instead of soda pop or fruit drinks.
- Use skim or 2% milk in place of whole milk.
- Do not force your child to finish the food on their plate if they are full.
- Do not use food as a reward. And do not withhold food to punish your child.
- Do not eat snacks or meals while watching TV
- Try to get your child to be more active each day. Go out walking or biking together. Each child should get at least 60 minutes of exercise each day.

Fire Safety At Home

Safe practices at home are part of your family's fire protection plan, and it is also critical that your home and family are prepared to react quickly if a fire occurs at home.



- Develop a fire escape plan for your family that identifies two exits out of every room and an established meeting place outside. Practice makes perfect – hold a family fire drill at least twice each year.
- Be sure all smoke alarms are in working order, never disconnect one because it goes off.
- Know how to extinguish a small pan fire by sliding a lid over the flames.
- Teach every family member to “Stop, Drop and Roll” if clothes catch fire.
- Be sure your fire extinguisher is in working order and that the pointer is on the fully charged marker.
- Learn how and when to use a fire extinguisher.



Around the WHA...



Reminder to Day Tenants

This cellar is NOT acceptable. It must be kept clean. Don't risk eviction over poor housekeeping.



We need your help now!

Energy costs are skyrocketing and we need your help to

lower our costs. There seems to be no end in sight. HUD doesn't give us more money to make up this increased cost, nor can we raise your rents to make up the increased costs. What can we do? It's simple... Conserve!

We still have several tenants leaving up their storm windows. Lowering the storm windows stops the wind and cold air from entering in the apartments. Keep your radiator dials on 3 for constant comfort.

We want everyone to be warm and comfortable but we have found lobby heaters running wild at 78 to 80 degrees. We have found windows and doors wide open with the heat on high. This can't continue. If we can't keep the costs low we must cut costs, and as always these will be the extra's that has made Watervliet the place it is, the flowers, hiring of children, tenant parties, newsletters, pc for kids, to name a few. If everyone would help out and do their part we will all get through this OK.

Curb Appeal



Do you know what curb appeal is? It is time to take a good hard look at the apartment

YOU rent. Does your unit look good from the curb? Or are there toys littered about, bicycles dropped willy-nilly, over stuffed furniture on the porch and garbage heaped in the back? Are your front and rear doors dirty and the porch light on day and night? YOU are responsible for the upkeep and maintenance of the outside of your unit. Make it a point to teach the kids to pick up the toys and bicycles and to store them neatly. Get rid of the over stuffed furniture, it's an eyesore. It is YOUR job to keep the immediate lawn areas, storage areas, window wells, porches, etc. in conditions that will prevent health or sanitation problems from occurring. If debris, papers, or trash blows into your yard from someplace else or if a dog does his business on your lawn, clean it up! The way your yard looks is a reflection on you. Remember there are many people who see the outside of your home who will never see the inside.

**Happy
St. Patrick's
Day**



2012



Laptops for High School Graduating Seniors

If you're a high school senior and going to college you are eligible to receive a laptop. All you must do is have been accepted at a college and COMPLETE one full year and the laptop is yours FREE. Call the office or better yet, send us an



email at Cpatricelli@watervliethousing.org.

Special thanks to the many supporters to

this project. Watervliet Housing is very proud of helping to support our children get ahead and have the same opportunities regardless of their income. Go Watervliet!



GET MONEY YOU NEED FOR COLLEGE!

2012 Resident Scholarship Program Deadline for applying is April 30, 2012.

If you are high school senior, current college student or adult with a high school diploma or GED, have a GPA of at least 2.5, are resident of WHA you may apply. This program provides residents of WHA with scholarships to help them attend college.

- You must be an resident of WHA since at least August 1, 2011
- You must be an U.S. Citizen
- You must be graduating high school in 2012 or have already received a high school diploma with a cumulative GPA of at least 2.5 or received a GED.

For more information & a copy of the application go to www.housingcnet.com Click the Resident Scholarship Program Link

For questions call 800-873-0242, ext. 639

Reducing Risks

The Board and staff of the Watervliet Housing Authority primary goal is to operate and maintain our properties free from risk. We make every effort to remove potential problems prior to them causing injuries to the residents or visitors. With spring approaching there will be more outdoor activities in areas that have not been utilized since the late fall. To make sure that all areas are as risk free as possible we ask that if you see any areas of concern, such as low hanging trees or shrubs, sidewalks that are trip hazards, steps in need of repair, or poor lighting please alert the main office so that we can quickly address these conditions. By alerting the office immediately we will be teaming together to make our properties as safe as possible.



Overdue Back Charges

Many have received notices that you have outstanding balances in either maintenance or other fees. These must be paid. You expect proper response, as we all do, for maintenance calls, then you should pay the charges that are due. We have kept prices down as much as possible and more than likely under the going rates. Please save us the time and money to clean up these accounts as soon as possible.



LIKE US ON.....



2012



For Your Information

Carbon monoxide poisoning

In the past decade, people have become more aware of the risk of carbon monoxide (CO) poisoning in the home. Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels such as natural gas burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Never, never, disconnect your smoke or CO detector.

Facts & Figures

According to the National Safety Council:

- · 400 gas-poisoning deaths occurred in 2000, 300 of them in homes.
- The risk of unintentional CO death is highest for the very elderly.
- During and after a snow storm, make sure vents for the dryer, and furnace are clear of snow build-up.
- Never use your oven to heat your home.
- Only use barbecue grills – which can produce CO – outside.
- Know the difference between the sound of the smoke alarms and the sound of the CO alarms.
- If your CO alarm sounds and is a battery-powered intermittent alarm, check the battery.
- If it is a steady alarm or you are unable to determine, evacuate the dwelling. Do not re-enter until the responding agency says it is OK.
- Report the CO alarm warning by calling the fire department

Symptoms of CO poisoning

Severe headache, dizziness, mental confusion, nausea, or faintness.

Many of these symptoms are similar to the flu,

food poisoning or other illnesses



Are thousands of people each year really poisoned by the misuse of pesticides?

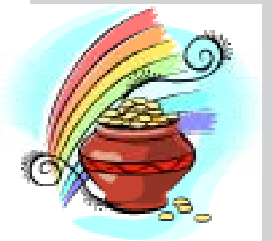
Sadly **YES!** The same pesticides used to kill those bothersome rodents and insects, when used incorrectly can poison you or someone you love...so before you use any pesticides, please read the label instructions first. Don't suffer the same tragedy as an Enterprise Alabama family. Last year, two of them died in their sleep after breathing toxic fumes from an industrial strength pesticide they put out in their home to kill bugs. That pesticide is used to kill insects in grain and peanut warehouses. Learn more about pesticide safety by calling the pesticide telecommuni-



cations network at 1-800-858-PEST. They can even help you teach your kids about pesticide safety. Ask about a free activity booklet for children when you call. That number again is 1-800-858-PEST. Please read the label first and only use pesticides as directed...it can save a life.



2012



Elder Abuse: There's help!



2012



Every year, tens of thousands of elderly Americans are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. You may suspect that an elderly person you know is being harmed physically or emotionally by a neglectful or overwhelmed caregiver or being preyed upon financially. By learning the signs and symptoms of elder abuse and how to act on behalf of an elderly person who is being abused, you'll not only be helping someone else but strengthening your own defenses against elder abuse in the future.



As elders become more physically frail, they're less able to stand up to bullying and or fight back if attacked. They may not see or hear as well or think as clearly as they used to, leaving openings for unscrupulous people to take

advantage of them. Mental or physical ailments may make them more trying companions for the people who live with them..

More than half a million reports of abuse against elderly Americans reach authorities every year, and millions more cases go unreported.

Where does elder abuse take place?

Elder abuse tends to take place where the senior lives: most often in the home where abusers are apt to be adult children; other family members such as grandchildren; spouses/partners; or institutional settings such as long-term care facilities. Abuse of elders takes many different forms, some involving intimidation or threats against the elderly, some involving neglect, and others involving financial chicanery. The most common are defined below.

Physical abuse

Physical elder abuse is non-accidental use of force against an elderly person that results in physical pain, injury, or impairment. Such abuse includes not only physical assaults such as hitting or shoving but the inappropriate use of drugs, restraints, or confinement.

Emotional abuse

In emotional or psychological senior abuse, people speak to or treat elderly persons in ways that cause emotional pain or distress.

Sexual abuse

Sexual elder abuse is contact with an elderly person without the elder's consent. Such contact can involve physical sex acts, but activities such as showing an elderly person pornographic material, forcing the person to watch sex acts, or forcing the elder to undress are also considered sexual elder abuse.

Neglect or abandonment by caregivers

Elder neglect, failure to fulfill a caretaking obligation, constitutes more than half of all reported cases of elder abuse.

Financial exploitation

This involves unauthorized use of an elderly person's funds or property, either by a caregiver or an outside scam artist.

Healthcare fraud and abuse

Carried out by unethical doctors, nurses, hospital personnel, and other professional care providers.

Reporting elder abuse

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

Who to call?

You can call Eldercare Locator at 1-800-677-1116. The person who answers the phone will refer you to a local agency that can help. The Eldercare Locator answers the phone Monday through Friday, 9 am to 8 pm, ET.

The first agency to respond to a report of elderly abuse, in most states, is Adult Protective Services (APS). Its role is to investigate abuse cases, intervene, and offer services and advice. Again, the power and scope of APS varies from state to state.

Entering the Job Market: Advice for job seekers who have limited work experience



2012



*By Elizabeth Romand, a Career and Community Services Program
Coordinator at Albany Community Action Partnership.*

How important is work experience on a resume?

It is incredibly important. Work experience is used to showcase skills to a potential employer.

What if you don't have work experience?

Think about what experiences you do have. If you were recently in high school or college look at your participation in extracurricular activities. Everyone should consider volunteer community service, duties in the community, and work at religious centers as other sources for experience.

What activities could you substitute for work experience?

Internships, volunteering, extracurricular activities, and clubs should all be considered. For example, involvement in the Parent Teacher Association at your child's school may showcase community involvement, the ability to organize, and experience working in a team.

How do you determine if an activity would be good to include?

The activity should highlight transferable skills that the potential employer is considering. Organized activities are often good sources for those skills. Be careful to focus on the tasks and skills rather than the organization. For example, if you have collected donations for your church, highlight the responsibility of handling people's money and the organization skills needed to collect the funds rather than information about your

church.

Some time-consuming responsibilities, such as providing long-term care for a sick loved one, may not always seem relevant. However, it may prove that you have the ability to jump in and help out regardless of what needs to be done and are able to commit yourself to long-term projects.

What other things do employers consider?

Training, both formal and informal, or a willingness to learn is important to employers. It is expensive to hire a new employee and train them, so employers need to know you are dedicated and interested in joining them for the long-term. Be prepared to explain patterns of job instability and gaps in employment. If you were unemployed, use other activities to show that you were still developing skills. Your resume will act as a snapshot of your professional life to an employer.

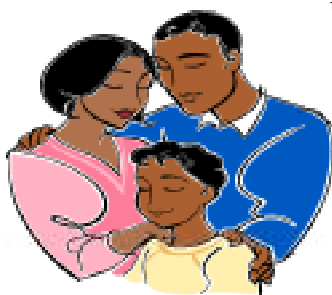
What assistance is available for job seekers from ACAP's Career and Community Services?

We offer job placement as well as relevant training/credentials in a career field of your choice that you can include on your resume. We also have a full range of soft-skills and job readiness services provided in a one-on-one setting to prepare you for an interview and your life with a job. Our programs also work to ensure your childcare, transportation, and professional clothing needs are met. For more information, please call us at 518-463-3175 or visit our website at www.albanycap.org.

10 Tips for Parents to Help Their Teens Prevent Pregnancy

1. **Be clear about your own sexual attitudes and values.** Communicating with your children about sex, love and relationships is often more successful when you are certain in your own mind about these issues.

2. **Talk with your children early and often about sex, and be specific.** The time to begin talking to your teen about sex and its consequences is now. Initiate the conversation, and make sure it's honest, open, and respectful.



3. **Be a parent with opinions.** In addition to being an “ask able parent,” be a parent with a point of view. Tell your children what you think and why you think so.

4. **Supervise and monitor your children and adolescents.** Establishing rules, curfews, and standards of expected behavior, preferably through open family discussions. It's not being a nag it's being a parent.

5. **Know your children's friends and their families.** Friends have a strong influence on each other. Meet with parents of your children's friends so that you can get to know them and establish common rules and expectations.

6. **Discourage early, frequent and steady dating.** Allowing teens to begin steady, one on one dating much before age

16 can lead to trouble. Instead, support group activities.

7. **Take a strong stand against your child dating someone older.** Try setting a limit of no more than two (or at most three) year age difference. The power difference between younger girls and older boys or men can lead girls into risky situations.

8. **Let your children know that you value education.** Encourage your children to take school seriously and set high expectations about school performance. School failure is often the first sign of trouble that can end in teenage parenthood.

9. **Talk to sons as well as daughters.** The nearly 900,000 teen girls who get pregnant each year don't do it alone. Boys need to know that teen pregnancy has serious consequences for them too.

10. **Know what your kids are watching reading and listening to.** Television, radio, movies, music videos, magazines and the Internet can send many messages about sex. Sex often has no meaning and unplanned pregnancy seldom happens. It is important to talk with your children about what the media portrays, what you think about it, and what your children think about it.

*For more tips and details, visit: www.teenpregnancy.org
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Why Renters Insurance?

“Doesn’t the owner or property management company carry insurance to cover me?” Our community’s owner’s insurance policy doesn’t cover damage to your personal property. Also, our policy doesn’t cover you if someone else is injured in your apartment or if someone else’s property is damaged in your apartment.

“Why do I need insurance if I don’t own anything valuable?” Even the smallest apartment can contain personal property worth thousands of dollars. Just think about how much it would cost to replace your belongings. We recommend that you take an inventory of your personal items so you can better understand the level of coverage you may need.



Could this be your apartment?

Nobody got hurt but the fire took everything from this tenant. Please look into tenant’s insurance. It is cheaper than you think.

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Charles V. Patricelli, Director

March 2012