



# Watervliet Housing Authority

November 2011



Charles V. Patricelli, Executive Director

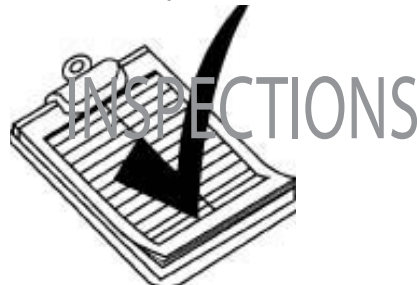
Watervliet Housing Authority 273-4717  
ext. 201 Mary  
ext. 203 Matt  
ext. 204 Daria  
ext. 205 Mary Clinton  
ext. 206 Charles

or  
office@watervliethousing.org

Emergency Number  
273-6085 (after hours)

Watervliet Police Dept.  
270-3833

Watervliet Fire Dept.  
273-6622 or  
270-3826



## Hanratta Apartments

Inspections will be conducted as follows:

- 100-111 November 15
- 201-219 November 16
- 301-319 November 17
- 401-419 November 18



The office will be closed:  
Veterans Day — Nov. 11<sup>th</sup>

Thanksgiving —  
Nov. 24<sup>th</sup> & 25<sup>th</sup>



### 2012 Watervliet Calendars

You should soon receive your new 2012 calendar from the Watervliet Housing Authority. This calendar is filled with information about the Authority and many important dates you need to know. We are very proud to have created this calendar and hope you find it useful. If you didn't receive one and want a calendar, please stop by the office or call us. You can also request one by e-mail at [cpatricelli@WatervlietHousing.org](mailto:cpatricelli@WatervlietHousing.org)

Find us on Facebook



We have a Web site...

[WatervlietHousing.org](http://WatervlietHousing.org)  
Check us out.





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**Are you a high school senior graduating this June?**

If so, we belong to a NYS Association of Housing Authority Directors that provides a scholarship to one graduating high school student. This scholarship provides \$1,000 toward college and last year we had over \$1,600 in other donations. If you wish to apply you must contact Charles Patricelli, deadline is January 17th.

**MY FATHER'S HOUSE MINISTRIES,  
529 5TH AVE.**

**\$2.50 BAG SALE, INCLUDES CLOTHING,  
SHOES AND PURSE.**

**EVERY OTHER SATURDAY**

**Nov. 12th - 26th**

The store is in the lower level of the Chapel.

Enter from the side door

For more information call 441-1324

**WE ACCEPT DONATIONS**

Don't forget produce every Wednesday



**Attention  
Seniors  
Save the  
Date**

On December 18th we'll be having our annual Christmas Party for the Seniors at the Hanratta Apartments. We will be again inviting the area children help with the entrainment and passing out the Poinsettia plants. The party will begin at 3pm. Don't miss it.



**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. They are important because 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.

**The key to failure  
is trying to please  
everyone**

# Around the WHA...



## Beauty salon open for all seniors

The beauty salon at Hanratta is open. All seniors in any of our apartments are able to call Denise at 884-0646 and make an appointment to have their hair done. The Housing Authority doesn't profit from any of the income, we are doing this strictly as a service and benefit to the residents. We hope you like this service and if you have any comments or suggestions, please let us know.

Fraud is no joke...  
It's against  
the law!

## Attention All Residents



We are required by law to take reasonable steps to make the site as accessible for disabled residents as for non-disabled residents. If any member of your

household is disabled or becomes disabled and needs accommodation or modification of the site or its policies, please bring it to our attention. You must also inform us if your household may have difficulty meeting its obligations under the lease or house rules because of a member's disability. We want to make sure that disabled residents are treated fairly and have the same positive experience at the site as non-disabled residents, and we need your help in meeting this goal.

## Save the Date for our Annual Santa Visit

We'll be again visiting our housing children on December 20th. (Tentative) Please be sure your registration slip is in the office so we won't miss your child that night.



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## WVLT channel 17 on Time Warner Cable

Watch this channel for great parenting tips, educational material on drug use, and a constant update on what's going on in your city. Comments? Suggestions? You want to get involved — call us. Watch Channel 17 for school closings!

# More Information...



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## Cohoes/Watervliet Pantry Helps During Times of Transition and Need



Last October, Karen came into ACAP'S CO-HOES FOOD PANTRY in need of assistance. She had recently taken custody of her two young nieces due to physical abuse at the hands of a family member. Protective services gave Karen the choice of taking the girls or putting them into foster care. The latter never crossed her mind. Karen was single and lived on a fixed income.

Unable to receive public assistance, and at a loss of what to do next, Karen came to ACAP's Cohoes Outreach Office scared, yet driven to help her nieces live a better life. "I have nothing for them... no food, no clothing. I do not know what I am going to do," Karen repeated. ACAP's Cohoes Food Pantry staff was able to provide the family with emergency supplies to immediately stabilize the household. Basic meals along with personal hygiene products were provided, as well as a referral to a community clothing store. With these small basic needs met, Karen felt that she had the initial resources to start providing the level of care her new family required.

"With the support of the REGIONAL FOOD BANK OF NORTHEASTERN NEW YORK, we are able to provide our customers with access to non-food items such as hygiene products and diapers. Having access to these items can make a huge difference in a family's monthly budget."

- Josh Moskowitz, ACAP Program Coordinator

Albany Community Action Partnership (ACAP)'s Cohoes Food Pantry is located at 30 White Street, Cohoes, NY 12047 and open Monday, Wednesday and Friday 9am-12pm, 1pm-4:30pm. Tel. 518.237-9201.

For other programs and services provided by Albany Community Action Partnership (ACAP), visit [www.albanycap.org](http://www.albanycap.org).

### Remember ALL air conditioners

### must be removed from the windows!

They are expecting record high prices for gas and we all need to do our part to conserve energy. There will be a surcharge for any air conditioners left in the windows of \$45 after October 15<sup>th</sup>. Please cooperate! The Authority is expecting a 21% decrease in funding with no way of increasing income and National Grid is projecting a 15% increase in rates.

# For your information...

## RABIES VACCINATION CLINIC

The Rabies Vaccination Clinic for dogs, cats and ferrets has been arranged by the Albany County Department of Health in cooperation with the Capital District Veterinary Medical Society. On Saturday, November 5, 2011 from 1:00 p.m. – 2:30 p.m. for cats and ferrets and 2:30 p.m. – 4:00 p.m. for dogs at the Public Works Garage, Cohoes Avenue.



Help keep WHA clean and remember to also pick up after your pet.

## Gas Heaters

Cold weather is coming, please take a few minutes to read over some safety tips for your heaters.

**Child Safety Lock** — To turn on press the “Child Safety Lock” button, the “Child Safety Lock” lamp comes on and the lock engages. To turn off press the “Child Safety Lock” button again and hold for two seconds. Please



note that when the child safety lock is engaged while the unit is on, all operations by switches and buttons will be disabled except turning the unit off. If the child safety lock is engaged while the unit is off, all operations will be disabled.

## Also, please...

- Do not allow anyone to sit or lean against the appliance.
- Do not allow young children or infants to sleep directly in front of the heater.
- Clean the filter at regular intervals.
- Clean with vacuum cleaner weekly.
- Do not place articles containing liquids on top of the heater. Liquids spilt on the controls may cause extensive damage.

## Fire Safety Tips for Hanratta & Green Island Seniors



If the fire alarm is going off and you do not smell smoke and your apartment door is not warm to the touch it is OK to stay in your apartment. However if you do smell smoke it is best to leave the apt.

- If you are in bed and the alarm goes off roll out of bed do not stand up. If you stand up you take the chance of breathing in smoke.
- Do not jam open fire doors. They are shut to prevent the smoke from going through the building. Shut all doors behind you.
- Do not use elevators. If you decide to leave your apartment and want to leave the building stay to the right on the stairs.



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# Christmas Is Almost Here...



...and we want your child to have  
the best Christmas possible.

That is why the WHA is asking a local church and city residents to help provide gifts to families in need. If you're interested in participating in this program, please fill out this flyer by Monday November 21st and return it to the office. If you have an idea of a small gift, please provide that as well (for instance, if they would like a doll, basketball, or some other small toy).

**Child 1:** \_\_\_\_\_

Gender: M or F                      Age: \_\_\_\_\_

Gift Idea: \_\_\_\_\_

**Child 2:** \_\_\_\_\_

Gender: M or F                      Age: \_\_\_\_\_

Gift Idea: \_\_\_\_\_

**Child 3:** \_\_\_\_\_

Gender: M or F                      Age: \_\_\_\_\_

Gift Idea: \_\_\_\_\_

**Family Address:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**REMINDER: The deadline is Monday, November 21. Any slips returned after Nov. 21 we may not be able to filled. Drop in our mail slot or go on-line for a copy.**

# Important Information...

## Albany Community Action Partnership Cohoes Outreach

Big news at the Albany Community



Action Partnership Cohoes Outreach office. First off we are moving. Starting October 19<sup>th</sup> our office will be located at 20 White St. Cohoes. Just a few doors down from our old location. This new space is allowing

us to expand the number of programs we currently offer the community's of Cohoes, Watervliet, and Green Island. The food pantry will be open to all residents Monday, Wednesday, and Friday from 9:00am until 12:00pm, and again from 1:00pm until 4:30pm.

## HEAP (Home Energy Assistance Program)

As the leaves begin to change colors its



time to start thinking about HEAP (Home Energy Assistance Program) again. The Cohoes Outreach office will again be a HEAP processing site for non-food stamp

receiving residents outside of the city of Albany. The HEAP program will begin this year November 2<sup>nd</sup>.

For more information on any of our current programs please feel free to call us at 237-9201.

## Career Pathways Program

In addition to our food pantry we are excited to announce the beginning of our new Career Pathways Program. This program offers FREE career training and guidance in 6 targeted career paths. The program takes about 6-8 weeks to complete and includes one full year of job retention services. It is a FREE, income-qualifying program of connected education and training programs and support services that enable you to secure entry level employment within a specific industry and to advance over time in that industry. Each step on a Career Pathway is designed explicitly to prepare you for the next level of employment and/or education. The six designated Career Pathways are growing Capital Region industries, and offer real opportunities for advancement. The purpose is to create both avenues of advancement for current workers and job-seekers and to supply qualified workers to local employers.

## Dress for Success Program

Our Dress for Success provides each woman with a business suit when she has a job interview. When she successfully lands the job, she returns to Dress for Success for up to one week's worth of business-appropriate separates. She also receives an invitation to join the Professional Women's Group, our career development and networking group, and participate in other employment retention programs such as the Career Corner, mentoring and career fairs.



If you are a women in need of free professional clothing please contact Dress for Success Albany at 463-3175 x125.



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# FYI...



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## Neighborhood Watch Works

Report any sign of vandalism or suspicious activity to the police immediately. Let's keep unwanted troublemakers out of the apartment complexes. Call us so we can document the problem. We need this information if we need to go to court for an eviction.

## Syringe Disposal

When disposing of medical supplies or syringes please be sure to place them in a laundry detergent container. When the container is full be sure to put a LID on the container before placing a work order to have it removed from your apartment. Medical waste facilities will not accept containers without lids. Thank you for your cooperation.



## Attention All Laundry room users!

Please clean up after yourself; the laundry room is not a place to leave unwanted clothes.

### Joslin Laundry Room

Open daily 6am – 10pm

*Anyone entering after hours will set off the alarm and be back charged.*

Don't forget to watch WVLT channel 17 for school closings

## Ice Melt

There is a bucket in the front entrance of your hallway. Please help us out. Spread a little ice melt on the walkway when you are leaving your apt if you see that it is icy.



## Note to Hanratta Tenants

If your deadbolt lock is locked on the door and you pull your emergency cord, your neighbors cannot enter the apartment to help you. You must wait for the EMT's, they have the key to assist you.

## Security

We would like to again remind residents to please refrain from opening the outside building doors to anyone that you do not know. In addition, if someone calls your apartment and requests to be let in and you do not recognize the person requesting entrance, please do not buzz them into the building. We ask this in order to help us maintain the safety of your home. Also it's very important that you call in a work order for any outside light that is out. You see it usually before we do.

## Attention Day Residents

Cellars must be in compliance with fire codes, no furniture and cleanliness. The cellars cannot be used as a playroom. This is for both you and your neighbors safety.

# More info...

## Home Buyer Education

Brought to you by  
Albany County Rural Housing Alliance, Inc

Saturday

November 19, 2011

9:00 am – 5:00 pm

at

Cohoes Senior Center

Cayuga Plaza, Cohoes, NY 12047

\$50.00 includes class manual and printed materials

For Housing or Section 8 tenants the cost is \$25,

but YOU must CALL the WHA office first

Breakfast & Lunch provided!

To register or for more information, call 765-2425



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Wellcare will be coming to Hanratta on November 7th at 9:00 am, and November 15th 9:00 am to talk to anyone interested in health care.



### Notice to all tenants:

The City has said they are going to clamp down on skateboarders using private property as their play area. I'm sending out this notification to everyone to hopefully tell your children and neighbors that if they skateboard on private property, including the WHA they could be facing some other issues with the police.



Watervliet Housing Authority Video Club went to the Albany County District Attorney's Office to interview DA David Soares. What a great experience for our kids to learn and meet our government leaders.



# News At The Watervliet Housing Authority



You can't help but see all the work going on around the Watervliet Housing Authority. We are working in the Day apartments replacing the old galvanized pipes in your kitchens that drain into the sewer line. This of course will improve drainage and avoid slow or blocked sinks. We just finished repairing the foundations that had crumpled. We are also still installing the new gutters at Day. These gutters will make the cellars dryer and avoid some structural issues in the future.

Quinn is getting some new concrete in the center courtyards. The old concrete started to crumble and was unsightly. We are still working on the foundations at the Joslin apartments, sealing up the joints. We just finished laying down a new layer of blacktop all along Whitehall. Hanratta now has half of the solar project completed and we'll be soon installing the other half. In addition we installed more cameras in our sites and improving some of the internet connections through out the site.

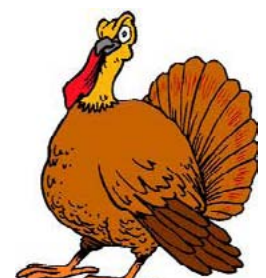


## Equinox Thanksgiving Dinner...

Equinox is having their 42nd Thanksgiving Day Community Dinner. If you or someone you know would like a Thanksgiving Day meal



you need to call the Equinox Hotline at 434-0131. If you want to volunteer to help you can also call that number. A volunteer will deliver your meal directly to you apartment.



# **ATTEND EOC'S COMMUNITY RESOURCE DAY**

**WHEN: November 9, 2011  
10:00 a.m.– 2:30 p.m.**

**WHERE: 145 Congress Street—Troy**



***Get information and learn about services offered by:***

**United Way 211**

**WDI**

**CDTA (learn more about the new bus routes)**

**Rensselaer County Re-Entry Task Force**

**Unity House**

**Whitney Young Medical Services (Free HIV Testing)**

**Cornell Cooperative Extension's Nutrition Program**

**....and many more**



**Call: 273-1900 Ext 2219 with questions**

**Free and Open to the Public**

# Around the WHA...



2011



## Video Club

Are there any interested children in our community that want to learn more about videography? The WHA, under the supervision of Charles Patricelli, is hosting a video club to teach a course and produce some Watervliet videos. This opportunity will allow children to learn about all the various components that local and national TV stations use. It will introduce you to technology that you will not see anywhere else. Many other communities have such programs, why now here in WATERVLIET? Take advantage of this and learn how to take video correctly, edit, prepare shows, etc. Interested? Call Watervliet Housing at 273-4717 for more information. The video club has traveled to Siena College to interview both the men and women basketball team members and coaches, St. Rose baseball teams and even to the Joe Stadium for an exclusive interview with the San Francisco Giants World Series champs



## WHA again putting Technology First

Siemens and both the Cohoes and Watervliet Housing Authorities have teamed up to again work with our younger housing residents in the starting of an Lego Robotics club. Teams will be made up of two students to each kit and will meet weekly at one of the sites. This is FREE and you must be between 9-12 years old to participate. Siemens, and energy engineering company made the donation to the housing authority to help promote and encourage our residents in the field of engineering. Each child will be building a Robot and will compete between each other. The Authorities are very happy and proud to participate and have a program of this type. We want all our residents to be able to have the same competitive edge as many of our area students so they can choose an education that will prepare them for college and the job market that demands technology. Parents, please encourage your child to participate in this program. If any child misses more than 2 classes they will be dropped from the club and another student on the waiting list will take their place, NO EXCEPTIONS! For more information, please contact Mr. Patricelli at [cpatricelli@watervliethousing.org](mailto:cpatricelli@watervliethousing.org).

**SIEMENS**



# Hello from... “Mrs. Fran”

## TOPIC: Helping with homework

This month’s article will discuss HELPING WITH HOMEWORK. Given the schedules of most parents, finding time to help children with homework is no easy feat. Nevertheless, the time you can spend together keeps you involved with your child, decreases the chances that you child will fall behind in class, and **shows your child that you value education.**

Okay, so maybe you don’t feel comfortable helping with fractions, physics, or diagramming sentences. There are still some things you can do to help your children complete their assignments:

- First, be available and watch for opportunities to praise them for staying on task with their homework.
- Second, set a positive example. Read a book. Write a letter, balance the checkbook, or make a grocery list while they are studying. Leave the TV and radio OFF. (If need be, videotape your favorite show and watch it later). You help set the tone for the importance of homework. When there are questions you can’t answer, and there will be, your children can call a classmate or teacher. Then, have them explain the answer to you so you both can understand what they’re doing.
- Third, help your children organize their time and materials (for example, pens and paper) for homework. This might involve having them use a notebook for keeping track of their assignments. This notebook can be their school planner. At the end of each class, they write

the assignment in their planner and bring it and related school-books home after school. You also can use the planner to start



discussions about their school day.

- Finally, they need to get started studying at the designated time. Kids generally do better if they have a routine to follow. Pick a time that works best for both you and your child. There will be times when activities prevent your children from studying at that time, but those activities should be the rare exception, not the rule.

### CONTACTING TEACHERS

Contact between parents and teachers can be a problem. To be blunt, teachers often blame students’ problems on parents and parents often blame children’s school problems on teachers. **Instead of assigning blame, work together to help your children get the best education possible.**

Start by attending the open house that almost every school offers at the beginning of the school year. Introduce yourself and be sure to mention to the teachers that they can call you whenever necessary. Explain that you are interested in keeping informed about your child’s progress and that you may call during their free period if that’s acceptable to them. Then, at the end of the first week or so, call the teacher and ask how your child is doing in school. You also can share with the teacher some of the skills you are teaching your child, such as following directions and asking for help. Discuss how the teacher might be able to help by focusing on similar skills at school. Keep the teacher informed about major events in your child’s life, such as the death of a relative or other emotional situations. Always thank the teachers for the hard and intense work they do and the time they take with your child.

Calling or meeting with a teacher sends a clear message to everyone (your children, their teachers, the school administration) that you are interested and involved in your children’s education.



# 2011



# Important Health Info



2011



## Diabetes... Know the symptoms

Millions of people have diabetes. Many don't even know they have it. Diabetes is a serious disease and should not be ignored. If you have diabetes, your body can't make or use insulin. Insulin helps change sugar into energy to keep you alive. There are different kinds of diabetes. The main ones are Type 1 and Type 2.

### Type 1 Diabetes

This type of diabetes is mostly found in children and young adults. If you have type 2 diabetes, your body does not make insulin and you must take insulin shots every day.

If you have type 1 diabetes, you may:

- Urinate often.
- Be very thirsty.
- Be very hungry.
- Lose a lot of weight.
- Be very tired.
- Be irritable.
- Have blurred vision.
- Have trouble seeing.

### Type 2 Diabetes

Most people with diabetes have this form of the disease. Type 2 is usually found in people over 45, who have diabetes in their family, who are overweight, who don't exercise and

who have cholesterol problems. It is also common in certain racial and ethnic groups (blacks, American Indians, Hispanics) and in women who had diabetes when they were pregnant.

If you have type 2 diabetes, your body cannot make enough insulin or correctly use it. Treatment is diabetes pills and sometimes insulin injections, as well as diet and exercise.

If you have type 2 diabetes, you may have:

- Any of the symptoms of types 1 diabetes.
- A lot of infections.
- Cuts or bruises that heal slowly.
- Tingling or numbness in your hands or feet.
- Skin, gum or bladder infections that keep coming back.

If not treated, diabetes can give you infections that won't go away. It can also hurt your eyes, kidneys, nerves, and heart.

### Taking Care of Your Diabetes

Correct treatment of diabetes can help you live a long and healthy life. If you think you might have diabetes, call your doctor. Look for your doctor's name and telephone number on your member ID card. If you need help making an appointment, call Member Services at 1-800-288-5441.



Election Day is Nov. 8<sup>th</sup>  
**Don't Forget to Vote**

# For Your Information...

## Too Hot? Too Cold?

If you have these type of valves on your radiators you can regulate how hot or cold they get. If there is little or no heat and the valve is on 5 or too much heat coming out and the valve is on 1 or 0 then the pin may be stuck. Just call the office and we'll send someone over to check it out.



5 = HOT  
0 = COLD

## Snow Removal

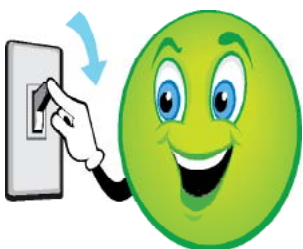
Again, it is approaching winter and with that comes the snow. We must plow to keep the lots safe and usable. We will again be asking your support to have all vehicles moved by 9am the day following the storm. We can not always promise that we can give any prior notification other than this policy but we'll try the phone system method as much as possible. **BE SURE WE HAVE YOUR CURRENT PHONE NUMBER AND ANY UPDATED VEHICLE INFORMATION!** If you changed your number or want us to call a cell number be sure the office has the new number. Again this method is a courtesy not mandatory and it will be **NO** excuse for not moving your car and being towed.



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## Domestic Violence is Everywhere!

October was domestic violence month and we wanted to do something that would help everyone here at Watervliet Housing understand that domestic violence should never be accepted. We attempted to get some speakers, trainers and literature but were not very successful. We did get some videos from the NYS Criminal Justice that we have been running on WVLT for the entire month. Both videos were excellent in explaining what someone should do if ever confronted with domestic violence. We hope you had a chance to watch them and they will run periodically throughout the year. Special thanks to Councilwomen Fogerty for doing our own WVLT commercial.



## HUD Energy Conservation Campaign

"Commit to Conserve"



# Don't miss the salute to our Watervliet Vets

The WVLT has put together over 1,800 photos of our Watervliet veterans and will be placed on our city TV station. We are proud of what our vets have done for us and we hope you enjoy this presentation during Veteran's Day week. Are you a Vet? Drop off your photo and we will proudly add it to the



future presentations. We are the only known city to produce such a program honoring our veterans

## Why report your income?



WHA has recently conducted several investigations using a new HUD program called EIV. This program allows WHA to view the current income of all household members living in public housing. As result of these investigations WHA has evicted one household for fraudulently not reporting income. The Watervliet Police Department is now looking into this matter and charges are pending. Another investigation resulted in an over \$3,000 back charge for rent. The household will need to pay towards this amount each month, as well as keep cur-

rent on their rent or face eviction. The final investigation we would like to make you aware of a tenant was back charged \$600, this amount was received at a court date as directed by a Watervliet City Court Judge to stop eviction. Please be sure you keep your income and all household information up to date with the office to avoid putting your family in situations like these. Although your rent may go up as the result of a new job or a family member receiving a raise, keeping this information from the office is not worth losing your apartment or having to pay a back charge. This information can be updated with the office at anytime, not just at the time of your yearly recertification.

