

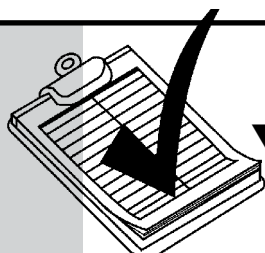


Watervliet Housing Authority



September 2012

Charles V. Patricelli, Executive Director



Day Inspections

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.
Call 911

Watervliet Fire Dept.
Call 911

In Home Channel
273-4717 ext 201



Annual inspections for Day apartments will be made in September. The inspection will be for the purposes of:

1. Checking for apartment cleanliness and care.
2. Checking contractor work for compliance.
3. Checking normal items that need to be repaired (either caused by tenant or wear and tear).
4. Look over the apartment for new items that will benefit both you and us.

NOTE: please take all items off the bedroom doors, windows, and stove top for the inspection.

The schedule is as follows:

- Apt. 1-20 September 18
- 21-40September 19
- 41-66.. September 20
- 67-90 ... September 21

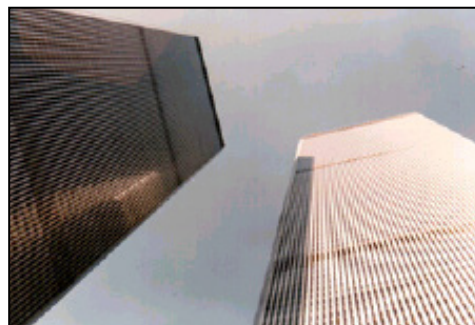
The office will be closed on Monday, September 3rd for Labor Day!!!



Have a Safe Holiday!



A time to Remember 9.11.2001



We have a Web site...

WatervlietHousing.org

Check us out.



2012



Hello from...

“Mrs. Fran”

Student Assistance Counselor
Watervliet Elementary School

LISTENING TO YOUR CHILDREN

Listen carefully to what your children say. Talk with them instead of at them. For example, bedtime is a good time to recap your children’s day and talk with them about what’s going on in their lives. Dinner time also lets family members share information with one another. The many families that always seem to be on the run taking kids to sports and other activities, can use the time spent riding in the car for having family chats.

How you talk to your kids is important, too. Get at eye level and eliminate distractions. Ask questions, but don’t interrogate. Keep it brief; don’t lecture. Help your kids feel comfortable when they tell you things. If they fear your reaction, they won’t volunteer much information.

Some parents make the mistake of rushing in and flooding their children with advice when their kids tell them about a problem. Even when your children tell you something that distresses you, try to remain calm and hear them out. Keep your cool, especially when they tell you things that go against your beliefs or that honestly frighten you. You cannot help them come up with solutions to their problems if you don’t know the whole story. Remember, their “kid” world is sometimes completely different from our “adult” world. They don’t have the experience needed to make some decisions. There are many new experiences waiting and they need time to talk and discover how to handle these situations.



There will be times when your kids are purposely vague about a problem they’re having with friends or classmates. They don’t want to be tattletales and they may be worried that they will lose their friends if they tell you about them. They also may worry about your reaction. At the same time, they may be confused and, deep down inside, really want your help. That’s why making them feel comfortable about telling you things is very important. By listening calmly, asking brief clarifying questions, and saying understanding words, you will help your child “open up” when they are having problems.

It’s also extremely important to praise your children when they do share their thoughts and opinions with you, stand up to negative influences, report a concern, or tell you about a problem. Reinforce their decisions; let them know they did the right thing. If things didn’t work out as well as expected, praise their courage for trying. A few words of support can go a long way toward helping them make, and be confident in their abilities to arrive at good decisions in the future. For example, you can simply say, “Thanks for telling me that. It took a lot of courage,” or “you should be proud of yourself for standing up to those guys,” or “I know that it was hard for you to tell me,



Hilton Laundry Room

As you should know by now, the construction of the new laundry room above ground on the south end of building 1 is scheduled to begin the first week of September. For everyone's safety we have decided to close the Hilton laundry room until construction is complete. We assure you the new laundry room will be finished in a timely manner and apologize for any inconvenience. If you have any questions, please



School is starting... So keep your eyes open!

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



Packing a Healthy Lunch

With the kids heading back to school, it's time to start thinking about packing a healthy and nutritious lunch. "Brown bagging it" doesn't have to be blah on taste and needn't skimp on nutrition.

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, 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. He reminds parents that 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," he adds.



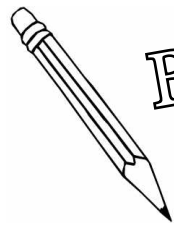
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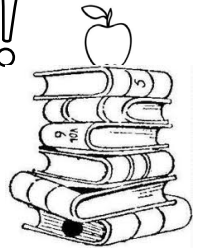
Fun For Kids



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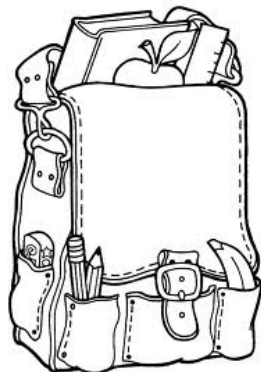
BACK TO SCHOOL!



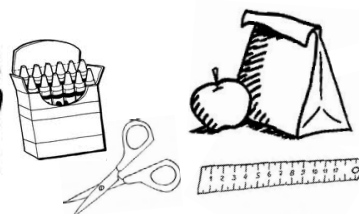
WORD SEARCH

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

BOOKS
SCHOOL
TEACHER
PENCIL
PEN
PAPER
PLAY
STUDY
HOMEWORK
READ
CLASSROOM
TEST
NOTEBOOK
LUNCH



WELCOME BACK!



COATS FOR THE COMMUNITY!

FREE, gently used adult and children's coats for the residents of Cohoes and Watervliet

Friday, Oct 26

9:00am - 6:00pm

United Church of Cohoes, 123 Mohawk St., Cohoes
Pine St. entrance

Please bring an ID for each person receiving a coat.

TO DONATE COATS:

Cohoes and Watervliet Housing Authority Offices

Cohoes City Hall, Rm. 20, 97 Mohawk St.

Cohoes Community Center, 22-40 Remsen St.

Please leave new or gently used coats that are washed or cleaned.

Thank you.

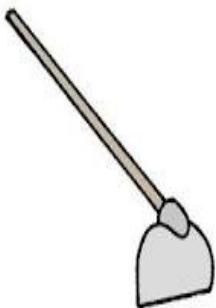
Coordinated by Mary's Corner of the Ladies of Charity of the Albany Diocese and the communities of Cohoes and Watervliet
(Kathy: 869-6520)



2012



Thank you to all the youth staff that helped out this summer!





2012



Alcohol & Drugs

WHY DO PEOPLE USE ALCOHOL/DRUGS?

Experts in the field of substance abuse prevention agree that if ignorance was the only problem, knowledge or information would be the solution. But information alone is not enough. While young people do need to be armed with facts about alcohol and other drugs, they also need the following:

- Awareness of alternatives to alcohol/drugs as a means to have fun.
- An environment conducive to healthy choices.
- Refusal skills when confronted with “peer pressure.”
- Effective ways to manage stress and relax.
- Available resources for personal/emotional problems.
- Positive role models (including other students!).

WHAT RESOURCES ARE AVAILABLE?

The following is a list of resources that offer assistance with alcohol and/or other substance abuse problems that you may experience either personally or through friendship with someone who experiences problems.

Community Treatment Centers:

- Albany Citizens Council
 on Alcoholism 465-5470
 Conifer Park 1-800-926-6433
 Hope House 482-4673
 Hudson Mohawk Recovery Center 272-3918
 St. Peter’s Addiction
 Recovery Center 525-1300
 Seton Addiction Services 268-5323

Self-Help Groups:

- Al-Anon/ACOA 292-0577

For your information...



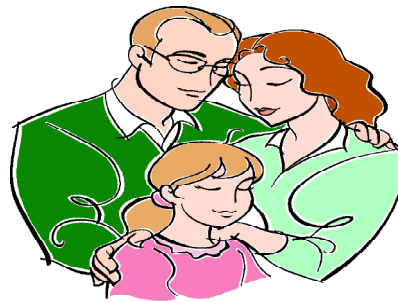
Doesn't this look awful?

Why would you just throw your garbage on the ground? Remember you must give a 30 day notice before you move out and NO parking of any vehicles on the lawns or sidewalks.



You know who you are!

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



A Recipe For Parenting

- “The shoe that fits one person pinches another; there is no recipe for living that suits all cases.”
– Carl Jung
- There is no “recipe for living” at all. What you’ve got is a pinch of this, and a dash of that an improvisational stew that may or may not taste right.
- Nor is there a recipe for successful parenting. You toss together the ingredients at hand — some love, some wisdom, some discipline — and you cross your fingers. What works for you won’t necessarily work for your neighbor. Your kids are different; your lives are different.
- You may wish your babies had been delivered with an instruction booklet — that there was one good way to do this — but, no. There are as many ways to parent as there are parents.
- I am someone’s parent and this means having my own set of standards and no one else’s.

*This excerpt taken from the book
“Meditations for Parents Who Do Too Much”
written by Jonathan and Wendy Lazar*

Community Maternity Services is pleased to welcome your participation in a 10 week “Nurturing Parenting” groups for parents affected by Depression.

When: September 12th- November 14th.

Time: 11 Am- Noon (lunch following)

You can call Maura Callahan at 482-8836 or e-mail her at MauraC@cccms.org for more information.



2012



Around the WHA...

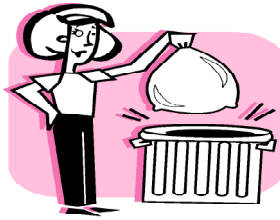


2012



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.



No Power? Safety first!

Remember, be prepared with flashlights and extra batteries. Avoid candles since they are very dangerous in situations like these. If you're too hot or in the winter too cold, everyone can use the Quinn or Hanratta Community Rooms as a safe place to spend some time and even take a nap if the emergency is that much longer.

Need Volunteers for Community Service

Humane Society: 3 Oakland Ave., Menands	434-8128
Community Gardens: 40 River Street, Troy	274-8685
American Red Cross: 33 Everett Road, Albany	458-8111
Seton Health St. Mary's Hospital: Troy	268-5505
Northeast Health: 2212 Burdett Ave., Troy	274-3382
Albany International Airport–Airport Authority	242-2222
Regional Food Bank: 965 Albany Shaker Rd., Latham.....	786-3691
Watervliet Library: 1501 Broadway, Watervliet.....	274-4471
Watervliet Senior Center: 1501 Broadway, Watervliet.....	273-4422



Safety First!

For a long time we honored the request to leave the rear door to the first floor east courtyard open but we must now keep it locked and on the alarm bell. This is for your safety and the safety of others. If you see anyone suspicious in the building, call the police immediately.



Be Sure! Be Safe! Don't be Sorry!

Don't 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!**



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.

For your information...



Renter's Insurance

“Isn't it expensive?” Actually, renter's insurance is relatively inexpensive. It can cost as little as \$100 to \$200 a year, depending on the amount of coverage you choose. In real terms, renter's insurance can cost as little as one movie ticket or one pizza a month.

“What does renter's insurance cover?” Renter's insurance typically covers you for property loss due to fire or smoke, lightning, vandalism, and theft. Renter's insurance also covers you if someone else is injured in your apartment or elsewhere by you, a family member, or a pet. You may want to ask a licensed agent for more details on what renter's insurance covers.

“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.

“Why does this apartment community advise renter's insurance when the community down the street doesn't?” We see renter's insurance as a service to our resident's. Most losses that residents suffer aren't their fault. For example, a candle left burning by a neighbor causes a fire that damages your apartment. Or a pipe bursts inside a wall and floods your apartment. Or your apartment may be robbed. With renter's insurance, you're more likely to recover from any of these unforeseeable losses.

Check 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.



FREE PC's for Kids Program

If your son or daughter is attending high school or college and doesn't have a home computer, give the office a call. We are trying to get donations of older but usable computer parts and then reassemble them into computers for children in the housing authority that need them. It will be on a first come first serve basis with the older children receiving priority. Don't wait, call us now.



2012



Upcoming Events



2012

Quinn Gutters:

We are going to have new gutters installed on all of the Quinn buildings. We hope this improvement will make it easier for all the tenants and visitors through the year.

Security at Hanratta:

In a few weeks we will be installing some hardware that will allow you to change to channel 7 on your Time Warner Cable TV and view who is at the lobby door. You still have to talk into the intercom or press the buzzer as before but this will make it much more convenient. This will provide a better level of security.

Senior Citizen Services

Reading Services



Many seniors, unfortunately, begin to lose their sight with age. This can be an extremely difficult adjustment. The daily tasks of living, such as reading your mail or a good book, become harder. If you have low vision and have trouble reading, there is help. The Lions Club is a group of volunteers who undertake a special responsibility to aid those who are legally blind. Local Lions Club Members have expressed an interest in a new project that will provide reading services to the sight impaired. They can come into your home and work with you one on one to assist you with reading. Individual appointments can be arranged as needed. For more information please contact Sabrina Forde, Community Relations Coordinator at 463-1211 ext. 234.

Meals On Wheels



Did you know you can receive a fresh hot meal delivered to your door every day of the week. That's exactly what the Albany Meals on Wheels program does. Meals on Wheels is a special program for home bound seniors who have trouble buying and preparing their own meals. You can receive the service on a short term basis or on a long term basis depending on your circumstances. The meals are prepared locally by Senior Services and delivered to your door on a daily basis by volunteers. If you are interested in receiving meals on wheels you can call 447-4600.



More Great Info...



The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

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 car seat 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.



Energy tip...



Do not use electric appliances more than necessary and be sure to turn off appliances when not in use.

Know signs of a STROKE!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke as well as preventing brain damage.



2012



Other News...

Don't Let This Happen To You!

Seven residents of a Nyack Housing Authority complex in Central Nyack are being arraigned in court today and charges they stole more than \$300,000 from the government by filing false housing applications and hiding income.

Several others are still being sought in the probe which started several months ago based on tips that came from residents of the housing authority's Waldron Terrace complex.

Officials said the investigation should eventually lead to apartment units being opened up for occupancy by legitimately qualified tenants who are on the housing authority's waiting list — estimated at more than 200 families.

"These arrests underscore our commitment to improve the quality of life for the residents of Nyack. Those who steal money intended to help struggling individuals and families will be marked for arrest, prosecution and prison sentences."

Executive Assistant District Attorney Gary Lee Heavner said among those arrested today in raids on five apartments were residents who were illegally renting rooms out to others and resident who hid assets such as employment income and bank accounts to obtain public housing.

The seven arrested are accused of stealing more than \$300,000 from, and for falsifying applications submitted to the Village of Nyack Housing Authority and the Rockland County Department of Social Services between 2002 and 2012, making it possible for each to fraudulently receive a variety of public assistance benefits, including federal and state housing subsidies, food stamps and Medicaid assistance.

"This clearly illustrates the importance of our relationship with our community partners, whether they are other county agencies like the District Attorney's Office; or businesses; or residents, in identifying suspected welfare fraud," said Sherwood. "It is crucial that we all take an active role in identifying fraud; and I encourage others to contact us if they know of or suspect fraudulent activities."

Charged filed today include Grand Larceny in the Third Degree, a class "D" Felony, Welfare Fraud in the Fourth Degree, a class "E" Felony and Offering a False Instrument for Filing in the First Degree, a class "E" Felony.

A class "D" Felony is punishable by 2 1/3 to 7 years in prison and a class "E" Felony is punishable by up to 1 1/3 to 4 years in prison.

By William Demarest "<http://nyack.patch.com/articles>"



2012



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Attention Seniors



Did you know that a bus will pick up Seniors from Quinn and Hanratta Apts?

On Tuesdays a bus will be

at the Quinn Community Room at 8AM to bring seniors to Price Chopper.

Get Connected!



If you are a tenant get connected to the internet. Contact the

office for more information.

Misc Info...



Back to School Shopping Saving Tips

Back-to-school shopping ranks second only to Christmas when it comes to seasonal spending. The average family is expected to spend more than \$500 on school clothes and supplies.

So how do you avoid going broke?

Tip #1:

Tell the kids you're setting a budget and stick to it.

Tip #2:

Take an inventory of your children's clothes and supplies

Tip #3:

Be patient. If you wait until after school starts, you'll have a better chance of finding bargains.

Tip #4:

Don't over do it. If you try to get it over with and do all your shopping done in one day, you'll all end up tired and you'll probably overspend.



General Tips

- Never stop shopping for back to school merchandise. Buy when you see items on sale and pack it away until next year.
- Dive into the super discount bins at stores.
- You can find huge savings on notebooks, pencils, erasers, clips and even socks and underwear.
- Buy clothing off the final sale racks that your child can grow into.
- **Shop the Outlet Malls:** Shopping outlet malls for back to school clothing is a great way to increase how much you get for your money.
- **Clothes Exchange:** Get in touch with neighbors, friends and family who have young children and begin a clothes exchange.
- **Consignment Shops and Thrift Shops:** Using consignment shops as a way to help with back-to-school expenses is a growing trend. Not only will you get back a percentage of the cost of the clothes your child has outgrown. Many of today's consignment shops only accept clothing in very good condition. There is no reason to shy away from thrift stores. We have two here in Watervliet. The places I have found are Thrift and Gift Shoppe (on Fifth Ave). In Latham, Salvation Army, Troy Goodwill, Salvation Army and Unity House Thrift store. Many times these stores run weekly specials on clothing. You just need to shop around.
- **Garage Sales:** Garage sales can be a great place to find back-to-school supplies. Common items found at garage sales are children's clothing, book bags, and other supplies. Look carefully at items for rips and stains.



2012



Announcements

Is your child interested in video? Ask them to join our video club!



We are looking for 4-5 housing children that want to learn more about video cameras, videography, and video editing. We recently made an application with our local Elks Organization to sponsor a Video Club. If your child is in grades 6-9 and would like to join, please give the office a call.

Are you a parent who is interested in:

- *Learning to identify the triggers for your anger?
- *Understanding child development and the meaning of children's anger?
- *Learning to respond to anger's power without hurting yourself or others?
- *Learning anger management and conflict resolution techniques to promote healthy communication and relationship building?
- * Are you receiving services from the Albany County Department for Children, Youth, and Families (which may include probation monitoring, CPS monitoring, or prevention services)?

If you answered "yes" to these questions, the CMS Rage to Resolution program can help!!

Please contact Community Maternity Services at 482-8836 and request to speak with Matthew Newman for additional details about the group series, eligibility, and the registration process.

The next series begins soon!

This program is funded by the Albany County Department For Children, Youth, and Families

Are you moving?

First, if you are moving out it is important to give 30-Day notice. This means you need to tell us on the first of the month that you are leaving the following month. Secondly, you need to think about your security deposit. Your security is returned within four to six weeks after your move-out date. However, the amount is less charges for damages and /or cleanup. Anything (furniture or garbage) that needs to be removed from the apartment by our maintenance staff is back-charged against your security. Any cleanup of the apartment or appliances will also result in a charge. Take the time to clean your appliances. The charge for cleaning each appliance is \$25. Also, important to remember when moving, you are not allowed to drive trucks, moving vans, cars, etc. up on the lawns. Hanratta residents are reminded not to tie up the elevator when moving.

EIV Income Verification

The Department of Housing and Urban Development (HUD) has determined that there is a significant amount of fraudulent income reporting in the Section 8 program. It has therefore created a new electronic way for agencies to uncover fraud through the Enterprise Income Verification (EIV) system. The Section 8 program has always required that tenants report their income on the Affidavit of Income, and that all adult family members 18 years of age and older sign the release forms.



These release forms give the Watervliet Housing Authority the right to verify the income that you report. Now the new computer matching program called EIV has the capability to verify what you report through Federal Agency information sharing. We urge you to make sure that the income you report is accurate. **WARNING:** If you are not truthful when you report your income, you will get caught, and you will lose your voucher.



2012



Announcements



Beauty Salon
at Hanratta
is open call
Denise
Lindheimer at
884-0646 for an
appointment
Fridays and
Saturdays.

Register to Vote



You can pick up
forms at our
office.

You can mail it
directly to

**32 North Russell Road
Albany, NY 12206.**
or call the
**Board of Elections at
487-5060.**



REAC Inspections for
Day, Hilton, and Joslin
are going to be
October 24. The
amount of units that
will be randomly
selected is unknown.

REAC inspections for VRV
will be on
October 25, 2012. They
will be
inspecting 20 random
units. If you
have any work orders
**PLEASE CALL THE OFFICE
BEFORE THIS DATE!**



2012

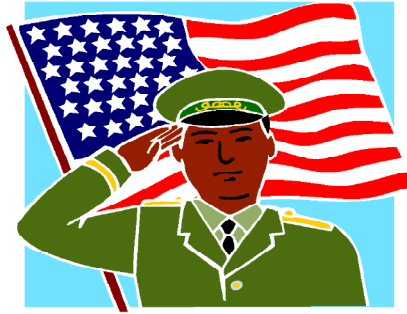


*We will be entering your apartment for a walk through around the week of October 15th to preinspect each apartment.



2012

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WVLT -17

Salute to our City Veterans

Do you have a Watervliet City family member that served in the Armed Forces? WVLT – 17 will air all our veteran’s during Veteran’s and Memorial Day week. We now have over 1,400 Vets to honor.

Bring your photo to the Watervliet Housing Office 2400 Second Ave. (next to Stewarts). Please note: *Any photos submitted too late will be included in the next Memorial or Veteran’s Day week film.*

**For more information call 273-4717
or visit www.watervliethousing.org**

Child Safety Tips

- According to the FBI’s National Crime Information Center, nearly 2,100 children a day, or almost 2 children per minute, were reported missing last year. Only 2% of these children had fingerprints taken and personal information recorded.
- The most common ways that strangers lure children are:
 - o Pretending to look for a lost dog
 - o Promising the child candy, money, or a toy
 - o Asking for directions
 - o Threatening the child
- Make sure your child knows his or her full name, as well as yours, and his or her telephone number and address.

