



# Watervliet Housing Authority

Charles V. Patricelli, Executive Director



2014

## Happy Holidays

from everyone  
at the Watervliet  
Housing Authority!



**Office Closed**  
**1/2 Day Wednesday, Dec 24th**  
Thursday, Dec. 25th  
**1/2 Day Wednesday, Dec 31st**  
Thursday Jan 1st



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

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

Emergency Number  
273-6085 (after hours)

Watervliet Police Dept.  
call 911

Watervliet Fire Dept.  
call 911



Visit us on Facebook

## Santa is coming December 17<sup>th</sup> ...



We again will be having our Santa visit to all of our housing children just before Christmas. I'm asking you, your friends and co-workers to help sponsor a child, family or senior. This year is no better economically for many, including our residents' children. If you wish to be a sponsor, please

email Charles Patricelli with how many tags you would like and your name. You can contact him at [cpatricelli@watervliethousing.org](mailto:cpatricelli@watervliethousing.org).



We have a Web site...  
[WatervlietHousing.org](http://WatervlietHousing.org)  
Check us out.

# Around the WHA...



2014



The Nassau Band is scheduled to have a Holiday performance at Hanratta on Thursday, December 11th at 7PM.



## Ice Melt for common entrances

There is a bucket of ice melt in the front entrance of your hallway. Please help us out and spread a little on the walkway when you are leaving your apartment if you see that it is icy. If you use it and need more call us. For the sake of a few ounces of melt it's better than hospital food.



## Emergency Pull Cords

These cords are located in all the senior and handicapped units. They have a long cord that is supposed to fall to the floor. This is so that in the event you fall, you can reach the cord and call for help. Many tenants tie up the cord in a ball so it doesn't look messy. This won't help you in an emergency. One lady fell in

## Hanratta Tenants:

Character Education students have recently started having coffee & donuts at the Hanratta complex with the tenants from 10-12.

Upcoming dates include:

December 21

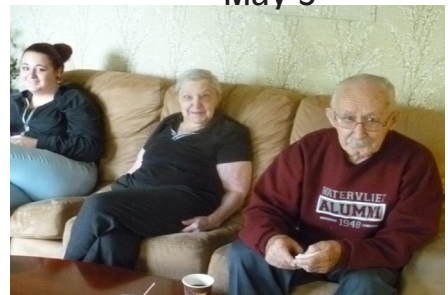
January 11

February 8

March 22

April 19

May 3



## If You Are Paying Your Own Heat, Try An Electric Blanket

They really keep you warm and save energy instead of heating up an entire room. You can also save money on your gas bill by cleaning the filter on your heater monthly.

## Hilton Tenants

You can gain access to the basement by asking the seniors living in the apartments for access or by using the laundry room key.

## Warning To All Residents

Dogs and cats are permitted but must be in accordance with the pet policy. Please don't risk eviction, tell your family not to give you something you cannot keep. You must pick up the waste. Bring a plastic bag and dispose of it properly. No exceptions!



## Lockout Policy

There is a lockout policy at the WHA. The maintenance men have a master list of tenants who are living at the WHA. No one will be let into an apartment unless they are on the list. This list and policy will eliminate any problems with letting unauthorized persons into an apartment.

## Thirty-Day Notices

Thirty-day notices will be given immediately to anyone not abiding by the WHA lease. Tenants should keep in mind that "live ins" are not allowed. Guests staying overnight for more than two nights per week or present more than 36 hours per week must provide written notification to the Authority and receive written consent.

## Refrigerator Care

There has been a problem with refrigerators not being properly cleaned. You must clean the coils at the bottom of the refrigerator. When these coils are not cleaned they cause the compressor to burn out and the tenant maybe responsible for it's replacement. If something spills wipe it up right away, especially the front where the door gasket meets. If the gasket remains sticky and not cleaned it will cause the gasket to pull from the frame and you will be responsible for a new gasket. Fantastic cleaner seems to work the best.



## **GET YOUR STAMPS**

The Post Office will be at Hanratta to sell stamps on December 5 from 12:30 to 1:00 in the lobby.



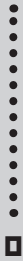
## **WVLT CHANNEL 17 UPDATE**

The new channel for WVLT is 116.2 for anyone who does not have a Time Warner Cable Box.



2014





2014



# Hello from...

## “Mrs. Fran”

Student Assistance Counselor, Watervliet Elementary School

### THE BEST GIFT OF ALL...

This time of year most of us hope to have a joyous time of giving and gathering together. Whether the season is celebrated religiously or commercially it is a big deal in our culture; expectations run high. Sometimes these high expectations can bring a painful let down.

This year so many military families are not able to celebrate the holidays together. Many things can preclude gathering together: distance, lack of resources, family feuds. Hopefully we can each reach out and help those who need our support this season.

There are also many folks who are struggling this time of year because they have lost a loved one who has died. Sometimes we avoid these people because we feel helpless to comfort them. I would like to write out some ideas written by Pamela J. Kuhn who lost an infant in a house fire. Her words of advice seem to me to be the essence of “giving” during this “Season of Giving”. Again, whether or not we celebrate commercially, religiously (or both!) most of us know of someone who is grieving or we ourselves are grieving this season.

#### GIVING COMFORTING SUPPORT

*“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”*

— Henri Nouwen

- A simple “I’m so sorry” is the most comforting thing we can say. Even the most caring people sometimes say things that come out wrong, and once said, words can’t be taken back.
- Don’t wait for the grieving family to ask for help. Offer! Many times a crowd of people is the last thing a grieving person wants to face. Maybe you could offer to drive a family member to take care of some business, or

run errands for them. Gift certificates to local restaurants or take-outs ensure the grieving ones eat without a lot of energy expenditure. Helping with housecleaning, laundry, mowing the lawn... there are many ways to give that could lift the burden and give comfort.

- Don’t be afraid to talk about the person who has died. Most people don’t want to think that others have forgotten their child, their husband, mother, father, etc... If a funny or poignant incident comes to mind don’t be afraid to say, “Do you remember when...?” The story may bring some tears but the healing benefits are abundant.
- Remember and acknowledge dates connected to the tragedy. Mark the date of the loved one’s death on your calendar. Send a note each month on that day during the first year of the loss. A birthday of the loved one may be another date of remembrance. Try to remember the family annually depending upon how close you are to them.
- Cry with the bereaved. A comforting moment for one woman who had lost her child happened one Sunday in church. The service had not yet begun, but the quiet and sacred atmosphere brought tears to her eyes. When she looked up, she noticed a friend in the seat in front of her. When the friend turned around she saw tears swimming in his eyes. The friend didn’t say a word, just reached out his hand, looked into her eyes and cried. The woman said how incredibly comforted she felt.

This season continues to be a time that reminds us to share what we can with others who may be suffering in some way. I believe that this is what brings to our own celebrations and gatherings true joy, love and peace.

**Have a blessed holiday season.**



# More than just presents...

## The Story of Hanukkah

### The Festival of Light and Dedication

For more than two thousand years,



the old and beautiful festival of Hanukkah has been celebrated by Jewish people for eight days each December. Hanukkah recalls a time long ago when the Jewish people, led by Judah Maccabee, fought a king named Antiochus for the right to worship their one God, instead of many gods of the Greek religion. When the Jews won the battle, they cleared away the statues of the Greek Gods and rededicated their Temple to one God. Then they celebrated for eight nights. According to legend, Judah Maccabee searched for some pure oil to light the Temple menorah, but found only enough to last one day. But then a miracle occurred; the oil burned for eight whole days. That miracle of lasting light has come to symbolize the meaning of Hanukkah — a celebration of the freedom and determination of the Jewish people to practice their religious beliefs freely.



## Kwanzaa

Kwanzaa is an African-American tradition celebrated December 26<sup>th</sup> – January 1<sup>st</sup>, with seven nights of candle lighting representing the seven principles: Unity, Self-Determination, Responsibility, Cooperative Economics, Purpose, Creativity and Faith.

## Taking care of your Christmas Tree...



*If the reservoir is empty for a while, the tree will stop drinking and it will need to be recut an inch above the previous cut to allow the tree to once again take-up water.*

- 1- Cut at least one inch off the base to allow the tree to absorb water.
- 2- Put it in a bucket of luke warm water outdoors in a cool place away from the sun and the wind.
- 3- Bring the tree into your house and once again cut at least 1 inch off above your last cut (the cleaner the cut the better)
- 4- Sterilize your tree stand by cleaning it with boiling water before you use it.
- 5- Fill with luke warm water and place your tree in it.
- 6- Keep the reservoir filled above the base of the tree.
- 7- Place your tree away from radiators, air ducts, and TV sets, all of which can dry the needles.



2014



# For your information...



2014



## Fire Safety for Hanratta & Green Island Residents

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 apartment.

If you are in bed and the alarm goes off roll out of bed but DO NOT stand up. If you stand up you take the chance of breathing in smoke.

### Do not use elevators

If you decide to leave your apartment and want to leave the building stay to the right on the stairs.

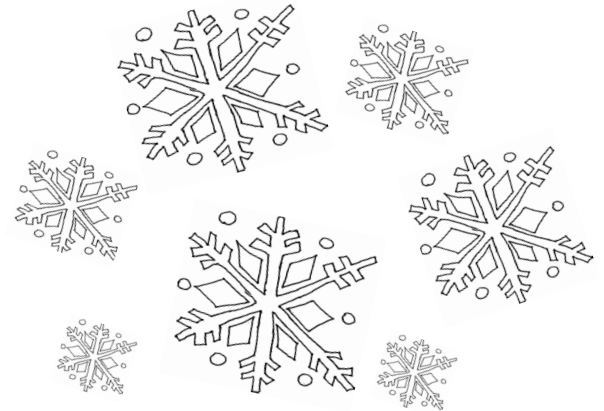


## Zero Tolerance for Drug Use!

The Watervliet Housing Authority has a zero tolerance for drug use. If any tenant is found to have violated this policy, this means the mere arrest is cause for immediate eviction (we don't need a conviction). Is your apartment worth this? Even more are your children worth the risk? Have a problem? Help is available, but you have to want it.



*Happy Holidays*



## Safety Pointers for Gas Heaters

*The following are some safety pointers for gas heaters at Joslin, Hanratta, and Van Rensselaer Village...*

- ❑ Keep flammable materials, especially Christmas trees, shrubs, etc., away from the flue terminal.
- ❑ Do not allow anyone to poke articles through the vents.
- ❑ Clean filters weekly.
- ❑ Do not allow anyone to sit on or lean against the appliance.
- ❑ If the air supply/exhaust vent is covered by snow or damaged by falling icicles, the exhaust may be blocked and cause the unit to malfunction. Keep the area around the air supply/exhaust vent free of snow and icicles.



## Consumer Credit Counseling Service of Central New York

CCCS is a private, nonprofit community service organization that has provided **free and confidential** financial counseling and education for Central and Upstate New York residents since 1972.



A Budget Planner license with the NYS Banking Department and recognition as a certified housing counseling agency by the Housing & Urban Development agency allow us to provide consumers

with a diversity of financial counseling and debt repayment services including business & community education, financial counseling and our debt repayment plan. Their services are available to all who seek their assistance. They have no income qualifying guidelines for their **free financial counseling**. Consumers who participate in their Debt Repayment Plan must exhibit the financial resources sufficient to maintain their basic monthly living expenses and provide funds for creditor repayment. Their voluntary Debt Repayment Plan serves the dual role of helping consumers repay their debts and helping creditors receive the money owed to them. For more information call 482-2227.

## The Legend of Santa Claus

The American version of the Santa Claus figure received its inspiration and its name from the Dutch Legend of "Sinter Klaas," brought by settlers to New York in the 17<sup>th</sup> Century.



As early as 1773 the name appeared in the American press as "St. A. Claus," but it was the popular author Washington Irving who gave Americans their first detailed information about the Dutch version of Saint Nicholas. In his History of New York, published in 1809 under the pseudonym Diedrich Knickerbockers, Irving described the arrival of the saint on horseback each eve of Saint Nicholas.

In looking for the historical roots of Santa Claus it is believed to be based on the life of Bishop Nicholas of Smyrna, in what is now Turkey. Nicholas lived in the 4<sup>th</sup> century A.D. He was very rich, generous, and loving toward children. Often he gave joy to poor children by throwing gifts in through their windows. Nicholas became St. Nicholas, the patron saint of children and seafarers.

In Protestant Germany, St. Nicholas became known as "der Weihnachtsmann." And in England he came to be called Father Christmas. After the Dutch immigrants arrived in the United States, he came to be referred to as Santa Claus.

As children naturally wanted to know where Santa Claus came from and what he did when he was not delivering presents, the legend of Santa Claus living at the North Pole with his workshop came about.

In 1925, children began to question whether reindeer could live at the North Pole. Newspapers revealed that Santa Claus in fact lived in Finnish Lapland. Santa produced his gifts with the help of a busy group of elves, who have quite their own history in Scandinavian Legend.



2014





2014



## Tips for Preventing a Headache



Do you suffer from headaches? Here are a few tips to help you better manage — and even prevent — headaches:

- **Follow your treatment plan.** If you're under the care of a physician or other provider, follow your prescribed treatment plan. Also, avoid taking medications not prescribed by your doctor.

- **Keep a headache diary.** Keep track of what triggers your headaches so you can avoid those triggers in the future.

- **Relax.** Learn relaxation techniques such as deep breathing and mental imagery.

- **Exercise regularly.** Try to exercise at least 20 minutes, three times a week.

- **Keep a regular routine.** Eat meals and snacks around the same time each day and make sure you get enough sleep.

- **Stop smoking.** Smoking not only triggers headaches, but can actually worsen a headache's severity.



## Community Rooms

*for Hanratta, Green Island & Quinn*



These rooms are available for seniors to use. You must call the office to reserve the room and sign an agreement that details what you

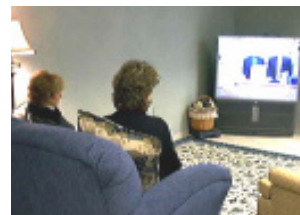
can and cannot do. We have worked very hard to make the rooms useful, enjoyable and practical. We provided vcrs, dvd players and now a computer for your use. If you need training on the computer, call us.

We don't have the manpower to constantly check the rooms so we need your help to keep it picked up and clean. If



something is wrong, you need to let us know. We also provided a CD player in the rooms for those wishing to listen to their favorite

CDs. All rooms now have cable TV and Quinn and Hanratta have internet service.



We will only continue to

furnish the room if you can monitor its use. We hope you enjoy the rooms and if you have some suggestions we would be happy to hear

facebook

Visit us on Facebook





# Addictive Behavior

By Bob Christiansen



## Do You Have a Problem with Drugs?

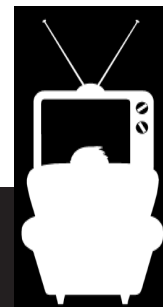
At times a tenant may call looking for information relative to how a person knows if they have a problem with drugs. I shared the following “quiz” with this individual and thought it might be worthwhile to print it in the newsletter. You may wish to share it with others who may find it informative.

Answer yes (Y) or no (N) to the following questions:

1. Do you take the drug regularly? \_\_\_\_\_
2. Have you been taking the drug for a long time? \_\_\_\_\_
3. Do you always take the drug in certain situations or when you're with certain people? \_\_\_\_\_
4. Do you find it difficult to stop using the drug? Do you feel powerless to quit? \_\_\_\_\_
5. Have you tried repeatedly to cut down or control your use of the drug? \_\_\_\_\_
6. Do you need to take a larger dose of the drug in order to get the same high you're used to? \_\_\_\_\_
7. Do you feel specific symptoms if you cut back or stop using the drug? \_\_\_\_\_
8. Do you frequently take another psychoactive substance to relieve withdrawal symptoms? \_\_\_\_\_
9. Do you take the drug to feel “normal”? \_\_\_\_\_
10. Do you go to extreme lengths or put yourself in dangerous situations to get the drug? \_\_\_\_\_
11. Do you hide your drug use from others? Have you ever lied about what you're using or how much you use? \_\_\_\_\_

12. Do people close to you ask you about your drug use? \_\_\_\_\_
13. Are you spending more and more time with people who use the same drug as you? \_\_\_\_\_
14. Do you think about the drug when you're not high, figuring out ways to get it? \_\_\_\_\_
15. If you stop taking the drug, do you feel bad until you can take it again? \_\_\_\_\_
16. Does the drug interfere with your ability to study, work, or socialize? \_\_\_\_\_
17. Do you skip important school, work, social, or recreational activities in order to obtain or use the drug? \_\_\_\_\_
18. Do you continue to use the drug despite a physical or mental disorder, or despite a significant problem that you know is made worse by drug use? \_\_\_\_\_
19. Have you developed a mental or physical condition or disorder because of prolonged drug use? \_\_\_\_\_
20. Have you done something dangerous or that you regret while under the influence of the drug? \_\_\_\_\_

The more times you answer yes, the more likely it is that you are developing a dependence on the drug. If your answers suggest dependence, talk to your physician or a counselor about taking care of the problem before it gets worse.



2014



**Did you know...** Channel 17 announces school closings?



2014



# NOTICE TO HANRATTA TENANTS FOR SHOWER CLEANING INSTRUCTIONS

**Always read the label of a product before  
using it on an acrylic surface!**

## RECOMMENDED CLEANING PRODUCTS

- Soft Scrub with Bleach
- Clorox Cleanup
- Non Abrasive soap and water
- Formula 409 (not extra strength)
- Glass Plus
- Liquid Comet
- Mr. Clean
- Spic & Span liquid
- Windex
- Fantastik

**DO NOT use the products below!**

**THEY COULD CAUSE PERMANENT DAMAGE. USE OF THESE TYPES OF  
PRODUCTS WILL VOID THE WARRANTY!**

- NO abrasives
- NO Pine Cleaners
- NO Lestol
- NO Dow Bathroom Cleaner
- NO Draino or Foam Cleaners
- NO Vim Cleanser
- NO spray on leave on
- NO Alcohol
- NO Acetone
- NO Whitecap
- NO Shower Shine
- NO Lysol products

**No spray aerosol cleaners of any kind!**

## Jobs, Jobs, Jobs!

Many times when we hire contractors they look for individuals close by to help out. You never know if something may come of it or not. If you are interested in putting your name in the file, send a resume, or just a letter of what you would like or can do the best. Is it office, labor jobs, whatever let us know. We will keep a file that we will show interested contractors so they can find the best suited person for the position.

## Large Bulk Items

### Notice to all tenants

Large bulk items can ONLY be placed out for pick up the night of garbage. If anyone places any large items such as couches, large furniture, washing machines or any items on a non-scheduled garbage day, you will be charged for the removal. The reason is that we cannot continually pick up this type of material. Also, it looks very unsightly.

# Fun For Kids

## HOLIDAY WORD SEARCH

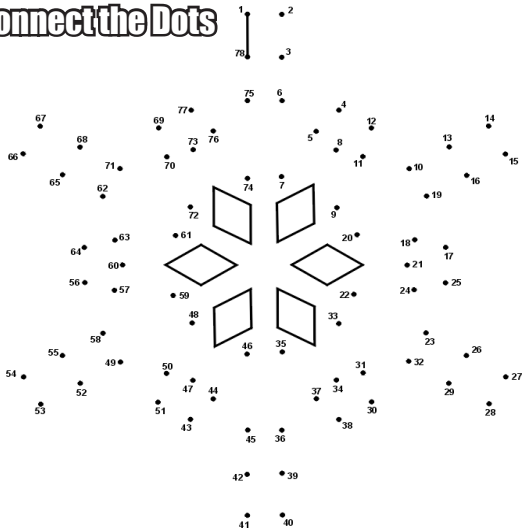
U Z F H R U D O L P H P U H U  
 N U V A Y E L L E B A R W N T  
 L O S I G T I L S C U P I D E  
 T E R A X L S N A M W O N S M  
 S S P T N E J O D B R H R E O  
 T T R S H T N I R E H S A D C  
 N O E L U P A A K F E K T Y H  
 Y C S E W G O C C Z X R S E T  
 B K E D R R A L L Y Y O T N A  
 G I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

BALL  
 BELL  
 BLITZEN  
 CANDYCANE  
 CHIMNEY  
 CHRISTMAS  
 COMET  
 CUPID  
 DANCER  
 DASHER  
 DONNER  
 ELF

FROSTY  
 GIFT  
 GINGERBREAD  
 NOEL  
 NORTHPOLE  
 NUTCRACKER  
 PEACE  
 PRANCER  
 PRESENT  
 REINDEER  
 RUDOLPH  
 SACK

SANTA CLAUS  
 SLED  
 SNOWMAN  
 STAR  
 STOCKING  
 SUGARPLUMS  
 TOY  
 TREE  
 VIXEN  
 WORKSHOP  
 WREATH

### Connect the Dots



### Find Your Way Through the Maze



2014



# Maintenance..



2014



## THIS IS MICE SEASON!

If you see any signs of mice call us right away.

Mice reproduce very quickly. Be sure your outside garbage cans are tight and no food is laying around both inside or outside.

### Refrigerator Seals & Gaskets

“It was just a spill. I’ll clean it up later.” Well, that spill may have just cost you over \$100 if we need to replace the gasket on the door. It’s important to keep your door gaskets clean. If they aren’t kept clean, they can stick to the Refrigerator and cause cracks and tears. If the gaskets are cracked or torn, cold air will escape. This just adds to the run time and can cause other problems. Our tenants are responsible for properly maintaining their appliances. If they do not, they will be charged for the repairs. Don’t waste your money.

**\*\*REAC Pre-inspection of all common areas at Quinn & Hanratta will be held on December 8th**

## 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.



If you have toilet bowl stains, we have a chemical that can help. Call the office for assistance. We will take care of the issue.

Are you having trouble with the pop up in your sink? If so, please give us a call so we can get it fixed.



## Van Rensselaer Village Apartments Granite Kitchen Countertops

We hope you are enjoying your apartment. To keep the granite kitchen countertops looking brand new these are a few recommendations:

- Wipe up spills as soon as possible.

DO

- Daily cleaning should be done using a cleaner approved for natural stone.
- Use a soft cloth or microfiber cloth for cleaning.
- Do not use harsh chemicals or abrasive cleaners.

DON'T

- Do not use citrus based cleaners.
- Do not use highly abrasive scrubbing tools such as steel wool or scouring pads.
- Cooking oils, wine, tomato sauce, etc...can stain the granite. Wipe up any spills as soon as possible.

PROACTIVE PROTECTION FOR YOUR FLOOR

- If your countertop becomes cracked, chipped or stained notify the Housing Authority as soon as possible.

# OXYGEN

The single most important cause of COPD is cigarette smoking, and a significant number of patients continue to smoke despite being on home oxygen therapy. Recent surveys show the percentage of home oxygen users still smoking to be between 14% and 51%. Those that smoke while using oxygen expose themselves and those around them to the risk of fire and serious burns. The fire and burn injury risk of home oxygen use is increasingly being recognized but the actual incidence of burns in home oxygen users is unknown as many cases are likely to be unreported.

Most patients on home oxygen use nasal cannulae. Nasal cannula tubing is a polyvinyl chloride product which, when ignited, emits an intense flame, possibly owing to the release of highly flammable vinyl chloride gas.

Needless to say, smoking while on oxygen therapy significantly compromises the effectiveness of the therapy, as well as presents a serious safety hazard. Therefore, to smoke while on oxygen therapy is not a good idea!



## To all Housing Authority Residents

If you are having a problem with leaky faucets or running toilets please advise the office or maintenance staff so that we can fix



the problem quickly. Also if you see any condition that you think war-

rants attention please tell us. Remember this is your home and we want it to be well maintained and as safe as possible.

## Home Oxygen Therapy and Cigarette Smoking: A Dangerous Practice

Oxygen as a therapeutic agent was first introduced in 1922 and since then it has become an important form of home therapy for chronic obstructive pulmonary disease (COPD). Its use has increased dramatically over the last 20 years.



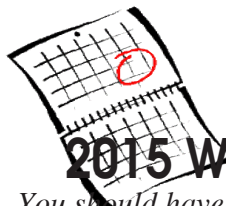
2014



# Announcements...



2014



## 2015 Watervliet Calendars

*You should have received your new 2015 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 of our calendar and hope you find it useful. If you don't receive one and want a calendar, please stop by the office or call us. You can also request one by e-mail to [cpatricelli@WatervlietHousing.org](mailto:cpatricelli@WatervlietHousing.org).*



REAC inspections for Hanratta and Quinn will be on January 6 and 7. They will be inspecting 20 random units. If you have any work orders **PLEASE CALL THE OFFICE BEFORE THESE DATES!** \*HANRATTA INSPECTIONS WILL BE AT 1:00 PM ON THE 6TH AND QUINN ON THE 7TH

## Attention All Tenants

Now you can go online and view your balances, account information, and even your open and past work orders! Just go to the WHA website and click on the link to the portal to log in. You can sign in using your first initial and your last name as your username and the last 4 digits of your social security as your password. For more details call the office!

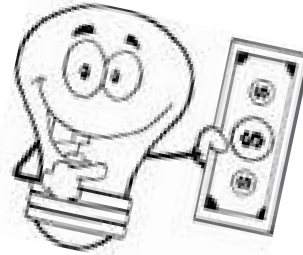
## ARE YOU GOING TO BE A HIGH SCHOOL GRADUATE THIS JUNE?

If so, NYSPHADA provides a scholarship of \$1000 to one graduating high school student. This scholarship is for high school seniors living in public or assisted housing. If you would like an application you can go to the housing office to pick one up.



## 2015 Utility Allowance Update

Site	BR Size	Current UA	January 2015 UA
NY25001	1	\$25.00	\$30.00
NY25001	2	\$35.00	\$35.00
NY25001	3	\$56.00	\$56.00
NY25001	4	\$68.00	\$68.00
NY25002	1	\$25.00	\$30.00
NY25002	2	\$35.00	\$35.00
NY25002	3	\$56.00	\$56.00
NY25002	4	\$68.00	\$68.00
NY25003	1	\$25.00	\$28.00
NY25004	2	\$115.00	\$85.00
NY25004	3	\$118.00	\$93.00
NY25004	4	\$176.00	\$112.00
NY25005	1	\$30.00	\$30.00



### Holiday Tips for maintaining your good health

The opportunities to eat around the holidays seem endless, beginning on Halloween and not ending until New Year's Day. Toss in an out-of-control list of things to do – from parties to host and attend to gifts to wrap and ship – and it's no wonder most of us pack on the holiday pounds.

Before the frenzy begins, establish a plan and detailed schedule for how you will manage all the things you need to do between now and New Year's Day. A few ideas to help ease the holiday stress:

- Consider shopping online
- Send out a holiday newsletter or photo card to everyone on your list
- Scale back your social calendar to allow some down time to enjoy the spirit of the season

Even though it seems impossible to squeeze in more activities, your fitness routine is a priority. Physical activity of any kind, whether working out at the gym, doing a fitness tape at home, fast walking at the mall or going for a daily walk – helps you cope with stress while it burns calories and keeps muscles strong.



2014



2014

Page 16

### Laundry Room Tips!

We would like address the recent problems with the Laundry Room machines. In the future when using the new front loading washing machine you need to use a certain type laundry detergent which, is made by several different bands. Please look for HE on the label this is not a brand but, a type of detergent. Failure to use HE detergent in the new frontloading washing machine will cause ongoing problems. Once again we apologize for any inconvenience you incurred.



#### HOROSCOPE

With the Sun in adventurous Sagittarius through December 22, expect plenty of fun holiday fire in the air! You've enjoyed loads of forward momentum on the creative front since midsummer, when lucky, expansive Jupiter first moved into Leo. When Jupiter goes retrograde on December 8, you can -- and should -- slow down to reflect on all the breakthrough ideas you've hatched over the past year. Now, it's time to figure out how to tweak and refine your pet projects.



The weekend of December 13 is ideal for holiday soirees and family gatherings, so consider it your pre-game for the party season! Paste a red heart emoji on your calendar for the December 14, when the Sun joins with jolly Jupiter (Sagittarius' ruler). But the definitive transformation of the month happens on December 24, when Saturn moves into Sagittarius -- a pairing that will bring a whole new set of rules for 2015!

Happy Holidays!

2400 Second Avenue, Watervliet, NY 12189

# Watervliet Housing Authority

Charles V. Patricelli, Director

December 2014