

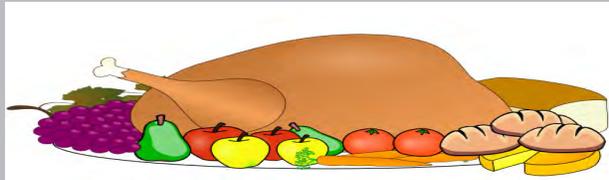


Cohoes Housing Authority



November 2014

www.cohoeshousing.org



Board Meeting at Manor Sites

The CHA Board of Commissioner's next scheduled meeting will be held on **November 18h at 6pm** in the Manor Sites Conference Room. Everyone is invited.

Administration Office

100 Manor Sites, Cohoes, NY 12047

Tel: (518) 235-4500 • Fax: (518) 235-8120

After Hours Maintenance Emergencies: (518) 235-4535

BOARD OF COMMISSIONERS

Charles Alonge	Chairperson
Walter Harbacz.....	Vice-Chairperson
Carolyn Dion.....	Commissioner
Wil Hebert.....	Commissioner
Shawn Higgins	Commissioner
Colleen Mayo.....	Tenant Commissioner
Melanie Taylor.....	Tenant Commissioner

STAFF CONTACTS & PHONE EXTENSIONS

Administration

Charles V. Patricelli	Executive Director	117
Katherine L. Oliver	Office Administrator of Operations	117
Edie Duncan	Clerk	122

Comp/Grants/Maintenance

RJ Langlais	Mod Coordinator	125
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Section 8

Josephine M. Shufelt	Housing Eligibility Assistant	120
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Tenant Relations

Sherry Muzio	Tenant Relations Officer	113
Janice L. Medina	Sr. Account Clerk	111



Offices Closed:

- November 4 - Election Day
- November 11 - Veteran's Day
- November 27 - Thanksgiving
- November 28 - Day after Thanksgiving

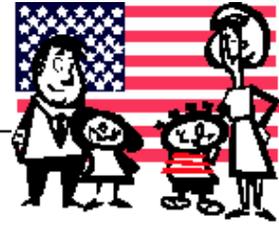
Look inside for info on:

- **SS/RH Apt. Inspections...page 3**
- **Holiday Hope..page 5**
- **Equinox Dinner..page 6**
- **Know your Community..page 8**
- **Around the Authority..page 10**

Quick tips for time-outs



- During a time-out, your child shouldn't be allowed to do anything fun or interesting
- Pick a place without toys or other things to play with or look at
- Briefly explain that it's time to take a time-out
- Don't speak when you take your child to the time-out place
- If your child resists a time-out, be firm
- Time-outs should last 1 minute for every year of the child's age
- Keep track of the time by using a watch — time-outs seem longer than they really are
- Stay calm. Don't respond to your child's back talk or complaints
- Do something to help shift your attention away from your child's misbehavior
- Continue the time-out until your child is quiet for 30 seconds to 1 minute
- If your child does not behave after the time-out, start another one



Sound like your house?

My Parents...

AT SEVEN: My Parents—They are the smartest people in the world; they know everything.

AT SEVENTEEN: My parents don't know as much as I thought they did.

AT TWENTY-ONE: My parents don't know anything compared to me—they just don't understand the younger generation.

AT THIRTY-FIVE: My parents know much more than I thought they did. They were really quite worldly-wise.

AT FIFTY: My parents were always right. Everything they did was for my benefit.



News at the Authority



ATTENTION SARATOGA SITES/ROULIER HEIGHTS RESIDENTS

As you may be aware, HUD mandates REAC inspections of a select number of units annually or semi-annually. In preparation for these inspections, we will be performing pre-inspections of your units as follows:

Saratoga: November 10, 2014 - November 14, 2014

Roulier: December 8, 2014 – December 12, 2014

As a reminder, please report any and all maintenance issues to the main office so that we can stay on top of repairs prior to inspection.

We appreciate your cooperation in assisting us to continue to provide you with quality housing.

Please consider this your notice and we reserve the right to enter your unit on the above dates. You do not need to be present at the time of inspection.

Thank you,

CHA Management

Make sure we've got your number!

Please be sure to provide updated phone numbers to the office in case we need to notify you of any emergencies. Many times we don't have time to send out letters and the phone is the only way to contact you in a hurry.

Cohoes
Housing
Authority

Swine Flu Tips!

- Get your flu shots when available.
- Wash your hands often.
- When sneezing or coughing use your shirt sleeve to block the spread.

Also, we know that our seniors and our youngest children are most vulnerable, so we purchased a hand sanitizer dispenser for our McDonald Tower seniors to use. Hopefully by working together, we can reduce or help eliminate the possibility of getting the flu.



**Remember ALL
air conditioners
must be removed
from the windows!**

We 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.

They had to be out by October 15th. Please cooperate!

Why report your income?



We have recently conducted several investigations using a new HUD program called EIV. This program allows CHA to view the current income of

all household members living in public housing. As result of these investigations CHA has evicted one household for fraudulently not reporting income. The Cohoes Police Department will investigate any matters regarding fraud. Another investigation resulted in a \$3,000 back charge for rent. The household will need

to pay towards this amount each month, as well as keep current on their rent or face eviction. The final investigation we would like to make you aware of is a tenant was back charged \$600, this amount was received at court 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.



Cohoes Holiday Hope



Dear Residents,

We are excited to announce the new and improved Holiday Hope program, which is a collaboration of several agencies within Cohoes. This year, parents/legal guardians will have the opportunity to shop for the gifts they give their children by either 1) earning “Holiday Bucks” or 2) purchasing gifts at 75% off retail value. “Holiday Bucks” can be earned through a variety of school and volunteer opportunities. Please contact or stop by the office to pick up the program details and application.

A GOOD NEIGHBOR POLICY

Be considerate of your neighbors and do not play any musical instrument, radio or TV in such a manor to disturb others between the hours of 10pm and 8am. The City of Cohoes has a noise ordinance, so please be considerate or you could face both fines and eviction.



Sooner or later you discover that life is a mixture of good and bad, give and take. You learn it doesn't pay to be a sensitive soul and you should let little problems pass. You learn that those who lost their temper will usually lose out. You learn that another person's gripe shouldn't be taken too seriously. You learn that carrying a chip on ones shoulder is the easiest way to get into a fight. You learn that the quickest way to become unpopular is to carry tales and gossip about others. You learn that even the maintenance men and the office personnel are human. And that it doesn't do any harm to smile and say good morning, even if it's raining. You learn to sympathize and have patience with young ones because you too at one time were young. You learn that people are not any harder to get along with in one place than another if they mind their own business and that getting along depends about 98% in taking care of your own behavior. Before you go off for a fight or while you are discussing a problem, remember the Rotary's Club Motto, which is a businessman organization:

- First: is it the truth?
- Second: is it fair to all concerned?
- Third: will it build good will and better friendships?
- Fourth: will it be beneficial to all concerned?



Regardless who pays for the utilities, we need to save our earth's valuable resources

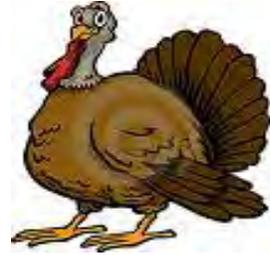
Cohoes Housing Authority

At The Authority....



NO Parking Zones

Our Maintenance personnel have reported that vehicles have been parking in designated NO PARKING areas, especially in front of the shops. You will receive one warning. If you get caught again, your car maybe towed! Don't risk a towing charge in excess of \$125. These areas are kept clear for your safety.



*Annual
Equinox
Thanksgiving
Day Dinner*

If you are in need of a Thanksgiving Dinner for you and your family, contact the office at 235-4500. All requests **must** be received by 3PM on 11/14. Equinox will deliver the dinner(s) to your home on Thanksgiving Day, 11/27, between 9 am and 1pm. You have to be home to receive the meals. They will not be left at your door. For more information, please call the above number.

ATTENTION:

Washing Machine Issues

If you have a washing machine in your unit you need to be aware of any problems it may be having. We have had ongoing issues with tenants that are not reporting their leaky washing machines or hook ups to the office. This causes damage to the floors and walls that can result in very costly repairs which have and can exceed \$3,000.00!.

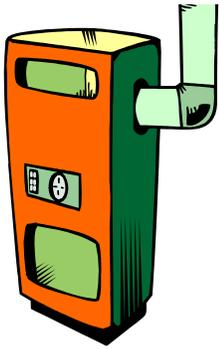
Inspect your machine often, as well as the hoses to ensure there are no leaks. If you see water puddling around or near your machine or dripping from the hoses or the valves, call the office and report it **IMMEDIATELY**.

ANY DAMAGES CAUSED BY A TENANT FAILING TO REPORT AN ISSUE WITH THEIR MACHINE WILL BE CHARGED TO THAT TENANT. So report the issues as soon as you see them to avoid the damage and the hefty charges.

Thank you for helping us in continuing to provide you with quality housing. And remember to call the office at 518-235-4500 to report any and all maintenance issues. Thank you and have a great fall season!

ATTENTION TENANTS:

PLEASE MAKE SURE ALL VEHICLES ARE REGISTERED AT THE OFFICE. IF WE SEE CARS PARKED IN THE COHOES HOUSING AUTHORITY PARKING LOTS WITHOUT PARKING STICKERS **THEY WILL BE TICKETED AND TOWED.** IF YOU HAVE A VEHICLE THAT IS NOT REGISTERED, PLEASE BRING IN YOUR REGISTRATION AND WE WILL GIVE YOU A PARKING STICKER.



Attention: Saratoga Sites & Roulier Heights

Tips for Boilers

As you know part of CHA's energy upgrades has been the installation of new boilers in most of your units. These boilers are VERY energy efficient, however, have a certain way they operate. Here are a few ideas to help you get the most out of your new boiler:

- **When calling for heat; Do not turn your thermostat way up and then down. Maintain a consistent temperature. If you turn it up very high you will not notice a change in temperature for a long time.**
- **There are now air sensors outside for the new boilers. If the temperature outside is higher the boiler will adjust the temperature of the water to allow for appropriate heating temperature.**
- **Do not use hot water in multiple locations. The boiler can only produce a certain amount of hot water at once.**
- **When filling the tub. Try filling it slower. This will allow the boiler to make enough hot water to fill your tub.**
- **If you have any issues report them to the office so we can have them addressed.**

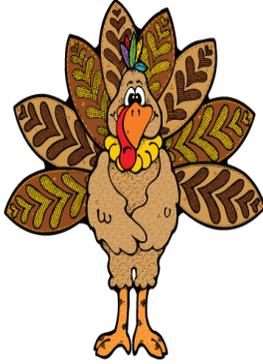
Thank you for your cooperation in improving our sites to continue to make them a great place to live!



Know Your Community

City of Cohoes 51st Annual Turkey Trot!

The City of Cohoes will host the 51st Annual Cohoes Turkey Trot the morning of Thursday, November 27 rain or shine. Races will begin at 8:30 a.m. at the front entrance of City Hall.



There is no cost to participate in the Cohoes Turkey Trot, however, participants are asked to bring a non-perishable food item to be donated to a local food pantry. Registration is being accepted online at https://www.zippyreg.com/online_reg/registration.php?eventID=464

Shirts will be provided free of charge to all participants 18 years of age and younger and are available for purchase to all other participants for a cost of \$12.

PLEASE REGISTER ON-LINE BY NOVEMBER 13TH TO RECEIVE A SHIRT. NO BY MAIL OR ONLINE REGISTRATION WILL BE ACCEPTED AFTER NOVEMBER 13, 2014.



Success at the COATS FOR THE COMMUNITY!!

Thank you to all who helped spread the word about this great day! A large number of coats were distributed to adults and children throughout the Cohoes, Watervliet and Green Island community's. We would like to thank Kathy from Our Ladies Of Charity's, Cohoes Community Center, Holy Trinity Church, Cohoes & Watervliet Housing Authority's, Immaculate Hear of Mary and the many many volunteers that made this possible!

Important Info.....

Pet Policy

A cat may not exceed 15 pounds at full growth. All cats must be spayed or neutered and documentation of this must be furnished to the Housing Authority. Tenants MUST provide documentation from the Veterinarian or medical facility of all required shots. Documentation for yearly checkups and shots must also be submitted. Failure to submit required documentation would be grounds for termination of tenancy.



A \$100.00 returnable pet security deposit must be placed before the pet is admitted to the development and will be returned upon move out or removal of the pet after a full inspection of the dwelling unit is done and no damages are found. The Housing Authority reserves the right to do quarterly inspections for pet damage.

Zero Tolerance for Drug Use!

The Cohoes 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.

Maintaining Your Apartment

You will be expected to keep the interior of your apartment clean and neat at all times. Accumulations of garbage and filth are both unsanitary and pose a health hazard to other tenants. Inspections will be done by management periodically to ensure the upkeep of all apartments. If you have difficulty maintaining your apartment, you may wish to contact the office to obtain home aide services. The authority maintains a policy by which it can evict a tenant who does not cooperate in keeping their apartment a clean and safe place to live.

Your home and complex is judged by its appearance. With the cooperation of every tenant it could look like luxury apartments. When you see children or adults throwing papers, bottles and cans on the ground, explain that they should set a good example by picking up litter. It is your home and a reflection on all of us.

If you wish to plant bushes, shrubs or flowers, you must receive permission and must maintain them. If you neglect their care we will remove them so it will not present an unsightly unattractive appearance.

Fences are not allowed.



Around the Authority



Garbage Chutes at the Towers

It has been brought to our attention that some tenants are leaving items in the garbage rooms. Small appliances or other household items are to be brought outside to the dumpster. Glass and recycables are to be placed in the appropriate containers. Cat litter, glass, needles, etc., are NOT to be thrown down the chute. Thank you for your cooperation.



Don't want to get towed?

Get a Parking Permit!

Please remember that tenants are required to obtain parking permits for each of their vehicles. Vehicles without parking permits may be towed.



HUD Energy Conservation Campaign

“Commit to Conserve”

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 VEHICLE INFORMATION!** If you changed your PHONE 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. We must do this to provide safe walking and driving conditions for everyone.



Did you know?

To Kill Ticks: Dry clothes, then wash them

Yes, you read that right: One of the best ways to make sure that Lyme disease-carrying ticks aren't clinging to your clothing after you do yard work or go for a walk in the countryside is to first tumble your clothes on high heat in the dryer and then wash them.

And that's because the stubborn little suckers don't drown, but they do bake.

While the [Centers for Disease Control and Prevention](#) (CDC) recommends drying your clothes for an hour as a precaution, a clever Massachusetts teenager has discovered that a much shorter amount of time will also kill ticks — a good thing to know as summer [Lyme disease season](#) approaches. The [Boston Globe reports](#) that 16-year-old Jacqueline Flynn found that even five minutes on low heat will work. Her project has won some top science prizes and attracted the attention of the CDC.

According to the Globe: "This could have significant implications for Lyme disease prevention," said Christina Nelson, an epidemiologist at the CDC's office in Fort Collins, Colo., who became intrigued by the teenager's finding. "If it is true that five minutes in a dryer kills ticks versus a full hour, that is a lot easier for people, and that could also spark further investigations."

Tick expert Thomas Mather, Ph.D., of the University of Rhode Island and its [TickEncounter Resource Center](#), told Boston radio station WBUR's [CommonHealth blog](#) that a fairly quick spin in the dryer can kill nymphal deer ticks that carry [Lyme disease](#). Washing, even in hot water, will *not* kill ticks, he emphasized — only dry heat will.

Lyme disease, which is caused by bacteria transmitted by a tick bite, can cause fever, headache, aches and fatigue. If left untreated, it can spread to the joints and the heart. There were 22,000 confirmed cases in 2011, the CDC says, although the agency estimates there were probably closer to 35,000. The disease is most common among boys ages 5 to 9, and adults ages 40 to 65.

Here are some of the TickEncounter Resource Center's tips:

Dry first, then wash. After being outside, especially if you live in tick-infested areas, immediately take off clothes and throw them in the dryer. Deer ticks are most susceptible to drying, while American dog ticks, lone star ticks and other *Amblyomma* species are more robust. To be sure that each species achieves fatal crispiness, leave clothes in the dryer on high for 15 minutes.

Add 5 minutes for electric dryers. In the center's study, gas dryers got hotter than electric dryers, so you might want to add five minutes to the tumbling time if you own an electric dryer.



Thanksgiving



The first Thanksgiving began at some unknown date between September 21 and November 9, 1621, most likely in very early October. Thanksgiving was not celebrated the following year, or any year thereafter. Several presidents, including George Washington, made one-time Thanksgiving holidays. In 1827 Mr. Sarah Joseph Hall began lobbying several presidents for the naming of Thanksgiving Day as a national holiday, but she was not successful until 1863 when Abraham Lincoln finally made it a national holiday with his 1863 Thanksgiving

Proclamation. Today our Thanksgiving is the fourth Thursday of November. This was set by President Franklin D. Roosevelt in 1939 and approved by Congress in 1941.

Veterans' Day

Veterans' Day is the name for the day formerly known as Armistice Day. It falls on November 11, the anniversary of the signing of the agreement that ended World War I.

Armistice Day was first celebrated in the United States by President Woodrow Wilson in 1919, and many states made it a legal holiday after that. Congress made it a legal holiday nationwide in 1939.



Recycling

At the Authority we are very concerned with providing the best living environment possible for everyone. Our concern is not only locally but globally. We can do this by recycling as much as possible; reducing the garbage stream that otherwise would end up in a landfill. At the Cohoes Housing Authority, recycling is made easy because we can commingle material such as paper, glass, and plastics. By making recycling a priority we reduce overall costs and more importantly have a positive impact on the environment. By doing your part you benefit yourself and future generations by reducing pollution. Here are some facts:

- Recycling one aluminum can saves enough energy to run a TV for three hours!
- We use over 80,000,000,000 aluminum soda cans every year.
- The energy saved by recycled just one bottle could light a 100-watt bulb for 4 hours
- Paper made from recycled paper uses 70% less energy