



Cohoes Housing Authority



October 2014

www.cohoeshousing.org

WE'RE ON...

facebook



Board Meeting at Manor Sites

The next regular meeting of the CHA Board of Commissioners will be held on October 21st at 6PM in the Manor Sites Community Room.

Administration Office

100 Manor Sites, Cohoes, NY 12047
Tel: (518) 235-4500 • Fax: (518) 235-8120

BOARD OF COMMISSIONERS

Charles Alonge	Chairperson
Walter Harbacz	Vice-Chairperson
Wil Hebert	Commissioner
Carolyn Dion	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
Eddie Duncan	Clerk	122

Comp Grants

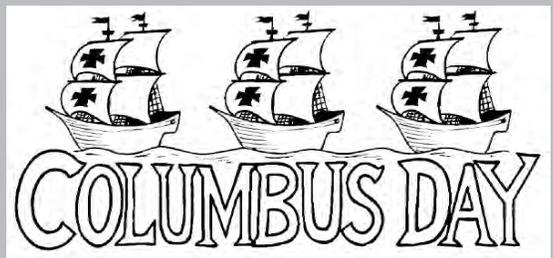
RJ Langlais	Moderization Coordinator	125
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Section 8

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



Office Closed

The CHA offices will be closed on Monday, October 13th in lieu of Columbus Day.

Look inside for info on:

- Charges for Work Orders...page 3
- Snow Removal Policy...page 6
- News at the authority...page 7
- Know Your Community...page 10
- A/C Units in windows..page 11

Community Service Update



If you're over 18 years of age and under 62 and don't work more than 20 hours a week you may be required by law to perform 8 hours of community service

each month. Please call Sherry Muzio between 8-12 for questions or additional information. Review current volunteer opportunities in over 100 communities listed at the American Red Cross:

VolunteerMatch.org Web site:
<http://redcross.volunteermatch.org>



What kind of role model are you?

Almost two-thirds (62%) of high school teens surveyed say their parents talk on a cell phone while driving. Almost half, 48%, say their parents speed, and 31% say their parents don't wear a safety belt.



Important CHA Numbers

- Office: 235-4500
- Emergencies: 911
- Maintenance Emergencies (after hours): 235-4535



Halloween

Halloween is an annual celebration, but just what is it actually a celebration of? And how did this peculiar custom originate.

The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1, "All Hollows Day or All Saints Day" is a Catholic day of observance in honor of all the saints.

The custom of Halloween was brought to America in the 1840's by Irish immigrants fleeing their country's potato famine. At that time, the favorite pranks in New England included tipping over outhouses and unhinging fence gates.

The custom of trick-or-treating is thought to have originated with a ninth-century European custom called souling. On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes," made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death and that prayer could expedite a soul's passage to heaven.



National Breast Cancer Month

October has been designated National Breast Cancer Awareness Month in order to promote awareness of breast cancer issues. Although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. Women should take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare providers, adhering to prescribed treatment, and knowing the facts about recurrence.



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.

Charges for work orders

Tenants are encouraged to call in work orders before the problem is an emergency. The CHA will not charge for wear and tear of the materials or the labor time. We know items wear out and need to be replaced but when the item is damaged and it could be an accident we have to charge for the repairs. We work very hard to get the best prices on materials but it all adds up. If a man is called out for an overtime call we have to pay him for his time. This is why we needed to raise the lock out charge to cover the cost for his time. Please consider leaving a key with a friend or neighbor to call in the event you don't have your key.

We here at the CHA want to provide quality work and housing for everyone. If we make a mistake on a repair, call us. If something doesn't work right, let us know. We are here to help you. If you have any questions, please let us know.

Want to get a hold of us?

Try email, it is the best way of getting us and the quickest way of getting a response. Please, make it short and to the point so we can respond easier, please don't write a book, we can't read them as easy nor can we really determine the issue.

The old days!

Years ago residents used to sweep their porches, pick up litter and plant flowers. That doesn't happen as much as before. We need them back. Even though you don't own your own home, this is your home and what it looks like in the front is a reflection on you too. We can't be everywhere and we want to get those weeds pulled up in the front of your house and plant flowers but we have so much to do that we can't always get to it in time.

Please, try and remember how your grandmother took care of their home and let's instill that into our kids. We lead by example so our children will only know what we teach them to do.

Domestic Violence Awareness Month

Domestic violence (also known as domestic abuse, spousal abuse, or intimate partner violence) occurs when a family member, partner, or ex-partner attempts to physically or psychologically dominate another. Domestic violence, or spousal abuse, often refers to violence by one spouse against the other, but can also include violence between cohabitants and unmarried intimate partners. Domestic violence occurs in all cultures, and people of all races, ethnicity, religious, sexes and classes can be perpetrators of domestic violence. Domestic violence is perpetrated by both men and women.

Domestic violence has many forms, including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation, and threats of violence. Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse is not criminal behaviors in some legal systems, they are forms of abuse and can lead to criminal violence.

According to the Centers for Disease Control, domestic violence is a serious, preventable public health problem affecting more than 32 million Americans, or more than 10% of the U.S. population.

**HOW TO REMOVE PERMANENT MARKER
FROM EVERYTHING**



CLOTHES – USE HAND SANITIZER
WALLS – USE TOOTHPASTE OR HAIRSPRAY
WOOD – USE RUBBING ALCOHOL
CARPET – USE WHITE VINEGAR
FURNITURE – USE MILK
WHITE BOARD – USE DRY ERASE MARKER OR PENCIL RUBBER ERASER
CERAMIC OR GLASS – USE 1 PART TOOTHPASTE WITH 1 PART BAKING SODA

Drug Tip Hotline

Illegal drugs are a major problem in our country. The Cohoes Housing Authority is no exception. Recently we lost one of our young tenants to an overdose of illegal drugs. What a shame! What a crime— in more ways than one. If you know of any illegal drug activities, please call the Drug Tip Hotline at 233-2161. ALL INFORMATION IS TOTALLY CONFIDENTIAL.

Range and Refrigerator Care

Kitchen appliances should be thoroughly cleaned on a regular basis. Greasy and dirty appliances are a fire hazard and can attract unwanted pests for which you will be held responsible. Don't forget to clean the stove hood and fan to keep them free of grease.



DID YOU KNOW...

Marijuana leads to a host of health, social and behavioral problems at a crucial time in kids' lives, when their bodies and brains are still developing. Marijuana use impairs learning and decreases motivation during kids' peak learning years.

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.



Fraud Prevention

The best way to stop fraud is when you find or suspect it, report it!

Fraud is a criminal act in which individuals steal taxpayers' monies from HUD and its programs. Tenants who make false statements regarding their income or family size, or alter official documents, are committing fraud.



Please, No Playing Ball!

Please remember that football, baseball, or any other type of ball playing is prohibited within all the complexes. Too many windows get broken and too many residents' cars are getting damaged because there is not enough room for ball playing. As of late, this has been a problem, especially at Roulier Heights.



REVISED

Snow Removal Policy

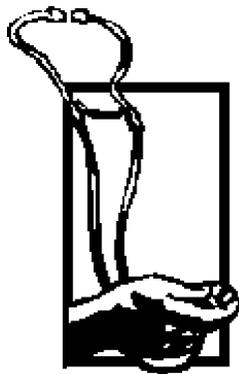
Again, winter has approached and with that comes the snow. We must plow to keep the lots safe and usable. We have revised our policy and all vehicles, at all sites, will need to be moved off site, by 9am the day following the storm. We cannot always



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!** 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.

*****ALL VEHICLES, AT ALL SITES, WILL NEED TO BE MOVED OFF SITE BY 9AM THE DAY FOLLOWING THE STORM.*****

Your full cooperation in this matter will be greatly appreciated. Your help is needed to keep the grounds plowed and cleared. This removal is necessary for your safety and for your convenience in having parking space cleared.



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.

News at the Authority

Attention McDonald Towers Residents

We have recently had issues with our garbage compactor that is fed from the garbage rooms on each floor. There were several bags of clothes as well as pieces of wood that were stuck in the unit and cost us time and money that is not overly available right now. We certainly hope this is an act of error and not that of a few inconsiderate people. Please read the signs posted on the garbage room walls that detail what should or should not be thrown down the chute. Small appliances or other household items must be brought outside to the dumpster. Cat litter, glass, needles, large bags and other items are NOT to be thrown down the chute.

Please be considerate of our staff and your neighbors when making these decisions. Thank you!

CHA Management

Attention All Tenants

Now you can go online and view your balances, account information, and even your open and past work orders.

Just go onto
smartsoftwarellc.com/ha_login.aspx
and you can log in to view your information.
For more details call the office!



Live-In's

There is no way to say it but it's simply FRAUD. Having someone stay at your apartment and not reporting it is fraud. Many think that "THEY" don't live there because they get mail at some other place, or they still say they live with their "mom", when in fact they haven't seen their mom in months. Staying in the apartment for more than 3 days and not reporting it is living there.



October: Fire Safety Month

Every October, the National Fire Protection Association celebrates Fire Prevention Week, which is the ideal time to review basic fire safety practices. October also marks the beginning of cooler temperatures in most parts of the county and concludes with Halloween, a holiday that kicks off the fall season of indoor and outdoor decorations such as lighted jack-o'-lanterns, ghosts and goblins -- which can produce fire hazards. It's important to bolster your fire safety knowledge in October to keep you and your family safe. Here are a few areas to be cautious of:

Heater Safety-As temperatures cool in October, you will probably want to use the heater to keep your home at a comfortable temperature. Taking precautions when heating your home on chilly October nights can reduce your risk of fire. Keep any flammable item at least 3 feet away from the heat source, advises the National Fire Protection Association. Turn space heaters off when you're leaving the room or leaving the house; space heaters, left unmonitored, can easily catch on fire.

Candle Safety-Candles are frequently used in Halloween decor. However, candles, while festive, pose a fire safety risk. When using candles as a part of Halloween decor, extinguish them before you leave the room; left unsupervised, a candle can start a fire. Ensure the wick is fully extinguished -- with no spark -- when you blow out the candle; otherwise, the candle can re-ignite as soon as you walk away.

Prevent Electrical Fires-Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits call the office right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.

Create An Escape Route – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.

Position Appliances Carefully – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.

Clean Dryer Vents – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.

IT IS CRITICAL YOU REPORT ANY FAULTY EQUIPMENT OR ISSUES TO THE OFFICE SO WE CAN REPAIR IT. TOGETHER WE CAN KEEP YOUR HOME SAFE AND PREVENT FIRES!

CALL THE OFFICE AT 518-235-4500 WITH ANY CONCERNS



Saving money on your energy bill is as easy as unplugging electronics when not in use!

For Your Information

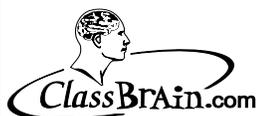
Halloween Safety Tips for Parents



-  Make sure your child s clothing is flame retardant. Review the stop-drop-roll exercise in case a costume catches on fire.
 -  Attach your child s name and address to the inside of their costume.
 -  Imitation knives, guns, and swords are not recommended costume accessories.
 -  Give children flashlights and/or reflective tape, especially if their costume is a dark color.
 -  Lighted pumpkins and luminaries should never be left unattended.
 -  Make sure all outdoor lights are operational.
 -  Buy fresh batteries for, and test, your home smoke alarms.
 -  Remove items kids could trip over from your walkway and doorstep.
 -  Keep dogs and other pets away from your front door, so that visiting children will not become frightened.
-
-  Set up a curfew for your older kids.
 -  Discuss the route trick-or-treaters intend to follow.
 -  Watch for signs of tampered candy such as loose wrappers.and check all treats before they are eaten. Throw away homemade or unwrapped treats. When in doubt, throw it out.
 -  Serve an early healthy dinner so the kids won t fill up on candy.
 -  Teach children how to dial 9-1-1 if they have become lost or have an emergency. (Remind them that 9-1-1 can be dialed free from any payphone).

A warning to all motorists on Halloween:

- ✓ Watch for children in the street and on medians while driving.
- ✓ Enter and exit alleys and driveways slowly and carefully.
- ✓ Watch for children in dark clothing.
- ✓ Avoid all unnecessary travel on Halloween evening.



ClassBrain.com is an educational resource site bringing you cool tools and tricks for your brain. Mind does matter....Soak it up!	Page 1 of 1
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Know Your Community

COATS FOR THE COMMUNITY!

They are in need of coats, especially childrens sizes. If you have any to donate, please drop them off at the Cohoes Housing office.

If you are in need of a FREE, gently used adult and/or children's coat, snowpants and are a resident of Cohoes or Watervliet:

COHOES

October 17 12pm-6pm

October 18 9am-12pm

Cohoes Senior Center, 10 Cayuga Plaza, Cohoes

WATERVLIET

October 22nd until exhausted

Watervliet Civic Center

14th St, Watervliet, NY 12189



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.



Air Conditioners In windows

All A/C units must be removed from apartment windows at Roulier Saratoga and Manor Sites by October 15th or there will be a charge of \$45. Please be sure to remove them by this date.



Emergency Notification Call System

The Cohoes Housing Authority was the first area agency to start a new system to help notify our tenants of emergencies, snow removal, or important messages that we feel you need to know quickly and as efficiently as possible. If we have your up to date phone number you will be called as long as their is an available person in the CHA to make the notification. This is a courtesy call, not a guarantee. Please call the office for any changes in telephone numbers, license plates or emergency contacts so you will be included in our system.

Smoke Detector Maintenance Policy



Your unit is equipped with one or more smoke detectors. You must ensure that the smoke detectors are operating at all times. Never disconnect a smoke detector for any reason.

The smoke detector has a red indicator light on its face. If your smoke detector is operating properly, this light will be lit. If the light is flashing and the smoke detector beeps every few seconds, the battery is low and needs replacement. If the light is not lit or flashing, the battery is dead or has been disconnected if it's electric.

If your smoke detector isn't operating and you need assistance notify the office immediately. If you fail to keep all smoke detectors in your unit operating at all times, you will receive one and only one warning. If you fail to comply with this rule a second time, we will have grounds for eviction.



Tenant's Insurance

It's cheap when you think of the alternative.

Losing everything you have and starting from scratch is no fun. Fire, water damage, or theft is not the responsibility of the Authority. You should contact your insurance agent, shop for quotes and take the best policy. Don't let someone say I told you so.

Columbus Day

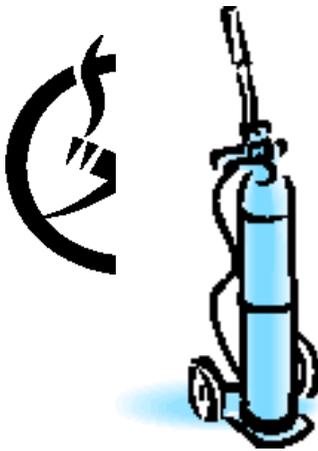


Christopher Columbus discovered America in 1492. At least that is what all elementary school children were always taught. Of course, Columbus never did “discover” North America and the regions he did explore were already inhabited. He only discovered them from the viewpoint of the Europeans. Yet his first voyage did prove one thing for sure, that the earth was not only round, but that it was bigger than he had thought.

One of the first known celebrations marking the discovery of the “New World” by Christopher Columbus was in 1792 when a ceremony organized by the Columbian Order was held in New York City honoring Christopher Columbus and the 300th anniversary of his landing in the Bahamas. Then on October 12, 1866 the Italian population of New York organized the first celebration of the discovery of America. Three years later in 1869 Italians in San Francisco celebrated October 12th, calling it “C-Day”.

In 1905 Colorado became the first state to observe a Columbus Day. Since 1920 the day has been celebrated annually, and in 1937 President Franklin Roosevelt proclaimed every October 12th as Columbus Day. That is where it remained until 1971 when Congress declared it a federal public holiday on the second Monday in October.

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.

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!