



Cohoes Housing Authority



September 2015

www.cohoeshousing.org

WE'RE ON.....



Board Meeting at Manor Sites

The CHA Board has decided to have their next board meeting in the Manor Sites Community Room on **September 22nd at 6pm**. Everyone is invited.

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
- Mark Pascale Commissioner
- Carolyn Dion Commissioner
- Shawn Higgings Commissioner
- Melanie Taylor Tenant Commissioner
- Colleen Mayo 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		
RJ Langlais	Mod Coordinator	125
Section 8		
Josephine M. Shufelt	Housing Eligibility Assistant	120
Tenant Relations		
Randall Wachunas	Tenant Relations Officer	113
Janice L. Medina	Sr. Account Clerk	111



A time to remember
9.11.2001



Look inside for info on:

- **Nassau Band/Cookout ...page 3**
- **Coats for the Community...page 6**
- **Fun for Kids...page 7**
- **Cohoes Holiday Hope...page 11**

For Your Information

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 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.



Schools 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!

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.

Cohoes Housing Authority

THANK YOU!!



The Cohoes Housing Authority would like to send a big “Thank You” to the the Nassau Community Band for visiting our McDonald Towers development. In addition, we’d like to thank those who helped in making the cookout a great time and huge success!!!!

Energy tip...

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

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?

Back to School!

When we think of September, one of the first things we think about is going back to school. Did you ever wonder how the public education system in our country began? The most preliminary form of public education was in existence in the 1600's in the New England colonies of Massachusetts, Connecticut, and New Hampshire. The overriding belief on educating the children was due to religious reasons.



Until the 1840's the education system was only available to wealthy people. Reformers who wanted all children to gain the benefits of education opposed this. They argued that common schooling could create good citizens, unite society, and prevent crime and poverty. As a result of their efforts, free public education at the elementary level was available for all American children by the end of the 19th century. Massachusetts passed the first compulsory school attendance laws in 1852, followed by New York in 1853. By 1918 all states had passed laws requiring children to attend at least elementary school. As the 20th century progressed, most states enacted legislation extending compulsory education laws to the age of 16.

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?

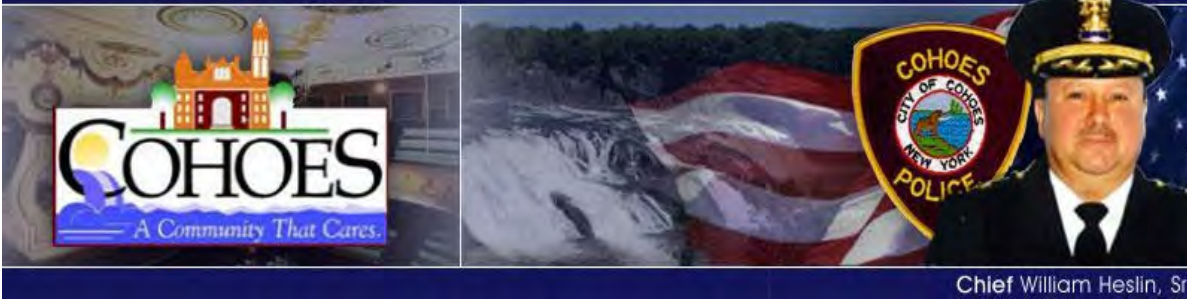
The following is a list of resources that offer assistance with alcohol and/or other substance abuse problems that you may experience either personally or through friendship with someone who experiences problems.

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



Chief William Heslin, Sr.

As soon as a child is old enough to articulate a sentence, he or she can begin the process of learning how to protect themselves against abduction and exploitation. Children should be taught all of the following safety measures and tips.

Who I am and where I live: Teach children about who they are including their full name, birth date, complete address, phone number (including area code) and their parents full names.

What I do if I can't find my parents: If you are in a public place and you get separated from your parents, don't wander around looking for them. Go to a checkout counter, the security office, or the lost and found. Tell the person in charge that you have lost your mom or dad and need help in finding them.

Check first: Always check with your parents, teacher or babysitter before getting into a car or going anywhere with any person. CHECK FIRST before going into a neighbor's house. CHECK FIRST before going anywhere. Your parents need to know where you are.

Use the buddy system: It's more fun and there is safety in numbers. You should not be wandering around the neighborhood after dark or alone.

Stay away: If someone follows you on foot or in a car, stay away from him or her. You shouldn't go near the car to talk to the people inside.

Don't assist adults: No one should be asking you for directions or to look for a lost puppy or to ask for assistance. Adults should ask adults, not children.

Run, scream, get away: If someone tries to take you away, your best defenses are your legs and your voice. Yell "This person is trying to take me." Or "This isn't my father (or mother)." Try to run and scream before they get too close. Call 911 from any phone. It's a free call, you don't need money.

Never hitchhike: Never hitch or try to get a ride home with anyone unless you have checked and your parents have told you its o.k. to ride with that person.

Don't keep secrets: Don't keep secrets that make you feel uncomfortable. No one should ask you to keep a special secret. Tell an adult that you trust.

Your body is special and private: No one should touch you in the parts covered by your bathing suit, nor should you touch anyone else in those areas.

Know that you are special: If you have a problem, - any kind of a problem - you can talk to your parents, a teacher, a counselor, your principal, a police officer or a friend of the family.

You can call 911: If you have an emergency, or are in a situation where you feel you are in danger, CALL 911. You will get help.



COATS FOR THE COMMUNITY!

Again this year the City of Cohoes and Ladies of Charity are working to help our kids and also adults get winter coats. The first phase is to get donations of winter coats that are clean and in good condition. These coats can be dropped off at the office of either the Watervliet or Cohoes Housing Authority and they will be delivered for distribution. Please spread the word to all your friends and family to see what they have and no longer need. Coats will be distributed on Friday, Oct. 16, 2015 1:30pm-6:00pm and Sat. Oct. 17, 9:00am-noon, at the Cohoes Senior Center, Cohoes. If you have any questions, please feel free to call the CHA Office.

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.

A Recipe For Parenting

- “The shoe that fits one person pinches another; there is no recipe for living that suits all cases.”

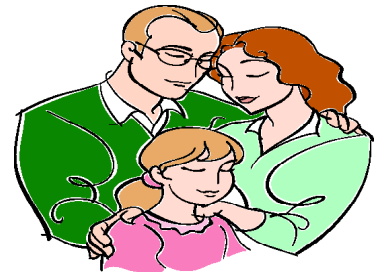
– Carl Jung

- 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.

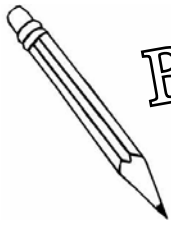
- You may wish your babies had been delivered with an instruction booklet — that there was one good way to do this — but, no. There are as many ways to parent as there are parents.

- 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

Fun For Kids



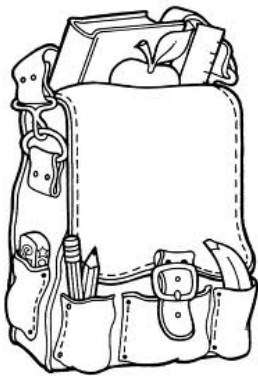
BACK TO SCHOOL

WORD SEARCH

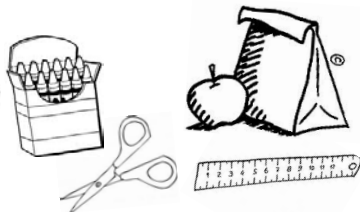


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G	U	V	V	T	C	U	N	O	M	P	L	H	Y	F
E	N	H	U	Q	E	I	D	Y	P	K	U	C	T	T
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BOOKS
SCHOOL
TEACHER
PENCIL
PEN
PAPER
PLAY
STUDY
HOMEWORK
READ
CLASSROOM
TEST
NOTEBOOK
LUNCH



WELCOME BACK!



Reading Machines at McDonald Towers

Seniors having problems reading your bills? We now have a Smart View Reading Machine. It is located in the Community Room. Give it a try read your magazine, papers.



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. Residents are reminded not to tie up the elevator when moving.



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.



Please Watch Your Trash

When you are throwing your trash in the dumpster, please make sure that it lands in the dumpster, not next to the dumpster. Trash left next to the dumpster is not only unsanitary, but encourages the spread of rats and mice.

To all Cohoes tenants: Looking for a job? This may be of interest!

If you have a GED or a high school diploma you are eligible to apply for a position to install Solar panels. The training is provided by Questar III and NYSER-DA. You must contact Rebecca Collins at 518-326-3565 or email at rcollins@questar.org

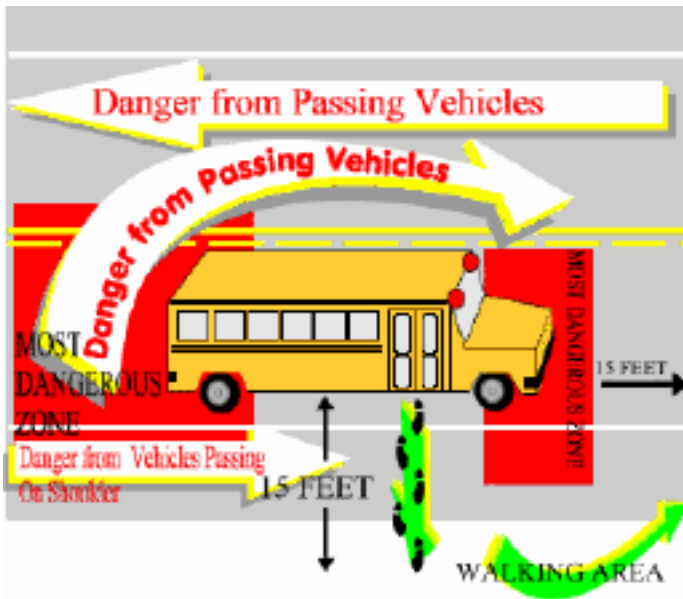
They will train you on how to install solar panels and then work for the many solar panel employers. If you're interested OR know someone that is seeking employment have them contact Rebecca now.

School Bus & School Zone Safety Kids Page

This sign means you are near a crosswalk in a school zone.



- When school is opening in the morning and closing in the afternoon, the area around the school is a very busy and crowded. There will be many children using the crosswalk.
- Car drivers, bikers and in-line skaters **must stop** to allow people in the crosswalk to cross the street.
- It is important to look carefully to the left, right and left again if you have to cross the street.



DANGER ZONES AROUND A STOPPED SCHOOL BUS When you are waiting for the school bus, you should wait at the bus stop, and stand well back from the curb.



When you get off the bus:

- Look to the rear of the bus before you step off the bottom step. Our friends at the Pupil Transportation Safety Institute tell us that more and more motorists are passing stopped school buses on the right shoulder - where the

door is.

- Take (five giant steps) straight out the bus door, and out of the danger zone.
- Make sure you have eye contact with the driver, and wait for the driver to signal you before you cross in front of the bus.
- **Never** go back for anything you have left on the bus.
- **Never** bend down near or under the bus.

Walking near school:

- When school is opening in the morning and closing in the afternoon, it is a busy and crowded area.
- There are children being dropped off or picked up by both school buses and parents.
- It is important to look carefully to the left, right and left again if you have to cross the street.
- If you must walk through parked traffic, stop and look carefully before stepping out from between vehicles.



flushable?

think again ...



The toilet is not a trash can.

Many items marketed as disposable and/or flushable do not degrade like toilet paper, and they wind up clogging pipes, tangling pumps and causing messy sewer backups into streets, businesses and homes.

So what CAN I do?

- Only flush human waste and toilet paper.
- Avoid purchasing "flushable" items. Clean with a sponge or rag that you can reuse.
- Compost your food waste.
- Discard hazardous materials such as used motor oil, antifreeze, etc. at the Household Hazardous Waste Facility.
- If it can't be reused, recycled or composted, please place it in the garbage.



What not to flush:

- Vitamins, medicines or other pharmaceuticals
- Diapers (cloth, disposable, or "flushable")
- Facial tissues
- Baby wipes, disinfectant wipes, moist wipes, etc.
- Toilet bowl scrub pads
- Swiffer products
- Napkins (paper or cloth), paper towels
- Dental floss
- Fats, oils and greases
- Sanitary napkins, tampons, condoms or any non-organic material
- Wash cloths, towels, rags, underwear (any cloth item)
- Plastic wrappers or packaging

Think before you flush.



City of Cohoes
Department of Public Works
(518) 233-2139
www.cohoes.com

Sons of the American Legion Chicken
Parm Dinner

Takeout - Saturday, September 26

11:30 am-6:00 pm

Prepay \$9.00

Where: American Legion Post 0476,

93 Oneida St, Cohoes, NY 12047

For more information call 235-4989.



Fall Pick-Up

The week of Sept. 21 - Sept. 25, the CHA personnel will be removing any junk or excessive household items that are out in the back of their apartments. Tenants need to clean up and remove any items otherwise CHA will remove them and charge the tenant.

Good news for Towers Tenants

We ordered new washers and dryers to be installed in the laundry room. We expect delivery at the end of September or early October. They are all brand new Speed Queen machines. While we're doing the switch over we plan on painting and installing a new tile floor. So the room will be down a few days.



Happy Birthday to all of our tenants who are celebrating this month!

Cohoes Housing Authority

Important info.....



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 anytime after September 21st.



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.

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:

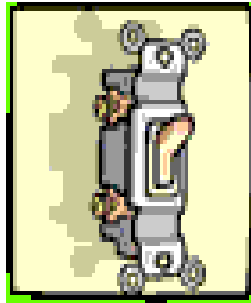
1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE.

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.

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.

Drug Tip Hotline

Illegal drugs are a major problem in our country. The Cohoes Housing Authority is no exception. If you know of any illegal drug activities, please call the Drug Tip Hotline at 233-2161.

**ALL INFORMATION IS
TOTALLY CONFIDENTIAL.**

Websites for Seniors



Here are some Websites of particular interest to people over 50. If you have a favorite site that you think others might enjoy, send the URL to:

Senior Spotlight, 25 Delaware Ave., Albany, NY 12210, or e-mail it to: spotlightseniors@seniorservicesofalbany.com

If you don't have a computer at home, you can access the Internet at most libraries and senior centers.

- <http://www.todaysseniors.com/>
- <http://aging.state.ny.us/>
- <http://www.consumeraffairs.com>
- <http://firstgov.com/>



Sewer Plugs, they can cost you!



We recently had a tenant that put a diaper into their sewer line. Naturally it plugged up the sewer causing a major mess. This tenant paid a lot of money to the tenant. They were responsible for the

mess and the time to clean it up.

Note to Self! Do not put anything like sanitary napkins, diapers, rags or anything in the sewer line. You risk causing a problem for us, your neighbors and a major expense to you. You also risk eviction for damage to the property.