



Cohoes Housing Authority



September 2016

www.cohoeshousing.org

WE'RE ON.....

facebook



Board Meeting at Manor Sites

The CHA Board has decided to have their next board meeting in the Manor Sites Community Room on **September 20th 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
- Shawn Higgins Vice-Chairperson
- Mark Pascale Commissioner
- Carolyn Dion Commissioner
- Jason Oliver Commissioner
- Donna Braman Tenant Commissioner
- Colleen Mayo Tenant Commissioner

STAFF CONTACTS & PHONE EXTENSIONS

Administration		
Katherine L. Oliver	Executive Director	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:

- **APARTMENT INSPECTIONS ...page 5**
- **Coats for the Community...page 6**
- **Fun for Kids.....page 7**
- **Getting Ahead Classes ...page 10**
- **Removal of AC units....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.

Energy tip...

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

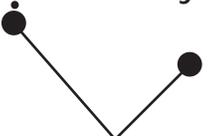
A GOOD NEIGHBOR POLICY

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

REAC Apt. Inspections...

Every year, HUD conducts physical inspections of random apartments at our sites. HUD will be conducting their apartment inspections for Roulier Heights and Saratoga Sites on **October 28th, 2016**.

For this reason, the CHA staff will be conducting apartment pre-inspections at Roulier Height and Saratoga Sites as follows:

Roulier Heights - September 19 through September 23

Saratoga Sites - September 26 through September 30

These inspections are very important to us and we take them very seriously. Please be sure to call the office to report any and all items that need repair in your apartment. The following are just a few items that will be inspected for compliance:

1. Air Conditioning Units are not allowed in any bedroom with only one window.
2. Beds cannot be blocking windows.
3. All doors (entrance, closet, bedroom, furnace room) must be able to open and close all of the way. Do not block any doors with any type of household items.
4. Circuit Breaker boxes must be fully accessible. Do not block or cover with furniture or wall decorations.
5. Stove knobs and oven must be fully operational and in working order.
6. All smoke detectors and carbon monoxide detectors must be in working order.
7. All ground fault electrical outlets in the Kitchen and Bathroom(s) must be in working order.
8. All toilets must be fully fastened and not wiggle or rock.

The above items are just a few items to watch out for. Please report any and all work orders to the office immediately.

Please consider this your 48 hours notice that we will be entering your apartment on the dates noted above to conduct all of these inspections.



COAT DRIVE

COATS FOR THE COMMUNITY!

Again this year the City of Cohoes, Bridges Out of Poverty, and Ladies of Charity are working to help our kids and also adults residing in the communities of Cohoes, Watervliet, Waterford and Green Island, 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 the Cohoes Housing Authority and they will be delivered to Cohoes for distribution. Please spread the word to all your friends and family, asking if they have donations to be made to Coats for the Community. Coats will be distributed on Friday, Oct. 21, 2016 1:30pm-6:00pm and Sat. Oct. 22, 9:00am-noon, at the Cohoes Senior Center, Cohoes. Proof of residency is required for each person receiving a coat. If you have any questions, please contact the 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.

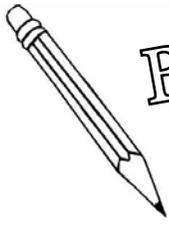
- You may wish your babies had been delivered with an instruction booklet — that there was one good way to do this — but, no. There are as many ways to parent as there are parents.

- 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



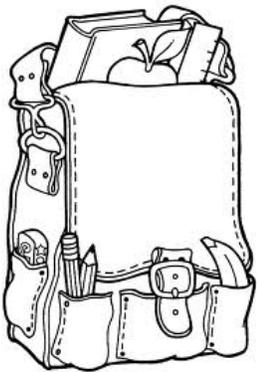
BACK TO SCHOOL

WORD SEARCH

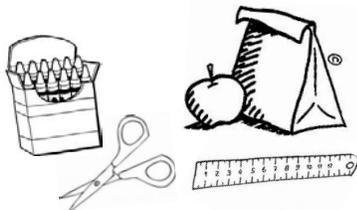


B	Z	X	X	O	W	J	F	P	L	A	Y	U	N	P
B	A	P	G	K	W	F	T	L	G	I	Q	L	Z	O
Q	F	S	E	S	J	N	O	T	E	B	O	O	K	S
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G	U	V	V	T	C	U	N	O	M	P	L	H	Y	F
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E	B	W	W	U	F	R	W	G	K	D	G	O	J	D
T	D	G	E	U	D	A	V	Y	P	B	G	Z	W	U
Z	Y	I	I	X	F	J	B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

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



WELCOME BACK!



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.



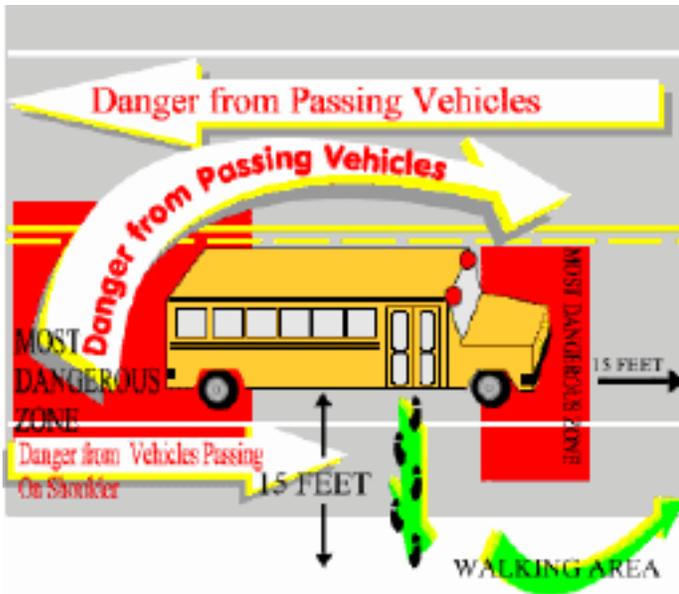
Happy Birthday to all of our tenants who are celebrating this month!

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.





COHOES BRIDGES

GETTING AHEAD CLASSES

*Feeling stuck? Tired of just getting by?
Take back control of your life.*

What is Getting Ahead?

Getting Ahead in a Just Gettin'-By World is a 12-week class designed to help participants move from one stage of life to another. The class provides opportunities for self-reflection, personal growth and empowers individuals with the resources needed to improve life for themselves, their families and their communities.

Who can attend?

Adults who are 18 years of age and above.

What is the cost?

FREE

How can I register?

Contact Brittney Hunt at:
(518) 470-3876 or bhunt@cohoes.org

2 CLASS LOCATIONS

Cohoes Public Library

169 Mohawk Street

Starting Date: September 8th

Class Day: Thursdays

Class Time: 12:30pm-2:30pm

Lansing Elementary School

26 James Street

Starting Date: September 19th

Class Day: Mondays

Class Time: 9am-11am



Cohoes
Housing
Authority

Important info.....



Air Conditioners In windows

McDonald Towers residents will have their air conditioning units removed for the season. A Contractor will be removing them on Thursday, October 13, 2016. You do not need to be present for the contractor to remove the unit and please consider this your 48 hour notice to enter your apartment.

All A/C units must be removed from apartment windows at Roulier, Saratoga and Manor Sites by October 13th or there will be a charge of \$45. Please be sure to remove them by this date.



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:

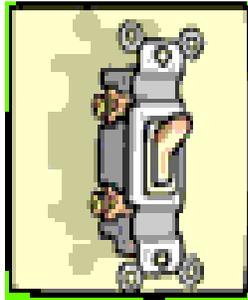
1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE.

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 because 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.