

**AMSTERDAM HOUSING
AUTHORITY**
AUGUST 2018 NEWSLETTER
Damaris G. Carbone, Executive Director



Staff Contacts:

Main Office: 518-842-2894

Bob: Ext. 101

Teresa: Ext 102

Brenda: Ext 103

Tisha: Ext 104

Damaris: Ext 105

AHA Website and Email:

www.amsterdamhousingauthority.org
inquiry@amsterdamhousingauthority.org

Fraud

fraud@amsterdamhousingauthority.org

Office Address:

52 Division Street
Amsterdam, NY 12010

Maintenance Requests:

518-842-2895 (24 hours)

Police: 518-842-1100

Fire: 518-843-1312

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AHA Board Meeting
No Board Meeting this month

General Tenant Meeting
A General Tenant Meeting is scheduled for August 14th at 10:00 in the Stratton Community Room.



Notes from the Office



Please remember to notify the office if your telephone number or if the number of your emergency contact changes.



Catholic Charities Food Pantry

Anybody living in Montgomery County is eligible to receive food once every thirty (30) days.

Certification Requirements...

- A photo id
- Medicaid/Medicare identification number
- Verification of Montgomery County Residency
- Verification of income if not receiving Medicaid or Food Stamps

Hours of Operation....

Monday	9:00 – 1:00
Tuesday	Closed
Wednesday	9:00 – 12:00 Seniors 60+ 3:00 – 6:00 General public
Thursday	1:00 – 5:00
Friday	Closed



Community Service

If you have been notified by the office that you are required to perform Community Service, **you must complete your required 8 hours of community service per month as required by HUD.** The office can provide you with suggestions for volunteer opportunities or provide you with a list of agencies that may be looking for volunteers. Time sheets to record community service hours are available at the office. Time sheets must be signed by the agency supervisor. Please turn in your time sheets at the end of each month. Failure to perform required community service is a violation of your lease, it is reported to HUD and can result in eviction from your unit.



Laundry Rooms

After washing your clothes, please check to make sure that you have left the washing machine clean for the next person to use.



Stratton Tenants

Please **do not** prop hallway doors open with a can or with anything else. These doors must remain closed for fire safety issues. **Smoking is not allowed you apartment or in stairwells at any time.**



Garden Apartment Tenants

Please talk to your children about not climbing and going up on the roofs of our buildings. This is extremely dangerous! We have seen several young children up on the roofs with our cameras.

Spectrum Cable, Internet & Telephone Services

If you have any problems with any services that you have through Spectrum including your cable, internet or telephone services you need to contact Spectrum directly. We recommend that you go directly to the RT30 office if possible rather than call on the telephone. The RT30 office is familiar with our property and how our business account works. If you are unable to go to the RT30 office please use this number to call for service 1-833-697-7328. The AHA office does not disconnect any services that you have with Spectrum and our Maintenance Staff is not allowed to touch Spectrum's equipment.



Work Orders

Reminder...All work orders must be called in to the office.

Garbage Bags



shutterstock · 193927148

Hi Rise & Stratton Tenants - Please make sure that you tie up your garbage bags before you put them down the garbage chute.

Garden Tenants - Please make sure that you tie up your garbage bags and put them on the garbage truck each week.



What are E-cigarettes and are they Dangerous?



Electronic cigarettes (e-cigarettes) are battery-powered devices that heat a liquid into an aerosol that the user inhales. E-cigarettes come in a variety of shapes and sizes, are made to look like regular cigarettes whereas others resemble pens, USB sticks, and other everyday items. The liquid inside these devices usually has nicotine, which comes from tobacco; flavorings; and other additives. Many smokers use these products to help them quit using traditional cigarettes, but e-cigarettes have not been scientifically proven to aid in smoking cessation. Although it is not clear whether e-cigarettes can help current smokers quit, one thing is clear – e-cigarettes and youth do not mix!

Adolescent years are times of important brain development. Brain development begins during the growth of a baby and continues through childhood and to about age 25. E-cigarettes typically contain nicotine as well as other chemicals that are known to damage health.

Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain. No matter how it is delivered, nicotine is harmful for youth and young adults. Besides nicotine, e-cigarette aerosol contains substances that can harm the body and users risk exposing their respiratory systems to potentially harmful chemicals that reach deep into the lungs. Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

The use of e-cigarettes (sometimes called “vaping”) among teens is rising and these devices have now become the most commonly used tobacco product among U.S. middle school and high school students, according to a 2018 report from the U.S. Centers for Disease Control and Prevention. Most e-cigarette users ages 12-17 use these products because they come in flavors such as: candy, fruit, chocolate, and desserts. Teens also use these products out of curiosity and because they believe that e-cigarettes are less harmful than cigarettes. To prevent and reduce the use of e-cigarettes by young people, parents can:

- Learn about the different shapes and types of e-cigarettes and their risks
- Talk to their children about the risks of e-cigarette use among young people and express firm expectations that children remain tobacco-free
- Set a positive example by being tobacco-free

For more information, please visit:

www.cdc.gov/tobacco/basic_information/e-cigarettes

WE'RE HIRING!

- **Cascades Containerboard Packaging** – Scotia
- **Beech-Nut Nutrition** - Amsterdam
- **Kapstone Paper and Packaging**
- **Target Distribution** – Warehouse Worker
- **MHXCo Foam Company** – Amsterdam – Machine Operators
- **NTI Global** – Amsterdam
- **Kohls** – RT 30 Amsterdam
- **Sticker Mule / Print Bear**
- **Capstone** – Amsterdam
- **Dollar General** – Amsterdam
- **Keymark** – Fonda
- **Michael's** – RT 30 Amsterdam
- **Panera** – RT 30 Amsterdam
- **Rite Aid** – Cashier – Amsterdam
- **Lowe's** – Cashier – RT30 Amsterdam
- **Beech Nut**
- **Walmart Distribuon Center**
- **Tractor Supply Store** - RT30

Activities & Events

City Pool Hours

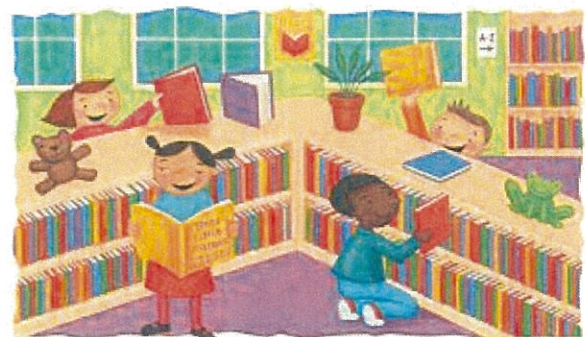
The Amsterdam City Pool is open 7 Days a Week from 11am to 5pm. Admission is only \$1.00 per person



The Amsterdam Free Library

The Amsterdam Free Library has a whole schedule of activities for children for the summer including.... reading programs, science projects & craft projects.

Call 518-842-1080 for more information





Amsterdam Rec's Sticker Mule RiverFest

Sat Aug 4th 1:00pm - 10:00pm

[Live-MusicOutdoorFreeKids/FamilyAnnual-Events/Festivals](#)

Riverlink Park, 1 Front St, Amsterdam, NY
12010, USA [map](#)

Tons to do in Amsterdam's waterfront park!
Shop, eat some food, relax, listen to music,
or walk the MVGO bridge and enjoy a
beautiful day and night by the river!

Tons of vendors

Delicious Food

Beer & wine for sale sponsored by the
Amsterdam Waterfront Foundation

Free bounce houses and inflatable activities

Free Photo Booth sponsored by MCT

Pirate themed water-ski shows 1PM & 6PM
sponsored by Alpin Haus Ski Shop

Pirate Paddle kayak excursion with Down By
the River Kayak Rentals

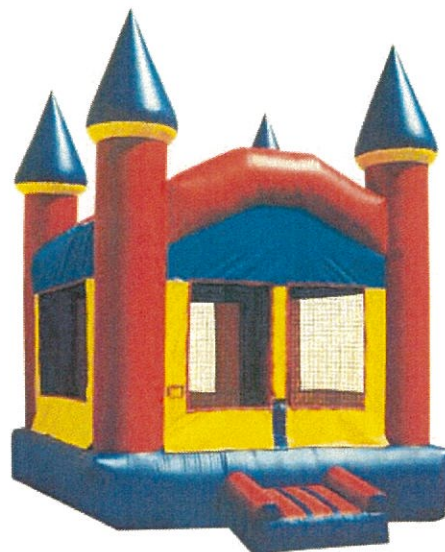
Music all day!

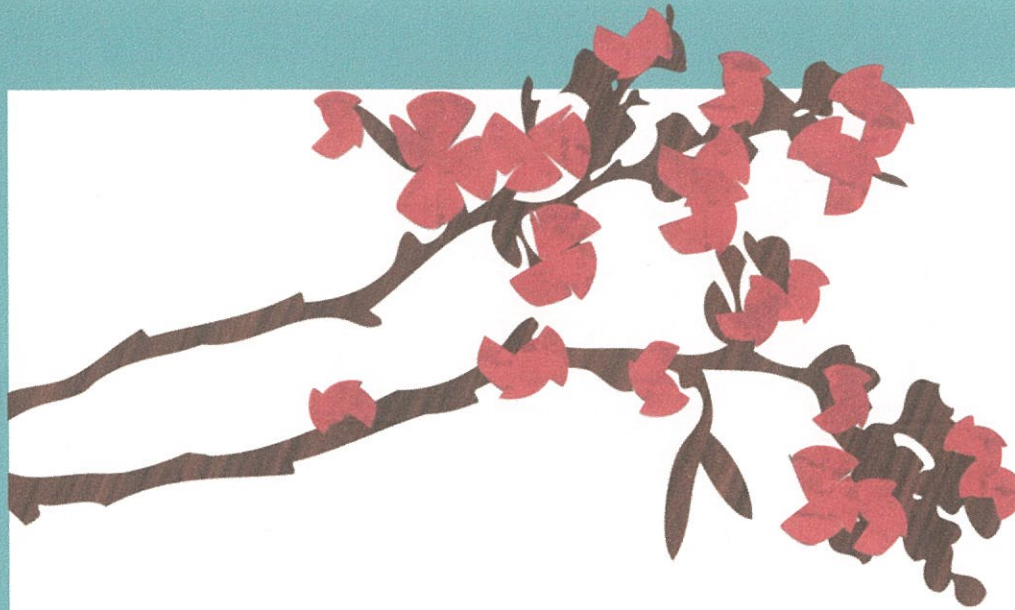
1PM 88.3 The Saint

2:30PM Doc Orloff

8PM GRAMMY AWARD WINNER Laurie
Lewis and the Right Hands

Fireworks over the river!





COME AND JOIN US!

MOM'S GROUP

CRAFTS, COFFEE & LIGHT SNACKS

EVERY WEDNESDAY MORNING

10:30AM-11:30AM

ALPHA PREGNANCY CARE CENTER

211 EAST MAIN ST.

AMSTERDAM, NY 12010

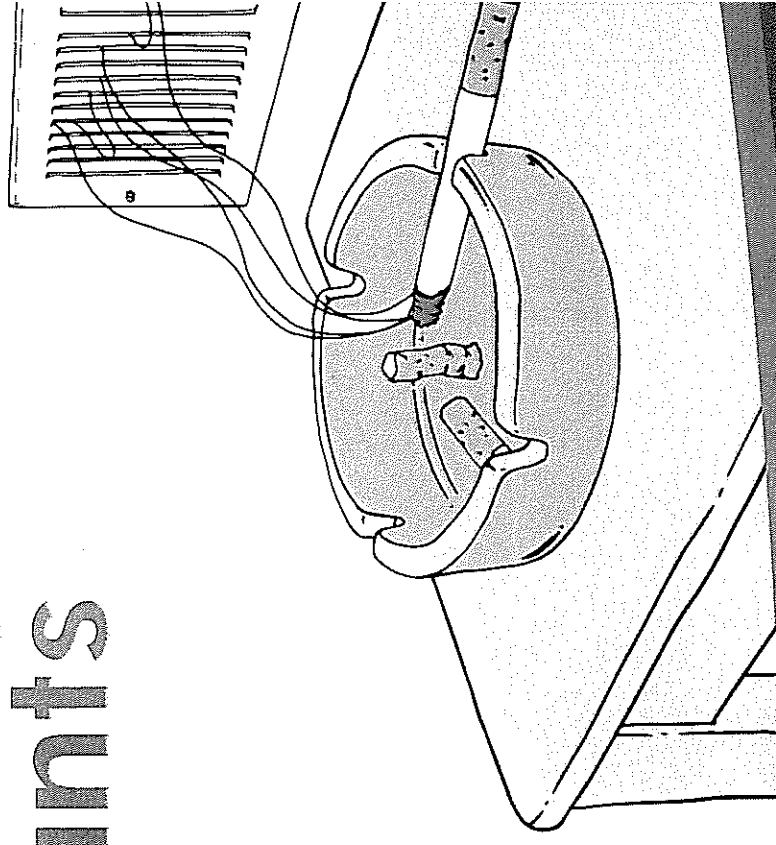
If you're or a mom of a 5-yr. old or younger or a mom to be, then come and join us on Wednesday mornings! We do a different craft every week. Everything is provided at no cost to you! It's a great way to come and meet other moms and receive support. For every class you come to you will earn a Mommy Daddy baby dollar worth \$10.00 you can spend in our stork room.

FOR MORE INFORMATION CONTACT: ANGELA @ 518-842-5025

Healthier Buildings, Healthier Tenants

Just A Reminder:

While your Housing Authority may already be smoke-free, the U.S. Department of Housing and Urban Development (HUD) requires all Public Housing Authorities to implement a **smoke-free** policy by July 30, 2018.



Glens Falls Hospital
HEALTH PROMOTION CENTER



North Country
HEALTHY HEART
NETWORK, INC.

TOBACCO-FREE
COMMUNITIES



fix it!
Live Tobacco-Free

Did you know?

A smoke-free building means smoking is not allowed anywhere inside the building. In addition, no one may smoke within 25 feet of any building on PHA grounds. Some PHA's have created an even larger smoke-free boundary, so check with your housing authority.

You don't need to quit tobacco to live here, but if you want help managing cravings or decide you're ready to quit:

There's help available!

Medicaid covers counseling and these quit smoking aides!

- Nicotine Replacement Patch
- Nicotine Replacement Inhaler*
- Varenicline (Chantix)*
- Nicotine Replacement Gum
- Nicotine Replacement Nasal Spray*
- Nicotine Replacement Lozenge
- Bupropion (Wellbutrin, Zyban or Generic)*

*by prescription only

See your primary care provider
or this health system for help:

CALL OR LOG ONTO THE NEW YORK STATE
QUITLINE FOR SUPPORT AND RESOURCES

New Dimensions in Health Care

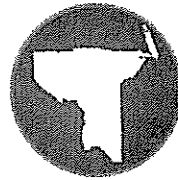
40 Wall St.

Amsterdam, NY 12010

Memorial Health Center

4988 State Highway 30

Amsterdam, NY 12010



New York State
Smokers' Quitline

1-866-NY-QUITS

www.nysmakefree.com

Call or click to quit