

AMSTERDAM HOUSING AUTHORITY FEBRUARY 2018 NEWSLETTER

Damaris G. Carbone, Executive Director



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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: 842-1100

Fire: 843-1312

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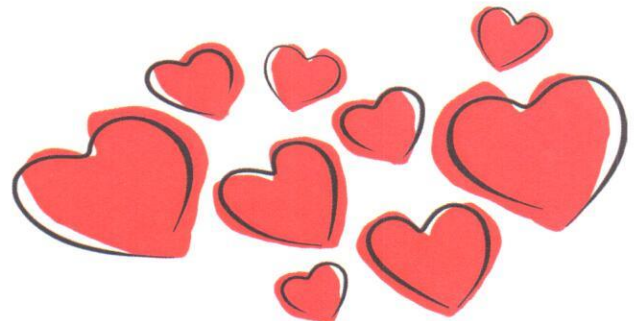
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The Amsterdam Housing Authority is now on Facebook & our website is www.amsterdamhousingauthority.org

Reminder...No Cash

The office does not accept any cash payments for security deposits, rent, keys/FOB's or maintenance charges. Personal checks, bank checks or money orders are the only forms of payment that will be accepted. The office does not have any cash or change for laundry cards or snack machines.



Problems with Cable

If you have any problems with your cable tv or converter boxes you need to call Spectrum at 1-844-278-3409 or go to the Route 30 Spectrum office. The housing authority is not responsible for repairs to this equipment. This equipment belongs to Spectrum and they are responsible for any issues or repairs. If a technician needs to come to fix your problem please schedule your service call between 8:30am -3:00pm Monday through Friday in case our maintenance staff needs to let the technician into a secured area.



AHA Board Meeting

The next AHA Board Meeting will be on **Wednesday, February 21st** at 5:30 in the AHA main office board room.

General Tenant Meeting

A General Tenant Meeting is scheduled for **Tuesday, February 20th** at 10:00 in the Stratton Community Room.

Monday, February 12– Office Closed for Lincoln's Birthday

Monday, February 19th – Office Closed for President's Day



Notes from the Office



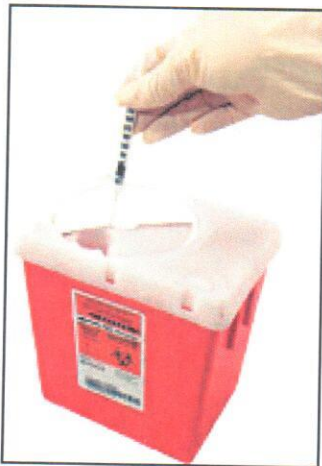
DSS Forms

If you need the office staff to fill out a form for your DSS recertification we require a 7 day notice. Please do not come to the office on the day of your appointment and ask us to fill it out immediately. When DSS mails out these forms they provide you with adequate time to have your form completed.

Submitting Medical Expenses

If you receive a letter that says that you are eligible to submit your unreimbursed medical expenses for your annual recertification, please make sure that you only submit those expenses incurred during the date range listed on your letter.

Expenses submitted outside of this date range will not be considered. When you ask your pharmacist for a prescription drug print out, please give them the date range listed in your letter.



Medical Waste Disposal

For your convenience, there is a sharp/lancet (needle) disposal Kiosk located in the AHA office lobby for tenants of the High Rise and Garden Apartments and another one in the Stratton lobby next to the elevator for the Stratton tenants. The Kiosk is there so that you can place your sharps container in it. DO NOT throw your needles in the kiosk. IT MUST BE IN A SHARPS CONTAINER NO BIGGER THAN TWO LITERS (64 OUNCES). Once you place your sharps container in the Kiosk, you may stop by the AHA main office and pick up another container. If you live at Stratton, you may stop by the Building and Grounds Supervisor's office and get one there. The containers are free.



The Care of Your Apartment

A clean home is something to be proud of. AHA encourages tenants to take pride in their homes by maintaining them in a clean and sanitary condition. Tenants are responsible for keeping their apartments

free from excessive clutter or other fire hazards. AHA has a policy by which it can evict a tenant who does not cooperate in keeping their apartment a clean and safe place to live.

Reminder...

Bikes are not allowed in the hallways or common areas.



The Pine Street exit door is an Emergency Exit only. Tenants should **not** be exiting the building through this door and should not be propping it open. We need the cooperation of our tenants to keep the building secure.

Notes from maintenance....



Hi Rise & Stratton Tenants

For the safety of our residents, we ask that you use the main lobby doors or parking lot doors to enter and exit the building.



Work Orders

During the winter months please understand that the priority issues for maintenance department are snow removal and heating & plumbing issues, other work orders will be taken care of after priority work orders are completed. Please be patient.

Stratton Tenants

Damages

AHA is responsible for routine maintenance of the premises. Normal

wear and tear is expected, damage and vandalism are not. Tenants will be charged for damage repairs that results from tenant abuse or neglect. A list of damage repair charges is available at the AHA office.

Snow & Salt

Garden Tenants are responsible for maintaining their individual walkways and steps, keeping them free of snow & ice. Salt is available for tenants at the rear entrance of the Hi Rise for Hi Rise & Garden Tenants and by the Stratton lobby for Stratton tenants.



DHL – Now Hiring

161 Enterprise Rd., Johnstown, NY 1209
(518)762-0002 ext. 6062 is now hiring for

FT Permanent Warehouse Workers, no experience needed...excellent benefit package.

Beech-Nut is hiring!

They are looking to fill positions in the Warehouse for Order Pickers. Candidates must have a verifiable High School Diploma or GED. You can apply online or call 1-800-233-2468 for more information.

Mid-Atlantic Janitorial – Office Cleaner, Amsterdam

Part-time evenings 5pm to 9:30pm
Call 518-725-3748 leave a message if no answer

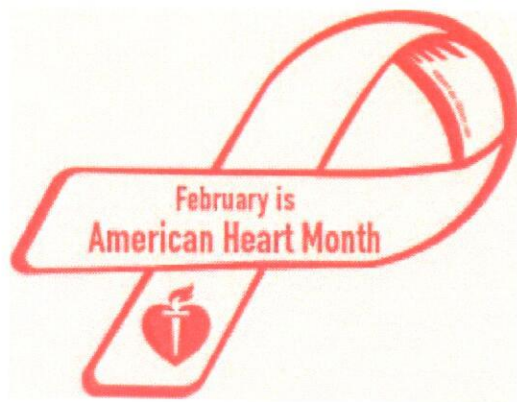
Browns Bus Service – School Bus Drivers **518-843-4700**

Aldi's is hiring – apply at the Route 30 location.

Other places that are hiring...

Lowes
Alpin Haus
NTI Global
River Ridge Living Center
Spectrum





February is Heart Health Awareness Month...

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. FEBRUARY IS HEART HEALTH MONTH. Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts checked and commit to heart-healthy lives.

Common Risk Factors for Heart Disease...

Age – Heart disease can occur at any age, four out of five people who die from coronary heart disease are aged 65 or older. This risk of stroke doubles with each decade after the age of 55.

Gender – Men and women are equally at risk for heart disease, but women

tend to get coronary artery disease an average 10 years later than men. The risk for women increases as they approach menopause and continues to rise as they get older.

Family History – Presence of heart disease in a parent or sibling, especially at a young age increases your risk of developing heart disease.

Smoking – Smokers are twice as likely to suffer heart attacks as non-smokers, and are more likely to die as a result.

Cholesterol – The higher the blood cholesterol level, the higher the risk of coronary heart disease, particularly if it is combined with any other risk factors.

Blood Pressure – High blood pressure increases the risk of heart attack, stroke, aneurysm, and kidney damage. When combined with obesity, smoking, high cholesterol or diabetes, the risk increases several times.

Physical Inactivity – Failure to exercise can contribute to an increased risk of coronary heart disease as physical activity helps to control weight.

Diabetes – This condition seriously increases the risk of developing cardiovascular disease, even if glucose levels are under control.

Discuss your risk factors with your physician and develop an action plan that will help keep your heart healthy!



Electronics are here to stay but parents need to find a healthy balance for electronic use with children...here are some tips to help your kids “unplug”...

- ✓ **Remove the TV from your child’s bedroom.** Screen time at bedtime has been shown to influence sleep patterns and lead to less sleep and increased behavior problems. Parents should collect all smartphones, tablets, etc. before bedtime and store them outside of the child’s bedroom.
- ✓ **Ban electronics from the dinner table.** Mealtime should be an electronics-free zone – no TV, no smartphone, no tablet on the table. Use mealtime as an opportunity to have a conversation with your child about their school day.
- ✓ **Limit screen time.** Ideally no more than one hour per day. The more our children use electronics, the less physical activity they do.
- ✓ **Set aside play time.** Show your child he or she is more important than the screen. Play with your kids, read a book together, work

on a puzzle, a craft project, or help them build a fort in the living room.



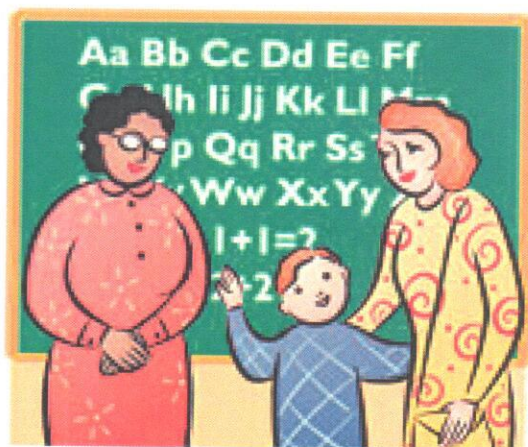
Homework Help

<https://www.khanacademy.org>

This is a free site that provides academic help for all grade levels in all subjects.

Another great resource for parents!

<http://www.parenttoday.org/>



Activites & Events



~ Food Pantry ~

For those 60 & over

Wednesdays from 9-11

Office for the Aging

135 Guy Park Avenue



Alpha Pregnancy

211 East Main St.

Amsterdam, NY 12010

518-842-5025

518-853-3531

Catholic Charities Food Pantry

Hours of Operation:

Monday: 9:00am - 1:00pm

Tuesday : Closed

Wednesday: 9:00am - 12:00pm

(seniors 60+); 3:00pm - 6:00pm

(General Public)

Thursday: 1:00pm - 5:00pm

Friday: Closed

*Mass Distribution on 1st and 3rd

Thursday of each month April -

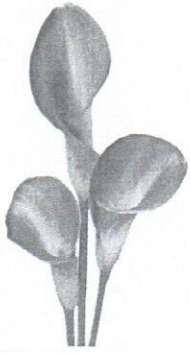
October*

Alpha Pregnancy is a pregnancy care center that helps women make informed decisions regarding their unplanned pregnancies. APCC is supported through private gifts from individuals, businesses and religious groups.

APCC does not discriminate on the basis of age, race, religion, or sex.

Alpha Pregnancy provides...

- Pregnancy Counseling
- Pregnancy Tests
- Childbirth & Parenting Classes
- A Stork Room
- Referrals



HEALTHY WOMEN'S DAY!

WHEN:

Saturday

February, 3, 2018

TIME:

9:00 am ~ 12:00 noon

WHERE:

St. Mary's Healthcare
Rao Outpatient Pavilion

4950 State Hwy 30
Amsterdam

Free Glucose and
Cholesterol screenings

Light refreshments

FREE mammograms
and Pap tests for
women 40~64.

Saturday, February 3rd
9:00 am—12:00 Noon

St. Mary's Rao Outpatient
Pavilion, 4950 St. Hwy. 30,
Amsterdam

Contact: Ginger Champain to
schedule your appointment at
(518) 770-6815.



THE FIRST ANNUAL MHA

FEB
9th

\$25

DOORS OPEN

7PM

SHOW STARTS

8PM

LIGHT APPETIZERS & CASH BAR!

More-Than-Jokes

Production/

FUN FEVER

**A Night of Stand
Up Comedy!**

This event will support a new key initiative of MHA — a support group for loved ones who have lost someone to an opioid overdose.

FEATURING
CATHERINE MOLLIE
RYAN DENISCO
DAN DIMARINO
JODY LEE
ANDY McDERMOTT



*The Century Club
of Amsterdam*



*A Sure Cure for Cabin Fever,
Join Us for a Night of Laughs.*

Tickets Please Call: (518) 762-5332 x113

130 GUY PARK AVE, AMSTERDAM, NY

Greater Amsterdam School District
Parent and Community University
A collaborative community effort to
help parents become full partners in their children's education

FEBRUARY

Parents and Community Taking Action Against Opioid Use

There is no greater influence on a young person's decisions about drug use than his/her own parents or guardian. Participate in a discussion and help create an action plan to bring awareness and to educate our children.

Presented by a partnership with Catholic Charities and GASD

February 6 (Snow Date, February 13) Lynch Literacy Academy, 6-7:30 PM

Target Audience: High School Aged Students/Adults

Securing a Job

Informative stations will be available on the following topics:

- Resume writing & filling out an application
- Mock interviews
- Dress for success

Participate in one or all of the above

February 7, Creative Connections Clubhouse, 6:00-7:30 PM.

Target audience: Adults & students with working papers

Understanding Special Education

The ABC's of an IEP

This workshop takes participants through each section of the Individual Education Plan (IEP) providing detailed information on each part of the IEP. The training will emphasize IEP is development, parental role in the process and how each section builds upon the next in order to guide instruction for the coming year. Participants will gain an understanding of the CSE/ CPSE process & the frequently used terminology in special education.

February 8, Amsterdam Free Library, 5:30 to 7:30 PM.

Tips and Tools for a Successful Annual Review Meeting

This training provides parents of students with disabilities the tools and tips they need to help prepare for their child's Annual Review Committee of Special Education (CSE) meeting. It delve into the sections of the IEP and explain how they are used during the CSE meeting.

February 8, Amsterdam Free Library, 5:30 to 7:30 PM.

The Impact of Technology on Children's Behavior

Is technology hurting or helping your child's development? Come join social workers, Melissa Puglisi and Michelle Donnelly, for a conversation about what screen time is really doing to kids brains. Learn tips and tricks on how to manage technology in your world. Light snacks will be provided.

February 15, Barkley School, 6:00-7:30 PM.

Target Audience: ALL

Distrito Escolar de Amsterdam

Universidad de Padres y Comunidad

Un esfuerzo de colaboración de la comunidad para
ayudar a los padres a ser socios completos en la educación de sus hijos

Febrero

Los padres y la comunidad toman medidas contra el uso de opiáceos

No hay mayor influencia en las decisiones de un joven sobre el consumo de drogas que sus propios padres o tutores. Participe en una discusión y ayude a crear un plan de acción para concienciar y educar a nuestros niños.

Presentado por una asociación con Catholic Charities y GASD

6 de febrero (Día de Nieve, 13 de febrero) Lynch Literacy Academy, 6-7: 30 PM

Público Objetivo: Estudiantes / Adultos de Edad Avanzada

Asegurando un trabajo

Las estaciones informativas estarán disponibles en los siguientes temas:

- Reanudar la escritura y completar una solicitud
- Entrevistas simuladas
- Vestirse para el éxito

Participe en uno o todos los anteriores

7 de febrero, "Creative Connections Clubhouse," 6: 00-7: 30 PM.

Público Objetivo: Adultos y estudiantes con documentos de trabajo

Comprender la educación especial

El ABC de un IEP

Este taller lleva a los participantes a través de cada sección del Plan de Educación Individual (IEP) que proporciona información detallada sobre cada parte del IEP. La capacitación enfatizará que el IEP es el desarrollo, la función de los padres en el proceso y la forma en que cada sección se basa en la siguiente a fin de orientar la instrucción para el próximo año. Los participantes comprenderán el proceso CSE / CPSE y la terminología de uso frecuente en educación especial.

8 de febrero, Biblioteca de Ámsterdam, 5:30 a 7:30 PM.

Consejos y Herramientas para una Exitosa Reunión Anual de Revisión

Este entrenamiento provee a los padres de estudiantes con discapacidades las herramientas y consejos que necesitan para ayudarlos a prepararse para la reunión del Comité de Revisión Anual de Educación Especial (CSE) de sus hijos. Se profundiza en las secciones del IEP y explica cómo se usan durante la reunión del CSE.

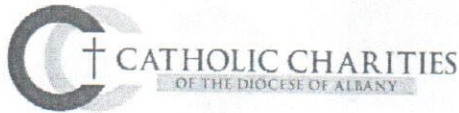
8 de febrero, Biblioteca Libre de Ámsterdam, 5:30 a 7:30 PM.

El impacto de la tecnología en el comportamiento de los niños

¿La tecnología está dañando o ayudando al desarrollo de su hijo? Únase a las trabajadoras sociales, Melissa Puglisi y Michelle Donnelly, para conversar sobre lo que el tiempo de pantalla realmente le está haciendo al cerebro de los niños. Aprenda consejos y trucos sobre cómo administrar la tecnología en su mundo. Se proveerán refrigerios ligeros.

15 de febrero, "Creative Connections Clubhouse," 6: 00-7: 30 PM.

Público Objetivo: TODOS



In Partnership, Parent University of Community Schools at the Greater Amsterdam School District and Catholic Charities of Fulton and Montgomery Counties present:

Parents and Community Taking Action Against Opioid Use

There is no greater influence on a young person's decisions about drug use than his/her own parents or guardian. Join us for a panel discussion with various agencies who are working together to eradicate opioid use in our community. Listen as our panelists speak of personal experiences and take you through the stages of an opioid user. Come prepared with questions for our panelists and honored guests.

When: Tuesday, February 6

Where: Lynch Literacy Academy Auditorium

Time: beginning at 6 PM to 7:30 PM

Agenda for the evening:

We will begin promptly at 6 pm

- Welcome by a representative of the GASD
- Introduction to the Opioid Epidemic with Jenna Mares, Opioid Prevention Educator Catholic Charities of Fulton and Montgomery Counties
- Real Life experience from Kristi Centi, family member who lost a loved one
- Real Life experience from Chris Carpenter, a patient prescribed opioids
- Dr. Govind Rao, local pediatrician, champion for children
- Representative St. Mary's Healthcare Addiction Services
- Amsterdam City Police representative, Detective Joseph Spencer
- Question and Answer period

This is open to all Community Members: parents, grandparents, students, concerned citizens. We are a community that must work together to help put a stop to this epidemic.

For further information please call the office of the Community Schools Coordinator, Nancy Rad, 518-843-3180 extension 1015

AMSTERDAM January 2018 Parenting Class Schedule



Alpha Pregnancy Care Center

211 East Main St. Amsterdam, NY 12010
Free Pregnancy Tests, Walk-ins Welcome
Free Childbirth Classes [Taught by Nurses]
Free Parenting Classes

HOURS OF OPERATION

Tues - Thur: 9:00 am - 4:00 pm

Phone: (518) 842-5025, Fax: (518) 842-5058

E-Mail: angela@alphacare.org

Web: www.alphacare.org

FREE STROLLERS AND PORTA CRIBS TO QUALIFYING FAMILIES

Monday

Closed

Tuesday

BIBLE STUDY 10:00-11:00 am - Explore God's Word and find out how it fits into your life today.

CHILDBIRTH PREP 12:45-1:45 pm
Class Taught by Nurses

Wednesday

MOMS GROUP 10:30-11:30 am
Inspiration Art and Conversation

PARENTING CLASS 1:00-2:00 pm

Jan 3 Cold Prevention Tips

Jan 10 Safe From the Start

Jan 17 Infant & Toddler Accidents - Learn how to respond to common emergencies.

Jan 24 Infant & Toddler Illnesses - Review of common childhood illnesses. Learn how to know if your baby is sick and how to care for your sick child.

Jan 31 How to Really Love Your Child

Thursday

BIBLE STUDY 10:00-11:00 am - Explore God's Word and find out how it fits into your life today.

PARENTING CLASS 1:00-2:00 pm

Jan 4 Hidden Keys to Loving Relationships Pt 1 -

Everyone wants great relationships but not everyone is willing to take the steps to get there. This lesson series will give you some practical, proven tools to get you started on your journey.

Jan 11 Hidden Keys to Loving Relationships Pt 2

Jan 18 Hidden Keys to Loving Relationships Pt 3

Jan 25 Hidden Keys to Loving Relationships Pt 4

Friday

Closed

Alpha Pregnancy Center was the beneficiary of an awarded grant from Ronald McDonald House Charity that went directly to help support "Safe Babies Sleep and Travel Program." The support from Ronald McDonald House Charities of the Capital Region helps us to improve baby safety by providing brand new port-a cribs and strollers for qualifying families in need.

In case of poor weather we follow the school closing schedule.

Caring Peer and Professional Counselors available to meet with you.

All of our programs are FREE & CONFIDENTIAL!

Free Pregnancy Tests - Free, CONFIDENTIAL and reliable with immediate results. Walk-in or by appointment.

Stork Room - Diapers, clothing, baby furniture, formula, baby wipes and layettes.

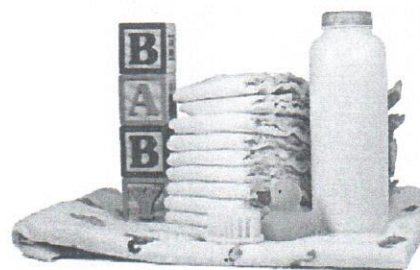
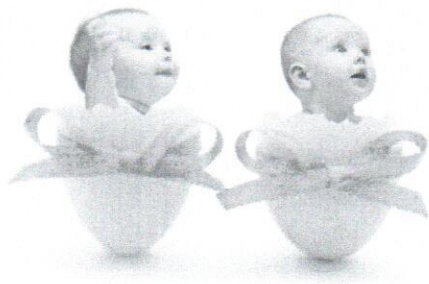
Childbirth Preparation and Parenting Classes - Taught primarily by nurses or other professionals.

Confidential Pregnancy Counseling - Information on a person's options, abortion, adoption and parenting.

Referrals - Excellent medical referrals, and information & resources for financial assistance.

Mom's Groups - New parents meet to build relationships, discuss issues, and learn from experience.

Post Abortive Counseling/Support Group, Adoption Counseling and Abstinence Education



Join Us for a Discussion Regarding Birth Defects Prevention

What: Presentation with question and answer session to follow.

When: January 25, 2018
1:00pm - 2:30pm

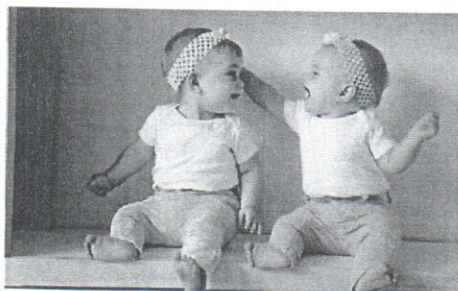
Where: Alpha Pregnancy
211 East Main St.
Amsterdam, NY 12010

Presented by: Montgomery County Public Health
Children with Special Health Care Needs

For further information contact:

Mercy 518-853-3531

Angela 518-842-5025



HEALTHY BABIES

