# AMSTERDAM HOUSING AUTHORITY JANUARY 2018 NEWSLETTER

Damaris G. Carbone, Executive Director



## **Staff Contacts:**

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## AHA Website and Email:

www.amsterdamhousingauthority.org inquiry@amsterdahousingauthority.org

### Fraud

fraud@amsterdamhousingauthority.org

## Office Address:

52 Division Street Amsterdam, NY 12010

## **Maintenance Requests:**

518-842-2895 (24 hours)

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The staff of the Amsterdam Housing Authority wishes you & your family a happy and healthy 2018!



## **AHA Board Meeting**

The next AHA Board Meeting will be on **Wednesday, January 17th** at 5:30 in the AHA main office board room.

## **General Tenant Meeting**

A General Tenant Meeting is scheduled for Tuesday, January 16th at 10:00 in the Hi-Rise Community Room.

Monday, January 1st- Office Closed for New Year's Day

Monday, January 15<sup>th</sup> – Office Closed for Martin Luther King Day



Notes from the Office



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



# Community Service Requirement

HUD requires that all family members over the age of 18 who are <u>not exempt</u> (Full time student, employed, disabled or age 62 & older), perform 8 hours of community service per month. You can choose where you would like to volunteer in your community. Community service opportunities exist at various agencies such as:

Churches Schools
Food Pantries Nursing Homes
Hospitals Museums
Libraries Youth Groups
Centro Civico Catholic Charities
RCIL

If you would like to do your community service with the AHA Maintenance Dept., please contact the office and we will let you know if there is work available and when you can come in to do your community service. If you commit to doing your community service with the AHA Maintenance Dept. but don't show up for your scheduled hours without notifying us, you will not be rescheduled to do your hours here.

Time sheets for community service are available at the office. Time sheets must be completed and signed by the Agency Supervisor and should be turned into the office on a monthly basis.

Please for the list of exemptions from community service. If you feel that you are exempt from community service, you must contact the office and you may be required to provide proper documentation.

Remember....If you are required to perform community service and you don't do it, it is a violation of your lease and it must be reported to HUD.

# Hi Rise & Stratton Tenants – Building Security

Reminder....Please <u>DO NOT</u> let anyone into the building unless they are there to visit you personally. All visitors & health care providers need to use the intercom system to gain access to the lobby to visit the person that they are there to see. The security of our buildings depends on the cooperation of our tenants.

## **Revised Tenant Handbook**

Copies of the revised Amsterdam Housing Authority Tenant Handbook have been distributed. Please take some time to read the new handbook. If you did not receive a copy, please call the office and we will make sure that you receive one. At your next annual recertification you will be signing an acknowledgement form stating that you have received and read the new handbook.

# Hi Rise & Stratton Security Channel

The tv security channel to view the camera of the lobby front door is now channel 1390.



## **Lending Money**

The office does not get involved in disputes where a tenant lends money to another tenant and then does not receive repayment. If you lend another person money, you do so at your own risk!



## Lock Your Doors!

To keep your apartment secure, please lock your door when you leave your apartment & take your keys with you. If you leave your door unlocked, you do so at your own risk!



# **Outdoor Maintenance Policy**

The Amsterdam Housing Authority strives to maintain an appealing appearance in that the amount of outside personal belongings be considered appropriate. The appearance from both the street and interior must be of a nature to avoid the look of excessive storage and thus making an unattractive appearance. Outdoor patio furniture may be placed outside April 1 and must be removed by November 1st. No outside patio furniture shall be placed in the front of any apartment. All patio furniture must be in the rear of the apartment and also be in a clean state and in good repair. This includes grills and chairs. No inside furniture shall be stored outside including but not limited to: dressers, tables, chairs, entertainment centers, coffee tables, etc. Tenants can sit in the front of the apartment using portable chairs only. Once not in use, the chairs must be removed. Also, excessive amounts of children's toys may distract from the overall appearance of the property, as well

as pose a safety hazard and will not be permitted. The Executive Director shall make the final determination as to whether an area is being properly maintained by the residents. Residents will be charged for removal of excessive materials if they do not abide by housing requirements.

It is the policy of Amsterdam Housing Authority to maintain common space areas in a clean, sanitary and safe condition. In order to fully meet this obligation, it is necessary to have tenant cooperation in maintaining outdoor space.

# **Christmas Lights & Decorations**



Please remove all hallway Christmas decorations and all outside Christmas lights and decorations by February 1<sup>st</sup>.



Big thank you to those who volunteered to help us decorate our Christmas trees!

# Notes from maintenance....



# **Clogged Drains**

**Please DO NOT** pour oil, grease, rice, etc. down your drain.

If your sink drain or tub is clogged <u>please do</u> <u>not</u> pour anything down the drain to try to unclog it (Drano, Liquid Plumber, etc.). Pouring this in the drains can result in damage to the pipes and if maintenance is not aware that you poured something in the drain and they pour their own liquid in there it can cause even more damage not only to the pipes but could result in toxic fumes. If something is clogged, please call the office and we will put in a work order for you.



Snow Removal & Salt

The AHA removes snow from roads, parking lots and major walkways after snowfalls. Tenants in the Garden Apartments are responsible for clearing the sidewalks, ramps &

steps leading from their apartments to the main walkways. Salt is available for Hi Rise and Garden Apartment tenants at the rear entrance of the Hi Rise and for Stratton tenants by the Stratton lobby.

#### **Smoke Alarms**

For your safety, smoke alarms have been installed in your apartment. Do not attempt to remove or tamper with your alarm in any way. If there is a problem with your smoke alarm, please notify the office.



# More scams are moving to social media...

Security experts warn that scams have moved to social media sites....think before you click!

Scammers are posting sensational news stories (almost always made up), hoping that people on social media will click on them to learn more.

The post might tell users they must share the content before it can be viewed. After sharing, the users are taken to a page where they are asked to complete a survey. The survey will gather sensitive personal information and in addition to collecting sensitive data, the scammers will also earn money per completed survey and in turn, will see your information to other scammers.

Beware of coupon scams, which promise too good to be true discounts on popular consumer

products. The real purpose is to steal your credit card information or collect presonal identifying information that could result in identity theft.

Talk to your children about protecting their personal information & social security numbers and remind them not to share their passwords with anyone, including their friends.



# Target Distribution – is hiring

https://jobs.target.com/job/amsterdam/fulfill ment-center-operations-intern-wilton-ny-and-amsterdam-ny/1118/5095616

# DMS – Schenectady – Production Assistant

https://career012.successfactors.eu/career?career ns=job listing&company=C0000
031152P&navBarLevel=JOB SEARCH&rcm site locale=en US&career job req
id=861&selected lang=en US&jobAlertC
ontroller jobAlertId=&jobAlertControlle
r jobAlertName=& s.crb=p8lPTnVqGGj
9ve5jgRm2pNJ0GoA=&sType=Indeed

# **Kapstone is hiring General Production Workers**

https://www.indeed.com/viewjob?jk=8b462 66c447ce718&q=ny&l=Amsterdam&tk=1br k1bm7d5t5i8aq&from=ifa&utm\_source=pu blisher&utm\_medium=cpc&utm\_campaign <u>=ifa\_catch\_all&pub=93a30c337a0a48288ed</u> ac5ceb2542c340cace3277f6b99df

# Goodwill Industries – Bailer Amsterdam, Part Time

https://www.irecruitus.com/jobRequest.php?OrgID=I2012060 5&RequestID=1502285535598b0edf7f959 2389&source=IND

## General Laborer - Kelchner Inc.

https://www.indeed.com/viewjob?jk=71874 0eaef212cd9&q=ny&l=Amsterdam&tk=1bs ip695m18hs06e&from=ifa&utm\_source=pu blisher&utm\_medium=cpc&utm\_campaign =ifa\_catch\_all&pub=93a30c337a0a48288ed ac5ceb2542c340cace3277f6b99df

# Cranesville Block – Administrative Assistant

https://www.indeed.com/cmp/Cranesville-Block/jobs/Administrative-Assistant

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

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



shutterstock 120746656





# **High Blood Pressure Facts**

- About 75 million American adults (29%) have high blood pressure...that's 1 of every 3 adults.
- 2. Only 54% of people with high blood pressure have their condition under control.
- Nearly 1 of 3 American adults has prehypertension...blood pressure numbers that are higher than normal, but not yet in the high blood pressure range.

High blood pressure increases your risk for dangerous health conditions including increase risk for heart attack, stroke, chronic heart failure and kidney disease.

Although you cannot control all of your risk factors for high blood pressure, you

can take steps to prevent or control high blood pressure and its complications.

- Get your blood pressure checked regularly.
- If you are on blood pressure medication, make sure that you are taking it regularly....do not stop taking your medication without discussing it with your doctor.
- 3. Maintain a healthy weight.
- 4. Reduce the sodium in your diet.
- 5. Limit the amount of alcohol that you drink.

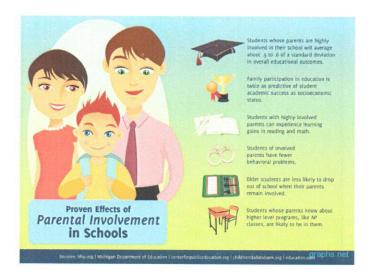
Blood pressure chart: What your reading means

Below 120 and Below 80 Normal blood pressure  Between or Between 120-139 80-89 Prehypertension  Between or Between Stage 1 hypertension  160 or higher or 100 or higher higher hypertension	Top number (systolic) in mm Hg	Bottom number (diastolic) in mm Hg	Your category*
120-139 80-89 Prehypertension  Between or Between Stage 1  140-159 90-99 hypertension  160 or higher or 100 or Stage 2	Below 120	and Below 80	
140-159 90-99 hypertension 160 or higher or 100 or Stage 2			Prehypertension
Thu or nigher		Whose is the common throughout the common terms of the common term	•
	160 or higher	or 100 or higher	





activities include making parents feel welcome at school, involving parents in decision making and responding promptly to parental email/phone calls.



# Homework Help

https://www.khanacademy.org

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

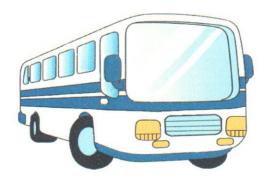
Both students and schools benefit when parents are involved in education. When parents and teachers work together achievement and standardized test results are higher, students have a more positive attitude toward school and their behavior is better.

One of the best ways for parents to be involved in education is to communicate regularly with teachers. Think of yourself as the teacher's partner in managing your child's education. Monitor our child's homework and school projects, making it a priority in their schedule.

Schools must do their part to encourage parent involvement in education. Key

# ~ Activites & Events ~

# New City Bus Schedule



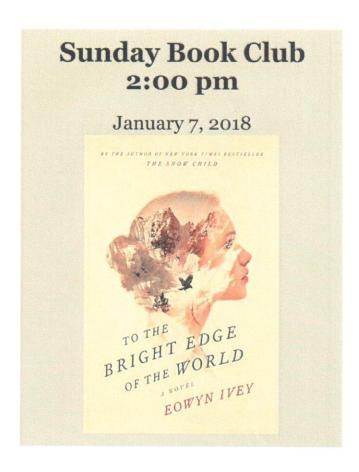
See the attached flyer with the new bus schedule

# MLK Day Holiday Camp At the Walter Elwood Museum

9:30 AM - 12:00 PM Jan 15, 2018 (General)

Iroquois Indians Inventions & Use of the Environment: We will examine and study the large variety of Mohawk and Iroquois artifacts in our collections and learn and discuss the many ways local Native Americans used the environment and were the first ultimate recyclers. We will also learn about the many Native American inventions that have helped our daily lives. All participants will make beaded necklaces and weave baskets just like the Mohawk Indians did right here in our region!

# Amsterdam Free Library



# Strive for 95%

This school year, we **STRIVE FOR 95%** attendance in each school every day — and we need your help.

As winter approaches, remember to eat your veggies, wash your hands, get a full night's sleep and make it to school EVERY DAY on time.

GREATER AMSTERDAM SCHOOL DISTRICT

#### Greater Amsterdam School District

# **Parent and Community University**

A collaborative community effort to help parents become full partners in their children's education

## **JANUARY**

### Cyber Safety!!!!

Join us for a presentation by State Troopers on Cyber Safety. Learn what tools are out there for being safe on the internet.

January 10, Lynch Literacy Academy, 6:00-7:30 PM.

Target Audience: ALL

## Parenting Survival Skills

Come join Melissa Puglisi and Michelle Donnelly for a conversation about behavior. Learn what those grocery store tantrums are really about and more! We will give you tips and tricks on how to survive childhood, adolescence and beyond! Lights snacks will be provided.

January 18, Barkley School, 6:00-7:30 PM.

Target Audience: Parents/Grandparents/Guardians of young children

## Social Media: Tips, Tricks and Privacy

With so many of us using social media today, sites like Facebook, Twitter, and LinkedIn make perfect targets for scams. Come and learn some tips and tricks dealing with Social Media January 24, Creative Connections Clubhouse, 6:00-7:30 PM.

Target audience: ALL

#### Coding (Back by popular demand)

Coding is telling a computer, app, phone or website what you want it to do. Young children can learn the foundations of coding and computer commands before they can even write and spell words! Parents and students alike can learn to create games through coding. Already attended the first session? No worries! Come and challenge yourself! January 30, Lynch Literacy Academy, 6:00 to 7:30 PM.

Target Audience: ALL (PreK and beyond)

#### **Open Tech Time**

Tuesday January 9, 16, and 23, Denise Krohn, Technology Integration Consultant, at Creative Connections Clubhouse from 4 to 6 to work with students and families using popular apps for that are free for ages prek through adults! Stop by with tech questions or just to have fun on ipads with Mrs. Krohn.

Stay tuned for future events in the Spring!

Have an idea or need for a session?

Feel free to contact Nancy Rad, Community Schools Coordinator by email

<a href="mailto:nrad@gasd.org">nrad@gasd.org</a>

TO LEARN MORE: Call 518-843-3180 extension 1015 or visit www.gasd.org