

AMSTERDAM HOUSING AUTHORITY MARCH 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: 842-1100

Fire: 843-1312

<u>In This Issue</u>	<u>Page #</u>
Mark Your Calendar	
March Meetings	2
Notes From The Office	
Important Parking Information	2
Extermination	3
Phone Numbers & National Grid Numbers	3
No Smoking	4
Notes From Maintenance	
Lock Outs	4
Snow & Salt	4
Job Opportunities	5
Health & Wellness	
National Nutrition Month	5
Student News	6
Activities & Events	8





IMPORTANT - Parking

AHA Board Meeting

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

General Tenant Meeting

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

Friday, March 30th – Office Closed for Good Friday



Notes from the Office

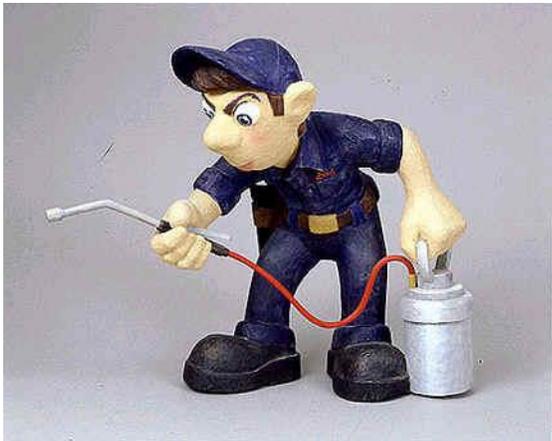


The Amsterdam Housing Authority is now on Facebook & our website is www.amsterdamhousingauthority.org

We have sent repeated notices out to our tenants about our parking rules. All tenants must have an AHA parking sticker on their car. **Parking in AHA parking lots is by permit only. If you are parked in a fire lane or are parked in our lots without a sticker your car will be towed without warning at the car owner's expense.**

There are a limited number of reserved parking spaces for our Hi Rise and Stratton tenants. If you have a reserved space but no longer have a car, please notify the office so we can assign that space to someone who is waiting for a parking space. Parking stickers are free and are available at the AHA office. In order to receive a parking sticker for your car, the car must be registered to a family member that is on your lease. You must bring us a copy of the

car registration to the office to receive a parking sticker. The small parking lot on Wall St. is for employees only, tenants should not be parking in the lot at any time.



Extermination

Routine pest exterminations are conducted on a monthly basis for the Hi Rise, Stratton and Garden Apartments. Please notify the AHA Office if you have any pest problems between exterminations. In order to prevent pest infestations, Make sure of the following...

- Remove all trash from your apartment daily.
- Wash all dirty dishes right away.
- Keep your stove and refrigerator clean
- Do not leave food uncovered on countertops or tables.

- Sweep floors and vacuum rugs regularly
- Report all plumbing leaks to the office.

If you have any pest issues in your apartment, please call the office so we can notify Charles the exterminator.



Phone Numbers & National Grid Account Numbers

Reminder....

It is your responsibility to keep the office updated on any changes to your phone number or the phone number of your emergency contact. For those of you who live in the Garden Apartments, it is your responsibility to also always keep the office update on any changes to your National Grid account number.



NO SMOKING

No Smoking

Smoking is **not allowed** on the benches or by the doors in front of the Hi Rise or the Stratton at any time. You should be smoking in the smoking huts.

Notes from maintenance....



Lock Outs

There is nothing more frustrating than getting locked out of your apartment. Please be sure that you keep your apartment keys with you at all times. If you should get locked out of your apartment during normal business hours or during the evening hours, please call (518)842-2895. **You will be charged the hourly maintenance rate for any lockouts that occur after hours.**

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.





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.

Amsterdam Muni Golf Course Restaurant is hiring – apply at the Restaurant

Dollar General Warehouse is hiring 1st and 2nd shift – apply online

Other places that are hiring...

- Lowes**
- Alpin Haus**
- NTI Global**
- River Ridge Living Center**
- Spectrum**



March is National Nutrition Month...

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Key Nutrition Points to Remember...

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



What to do when your child is the bully...

What exactly is bullying? There is a difference between bullying and normal conflict. True bullying happens when there is an imbalance of power, when it happens repeatedly, and there is an intention to hurt the other person physically, socially, and/or emotionally.

What do you do when you discover that your child is the bully?

Accepting the fact that despite your best efforts, your child isn't always the friendliest kid in school can raise feelings of worry, insecurity, fear and even doubt or defensiveness.

If a parent suspects their child is engaging in bullying behavior, they should sit down and have a conversation with their child about what it means to be a good friend, and how to address conflict in a healthy way.

If a teacher, school official or another parent brings an issue to your attention try to avoid these responses...

- "My child didn't learn this behavior at home"

- Don't justify the behavior.
Two wrongs don't make a right.
- Don't deny it. "My child would never do that"



Parents need to ...

- ✓ Be a role model for healthy communication and conflict resolution
- ✓ Understand that children sometimes make poor choices. If a parent sees this behavior becoming a pattern, they should address it immediately and give clear, consistent consequences for undesirable behaviors.
- ✓ Try to find the source of your child's frustration or anger.
- ✓ Work with your child to instill empathy and help the child understand the power of words and actions. Ask the child: How would you feel if someone did this to you? How would you feel if someone treated your sister this way?
- ✓ Try to role play so that your child can learn the appropriate way to deal with a situation.

For more information, parents can visit [www/stopbullying.gov](http://www.stopbullying.gov)

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/>



Parents...Please see the attached flyers regarding registering your children for Pre-K & Kindergarten.

Activites & Events

Mohawk Valley Chorus: Classics Concert

3:00 PM - 5:00 PM Mar 3, 2018

MVC will be performing Rutter's Requiem. Also on the program will be the Chamber Ensemble and an adult clarinet group.

Tickets available from MVC members or at the door.

Location:
United Presbyterian Church

25 Church St, Amsterdam, NY 12010



Spring Fashion Show

1:00 PM - 3:30 PM Mar 10, 2018

Join us for our Spring Fashion Show and enjoy refreshments and great raffle prizes while seeing all the new fashion trends.

\$10 at the door.

Location:
The Century Club
130 Guy Park Ave, Amsterdam, NY 12010,



Breakfast With the Easter Bunny

9:00 AM - 12:00 PM Mar 31, 2018

Family Fun, Crafts and Easter Egg Hunt!

Breakfast includes pancakes, scrambled eggs, sausage and beverages. \$8 Adults, \$5 Kids 4-12, 3 & Under Free

Location:
The Century Club
30 Guy Park Ave, Amsterdam, NY 12010