

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



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Tisha: Ext 104

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**AHA Website and Email:**

[www.amsterdamhousingauthority.org](http://www.amsterdamhousingauthority.org)

[inquiry@amsterdamhousingauthority.org](mailto:inquiry@amsterdamhousingauthority.org)

**Fraud**

[fraud@amsterdamhousingauthority.org](mailto:fraud@amsterdamhousingauthority.org)

**Office Address:**

52 Division Street  
Amsterdam, NY 12010

**Maintenance Requests:**

518-842-2895 (24 hours)

Police: 842-1100

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### AHA Board Meeting

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

### General Tenant Meeting

A General Tenant Meeting is scheduled for **Tuesday, May 16<sup>th</sup> at 10:00 AM** in the Stratton Community Room.

**Monday, May 28th – Memorial Day –**  
AHA office will be closed



Notes from the Office



### Spring Clean Up

Please help us clean up our property by picking up any trash, cigarette butts, debris, etc. that may have accumulated around your apartment over the winter. If we all pitch in we can make our complex look nice as we enjoy the summer months outside.



During the warmer months tenants like to sit outdoors to socialize and enjoy the nice weather. We ask that the smokers abide by our smoking



The Amsterdam Housing Authority is now on Facebook & our website is [www.amsterdamhousingauthority.org](http://www.amsterdamhousingauthority.org)



policy and use the smoking sheds that the AHA has provided for their use. Please do not smoke on the benches located outside of the Hi Rise and Stratton buildings.



Please don't feed the birds...We are trying to keep the property free of bird droppings.

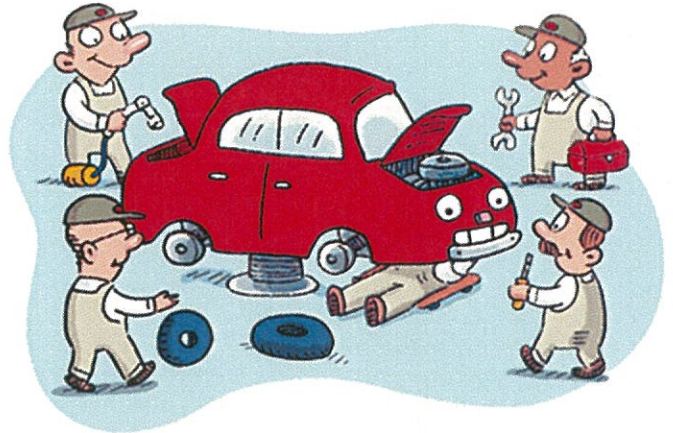
### No Visiting Pets



Please inform your family and friends not to bring their pets to visit when they visit you. Visiting pets are not permitted on Housing Authority property.

### Car Repairs

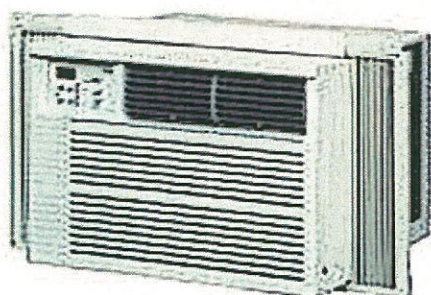
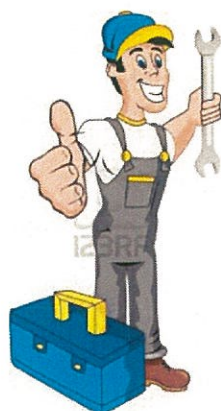
Reminder....tenants are not allowed to do car repairs on AHA property.



### Flower Planters

If anyone would like to adopt a flower planter in the Hi Rise Courtyard, please contact the office and we will assign you a planter.

**Notes from maintenance....**



## Air Conditioners

Maintenance will begin installing air conditioners the week of May 21<sup>st</sup>.

**You must call the office by May 18th to put your name on the list to have your air conditioner(s) installed.**

Please check your air conditioners to make sure that they are in installable condition, they must have proper wings or maintenance will not install them. No exceptions, as this is a safety issue. Remember if you do not have your A/C installed at the time that maintenance does the

installation for the project, you will be charged if you decide to have one put in at a later date. Tenants are not allowed to install their own air conditioners

## Hi Rise & Stratton Tenants

Please **don't** push both the up & the down buttons on the elevators. Just push the button for the direction that you want to go. Pushing both buttons is causing problems with the elevators.



## Mowing

When the warm weather arrives, everyone enjoys sitting and playing outside. Please make sure that outdoor furniture, bikes and toys are moved out of the way when maintenance is mowing.





## Places that are now hiring...

- ✓ Sticker Mule – is expanding and will be hiring more staff
- ✓ Beech Nut
- ✓ Hill & Marks – Customer Service Rep.
- ✓ Lowes
- ✓ Browns Bus – School Bus Drivers
- ✓ Alpin Haus
- ✓ NTI Global
- ✓ River Ridge Living Center
- ✓ Spectrum
- ✓ Dollar General Warehouse
- ✓ Kapstone Paper & Packaging
- ✓ Walgreens
- ✓ Amsterdam Printing & Litho
- ✓ St. Mary's Healthcare
- ✓ Keymark Corporation
- ✓ Price Chopper
- ✓ Stewarts in Hagaman
- ✓ Trustco Bank
- ✓ Ruby Tuesday



## May is National Physical Fitness Month



Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. Want to feel better, have more energy and even add years to your life? Just exercise! National Physical Fitness Month is a great time to spread the benefits of getting active.

Need more convincing to get moving? Here are some ways that exercise can lead to a happier, healthier you.

- ✓ Exercise can help prevent excess weight gain or help maintain weight loss. A daily walk or using the stairs instead of the elevator are simple ways to get more physically active. Consistency is key.
- ✓ Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.



- ✓ Exercise improves your mood. Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or a brisk 30 minute walk can help.
- ✓ Exercise boosts energy. Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength, improve your balance and boost your endurance.

For kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag. During the summer months, encourage your children to get off the electronics and go outside to play.

Kids who are active will:

- ✓ Have stronger muscles and bones
- ✓ Have a leaner body
- ✓ Be less likely to become overweight
- ✓ Decrease the risk of developing type 2 diabetes
- ✓ Lower blood pressure and cholesterol levels
- ✓ Have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges – from running to catch a bus to better concentration when studying for a test.



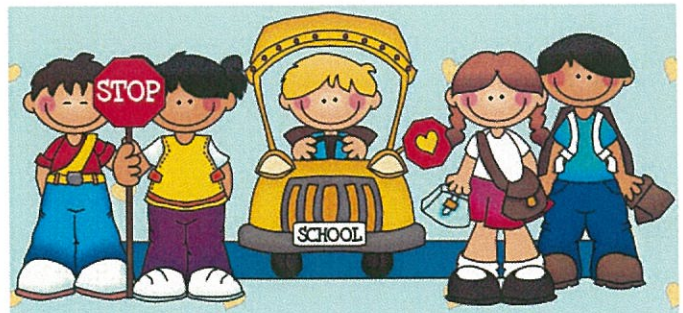
## Homework Help

<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

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## Music & Dancing with Joe's Boys Band

5:30 PM - 10:00 PM May 4, 2018  
(General)

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Doors open 5:30pm  
at the Amsterdam Elks Lodge #101  
Address: 8 4th Avenue, Amsterdam, NY  
12010  
\$10.00 per person at the door  
Refreshments - Cash Bar - Large Wooden  
Dance Floor!  
(No outside food or beverages allowed)

Location:  
Amsterdam Elk's Lodge #101  
[8 4th Ave, Amsterdam, NY 12010, USA](https://www.google.com/maps/place/8+4th+Avenue,+Amsterdam,+NY+12010,USA)

## Amsterdam Free Library 2<sup>nd</sup> Annual Chicken Parm Dinner

May 8, 2018 from 5pm-8pm  
At the Rockton House 34 Lyon St.  
Amsterdam

The friends of the Amsterdam Free Library are hosting this fundraiser. Tickets can be purchased in advance at the Library for \$12 or at the door on the night of the event for \$15

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## Amsterdam's Annual Spring Fling

10:00 AM - 5:00 PM May 12, 2018  
(General)

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Our biggest vendor event– now at Shuttleworth Park! Live music, free rides, art, food, car show & the Liberty League Baseball Tournament Championship game! (tentatively scheduled)

Location:  
Shuttleworth Park  
[65 Crescent Avenue, Amsterdam, NY,  
United States](https://www.google.com/maps/place/65+Crescent+Avenue,+Amsterdam,+NY,USA)



**The AHA & MCAP Present**

**2nd Annual**

# **West End Community Fest**

**THURSDAY, JUNE 28, 2018**

**2pm - 5pm**

**Pine Street Between Cedar Street and Division**

**Many Vendors and food options • Arts and Craft • Music From Primo Mobile DJ's  
Domino Tournament • Kids Shoot Out Tournament • DIY Workshops**

**Sponsors:**



**To Sponsor or for Vendor Registration Visit:**  
**[www.amsterdamhousingauthority.org/events.html](http://www.amsterdamhousingauthority.org/events.html)**



**PUEDE CREAR:**

## **"UN JARDIN DE HIERBAS PARA LA COCINA"**

**With the Cornell Cooperative Extension Master Gardeners  
of Fulton and Montgomery Counties**

*Join us and have FUN creating an herb container  
garden for cooking. Perfect for the kitchen window or  
any sunny spot. FRESH HERBS right at your finger tips!  
Also share your ideas for creating a 4-H group in Amsterdam!*

**DONDE: Amsterdam Housing Authority, 52 Division Street**

**CUANDO: May 15, 2018**

**TIEMPO: 1:00 to 4:00 pm**

**CUANTOS: LIBRE** clase limitada a 15 por orden de llegada

**RSVP: to CCE at (518) 853-2135**



**Master  
Gardener**  
Cornell Cooperative Extension

**Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties**