

**AMSTERDAM HOUSING  
AUTHORITY**  
**OCTOBER 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](http://www.amsterdamhousingauthority.org)  
[inquiry@amsterdahousingauthority.org](mailto:inquiry@amsterdahousingauthority.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: 518-842-1100

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### AHA Board Meeting

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

### General Tenant Meeting

A General Tenant Meeting is scheduled for Tuesday, October 16th at 10:00 in the Stratton Community Room.



### Notes from the Office

**October 8<sup>th</sup> – the office will be closed for Columbus Day**

### Hi Rise Tenants

Please **do not** put any furniture in the tv lounge or in the card room. If want to have something removed from your apartment you need to call the office to put in a work order. You will be charged the

maintenance charge for the removal.



### Package Deliveries

If a delivery person asks you to sign for a package, please do not sign for it unless the package is addressed to you.

### Note from Ralph the Mailman...

If you get junk mail in your box that you do not want, please throw it in the garbage. Please **do not** put in on the ledge on top of the mailboxes.

### Garden Tenants

If you have any issues with your cable you need to contact SPECTRUM directly. We recommend that you go directly to the Route 30 Spectrum office rather than call on the phone since they are familiar with how our property is set up. The office and maintenance staff cannot solve any issues that you have with your cable, internet or telephone.



## Meal Program

If you want or need to cancel a meal, please remember to call the Office for the Aging at 518-843-2300 before 9am. If you want to reserve a meal, please let the site manager know the day before so that they can make sure there will be a meal available for you. The Office for the Aging is charged the full cost of \$8.65 for each meal that is not cancelled before 9am.the day the meal is served.



## Stratton Tenants... Drop Box – Work Orders

If you put a note for a work order in the drop box by Bob's office at Stratton or in the drop box outside of the office at 52 Division St. **please make sure that you put your name and apartment**

**number on the note.** We have had several notes with no name or apartment number and we have no way of knowing where to go without this information.

## IMPORTANT – Loose Toilets

If you notice that your toilet is loose from the base, please call the office to place a work order. Loose toilets can cause plumbing problems if they are not repaired.

**WE'RE  
HIRING!**

- **Brown's Bus**
- **Alpin Haus** - Receptionist
- **St. Mary's Hospital** – Patient registration
- **Big Lots** – Cashiers
- **Dollar Tree** – Cashiers
- **Target Warehouse**
- **Goodwill** – Store Associate
- **Planet Fitness** – Front Desk Associate
- **Dollar General** – Sales Associate
- **Aldi's** – Rt 30 – Apply in store
- **Kapstone Paper & Packaging**
- **Petsmart** – Rt 30
- **Sticker Mule** - \$12.80 per hour



## HOW ARE OPIOIDS AFFECTING THE COMMUNITY?

Join us for a viewing of a short documentary about the opioid epidemic and a conversation about how the opioid epidemic is still affecting the community. There will also be a time for question and answer from local people experiencing the epidemic.

### Hand Washing



### Reiminder from The Amsterdam School District....

Please talk to your children about how important it is for them to wash their hands after using the bathroom at school...this helps to prevent germs from spreading throughout the school system.



OCTOBER 18<sup>TH</sup> 2018

6:00 - 7:30PM

LYNCH MIDDLE SCHOOL  
MEDIA CENTER

Sponsored by Catholic Charities of Fulton Montgomery Opioid Prevention Education in collaboration with the Greater Amsterdam School District Parent University.

# Health & Wellness



## October is Breast Cancer Awareness Month

### Early Detection

When breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 100%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

### Diagnosis

Breast cancer can be diagnosed through multiple tests, including a mammogram, ultrasound, MRI and biopsy

### FACTS

- One in eight women in the US will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Over 2.8 million breast cancer survivors are alive in the US today.

Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important!

The best protection is early **detection**



# Activities & Events

## Trick or Treat on the MVGO

Wed Oct 31st 5:00pm - 6:30pm



**FREE Family Event!**

Bring the kids Trick or Treating on the beautiful Mohawk Valley Gateway Overlook Bridge on Halloween this year! The bridge will be spooktacularly decorated while businesses and organizations volunteer to hand out fun and safe treats!

Head on down Bridge Street after the MVGO! Our local Southside establishments will be handing out treats outside of their businesses!

Trick or Treat in the City of Amsterdam is 6PM-8PM. This event will start and end earlier so that everyone can do both!



**Saturday, October 6<sup>th</sup>**

**2:00pm-8:00pm**

**South Side – Bridge St.**

**Games, contests, German food, entertainment, vendors, live music & Biergarten beer specials!**





## Dolly's Bingo at Stratton

\*\*\*Date Changes\*\*\*

October 5<sup>th</sup> & 12<sup>th</sup>

November 2<sup>nd</sup> & 9<sup>th</sup>

December 7<sup>th</sup> & 14<sup>th</sup>



## Bingo at the Elks

**Amsterdam Elks Lodge, 8 4th Ave,  
Amsterdam**

Join Amsterdam Elks #101 for BINGO every Thursday night! Doors open at 5:30 and games begin promptly at 7PM. Children under 18 are not allowed to play BINGO. We have a concession with plenty of delicious foods plus other games like raffles and bell jar. Enjoy 14 BINGO games including 2 60/40 games and the final full card \$1000 game. And don't forget to play the bonus ball!

## Polish Dinner

Sat Oct 20th 4:00pm - 7:00pm

Polish American Veterans Polish Dinner. Homemade Pierogi, Golumbki. Kielbasa, Kapusta and Dessert.

Eat in or take out \$15.00

56 Church Street, Amsterdam, NY



## Amsterdam Rotary Club

### Chicken Parmesan Dinner

October 15, 2018

4:00 - 7:00 pm

Raindancer

4582 State Hwy 30

\$12 Donation

(Take-Outs Available)

Benefiting Local Food Pantries