

# PLATTSBURGH HOUSING AUTHORITY

## FAMILY HOUSING NEWSLETTER

JANUARY 2015



### In this issue:

Remembering Rules

Cabin Fever Relievers

What's for Dinner?

Ted K Center News

Risk Control Policy



For community events and updates, check out our website at <http://www.phaplattsburgh.com/>



### Cabin Fever Relievers – Winter Events

Are you tired of winter? Have some fun by taking part in local winter events such as:

**Snowball 2015** – For the month of **February 2015**, there are a variety of **free** activities planned which include obstacle course races for children of all ages, family snowshoe and cross country ski programs (equipment provided), and play group activities. See a complete listing of activities planned for “Snowball a Celebration of Winter in the North Country” on our website at [www.phaplattsburgh.com](http://www.phaplattsburgh.com)

On **Saturday, February 7<sup>th</sup>** at 7:00 PM, the Lighting of the Ice Palace and Fireworks display will be taking place in Saranac Lake. The fun continues for a full week with a parade scheduled for **Saturday, February 14<sup>th</sup>** at 1:00 PM followed by a delicious hearty chili meal. See the complete schedule at [www.saranalakewintercarnival.com](http://www.saranalakewintercarnival.com)

On **Saturday, February 21<sup>st</sup>** from 11:00 AM until 3:00 PM, the Plattsburgh Sunrise Rotary will be hosting a **free carnival** on the front lawn at CVPH. Activities include sledding, skating, wagon rides, and carnival games. For more information on this event, visit [www.plattsburghsunriserotary.org](http://www.plattsburghsunriserotary.org)

Looking for an inside activity? On **Saturday, February 21<sup>st</sup>** from 1-3 PM a Spectacular Science event will be held at the Imaginarium Children's Museum located at 4709 Route 9, Plattsburgh where children ages 3-7 can explore science with hands-on experiments at a cost of \$3 per person. For more information on this and other events at the museum, visit [www.imaginariumchildrensmuseum.org](http://www.imaginariumchildrensmuseum.org)



## Remembering Rules

### \*\*\* Snow Removal \*\*\*

Remember that you are responsible for removing ice and snow from the sidewalk between your door and the main sidewalk. Participate in our efforts to remove snow by moving your cars so that we can plow more thoroughly and spread sand and salt in those areas. You can move your car on to the road after 6:00 AM or the back parking lot at McGaulley offers a great place to park temporarily while we clean the areas near your apartments. We appreciate your help!!



### Garbage

You are responsible for your apartment's trash cart and blue recycle bin. If the cart or bin is lost or stolen, your rent account will be charged the cost of replacing the item. The cart and bin are to be placed at the curb for pick-up on Tuesdays prior to 7:00 AM and returned to your apartment storage area no later than Wednesdays at 8:00 AM. Failure to return the cart and bin to your apartment storage area will result in Maintenance returning the items to your storage area and charging your rent account for the service. In addition, you are responsible for the disposal of furniture, appliances, tires, wood or metal items. Please do not put these items on the curb for pick-up. Disposing of these items on the curb will result in your rent account being charged for the removal of the items and could result in a fine for littering.

## What's for Dinner?? ≈ Chicken Chili ≈



Chili can be less expensive when you make it with ground chicken instead of ground beef. This chili is great for a last minute dinner because all the ingredients are items that you can keep on hand either in the freezer or your pantry. Serve over hot cooked rice and add a side of corn bread to complete your meal! (Prep Time: 5 minutes, Cook Time: 40 minutes, Yield: 8 servings)

**Ingredients:** \* 1 ¾ lbs. ground chicken \* 2 cloves garlic, minced \* 1 onion, chopped \* 2 Tbsp taco or chili seasoning (from packet) \* 1 (14.5 oz) can chicken broth \* 1 (14 oz) can crushed tomatoes \* 2 Tbsp tomato paste \* 1 (1 lb.) bag frozen bell pepper strips (thawed) \* 1 (15 oz) can small red beans, drained and rinsed \* 1 Tbsp. vegetable oil \* Dash of salt and pepper \* Shredded cheese (optional)

**Preparation:** Heat vegetable oil in a large saucepan over medium heat and add chicken, onion, garlic, salt and pepper. Cook chicken stirring to break up the meat until it is crumbly and no longer pink and onion is tender (about 7 minutes). Stir in broth, taco or chili seasoning, crushed tomatoes and tomato paste and bring to a boil. Reduce heat and simmer for 15 minutes. Stir in the bell pepper strips and beans and simmer for an additional 10 minutes (stirring occasionally until the sauce is thick). Serve with shredded cheese, if desired. Enjoy!!!!



### **Ted K. Center Early Childhood Program**

The Plattsburgh Housing Authority's Ted K. Center Early Childhood Program currently has openings. The program operates throughout the school year **Monday – Friday from 11:30 AM – 2:00 PM**. The program is **free** to Housing Authority residents' ages 3 - 5 who are toilet trained. Your child will participate in daily activities such as reading and math readiness lessons, arts & crafts, music, story time and group games. A light nutritious snack will be provided each day. For more information or to register your child please visit the center or call Tom, Virginia or Victoria at **561-7690 ext. 109**.

### **Ted K. Center After-School Program**

The Ted K. Center After-School Winter Programs include Reality Check Club on Mondays, Swimming at the YMCA on Wednesdays, and Dinner Theatre Club on Thursdays. The After School Program is **free** for PHA resident youth ages 5 (and in Kindergarten) and up. The programs will be open Monday- Friday, 2:30 pm – 6:00 pm throughout the school year. Program youth will participate in a variety of daily educational, social and recreational activities. See you at the center!

---

**\*\*\*For Your Information\*\*\***

---

### ***Risk Control Policy***

The safety and well being of the residents and employees of the Plattsburgh Housing Authority are of the utmost importance. It is also important for the Authority to safeguard its assets. Risk management procedures will be established and maintained to ensure the highest level of safety is provided for all.

It is the intention of the Authority to abide by applicable laws and regulations which govern the health and safety of the residents, employees, visitors, and property. Risk control techniques and methods will be employed where feasible to prevent and control losses which may threaten the health and well being of those the Authority serves.

Risk management and control is the responsibility of all levels of the Authority. Management and employees shall make all efforts feasible to ensure that the optimal level of safety is provided. Through the administration of the adopted *Risk Control Policy Statement* and the cooperation and support of those involved, the Authority will make risk control a priority.