

# PHA Post



April 2015

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## Million Can Redemption Plan is in Full Swing!

As you may already be aware, The Ted K. Center is trying to collect one million redeemable bottles and cans. With 100 percent of the proceeds going right to the center, the goal is to buy a new van for the Ted K. Kids.

A new van would mean going on field trips and being able to experience new things.

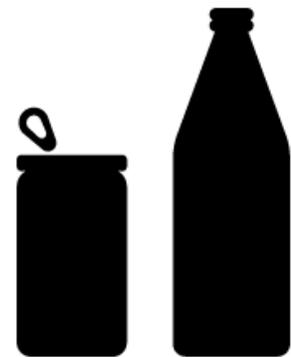
The center is working with the Plattsburgh community as well as students from SUNY Plattsburgh, but still need all the help they can get.

Since The Ted K. Center is part of the Plattsburgh Housing

Authority family, let's do everything we can to help our kids out. It's easy, all you have to do is redeem your recyclables.

Donations can be dropped off at Northern Cakes Redemption Center at 1290 Military Turnpike during business hours any time during the month of April. Don't forget to sign a donation slip. You can also bring your recyclables directly to the Ted K. Center.

There is no contribution that is too small. Every little bit helps towards the goal of one million redeemable bottles



and cans.

Recycle and redeem your bottles and cans to help keep the kids of the Ted K. Center dreaming.



## Spring Cleaning

Spring is here and it's time to give your apartment a good scrub down. Make sure to give each room the specific attention it needs. Clean out the refrigerator and shelves and throw

away expired food. Dust everything! This includes base boards and hard to reach places like ceiling fans. Show your closet some love; reorganize and donate old clothes you didn't even remember

you had. Vacuum every rug and sweep and mop every hard service. Wipe down windows and clean the walls. Open the windows to let fresh air in and clean away your winter blues.

“Mistakes are proof that you are trying.”



### Did you know...

If you try to say the alphabet without moving your lips or tongue every letter will sound the same.



## Senior Section

### Important dates and reminders

- Make sure all complaints are in writing
- Don't forget to utilize the free Grocery Bus Service. Any questions call 518-563-3672
- Review the rules for being away on vacation
- Make sure all contact information is up to date
- Familiarize yourself with the pet policy and how to properly dispose kitty litter

We are happy to announce that The Barbershoppers will be performing at Lake View Towers on June 4th, 2015, at 11:00 am.



## Easy Eats, Cooking with Kids

Looking to spice up the kitchen by trying something new? At only 43 cents a serving, these Fajita style quesadillas will be sure to keep your family asking for seconds. It's also a great way to help keep the kids busy. Let them get involved by having them help with prep or even something simple like setting the table.

### What You Will Need

- 1/2 diced red or green sweet pepper
- 1/2 onion thinly sliced
- 1 serrano pepper cut in strips
- 2 tsp vegetable oil
- 4 white corn tortillas
- Nonstick cooking spray
- 1/2 cup shredded Monterey Jack Cheese
- 2 thin slices of tomato

- 1 tbsp. cut fresh cilantro
- Sour cream (optional)

**Step 1**— In a large skillet, cook the sweet pepper, onion and serrano pepper in hot oil over medium heat for 3-5 minutes

**Step 2**— Lightly coat one side of each tortilla shell with cook spray. On the uncoated side of two of the tortillas, cover with cheese.

**Step 3**— Put the onion and pepper mixture, tomato slices, fresh cilantro, and remaining cheese on the tortillas.

**Step 4**— Cover with the two remaining tortilla shells. Cook in a large skillet for 4-5 minutes per side.

**Step 5**— Cut each quesadilla into 4 wedges and serve with the optional sour cream and lime wedges.

