

# PHA Post



Family Housing: Winter 2015/2016

## In this issue:

Reminders

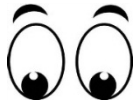
Cabin Fever Relievers

What's for Dinner?

Staying Healthy

What's new at PHA?

Inspirational Corner



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

## Reminders

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



Remember that you are responsible for removing ice and snow from the sidewalk between your door and the main sidewalk. Also, please participate in our efforts to remove the snow in our parking lots 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 city streets after 6:00 AM and 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!

### ~~~ Heaters ~~~

Keep all windows and doors closed during the winter months. Make sure all of the storm windows are in place. When the temperature outside is below freezing (32 degrees F), do not open windows over the radiators at any point in time and do not turn off the heat upstairs or in any room. The water in the radiator will freeze and cause the radiator to burst. To avoid freezing pipes, the heat needs to travel as intended -- turning off the heat in any room creates a road block to warmth. All damages occurring as a result of these actions will be charged to the resident. Not only will the radiator be damaged, but your apartment and belongings could sustain extensive water damage.

## Cabin Fever Relievers – Winter Events

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

**Winter Carnival** – On **Saturday, February 13th** 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 (bring your sled), skating (bring your skates), wagon rides, disc golf and carnival games. For more information on this event, visit

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

**Ice Castle (Superheroes and Villains)** - On **Saturday, February 6th** 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 13th** at 1:00 PM followed by a delicious hearty chili meal. See the complete schedule at <http://www.saranalakewintercarnival.com/schedule>

Looking for *inside* activities?

**5th Annual Kids' Carnivale** – On **Saturday, February 6th** from 2-5 PM, the Plattsburgh City Recreational Center will be holding a **free event** at 52 US Oval. Activities include face painting, bouncy house, bean bag toss, crafts and more. Visit <http://www.plattsburghrecreation.com> for more information.

**YMCA Recreational Swim** – On **Sunday, February 7th** from 11:15 AM – 12:15 PM, there will be **free recreational swim** for families (50 people maximum).

**Journey into Reading** – On **Thursday, February 25th** from 4:30 – 6:30 PM, the **Champlain Centre Mall** will have volunteers read to young children and after the reading, each child will be able to pick out a free book to take home.

Check out the **Imaginarium Children's Museum** located at 4709 Route 9, Plattsburgh for fun activities and events. For more information about events at the museum, visit <https://www.facebook.com/Imaginarium.Childrens.Museum>

## What's for Dinner?

### Chili Pasta Skillet

Winter is a good time to warm your body and soul with a hearty meal. This recipe does just that and comes in at **just \$1.61 per serving!!!**

**Ingredients:** \* 1 pound ground beef \* ¾ cup chopped onion \* 1 (15 oz.) can red kidney beans, black beans or red beans, rinsed and drained \* 1 (14.5 oz) can diced tomatoes, undrained \* 1 (8 oz.) can tomato sauce \* ½ cup dried elbow macaroni \* 1 (4 oz.) can of diced green chile peppers, drained \* 2 teaspoons chili powder \* ½ teaspoon garlic salt \* ½ cup shredded Monterey Jack or cheddar cheese

**Directions:** In a large skillet, cook meat and onion until meat is brown and onion is tender. Drain off fat. Stir in beans, undrained tomatoes, tomato sauce, uncooked macaroni, chile peppers, chili powder and garlic salt. Bring to a boil, then reduce heat and simmer covered for about 20 minutes or until macaroni is tender, stirring often. Remove skillet from the heat and sprinkle mixture with cheese. Cover and let stand for 2 minutes to melt the cheese....enjoy!!

**Nutrition** (per serving; 6 servings): 289 calories; 11 g Fat (5 g Sat; 4 g Mono; 2 g polyunsaturated) 56 mg Cholesterol; 27 g Carbohydrates; 23 g Protein, 5 g Fiber; 622 mg Sodium, 4 g sugar

## Staying Healthy During Cold & Flu Season!

The cold and flu season is upon us. A flu vaccine is the first and most important step in protecting against the flu. Follow these additional tips to stay healthy and keep others healthy this flu season:

- ✓ **Wash your hands** frequently especially after blowing your nose, coughing, sneezing and before you eat
- ✓ **Avoid touching your eyes, nose, and mouth** to stop the spread of viruses
- ✓ **Avoid contact with people who are sick**
- ✓ **Cover your mouth** or tuck it in your elbow when coughing or sneezing and wash your hands afterward
- ✓ **Get enough sleep** to avoid getting 'run down'
- ✓ **Reduce stress** by exercising and eating right
- ✓ **Stay home** if you are sick to avoid making others sick
- ✓ **Clean and disinfect often** to prevent the spread of germs in your house

Using these tips will help you and your loved ones stay healthy this season!

## What's new at PHA?

Have you met our new Housing Tenant Relations Coordinator? Her name is Maxine Perry and she is here to help our tenants gain access to programs, employment or educational opportunities in order to become self-sufficient and reach personal goals. Maxine can work with you in a group setting or by scheduling one-on-one sessions. Feel free to contact Maxine at 561-0720 ext 240 or by email at [Maxine@phaplattsburgh.com](mailto:Maxine@phaplattsburgh.com). She is looking forward to working with you!



### Inspirational Corner

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

– Joshua J. Marine –

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