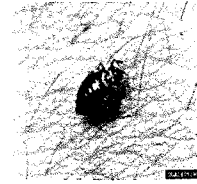


PLATTSBURGH HOUSING AUTHORITY

SENIOR NEWS



BED BUGS & COCKROACHES... WHAT DO I DO?

If you see a bug....Call in a work order (518)563-0430 ext. 105. **DO NOT TREAT THEM YOURSELF.**

Where Do Bed Bugs Live?

1. Anywhere there are people
2. In furniture (sofa, chair, bed)
3. In household items (picture frames, clothing, curtains, etc...)

How do they travel?

1. "hitchhiking" on humans
2. "hitchhiking" in luggage
3. "hitchhiking" in purses
4. On stuffed animals
5. On/In household items (picture frames, beds, chairs, etc...)
6. Crawling under doors, in outlets and along plumbing fixtures

Bed bugs and cockroaches do not discriminate.

Bed bugs gather:

- ✓ Where people sit or lay down for long period of time
- ✓ Where people set belongings down
- ✓ In places that have frequent travelers

Cockroaches:

- ✓ Live where there is food and water
- ✓ Can be anywhere in the building
- ✓ Like cardboard
- ✓ Are active at night (if they are seen during the day the infestation is serious)
- ✓ Can aggravate allergies and asthma in people

- Looking for a way to get out of your apartment and pick up a few groceries at the store? Get on the bus.... **The Grocery Bus.**
- The Grocery Bus runs every week except on holidays with
- alternating stores every other week. Tuesdays is Price Chopper and Thursdays is Hannaford's.
- The bus picks up at:
 - Lakeview Towers/Russell Barnard Apartments at 9:30 am
 - Bushey Blvd. where the flag is at 9:35 am
 - Robert S. Long Apartments at 9:40 am
 - Sterns Apartments at 9:45 am
 - Beekman Towers at 9:50 am
- Arrival at grocery stores 10:00 am
- Shopping until 11:00 am
- This bus service is paid for by the grocery stores and brought to you
- by First Transit, Inc. (563-3672)



Important Reminder:

****Items found discarded alongside the road, flea markets, yard sales and auctions are all areas in which you can pick up bed bugs and roaches. You do not know that the items are free from bugs or their offspring****

How can I minimize my risk of having a pest problem?

- Have a clean and sanitary apartment
- Trash must be disposed of properly and not left in the unit.
- Floors should be clean, clear, dry and free of hazards.
- - Stove should be clean and free of food and grease.
- - Refrigerator should be clean; freezer door should close properly.
- - Cabinets should be clean and neat. Cabinet surfaces and counter tops should be free of grease and spilled food. Cabinets should not be overloaded. Storage under the sink should be limited to small or lightweight items to permit access for repairs. Heavy pots and pans should not be stored under the sink.
- - Sink should be clean and free of grease and garbage. Dirty dishes should be washed and put away in a timely manner.
- - Food storage areas should be neat and clean without spilled food.
- - Trash and garbage should be stored in a covered container until removed to the disposal area.
- - Linen closets and storage areas should be neat and clean.



The Resident will immediately notify the PHA of any damage or repair needed in the unit by calling in a work order to the Maintenance Department. The Resident further agrees not to make any repairs or changes to the premises without prior written approval from the PHA.

DO NOT TREAT AN INFESTATION ON YOUR OWN. CALL IN A WORK

ORDER AND ALLOW MAINTENANCE TO FOLLOW THE PROPER

PROCEDURES. The use of Over-The-Counter products can decrease the effectiveness of the treatment from the professionals.

LAKEVIEW TOWERS NUTRITION PROGRAM: MONDAY - FRIDAY 9:00 am until 12:15 pm

Contact information

34 Flynn Ave.

(518)561-8696

The Lakeview Towers Nutrition Program is Sponsored by the Senior Citizens Council of Clinton County Inc. and Funded by the New York State and Clinton County Office for the Aging

HALLOWEEN PARTY

Thursday October 26th 9:00 am

Cider and Donuts sponsored by the residents of Lakeview Towers and Russell H. Barnard

Lunch is served at 11:45 am

50/50 drawing, door prize and raffles (drawings at 11:30 am must be present to win)

Best costume prize: Bring your quarters to vote for the best costume

Music provided by: The Senior Serenaders 10:30 am

RSVP before October 13th