

PHA Post



Family Housing: Spring 2018

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

*** Spring Events ***

- *An Evening with Richard Jensen* – presented by SPARCC on **Thursday, May 10th from 7-9 PM** at the Strand Center for the Arts (25 Brinkerhoff Street). Richard Jensen presents his story on his toughest opponent, addiction, and how through his love of wrestling Richard found recovery as profiled in the ESPN documentary short “Getting Off the Mat”.
- The Clinton County Youth Bureau is sponsoring fun runs every Monday from **April 16 to May 14** (registration at 5 PM in the City Gym; run starts at **5:15 PM** on the Terry Gordon Bike Path) on The Oval. Run distances are ¼ mile (ages 3 and under; ages 4-6), ½ mile (ages up to 10) and 1 mile (all ages). No pets allowed. For more information, call 518-565-4750.
- **FREE** Baseball/Softball skills clinic with Plattsburgh State Baseball and Softball teams on Tuesday, May 8, 2018 at Chip Cummings Field at SUNY Plattsburgh for children ages 7 – 14 years of age. Registration from 4:30 – 5:00 PM (must bring child’s birth certificate), skills clinic is from 5:00 – 6:00 PM and pitch/hit/run contest is from 6:00 to 7:30 PM. Contact the Clinton County Youth Bureau for more information (518-565-4750).

SMOKE-FREE HOUSING



- Did you know that when you quit smoking, your breathing gets easier and your lung capacity increases within 3 days and that you have more energy within 1 month?
- Did you know that there are **over 4,000 chemicals** in cigarettes and cigars - **43** of which are known to cause **cancer** and over **400** are **poisonous**?
- Did you know **your pets** are at higher risk for mouth, throat and stomach cancers from second hand smoke (and third hand smoke residue) as they breathe in the smoke and lick the harmful chemical residues off from their fur?
- Effective **July 30, 2018**, as required by HUD, all **apartments and community areas at Plattsburgh Housing Authority**, as well as **all outside areas within 25 feet of a building** (within 40 feet for senior high rise buildings) will be **smoke-free**. Tobacco Cessation Services are being offered **at no cost** to PHA residents interested in quitting. Contact Elise Rock (Smoking Cessation Counselor, RN) at 518-314-3633 if you are ready to start your journey to a tobacco free life!!!

Check out our website (www.phaplattsburgh.com) to see the countdown to smoke-free housing.

Housing Choice Voucher (Section 8) Program at PHA

On **Tuesday, May 1st, 2018**, Plattsburgh Housing Authority will be opening up the waiting list for our **Housing Choice Voucher (Section 8) Program** and accepting new applications. Applications for this program are located in our Administrative Office at 4817 South Catherine Street. Additional information on this program is available on our website (phaplattsburgh.com), under *About, Housing Choice Voucher*.



SPRING HAS SPRUNG!!!!

With the snow melting, sun shining, and birds singing, it is the perfect time to do some spring cleaning. Spring cleaning can lead to healthier living conditions, better use of space and possibly even make you a few dollars. Here are some helpful spring cleaning steps to get you started:

- Clean out your closets. Are there old toys, clothes, or clutter that isn't being used or that is broken? Take an hour or two and have each person in the family go through these items to decide what should be tossed out and what is still in good condition but can be sold or donated.
- Get rid of those dust bunnies. Take the time to vacuum around baseboards, heating vents, curtains, under the sofa cushions, and wipe down window sills and furniture. Don't forget to vacuum under those big furniture items as well.
- Tackle the bathroom. Bathrooms are subject to a lot of moisture which can cause mold growth. This is a good time to make note of any leaking or damaged fixtures that would need repair. If you notice any damage, be sure to call in a work order so the problem can be corrected.
- Appliances need a spring cleaning too. Clean out the refrigerator and check dates on the bottles and jars; discard any items that have expired. If you can, pull out the refrigerator and check behind to make sure nothing has fallen since the last cleaning. Wipe down the outside of appliances with a soft cloth and a solution of 1/2 cup of bleach and 4 cups of warm water.
- Get your home organized. Take an hour with your family to make sure things all have a place. Set up a tray for mail and another for keys. Are there hangers and hooks for coats? Is there a place for backpacks to go after school? Keeping things organized helps everyone keep the house tidy and gives the family more time for fun activities!!!



~ ~ Reminders ~ ~

Air conditioners: If you would like your air conditioner installed this summer by Maintenance, please call in a work order at 518-563-0430 ext 105 after May 15th. The cost for Maintenance to install an air conditioner is \$20.00 (1st air conditioner) and \$15.00 for each additional installed. If you are installing the air conditioner yourself, please call in a work order **the next business day after it is installed** so that Maintenance can verify that it is installed properly and safely. The inspection fee is \$10.00 per air conditioner. A \$20.00 fine will be placed on your account for each air conditioner you install but do not call in a work order to have the installation inspected by Maintenance staff.

Swimming pools: As stated in the Rules & Regulations Manual for Family Residents, swimming pools **cannot be any bigger than six feet (6') wide** as measured from one interior side across to the other interior side. Pools must be placed in the back yard and **cannot contain a water level of more than 12 inches (12") deep**. Pools can only be used during daylight hours and must be drained into a ditch after each use. Children are not allowed to use sprinkler systems for play and water hoses must be shut off immediately after filling pools. We appreciate your help in conserving water this summer!



Inspirational Corner

"If you can dream it, you can do it."

~ Walt Disney ~

Plattsburgh Housing Authority

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