

PHA Post



Family Housing: February 2020

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

Cabin Fever Relievers – Winter Events



Are you tired of winter? Looking for something different to do?

Have some fun by taking part in local **outside** winter events such as:

Winterfest 2020 at American Legion Post 1619; Feb 14-16; 219 Rand Hill Road, Morrisonville, NY

For more information visit:

<https://www.facebook.com/events/792814471207101/>

Crafts at the Clinton County Historical Museum, Monday, Feb 17; 2 PM at 98 Ohio Avenue, Plattsburgh. FREE Crafts for kids ages 5 years and up. Children under 10 must be accompanied by an adult. For more information visit:

<https://www.goadirondack.com/event/crafts-at-the-museum>

Looking for **inside** activities?

Public skating at Stafford Ice Arena, 167 Rugar Street, Plattsburgh, **Feb 22 from 2-3:30 PM;** \$3 per person plus skate rental

****Check out the North Country Chamber of Commerce website for even more community events;**

<http://www.northcountrychamber.com/community-calendar/>

SMOKE-FREE HOUSING



Did you know that when you quit smoking, your risk of having a heart attack starts to drop within 24 hours? And that your circulation starts to get better within 2 weeks?

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?

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) are **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!!!

Staying Healthy

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!

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 out of the parking lots by 9 AM the first work day after a snow storm so that we can plow more thoroughly and spread sand and salt in those areas. 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. Space heaters are fire hazards and are not allowed in housing.

≈≈≈ Cigarette Butts ≈≈≈

Make sure you are using appropriate receptacles (empty coffee cans or buckets) for your cigarette butts and emptying the containers when needed. If you dispose of the butts on the ground, you are required to pick them up. Cigarette butts **are not biodegradable**. If butts are disposed on the ground, they release arsenic and lead which can contaminate soil and water. **The Earth is not an ashtray!!**

\$\$\$ Money Orders/Cash \$\$\$

If paying for your rent/fees with a money order, please make sure to write **your apartment number on the money order**. This will ensure the funds get credited to the correct account as it is often difficult to read the signature. Also, do not put cash in the drop box.

Consideration Corner

Neighbors really can become good friends – look out for your neighbor and they will hopefully do the same for you. Below are things that you can do in order to be a good neighbor:

- Keep noise levels to a minimum.
- Make sure your children are being supervised while outside.
- Keep your outside areas clean and tidy and the walkways shoveled.
- Respect your neighbors.
- If a dispute occurs, communicate politely with the person and explain why you are upset – try to find a solution together.

Any questions or concerns you have regarding disturbances should be directed to Tammy Langley, Housing Assistance Supervisor at 518-561-0720 ext. 224.



Ted K. Center After-School Program

The Ted K. Center After-School Program is available for PHA resident youth ages 5 (and in Kindergarten) and up. The program runs **Monday- Friday** from **2:30 PM – 6:00 PM** throughout the school year. Youth will participate in daily educational, social and recreational activities. See you at the center!

Inspirational Corner

“Don’t count the days, make the days count!”

~ Muhammad Ali ~

Plattsburgh Housing Authority
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