***PLATTSBURGH HOUSING AUTHORITY***

***SPRING 2014***

***FAMILY HOUSING NEWSLETTER***

***Reminders***

* **Income Reporting**: Income for all household members (including those under 18 years of age) has to be reported to Plattsburgh Housing Authority, whether it is Child Support, Social Security, wages from a job, unemployment benefits, or assistance from the Department of Social Services (DSS). Changes in income must be reported within ten (10) days of their occurrence.
* **Shelter Verification forms:** The administrative office staff will be happy to assist you in completing shelter verification forms for the Department of Social Services; *however*, you need to record the case number and worker ID number on the top of the form to ensure your document reaches the correct person at DSS.
* **Ted K Center:** All PHA youths (grades Kindergarten and higher) are encouraged to visit the Center for the after-school program (Monday through Friday; 2:30 PM – 6:00 PM). We encourage you to take advantage of fun activities such as arts and crafts, computer learning, cooking, recreational games, gardening and much more. Please visit the Ted K. Center located at 8 Tyrell Avenue or call 561-7690 for more information.

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**Spring Activities!!!**

**Spring Fun Run for Kids!!!!**

The Clinton County Youth Bureau is sponsoring fun runs every Monday from **April 7 to May 5** (registration at 5 PM; run starts at **5:15 PM**) on the Terry Gordon Bike Path located on The Oval. Run distances are ¼ mile (ages 6 and under), ½ mile (ages 7 – 10) and 1 mile (ages 11 – 14). Free for families with youth up to age 14. No pets allowed. For more information, call 565-4750.

**\*\*\* CVPH Foundation Easter Egg Hunt \*\*\***

To be held on **Saturday, April 19th at 10:00 AM** on the CVPH front lawn for children in 2nd grade or younger. Make sure to dress for the weather and bring your favorite basket. The Easter bunny will be available for photos and hugs. For more information, call 562-7169.

***What’s for Dinner?***

# Cheesy Chicken Taco Bake

With only **6 ingredients** and a short bake time, this dish works well for busy nights and is a hit with traditional taco lovers!!! (Prep Time: 10 minutes, Cook Time: 30 minutes, Yield: 8-10 servings)

**Ingredients: \*** 3 cups cooked, chopped chicken \* 1 package taco seasoning \* 2 ½ cups shredded cheddar cheese, divided \* 2 cups salsa \* 2 cups corn kernels or drained black beans \* 15 corn tortillas (6” size)

**Directions:** Combine cooked chicken with taco seasoning, toss to coat. Mix chicken, salsa and corn (or black beans) with 2 cups of cheese until well blended. Cut 3 of the tortillas in half (need 6 halves total) and layer 4 whole tortillas and 2 halves into the bottom of a greased 9x13 baking dish (making 5 tortillas total per layer). Spread half of the chicken mixture over the tortillas and top with 5 more tortillas (4 whole and 2 halves). Layer with the remaining chicken mixture and corn tortillas (4 whole and 2 halves) on top. Sprinkle with the remaining ½ cup of cheese and cover tightly with foil. Bake at 350 degrees for 30 minutes. Let stand for 10 minutes before cutting. Enjoy!!!!

**SPRING HAS SPRUNG!!!**

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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:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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!!!

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