



Plattsburgh Housing

Authority

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Reminder

As it says in your lease, boarders are **NOT** allowed to live in your apartment! Guests can only stay for up to **14** days in **1** year. A guest may stay longer **if** and **only if** written approval from PHA management is given.

Age is an issue of *mind* over **matter**. If you don't *mind*, it doesn't **matter**.

-Mark Twain



4 Easy Steps to Protect Yourself Against Heart Disease

1. **Eat Healthy**– A healthy diet is the first step in protecting yourself against heart disease. Make sure to eat plenty of fruits, veggies, and lean meats; as well as avoiding junk food. Also, be sure to limit alcohol intake.
2. **Staying Active**– Getting up and moving around is also a key step in protecting yourself. Even if it's just cleaning around the house, being active for 30 minutes a day, 5 days a week can really make a difference.
3. **Decrease Stress**– Feeling stressed is part of life, but finding a healthy way to manage it can help relieve some pressure. You can think positive, use relaxation techniques, or even exercise!
4. **Watching Your Blood Sugar**– If not treated properly, high blood pressure can lead to heart disease and stroke. Be sure to monitor your blood pressure and take the necessary steps to keeping it under control.



Tips for Being A Good Renter and A Great Neighbor!

Paying Rent! Paying your rent on time shows responsibility, character and helps build a good reputation.

Showing Respect! You, as well as your neighbors, both have the right to peaceful living. Remember to keep the noise level low and treat your neighbors how you want to be treated.

Get to know your neighbors! Friends make life easier and more enjoyable. Be nice to the people around you and your life can drastically change for the better.

Smile! Smiling just makes you feel better and improves the quality of life. If someone smiles towards you make sure to repay the favor.

March 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Day-light Savings Time	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				