

# Plattsburgh Housing Authority Senior News

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PLEASE CHECK  
THE BULLETIN  
BOARDS IN  
YOUR LOBBY  
FOR UPDATED  
AND NEW  
INFORMATION

What's happening in the PHA Senior High-rises?

**Are you 50 or older?**

**Do you want to increase strength, muscle mass and balance?**

**Do you want to reduce your risk for falling?**

**Do you like to socialize and have fun?**

**If you answered yes to any of these questions, then check out the RSVP and EAHCN Growing Stronger classes every Monday starting September 14th at 9:30 am in the Robert S. Long Apartments on Oak Street. These classes are *FREE* and the only requirement is that you have a release from your Primary doctor. More information on these classes and a physicians release can be obtained by contacting Kate Gardner at the RSVP office at 566-0944.**



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## FLU CLINICS

**Friday October 23rd in the Robert S. Long Community Room 9:00 am-11:00 am.**

**Tuesday October 27th in the Lakeview Towers Community Room 9:00 am-11:00 am**

Please mark your calendars to attend.

Bring your insurance cards, as well as your arms. Please wear shirts that allow easy access to the area.





## BINGO !!!

Bingo will be starting once again at The Russell H. Barnard Apartments. Beginning September 10th.

Card Sales begin at 1:00pm

Games Start at 2:00 pm.

\*\*\* New Games\*\*\*

Last Monday of the month is bring a snack to share. Mark your calendars and enjoy the fun every Monday and Thursday.

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## COFFEE & DONUTS

Beginning September 12th

Coffee and Donuts 9:30 am—11:00 am Saturday Mornings in the Russell H. Barnard Community room.

\$1.00 donations are accepted to help cover the cost of supplies



## BIBLE STUDY

**Mondays at 3:00 pm in the community room at Lakeview Towers**

**Tuesdays at 3:00 pm in the community room at Robert S. Long Apartments**

**All are welcome to attend.**

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## BINGO and Socializing

Tuesday Mornings at 10:00 am in the Robert S. Long Community room, join the consumers and staff from The Advocacy and Resource center.



## GROCERY BUS

FREE SHOPPING BUS SERVICE FOR SENIOR CITIZENS

PICK-UPS:

RUSSELL H. BARNARD 9:30 AM LAKEVIEW TOWERS 9:32 AM ROBERT S. LONG 9:40 AM  
STERNS APARTMENTS 9:45 AM BEEKMAN TOWERS 9:50 AM

ARRIVE AT THE GROCERY STORES BY 10:00 AM

**PRICE CHOPPER** Every other Tuesday

**HANNAFORD'S** Every other Thursday

(alternating weeks)

ENJOY THIS FREE SERVICE THANKS TO THE GROCERY STORES LISTED ABOVE

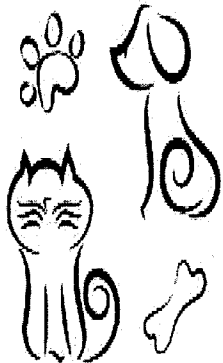
Thursday September 17th is Hannaford

Tuesday September 22nd is Price Chopper



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Pet reminders....



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Before a pet is added to the household a \$200 pet deposit must be paid as well as a non-refundable registration fee of \$25 prior to the date the pet is brought into the unit.

A pet registration form which is a pet agreement between the PHA and the household requesting the pet needs to be completed and submitted to the office.

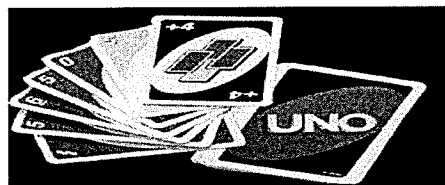
### **THERE ARE TO BE NO VISITING PETS**

Cat litter must be disposed of in the proper bins labeled "disposable undergarments and pet waste". And dog waste must be disposed of in the proper bins marked pet waste outside the high rises.

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## GAME NIGHT

Thursdays 5:30pm -7:30pm in the Community room at Robert S. Long Apartments. Join in on the UNO fun. Bring a snack to share and enjoy time with your neighbors .



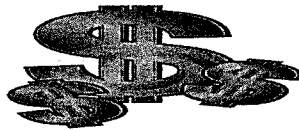
## Vacations or extended absences from your home:

If you are planning a vacation or intend to be away from your apartment for an extended period of time, a “good rule of thumb” is to let Julie or the office know that you will be away, when you expect to return and how to contact you during this time. This information is helpful so that we do not have to enter your apartment to do a “welfare check” and we will have the information to contact you in case of an emergency.

### Direct Debit and Paying your Rent

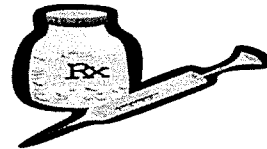
\*\*\* The drop box located in your high-rise is open from 8:30 am until 11:00 am on the date your rent is due. If the box is locked DO NOT shove your check in it, your rent will be considered late and you will incur a \$20.00 late fee.

\*\*\* We offer direct debit from your checking or savings account for your rent and any other charges on your account. If you are interested in signing up for this convenience please call Julie at 562-0230 to set up an appointment.



## Safely disposing of adult undergarments and medical supplies

If you use supplies such as Depends/incontinent supplies, bed pads, colostomy or other bags, please seal them tightly in a bag with no holes and bring to the first floor garbage room. Place the tightly secured bag in the can marked- *Adult Undergarments and Kitty Litter*. Because these items carry human waste, they must be disposed of in a proper manner for the safety of the staff and other residents.



Please also follow the proper steps for disposal of any sharps like needles, syringes, lancets, or other medical home care objects. All items should be placed in a hard plastic container with a screw-on secured lid (detergent and fabric softener bottles work well). **Do not dispose of such items down your garbage chute or in with your recycling.** Place a “Household Medical Waste” sticker on the container and bring it down to the 1<sup>st</sup> floor maintenance shop.