

# PHA Post



Family Housing: February 2017

## In this issue:

Smoke-free Housing

Cabin Fever Relievers

Staying Healthy

Reminders

City Recreation Center Membership

Smoke-Free Policy Meetings

Inspirational Corner



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

## SMOKE-FREE HOUSING

In 2009, the U.S. Department of Housing and Urban Development (HUD) **strongly encouraged** Public Housing Authorities (PHAs) to implement smoke-free policies in some or all of their public housing units. The elderly and young populations, as well as people with chronic illnesses, are especially vulnerable to the adverse effects of smoking. It is possible for secondhand smoke to migrate between units in multifamily housing, causing respiratory illness, heart disease, cancer, and other adverse health effects for those living in neighboring residences.

On December 5, 2016, HUD published its final rule on smoke-free public housing. **The final rule requires all PHAs to ban the use of prohibited tobacco products in living units, indoor common areas, and administrative offices.** This rule requires each PHA to implement a smoke-free policy. The smoke-free policy must **extend to all outdoor areas up to at least 25 feet from public housing buildings and administrative office buildings.** The HUD rule is effective as of February 3, 2017 and the PHAs' policy banning the use of prohibited tobacco must be in place no later than 18 months from the effective date (by no later than July 2018).

Plattsburgh Housing Authority has scheduled **six (6) meetings in February** to discuss the smoke-free policy with our residents. The meeting dates, times and locations are listed on the back of this newsletter. Please make every effort to attend one of the scheduled meetings.

## Cabin Fever Relievers – Winter Events

Are you tired of winter? Have some fun by taking part in local **outside** winter events such as:

**Ice Castle** - On **Saturday, February 4<sup>th</sup>** at 7 PM, the Lighting of the Ice Palace and Fireworks display will be taking place in Saranac Lake. The fun continues for a full week with a parade scheduled for **Saturday, February 11<sup>th</sup>** at 1 PM.

**FREE Winter Carnival** – On **Saturday, February 25<sup>th</sup>** from 11 AM - 3 PM, the Plattsburgh Sunrise Rotary will be hosting a **free carnival** on the front lawn at CVPH. Activities include sledding (bring your sled), skating (bring your skates), wagon rides, food and entertainment.

**FREE South Side Sled & Skate Party** - On **Saturday, February 25<sup>th</sup>** from 5 PM – 8 PM, join your friends at the South Platt Park for sledding and skating. Grab a free glow bracelet and enjoy the music too!!!

Looking for **inside** activities?

**Wee People Playgroup** – On **Fridays, February 3, 10 & 17** from 10 AM-11:45 AM, the Plattsburgh City Recreational Center will be holding a **free event** at 52 US Oval for children ages 0 – 5 years & their parents. Activities include a bounce house, tumbling mats, balls & tunnels.

**YMCA Rockwall Climbing Challenge** - On **Sunday, February 12<sup>th</sup>** from 3 PM – 5 PM, there will be **free rockwall climbing event** at the YMCA (17 Oak Street) for children ages 5 – 12 years.

**FREE Crafts at the Museum** (Clinton County Historical Association at 98 Ohio Avenue) – On **Monday, February 20<sup>th</sup>** from Noon to 2 PM, children ages 8 years and up can learn to knit, make yarn dolls and pom-poms. On **Wednesday, February 22<sup>nd</sup>** from Noon to 2 PM, children ages 5 years and up can have fun with slime & create their own snowman On **Friday, February 24<sup>th</sup>** from Noon – 2 PM, children 4 years and up can make toys with clothes pins or create stained glass decorations.

## Staying Healthy During Cold & Flu Season!

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 so that we can plow more thoroughly and spread sand and salt in those areas. You can move your car on to the city streets after 6:00 AM and the back parking lot at McGaulley offers a great place to park temporarily while we clean the areas near your apartments. 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.

### City Recreation Center Membership



Plattsburgh Housing Authority (PHA) has entered into an agreement with the City Recreation Center (52 U.S. Oval) that allows our residents and employees to obtain a **12-month membership for \$250.00** (a savings of \$49.00) or pay **monthly** fees of **\$20.84** (savings of \$8.16 per month). The \$35.00 initiation fee is waived. To join, residents/employees will need to bring to the City Recreation Center their ID card containing their name and PHA address *or* their ID card along with a letter from PHA on our letterhead stating that they are residents or employees. Once you are registered, you will have an option to receive a free personal fitness assessment and one every 3 months thereafter during your membership. The Recreation Center features racquetball courts, an elevated walking/jogging track, free weight room, cardio room (treadmills, ellipticals, bikes), Nautilus room, spin room, group exercise room, saunas, and locker rooms. The hours are Monday – Friday (6 AM to 9 PM), Saturday (8 AM to 6 PM) and Sunday (9 AM to 5 PM).

#### ~~~ SMOKE-FREE POLICY MEETINGS ~~~

Thursday, February 9 <sup>th</sup>	9:00 AM	Russell H. Barnard Apartments (46 Flynn Avenue)
Thursday, February 9 <sup>th</sup>	10:00 AM	Lakeview Towers (34 Flynn Avenue)
Thursday, February 9 <sup>th</sup>	11:00 AM	Robert S. Long Apartments (39 Oak Street)
Monday, February 13 <sup>th</sup>	1:00 PM	McGaulley Avenue Community Room (57 McGaulley Avenue)
Tuesday, February 14 <sup>th</sup>	9:00 AM	Ted K. Center (8 Tyrell Avenue)
Tuesday, February 14 <sup>th</sup>	2:00 PM	St. Peter's Church Emmaus Room (114 Cornelia Street)

#### Inspirational Corner

*"The secret to getting ahead is getting started."*

– Mark Twain –

Plattsburgh Housing Authority  
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