

June 2017

Greetings from: The Plattsburgh Housing Authority!

Just a reminder:

From Julie:

I will be out of the office from June 29th-July 10th. If you are in need of assistance you can call the office and reach Bridgette at extension 229 or Tammy at extension 224. If you have a medical emergency please call 911. Thank you.

From Maintenance:

Please use the **Green** bins for recycling and the **Blue** bins for garbage Monday-Friday. On the weekends please use the large Zarns. Thank you.

From the Office:

If you need to sign out the community room for your building, please fill out the room use form and the PHA Staff will check availability for the room. A room use form must be filled out and the rules followed.



Important Dates:

07/12 Senior meetings

07/13 Farmers Market

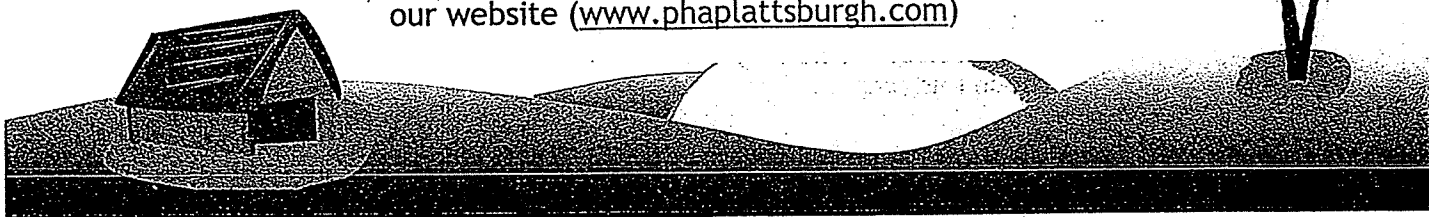
Coupons

08/25 Family Fun Day

FAMILY FUN DAY!!!!



This year's Fidelis Care/Plattsburgh Housing Authority/Ted K. Center Family Fun Day will be held on **Friday, August 25th** from **Noon to 3 PM** at **South Acres Park** (*new location!!!!*). Representatives from various health, support, and safety agencies in our community will have tables set up containing information on their services. For your entertainment, there will be a DJ, bounce house, face-painting, games, prizes, and give-aways!!! In addition, a food vendor will be on site. Mark your calendars to attend this fun community event. Look for more updates on our website (www.phaplattsburgh.com)





SMOKE-FREE HOUSING

Did you know that when you quit smoking, your blood pressure and pulse rate decrease within 20 minutes? And that breathing gets easier within 3 days? Did you know that there are **over 4,000 chemicals** in tobacco products - 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 as they lick the harmful chemicals off from their fur? Effective **July 30, 2018**, 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) will be **smoke-free**. Tobacco Cessation Services are being offered at no cost to PHA residents interested in quitting. Contact Elise at 518-314-3633 if you are ready to start your journey to a tobacco free life!!! Check out our website (www.phaplattsburgh.com) to see the countdown to smoke-free housing.

Farmers Market Coupons



FARMERS MARKET COUPONS
WILL BE IN ON THURSDAY JULY 13TH

I WILL BE AVAILABLE THE FOLLOWING TIMES IN THE COMMUNITY ROOM OF
YOUR BUILDING TO ISSUE FARMERS MARKET COUPONS.

THURSDAY JULY 13TH 9:00 AM - 10:00AM AT ROBERT S. LONGS
THURSDAY JULY 13TH 10:30AM - 11:30AM AT RUSSELL H. BARNARD
THURSDAY JULY 13TH 1:30PM - 2:30PM AT LAKEVIEW TOWERS

Guidelines to receive the Farmers Market Coupons

* Must be at least 60 years of age or older AND meet one of the following:

* Monthly income is at or below

-\$1,860/month for one person

-\$2,504/month for two people

-\$3,149/month for three people

OR

Currently receiving or eligible to receive SSI, SNAP-Benefits,
Public Assistance or Section 8 housing subsidy.

*I have NOT received Farmers Market Coupons from any other
location this year.

