

# PHA Post



Family Housing: February 2018

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

## Cabin Fever Relievers – Winter Events



Are you tired of winter? Looking for something different to do?

Have some fun by taking part in local **outside winter events** such as:

**Ice Castle** - On **Saturday, February 3rd** 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 10<sup>th</sup>** at 1 PM.

**Snow Art on the Oval** – On **Friday, February 23rd** from 10 AM to Noon on the US Oval (outside of the Childcare Coordinating Council) come join in a fun activity of painting the snow with a rainbow of colors!!

Looking for **inside activities**?

**Wee People Playgroup** – On **Fridays, February 2, 9 & 16** from 10 AM to Noon, 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.

**February Family Fun Fest** – On **Saturday, February 17<sup>th</sup>** from 1-4 PM at the Champlain Centre Mall (in the former Gander Mountain space) a festival will be held featuring Pipsqueak the Clown, face-painting, balloon animals and the Dirty Diapers Band!

## SMOKE-FREE HOUSING



Did you know that when you quit smoking, your risk of having a heart attack starts to drop within 24 hours? And that your circulation starts to get better within 2 weeks?

Did you know that there are **over 4,000 chemicals** in cigarettes and cigars - **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 (and third hand smoke residue) as they breathe in the smoke and lick the harmful chemical residues 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 Rock (Smoking Cessation Counselor, RN) at 518-314-3633 if you are ready to start your journey to a tobacco free life!!!

In addition, PHA staff will be offering a **free 7-week course**, "The Butt Stops Here," on Tuesdays from 1:30 to 2:30 PM **beginning on February 20<sup>th</sup> and ending on April 3<sup>rd</sup>** in the Community Room at Russell H Barnard apartments (46 Flynn Avenue). This 7-week course is designed for participants who are **ready to quit smoking by Week 3** (March 6<sup>th</sup>) and is limited to ten (10) participants. If you are ready to quit smoking and would like to join this group, contact Tammy Langley **by Wednesday, February 14<sup>th</sup>** at PHA (518-561-0720 ext 224) to reserve your spot.

Check out our website ([www.phaplattsburgh.com](http://www.phaplattsburgh.com)) to see the countdown to smoke-free housing.

## 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 out of the parking lots by 9 AM the first work day after a snow storm 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 or the back parking lot at McGaulley Avenue 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. Space heaters are fire hazards and are not allowed in housing.

#### ≈≈≈ Cigarette Butts ≈≈≈

Make sure you are using appropriate receptacles (empty coffee cans or buckets) for your cigarette butts and emptying the containers when needed. If you dispose of the butts on the ground near your stoop, you are required to pick them up.

### Consideration Corner

Neighbors really can become good friends – look out for your neighbor and they will hopefully do the same for you. Below are things that you can do in order to be a good neighbor:

- Keep noise levels to a minimum.
- Make sure your children are being supervised while outside.
- Keep your outside areas clean and tidy and the walkways shoveled.
- Respect your neighbors.
- If a dispute occurs, communicate politely with the person and explain why you are upset – try to find a solution together.

Any questions or concerns you have regarding disturbances should be directed to Tammy Langley, Housing Assistance Supervisor at 518-561-0720 ext. 224.

#### Inspirational Corner

*"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."*

~ Jimmy Dean ~

Plattsburgh Housing Authority

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