



- October 5<sup>th</sup> - Alzheimer's Association Presents: **The Basics of Alzheimer's**  
Midtown: 10-11am  
LeRay: 11:30-12:30pm  
Skyline: 1:30-2:30pm  
Hilltop: 3-4pm
- **October 10<sup>th</sup> WHA Office closed: Columbus Day**
- October 12<sup>th</sup> **Sam's Club** visits:  
LeRay: 10-11:30am  
Midtown: 1:30-3
- October 13<sup>th</sup> **Sam's Club** visits:  
Skyline: 10-11:30am  
Hilltop: 1:30-3pm
- October 19<sup>th</sup> **Senator Patty Ritchie's Senior Health Fair**: 11-2pm at the Bruce Wright Memorial Conference Center
- October 20<sup>th</sup> **Walgreens Flu Shot Clinic**:  
Midtown: 12-2pm  
LeRay: 2:30-4:30
- **October 21<sup>st</sup> WHA office closed from 12-1pm**
- October 24<sup>th</sup> **ChatterBox**:  
LeRay: 9-11am  
Skyline: 1:30-3:30pm  
Maywood: 4-5:30pm
- October 25<sup>th</sup> **ChatterBox**:  
Midtown: 9-11am  
Hilltop: 1:30-3:30pm  
Eastbrook: 4-5:30pm
- October 27<sup>th</sup> **Walgreens Flu Shot Clinic**:  
Hilltop: 12-2pm  
Skyline: 2:30-4:30pm



## Basic Fire Prevention Steps

October is Fire Prevention Month

- Practice Good Housekeeping to Keep Fuels Away from Heat
  - Identify and Take Precautions With Flammable Substances
  - Handle Oxygen Cylinders Carefully
- Use and Maintain Electrical Equipment Properly
- In Case of Fire, Keep Routes Clear for Firefighting and Fire Evacuation
- Avoid Exposing Fuels to Heat Sources - Smoke only in permitted areas. Put out cigarettes and matches carefully.

## OCCUPANCY & ADMIN STAFF

Occupancy Supervisor  
Shawn VanBrocklin Ext 226  
East Hills  
Christine Wells Ext. 227  
Hilltop Skyline & Maywood  
Tina Buzzell Ext. 232  
Meadowbrook  
Vilmarie Rivera Ext. 224  
Midtown & Leray  
Leo Lemay Ext. 221  
Tenant Relations  
Shana Shanahan Ext. 230  
IT (Information Technology)  
Chris Nichols Ext 260  
Maintenance & Modernization  
Heidi England Ext 258



**GET YOUR FLU SHOT**

See flyer posted at your site for details

**Bring Your Insurance cards**

## Maintenance Notes:

### Removal of Air Conditioners

It is the beginning of fall. Please call your clerk ASAP to have your air conditioners taken out if you have not already done so.



# HOUSING TIDBITS



# HIGHRISES



## October 2016



### Jefferson County Senior Health and Wellness Fair



Wednesday, October 19<sup>th</sup> 2016 from 11 am to 2 pm

Bruce Wright Memorial Conference Center

1291 Faichney Drive, Watertown, NY

“Every year, thousands of seniors attend my Health and Wellness Fairs in an effort to learn how to improve their health and well-being,” said Senator Ritchie. “I’m thrilled to host another round of these events not only to give people access to dozens of organizations aimed at helping them improve their lives, but also to talk with our area’s seniors to learn about the things that matter most to them.”

**This year’s event offers local seniors access to FREE; health checks, flu shots, tips for improving well-being, lunch, entertainment , door prizes and much, much more!**



**Note: due to lack of participation in previous years, WHA will not be offering a bus to and from this event. However, if you take the city bus, WHA will reimburse you (with proof of purchase). Please call Shana Shanahan, Tenant Relations at 782-1251 ext. 230 for more details.**