

## Attention Maywood Residents

**Maywood** Tenant Association is looking to fill the position of **Association President**

If you are interested please submit a letter of intent by September 2<sup>nd</sup> 2016 to Watertown Housing Authority Attn: Tenant Relations. Letters may be dropped in the drop box. If you have any questions please call Tenant Relations Coordinator Shana Shanahan at 315-782-1251 ext. 230

## Tenant of the Quarter

Remember to recognize those who make a difference in your community. This is a great way to show how much you appreciate their efforts in making our communities great. Fill out a nomination form and drop it in the drop box. The chosen Tenant will receive a \$50.00 Walmart gift card!



WHA's smoke free policy is in effect, as of August 1<sup>st</sup>. As a reminder there is no smoking in any WHA building. Please smoke 25 feet from any building. Thank you.

**Thursday  
September 22<sup>nd</sup>  
Is the first day of  
FALL**



Monday September  
5<sup>th</sup>, 2016  
**Labor Day**

## Office Closed:

**Many thanks to all of the local businesses whose donations assisted in providing 150 backpacks filled with school supplies to the children of WHA!**

Watertown Savings Bank, Fiedlis Care, Car Freshener, Pla-Mor Lanes, Target, Price Chopper, Northern Federal Credit Union, Walmart, Great Beginnings Dentistry and all of our volunteers, Thank you!



## Heart Healthy Shopping Tips

1. **Buy colorful fruits and vegetables**
2. **Avoid buying high fat dairy or meat**
3. **Buy plenty of nuts and high fiber foods**
4. **Avoid buying butter**
5. **Read nutrition labels**
6. **Consider frozen or canned fruits and veggies**
7. **Avoid rushing into major changes**

Eating for heart health can seem overwhelming, but don't get discouraged. Start with small steps, and soon the whole family will be eating better — these dietary guidelines are great for everyone

## **SCAM ALERT!**

### **Know the signs of a scam!**

If anyone tells you to buy **iTunes cards** to pay the IRS, qualify for a grant, get a loan or bail out a family member, say **"No."** **They're trying to scam you.**

The IRS will never: 1) threaten arrest or deportation if payment is not made immediately 2) never ask for payment in the form of gift cards or money grams 3) never ask for delivery of payment via email social media or text message 4) or call you repeatedly in a short period of time

**If you suspect a scam please call NYS Attorney General Consumer Helpline at 1-800-771-7755**



# HOUSING TIDBITS

## SEPTEMBER 2016~Family Sites

### Stop Bed Bugs

Bed Bugs are very difficult to control on your own so it is a good idea to work with a professional.

**Contact WHA right away** if you think you may have bed bugs. Once you have notified WHA of the situation WHA will work with our Pest Management Professional to treat your home.

**When you are working with a Professional it is important to follow any and all instructions they give you**, as it will make it easier for the Professional to control the bed bugs in your home.

WHA asks that if you have bed bugs, please keep your apartment clean of all extra clutter, this helps aid in treatment success.

It is your responsibility as a tenant to

- 1) Let WHA know of any infestations
- 2) Keep your apartment clean and tidy
- 3) Keep scheduled pest control appointments
  - Please never bring used furniture into your apartment without an inspection conducted by a WHA Maintenance Staff Member.

If you would like WHA's help in removing any infested items or clutter please call our offices.

### Tenant of the Quarter

Congratulations Lisa Morgan of Maywood!  
You are WHA's Tenant of the 3rd Quarter.

WHA would like to thank you for all your volunteer work. Thank you for volunteering in your community with The Summer Feed Program. Your neighbors have nominated you for your kind efforts. Great Job!

### NOTICE:

If you suspect drugs or illegal activity going on in your building please call the Watertown Police Department. Your call can be made anonymously if you choose to do so. Again, if you have any concerns of drugs or illegal activity going on, please call Watertown Police Non-Emergency Dispatch at 315-786-2601 or The Drug Task Force at 315-785-9555.

### Occupancy

**Shawn VanBrocklin**  
Occupancy Supervisor  
315-782-1251 Extension 226

**Lori Nevers**  
(Senior Occupancy Clerk)  
Admissions Extension 222

**Christine Wells**  
(Senior Occupancy Clerk)  
East Hills Extension 227

**Tina Buzzell**  
(Senior P.H. Specialist)  
Maywood, Hilltop and Skyline  
Extension 232

**Vilmarie Rivera**  
(P. H. Specialist)  
Meadowbrook Extension 224

**Leo LeMay**  
(P.H. Specialist)  
Midtown and LeRay  
Extension 221

**National Good Neighbor Day is September 28.** This day was created to acknowledge and celebrate the importance of a good neighbor. It is a blessing to have a good neighbor but it is even a greater thing to BE a good neighbor.

