

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 all 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 furniture items or clutter please call Our offices.



WHA's smoke free policy went in effect on August 1st. As a reminder there is no smoking in any WHA building. Please smoke 25 feet from any building. Thank you.

**Thursday
September 22nd
Is the first day of
FALL**



Monday September 5th, 2016
Office Closed: Labor Day



Watertown Housing Authority Welcomes new Public Housing Specialist

Hello everyone! My name is Leo LeMay. I am so excited to get to know you all.

Currently my sites include Midtown Towers and LeRay Street Apartments.

Please feel free to call me with any questions you may have at 315-782-1251 ext. 221 or stop in and see me.

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 HIGHRISES



- **Fidelis Health Care info table**
Thursday September 8th at Midtown Towers at 10:30-11:30
- **Become a Foster Grandparent Presentation**
Wednesday September 14th
Skyline: 10-10:30am
Hilltop: 10:45-11:15am
LeRay: 11:30-12
Midtown: 1-1:30
- **Alzheimer's Information Series**
1st in series: The Basics of Alzheimer's
Wednesday October 5th
Midtown: 10:00-11:00am
Leray: 11:30-12:30pm
Skyline: 1:30-2:30pm
Hilltop: 3:00-4:00pm
- **Flu Shot Clinics** at all High-Rises in the month of October

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.

