



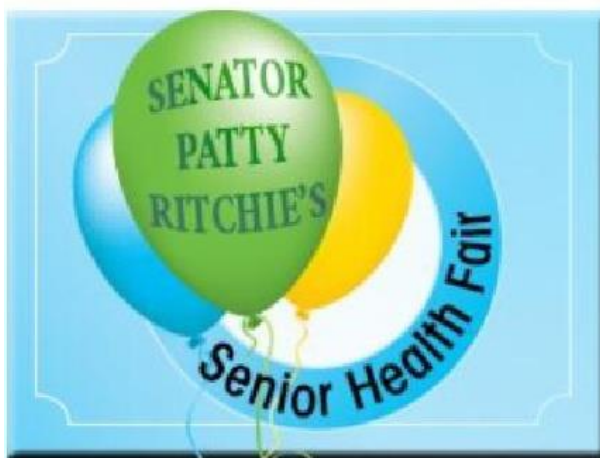
# Housing Tidbits

# SENIOR SITES

October 2015



## *Jefferson County Senior Health and Wellness Fair*



**Wednesday, October 21, 2015 ~ 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!

**FREE TRANSPORTATION TO & FROM THIS EVENT**

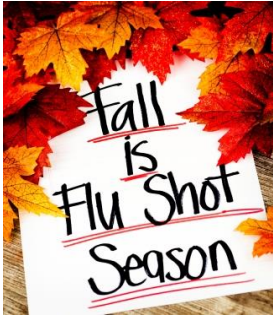
**16 SEATS (14 SEATS AND 2 WHEELCHAIRS) ARE AVAILABLE FOR EACH HIGH RISE**

**PLEASE CALL RENA TO RESERVE YOUR SEAT**

**782-1251, EXT. 230**



# Upcoming Events



Pharmacists from Price Chopper Pharmacy will be administering the flu shot at the following locations:

October 17, 2015

Leray 5:30 pm - Midtown 6:30 pm

November 14, 2015

Skyline 5:30 pm - Hilltop 6:30 pm

Please bring your ID and any insurance cards

**Medicare**  
made easy!

Do you need help understanding the various health insurance options?

Part A Part B Part C Part D

HOSPITAL INSURANCE (IN-PATIENT SERVICES) MEDICAL INSURANCE (OUTPATIENT SERVICES) MEDICARE ADVANTAGE PLANS (FOR FURTHER HEALTH CARE PLANS) MEDICARE PRESCRIPTIONS (DRUG COVERAGE) (FOR FURTHER HEALTH CARE PLANS)



MEDICARE

Then join Matt and Sheila, Jefferson Cty Office for the Aging:

Oct 5, 10 am, Midtown  
Oct 5, 11 am, Leray  
Oct 6, 1 pm, Hilltop  
Oct 6, 2 pm, Skyline



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It is a Lease Violation to allow pets to roam freely outside or inside the common areas of your building. Please be a responsible pet owner and clean up after them as well.

## To Smoke or Not to Smoke

Question & Answer Meeting to discuss the Advancing Tobacco Free Communities Survey conducted in September 2015

**OCTOBER 23, 2015**

Skyline 9:00 -10:30

Leray 11:00-12:30

Hilltop 2:00-3:30

Midtown 4:00-6:00

Conducted by:

Ms. Chelsea Bartlett  
Community Engagement Coord.  
Advancing Tobacco Free  
Communities  
Seaway Valley Prevention  
Council



## TENANT ASSOCIATIONS

### TAC Vice President

Carol LaValley  
315-767-9970

### Midtown Towers

President: Michelle Holder  
315-405-7128

### Skyline Apartments

President: Carol LaValley  
315-767-9970

### Leray

TAC President- Tony Taylor  
314-1427

### Hilltop Towers

Vacant

## OCCUPANCY & ADMIN STAFF

### Supervisor

Shawn VanBrocklin Ext 226

### Lease Enforcement

Vilmarie Rivera Ext. 224

### Midtown

Ellen Burns Ext. 221

### Hilltop & Skyline

Tina Buzzell Ext. 232

### Leray

Christine Wells Ext. 227

### Tenant Relations

Rena Tumbleson Ext. 230

### IT (Information Technology)

Chris Nichols Ext 260

### Maint. & Modernization

### Admin

Carol McDonald Ext 258

## 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.