



Housing Tidbits

APRIL 2011

Watertown Housing Authority
782-1251

Maintenance
East Hills

Mike Compo
Wayne Castor

Maywood

Chuck Guill
Mark Mynch

Skyline

Dave Dieterich

Hilltop

Stacey Schafer

Midtown

Ray Hardy
Henry Becoat

LeRay

Dave Thomson

Meadowbrook

Bob Augustus
Steve Carlo

Occupancy Clerks

East Hills

Lori Nevers ex.222

LeRay & Meadowbrook

Ellen Morley ex. 221

Maywood & Hilltop

Christine Wells ex. 227

Midtown & Skyline

Tina Buzzell ex. 232

Administrative Office Hours
Monday - Friday
8:00 a.m. to 3:00 p.m.

Watertown Housing Authority
142 Mechanic Street
Watertown, NY
13601
(315) 782-1251

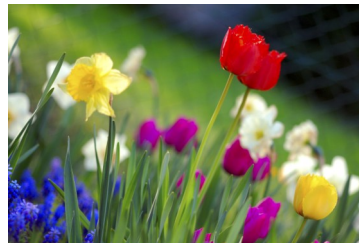


The rabbit is a symbol of new life and rebirth, and it is this association that gave rise to the famous Easter Bunny. Rabbits have long been associated with fertility and birth. The actual Easter Bunny legend is rooted in German tradition. The legend holds that a poor woman living in Germany decorated colorful eggs for her children to find. As soon as the hidden eggs were found by the children, a large bunny was seen hopping away. This ancient legend is thought to be the root of the Easter Bunny we know and love today. According to the Guinness Book of World Records, the largest Easter egg ever made was just over 25-ft high and made of chocolate and marshmallow. The egg weighed 8,968 lbs. and was supported by an internal steel frame. Ninety million chocolate Easter bunnies are made for Easter each year. Each day, five million marshmallow chicks and bunnies are produced in preparation for Easter. Sixteen billion jelly beans are made for Easter (that's enough to completely fill an 89 feet high and 60 feet wide plastic Easter egg – about the height of a nine-story office building!)

Spring Fling 2011

The Tenant Association Council in conjunction with the Watertown Housing Authority is proud to present the Spring Fling 2011. The Spring Fling will be held at the North Side Improvement League on Saturday, April 9, 2011, from 4:00 PM to 9:00 PM. This event is open to any tenant whose name is listed on the lease or the children of any tenant whose name is listed on the lease of any Watertown Housing Authority Unit. Transportation will be available to senior tenants. The program will consist of a spaghetti with meatballs dinner, complimentary garden salad, Italian bread, dessert, and beverage. Anita Seefried-Brown will also

be on site as a guest speaker from the Alcohol and Substance Abuse Council of Jefferson County, Inc. There will be entertainment



provided after the presentation. Please submit your sign up/ registration form posted on the



bulletin boards at Midtown, Leray, Hilltop, and Skyline and place in the drop box at your site if you wish to attend. You may also send them to Stephanie Karelus, Tenant Relations Coordinator, at 142, Mechanic Street, Watertown, NY 13601. If you have any questions concerning this event. Please call Stephanie Karelus at 315-782-1251 ext. 223

Thank you and we hope to see you all there for this special event.

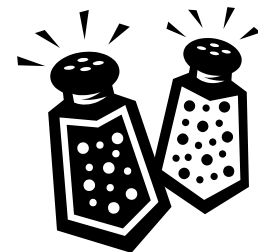
Food For Thought

Cornell Cooperative Extension and The Watertown Housing Authority have teamed up to offer food tidbits for the month of April. This month's goal is to eat less sodium.

What is sodium? Sodium is a mineral and the main source of sodium in our diet comes from table salt which is 40% Sodium and 60% Chloride.

Did you know you can add more flavor to food without the salt? Use

more herbs such as cilantro, basil, thyme, oregano to give your food added flavor without the high sodium. How else can you reduce your sodium? Choose low sodium soups and use fewer processed foods and boxed dinners. These often contain more sodium because it is added during the processing by the manufacturers. You can take healthier steps by incorporating more whole grains and less sodium in your diet.



This helps prevent heart disease, high blood pressure and other ailments.



If you are a member of public housing you could be eligible for a free cell phone from Safelink wireless or Assurance Wireless. For more information go online to www.safelinkwireless.com, or www.assurancewireless.com.

Fraud = Stealing

- Fraud is working and not reporting your income
- Fraud is having someone live with you and not reporting it to the office

If you know of someone committing fraud, please report it to the office. All calls are handled confidentially.

There will be an Easter Craft Fair on April 2, 2011 from 9 AM to 3PM at the Skyline Community Room. There will be a 50/50 Raffle, Door Prizes and refreshments available.

Tenant Association Council (TAC)
TAC President
John McKnight
315-771-9097

Midtown Towers
President
Jeph Smith
315-767-7556

Skyline Apts.
President
Carol LaValley
315-286-8373

Maywood Terrace
President

Danielle Money
315-405-4315

LeRay Apts.
President
Jeff Freeman
315-788-9622

EastBrook*
John McKnight
TAC President
315-771-9097

Hilltop Towers*
John McKnight
TAC President
315-771-9097

*** Elections to be held**
May 2011

John McKnight (TAC President) will be in his office at Eastbrook Community Room on Monday, Wednesday, and Friday from 1 PM - 4 PM. His phone number is 788-1957.

Bible Study at Hilltop every other Thursday in the Community Room from 3PM to 4PM.

The LeRay Easter Dinner will be on April 21, 2011 at 5 PM. This event will be catered by Shuler's Restaurant. For more information please contact your Tenant Association president.

Easter Dinner at Hilltop will be on April 20, 2011 at 5:00 PM in the Community Room. Charge is \$5 for tenants and \$9.50 for non-tenant guests. This event will be catered by Shuler's Restaurant.

Congregate Meals offered at Skyline 5 days a week, from 11:30 AM to 12 PM sponsored by Office of the Aging. For more information please contact your Tenant Association president.

Easter Party

Watertown Housing Authority is throwing an Easter Party at Eastbrook and Maywood on Friday, April 22, 2011. Eastbrook will have their party from 11:00 AM to 12:30 PM and Maywood will have their party from 2:00 PM to 3:30 PM. **To RSVP for this event call Stephanie Karelus at 315-782-1251 ext. 223 to reserve your spot!**



It's Safety Time!

The Watertown Housing Authority has partnered with Jefferson County Public Health Service. This year's theme is injury prevention.

Safety Time is all about taking time to work safety into your life. Many parents ask at what age is it appropriate to start talking to your children about safety. The answer is that it's never too early to start integrating safe habits into your family's daily routine. Here are some activities you can do at home to get your kids focused on being safe.

Take a tour of your home from your child's perspective looking for potential hazards and checking for safety. Carry a notebook and keep track of what you find. Fix the problems as you go – putting them off might mean that they don't get done. (Be sure to tell children to show, not

touch, any hazards they find during your tour!)

Look for:

- **Sockets with lots of plugs.**

Try plugging things in differently with appropriate connections. How many overloaded sockets did you find?

- **Dangerous things around your home** that might cause a fire such as a space heater, matches, or lit candles or fireplaces. Teach kids to tell you when they see these things and to stay away. How many home hazards did you find?

- **Holiday decorations that could pose a hazard:** Worn or old lights, dangling cords, mul-

tiple decorations plugged into one outlet all pose a danger. How many did you find?

- **Smoke/CO alarms.** There should be one on every floor and near sleeping areas. Test them weekly and replace the batteries twice a year. How many smoke alarms did you find?

- **I Spot, I STOP!**

One of the best ways for little ones to stay safe is to keep **away** from dangers. Teach your children to stay away from potential risks by practicing "I Spot, I STOP!" when they see any dangers.



Prevent Falls At Home

The Watertown Housing Authority has partnered with Jefferson County Public Health Service for injury prevention.

Last year, more than one million people 65 years and older were treated in hospital emergency rooms for injuries associated with products in the home.

Take a walk through your home, and use the following checklist to spot possible safety hazards.

Kitchen—Check all electrical cords for fraying or cracking; step stools for splitting or cracking materials; and throw rugs for tripping hazards like bumps and turned-up corners. Do not store items on the stove.

Living room—Check all rugs and runners; electrical cords; lamps and other lighting; and make sure all passageways are clear.

Bathroom—Check bathtub and shower, rugs and mats for slipping hazards and cabinets for safe storage of medications.

Bedrooms—Check rugs and runners; electrical and telephone cords; and make sure the area around the bed is clear of items that could cause tripping.