

Housing Tidbits

JUNE 2011



Watertown Housing Authority
782-1251

Maintenance

East Hills

Mike Compo
Wayne Castor

Maywood

Chuck Guill
Mark Mynch

Skyline

Dave Dietterich

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

www.whany.org



Flag day is a day for all Americans to celebrate and show respect for our flag. Our flag is a representative of our independence and our unity as a nation. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. There are proper methods to displaying the flag. The American flag should be held in the most highest of regards. It represents our nation and those who gave their lives for our country. Here are the basics on displaying the American flag. 1. The flag is flown from sunrise to sunset. 2. In the morning, raise the flag briskly, at sunset lower it slowly. 3. The flag should not be flown at night without a light on it. 4. The flag should not be flown in rain or inclement weather. 5. After a tragedy or death, the flag should be flown at half staff for 30 days. 6. When flown vertically on a pole the stars and blue field is at the top and the end of the pole away from your house. 7. The American flag is always on top, state flags and other flags fly below it. 8. Never let the flag touch the ground. 9. Fold your flag when storing. 10. Old flags should be burned or buried. There is a special ceremony for retiring a flag by burning it. Your local boy scout troop knows the proper ceremony and performs it on a regular basis.

'Tenant of the Quarter'!

The deadline for submitting nominees for the second quarter is June 28th. *Hurry and send those nominees in!*

Congrats to Carol Shepherd -Tenant of the Quarter - First Qtr.! 2011

Elderly Fraud



Criminals are always looking for an easy way to make money. Protect yourself from scams and fraud. There are many scams out there. Telemarketing scams selling phony services and products and ask for your bank account information. Mail fraud including sweepstakes offerings and lottery offerings that ask for money in return of thousands of dollars. Charity fraud asking for contributions to a fake charity. Work from home scams that promise large

money and your bank information in return for a great opportunity. Advance fee schemes that ask for money in advance for a product that is never received. The list goes on and on. In order to protect yourself from these scams, remember these few easy points. 1. Never give out your bank account information to anyone, especially over the phone. If the "bank" is calling you, they already have your

information and would not be calling to verify any information. 2. Before you send any money away, verify that this company is legitimate. Do your research to ensure they are who they say they are. 3. Never sign anything unless you are explained fully what the terms are you are signing. It is very easy to skip over fine print that may bind you into a contract agreement you may not fully understand. Using these three easy steps are a good start to preventing any fraud.

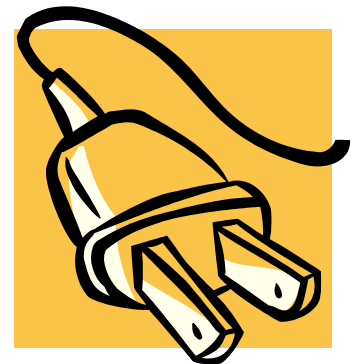
Phantom Power



"Phantom power," is the extra energy that appliances and electronics use even when they are turned off. Even when not in use but plugged in, electrical devices can still use power. This can add up to 5-10 percent of a home's energy use on average. The easiest and cheapest way to reduce this "phantom power" is to simply unplug any devices

that are not in use. Another method is to plug a number of your devices into a power strip or surge protector with multiple sockets. When you flip the switch power strip switch to off, you cut off all power to whatever is plugged in. This saves you from plugging and unplugging all the devices in your home. By following these simple steps you can save money and help

to save the planet.



Baby Time



Cornell Cooperative Extension cares about our kids and offers child care advice and tips for new mothers. Here are a few tips: Back to sleep Tummy to Play. Healthy babies should always sleep on their back at night and at naptime. Tummy time is for babies who are awake to help your baby develop strong muscles and helps to teach them to crawl.

Place toy on the floor just beyond your baby's reach to encourage him to move his arms and legs. Lie on the floor and put your baby on your chest. He will lift his head to try to see you. These activities will encourage your baby to build and develop strong muscles and motor skills.

Elite Medical Transport provides transportation for Dialysis appointments, chemotherapy, medical appointments, and social events. Visit their website at www.ELITETRANSPORTNY.com or call them at 315-788-7433.

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 assurancewireless.com.



Dumpsters
on site are for the
Tenant's Personal Use
ONLY!

Violations will be addressed.



Please do your part to clean up after your pet. We all want our homes to look beautiful. Please be responsible for your pet and their waste.

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**

Get involved with your Tenant Associations to get those ideas implemented. Don't have an association? Contact WHA to find out how to get involved.

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

Carol Shepherd would like to thank those who nominated her for Tenant of the Quarter. Congratulations to Carol for her hard work, dedication and servitude.

USDA-Rural Development Open House

Interested in owning your own home? Have little or no money to use toward a down payment or closing cost? Have a desire to purchase a single family home in a rural location? Or do you know someone who owns a home in a rural location needing repairs? Consider joining the United States Department of Agricul-

ture Rural Development of Watertown for their open house on Thursday, June 9, 2011 from 8:00 AM to 4:30 PM at the USDA-Rural Development office located at 21168 NYS Route 232, Watertown, NY 13601.



Your Safety Today

Everyone puts a lot of stress on their backs every day from the processes of bending and lifting. There are some easy pointers to keeping your back safe. Don't lift items when your feet close together. If your feet are close together you have poor leverage and you may fall or pull your back. Don't tense and arch the neck when lifting. This crams your neck joints together and causes pain if maintained for a long time. Do place your feet and knees at least shoulder width apart. This will help you bend at the hips keeping your back straight and relatively stress free. Do balance your load on either side if possible or switch side occasionally to even out stress from loads.

WHA Satellite Dish Approval (East Hills, Maywood, Meadowbrook)

Satellite dishes are to be installed by professional installers after obtaining prior written approval of the Watertown Housing Authority. To obtain written approval, please call Watertown Housing Authority Modernization/Maintenance Department at 315-782-2976, 48 hours in advance of expected installation date with the name, apartment number, date, and time the installer will be coming. Written approvals can

only be made Monday—Friday 8:00 AM to 3:00 PM. A representative from Watertown Housing Authority will determine and mark the preferred location for the satellite dish and pole and will issue the written approval at that time.



Tick Prevention



Ticks can spread Lyme and other diseases. In order to keep yourself safe this summer season here are some preventative measures to take to avoid those little pests. 1. Wear long sleeves and pants. 2. Wear light colored clothing to easily see ticks and remove them. 3. Do daily checks of yourself and children. 4. Consider the use of tick repellents when outdoors to help prevent coming into contact with this pesky creatures and the diseases they carry.

Spring Cleaning and Activities



Well, winter is over and we all know what that means, Spring cleaning! Get outside and plant flowers and a garden. WHA participates in gardens and flower planting every year. Contact your tenant association to find out how. We even have tilled lots for a pumpkin patch for the kids. Open those windows to help circulate air that has been trapped to long. Strip bedding and mattresses and give them a good cleaning. The fridge and stove might need a good clean too before the picnic season is upon us. Clean out old stuff you have been storing for years. Get outside and go for a walk. Unsure of what to do? Jefferson County has many activities throughout the summer including the farmer's market, fairs, and concerts. The Jefferson County Chamber of Commerce has a large calendar of events listing. Get out and get active. Exercise is a great way to boost energy and enhance your well-being.