

MHACY RESIDENT NEWSLETTER

MHACY RESIDENT

Oct, Nov. & Dec. 2007

MUNICIPAL HOUSING AUTHORITY
FOR THE CITY OF YONKERS, NEW YORK

From the desk of Curtis Wegener: Supervisor of Maintenance

MHACY SITE OVERVIEW

Schlobohm Houses—In front of the buildings landscaping (plants and mulch), painting (railings and security booths), and concrete work has been done. The computer room was renovated and computers installed. We are now working on securing the site and having the laundry room located in building # 3 opened by a new laundry service company. Securing the site will include repairing the vehicle entrance and exit gates, installed a new pedestrian walk entrance and exit gates and fencing in the playground area, having it for residents and their guests.

Cottage Place Gardens—The site- superintendent Richard Tarrantelli has retired. Jerry Thompson, who was the Superintendent at Mulford Gardens was chosen as his replacement. A water spray area was created for children between buildings # 6 and 7, fencing is being installed behind some of the buildings for security reasons. The laundry rooms located in buildings #1, 9 and 11 are going to be equipped with washers and dryers by the new laundry service company for the family residents.

Walsh Rd. and Kris Kristensen—Modernization projects (painting and flooring) at both sites consisting of building interiors (hallways, stairwells and community rooms) were completed. Walsh Rd. cameras are now up and running and being monitored by Security located at building #75. The laundry Service Company will be upgrading the laundry rooms with new machines at both sites.

Flynn Manor, Loehr Court and Troy Manor—All three sites have outside cameras installed. Community rooms, lobbies and rent offices at Flynn Manor and Troy Manor were painted, vinyl tiles installed as needed, at Loehr Court the community room was painted. All three sites will also be receiving new laundry room equipment from the laundry service company.

Curran Court and Martinelli Manor—Scheduling interior painting (ex; community rooms, lobbies, stairwells and rent offices) replacement of vinyl flooring (vestibules and elevators Curran Ct.) has been done along with a tree maintenance program (removal of unsafe trees and limbs), concrete work (sidewalks and curbs) and new laundry equipment by the new laundry service company.

Hall Homes and all M.H.A.C.Y. Townhouses - Hall Homes will be receiving new building entry doors and the laundry room will be upgraded with new equipment. The townhouses with the assistance of the Modernization Coordinator will be starting a preventive maintenance program for roofing, gutters and concrete work, also a maintenance program for tree service (removal of unsafe trees and limbs).

Curtis Wegener

SENIOR TENANT SUPERVISOR'S Corner—Brenda M. Gray

Greetings!

The summer is over and the kids are back in school. Our summer recreation program was a big success. The children enjoyed the many trips, the visits for the mobile library, the sprinkle systems at some sites, the breakfast and lunch that were served. The summer program ended with the Annual Family Day Event. It was a great day enjoyed by all. I want to thank Norman Coard, Recreation Director, Jamel Robinson, Recreation Assistant, the Recreation Staff and Voluntaries for a **JOB WELL DONE!**



As you can see MHACY has been very busy. The maintenance are working hard along with Groundworks and the Habitat Society to beautify the developments. We are working to provide a safe environment for our residents. We need your help and cooperation to succeed.

This newsletter contains one newsworthy items from about successful residents. Please read on page 5 the accomplishments of MHACY residents. I know that we have many more special announcements from residents who have newsworthy accomplishments that should be included in the newsletter. We are interested in graduations, "fabulous" report cards, recipes, poems, drawings and any informational news that you would like to share. Please forward the information to our address on page 8 or at your site office.

Brenda M. Gray

Note to the Residents from the Executive Director, Joseph Shuldiner.....

I hope that everyone had a good summer. All too soon (or not soon enough for some parents) the youngsters returned to school. Even though activity in government organizations tends to slow down over the summer because of vacations, the staff at MHACY has been very busy. The field reorganization and the change in the way the Authority does its budgeting that occurred at the end of April became live in July with the start of the Fiscal 2007/2008 budget year.

As of July 1st all expenditures are tracked by asset management project rather than one consolidated budget. Residents may not notice the difference, but site managers and superintendents are being asked to operate under a specific budget based on the actual rents of the development and the specific amount of HUD funding we receive for that development. Unfortunately, the formula is too complex for us to determine what the formula amounts will be because the formula takes into account the age of the buildings, families versus senior, high rise versus low rise, elevator versus no elevator, etc. While we know that the subsidy will be different for Calgagno and Cottage Place, we do not know which will receive more and by how much. This makes it very hard to plan properly. This first year under the new system will be a learning process for all of us.

The Authority did receive funding through the Weed and Seed Program to conduct a summer program for young people at Calgagno. Norman Coard has been able to provide both athletic and cultural activities. Superintendents in some of the family developments set up sprinkler systems for the younger residents. Family Day was August 16th this year. It was well attended.

The Authority continues to work on plans for each development. While it is focusing on Schlobohm first, other plans are in the works. For example, a public planning session was held on July 28th at Cottage Place Gardens. At this meeting residents and community representatives discussed what was good and bad in the development and what changes they would like to see to the grounds and building exteriors. We should soon have a written summary of the points raised and can start making improvements.

While each plan and the process for developing each plan will be different, the Authority is committed to maximizing opportunities for resident input and all changes will be discussed with residents. That is why the Authority has scheduled four resident meetings with the residents of Schlobohm during the week of August 13th, two during the day and two at night. In this way every resident has an opportunity to attend, hear the plans and ask questions.

Staff is looking for opportunities to bring services into the developments. We started by providing offices for our two service coordinators, Anna Hernandez in Walsh Houses and Mary Tobin in Flynn Manor. Now we are meeting with direct service providers who are willing to open offices in the developments. I will speak more about this as these relationships evolve.

I am very pleased to report that the Board of Commissioners authorized me to enter into contracts with Service Directions, Inc. (SDI) to provide washers and dryers in our senior buildings and some family locations as well. As a result, brand new Maytag laundry machines will be installed over the next month or two. SDI will be holding resident meetings soon at each complex to explain the new card operated machines (similar to Metrocard, you purchase a card to use in the machines rather than using coins). We are hopeful that these new machines and new service company will mean better service for residents.

The primaries will be held on September 18th this year. There are many local offices at stake. I hope that all registered voters will vote on the 18th and again in November when the general elections are held.

Joseph Shuldiner

Teen Talk



Teen Talk is a support group for teens that are being raised by relatives or caregivers. This program not only provides a safe place for teens (ages 13-18) to talk about issues that matter to them but most importantly for someone to listen to what they have to say.

**Come and join us at :
Family Service Society Yonkers (FSSY)**

**70 Ashburton Avenue
Yonkers, NY**

Meetings will be held the first Friday of every month at 3:00—4:00 p.m.

Please contact Jamal Benbow @ (914) 963-5118 for more information.

Job Corp Academy...

Is America's leading career skill training & education program for the youth ages 16-24 Administered by the US Department of Labor. Job Corps trains 65,000 students each year. So, if you're ready for a promising future, call **Job Corps Academy** at: 1-(800)733-JOBS, for more information.

Volunteer Opportunities

- R.E.A.D.Y. Office*
948-4452
- One Stop Employment Center*
963-0105
- Spanish Foundation*
969-5400
- Sharing Community Kitchen*
963-2626
- Salvation Army Pantry*
963-1222
- Nepperhan Comm. Center*
965-0203
- CLUSTER**
963-6440
- Westchester Disabled on the Move*
968-6440

Credit Score Killer

It's no surprise that the best loan deals go to those with the highest credit scores. What may surprise you is how much damage a single missed car payment can do to your credit score. For example, while a credit card delinquency typically lowers your score by 20 points, according to CardTrak, missing a car payment can drop it nearly 100 points, reports Experian. If a car payment is late by 90 days, figure on losing another 25 points.



**THE
"ACHIEVING INDEPENDENCE"
PROGRAM IS PROUD TO ANNOUNCE ITS ARRIVAL AT THE
SCHLOBOHM HOUSES COMPUTER CENTER!!!**

Please come and take advantage of all the resources the center has to offer!!!

Services available include:

- * Job-Readiness Training & Placement Assistance***
- * Homework Help***
- * Community Referrals***
- * Outgoing Workshops***

Contact : Ms. Thomson

914 968-0224 or e-mail: sthompson1023@hotmail

4 Schroeder street

Monday, Wednesday and Friday

3:30 pm—6:30 pm

All who are interested must register.

Application will be available at NCC or at the computer center on the opening date.

Volunteers are Welcomed

Tips to Help Seniors Citizens Safety

Senior Citizens are especially vulnerable to certain types of crimes. The Yonkers Police Department has compiled the following list of safety tips for seniors.

****NEVER ALLOW UNEXPECTED UTILITY WORKERS INTO YOUR HOME**

(ex: utility company, telephone company, etc.), before examining their credentials and calling your site office. Be aware that "con artists" will knock on doors on blocks where legitimate utility trucks are working. ***Don't let them in without proper verification. If necessary call 911.***

****PICKPOCKETS, PURSE SNATCHERS, AND "CON ARTISTS" WORK IN TEAMS.**

They often watch senior citizens making deposit and withdrawals in banks. They know the color of the withdrawal and deposit slips used by each bank. Try to fill out you slip at home if possible.

Be careful of strangers in banks and post offices asking questions. It's very often a ruse to distract the victim while the crime is being committed.

****BEWARE OF HOME IMPROVEMENTS SCAMS THAT OFFER TO FIX ITEMS IN YOUR APARTEMENT.**

All repairs a done by housing's **maintenance, or housing contractors only.**

***The person that will pick your pocket, steal your purse, or "CON" you out of your savings will often be well-dressed, well-spoken and non-violent. **DON'T BE FOOLED BY THEM**

Cell phones have become a favorite target of thieves. Be vigilant when speaking on your phone in the street.

Be suspicious of "**EASY MONEY**" Schemes. It's probably a scam to get your money.

If you follow these basic steps, your chances of being victimized will be greatly reduced.

Police Commission Hartnett



WINTER WATCH FOR SENIORS

Winter is a special time for caution if you or someone in your family is an older adult. It is the season for flus, for slips on icy streets, and for other dangers that are especially great for senior citizens.

"Something as simple as a fall can be devastating for older men and women," says Dr. Rafael Bejarano-Narbona, medical director for Geriatric Practice of the Ambulatory Care Network at NewYork-Presbyterian Hospital/ Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare."

- **Get vaccinated annually against the flu.**
- **Ask your doctor about Pneumovax**, the vaccine against pneumococcus.
- **Check the lighting in your house.**
- **Check your rugs.** Make sure they are not wrinkled .
- In the bathroom, **have mats inside and outside the tub** to keep you from slipping on a wet surface.
- **Continue your exercise regimen, avoid strenuous exercise** like shoveling snow.
- **Maintain your diet and a good level of hydration.**
- **Make sure your smoke alarms are working.**
- **Wear appropriate footwear.** Comfortable shoes with anti-slip soles.

The Important Role of Grandparents in Families

Grandparent Day:

First Sunday After Labor Day



In 1970, a West Virginia housewife, Marian Lucille Herndon McQuade, initiated a campaign to set aside a special day just for Grandparents. Through concerted efforts on the part of civic, business, church, and political leaders, this campaign expanded statewide. Senator Jennings Randolph (D-WV) was especially instrumental in the project. The first Grandparents Day was proclaimed in 1973 in West Virginia by Governor Arch Moore. Also in 1973, Senator Randolph introduced a Grandparents Day resolution in the United States Senate. The resolution languished in committee. Mrs. McQuade and her team turned to the media to garner support. They also began contacting governors, senators, congressmen in every state. And they sent letters to churches, businesses, and numerous national organizations interested in senior citizens. In 1978, five years after its West Virginia inception, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as **National Grandparents Day.** The proclamation was signed by President Jimmy Carter. (September was chosen for the holiday, to signify the "autumn years" of life.)



MHACY RESIDENT COUNCIL THE 2007 RESIDENT COUNCIL REPRESENTATIVES

FOR YOUR HOUSING SITE ARE:

James E. Hall Homes
Schlobohm Houses
Walsh Road
Calgagno Homes
Curran Court
Kris Kristensen
Flynn Manor
Cottage Place Gardens
Martinelli Manor
Troy Manor
Senior Site Commissioner
Family Site Commissioner

Margaret Jessup
 Elizabeth Owens, Deborah Smith, Valerie Marshall

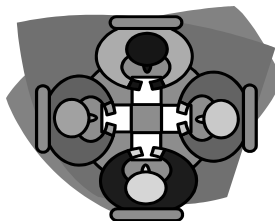
 Beverly Blagmon
 Mary L. Kochetta, Amelia Pupchyk, Charles F. Reese
 Sarah O'Donnell, Walter Astapczyk
 Jitinder, K. Anand, Mary Wilson
 Bettye C Hayford, Cena Scott
 Patricia Potenza, Josephine Egan
 Ethel Scarpulla, Joan Corbalis
 Agnes Scott
 Roberta Allen

ARE YOU A LEADER!!!

**YOU WOULD BE A GREAT CANDIDATE AS YOUR
SITE'S RESIDENT COUNCIL REPRESENTATIVE.**

**Look out for the application for Tenant Council
Delegate at your site or speak to your site
manager.**

Next Resident Council Meeting for
the Resident Advisory Board will
be at The Central Office:
September 28, 2007 and 10:00.



Neighborhood Computer Network Center Opens!

MHACY announces the re-opening of the Computer Center at Cottage Gardens. It will serve the interests and needs of Cottage Gardens and all former Mulford Gardens' residents. As space allows, residents of other MHACY sites will be welcomed. The Neighborhood Network Center (NNC) is located in Building 2N (BACK ENTRANCE), and can be accessed off the North Broadway entrance into Cottage Gardens. The NNC is open Monday - Friday, 9AM to 4PM. The Center will have blocks of time for different activities for different age groups. Free classes and training opportunities will be offered in the evenings and Saturdays. *Your use of the NNC is what will make it a success.* Whether you want to learn how to use a computer, get information on any topic, research employment opportunities, get your GED, or learn English, you will be able to do it and much, much more!

Call 914-996-1886 or 914- 423-0120 to inquire about and participation in NNC activities.

Congratulations

Toi Curry of MHACY-Lawrence Christopher Townhouse (Midland Ave & Teresa Ave) graduated from Widener University, Chester, PA, May 2007 with a Doctorates of Psychology—PSYD. Toi will perform her internship at Lenox Hill Hospital, New York, NY, in the Mental Health field.

Anais Gomes-Wm. A Schlobohm Houses-Salutatorian of her 5th Grade Graduating Class, received Recognition from Mayor Amicone Office in addition represented School 17 in a Spelling Bee Contest

2007 Senior Golden Olympics Tournament

The Curran Court Bocce (an Italian game similar to lawn bowling) Team has was asked to host the 2007 Senior Golden Olympics Tournament by the Yonkers Parks, Recreation and Conservation Golden Olympics.

The Women: 1st Place—Doris Hricasko & Hilda Nardizzo, 3rd Place—Ann Fanelli & Ann Dambrosio

The Men : 1st Place—Michael Taurisano & Angelo Prestamo

Holiday Season SAFETY!!!

With the Holiday Season rapidly approaching, this is a reminder for the continuing need for safety during the Holiday Season. The following is a list of safety and fire pre-cautions:

1. Limit illumination of any decorations to a maximum of 3 hours per day.
2. Limit decorations on doors and **public areas** (handrails, exit doors, etc.). **(ALL ITEMS THAT MAY CAUSE A SAFETY ISSUE WILL BE REMOVED BY MAINTENANCE AND HELD IN THE MANAGEMENT OFFICE.)**
3. All Christmas items should be flame-proof or treated with a fire retardant.
4. Set up Christmas trees in a cool part of the house, away from radiators. Stand tree in water and make sure it does not block the exit.
5. Use only electric light bulbs. Discard lighting sets with worn wiring or sockets not in good condition.
6. Don't let electric light bulbs touch tree needles. If lights are used in windows, keep curtains & drapes at least 6" away from lights.
7. Don't leave tree lights on when you are away from home or at night when everyone is asleep.
8. Don't set up electric trains under or near the tree.

Happy Holiday
Management

Eating Well Does the Body Good

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals and water.

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers. As you age, you might need less energy. But you still need just as many of the nutrients in food. To get them:

- Choose a variety of healthy foods
- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

If you have difficulty cooking meals, choose healthy frozen or prepared meals that can be cooked or heated in a microwave. If you need access to healthy meals, contact your local Meals on Wheels Program through the Yonkers Home Delivered Meals at (914) 963-2460

Remember to take good care of your body and your body will take good care of you!!

Source: National Institute of Health-
<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

APPLYING FOR HUD HOUSING ASSISTANCE? THINK ABOUT THIS... IS FRAUD WORTH IT?**Do You Realize...**

If you commit fraud to obtain assisted housing from HUD, you could be:

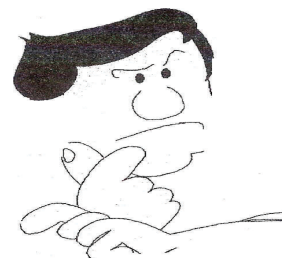
- * Evicted from your apartment
 - *Required to pay all overpaid rental assistance you received
 - *Fined up to \$10,000
- * Imprisoned for up to five years
 - *Prohibited from receiving future assistance
 - *Subject to State & local government penalties.

Do You Know...

You are committing fraud if you sign a form knowing that you provided false or misleading information.

So Be Careful?

When you fill out your application and yearly recertification for assisted housing from HUD make sure your answers to the questions are accurate and honest.



Protect Your Vision, Get a Yearly Eye Exam

A recent health article authored by Jim Miller, editor of Savvy Senior, states that by age 65, one in every three Americans have some form of vision-impairing eye disease. Most however do not know it because often there's no warning symptoms or they assume that poor sight is a natural part of growing older. By detecting and treating eye disease early through annual, dilated eye exams, seniors can preserve their sight.

The four most common eye diseases facing seniors today are cataracts, glaucoma, age-related macular degeneration and diabetic eye disease. Below is a brief description of each disease.

Cataracts: A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging and are very common in older people. In fact, by age 80, more than half of all Americans either have a cataract or have had cataract surgery.

Glaucoma: Glaucoma is a group of diseases that can damage the eye's optic nerve it is one of the leading causes of blindness in the United States, and the most common cause of blindness among African Americans. More than three million people have glaucoma, but half do not realize it because there are no warning symptoms.

Age-Related Macular Degeneration (AMD): AMD is the leading cause of vision loss in Americans 60 years of age and older. AMD is a disease that

blurs the sharp, central vision you need for straight ahead activities such as reading, sewing and driving. AMD affects the macula, the part of the eye that allows you to see in fine detail.

AMD occurs in both a wet and dry form of the condition. Slow occurring or dry AMD affects 90 percent of those with the condition. Fast occurring or wet AMD affects 10 percent of AMD cases.

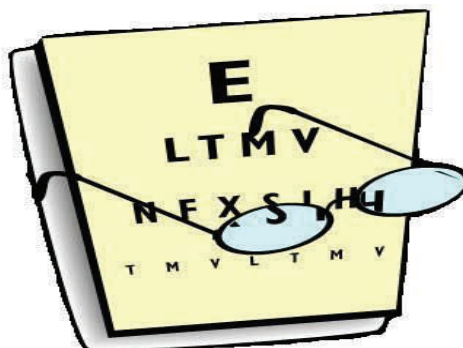
Diabetic Eye Disease: Approximately 16 million people in the United States have diabetes and one-third of them do not know it. People with diabetes are 25 times more likely to become blind than people without it. Diabetic eye disease refers to a group of vision impairing eye problems that people with diabetes may develop such as diabetic retinopathy as well as glaucoma and cataracts.

People with diabetes should have a professional eye examination as soon as their diabetes is diagnosed and at least once a year thereafter.

By detecting and treating diabetic eye disease early through annual, dilated eye exams, people with diabetes can preserve their sight.

For more information about eye disease, contact your ophthalmologist.

Source: <http://www.msnbc.msn.com/3660543>



NEED SERVICES INCLUDING HEALTH CARE

The following services are available to all MHACY residents:

Senior Care: Medicaid, Medicare, Home Health Care and Extended Care.

Family Care: Day Care Services, Adult Education, drug & Alcohol Awareness Programs & Health Care Information.

For more information you can contract MHACY's Outreach coordinators:

Mary Tobin ———964-0459

334 Riverdale Ave 1M

Ana Hernandez — 9640445

95 Walsh Road LC



House Call

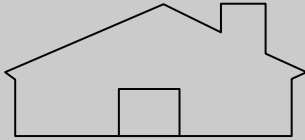
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Municipal Housing Authority
for the City of Yonkers
PO Box 39
1511 Central Park Avenue
Yonkers, New York 10710

Phone: (914) 793-8400

Fax: (914) 793-9117

Email: publichousing@mhacy.org

Website: www.mhacy.org

RESIDENT REMINDERS

Due to the changes in MHACY all **MAINTENANCE** repairs and/or problems in the unit or complex must be called into your **SITE OFFICE** between 8:30am – 4:30pm.

Debido a cambios establecidos por MHACY todas las reparaciones y/o problemas de mantenimiento, en su unidad o en su proyecto deben ser llamadas a su propia oficina de rentas dentro de las siguientes horas: 8:30 a.m. a 4:30 p.m de Lunes a Viernes

RENT PAYMENTS– Rent must be paid in full. Partial payments will not be accepted and will be returned. *Pugos de renta-deben ser pagados por completo. NO se aceptaran pagos parchiales y seran devueltos.*

MAINTENANCE PAYMENTS– All residents will be charged for any maintenance repairs due to neglect. *Tambien habran cobros adicionales de mantenimiento por cualquier reparacion de danos causada por negligencia del residente.*

STAFF SITE RELOCATION

TELEPHONE

Wm. A Schlobohm Houses (Schroeder Street)

Ebony Jefferson -Site Manager -----793-8430

Paula Kubicek -----793-8443

Nicole Spencer - **Work Center #** -----793-8442

Calcagno Homes (School Street)

Angela Hemmings-Site Manager -----793-8452

Donna Adams - **Work Center #** -----793-8451

Cottage Place Gardens

Judith Hicks -Site Manager -----793-8491

Donna Adams -**Work Center #** -----793-8495

Walsh Road Homes/Kris Kristensen (Seymour Street)

Timothy Terry-Site Manager -----793-8787

AnnMarie Bowling - **Work Center #** -----793-8471

Flynn Manor/Loehr Court (Western Ave)

Monsignor Troy Manor (Willow St)

Timothy Terry-Site Manager -----793-8480

Alma Webster - **Work Center #** -----793-8425

Curran Court Homes/Martinelli Manor (Palmer Road)

Sandra Fischer-Site Manager -----793-8421

Anthony Cuomo-**Work Center #** -----793-8431

James E. Hall Homes/Scattered Sites (Townhouses)

Dawn Maron-Site Manager -----793-8433

LaChonne Clark—**Work Center #** -----793-8432

Please leave a message for maintenance issues on the site's Work Center#



**Emergencies Only
Maintenance Work Center
4:30 pm—8-30 am
476-5800**