

# MHACY RESIDENT NEWSLETTER

MHACY RESIDENT June, July, August 2007

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MUNICIPAL HOUSING AUTHORITY  
FOR THE CITY OF YONKERS, NEW YORK

**From the desk of Curtis Wegener: Supervisor of Maintenance**

## MHACY ROACH BULLETIN

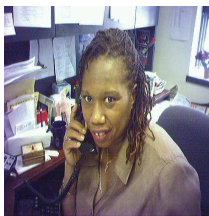
This is the first bulletin to address issues that will affect the upkeep of your apartment. These guides will be brief and to the point. ROACHES: are everyone's problem as anybody can have them. Even though you may not see them they may still be present in your unit. These pests have been around for millions of years, and will be around for years to come. It is almost impossible to eliminate roaches !!! BUT WE CAN CONTROL THEM. The following are some tips that will be useful.

1. Keep garbage in one place.
2. Empty garbage every day.
3. When you leave the house for long periods of time, all food should be put away.
4. Don't let grease build up on the stove or in between the stove and wall.
5. The best pesticide against roaches is to CLEAN, CLEAN, CLEAN.
6. Don't store any open food in cabinets. Place food either in refrigerator or in containers.
7. Wash out all recyclable cans, glass jars, etc. Before you recycle it.
8. Wallpaper and contact paper is not a good idea. When it peels roaches live behind it.
9. Roaches love moisture (wet mops, wet counter top's, etc).



## SENIOR TENANT SUPERVISOR'S Corner—Brenda M. Gray

Greetings!



The summer is upon us and the children will be home enjoying their vacation. We at MHACY are happy to announce that the summer program will begin July 9, 2007. Applications can be obtained at School Street, Schlobohm, Cottage Place Gardens, Durbar and Shoreview sites. We have a lot of trips and fun-filled activities scheduled for the campers. We look forward to seeing you this summer and working with your children. For any additional information call 793-8453

I hope that this newsletter is being enjoyed by all and provides you with important information.

Again, we are always looking for newsworthy items from you to include in the MHACY Newsletter. If you have special announcements or accomplishments to include in the newsletter, please provide us with the information. 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.

On April 2, 2007 MHACY's developer started construction on the family building located at the corner of Vineyard and Ashburton Ave. Construction is expected to take 20 months. Planning and design for Mulford Gardens continues with demolition to commence this fall.

A tremendous **Thank You** to the MHACY Staff for working so diligently to address the needs of the residents and I encourage you to keep moving forward in a positive direction.

**Brenda M. Gray**

## Are Household Cleaning Products Safe?

Many products in our homes serve useful purposes, but are also poisonous if misused. In fact, the American Association of Poison Control Centers recorded many exposures to household cleaning substances were serious enough to require treatment in a health care facility.

Cleaning products and polishes are effective for the job they are designed to do because they contain chemicals. However, mixing common household cleaning products can cause serious injuries.

For example, when bleach is mixed with ammonia, toxic gases called chloramines are produced! Exposure to chloramine gases can cause the following:

- Coughing
- Shortness of breath
- Chest pain
- Wheezing
- Nausea
- Watery eyes
- Irritation to the throat, nose and eyes
- Pneumonia and fluid in the lungs

In addition to ammonia purchased as a cleaning product, ammonia may be found in some glass and window cleaners, urine, and some interior and exterior paints.

Mixing chlorine bleach and acids can also be a dangerous combination. When bleach is mixed with an acid, chlorine gas is given off. Chlorine gas exposure, even at low levels, almost always irritates the mucous membranes (eyes, throat, and nose), and causes coughing and breathing problems, burning and watery eyes, and a runny nose. Higher levels can cause chest pain, more severe breathing difficulties, vomiting, pneumonia, and fluid in the lungs. Very high levels can cause death.

Products containing acids include vinegar, some glass and window cleaners, toilet bowl cleaners, drain cleaners, and lime and rust removal products.

Here are a few tips to remember when using household products:

- NEVER mix products, unless the label allows it.
- Don't mix different brands of one type of product
- Avoid skin and eye contact with cleaners and polishes
- Contact the NY Poison Control Center at 1 800 222-1222 for questions/concerns.

Sources: <http://lancaster.unl.edu>



### SCHOOL STREET RESIDENTS

#### REMOVAL OF AIR CONDITIONERS .

*If your bedroom only has one window with an Air-Conditioner placed in the window, the air conditioner must be removed . Your apartment will fail inspection if it is not removed as this is considered a blocked egress. If your apartment fails inspection for this reason you could be evicted. If the apartment has at least two windows the air conditioner can stay in one of the windows*



### Job Corp Academy...

Is America's leading career skill training & education program for youth ages 16 -24 Administered by the US Dept. 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

Are You Taking Your Medications Properly?



According to the American Heart Association, up to 50% of patients prescribed high blood pressure medications are taking them improperly.

It is very important to take your medications exactly as prescribed.

If you don't take your medicines as directed, what could happen? First of all, it may not work. It could cause side effects that may be mild—or very harmful. Without knowing it, you could counteract one medicine by taking it with another. Not taken properly, medicine can also make you feel sick or dizzy.

Here are five quick tips for medication use recommended by the American Heart Association:

- Understand your medication. Know what it is for, and how and when you're supposed to take it.
- Get some colored labels and stick them on your medicine bottles to simplify your routine. For example, blue could be morning, red for afternoon and yellow for bedtime.
- Purchase timer capsules for pill bottles to remind you when to take medication
- If your medication is too expensive, ask your physician or pharmacist about finding financial assistance.
- If you have trouble understanding your physician or pharmacist, ask a friend or loved one to go with you and help you.

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

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 contact MHACY's Outreach Coordinators, Mary Tobin and Ana Hernandez through your site office

\*\*\*\*\*House Call Medical Services of New York \*\*\*\*\*

\*\*\*\*\*"We Bring the Doctor to You"\*\*\*\*\*

Edwin Quinones, Senior RPA-C, Office Hours: Monday-Friday 9am-5pm  
tel: 718 294-6200 Hablamos Espanol!

## Tips to Help Seniors Beat the Summer Heat



**S**ummer provides a wonderful opportunity for seniors to venture outside and increase their activity level. Those lazy days of summer also mean days of blistering heat. As the temperatures rise, so does the risk of heat stress.

Heat stress, which can lead to heat exhaustion, heart failure and strokes, is particularly dangerous for people 65 years of age and older.

Older adults are more vulnerable to heat stress than younger individuals because they do not adjust as well to heat, perspire less, and they are more likely to have health problems that require medications that work against the body's natural thermometer.

A sudden and prolonged increase in temperatures can place a strain on the heart and blood vessels before the body can acclimate itself.

The following tips from Dr. Robert Luchi, Professor of Medicine-Geriatrics at the Baylor College of Medicine, can help you beat the heat:

- Keep cool. Air conditioning can be a lifesaver, especially if you have heart disease. If you don't have air conditioning, head to a cool shopping center, senior center, library, movie theater, or place of worship.
- Cool baths or showers can provide relief. Ice bags and wet towels are also helpful.
- Beware of dehydration; drink plenty of water even if you are not thirsty.
- Curtail physical activity during extremely hot weather. Activity adds to heart strain.
- Avoid heavy meals and alcohol. Alcohol acts as a diuretic, causing your body to lose water.

- Limit salt use.
- Wear loose fitting, lightweight clothing. Don't forget to wear a hat or carry an umbrella to protect your head and neck when you are outdoors.
- Take the heat seriously. Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs that you should seek immediate medical attention.

Also, don't forget to protect your skin before heading outside! Make using sunscreen a habit. This can increase your life span by protecting you from skin cancer, which kills hundreds of thousands of people every year.

*Source: Eldercare, Baylor College of Medicine, [www.emaxhealth.com/](http://www.emaxhealth.com/)*

## The Important Role of Grandparents in Families



**G**randparents play an important role in the lives of their grandchildren, though it is often indirect. Most of their significance to children is seen through the support and help they give to their parents. Grandparents are often seen as "stress buffers," family "watchdogs," "roots," "arbitrators," and "supporters."

which benefits them emotionally and mentally. Grandparents can be a major support during family disruptions. Sometimes they're playmates for their grandchildren. They're very often role models and mentors for younger generations. They are also historians — teaching values, instilling ethnic heritage, and passing on family traditions.

*Source: [www.foreverfamilies.net](http://www.foreverfamilies.net)*

*GrandPower Advocacy Project  
(914)963-5118*

**MHACY RESIDENT COUNCIL  
THE 2007 RESIDENT COUNCIL REPRESENTATIVES**

**FOR YOUR HOUSING SITE ARE:**

<b>James E. Hall Homes</b>	Margaret Jessup
<b>Schlobohm Houses</b>	Elizabeth Owens, Deborah Smith, Valerie Marshall
<b>Walsh Road</b>	Queen E. Ramsey
<b>Calgagno Homes</b>	Beverly Blagmon
<b>Curran Court</b>	Mary L. Kochetta, Amelia Pupchuk, Charles F. Reese
<b>Kris Kristensen</b>	Marguerite Bruton, Sarah O'Donnell, Walter Astapczyk
<b>Flynn Manor</b>	Jitinder, K. Anand, Mary Wilson
<b>Cottage Place Gardens</b>	Bettye C Hayford, Claudette Grady, Cena Scott
<b>Martinelli Manor</b>	Patricia Potenza, Josephine Egan
<b>Troy Manor</b>	Ethel Scarpulla, Joan Corbalis
<b>Senior Site Commissioner</b>	Agnes Scott
<b>Family Site Commissioner</b>	Roberta Allen

***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**

Wanda Barrow, graduated from Westchester Community College received her AAS in Human Services. She started college in 1998 attended part time and was a single parent to her now 17 year old son. Wanda is employed by The Department of Social Services.

**Next Resident Council Meeting for the Resident Advisory Board will be at The Central Office: June 15 , 2007.**

**Resident Council Meetings are cancelled for the Summer Months.**

**BULLETIN TO ALL RESIDENTS**

There are many changes in effect for MHACY STAFF and RESIDENTS. Please note the following changes. ***Favor de observar los siguientes cambios, que seran efectuados para el personal y residents de MHACY.***

**ANNUAL RE-CERTIFICATIONS** –will be based on your move-in date of your present unit. This change may result in families being recertified twice this year. ***La Revision Annual sera basada en la fecha en que se mudo a su presente unidad, este cambio puede causar que los residents tengan que hacer su revision annual dos veces este ano.***

## Housekeeping Violations

If your unit is referred by the Inspector and/or Maintenance as having a Housekeeping Violation you will be cited. You will be in noncompliance for not maintaining your unit in a safe, sanitary and decent manner, which is a lease violation. You will be required to attend MHACY's mandated Housekeeping Class.

Seniors that are cited will receive a telephone call or visit from the Outreach Coordinator, who will assist in reviewing options to address and correct the problem.

*Please be aware that a housekeeping citation is a LEASE VIOLATION.*



## Eating Well Does the Body Good

**F**ood 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:



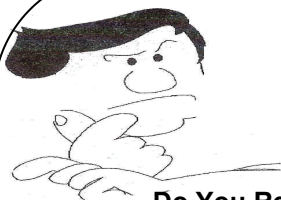
- Choose a variety of healthy foods
- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats

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.

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

Have you noticed anything different at your development? The Municipal Housing Authority for the City of Yonkers has had a re-organization of its field operations starting on April 30<sup>th</sup>. There are two major components to this re-organization.

The first component is that all of the properties have been grouped into six "Asset Management Projects" or AMPS. This was required by HUD who wants authorities to maintain separate budgets for each of these AMPS. In the past there was one consolidated budget for the entire Authority. MHACY was able to move money around from site to site depending on need. But HUD wants the money allocated to a site to remain at that site. They believe that this is more like the way that the private sector manages property. The AMPS are:

Schlobohm Houses

Calgano Homes (School Street) and Cottage Place Gardens

Walsh Homes and Kris Kristensen Homes

Loehr Court, Flynn Manor and Troy Manor

Curran Court and Matinelli Manor

Hall Homes (Dunbar) and the Townhouses

The second component is that a "property manager" and "property superintendent" have been assigned to each AMP except for AMP 2 where both School Street and Cottage have their own managers and superintendents. The idea is that there should be a single person responsible for all aspects of the property and a superintendent to supervise all of the maintenance staff.

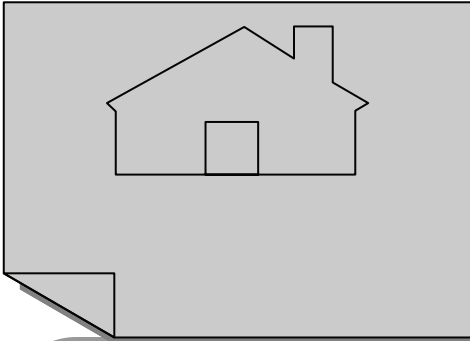
But more accountability is only one reason for this change. Each AMP will be responsible for preparing and monitoring its own budget. This should mean better service to you because each site will be able to allocate its funds to things that are the priority for that AMP. For example, if plumbing is the major problem then more money can be placed in the plumbing contract line and less in electrical or vice versa.

The reasons for these changes are all related to providing you with better service and a quality place to live. While the executive staff will look to these managers and superintendents to improve living conditions for all of our residents, we also realize that everyone must do their part. All of us must work together to create a good community. This may mean new rules to be enforced or a new lease, it will almost certainly mean a new approach to security. It also may require the use of resident identification cards and strict enforcement of the parking rules and the pet policy. But most importantly, it will require your active participation.

I will be asking all the managers to conduct public planning sessions at their sites. By this I mean there will be public meetings at which the residents, staff, invited experts will be asked what the development should look like in five or ten years. What are the development's strengths and weaknesses? What does the site not have and need and what does the site have and not need? Once a consensus is reached on what we want, a plan will be developed as to how we get from here to there and how much it will cost. Then each year the residents can review the proposed budget and monitor the progress being made towards these shared goals.

I believe strongly that if we work together we can realize the full potential of our communities. I know that the staff at MHACY and I will be doing our best. I look forward to working with you in this effort.

**Joseph Shuldiner**



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

Phone: (914) 793-8400  
Fax: (914) 793-9117  
Email: [publichousing@mhacy.org](mailto:publichousing@mhacy.org)  
Website: [www.mhacy.org](http://www.mhacy.org)

**EMPLOYMENT, JOB OPPORTUNITIES & SCHOLASHIPS**

Looking for Civil Service employment or job opportunity?

Contact: Municipal Civil Service Commission  
City Hall  
40 South Broadway room 120  
Yonkers, NY 10701

**RESIDENT REMINDERS**

**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 -----793-8430  
Paula Kubicek -----793-8443  
Nicole Spencer -----793-8442

**Calcagno Homes (School Street)**

Angela Hemmings-----793-8452  
Donna Adams-----793-8451

**Cottage Place Gardens**

Judith Hicks -----793-8491  
Donna Adams -----793-8495

**Walsh Road Homes/Kris Kristensen (Seymour Street)**

Timothy Terry -----793-8787  
AnnMarie Bowling-----793-8471

**Flynn Manor/Loehr Court (Western Ave)**

**Monsignor Troy Manor (Willow St)**

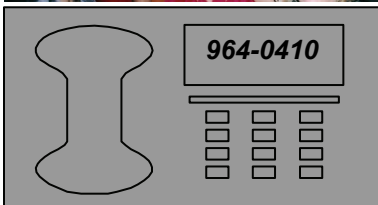
Ernestine Moses-----793-8480  
Alma Webster -----793-8425

**Curran Court Homes/Martinelli Manor (Palmer Road)**

Sandra Fischer-----793-8421  
Anthony Cuomo-----793-8431

**James E. Hall Homes/Scattered Sites (Townhouses)**

Dawn Maron-----793-8433  
LaChonne Clark -----793-8432



**To place a  
Maintenance Work Order  
Call**

**914-964-0410**

**Emergencies Only After**

**5 pm**

**914-476-5800**