

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

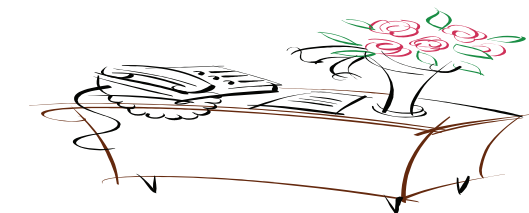
Policing Your Site

MHACY, The Yonkers Police Department and the new contracted Security Agencies are working to make your environment a safer place to live. However, we need your help. As residents and citizens of Yonkers if you become a victim, witness any crimes or incidents, it is really important to report it. It is known that sometimes it is not easy to decide to come forward and report the crime or incident, but it is also known that if no one reports a crime it is as if it never happened. If no one reports the crime the criminal is free to commit more crimes.

It is good to report incidents to your site manager, however all criminal activities must be reported to the your local YPD or YPD's Housing Unit. The Housing Unit operates 3:00pm—1:00am, # 377-7270, fax #377-7271.

Bar-Out List

The Municipal Housing Authority for the City Yonkers in order to promote the safety, security and well-being of all MHACY residents, employees and other persons who have a legitimate purpose on MHACY property instructing a Bar-Out Policy. Drug dealing, gang-related activities, disorderly and/or lewd conduct, and/or violent criminal activities all have a profoundly negative impact on public safety and the quality of life in MHACY housing. The enactment of this bar-out policy enables the MHACY to deny non-residents who have engaged in such serious criminal conduct access to MHACY property.



STAFF SITE RELOCATION TELEPHONE #

Wm. A Schlobohm Houses (Schroeder Street)
Ebony Jefferson -Site Manager -----793-8430
Judith Hicks -Assist. Site Manager-----793-8443
Crystal Estrada-----793-8442

Calcagno Homes (School Street)
Angela Hemmings-Site Manager -----793-8452
-----793-8451

Cottage Place Gardens
Lakisha Collins -Site Manager-----793-8491
Paula Hall -----793-8495
Walsh Road Homes/Kris Kristensen (Seymour Street)
Timothy Terry-Site Manager -----793-8787
Shannon Stewart-----793-8471

Flynn Manor/Loehr Court (Western Ave)
Monsignor Troy Manor (Willow St)
Veronica Torres -Site Manager -----793-8480
Jayna Rivera - -----793-8425
Curran Court Homes/Martinelli Manor (Palmer Road)
Paula Kubicek -Site Manager -----793-8421
Lucia Kannas -----793-8431

James E. Hall Homes/Scattered Sites (Townhouses)
Dawn Maron-Site Manager -----793-8433
LaChonne Clark -----793-8432

Work Center# 793-8707
Emergencies Only Maintenance Work Center
4:30 pm—8-30 am 476-5800
MHACY's Attorney: Nicholas Leo----- 423-0505

MHACY LEASING OFFICE.
The MHACY Leasing Office is located in the rear of 10 Kenmore Street. All potential residents of MHACY will conduct his or her admission processing at the new office.
Sandra Fischer - Admission Supervisor-----793-8499
Donna Adams -Assist Adm. Supervisor-----793-8498
Nicole Spencer -----793-8497



MHACY RESIDENT January, February, March 2009

MUNICIPAL HOUSING AUTHORITY FOR THE CITY OF YONKERS, NEW YORK

The Municipal Housing Authority for the City of Yonkers (MHACY) goal is to provide decent, safe and sanitary housing for eligible families and to provide opportunities and promote self-sufficiency and economic independence for its participants.

"Providing affordable housing is just half of the solution. The other is that of helping Residents to self-actualize"

From the desk of Curtis Wegener: Supervisor of Maintenance

A New Year is upon us again. One of the items that arrive (under your door) this time of year is The Extermination Schedule. The Maintenance Department has a 2 man extermination crew and they service all Housing Authority Buildings.

It is very important for all residents to let the extermination crew into your apartment on these scheduled dates. Letting them into your apartment on these scheduled times documents if there is a problem or not. At most of our sites residents live in close proximity to each other and if a pest problem arises in one apartment other apartments might be affected. If nothing is reported, the problem spreads to the entire building. This is why the extermination crew needs to inspect every apartment. It is easier to combat a smaller pest problem than a larger pest problem.

With your continued support and cooperation they can inspect all areas. Residents can also report pest problems to the Work Center at 914-793-8707. And Always Remember, Report Pest Problems Promptly

Happy Holidays and Happy New Year from the Maintenance Department
C. Wegener



SENIOR RESIDENT SUPERVISOR'S Corner—Brenda M. Gray

Happy New Year!
2008 was a very historical political year. America has elected it's first African-American President. President-Elect Obama will be sworn in as the 44th President of the United States of America on Tuesday, January 20, 2009 in Washington, DC at the Presidential Inauguration. A resident of Wm. A. Schlobohm Houses has received a ticket to the event. Denise Smith received a ticket as a member of her Local Union DC1707. If any additional residents have the opportunity to be in DC to view the event, please allow me to share your experience in the next newsletter. The Embur Club of Curran Court sponsored a Christmas Fair on December 6, 2008, refreshments were available as well as Christmas items and gifts. The club raised \$407. The Schlobohm Houses Resident Council held a Thanksgiving Raffle for a basket filled with a turkey and the holiday meal fixing. The winner of the basket, Mr. & Mrs. Ronald Perez, were thankful to the Resident Council for assisting them in completing their family's holiday meal. MHACY Staff collected toys and donate them to Kingdom Baptist Church where Rev. Hassell is the Pastor. The toys were a part of their Angel Tree Ministry which was distributed on Saturday, December 20, 2008.



Under the direction of the MHACY Board and the Executive Director, Joseph Shuldiner, MHACY Staff and myself are hoping to continue the efforts to reach our goals of providing decent, safe and sanitary housing for eligible families and providing opportunities and promoting self-sufficiency and economic independence for all residents.

Be safe and enjoy the NEW Year!!

Note to the Residents from the Executive Director

HAPPY NEW YEAR to all the residents of public housing in Yonkers!!!

2008 has been a momentous year and 2009 is likely to be even more exciting. There will be a new team in Washington, DC, a new President, a new Congress and a new HUD leadership. In Barack Obama we will have a president who is familiar with both city issues and public housing having been a resident organizer in public housing in Chicago. In Congress, Representative Rangel is chairman of the House Ways and Means Committee and our own Congresswoman Nita Lowey is a major force. The Secretary designate of HUD is another New Yorker, Shaun Donovan, who is presently the Commissioner of the New York City Department of Housing Preservation and Development. All of these key players are familiar with the issues we face. This means that there is a better chance that they will be addressed.

The first evidence of this will be the budget. MHACY needs money to keep operating. The rent provides about \$8,000,000 out of a total operating and capital budget of \$21 to \$22,000,000. (This means we receive \$13 to \$14,000,000 from HUD.) As of January 1st, Congress has not yet enacted a budget for the federal fiscal year that began October 1, 2008. That is right, we are into the fourth month of the year and we have no budget. This makes it almost impossible for the Authority to plan its expenditures or perform more than routine work. We expect that Congress will begin addressing the budget when it reconvenes for the new legislative session on January 6th.

Another key piece of legislation that will be addressed early is the economic stimulus package. President-Elect Obama has asked that a stimulus package be on his desk when he takes office on January 20th. Public housing industry groups, advocates and some key supporters such as mayors and governors have asked that as much as \$5 billion be included for public housing. This money would be in the form of capital funds, that is money for big ticket items, system repairs. This would allow us to continue the work that we have begun this past month at Calcagno and Hall Homes. Reports coming out of the Obama transition team indicate that he wants the bill to also promote energy conservation items. These could include replacing the entire heating system at Cottage Place, finishing the roof work that is presently taking place city-wide and perhaps replacing exterior building doors and entrance ways.

The Authority also has contracted with an energy performance contract consultant to identify all the ways the Authority can become more energy efficient. There are private companies who will fund work that results in energy savings because HUD may allow the Authority to keep these savings and use them to pay for the work. One of the exciting ideas that we are investigating is the use of geo-thermal hot water and heating systems particularly at our senior buildings.

In December, demolition began in earnest at Mulford Gardens. This work will take until February to complete. There was a press conference on Tuesday, December 9th when the Mayor allowed the press to witness one of the buildings coming down. More importantly, one week later was the grand opening of Croton Heights Apartments, the first phase of the HOPE VI development. It is a sixty (60) unit family building at the corner of Vinyard and Ashburton. Almost one hundred elected officials, dignitaries, former residents and other interested people attended and were able to take tours of the new building.

Saving the best for last, in December I signed 13 Memoranda of Agreement with the City-wide Resident Council known hereafter as the Resident Advisory Board (RAB) and 12 individual resident councils representing each site. These agreements memorialize the formal and binding relationship that exists between each and the Authority. In the new year, I hope to be working with these councils on ways to improve the quality of life for all of our residents. I want to thank the residents who have agreed to participate and make the commitment for the success of this effort.

Again, Happy New Year and one filled with health, good fortune and success.

Joseph Shuldiner

Mulford Gardens Demolition.....First Phase of HOPE VI



"...as the receptionist of MHACY and a former resident born and raised in Mulford Gardens, were the best years of my life. Many former residents have gone on to work in the Legal, Medical, Educational, Housing and other fields to give back to the community that so generously gave to us. Just want to say to all of the past and current residents of Housing; Hope your years and Holidays have been and will be as blessed as ours was. Thank you, Mulford Gardens for the best years ever."

Janine Eriksen; MHACY Receptionist

Former resident Loretta Bryant, who lived at Mulford Gardens from 1989-2006, said, "It was nice living here close to schools, close to the hospital, close to the park and shopping. When I first moved in it was really great, you felt safe going out at night." She hopes to move into Croton Heights Apartments, the first phase of the HOPE VI replacement housing.

Demolition equipment began taking down Mulford Gardens Tuesday, December 9, 2008.

The "Ribbon Cutting Ceremony" for the Croton Heights apartments were held on Monday, December 15, 2008.



MHACY Children

Girls are P.E.A.R.L.S

- ◆ **Cherish Them**
 - ◆ **Nurture them**
 - ◆ **Enroll them in the YWCA P.E.A.R.L Program**
A year-round empowerment and leadership training program for girls ages 13-18.
- The program operates January through December with opportunities for summer employment.

Prevention: Conflicts resolution, pregnancy prevention, nutrition & health education

Empowerment: Financial literacy & entrepreneur training, life skills training, summer employment

Academics: Homework assistance, math tutoring, technology

Recreation: Field trips, sports 7 games, snacks, journaling

Leadership: Youth & community action, employment training, public speaking & racial justice activities

For more information, call Andrea Montgomery @ (914)963-0640 ext. 108 or 100

Greyston Child Care Center

Did you know Greyston provides ?

- ◆ Daycare service for children 6 weeks—5 years of age
- ◆ Daycare service for children 4—5 years of age

They have a early childhood curriculum and provide complete school readiness for children. Children can remain in the Child Care Center until kindergarten.

Center hours: Monday—Friday 7:30 am—6:00 pm

The NYS of Children and Family Services licenses the Greyston Child Care Center to provide childcare for 80 children from 6 weeks thru 5 years old and the Greyston Child Care Center is NEAYC Accredited.

FIRE POSTER CONTEST PARTICIPANTS

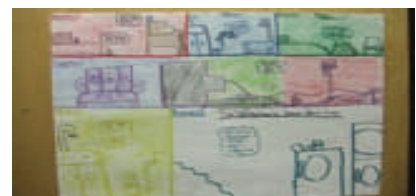
Below are the names of the participants and winners of the Poster Contest:

***Tyheim Pegram, *Miasia Bruce, *Dashinique Dixon, Avante' Banks, Christopher Pagano, Jaylen Lott, Germana Andujar, DeAndre Banks, Jerome Wilson, Glenys Plasencio & Genesis Soto.**

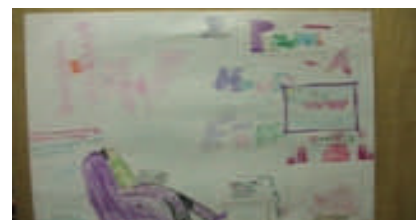
Dashinique Dixon



Miasia Bruce



Tyheim Pegram



OUR VERY OWN FUTURE BASKETBALL STAR!

Joshua Gonzalez the son of Jacquelyn Gomez of Scholobohm Houses had 30 points and five steals for the Roosevelt HS Indians against New Rochelle HS Huguenots. Let all watch the successful basketball career of Joshua!

AFTER-SCHOOL PROGRAM

MHACY RECREATION HAS AN AFTER SCHOOL PROGRAM AT SEVERAL SITE LOCATIONS. SOME SITES OFFER HOMEWORK ASSISTANCE, COMPUTER ASSESS, AND INSIDE SPORTS AND GAMES. FOR ADDITIONAL INFORMATION CONTACT YOUR SITE MANAGER

THE **GREYSTON AFTER-SCHOOL PROGRAM** LOCATED AT 62 WARBURTON AVE, IS A CULTURALLY SENSITIVE CLIMATE THAT AIMS TO PROVIDE QUALITY SCHOOL-AGE CHILDREN (AGES 5-14) FOR FAMILIES IN YONKERS AND SURROUNDING COMMUNITIES. THE PROGRAM PROVIDES; ACADEMIC ACTIVITIES * HOMEWORK ASSISTANCE* A BOOK CLUB * COMPUTER* TRAINING * WEB DESIGNING * MONTHLY TRIPS * SOCIAL EVENTS * FREE GUITAR LESSONS * PLUS MANY MORE ACTIVITIES. FOR ADDITIONAL INFORMATION CONTACT Ms. KE'SHAWN HALL @ 914 376-3610.

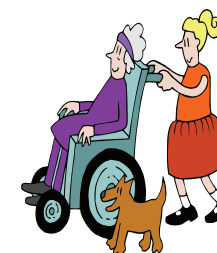
MY SISTERS' PLACE SPONSERS A STUDENTS ADVOCATING FOR EQUALITY IN RELATIONSHIPS PROGRAM (S.A.F.E.R.)TUESDAYS 7 THURSDAY 4:30-5:30 PM. FOR MORE INFORMATION CALL 914 38-0333 OR EMAIL DVEP1@YAHOO.COM.

Prepare for Winter

Energy awareness month is especially important because winter and the heating season are here. In previous years heating and cooling bills accounted for 50-70 percent of the annual operating costs of most homes. But that will get worse as heating fuel prices increase again this winter according to Energy Information Administration (EIA) projections. During extreme weather conditions residents should not have to choose between paying for heating fuel and buying food for their families. Unheated or poorly heated homes are unsafe in the winter, and can lead to frozen pipes and other property damage. We are working to protect MHACY residents from rising heating costs by weatherizing our buildings, and spreading the word about the Low Income Home Energy Assistance Program (LIHEAP).

Weatherize

Weather-stripping windows and doors, and caulking around plumbing and electrical penetration can greatly reduce the amount of air leakage in your building. Residents may be eligible to receive; bill payment assistance, energy crisis assistance and weatherization and energy-related home repairs through LIHEAP at [www. Energynear.org](http://www.Energynear.org) or call 406 494-8662.



Would you need extra help in an emergency?

If so, sign up for the Special Needs Registry.

Westchester County is putting together a list of residents who may require additional assistance, transportation or a place to stay in the event of a major emergency or disaster. If you are elderly or disabled and would have trouble leaving your home quickly if told to do so, you should sign up for the Special Needs Registry.

Any county resident with a physical or mental disability who would need special assistance is eligible for the Special Needs Registry. However, it is only intended for use by those who live independently, and not in a residential special needs facility (i.e. nursing home or hospital).

The Special Needs Registry will be shared with local municipalities as well as county, state and federal agencies that might be involved in the emergency response. If there is an emergency in Westchester County, these agencies would know who is in need and where to focus their resources.

Call 211 to sign up over the phone or register yourself at www.westchestergov.com/specialneeds

Employment Opportunities:**Professional Careers Test**

Providing college seniors and graduates with an opportunity to compete for entry-level professional positions with New York State government.

Important Exam Information! Application Deadline Date: January 5, 2009
Examination Date: Saturday, March 7, 2009 (am or pm) OR Sunday, March 8, 2009 (am or pm)
Please read the examination announcement for more information on the minimum qualifications, subject of examination, application fee, positions, how to apply, etc.:
<http://www.cs.state.ny.us/examannouncements/announcements/oc/25-145.cfm>

Qualifications: On or before August 31, 2009, you must have a bachelor's degree or higher. This examination is open to college graduates OR college seniors.

Positions filled thru the PCT are located primarily in Albany and New York City, in a variety of State agencies, in professional fields such as: ·Training and Development ·Employee Benefits ·Personnel Administration ·Budgeting ·Contract Management ·Administrative Analysis Salary

Approximated salaries for a 2 year traineeship leading to a grade 18, professional position:

1st year: \$37,437

2nd year: \$41,170

Upon completion of Traineeship: \$51,268

The Landex Management Corp. has a position available at the new Croton Heights site on Ashburton Ave & Vinyard Ave.

The person MUST know tax credit certification, public housing and section 8 occupancy regulations and billing procedures.

Please contact: Isaac King, Manager Landex Management

**JobSTAR Program Start Dates:
Spring 2009**

Food Preparation Program—Tuesday, January 27th - 6:00 - 9:00 p.m.

Saturday, January 31st 9:00 a.m. - 4:00 p.m.

Westchester Community College

Student Center Building Foods Lab Room 107

ACADEMIC PREP Program—Monday, January 26th - 9:30 a.m. - 4:30 p.m.

Westchester Community College

Technology Building Room 101

Computer Program—Saturday, January 31st - 9:00 a.m. - 4:00 p.m.

Westchester Community College,

Library Building - Computer Lab

MHACY RESIDENT COUNCIL**THE 2009 RESIDENT COUNCIL REPRESENTATIVES
FOR YOUR HOUSING SITE ARE:**

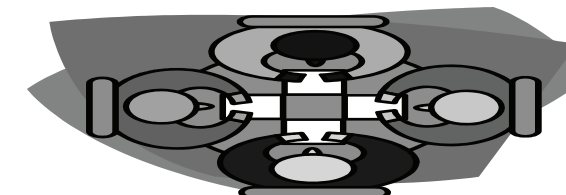
James E. Hall Homes
Loehr Court (Western Ave)
Schlobohm Houses
Walsh Road
Calcagno Homes
Curran Court
Kris Kristensen
Flynn Manor
Cottage Place Gardens
Martinelli Manor
Troy Manor
Scattered (Townhouses) Houses

MARGARET JESSUP, DELPHINA PAIGE, CAROLYN ARROYO
TO BE ADDED
ELIZABETH OWENS, DEBORAH SMITH, VALERIE MARSHALL
KATHLENE B. SMITH
YESENIA TAVERAS, EVANGELISTA SANTIAGO, VANESSA HAMPTON
ANNE PRESTAMO, LARRY SANSONE, AMELIA PUPCHYK
WALTER ASTAPCZYK
JITINDER K. ANAND, JOSEPH DROHAN
CLAUDETTE GRADY (PEACHES), ALVIN WALDEN
TO BE ADDED
JOAN CORBALIS
DEBORAH BEVA, LEONA NELSON

Senior Site Commissioner
Family Site Commissioner

Agnes Scott
Roberta Allen

Each Resident Council will be holding monthly meetings at each site. It is very important to be a part of these meetings. The information, concerns and needs of each site will be brought by each site representative to the monthly Resident Advisory Board Meetings.

**RESIDENT ADVISORY BOARD (RAB) & MUNICIPAL HOUSING AUTHORITY (MHACY)**

MHACY has re-structured and begun implementing the City-Wide Resident Council, which is now referred as the Resident Advisory Board. Meetings and training were provided to advise the former City-Wide Resident Council about the re-structuring of the Resident Advisory Board (RAB). The re-structuring is to ensure that all of the twelve MHACY Housing developments are represented on the Board and that every resident is afforded the opportunity to participate in the site-based Resident Councils.

The duly elected RAB consists of residents who reflect and represent all the residents assisted by the MHACY. The RAB is comprised of a representative from each of the twelve (12) MHACY Resident Councils representing each development. The RAB representative for the year (November 2008 through October 2009) will be the President or (designee) of the respective Resident Councils and will be appointed to the RAB for a one (1) year term. If a site or development does not have a Resident Council, MHACY will designate an Interim Representative to serve on the RAB until the site or development selects a Representative through its Resident Council or alternative process. The RAB represents the interests of all MHACY residents as each development will have a designee that is selected to serve on the RAB. It will be the responsibility of the RAB representative to select an alternate to attend the RAB meeting if the representative will be unable to attend. Preferably, the alternate will be one of the elected Officers of the Resident Council.

The "new" RAB will have a representative from each of the twelve, site-based Resident Councils. The representative to the RAB will be the elected President of the Resident Council from each site. At this time two (2) sites (Western Avenue and Martinelli Manor) are not represented by a Resident Council. Therefore, we will need to have an interim representative appointed by MHACY until a Resident Council is established at Western Avenue and Martinelli Manor and representatives are elected by the residents who reside at the developments. If you are a resident of these two (2) sites and are interested in representing your neighbors, please contact: Ginny at 914 793-8400 ext 151.

In Loving Memory of

Lauren West— Resident Screening Committee and Cottage Place Gardens' Resident Council member until her Sunset on December 15, 2008.

Michael A. Taurisano—Curran Court Bocci Champ and Resident Council candidate—passed away October 16, 2008.

Marco M. Wade, Sr—Longtime employee of MHACY—went home on October 30, 2008.

We miss you ALL, MHACY Staff

Farewell to Mary Tobin

Mary Tobin has been a devoted Service Coordinator for MHACY for many years and recently assisted to work with FSSY as a ROSS Grant Case Manager. However, she has resigned from her position as the ROSS Grant Case Manager as of December 19, 2008, to take another job in the medical field. Mary we wish you much happiness in your new career.



FSSY hired Kadisha Thompson to fill the position of ROSS Grant Case Manager. Ms. Thompson has years of experience working with the elderly and the disabled, most recently providing case management under the HOPE VI program. She is familiar with the MHACY residents and site managers, and will be integrated in the role of the ROSS Grant Case Manager seamlessly and without delay.

Ms. Thompson will operate mainly from the ROSS Office at 57 Walsh Road, # LB, assigned to the program by MHACY. Her telephone number is 914-920-5002 and the fax number is 914-920-5004. She will be accepting referrals by telephone, fax or e-mail at kthompson@fssy.org.

FSSY AND MHACY are looking forward to a productive and successful year 2009 for the ROSS program.

The general duties of the Resident Council Officers are as follows:

The residents of most of the sites have picked Residents Council Officers to represent their site on the Resident Advisory Board (RAB). MHACY will have to choose an Officer to join MHACY RAB from each site that have not selected their own representative. If you are a resident of **Loehr Court (Western Ave)** or **Martinelli Manor** and wish to work with your neighbors and MHACY RAB to represent the best interest and concerns of the residents in your communities. Please contact Ginny at 793-8400 ext 151. In addition to organizing events and activities which promote the well-being of residents, Officers are expected to do the following:

- *Recommend solutions to concerns and problems, to organizations and agencies for implementation that promote the general welfare of desirable living conditions of the residents of MHACY..
- *Ensure that conditions within the communities provide Residents maximum enjoyment of their apartment (unit) and neighborhood to the fullest extent possible.
- *Work in partnership with the Housing Manager, Maintenance and support Staff, and Support Agencies (both public and private) to solve individual, family, neighborhood, and MHACY problems.
- *Encourage active Resident participation in community activities .
- *Provide the Residents of MHACY with information pertaining to their rights, privileges and responsibilities under the existing laws governing Resident relations with MHACY as referenced in HUD Code of Regulations.



JobSTAR

JobSTAR's WEEKEND ACADEMY at Westchester Community College is a 12-week program that provides children of adults who are participating in the JobSTAR skills enhancement programs the opportunity to accompany their parents on Saturdays. This program offers children aged 6-14 Academic, Computer, Enrichment and Recreational activities.

The WEEKEND ACADEMY

Meets: Saturdays 9:00AM to 4:00PM
or call Brian 914 606-6445

JOIN US FOR:

Computers - Academics:

**Skills building in Math, Science and Reading
 Computer Internet Literacy - Research,
 Websites, Power Point ,Enrichment and
 Educational Games
 Individualized Tutoring and Homework Support**

Skills Development:

**Instruction - we offer various activities
 some of which may include: Tennis,
 Swimming, and Arts & Crafts**

Enrichment:

**Art Gallery & Science Exhibits
 Group Discussions and Mentoring
 Reading and Storytelling—Sports - Basketball,
 Softball, Handball, Badminton, Relay Races**

JobSTAR

The WEEKEND ACADEMY is funded by the Westchester County Department of Social Services

Volunteer Opportunities

R.E.A.D.Y. Office	948-4452
One Stop Employment Center	963-0105
Spanish Foundation	969-5400
Sharing Community Kitchen	9 63-2626
Salvation Army Pantry	963-1222
Nepperhan Comm. Center	965-0203
CLUSTER	963-6440
Westchester Disabled on the Move	968-6440
YMCA	968-0183
YWCA	963-0640
Greyston	376-7200
Westhab	
GroundWork	



PUMPKIN CHEESECAKE IN A GINGERSNAP CRUST

Cook Time: 1 Hour 30 minutes

Yields: 8 servings

INGREDIENTS:

1 ½ cups gingersnap cookie crumbs	1 cup brown sugar
¾ cup ground hazelnuts	1 ½ cups canned solid pack pumpkin
3 tablespoons brown sugar	½ cup heavy cream
6 tablespoons unsalted butter, melted	1/3 cup maple syrup
	1 tablespoon vanilla extract
	¾ teaspoon ground cinnamon
3 (8 ounce) packages cream cheese, softened	½ teaspoon ground allspice
	4 eggs

DIRECTIONS:

Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9 inch springform pan.

Using a fork, combine gingersnaps, hazelnuts, 3 tablespoons brown sugar and melted butter. Press mixture onto bottom and two inches up the sides of the pan to form the crust.

With an electric mixer, beat cream cheese and brown sugar until light and fluffy. Stir in the pumpkin. Mix in the cream, maple syrup, cinnamon, allspice and vanilla.

Beat in the eggs, one at a time, mixing until smooth.

Pour batter into prepared crust. Bake in the preheated oven for 90 minutes, or until center of cheesecake is set. Allow to cool in pan for 30 minutes, then refrigerate overnight

From Anabel

It's All About Character

Watch your thoughts;
They become words.
Watch your words;
They become action.
Watch your actions;
They become habits.
What your habits
They become character
Watch your character;
It becomes your destiny.



By: Frank Outlaw

Growing Friendship

Friendship is like a garden of flowers, rare...
It cannot reach perfection, except through
loving care.

Then new and lovely blossoms with each
new day appear.
For friendship, like a garden, grow in beauty
year by year.

And since it has been by lot to find
at every parting of the road,
The helping hands of comrade kind
to help me with the load
And since I have no gold to give
and love alone must make amends,
My humble prayer is while I live
God make me worthy of my friends

Written by: Ormin Lee 9/16/08

Tips to Help Senior Citizens Safety

'An Aspirin a Day' -- Just Another Cliché?
by Tamar Nordenberg

Today, aspirin is actually prescribed under its various generic and name brands for its heart-healthy effects. "DOES NOT AFFECT THE HEART." Today it's clear that aspirin can affect the heart. Ironically, it turns out the effects are beneficial, so much so that some aspirin ads now carry the American Heart Association's seal to highlight the cardiovascular effects.

Based on studies showing aspirin's usefulness in treating cardiovascular disease, including heart attack and stroke, the Food and Drug Administration has approved its use to treat some of these serious conditions. Most recently, in 1998, FDA finalized a rule to give doctors updated information about the use of aspirin for men and women who have had a heart attack or stroke or are at high risk for them.

Although aspirin is a familiar and readily available drug, people shouldn't take it for its cardiovascular benefits without discussing the risks of long-term use with a doctor, cautions Charles H. Hennekens, M.D., chief of preventive medicine at Brigham and Women's Hospital in Boston. "If someone feels they're a candidate, they should talk to their doctor in making the judgment if the benefits outweigh the risks."

The same quality that gives aspirin its potential benefit--its ability to inhibit clotting of the blood--may increase the risk of excessive bleeding, including the possibility of bleeding in the brain. Some other possible risks are; stomach irritation, ringing in the ears, allergy and in children, Reye syndromes.

Head Start

In the wide range of patients who could see large benefits, aspirin, regrettably, is not used nearly enough, according to Hennekens. Studies bear this out, including a 1998 survey of elderly heart attack survivors entering nursing homes, which found that fewer than one in five were taking aspirin. And aspirin should not replace a healthy lifestyle or other helpful medical steps, FDA's Bowen says. "Physicians really need to look at aspirin in the context of complete care, as part of a whole treatment plan for people at risk of heart attack or stroke."

Tamar Nordenberg is a staff writer for FDA Consumer.

St. Joseph's Medical
Center Satellite Office

The St. Joseph's Medical Center Satellite Office has relocated to building 4 Cottage Place Gardens Community Room (Rear). The medical staff will be working to assist all MHACY residents with preliminary health evaluation.

Come visit St. Joseph's Medical Center Satellite Staff at their new location, 4 Cottage Place Gardens Community Room.

**Office Hours: Tuesdays 1:00 pm—3:00 pm
Fridays 10:00 am—12 noon
or call 914 375-3300**

**RESIDENT OPPORTUNITIES & SELF SUFFICIENCY
(ROSS) GRANT PROGRAM**

MHACY and Family services of Yonkers (FSSY) has been funded by HUD's ROSS Grant to provide community services to the elderly and disabled residents of MHACY. The ROSS Office is located at 57 Walsh Road LB. FSSY has hired Service Coordinators and Nurses who will be assessing the needs of residents. The Service Coordinators held assist in finding available resources in the community to meet the needs of the residents.

MHACY-FSSY ROSS Service Office is located at
57 Walsh Road LB

