

MHACY RESIDENT NEWSLETTER



MHACY RESIDENT

January, February, March, 2008

**MUNICIPAL HOUSING AUTHORITY
FOR THE CITY OF YONKERS, NEW YORK**

From the desk of Curtis Wegener: Supervisor of Maintenance

Seasons Greetings from the Maintenance Corner.

Just a short note to all residents. First I'm sure you will join me in congratulating the Maintenance staff at each site for a fine job done in 2007. A great deal has been accomplished in 2007 throughout the Housing Authority, under the new leadership of Secretary Director Joseph Shuldiner. We look forward to an exciting 2008, maintenance repairs, upgrades and design are some of the areas being considered. Looking ahead, we would like to promote a better understanding between resident councils and the maintenance staff. On behalf of the Maintenance Department, thank you all for a great 2007 and HAPPY NEW YEAR.

C. Wegener



SENIOR TENANT SUPERVISOR'S Corner—Brenda M.

Greetings!

I hope that everyone had a joyful Holiday? I want to wish everyone a healthy and happy New Year.

2007 was a very eventful year for the Housing Authority. Just to list a few things: We have a new Executive Director, Joseph Shuldiner; two new site managers were hired, Lakisha Collins and Veronica Torres; annual re-exams were adjusted; relocated all the Mulford Gardens residents; held a ground breaking ceremony for Croton Heights Apartments (site B);



opened the Neighborhood Network Center with a computer lab at Cottage Place Gardens; opened a resource/computer center at Schlobohm Houses; put new laundry equipment in all senior sites; installed surveillance cameras in many sites; opened new laundry rooms in some family sites; held a Resident Association Training and Technical Assistance Seminar and changed the quality of life as pertains to security enhancements for residents of Schlobohm.

MHACY is working hard to change the quality of life for all of our residents. This year MHACY has plans to implement a security project for the residents of Calcagno Homes (School Street) and Cottage Place. In order for the security projects to be successful the Housing Authority will need the cooperation, ideas and support of all the residents. Please get on board with the effort to change the quality of life for you and your family .

I would like to thank the Management Staff for all of their hard work and support through the many changes that occurred this year.

Brenda M. Gray

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

I hope that all residents and staff of the Municipal Housing Authority for the City of Yonkers had a wonderful and safe holiday season. Now it is 2008 which I hope will be a glorious and productive year. Also I am now approaching my first anniversary at MHACY (boy does time fly), so it is a good time to look back at what has happened during 2007.

There has been much change. Most obvious to the residents is the re-organization in the field and the new security measures at Schlobohm Houses. In April field staff was re-aligned to reflect HUD's new mandate for Asset Based Management. The Authority's developments were divided in six groups; 1 – Schlobohm Houses, 2 – Calcagno Houses and Cottage Place Gardens, 3 – Walsh Road and Kristensen Houses, 4 – Flynn Manor, Troy Manor and Loehr Courts, 5 – Martinelli Manor and Curran Courts, and 6 – Hall Homes and the Townhouses. Each group or AMP was given its own budget and must manage to that budget. In the past, the Authority received one consolidated budget and attempted to fund each development based on its need. Now developments will only receive the money to which they are entitled under the funding formula. This new reality will be made even harsher by the fact that in 2008 housing authorities will not receive full funding again. In fact, as of this writing it appears that the President and Congress are planning to offer public housing no additional funds despite the substantial fuel and utility increases we are experiencing. **(It is absolutely necessary for both residents and staff to conserve on the use of fuel and utilities if we are to survive the continued funding shortage.)**

The second major new effort has been the implementation of a limited-access security strategy at Schlobohm. Since August 27th, only residents with identification cards have had open access to the development. All others have to stop at the entry and give the name of the persons whom they are visiting. Cars without current parking permits are only allowed in to pick up or drop off passengers or packages. These requirements have been enforced by the presence of security guards and Yonkers Police Officers. This initiative will soon be augmented by the installation of security cameras and electronic access technology.

Other important 2007 initiatives include training for residents to establish active local resident councils, brand new washing machines and dryers at all developments, an increase in programs within the developments, new more regulated rent enforcement activity, hiring architects to plan landscape and security improvements for more developments, completion of the relocation of residents from Mulford Gardens, training for managers and superintendents on the new asset based management approach and installation of security cameras at Kristensen and Walsh.

2008 will be another year of improved services for the residents. We will complete installation of security cameras at all senior sites and most family sites. The limited access security initiative will be expanded to Calcagno and Cottage Place. A new lease will become effective that clarifies residents' rights and responsibilities. A centralized Admissions Office will be established serving both prospective public housing and voucher program participants. The plans designed by the landscape architects will be implemented to the extent that funding allows. Mulford Gardens will be demolished, infrastructure work and construction will be started on the site and the first redevelopment site, Croton Heights Apartments, a sixty-unit family development at Vineyard and Ashburton, will be completed and occupied. More programs will be established in the sites.

It should be a very exciting and productive year for the Housing Authority. As always, our actions will be guided by our desire to make your public housing living experience the best it can possibly be.

I also hope that 2008 will be a healthy and happy year for you and your family. I look forward to working with you on these exciting initiatives.

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 important 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.**

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

Adolescent Pregnancy Prevention
 &
Awareness Program

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

-- "I Have a Dream" speech, August 28, 1963

APPA program provides direct support service, counseling and health information to individuals and groups youth ages 12-21. For additional information call:
 965-0203 Monday -Friday 9:am to 5:00pm,
 evening hours Monday & Thursdays 6:00pm to 9:00pm



Young Ladies—Teen Night

Young Ladies between the ages 13-18 are invited to “Teen Night” at 5 Schroeder Street Recreation Room

Every Thursday 6:00 pm-8:00pm

Share your concerns and issues in a non-violent atmosphere
 Permission Slips must be signed by a parent or guardant to attend!

Tips to Help Senior Citizens Safety

Scammers troll through obituaries for names and addresses.

Then they buy Social Security numbers and other personal data—such as credit histories—of the recently departed for as little as \$15 on the Internet.

As reported in the December issue of ARRP Magazine, checking accounts are routinely opened in the names of deceased people. More often though, the goal is to open credit accounts in the name of the dead. That information—sometimes with a fake driver's license or ID card that has been created is sold for as little as \$200-\$600 to people with bad credit, who buy cars and open credit accounts in the names of the deceased. Car loans are also obtained in this manner. When the deadbeats defaulted on payments, their debt appeared on the credit histories of the dead.

In such cases, surviving family members are unlikely to be held liable for the debt, but they may pay a price—in time and money—to unsnarl the credit and bank records of their relatives. When a loved one dies, and there's so much else going on, people really don't think about having to protect their name and reputation.

A few helpful tips though will assist with protecting the deceased and the family. These include:

- Don't include details such as day and month of birth (use only the year) or addresses in obituaries. (Aside from preventing identity theft, you don't want thieves to visit the house, helping themselves while you're interring a loved one.
- Mail copies of the death certificate to all three credit-reporting bureaus—Equifax, Experian and TransUnion—and all credit issuers to cancel accounts right after the person dies to the following locations:

Equifax Office of Fraud Assistance; PO Box 105069; Atlanta, GA 30348

Experian; PO Box 9530; Allen, TX 75013

TransUnion; PO Box 6790; Fullerton, CA 92634



EXERCISE FOR SENIORS

According to recent census data, one American in 25 was 65 or older. By the year 2030, more than one in five Americans is expected to be 65 or older.

An aging America will mean an increase in many long-term health care problems. Therefore, seniors are being encouraged to work in conjunction with their doctors to move toward healthy lifestyles as preventive medicine. This includes regular check-ups, taking medication as needed, taking vitamin and mineral supplements, making changes toward a healthful diet, and exercise.

Research shows exercise slows or reverses the physical decline associated with aging. Older adults should be on the lookout for safe, low-impact programs that enhance overall fitness, endurance, strength, flexibility, coordination and balance.

If you can't get to the gym, walking is an excellent exercise. As little as three hours of brisk walking per week may reduce heart attack risk by 64%. Lifting weights can also help your heart, boost your brain, and give you the muscles of someone 20 years younger. For weight training you need only two things: an hour a week (in two 30-minute segments) and a pair of dumbbells. Beginners should start with one set—8 to 12 repetitions—of each exercise, using 5- to 8-pound weights (you can find them for \$20 or less at any sporting-goods store). More advanced exercisers should shoot for two sets of each exercise, using 10- to 12-pound weights.

It's never too late to be proactive in regard to one's health. The next time you visit your doctor or health care professional ask how to safely increase your level of fitness.



MHACY RESIDENT COUNCIL

THE 2008 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

Scattered (Townhouses) houses

Senior Site Commissioner

Family Site Commissioner

Margaret Jessup

Elizabeth Owens, Deborah Smith, Valerie Marshall

George Turner

Beverly Blagmon, Valerie Barnett, Vanessa Hampton

Mary L. Kochetta, Amelia Pupchyk, Charles F. Reese

Walter Astapczyk

Jitinder, K. Anand, Mary Wilson, Michael Lim

Cena Scott

Patricia Potenza, Josephine Egan

Ethel Scarpulla, Joan Corbalis

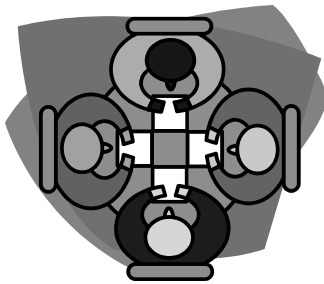
Leona Nelson

Agnes Scott

Roberta Allen

Resident Council Representatives Monthly Meetings

Each site should hold a monthly meeting. All site concerns will be addressed at the Resident Advisory Board monthly meetings which are held at The Central Office at 10:00 am on the last Friday of each Month.



ARE YOU A LEADER???

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

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

Congratulations...

..to all of the new

Resident Council Representatives that won the position during the October 18, 2007 elections:

Walsh Road

Calgagno Homes

Scattered (Townhouses) Houses

Flynn Manor

George Turner

Valerie Barnett, Vanessa Hampton

Leona Nelson

Michael Lim

THANK YOU FOR YOUR SUPPORT!

To All Residents of MHACY,

I wish to personally thank you for your continued support in re-electing me to the MHAC Board of Commissioners as the Family Representative. I will continue to work on your behalf to promote a positive living environment and improve the quality of life within your communities. Again thank you for your support and remember I represent YOU!

Roberta Allen



MHACY's Resident Screening Committee

MHACY would like to thank the residents that volunteer to perform the service of screening new and potential residents; the MHACY's Resident Screening Committee. This committee has been an important part of the housing for 15 years. Please see your site manager if you are interested in joining this committee.





Neighborhood Network Center NEWS

The Neighborhood Network Center at Cottage Gardens is now conducting **free** GED and ESL classes for interested residents. The Center is located in Building 2N (BACK ENTRANCE), and can be accessed off the North Broadway entrance into Cottage Gardens. The schedule for GED and ESL classes is as follows:

GED: Mondays and Wednesdays:

9:30 am - 11:30 am;

Thursday Evenings:

6:30 pm - 8:30 pm;

ESL:

Alternate Tuesdays & Thursdays:

11:30 am - 1:30 pm;

(As necessary, additional days and hours will be offered; 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- 423-0120** to register for classes or to ask about other **NNC** activities.

Making Strides Against Breast Cancer

MHACY would like to recognize the individuals that participated on Sunday, October 21, 2007 in the American Cancer Society annual "Making Strides Against Breast Cancer." The annual walk is 5 miles which goes through Manhattanville College and the town of Purchase, NY. All the participants successfully completed the walk.

We would like to thank all those that made donations, Mr. Bell for getting the walkers to the event and mostly thank the following "2007 Walkers": Jamel Robinson, Leona Nelson, Joann Wright, Carrie Lee Ross, Paula Crawford, Virginia (Ginny) Galatioto, Quintona Carr, Monasia Wright, Miasia Bruce, Joseff Ayala, Genesis Soto, Dijon Gonzalez, Juliah Ross, Shakiah Ross, Tonya Bates, Zareya Howell, Regina Simmons, Destiny Simmons, and Trinity Owens.



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

Understanding Medicare Drug Coverage: Keeping Rx Costs Down

Try these tips:

Ask your doctor if generic drugs and/or lower-priced brand name drugs are available to treat your condition. There may be occasions when your in-network pharmacy has a lower price than that offered by your plan. Always ask your in-network pharmacy if you are paying the lowest price. If the pharmacy offers a lower price—even as a short-term “special”—you can purchase the drug directly from the pharmacy without using your plan card. But you must submit the receipt to your plan either to be reimbursed or to be counted toward your True Out-of-Pocket costs (TROOP) in the coverage gap. You may also be able to lower your costs through other discount programs that use the same pharmacies as your drug plan. Use mail order to get a 90-day supply of your ongoing medications, if available; it might be cheaper.

YOU CAN CONTROL DIABETES

Diabetes is a chronic condition that affects over 150 million people in the world today.

The percentage of people suffering from diabetes is increasing rapidly, to the point where many medical authorities are referring to it as an epidemic.

So what is diabetes?

Diabetes prevents your body from turning your food into energy. Instead glucose stays in your bloodstream, and left untreated can result in a range of complications.

If you have recently been diagnosed as diabetic, don't worry. With proper treatment and care, you will lead a normal and happy life. You may need to make a few changes in your lifestyle - but then, if you are like me, you probably had

plans to do that anyway and just never got around to it.

Now is the time to kick yourself into action. You cannot leave this up to your doctor alone - it needs you to take responsibility for your own treatment, and that starts with understanding what you are dealing with. See your health care specialist and get started with a treatment plan you can manage.

Saint Joseph's Medical Center-Satellite Located at 5 Schroeder Street

St. Joseph's Medical Center Long Term Home Health Care Program (St. Joseph's LTHHCP) has joined MHACY in it's efforts to provide change in quality for ALL residents. St. Joseph's LTHHCP located at 5 Schroeder Street will provide the following services:

- Nursing
- Social Work
- Health Related Seminars
- Psycho-Social Related Seminars
- Environmental Related Seminars
- Health Screening

The Social Worker will provide intervention for recertification's for:

- Medicaid
- Food Stamps and
- Referral to appropriate community agencies

The Workers will act as a liaison to community agencies including:

- Clinics
- Hospitals
- Home Health Agencies

You can reach St. Joseph's LTHHCO located at 5-02 Schroeder Street by calling: 375-3300 Monday—Friday 9:00 am—5:00 pm

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

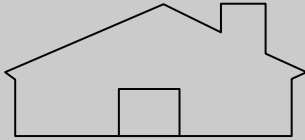
Medical Services of New York

They Bring the Doctor to You!!

Edwin Quinones, Senior RPA-C

Office hours: Monday—Friday 9am—5 pm

tel: 718 294-6200



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

Judith Hicks -----793-8443

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

Calcagno Homes (School Street)

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

Alma Webster - **Work Center #** -----793-8451

Cottage Place Gardens

**Lakisha Collins -Site Manager -----793-8491

Paula Kubicek -**Work Center #** -----793-8495

Walsh Road Homes/Kris Kristensen (Seymour Street)

Timothy Terry-Site Manager -----793-8471

AnnMarie Bowling - **Work Center #** -----793-8787

Flynn Manor/Loehr Court (Western Ave)

Monsignor Troy Manor (Willow St)

**Veronica Torres -Site Manager -----793-8480

Donna Adams - **Work Center #** -----793-8425

Curran Court Homes/Martinelli Manor (Palmer Road)

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

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

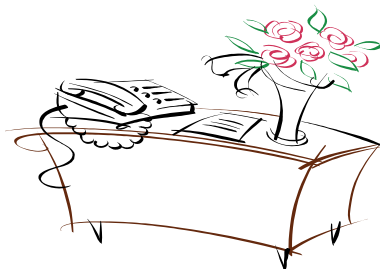
James E. Hall Homes/Scattered Sites (Townhouses)

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#

****Please be sure to welcome the new employees of MHACY**



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