

# MHACY RESIDENT NEWSLETTER



**MHACY RESIDENT**      **October, November & December 2008**

**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 tenants to self-actualize"*

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

If you haven't already heard, in February 2009 television signals will go to digital. This means every station that you receive will be broadcasted in a digital signal. All residents that have a Cable Service will have no problem with the change to digital.

Residents that utilize the master antenna will need an upgrade to receive a digital signal. The Housing Authority will examine all Master antennas to determine what we need to continue to provide service to those residents.

All residents that use the Master antenna should contact their Management Office to let us know that you are using our service. The Yonkers Housing Authority will try to make this a smooth transition to the New Digital Age.

On another subject the Housing Authority just received notice for our annual REAC Inspections. The REAC inspections will start in November 2008 and you will be receiving notice of the date your unit will be inspected.

Your corporation as residents of the Yonkers Housing Authority is essential in these Inspections.

Thank you all for being Great Residents.

C. Wegener

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



Greetings!

Wow the summer is over and schools are back in session. It is important that all students work to achieve success in this school year. The Housing Authority Insurance Company offers scholarships to High School Seniors (see Yonkers Board of Education Guidance Counselors or MHACY Managers).

Our summer was filled with many fun and successful events. We ended the Summer Program with the biggest **Family Day** by including a **Health-Jam** held at **War Memorial Field** and a **Back to School Jam** held at **Cottage Place Gardens**. There were lots of activities, health screenings, prizes, awards and healthy food for everyone to enjoy

Although, Curran Court Site did not host the Annual Senior Bocce Tournament, the Curran Court Senior Teams were big winners! The Women's Bocce Team won 1st and 2nd place, the Men's Bocce Team won 1st place in the Bocce Tournament and Argentina "Tina" Deufemio was the 1st place winner of the Shuffle Board Tournament. **WAY TO GO!!!**

A very special thank you to Rev. Charles Moodie and the Yonkers Christian Assembly for volunteering to paint some of the hallways at Calcagno Houses (School Street) and for hosting a block party this summer at Calcagno. The hallways were done very well and the block party was enjoyed by everyone who attended. Both of these functions can be viewed on Youtube.com. We look forward to working with them again in the upcoming months.

The Public Hearings for the New Lease and Admission & Continued Occupancy Policy were held as scheduled on August 26, 2008 and will be effective November 2008.

See page 6 for upcoming events.

**Be safe and enjoy the upcoming Holidays!!!**

## Note to the Residents from the Executive Director

Another summer has come and gone and the children are back at school. I hope that all of you had a safe and wonderful summer. At the Authority, our summer was capped by a big event on August 21<sup>st</sup> combining our annual Family Day with a Health Jam. Partnering with the Westchester County Health Department, the African-American Men of Westchester and several healthcare providers, in addition to fun and games, we offered the attendees opportunities to learn about health, take free tests to check for diseases, eat healthy foods and win lots of prizes. Our big winner was Ms. Tyasia Le Fever who received an award as a national winner of a poster contest and won the big prize in the raffle. It was a glorious day weather-wise and we were joined by Mayor Philip A. Amicone, Council members McDow and Murtagh, County Legislator Jenkins and Symra Brandon of State Senator Stewart-Cousins office.

In addition a jobs fair was held at Cottage Place Gardens on August 22<sup>nd</sup> where employers and service providers came and offered both training and actual job opportunities. 75 residents signed up to take the test to become workers at the U.S. Census Bureau.

The bocce teams from Curran Courts did very well at the city-wide contest held at Coyne Park. Curran residents were on the first, second and third place women's teams and on the first place men's team. Congratulations to Mike Taurisano, Angelo Prestiamo, Haydee Colorado, Eileen Barone, Rose D'ambrosio, Anne Prestamo and Doris Hricasku.

Some very important events are on tap for this fall as well. We will be celebrating the opening of the first phase of our Mulford Gardens redevelopment effort. The 60 unit Croton Heights residential building on the northeast corner of Vinyard and Ashburton will be completed in October and available for immediate rental. Asbestos abatement and demolition will be underway back on the original Mulford site with construction due to begin in the spring of 2009.

The limited-access security program implemented so successfully at Schlobohm in August 2007 will begin in Calcagno soon. A contract has been awarded to install fences and booths as well as fix up the streets and sidewalks within the complex. A separate contract has been awarded to fix up the entrance to 10 Brook Street and install an intercom system. Installation of security cameras will begin in September. The construction will be completed by early 2009.

In our continuing effort to improve security, the Authority has replaced its security guard provider. MHACY has contracted with three companies, Madison Security, US Security and Jess Security to provide manned coverage at Schlobohm, Calcagno, Flynn and Walsh and vehicular coverage at the townhouses, Hall and Loehr Ct.

A new lease will be going into effect with re-certifications beginning November 1<sup>st</sup>. The new lease makes it much easier to understand what it says, incorporates new statutes and regulations and shortens the lease by putting in as attachments various policies that had been incorporated in the document. In addition, the flat rent schedule was modified with small increases implemented over the next three years.

You also will have noticed that we have returned to a central work order center. We believe that this approach is easier for you and results in better service. The work order center is located at Curran Courts and can be reached by calling (914) 793-8707. This number should be used during the work day. The emergency number remains the same, (914) 476-5800.

This fall the Presidential elections will be held. The more people that vote, the stronger our country is. The next President will have many difficult decisions to make that can affect your life. It is important that you vote for the person whom you believe will best serve you and the nation. Voting also demonstrates your involvement. Show that you are part of a community that cares and vote on November 4th.

**Joseph Shuldiner**

*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

**Can I Vote?**

Throughout my journeys, I have often been asked a question “-If I serve time in prison, am I eligible to vote in the election?” According to Voting Rights Restoration Process, Source: U.S. Updated by the National Conference of State Legislatures, January 2002 and I quote:

“-If convicted of a felony and sentenced to incarceration, felon automatically regains the right to vote upon expiration of the maximum time to which he or she was sentenced, or upon discharge from parole, whichever occurs first.

“-If convicted of a felony but not sentenced to incarceration, or if the sentence was suspended, felon’s conviction does not affect the right to vote.”

**NOTE:** Each State is different, the above applies to New York.

So I hope that you find this information useful.

From Patricia D. McDow

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**Voter Registration Qualifications**

To register to vote in Yonkers New York, you must:

- ✦ Be a citizen of the United States (Includes those persons born in Puerto Rico, Guam and the U.S. Virgin Islands).
- ✦ Be a Yonkers New York resident for at least 30 days.
- ✦ Be 18 years of age before the next election.
- ✦ Not be serving a jail sentence or be on parole for a felony conviction.

**Not be adjudged mentally incompetent by a court.**

**Not claim the right to vote elsewhere (outside Yonkers New York).**

**Although you can register any time during the year, your form must be delivered or mailed at least 25 days before the next election for it to be effective for that election.**

**The General Elections will be held on November 4, 2008**

You may contact the Board of Elections via:

**Website:** [www.Westchestergov.com/boe](http://www.Westchestergov.com/boe)

**Mail:** Westchester County Board of Elections

25 Quarropas Street

White Plains, NY 10601

**Phone #s:** 914 996-5700

Registration 914 995-5713

Absentee Ballots 914995-5285

## Tips to Help Senior Citizens Safety

*"What you achieve by reaching your goals is not as important as what you become by achieving your goals."*

Zig Ziglar

### English as the Second Language (ESL) Graduation Ceremony



*In* collaboration with the Yonkers Public Schools under the Yonkers Pathway to Success Program some of our Flynn Manor Residents studied ESL (English as the Second Language). The classes were held in Flynn Manor 's Community Room. Upon completion of the classes the following residents were presented with diplomas from Bernard Pierorazio, Superintendent of Schools: ROBERTO PLUMA, PRAGEDA CORDERO, ENA PINEDO, ENRIQUE RODRIGUEZ, MARIA LOPEZ, MERCEDES FIGUEROE, LUZ SANTAELLA, ISMENIA ROJAS, GRECIA FERNANDEZ, GENOVEVA PEGUERO, JESUSITA FRANCISCO, ROBERTO CABA, MARIA CABA, JULIANA MATEO, CLARA DUEÑAS, JESUS DUEÑAS,. Missing from the picture are: Victoria Adezelaya, Enestora Marta Delrosaio, Lourdes DelJesus, Marina Jerez, Susana Martinez, David Montty, Maria Olivera

### **GIVING HONOR TO MHACY'S RESIDENTS 90 YEARS OLD AND OLDER**

**THE MEMBERS OF MHACY RESIDENT COUNCIL WILL BE HONORING ALL THE 90 YEARS OLD AND OLDER RESIDENTS AT THE ANNUAL SENIOR CITIZEN LUNCHEON.**

**THE LUNCHEON WILL BE HELD:**

**PLACE: POLISH COMMUNITY CENTER  
92 WAVERLY STREET, YONKERS**

**DATE: WEDNESDAY, OCTOBER 22, 2008**

**TIME: 12:00 NOON**

**BUSES ARE AVAILABLE TO PICK UP HONOREES. CHAPERONE, FRIENDS AND FAMILY ARE INVITED AND MUST PURCHASE TICKETS AT A COST OF \$20.00 PER PERSON.**

**FOR ADDITIONAL INFORMATION CONTACT:**

**SCREENING OFFICE— 968-6023**

**GINNY GALATIOTO - 793-8400 EXT 151**

**BRENDA M. GRAY - 793-8400 EXT 143**

## Health Issues



### **St. Joseph's Medical Center Satellite Office**

The St. Joseph's Medical Center Satellite Office will be relocating 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 meet St. Joseph's Medical Center Satellite Staff at their new location, 4 Cottage Place Gardens Community Room on September 30, 2008 at 10:00 am.**

There will be refreshments and prizes .



## **Resident Opportunities & Self Sufficiency (ROSS) Grant Program**

MHACY and Family Services Society 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 who will be assessing the needs of residents. The Service Coordinators will find available resources in the community to meet the needs of the residents.

There will be a **GRAND OPENING of the MHACY-FSSY ROSS Service Office on October 3, 2008, 10:00 am at 57 Walsh Road LB**

## **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

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

Ethel Scarpulla, Joan Corbalis

Leona Nelson

**Agnes Scott**

**Roberta Allen**

***Our heartfelt well wishes and speedy recover to:***

***Beverly Blagmon***

***Mary Wilson***

***Ethel Scarpulla***

***Patricia Potenza***

***Agnes Scott***

***President-Calgagno***

***Flynn Manor***

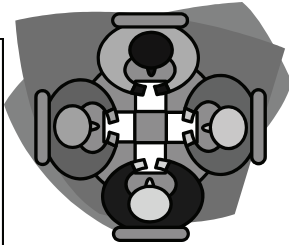
***Troy Manor***

***Martinelli Manor***

***Sr. Site Commissioner***

***Our sympathies and sincere wishes go to family & friend of George Turner Jr.—Tenant Council-Walsh Road***

***Resident Council Meetings for the Resident Advisory Board are held at The Central Office at 10:00 am on the last Friday of each Month.***



## **2008 Tenant Election Notification**

***This year's elections will be held on Thursday, October 16, 2008 which includes (1) one qualified Senior resident to be a Tenant Commissioner of MHACY and (3) three new Tenant Council Candidates from each site. All interested candidates for Senior Tenant Commissioner must obtain at least 50 signatures of eligible residents and must notify MHACY by September 29, 2008.***

**The general duties of the Tenant Council Officers are as follows:**

***Tenant Council Officers*** for MHACY represent the best interest and concerns of the residents in their communities. 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.

***Speak to your site manager for additional information.***

## MHACY Children

## Sweet Potato Casserole with Praline Topping

### Ingredients:

3 cups fresh sweet potatoes,  
cooked and mashed or 2 (15 oz.)  
cans sweet potatoes, drained and mashed  
1/4 cup sugar  
2 tbsp. light margarine  
1/2 cup egg substitute  
1/2 cup raisins (optional)  
1 tsp. Vanilla  
Topping (recipe follows)

### Instructions:

Whip potatoes while hot. Add remaining ingredients; mix well. Pour into greased casserole dish. Top with topping; bake at 350 degrees for 20-25 minutes. Makes 8 servings.

### Topping:

1/2 cup brown sugar  
2 tbsp. flour  
2 tbsp. light margarine, melted  
1/4 cup chopped pecans

### Nutrition:

Per serving: CAL 269 (16% from fat);  
FAT 5g; PROTEIN 4g; CARB 53g;  
CHOL 0mg, SODIUM 82mg



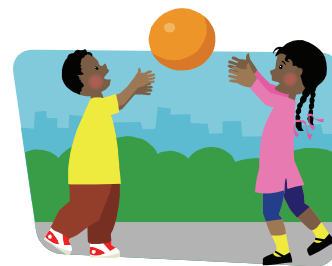
## Christmas Cookie Recipes For Kids Easy Coconut Cookies

1 stick butter  
1 1/2 cups brown sugar  
2 eggs  
2 teaspoons vanilla  
1 cup flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 1/2 cup coconut, shredded  
1 cup pecans, chopped

Melt butter over low heat. Stir in brown sugar until dissolved. Let cool then add eggs and vanilla. In a separate bowl mix dry ingredients together. Then add dry ingredients and stir. Add coconut and pecans. Drop onto cookie sheet and bake at 350F degrees for 6 to 8 minutes.

### WHOSE CHILD IS THIS? Author Unknown

"Whose child is this?" I asked one day  
Seeing a little one out at play  
"Mine", said the parent with a tender smile  
"Mine to keep a little while  
To bathe his hands and comb his hair  
To tell him what he is to wear  
To prepare him that he may always be good  
And each day do the things he should"  
"Whose child is this?" I asked again  
As the door opened and someone came in  
"Mine", said the teacher with the same tender smile  
"Mine, to keep just for a little while  
To teach him how to be gentle and kind  
To train and direct his dear little mind  
To help him live by every rule  
And get the best he can from school"  
"Whose child is this?" I ask once more  
Just as the little one entered the door  
"Ours" said the parent and the teacher as they smiled  
And each took the hand of the little child  
"Ours to love and train together  
Ours this blessed task forever."



## LIST OF EVENTS

MONDAY—SEPTEMBER 29, 2008 BY 12 NOON TENANT COUNCIL CANDIDATE APPLICATION RETURNS

TUESDAY—SEPTEMBER 30, 2008 10:00AM GRAND OPENING OF ST. JOSEPH'S MEDICAL CENTER SATELLITE

FRIDAY—OCTOBER 3, 2008—10:00AM GRAND OPENING OF FAMILY SERVICES SOCIETY OF YONKERS

THURSDAY—OCTOBER 16, 2008—10:00AM—6:00 PM TENANT COUNCIL ELECTION DAY

SUNDAY—OCTOBER 19, 2008—8:00AM MAKING STRIDES AGAINST BREAST CANCER WALK

WEDNESDAY—OCTOBER 22, 2008—12:00 NOON—ANNUAL SENIOR CITIZENS LUNCHEON

FRIDAY—OCTOBER 31, 2008—4:00 PM—7:PM—TRICK-OR-TREAT AT THE MANOR 29 WARBURTON AVE.

SATURDAY—NOVEMBER 8, 2008—10:00 AM—4:00 PM—YONKERS FAMILY DAY @ YONKERS RIVERFRON LIBRARY

TUESDAY—DECEMBER 2, 2008—HOLIDAY TREE LIGHTING IN YONKERS DOWNTOWN

### HOW TO MANAGE UNHEALTHY STRESS

**S**tress can come in many different forms, and in today's world, it seems to be lurking everywhere. Hiding in your finances, waiting for you at your job, surprising you in your marriage, stalking you with the kids. You may feel like life has dealt you a bad deck of too much work and too many worries.

**B**ut what you may not realize is that, if handled the wrong way, stress can pose a threat to your physical and mental well-being, raining down an assortment of ailments.

**H**ere in American, adults face a multiplicity of headaches, upset stomachs, high blood pressure, chest pain and insomnia from being over-stressed, according to [www.WebMD.com](http://www.WebMD.com). Stress also may contribute to heart problems, skin problems, asthma, arthritis, depression and anxiety.

**S**o the next time you see a doctor, ask yourself if your ailments are caused by the existence of stress in your life. Chances are good they may be. The United States Center for Disease Control and Prevention states that stress accounts for two-thirds of family doctor visits.

**T**hose who are older are more susceptible to such ailments; stress could also be part of the problem behind ulcers and gall bladder diseases. While stress has the power to wear your body down, it also can effect emotions and behavior, making you cranky and irritable. Besides moodiness, extra worries and stress can cause a lack of sleep, which, in turn, contributes to a host of other problems, including weight gain and mental fatigue.

### Fatal Rx Drug Errors Soar

Accidental deaths caused by people improperly taking medications rose by more than 700 percent from 1983 to 2004, according to a new analysis of all U.S. death certificates issued in that period.

Excluding deaths by suicide or side effects, researchers from the University of California, San Diego, focused on fatal medication errors at home, primarily from overdoses and mixing prescription drugs—especially painkillers—with alcohol and street drugs. The steepest increase in deaths (890 percent) was among people in their 40s and 50s.

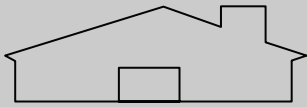
The study, published in the *Archives of Internal Medicine* on July 28, suggests the trend is linked to potent medicines once administered in hospitals but now prescribed mainly for home use, with more responsibility on the patient. For information on how to take drugs wisely, go to [www.aarp.org/health/rx\\_drugs/usingmeds](http://www.aarp.org/health/rx_drugs/usingmeds)

### 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 precautions:

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



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](mailto:publichousing@mhacy.org)

Website: [www.mhacy.org](http://www.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.

### **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  
Raphael Beaz-----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 - *Work Center #* -----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 Cottage Place Gardens. 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

