

The IHA Insider

Ithaca Housing Authority

798-800 S. Plain Street, Ithaca NY 14850

PH: 607-273-8629 Sec. 8: 607-273-1244

After Hour Emergencies: 607-882-7656



April 2019

Quote of the Month

“There may be people that have more talent than you, but there is no excuse for anyone to work harder than you do.”

—Derek Jeter

Retired New York Yankee &
5-time World Series Champion



Employee Birthdays

JEFF LITTLE, 4/16

BUILDING MAINTENANCE
MECHANIC

BEN HARDEN, 4/26

MAINTENANCE WORKER



Prepared By: Angelina Lake, Receptionist

Edited by: Doreen Osterman, Executive Secretary



2019

April 1st
 April Fool's Day
April 2nd
 Autism Awareness Day
April 7th
 World Health Day
April 10th
 Equal Pay Day
 National Siblings Day
April 15th
 Tax Day
April 19th
 Good Friday
April 21st
 Easter
April 22nd
 Earth Day
April 23rd
 English Language Day
 World Book Day
April 25th
 Administrative Professionals Day
April 26th
 Arbor Day
 International Dance Day
April is Observed as:
 National Donate Life Month
 National Pet Month
 Stress Awareness Month
 National Garden Month

What's Happening in Ithaca??

Comedy Night

Thursday April 7th at 7pm
 Ithaca Beer Co. Presents Stand-Up Comedy
 122 Ithaca Beer Drive, Ithaca
 Tickets Cost \$20 available at Ithaca Beer Co.
 Hosted by Mark Buckler
 With Acts by: Makenzi Berg, Chris Hasenauer, Shafi Hossain,
 Chris Thompson & Sara Shipleyl

Ithaca Fashion Week

Presented by Tompkins Trust Company is a weeklong set of activities celebrating the diversity of style and fashion in Ithaca. Pop-up shops, fashion shows, receptions and evening events will happen throughout the week and feature a variety of niche styles from ready-to-wear, handmade, vintage, or sustainable to youth and adult, men's and women's styles, too.
 This year, we are especially excited to partner with local-makers and designers to highlight the fashion creators in our local scene. Call 607-277-8679 or visit downtownithaca.com/events for more info.

Fashion Week Schedule:

Thursday, April 11th:
 Vintage Late Night at The Vintage Industry
Friday, April 12th:
 Fashion Show in Downtown at Center Ithaca
Saturday, April 13th:
 Closing Reception at Ithaca Marriott

Dino EGGstravaganza

Museum of The Earth
 Saturday, April 20, 2019 from 10 - 1 pm
 A noncompetitive, candy-free egg hunt throughout the Museum exhibits, plus a special room for extra young egg collectors (those under 5 years old) to hunt for eggs and play, plus egg-related stories at story time.
 All activities are included with admission to the Museum. Follow the evolution of the egg on Earth at our Egg Evolution touch table. Explore the eggs through the ages from real to fossils. Learn how modern eggs compare to dinosaur eggs. Create your own egg at our egg craft table.



Admission:

Adult \$9
 Senior (65+) \$7
 College Student (with ID) \$7
 Youth (4-17) \$6
 Child (3 and under) Free
 Members Free
 EBT cardholders \$1

Bethel Grove Bible Church Presents their Annual: *Easter Egg Hunt!*

Saturday April 20th 9AM-Noon

Bethel Grove Bible Church- 1763 Slaterville Rd., Ithaca

Huge egg hunt, separated by ages with candy free options. Live animals, including baby chicks, bunnies, lambs and other fuzzy friends to pet.

Nate The Great, known for his juggling and fire breathing acts.

Balloon twisting animals from Cayuga Twister. Egg dying and other Easter crafts.

Games and face painting.

Gift cards and other giveaways from local businesses.

Free food, drinks, including rolls from Texas Roadhouse!

Event Schedule:

9-10 Free roaming time to pet the animals, get a snack or balloon animal, make crafts and get face painted.

Giveaways Announced

10-11 The Hunt!

Texas Roadhouse rolls arrive

Giveaways announced

11-12 Performance by Nate The Great

Free roaming time

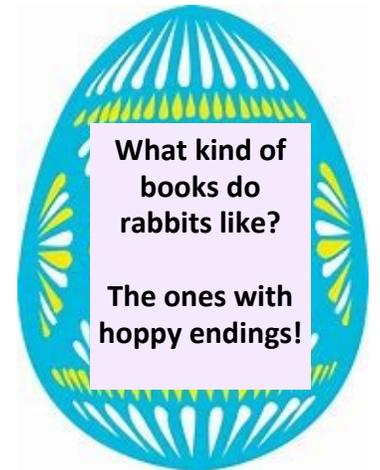
Final giveaways announced



Why is the Easter bunny so upset?
He's having a bad hare day!



Why shouldn't you tell an Easter egg a good joke?
It might crack up!



What kind of books do rabbits like?
The ones with hoppy endings!

Friendly Reminder:

Because the temperature can vary this time of year, please close your windows if it is below 50 degrees outside. **If you have your windows open and it is below 50 degrees, you will be charged \$20.00.**



Angelina's Easter Leftover Frittata: Ham, Asparagus & Cheese

- 1 Tbsp olive oil
- 2 cups chopped ham steak - make sure ham is precooked
- 2 cups chopped asparagus
- 2 cups chopped fresh spinach
- 1/2 cup diced sweet red pepper
- 12 eggs
- 1/3 cup heavy whipping cream
- 1 cup mozzarella cheese
- salt adjust to taste
- pepper adjust to taste

Heat oven to 400 degrees.

Chop all of your ingredients - ham, asparagus, peppers and spinach (Feel free to add any vegetable you like. I add mushrooms in mine!)

If you are not using leftovers, Sautee in frying pan for 2-4 minutes with a tablespoon of olive oil.

In large bowl, mix 12 eggs, 1/3 cup heavy whipping cream, 1 cup mozzarella cheese, and generous pinch of kosher salt and pepper. Add cooked ham and vegetables.

Spray a Bundt pan generously with a nonstick cooking spray, once coated, add mixture.

Bake until firm, about 30-40 minutes. Toothpick should come out clean when checking the middle.



We are happy to welcome our new residents and hope they enjoy their tenancy with IHA.



WELCOME TO OUR NEW COMMISSIONER

The Ithaca Housing Authority is pleased to welcome Christine Barksdale as an IHA Board of Commissioner. She attended her first IHA Board meeting on March 19 in her new role. Ms. Barksdale is an Ithaca Police Dept. Investigator and her list of contributions to the Ithaca community is long and varied. We appreciate her commitment to our Board and look forward to working with her. The IHA board meetings are held on the third Tuesday of each month at 4:00 pm in the Titus Towers II Conference room. Residents and public are welcome.

**NEXT IHA BOARD
MEETING TUESDAY APR 16TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**

Elevator Courtesy



- When waiting for the elevator, please stand to the right of the doors so everyone can exit the elevator. Once the elevator is empty or all those exiting your floor have done so, you may board.
- Respect someone's personal space. Standing too close to someone can make them feel uncomfortable.
- Think about odors. Good hygiene should be practiced everyday, but especially if you are taking elevators on a regular basis. The small, confined spaces can draw attention to any body odor. Do not overuse perfume or lotion, as people may have sensitivity to them. Keep food in containers. What smells normal to you may make someone else very sick.
- Enter or exit quickly. When you reach your floor, get out quickly so those waiting to board can do so. If the elevator is crowded and you are in the back, announce your floor is coming as it approaches. A simple "Excuse me, my floor is next" is enough. Then make your way to the front, or wait until the elevator stops.
- Keep phone calls private so the elevator does not fill with a one-way conversation they didn't ask to listen to.

5 IRS TIPS FOR THE 2019 TAX SEASON

1. Watch your withholding

Tax reform caused the amount of money withheld from paychecks to go down in 2018 for many taxpayers. That made their paychecks bigger, but it could result in smaller refund checks for many, and some might even end up owing tax when they file their returns. The IRS has come up with a tool to assess whether your withholding is correct. If it's not, you can make adjustments to your payroll withholding by filing a new Form W-4 with your employer. Or looking at estimated tax payments can prevent you from owing penalties and interest.

2. Predict what your refund will be and when you'll get it

The biggest motivator for many to file their returns is to get their refund. But tax reform will likely affect those refund amounts in many ways. Higher standard deductions, lower tax rates, and larger child tax credits could boost refunds, while the elimination of personal exemptions, limitations on certain itemized deductions, and the phase-out of various other tax benefits could reduce them. One thing families should remember is that if you're eligible for the earned income credit or the additional child tax credit, then your refund will be delayed. Given the potential for delays at the beginning of tax season, it's likely that even those who aren't seeking those credits could have to wait to get money back from the IRS.

3. Look at these special rules for those without Social Security numbers

If you're required to file taxes but don't have a Social Security number and aren't eligible to get one, then the IRS issues what it calls individual

taxpayer identification numbers. These ITINs fill the same role as a Social Security number for tax purposes for certain nonresident aliens, as well as a set of resident aliens and dependents or spouses. The critical thing about ITINs is that they expire. Therefore, the IRS urges those whose ITINs could expire before they file their returns to submit a renewal application now in order to avoid any future hassles.

4. Familiarize yourself with new tax forms

Millions of taxpayers will have to deal with a new tax form for the very first time during the 2019 tax season. Everyone will use a shortened version of Form 1040, which has been shortened to more closely resemble short-form returns like the 1040-EZ and 1040A. Yet the 1040 will also require new schedules that taxpayers will have to attach in certain circumstances. With the new forms available on the IRS website, it's smart to get a head start by looking at them before starting your tax prep for the year.

5. Know where to get help

The IRS knows that tax reform will create a lot of confusion, but there's help available. From online assistance to taxpayer assistance centers and the Volunteer Income Tax Assistance program, Americans can get the guidance they need to deal successfully with their tax returns. Preparing your tax return might seem daunting this year with all the changes that have occurred lately, but with the prospect of possible tax savings, you have a big incentive, and getting ready now will help you get off to a running start when tax season officially opens.



Cutting Connections

Beauty Shop at Titus Towers

Hours: Monday-Thursday,

9am-2pm

Welcome new tenants!

Stop in or call

607-339-7290

Happy Easter!



*Take \$2.00 off any service, except
Specials*

*Spring into the Salon today and
brighten up with a fresh color!*

Appointment needed for service.

April Specials

Deep Condition Dry Hair \$10.00

Includes blow dry

Lip & Eyebrow Wax \$15.00 for both



Gift Certificates Always Available!



Happy Birthday wishes to our residents who celebrate their birthdays in April!



APRIL FOOLS' DAY

April Fools' Day is celebrated every year on April 1, giving mischief-makers the chance to play tricks on the unsuspecting, for that annual opportunity to yell "April Fools!" Though the day has many origin stories, you likely have Pope Gregory XII and the update of his Gregorian calendar to thank. In 1582, he switched the first day of the year from April 1 to January 1. Many refused to acknowledge the new start of the year, and were soon mocked and tricked for not jumping on board. Keep an eye out on this April 1 to make sure you don't fall prey again. Even better? Turn the fool into the fooler and come up with a few sly tricks of your own.

10 Vegetables to plant in the Spring, to kick start your garden

The early spring can make for a good time to jumpstart your spring garden, especially for plants that can withstand lingering shots of cold air.

Cold-hardy plants can handle a few frosts, and you can start the seeds either indoors or outdoors, depending on where you live. The United States Department of Agriculture Plant Hardiness Zone Map provides detailed information about which plants are most likely to thrive in your location.

These five salad standards can be planted directly in the ground during spring:



Lettuce Family

This supermarket staple comes in a variety of flavors and colors and is relatively easy to grow, but sow these seeds in while temperatures are lower because lettuce won't germinate in soil that's 80 degrees Fahrenheit or higher. Spring is a perfect time for lettuce production and the plants will be ready to pick in about two months.



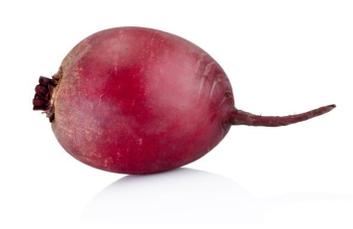
Arugula

A peppery addition to any plate, arugula grows quickly -- in a few week's time. However, arugula needs a lot of water to maintain that growth rate. Leafy greens can be safely planted directly from seed, and it's beneficial for them to be planted early in the season. Part of the natural cycle, the leaf rosette is triggered by cold weather. At the beginning of the gardening process try using a cover to help the ground to warm up.



Carrots

Whether they are red, orange, yellow or purple, these cooler season vegetables are packed with vitamins and an undeniable sweetness. Carrots are root vegetables, and with proper sun and water, they can be picked early as tender baby carrots or later on as crunchy mature ones.



Beets

Some nutritionists label the beet a super food for its connection to improved health in humans. They are relatively easy to grow, starting in late March or early April. Beets taste best when they have a few weeks of cool air. However, make sure to get to the garden to gather these veggies if the mercury rises above 65 F.



Radishes

Radishes move fast in the garden from seed to bulb so keep an eye on them after a few weeks. This category of produce is virtually pest-free, although watch out for maggots. This plant is a great choice for new beginners because of the easy success with each harvest.

These five seeds can be started indoors during spring:

Kale

Kale may do better if it is started indoors at this time of year and hardened off a little bit before it's replanted outside. Spending a few weeks inside to germinate will allow kale to become a small plant in the garden. It doesn't have to be warm outside, but this vegetable crop needs light and well-drained soil to flourish.

Broccoli

This vegetable will also flower when there is warmth, so now is the time to get it going. Experts say they typically start to form heads through May, and they can be harvested from spring to fall. The broccoli flower remains a tight rosette because of the cold air.

Cauliflower

Though not the easiest to grow at home, cauliflower is a popular choice to eat, whether raw or cooked. Cauliflower has a difficult time with warmer weather, so success depends on your climate.

Tomatoes

Tomatoes are the most popular garden vegetable in America. You have hundreds of varieties to choose from and can transplant them outside after the last frost, which gives you an opportunity to extend your season. Tomato transplants should grow 4 to 6 inches high in about two months before moving them into the garden.

Eggplant

Glossy, purple skin is the hallmark of this crop. Eggplants, like tomatoes, will not survive a frost, so be sure not to plant them too early. They are considered a low-calorie fruit and are a good source of vitamins, minerals and nutrients.

Consult with local experts, like the cooperative extension in your area or a neighborhood master gardener program, on varieties that work best for your area and don't be afraid to experiment.

“Gardening is an occupation of discovery, you can always experiment with a new variety and discover new things.”



AccuWeather.com

Senior Living Expo 2019

Save the Date to Plan Your Future!
 Saturday, April 13th
 1:00-3:30 p.m.

Clarion Inn (Former Ramada Inn)
 2310 N Triphammer Rd, Ithaca, NY

Free event with over 30 exhibitors

Senior Living Expo Presentations

- 1:30p.m. - 2:15 p.m.
 Community Supports for Aging in Place
- 2:30p.m. - 3:15 p.m.
 What is the Best Exercise to Beat
 Dementia, Diabetes and Disease?

Questions? Please call Caryn Bullis,
 Tompkins County Office for the Aging, at
 (607) 274-5450 or Lisa Richards, Ithaca
 College Gerontology Institute, at
 (607) 274-1965.

*Our own Molly Birecree and Lori Laurenson
 will be there to represent IHA.
 Stop by to say Hello!*



Resident Advisory Board (RAB)

A meeting of the RAB members will be held April 23, 2019 at 11:00 a.m. in the Titus II Conference Room to discuss the IHA's 2019 Annual Plan. This meeting is open to the public. The Resident Advisory Board (RAB) consists of the following residents, who are kind enough to volunteer their time to serve on this Board. They are:

Valerie Wilson (Southview)

Dennis Lewis (Southview)

Joyce Kelly (Titus Towers)

David McElrath (Titus Towers)

The role of the RAB is to assist and make recommendations regarding the development of the Annual Plan, which is submitted to HUD in July. The Annual Plan provides details about IHA's current programs and the resident population served, as well as IHA's strategy for addressing the housing needs of currently assisted families.

Any interested IHA tenant can join the group by calling the Office and asking for Doreen, Confidential Secretary.





Did You Know?

Did you know that Foodnet Meals on Wheels has a social dining site at Titus Towers that is available to *all* the residents? We are located in the TT1 Community Room where we serve a hot lunch M-F at 11:30.

Here are some facts about Foodnet:

- All residents of Titus Towers are eligible to participate in our social dining program, regardless of age
- Our Meals provide 1/3-2/3 of the recommended daily nutrients
- A light sandwich meal is available in addition to the hot lunch
- Nutrition education is provided monthly by a Registered Dietitian
- Monthly workshops are provided at no cost
- Research tells us that social dining has health benefits similar to exercise

What is the cost?

The suggested voluntary contribution for a hot meal is **any amount** up to \$8.00 per meal. All contributions will be greatly appreciated. No one is denied service because of inability to contribute. All contributions are used to sustain the program. **There is no amount too small.**

Are you interested in joining us for lunch? Simply stop into the Foodnet kitchen located at the TT1 Community Room between 9-1 and fill out a registration form. Volunteer opportunities are available. If you have any questions, call Faith at (607) 273-5297 or our main office (607) 266-9553.

*We look
forward to
serving you!*





Join Foodnet Meals on Wheels as we partner with the Human Services Coalition to offer an informative workshop about their **Community Health Advocate Program** and **2-1-1 Tompkins Cortland**.

About Community Health Advocates

The Community Health Advocates (CHA) Program helps consumers to understand how to fully use their health insurance or find affordable health services and prescription medicines. Clients include consumers who have public or private insurance as well as people with limited or no insurance.

About 211 Tompkins Cortland

211 connects people in need of assistance with services and resources designed to address their individual needs. Callers are referred to service providers according to their situation. No question is too big or too small.

The three locations available are:

April 17th 10:30-11:30 (Wednesday)

Center Village Court (Comm. Room)
200 W. South St., Groton NY

April 18th 11:30 (Thursday)

YMCA (Borg-Warner Wellness Room)
50 Graham Rd., Ithaca

April 19th 11:00- 12:00 (Friday)

Titus Towers (Community Room)
800 S. Plain St., Ithaca NY

This workshop is open to the public and offered at no cost.

Join Foodnet for a nutritious lunch immediately following this workshop. Reservations are required at least one day in advance. Call 607-266-9553 to reserve your meal. Lunch is available to individuals 60 and older with a voluntary contribution. Individuals under the age of 60 may also join us for a meal cost of \$8.00.

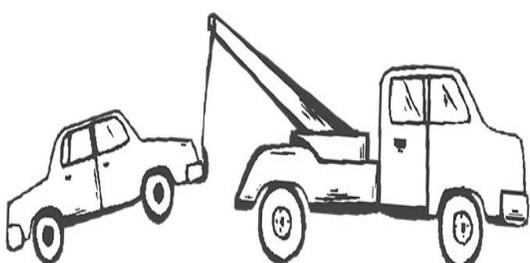


Parking Permits

IHA is updating the files regarding your parking permits. Please submit your unexpired license, registration, and insurance to the IHA office, if you have not already done so. *Reminder*

You must have a valid insurance card in your vehicle at all times. If you do not have one, contact your insurance company and get a new one.

Tenants with vehicles must have a parking permit visible on their vehicle. Vehicles found without permits are at risk for being ticketed or towed at the owner’s expense. To get a



permit for your vehicle, please see the Receptionist and bring the following: Driver’s License, Vehicle Registration, Insurance Card. Note that all documents cannot be past their expiration date. When they expire, please bring an updated copy to the Receptionist.

EASTER WORD SEARCH

Happy Easter! On this day, Christians celebrate the resurrection of Jesus Christ. It marks the end of the 40-day period of Lent, which commences on Ash Wednesday. The holiday is celebrated on the Sunday following the paschal full moon (the first full moon that occurs after the first day of spring). This year, Easter falls on April 5th. Christians from around the world will attend church in their finest outfits, and in New York, one has the opportunity to witness the annual Easter Parade and Bonnet Festival. Find and circle the 47 Easter-related terms in the grid below. Solutions may be up, down, forward, backward, or diagonal. Happy puzzling!



C	R	B	E	G	I	N	N	I	N	G	A	T	H	E	R	I	N	G
O	E	U	J	E	M	Y	G	Z	K	J	P	Q	Q	L	T	M	D	O
L	Y	N	R	E	N	E	W	A	L	J	N	B	J	N	G	S	G	O
O	A	N	L	O	L	I	A	T	N	O	T	T	O	C	I	R	O	D
R	D	Y	L	O	H	L	K	C	I	H	S	I	Y	N	A	I	E	F
I	I	A	P	R	I	L	Y	T	A	D	T	E	L	T	N	C	M	R
N	L	D	A	X	F	K	A	B	N	C	A	N	I	U	O	E	M	I
G	O	S	P	E	L	R	W	E	E	S	L	T	M	R	K	O	T	D
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N	P	A	S	T	E	L	A	M	B	K	L	B	U	C	Y	U	A	T
H	M	T	N	R	I	G	A	Q	T	E	W	L	U	F	A	L	L	C
D	E	E	Y	L	B	H	G	T	E	T	A	L	O	C	O	H	C	S
R	L	E	Y	A	D	N	U	S	M	L	A	P	I	H	S	R	O	W

April
Ash Wednesday
Basket
Beginning
Bonnet
Bunny
Candy
Celebration
Chicks
Chocolate
Church
Coloring

Cottontail
Decorate
Decorate
Ducks
Easter
Eggs
Family
Festival
Finery
Friends
Gathering
Good Friday

Gospel
Gratitude
Ham
Holiday
Holy
Jelly Beans
Jesus Christ
Joy
Lamb
Lent
Lilies
Mass

Memories
Palm Sunday
Parade
Pastel
Peeps
Renewal
Resurrection
Spring
Tulips
Turkey
Worship

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Easter Egg Hunt

Two Rivers Church presents....THE EGG HUNT!

25,000 plastic eggs are scattered on a large secure fenced field. All the eggs are empty and are returned in trade for a bag of candy. The Easter Bunny will be available for family photos and the kids will be able to bounce in the bounce house. This safe, fun, and family friendly event is totally free!

Here's What You Need To Know To Participate...

The Easter Egg Hunt presented by Two Rivers Church will be held Sunday, April 21, 2019 (Easter Sunday) directly following the conclusion of each church experience on that Sunday.

Arm bands will only be distributed to kids during the Two Rivers Kids Sunday Experience.

301 W Court St. Ithaca, NY 14850 | 9:45a & 11:30a

Online registration is REQUIRED and limited. Once you are registered, plan to arrive 30 minutes prior to the start of each Sunday Experience so that you can check-in at one of the Two Rivers Kids check-in stations on Easter. The kids check-in worker will print out name tags for your kids and you will be given a corresponding tag that will allow you to pick up the kids at the end of the experience.

At the end of the Sunday Experience, your child will receive a wristband. **DO NOT REMOVE THIS WRISTBAND.** It is required for your child's entry to the Egg Hunt. You will be given a special Easter bag for each child to collect the eggs in. (These are the only bags of any type that may be used to collect eggs!)

At the Egg Hunt itself, parents will be able to collect eggs with their children or allow them to roam freely, Egg Hunt staff will continually restock the eggs allowing everyone a fair and safe chance to collect eggs. Church lasts approximately 1 hour and the Egg Hunt itself will last for about 30 minutes. So, to summarize it all...the Egg Hunt is a great way to make a memory with your kids this Easter! Plus it is free!



See you at the 2019 Egg Hunt!