

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



February 2019

Quote of the Month

“If your actions inspire others to dream more, learn more, do more and become more, then you are a leader.”

- John Quincy Adams
6th US President

Employee Birthdays

Mirsada Torlic,
Senior Account Clerk Typist, 2/14

Kevin McClain,
Maintenance
Worker, 2/26



OFFICE CLOSED:
MONDAY FEBRUARY 18TH FOR
PRESIDENTS' DAY



Can you spot this logo
somewhere in this
newsletter?

Prepared By: Angelina Lake, Receptionist
Edited by: Doreen Osterman, Executive Secretary



The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.

Signs and Symptoms of Stroke

- ◆ If you have any of these signs, call 9-1-1 and get to a hospital right away.
- ◆ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ◆ Sudden confusion, trouble speaking or understanding
- ◆ Sudden trouble seeing or blurred vision in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination
- ◆ Sudden severe headache with no known cause

Signs and Symptoms of A Heart Attack

- ◆ If you have any of these signs, call 9-1-1 and get to a hospital right away.
- ◆ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- ◆ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ◆ Shortness of breath with or without chest discomfort.
- ◆ Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- ◆ As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



Hearty Minestrone

Ingredients:

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 white onion finely chopped
- 1 cup carrots sliced thin
- 1 cup celery sliced thin
- 2 zucchini chopped (peeled if desired)
- 1/2 teaspoon salt
- 1 can (28 oz) petite diced tomatoes do not drain
- 1 can (15 oz) kidney beans drained & rinsed
- 1 can (15 oz) tomato sauce
- 3 cans (15.75 oz each) vegetable broth
- 1 tablespoon dried basil
- 1/2 tablespoon dried parsley
- 1 teaspoon oregano
- 1-2 teaspoons salt more or less to preference
- 1/2 teaspoons pepper
- 1 cup spinach leaves about 1-2 handfuls
- 1 1/2 cups shell pasta

Directions:

Melt butter and olive oil in a large stock pot over medium-high heat. Add the onion, carrots, celery, zucchini, and 1/2 teaspoon salt. Let cook for 8-10 minutes until tender, stirring occasionally.

Add the diced tomatoes, beans, tomato sauce, vegetable broth, basil, parsley, oregano, salt and pepper. Stir together and let come to a low boil. Once boiling, turn down the heat to medium and let simmer for 10-15 minutes.

Add spinach and dried pasta shells. Let cook until pasta is done. Season to taste.

<https://togetherasfamily.com/minestrone-soup/>

Raisin Bread Pudding

- 16 slices bread, cubed
- 1 cup raisins
- 2 cans (12 fluid ounces each) Evaporated Milk
- 4 large eggs, slightly beaten
- 3/4 cup packed brown sugar
- 1/4 cup (1/2 stick) butter, melted
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Caramel sauce (optional)

PREHEAT oven to 350° F.

Grease 12 x 8-inch baking dish.

COMBINE bread and raisins in large bowl. Combine evaporated milk, eggs, sugar, butter, vanilla extract, cinnamon and nutmeg in medium bowl. Pour egg mixture over bread mixture; combine well. Pour mixture into prepared baking dish.

Let stand for 10 minutes.

BAKE for 35 to 45 minutes or until knife inserted in center comes out clean. Drizzle with caramel sauce before serving.

Very Best Baking by Nestle





2019

- February 1st**
National Wear Red Day
National Freedom Day
- February 2nd**
Groundhog Day
- February 3rd**
Super Bowl
- February 4th**
Rosa Parks Day
World Cancer Day
- February 5th**
Chinese New Year
- February 13th**
World Radio Day
- February 14th**
Valentine's Day
- February 17th**
National Acts of Kindness Day
- February 18th**
President's Day
- February 21st**
International Mother
Language Day
- February 22nd**
National Margarita Day
- February is observed as:**
Black History Month

What's Happening in Ithaca

Festival of Fire & Ice

Ithaca Children's Garden
Saturday Feb. 9th
info@ithacachildrengarden.org
Free

Cass Park 121 Turtle Lane
3:00pm-6:00pm

Every February, we gather at the Garden to celebrate all that the winter season has to offer and look ahead to the return of spring. Bundle up and join us for winter play, bonfires, fire spinning, ice labs, and so much more!

There is a suggested event donation of \$5 per individual or \$15 for a family. One cup of hot cocoa and a marshmallow to toast are free for every participant. Additional snacks and hot drinks will be available for purchase. Families are invited to freeze containers full of water before the Festival for use in the ice laboratory and to bring sleds or shovels for snow play and construction.

The Festival of Fire & Ice is brought to you with grant support from the Community Arts Partnership and with partnership from the U.S. Fish and Wildlife Service's New York Field Office.



21st Annual Downtown Ithaca Chili Cook-Off

Downtown Ithaca The Commons and Surrounding Streets
Saturday February 9th 11:30am-4:00pm
607-277-8679



This popular event features a variety of the tastiest, tangiest, spiciest, and sweetest meat and meatless chilies from more than 30 restaurants. Come vote for your favorites! The Chili Cook-Off also features a farmers market with vendors and local wineries, breweries, and farmer's sampling their goods. Additional crowd favorites are the 'Stache and Beard competition, wine and brew tastings, and the indoor Family Fun Zone presented by

Tompkins Trust Company.

Black History Month Concert

Ford Hall
Thursday February 21st

Ithaca College
8:15pm

Black History Month Concert: Free, open to the public



IHA staff enjoyed a holiday luncheon on December 14. This event also served as a farewell party for Tenant Relations Coordinator Samantha Spence. Best wishes to Samantha in her new endeavor.

SHOPPING CARTS

Shopping carts need to be returned to the shopping cart corral located outside the Beauty Salon entrance.



Carts in the hallways are tripping hazards to residents who are visually impaired and if they are blocking doors, they can be serious threats in an emergency such as a fire.

Our goal is to keep our residents safe and we cannot do that without your help.

TITUS GARBAGE ROOMS

When using the garbage rooms, please break down your cardboard boxes and stack them on the pile of other boxes AND put your garbage bags down the chute. If you leave boxes in the garbage rooms that have not been broken down, other tenants have to maneuver around them which creates a potential tripping hazard. Thank you for your cooperation.



SOCIAL SECURITY SCAM ALERT

From: Brian Eggleston, District Manager, Ithaca Social Security Administration

We have become aware of reports of fraudulent telephone calls from individuals claiming to represent the Social Security Administration (SSA). In them, unknown callers are using threatening language to warn unknowing victims that they will be arrested or face other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. In some instances, these unknown callers switch tactics and communicate that they want to help an individual with activating a suspended Social Security number. Such calls are a scam, and are not coming from official SSA representatives. Please do not to engage with such callers and report any suspicious calls to Social Security's Office of the Inspector General by calling 1-800-269-0271.

Social Security is committed to protecting the privacy and security of the people we serve.

Cutting Connection

*Beauty Shop at Titus Towers
Monday thru Thursday 9am-2pm*

Serving men, women & Children.

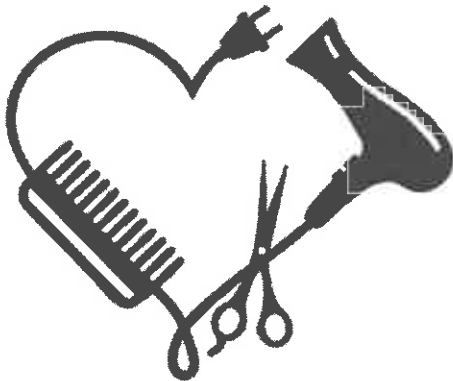
Walk-ins welcome

Or call 607-339-7290

to schedule your appointment.

*For evening appointments please
call to schedule.*

Happy Valentines Day!



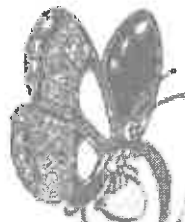
February Special

Eyebrow Wax \$9.00


\$3.00 off

Expires 2/28/2019

Gift Certificates Always Available!



Welcome

*We are happy to welcome
our new residents and hope
they enjoy their tenancy with
Ithaca Housing Authority!*



*A special Happy Birthday to
all our residents celebrating
their birthday in February!*

**The next IHA board meeting will
be held Tuesday February 19th at
4:00pm in the Titus Towers 2
Conference Room.**

African American Women Who Shook Up The World



Henrietta Lacks was an accidental pioneer of modern-day medicine; her cells are saving lives today even though she died in 1951. Lacks was a 31-year-old mother of five when she was diagnosed with cervical cancer. Just months before her death, doctors at Johns Hopkins Hospital in Baltimore sliced pieces of tissue from her cancerous tumor without her consent — in effect, stealing them. It was another instance of decades of medical apartheid and clinical practices that discriminated against blacks. Lacks was not a slave, but parts of her cancerous tumor represent the first human cells ever bought and sold. Her cells, known among scientists as HeLa, were unusual in that they could rapidly reproduce and stay alive long enough to undergo multiple tests. Lacks' cells — now worth billions of dollars — live in laboratories across the world. They played an important part in developing the polio vaccine, cloning, gene mapping and in vitro fertilization. The HeLa cell line has been used to develop drugs for treating herpes, leukemia, influenza and Parkinson's disease. They've been influential in the study of cancer, lactose digestion, sexually transmitted diseases and appendicitis. Lacks' story is an example of the often-problematic intersection of ethics, race, and medicine, a link to the dark history of exploitation of, and experimentation on, African-Americans that ranges from the Tuskegee syphilis study to a 19th-century doctor experimenting with gynecological treatments on slave women without anesthetics. — *Kelley D. Evans*

Katherine Johnson A physicist and mathematician who helped launch the first use of digital electronic computers at NASA, the independent federal government agency that handles aerospace research, aeronautics and the civilian space program. Her wisdom with numbers and accuracy was so highly regarded that her sign-off was paramount for NASA to modernize itself with digital computers. Be clear, Johnson wasn't alone — many black women were hired by NASA in the early 1950s to work in the Guidance and Navigation Department. Johnson came on board in 1953 — a year before the civil rights movement kicked into high gear — and she initially worked in a pool of black women who all were performing math calculations. But it was Johnson who was plucked out of the pool to work with an all-male flight research team. It was Johnson who helped calculate the orbit for the 1969 Apollo 11 flight to the moon. And it was Johnson who co-authored 26 scientific papers, which NASA still links to via its archives. Her story — *our* story — was told in grand Hollywood fashion. Oscar-nominated actor and Golden Globe winner Taraji P. Henson brought her life to the big screen in the critically acclaimed *Hidden Figures*, and Henson boldly helped to tell a story that so many of us never knew existed. Finally.



Johnson is a genius. She was a math prodigy who was 14 years old when she graduated from high school, 18 years old when she earned a double degree in math and French from West Virginia State College. *And* she helped to integrate the graduate school at West Virginia University — where she was one of three black students and, ahem, the lone woman — after a Supreme Court ruling. Yes, she has a story worth telling. In 2015, then-President Barack Obama awarded Johnson the Presidential Medal of Freedom for her pioneering work that led black women to work in science, technology, engineering and mathematics. — *Kelley L. Carter*



Aretha Franklin

Curtseys are absolutely appropriate. Aretha Franklin is undisputed when it comes to pouring gospel-inflected, bluesy wails of love-gone-wrong lyrics over country-fried-yet-pop tracks. She plucked her Pentecostal pipes from the pulpit and applied them to a secular sound, giving us Sunday morning righteousness on any given Saturday night.

Fifty years ago, the daughter of popular Detroit Baptist minister C.L. Franklin scored a No. 1 hit with her remake of Otis Redding's *Respect*, a song with a bit of a double entendre that helped soundtrack the civil rights movement. In 1967, when there was racial unrest in her native Detroit, people ran through the streets, daring cops to come near them while they shouted "sock it to me," her ad-lib from the song, as they protested. Her signature song — and her most noted, as it's been used many times over in TV and films and is a hot karaoke tune — also served as a sororal call for women, who also were looking for respect and to be taken seriously alongside their male counterparts. All these years later, the single still resonates.

But Franklin is bigger than one track. Her career has spanned five decades, and she also was the first female performer inducted into the Rock & Roll Hall of Fame in 1987 — as she should have been. She's had more than 100 singles that have reached the *Billboard* charts, and 17 of them have been top 10 singles. She's won an impressive 18 Grammys, has sold more than 75 million albums, and she's one of the most influential voices ever, inspiring and paving the way for acts such as Beyoncé, Whitney Houston and Mariah Carey. Franklin is a musician's musician — she can bang it on the piano as well as she can on a microphone — and she can sing opera music as effortlessly as she can sing gospel. Few can hold a candle to her four-octave range — many have tried, some have come close, but no one has managed to sustain and strike quite the way Franklin has. All hail the Queen. — *Kelley L. Carter*

Serena Williams

Her resume boasts 23 Grand Slam titles (the record), six U.S. Opens, seven Wimbledon titles, seven Australian Opens, three French Opens, four Olympic gold medals, 23 doubles titles, and a career Golden Slam. Williams has won enough awards for several lifetimes.

Born Sept. 26, 1981, in Saginaw, Michigan, and raised in Compton, California, Williams is the youngest of five daughters. Her father, a former sharecropper from Louisiana, learned from tennis books and videos how to coach his daughters Serena and older sister Venus. In daily two-hour practices, the Williams sisters worked themselves to the bone on a concrete court, avoiding potholes and often practicing without nets. Growing up in Compton meant developing a sense of fight — the same fight that would characterize their game on and off the court.



Williams transcended tennis, a historically white and demure sport, by being herself — with solid curves, a signature Afro-style ponytail, and an energetic style of play. What makes Williams' career, spanning more than two decades, so remarkable is not a spotless record, but the spirit to rise above the criticism of her age, game, and body and set the standard for accomplishment in sports.

Whether she's serving tennis balls at 128 mph, designing affordable fashion, or teaming up with Beyoncé in music videos, Williams' lengthy resume solidifies her place among sport's all-time greats. — *Trudy Joseph*



Oprah is the first African-American female billionaire and an Academy Award-winner for her international humanitarian efforts. She is the host of one of the most celebrated and longest-running daytime talk shows in television history, and owner of a self-named 24-hour cable network as well as a Broadway musical producer and screen actress. Other accomplishments are: Book publishing and literary guru with a best-selling Midas touch; star maker of countless television hosts and self-help gurus (Dr. Phil, Iyanla Vanzant, Dr. Oz, Suze Orman, Nate Berkus, Rachael Ray, Bob Greene and Gayle King); cover girl on every single issue of *O, The Oprah Magazine* since its debut in April 2000 (making her one of the most influential cover models in publishing history).

Had Oprah gotten into the TV business 10 years earlier, the Mississippi-born philanthropist wouldn't have been let anywhere near the throne: She wasn't white, blonde, thin or male. When *The Oprah Winfrey Show* went into national syndication in 1986, she turned TV into something new. With success comes an inevitable cascade of hateration, most of which Oprah manages to side-eye. Her generosity, especially for educational endeavors, is legendary. Mama Oprah, who is famously never-married and childless, funded a girls-only private school in South Africa and tuition gifts to more than 415 Morehouse College students. She even endorsed then-Sen. Barack Obama's presidential campaign in 2008, and shared a close relationship with the president and first lady during their White House stay. — *Jill Hudson*

Foodnet Meals on Wheels is proud to partner with the Mental Health Association in Tompkins County to offer *Mental Health 101*.

Participants will develop an understanding of mental health and how it's related to our overall health and well-being; understand the prevalence of mental health problems and their impact, recognize signs, symptoms & risk factors, understand treatment, support options and the process of recovery & learn what resources are available in our community. 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

February 13th 10:30-11:30

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

February 14th 11:30-12:30

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

February 15th 11:00 12:00

**Titus Towers (Community Room)
800 S. Plain St., Ithaca NY
There is no cost to attend this workshop. Please RSVP by calling
607-266-9553.**



With Presidents' Day nearing, it's important to take a moment and reflect on those who served as chief executive of our country. And while you may be well-versed in textbook facts, you may have never heard of some of their pet peeves, quirks, and pastimes.

George Washington served as president: 1789-1797

Washington's teeth weren't made of wood. Contrary to popular belief, George Washington's teeth weren't wooden after all. Rather, his dentures comprised a peculiar combination of animal teeth, brass screws, lead, gold wire, hippopotamus ivory, and even bone.

Benjamin Harrison served as president: 1889-1893

As the first president to have electricity in the White House, Harrison was a little spooked when it came to this new energy. He was so anxiety-ridden about the thought of being electrocuted that he opted to never make contact with light switches. More often than not, he went to bed with the lights on.

Theodore Roosevelt served as president: 1901-1909

Theodore, or Teddy, Roosevelt had a secret pastime -- walking on stilts. Apparently, each and every one of Roosevelt's family members had their own individual pair. Even the First Lady had a set of her own.

do?
You?
know

Lyndon Johnson served as president: 1963-1969

Fate intervened on Lyndon Johnson's behalf during World War II. He boarded a plane known as the Wabash Cannonball for a bombing mission in the South Pacific. Before the plane took off, he hopped off so he could use the restroom. By the time he returned, the plane had already departed. The plane later crashed, killing everyone on board.



Do You Want to be a Tenant Representative to IHA's Board of Commissioners?

There are two tenant representative seats to fill: one for Titus Towers and one for Family Sites. Currently Joyce Kelly holds the Titus Towers seat and Dennis Lewis holds the Family Sites seat. Their terms expire April 30, 2019. The tenant representative holds a 2-year term starting May 1, 2019. The appropriate documentation along with information on how to run for this position is being distributed with the February newsletter. The Tenant Representatives are elected by their peers to serve as an IHA Board Commissioner alongside the 5 appointed Commissioners that make up the 7-member Board.

STAY CONNECTED WITH YOUR COMMUNITY -- GET INVOLVED.

Pet Policy Reminders

As a reminder all pets must be contained within the resident's unit. When outside of the unit (in the building) dogs and cats must be kept on a leash and held at all times. No pet is allowed to walk on the floors outside of your apartment. They are not permitted in common areas including lobbies, community rooms and laundry areas.

Pets are NOT PERMITTED on any furniture outside of your unit.

Please make sure when walking your pets outside that the leash is as short as possible, as long leashes can become a safety hazard by tripping people coming in and out of the buildings. Also, be aware that other people may be uncomfortable around dogs no matter the size, and not want to socialize with your dog.



Below is an excerpt of the Tompkins County Dog Laws regarding leashes and behavior which can be found at <http://www.cityofithaca.org/176/Dog-Licensing-Laws>

Leash Laws

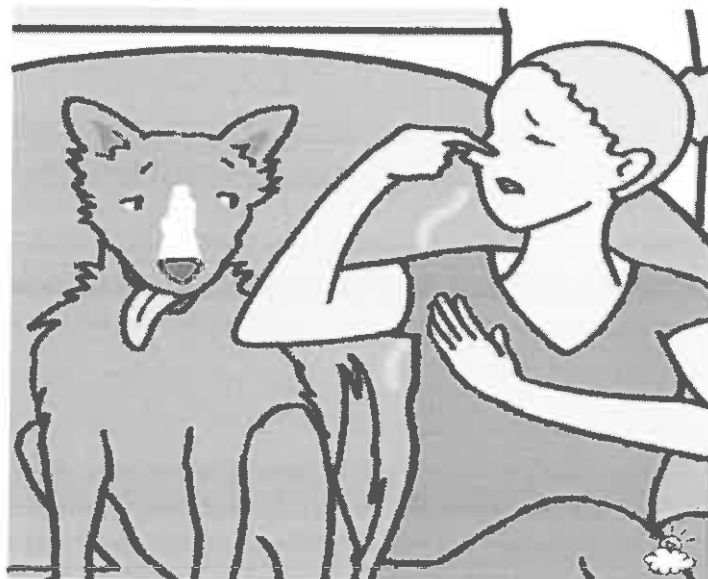
All dogs in the City of Ithaca must be restrained by an adequate collar and leash when not on the property of the owner, or any other person harboring or having custody or control of the dog.

Prohibited Behaviors

Dogs may not chase, leap on, or otherwise harass or interfere with:

- Any person in such a manner to reasonably cause intimidation or to put such person in reasonable apprehension of bodily harm or injury when not on the non-commercial property of the person owning or harboring such dog
- Any bicycle, motorcycle, automobile
- Any cat, dog, or domestic animal
- A service animal for people with disabilities

Pet owners are responsible for the removal of all waste and for maintaining adequate care and attention for his/her pet. Please be respectful and mindful of unpleasant odors that may come from your pet, including cat boxes since you are living within close proximity of others. Unpleasant odors are offensive and sometimes cause breathing problems for others.



5 FAST WAYS TO SAVE MONEY AT THE GROCERY STORE

Food is expensive. The American household spends \$4,363 on food eaten at home, on average, and \$3,365 on food eaten out per year, according to 2017 data from the Bureau of Labor Statistics. Eliminating just \$10 a week on that typical food spending can save more than \$500 a year. The challenge is that many common strategies for saving money at the store, such as using coupons, require a lot of time that busy Americans can't spare.



1. Shop at a Discount Grocer

Some discount grocery chains include Aldi, Lidl, Fareway, Trader Joe's, Costco, and WinCo.

2. Make a Shopping List

The advantage of having a meal plan list is that it gives you something to focus on while in the store, which means you're less likely to make impulse purchases, which will save money.

3. Bypass Unnecessary Aisles and Sections

Items that aren't a part of some sort of planned meal or snack should be ignored. Don't waste your time looking in sections from which you don't need any ingredients. Not only will this save money, it'll save you time in the store as you spend less time walking the aisles.

4. Buy the Store-Brand Version

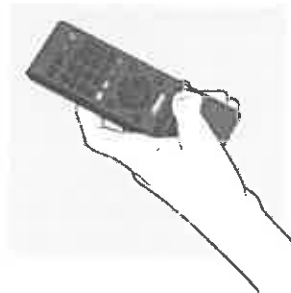
You'll often find that the store-brand version of a product is functionally identical to the brand name item in terms of flavor and nutrition. This is a quick way to save a significant amount without dealing with coupons.

5. Buy the Bulk Version of a Nonperishable Item

The bulk version is almost always less expensive per use than the normal version, plus you won't have to worry about buying it again for a while. If you're buying an item that can be stored in your pantry and won't spoil quickly, buy the bulk or the multipack version item.

<https://money.usnews.com/money/blogs/my-money/articles/5-simple-ways-to-save-money-at-the-grocery-store>

Nancy Apgar has been delivering the newsletter and other IHA documents to tenants for several years now. IHA would like to personally thank you Nancy for your donation of time and generosity over the years.



Titus Towers Residents!

Did you know that tenants can use their TVs to access the vestibules to preview your visitors?

If you have basic cable (both towers):
channel #6

If you have full cable:

TT1 channel #1304

TT2 channel #1340

FREE NYS TAX PREP

Lifelong

From January 31 to April 13
Tax Clinics **Weekly** at Lifelong
Appointments will be scheduled by phone.
607-262-4136

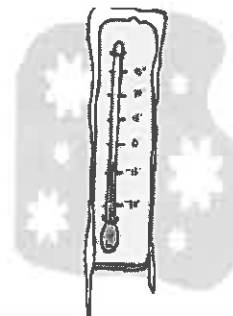
This service is available to:
All Seniors age 60+
(with spouses of any age)

AND ALSO

Individuals with disabilities
Individuals with incomes below \$32,000
Families incomes below \$53,000
**Returns prepared by IRS trained and
certified volunteers**
Some complex returns may not qualify

Leaving the Windows Open

The cold weather is upon us. 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.

**IHA STAFF UPDATE:**

Former Receptionist Kimberly Burke has been promoted to Tenant Relations Assistant in the Section 8 Department. Congratulations to Kimberly and best wishes in her new position. We welcome Angelina Lake as our new Receptionist. Please join us in welcoming Angelina to the IHA family.

TOMPKINS COUNTY**FREE TAX PREP****VITA (Volunteer Income Tax Assistance)**

Alternatives Federal Credit Union:
125 N. Fulton St. Ithaca, NY 14850
January 16 – April 13, 2019

To Learn More, Call 2-1-1 or toll free
1-877-211-8667

TCE (Tax Counseling for Elders)

Lifelong: January 1-April 15, 2019
119 W. Court St., Ithaca, NY 14850
Appointments will be scheduled by
phone: (607) 273-1511

Another tax resource through
the United Way is the
MyFreeTaxes program
Visit their website to determine
your eligibility.
www.myfreetaxes.com

**Howdy,
Neighbor!**

Worried About Your Neighbor?

If you know of a fellow neighbor who has been ill and has not been seen in a while or is not answering their door, please let an Ithaca Housing Authority staff member know immediately. We will conduct a tenant check to make sure that the tenant is okay.

Valentine's Day Word Search

c g f l o w e r s i p
 j s w e e t h e a r t
 e f p a c u p i d a e
 v h o i k a c p s r t
 a o g u y h e a r t s
 l o v e r r d e g o f
 e k r a p t r r o w r
 n r i r o s e s p x i
 t o h s d r d e i r e
 i s u h s p i n n h n
 n r g a r e l l k t d
 e o s c h o s r o s h
 s w e e r t s f r i e
 v c h o c o l a t e k

valentine
 arrow
 cupid
 hearts
 love

red
 fourteenth
 hugs
 chocolate
 pink

roses
 friend
 flowers
 sweetheart
 kisses

2019



Scholarship Fund

\$25,000 in Scholarships

Financial aid for students living in affordable housing.

The 2019 Cannon Heyman & Weiss Scholarship Fund will make scholarship awards for full- and part-time study at approved colleges, junior colleges, technical schools, and other post-secondary institutions leading to a degree, diploma or certificate.

The Scholarship Fund is an extension of the CHW mission and reflective of the firm's commitment to the affordable housing industry and community development.

Graduate studies are not included.

This year's awards are expected as follows:

\$12,500 • \$7,500 • \$5,000

Application deadline:

June 1, 2019

For an application or more information, visit:

www.chwattys.com



CANNON HEYMAN & WEISS, LLP

Albany office

54 State Street
5th Floor
Albany, NY 12207

Phone: (518) 465-1500

Buffalo office

726 Exchange Street
Suite 500
Buffalo, NY 14210

Phone: (716) 856-1700



Resident Scholarship Program

PURSUE YOUR DREAMS

2019 PROGRAM NOW OPEN!

HAI Group's *Resident Scholarship Program* has been providing scholarships to public housing and housing choice voucher residents since 2003. To date, we've awarded more than \$1,000,000 to over 400 students!

This year, we'll be awarding scholarships worth \$6,000 each to 20 residents to help them continue their education. Students may enter—and win—scholarships for up to four consecutive years.

ELIGIBILITY

Applicants must meet the following criteria:

- 1. Enrollment:** Is or will be enrolled in the fall for the 2019-20 academic year in an accredited and/or licensed technical school or accredited two- or four-year college or university in the United States.
- 2. Residency:** Resides in a housing authority or in a property with a housing choice voucher (HCV) administered by a housing authority that is a member of Housing Authority Risk Retention Group (HARRG) or Housing Authority Property Insurance, A Mutual Company (HAPI) or resides in an affordable housing property insured by Housing Enterprise Insurance Company (HEIC).

OR

An individual who has fulfilled the requirements in the official rules (found at www.housingcenter.com/scholarship) during the scholarship entry period who is declared a scholarship winner and who is in receipt of a scholarship will subsequently be exempt from the residency requirement listed above during the four-consecutive-year term of the academic scholarship period awarded, subject to all other rules and conditions.

- 3. Citizenship:** Must be a United States citizen.
- 4. Other:** Must follow all other rules outlined in the official rules (found at www.housingcenter.com/scholarship).

ACT NOW!

Entries must be submitted online by
5 pm EST Tuesday, April 30, 2019.

Questions? Visit
[www.housingcenter.com/
scholarship](http://www.housingcenter.com/scholarship) or contact us at
scholarship@housingcenter.com.

IMPORTANT INVITATION TO OPT-IN

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