

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



January 2019

OFFICE CLOSED:

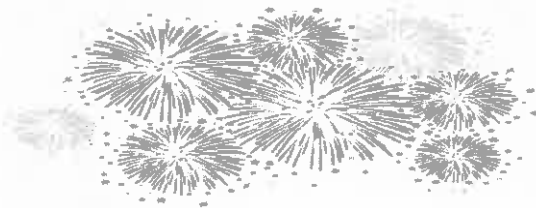
Tuesday January 1st, 2019
New Year's Day

Monday January 21st, 2019
Martin Luther King Jr. Day

Employee Birthdays

Cynthia Kloppel, FSS Case Manager, 1/27

Doreen Osterman, Executive Secretary, 1/29



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

**NEXT IHA BOARD
MEETING TUESDAY, JAN. 22
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**



Prepared By: Kimberly Burke, Tenant Relations Assistant

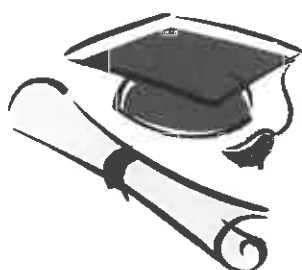
Edited by: Doreen Osterman, Executive Secretary

THANK YOU FOR YOUR PATIENCE

IHA staff wishes to thank you for your patience when your apartment was tested/inspected during December for the purpose of updating our environmental reports, performing a physical needs assessment and updating IHA's energy audit data. Your cooperation and patience was greatly appreciated.

FREE MONEY FOR COLLEGE

If you are a high school senior and will be graduating in June 2019 and plan to



further your education after high school, please call the IHA office at 273-8629 and ask for Doreen at ext. 234.

Tell her your name and address and she will ensure that you receive information on a few very good scholarship opportunities.

NYS PHADA \$2,500 and \$1,000 scholarships

Deadline: February 11, 2019

PHADA \$7,000, and two \$5,000 scholarships

Deadline: January 25, 2019

Cutting Connections

*Beauty Shop
at Titus Towers
Hours: Tuesday—
Thursday, 9am-2pm
607-339-7290*



For evening appointments please call to schedule.

**All IHA Residents —
Why not take advantage of the
in-house salon ?**

Serves—Men, Women, & Children

✂
.....
New First Time Client:
\$3.00 Off Any Service
Expires: January 31, 2019
.....
✂

FREE RABIES CLINIC THIS MONTH

**For Dogs, Cats, & Ferrets
Sponsored by: Tompkins County
Health Department
607-274-6688**

**Wednesday January 23, 2019
6:00pm—8:00pm**

**Tompkins County SPCA
1640 Hanshaw Road, Ithaca
Preregister online at:**

<http://www.tompkinscountyny.gov/health/eh/neighborhood/rabies>

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Do you have questions about SNAP? Join Foodnet Meals on Wheels & Catholic Charities of Tompkins and

Tioga County
January 8th at
11:00am in the
Titus Towers 1
community room
to help answer
your questions!

**We Welcome
SNAP
Benefits**

Catholic Charities SNAP Coordinator will join us to:

- Give an overview of the SNAP program
- Answer questions you have regarding eligibility
- Guide you in how to apply for benefits
- Help you understand how and where to use your benefits

Home visits are available for those who are unable to make it to this presentation. To request a home visit, please call (607) 272-5062 Ext. 21 Join Foodnet Meals on Wheels for lunch immediately following this presentation.

*Reservations are required at least one day in advance. Call 607-273-5297 or 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. SNAP benefits can be used towards your contribution.

WORK ORDERS

It is very important to call the IHA office to report any problems or deficiencies with your apartment. As soon as you discover the deficiency or problem, please call the office at 273-8629 and report it. Minor problems can become major problems if they are not reported in a timely manner; this includes reporting cockroaches and bed bugs as well.



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.**



Walking Safely in Slippery Conditions

It is that time of year again when outside walking conditions become trickier due to the snow and ice. IHA Maintenance staff salts all properties 1-2 times per day as needed, but no matter how well the snow and ice is removed from parking lots and sidewalks, pedestrians will still encounter some slippery surfaces when walking outdoors in the winter. Also, keep in mind that salt is less effective in melting ice during very low outside temperatures. Below are some important safety tips to keep in mind:



Walking Over Ice

- In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Dew or water vapor can freeze on cold surfaces, forming an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement.
- **Walk in designated walkways as much as possible.** Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk to spot a snow- or ice-covered sidewalk or driveway, especially if on a hill.
- **Taking shortcuts through areas where snow and ice removal is not feasible can be hazardous.**
- Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- Extend your arms out to your sides to maintain balance. Beware if you are carrying a heavy backpack or other load—your sense of balance will be off. If you must carry a load, try not to carry too much; leave your hands and arms free to balance yourself.
- Keep your hands out of your pockets. Hands **out** of your pockets while walking lowers your center of gravity and increases balance. You can help break your fall with your hands free if you start to slip.
- Watch where you are stepping and **G-O S-L-O-W-L-Y !!** This will help your reaction time to changes in traction.
- Give yourself plenty of time to get to your destination to avoid carelessness.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.

Choosing Appropriate Clothing

- During bad weather, avoid boots or shoes with smooth soles and heels, such as plastic and leather soles. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- Wear a heavy, bulky coat that will cushion you if you should fall.
- Wear a bright scarf or hat or reflective gear so drivers can see you.
- Keep warm, but make sure you can hear what's going on around you.
- During the day, wear sunglasses to help you see better and avoid hazards.
- Whatever you wear, make sure it doesn't block your vision.

**BE CAREFUL AND PLEASE REPORT ANY SLIPPERY WALKING CONDITIONS
OR FALLS TO THE OFFICE AT 273-8629**

January Food Pantries

January Southern Tier Mobile Food Truck
No application, no ID required, no residency requirement; brings bags or boxes to carry food home!

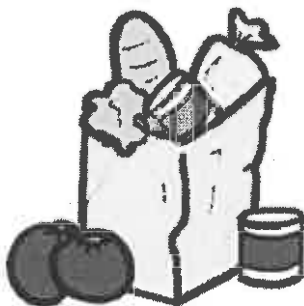
Jan. 3 - Van Etten 5:00 pm – 6:00 pm
Community Fire and Rescue, 321 State Rte. 224

Jan. 5 - Watkins Glen 10:00 AM-11:00 AM
Schuyler Outreach, 112 10th Street

Jan. 14 - Lansing 10:00 AM-11:00 AM
Comm. Recreation Center, 1767 East Shore Dr.

Jan. 17 - Freeville 5:00 PM-6:00 PM
Reach Out for Christ
Church, 318 Johnson
Rd.

Jan. 19 - Ithaca
10:00 AM-11:00 AM
Salvation Army, 150
N. Albany St., Ithaca



Winter Adventure for Children of All Ages

Tompkins County Public Library launches the Winter Adventure series of programs. The Winter Adventure begins Dec. 16, 2018 and runs through January 31, 2019.

All of these programs are free and open to the public. No registration is necessary. For more information, contact the Youth Services Department at (607) 272-4557, ext. 275.

* The Winter Reading Program begins with activity and reading challenges for children of all ages. Participants will read and attend programs in order to complete game cards, which are available at the Youth Services desk or online at www.tcpl.org/2018-winter-adventure. When completed, the child will earn a free book of their choice and a chance to win a prize in a raffle. Parents and caregivers of infants, toddlers, and preschoolers are invited to participate and pick up a game card featuring ideas on incorporating early literacy activities into everyday routines.

* In the Creative Dance Class Series participants will learn basic steps, balancing techniques, and whole body expression. By integrating the body and imagination, stories will be acted out through gesture and dance. Participants will also play with rhythm, levels, directions, emotions, and movement through

space. Classes will occur on Thursdays, January 3 through 24 in the Library's Thaler/Howell Programming Room, from 11:00 AM to 12 noon.

* At Happy Talk, parents and caregivers can learn baby sign and early communication strategies. Designed for babies aged four to 18 months and their caregivers, Happy Talk will teach participants playful ways to increase language learning opportunities through classic children's music and play experiences. The workshop will meet on Fridays, January 4 through 25 in the Library's Thaler/Howell Programming Room, from 10:30 to 11:00 AM.

* Winter Comics Camp will be led by comic artist Ten Van Winkle. Designed for children ages 8 to 13, the course will include lessons on all aspects of making comics, including drawing, character creation, and storytelling. Children of all abilities are welcome. Camp meets Saturdays, Jan. 5 through 26, from 10:30 - 11:30 AM, in the Library's Makerspace.

* Jay Leeming will lead Myths and Tales from Around the World, a program for children ages 12 and under and their families. Leeming will weave storytelling, music, and audience participation so that children connect with fairy tales and myths from Ancient Greek, Celtic, and Native American cultures. The program is interactive and will invigorate the imaginations of the participants. This program will meet Saturdays, January 5 and 12, at 11:00 AM, in the Library's Thaler/Howell Programming Room.

* Stiller Zusman returns for Winter Art Fun, a program well-suited for children ages 3 to 6. Children and their caregivers will imagine and create enchanted winter worlds. Children can drop in and get their hands dirty while engaging their imaginations in creative play to help pass the winter days. This drop-in class meets from 11:00 AM to 1:00 PM. People can feel free to stop by anytime within those hours. On Saturday, January 19, the activity will be making winter dioramas with natural materials and on Saturday, January 26, participants will create magical items to spark ideas for enchanted winter stories.



Have you had a Flu Shot?



If not, the Tompkins County Health Department has a supply for vaccines available by appointment at their Friday clinic.

Please note that vaccines are not available by walk-in; if interested, please call 607-274-6600 for an appointment.

January 4, 9:00am-noon and 1:00-4:00pm
Tompkins County Health Department
55 Brown Rd, Ithaca, NY 14850

Most health insurance plans cover the cost of an annual flu vaccination. At the Health Dept., there are no out-of-pocket costs if you have one of the following health insurance plans: Blue Cross Blue Shield, Medicaid, Medicare Part B and a Medicare Managed Care Plan. For more information, please call 607-274-6600.

NEED A WINTER COAT?

Catholic Charities has leftover items from Share the Warmth event.
Call (607) 272-5062



Learn about Preparing Your 2018 Income Taxes

Ask a Professional: Learn about Preparing Your 2018 Income Taxes. Older adults, their family members, and caregivers are invited to join Brian Zapf of Alternatives Federal Credit Union for an interactive workshop on preparing 2018 income taxes at the Tompkins County Public Library from 5:30 to 7:30 PM on Tuesday, January 8, 2019, in the Library's Digital Lab. This workshop will focus on changes people can expect in preparing their taxes for 2018; filing taxes this year is going to be a bit different for

everyone. Brian Zapf will host a Q and A session on federal and state income tax provisions. The presentation will focus on how the new law will affect families of modest means. The Tax Cut and Jobs Act (TCJA) of 2017 has presented most filers with new issues to consider, including new or expanded credits and a larger standard deduction. Zapf will do his best to answer everyone's questions on how this might affect their taxes and refunds.

For more information about this program, contact tfredette@tcpl.org.

January 2019 Estate Planning at Cornell Law School

The course will assist those who do not have access to an estate planning attorney and will provide clients with a basic estate plan that includes a last will and testament, a living will, a health care proxy and power of attorney, all tailored according to the client's wishes. Law students will prepare and finalize these documents under the supervision of attorneys who specialize in trusts and estates.

Clients must meet income eligibility guidelines as this service is free of charge.

The income limits are as follows:

- Single - less than \$25k annually
- Family - less than \$50k annually

Clients should be aware that this service requires at least two visits to meet with students at the Law School (on the Ithaca campus). In addition, once chosen to participate, clients will be expected to sign a written commitment to follow through with appointments, giving at least 24 hour notice if an appointment will be missed.

Spots are limited so if you are interested and meet the income guidelines, please email Joey Gates at jdg43@cornell.edu and you will be placed on a list. Notification of client selection will begin in January of 2019.

