

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



July 2018

Quote of the Month

"I'm a true believer in karma.
You get what you give,
whether it's bad or good."

~ Sandra Bullock, Actress
Born July 26, 1964

The Office will be Closed
Wednesday July 4th 2018
for Independence Day

Employee Birthdays

Mike LaDue, Tenant Relations
Assistant, 7/8

Tricia Benedict, Beautician, 7/10

Viki McDonald,
Director of Housing
Operations, 7/19

Kimberly Burke,
Receptionist, 7/25



Can you spot this logo
somewhere in this
newsletter?

Prepared By: Kimberly Burke, Receptionist

Edited by: Doreen Osterman, Executive Secretary



2018

- July 1st**
Canada Day
- July 4th**
Independence Day
- July 11th**
World Population Day
- July 15th**
National Ice Cream Day
- July 18th**
National Hot Dog Day
Nelson Mandela Day
- July 20th**
Columbia Independence Day
- July 22nd**
Parents' Day
- July 24th**
National Tequila Day
- July 28th**
Peru Independence Day
World Hepatitis Day
- July 29th**
National Lasagna Day
- July 30th**
International Day of Friendship
National Cheesecake Day
Day Against Trafficking in Persons

July is Observed as:
National Parks Month
National Picnic Month
UV Safety Month

What's Happening in Ithaca??

Comic Creation Workshop Series

Tompkins County Public Library
Every Friday
607-272-4557 x 274

101 East Green St.
4:00pm-5:30pm

Local comic book artist Ten Van Winkle will be on site in the Digital Lab each week to help you create your own comics. Learn how to use the skills you already have to tell stories with art. Attendance at all classes is not required but each week participants will learn new techniques to build upon.



S.A.I.L. Into Fitness

Various Locations
Every Wednesday
607-277-7000

Time Depends on Location

Classes focus on stretching, flexibility, balance, low-impact aerobics, strength training, and deep breathing exercises.



Lifelong

Personal progress is measured through comparison of level of achievement in three simple exercises over time. Classes held in T-burg, Brooktondale and Ithaca. Contact Lifelong for days and times.

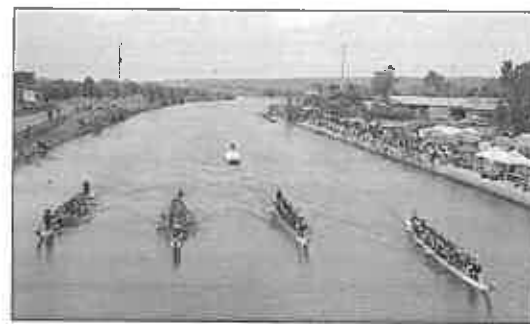
Finger Lakes International Dragon Boat Festival

Taughannock Falls State Park
Saturday July 14th

2221 Taughannock Park Rd.
All Day

The Finger Lakes Dragon Boat Festival promotes, educates, and celebrates Asian and Asian American cultures and heritage through dragon boating racing and festival activities.

The Festival is sponsored and hosted by the Ithaca Asian American Association (IAAA). IAAA is a volunteer-based organization and home of the Ithaca Dragon Boat Club. The Festival upholds one of the three IAAA missions: promote, educate, and celebrate Asian and Asian American heritage and cultures.



Dragonboats compete on the river in Cayuga Lake during the Finger Lakes International Dragon Boat Festival.

Patriotic Cheesecake Cookies

Ingredients:

8 oz cream cheese
(room temperature)
1/2 cup butter (room
temperature)
1 1/4 cup granulated
sugar
2 eggs
1 teaspoon vanilla extract
2 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
Red and blue food coloring
Optional: powdered sugar



Directions:

1. Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper or silicone mats.
2. Beat cream cheese and butter together at high speed until fluffy and smooth; 1-2 minutes. Add sugar to the butter mixture and beat until fully incorporated and fluffy; 1-2 minutes. Beat in the eggs and vanilla; 1 minute.
3. In a separate, medium-sized bowl, whisk together the flour, baking powder and salt. Gradually add the dry ingredients to the butter mixture and stir just until incorporated. Do not over-mix.
4. Separate the dough into three small bowls. Refrigerate for 15 minutes.
5. Once chilled, add in food coloring and incorporate into the dough until your desired color is reached. Dough will still be sticky, but easier to work with!
6. To create a cookie, take 1/2 tsp. of each color dough into your hands and roll together between the palms of your hands to create the marbling effect of your choice. Be careful to not over incorporate to avoid mixing the colors too much. Repeat for the rest of the dough and place on prepared baking sheets.
7. Bake at 350 degrees for 10-11 minutes. Cookies should be light in color, not browned, and just starting to brown on the bottom. *Length of baking time may vary from oven to oven.
8. Cool cookies on the baking sheet for a few minutes before transferring to a wire rack to cool completely.
9. Optional: Dust with powdered sugar!

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



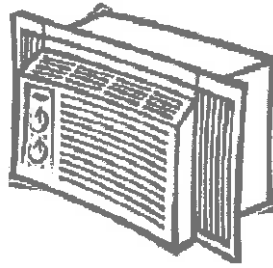
NEXT IHA BOARD

**MEETING TUESDAY JULY 17TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**

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



The IHA has received the below negotiated rates from a private company for installation of air conditioners for 2018.



Please make payments and installation arrangements through the company listed below:

R & R Appliance

Rich Roman 607-564-0364

1. New air conditioner unit installation: \$69.00. (price includes tax, screws, chains, and foam for unit installation)
 *New Plexiglas partitions will be an additional cost; the glass size may vary if required in Titus One.
 *Luan or other wood trim will be additional if needed in Titus Two.
2. Installation of previously installed air conditioner: \$38.00 (Price includes tax, screws, and foam for unit installation)
3. A/C unit removal. \$25.00 (includes tax).
 When your air conditioners are no longer needed, they will be stored in the same location as in the past.

****PLEASE DO NOT CONTACT MAINTENANCE TO HAVE YOUR AIR CONDITIONER INSTALLED****

If you choose to use another vendor to install your air conditioner, you must have them contact Doreen Osterman at the IHA BEFORE they install your unit. She may be reached at 607-273-8629, ext. 234. We need to confirm that they are insured and that they have a copy of our installation instructions. Do NOT allow anyone to install your air conditioner without having them check with Doreen first.

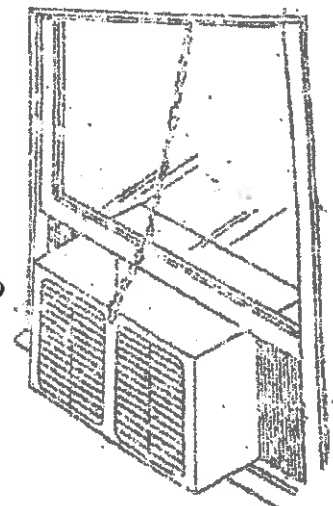
**Attention All Titus Towers #1 and Family Site Residents:
 Window-Installed Air Conditioners in Your Apartments:**

All residents who install air conditioners in the windows of their apartments must install a safety chain from the back of the air conditioner up to the top of the metal frame of the window, as shown in the drawing below. This is a requirement from our insurance company; this chain will help support the part of the air conditioner that hangs out of your window. The Maintenance Department staff will be checking this on a weekly basis to make sure that all residents with air conditioners have this safety chain on them. If you do not comply with this requirement, you will be asked to remove the air conditioner from your window. We expect that everybody will comply for the safety of all our residents. We do not want any of the AC units falling out of windows and hurting someone. If you have any questions, call the

Maintenance Department at 607-273-8629 ext. 238.

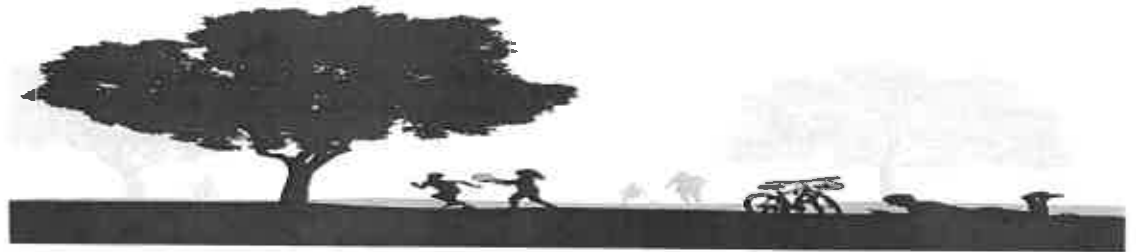
Thank you

**This does not apply to Titus Towers #2 residents because their AC units are installed differently.*



Parks in Ithaca

Buttermilk Falls State Park	112 Buttermilk Falls Road East	(607) 273-5761
Robert H Treman State Park	105 Enfield Falls Road	(607) 273-3440
Stewart Park	Stewart Park Road	(607) 273-2817
Cass Park Rink & Pool	701 Taughannock Boulevard	(607) 273-1090
Allan H Treman State Park	805 Taughannock Boulevard	(607) 272-1460
Titus Flats Wood Street Park	Wood Street	(607) 272-1718
Conway Park	Cascadilla Street	(607) 272-1718



Cutting Connections


*Beauty Shop at Titus Towers
Hours: Monday-Thursday, 9am-2pm*



Welcome new tenants! Stop in or call 607-339-7290

*Serving men, women, and children.
For evening appointments please call to schedule.
Come on in, walk ins are welcome!*

*Happy Fourth of July!
Enjoy a deep condition treatment, great for moisturizing dry frizzy hair! \$10.00*



\$3.00 off any Chemical Service

Expires: 7/31/2018

Hydration: Why It's So Important

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health.

Path to improved wellness

You should drink water every day. Most people have been told they should drink 6 to 8, 8-ounce glasses of water each day. That is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day. If you are concerned that you are not drinking enough water, check your urine. If your urine is usually colorless or light yellow, you are well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated.

Water is best for staying hydrated. Other drinks and foods can help you stay hydrated. However, some may add extra calories from sugar to your diet. Fruit and vegetable juices, milk, and herbal teas add to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4, 8-ounce cups of coffee. However, it's best to limit caffeinated drinks. Caffeine may cause some people to urinate more frequently, or

feel anxious or jittery.

Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce), and in soup broths.

Sports drinks



can be helpful if you are planning on exercising at higher than normal levels for more than an hour. It contains carbohydrates and electrolytes that can increase your energy. It helps your body absorb water. However, some sports drinks are high in calories from added sugar. They also may contain high levels of sodium (salt). Check the serving size on the label. One bottle usually contains more than one serving. Some sports drinks contain caffeine, too. Remember that a safe amount of caffeine to consume each day is between 200 and 300 mg (milligrams).

Energy drinks are not the same as sports drinks. Energy drinks usually contain large amounts of caffeine. Also, they contain ingredients that overstimulate you (guarana, ginseng, or taurine). These are things your body doesn't need. Most of these drinks are also high in added sugar. According to doctors, children and teens should not have energy drinks.

If staying hydrated is difficult for you, here are some tips that can help:

- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and

THE BENEFITS OF STAYING HYDRATED

CLEARs TOXINS

MAINTAINS BODY TEMP.

HELPS MUSCLE FUNCTION

AIDS DIGESTION

IMPROVES SKIN

dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.

- Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

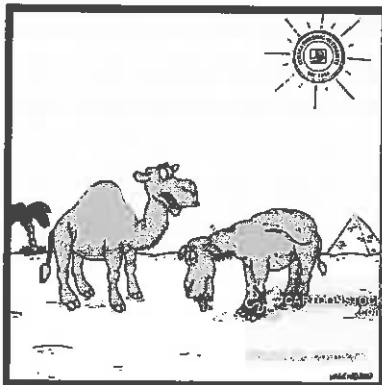
Things to consider

Recognizing signs of dehydration is important. They include:

- Little or no urine.
- Urine that is darker than usual.
- Dry mouth.
- Sleepiness or fatigue.
- Extreme thirst.
- Headache.
- Confusion.
- Dizziness or lightheadedness.
- No tears when crying.

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

Some people are at higher risk of dehydration, including people who exercise at a high intensity (or in hot weather) for too long, have certain medical conditions (kidney stones, bladder infection), are sick (fever, vomiting, diarrhea), are pregnant or breastfeeding, are trying to lose weight, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration. It doesn't send signals for thirst.



You look a bit dehydrated to me... We'd better get you a drink...

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you

are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

Sources:

- <https://familydoctor.org/hydration-why-its-so-important/>
- <https://ephtracking.cdc.gov/>

CLIMATE CHANGE & EXTREME HEAT

Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

www.cdc.gov/ephtracking



4th July
 ★ Happy ★
 Independence Day



Independence Day

by Mary M. North

We celebrate a "day of days,"
 Which saw a nation rise
 Through din of battle, clash of arms,
 And severed kindred ties.
 This day we draw aside the veil,
 And backward take a look
 On stirring scenes, brought to our view,
 As in an open book.

We see the lights in "old North Church"--
 Those beacons burning bright--
 And gallop on with Paul Revere,
 Throughout that fateful night.
 We fight with men at Bunker Hill,
 Whose aim was good and true--
 Nerved to the task by loyal hearts,
 'Neath coats of buff and blue.

With praying Washington we wait
 At Valley Forge, in snow and sleet,
 And see the blood-prints on the ground
 From shoeless soldiers' feet.
 With thin-clad, shiv'ring, dauntless men
 We cross the Delaware
 To meet the foe and capture them,
 And untold perils dare.

We rise with those patriots brave,
 When they their names affix
 To the "Declaration" broad and grand,
 Of Seventeen Seventy-six.
 As liberty loud it proclaims,
 We hear the tones of the bell,
 While echoing valley, hill and glen
 The message to nations tell.

And so each year we celebrate
 This day, so dear to all,
 When a Nation to new life awoke,
 At Freedom's earnest call.

Ithaca Rotary Community Fireworks 2018

WHAT, WHEN AND WHERE?

The Ithaca Rotary Community Fireworks will be held July 3, 2018 (rain date July 5th). It's an Independence Day inspired event that is free and open to all members of the public. It's a celebration of our community, supported wholly by donations from the community. Fireworks, food and beverage vendors, music, and a fantastic time. Prime viewing locations for the fireworks are at Stewart and Cass Parks.

7 Ways a Summer Job Benefits You and Your Resume

Summer seasonal employment provides a number of benefits for those already employed and those looking for employment. For some, it's a way of keeping yourself in the game when you can't find work in your chosen field. For others, it's a way of earning a much-needed income while you build a professional network, find a mentor and build a peer support group.

1. Income

For many, a summer job is their first opportunity to learn important life skills around earning money and budgeting. Not only do they learn to handle finances, they also learn the responsibility that comes with having an income.

2. Transferable Skills

It may be hard to see the connection between being a camp counselor or waitressing and your dream job, but many



of the skills and knowledge you gain through summer employment are applicable to most work environments,

like responsibility, leadership, problem solving, communication skills, focus, creativity and flexibility, people skills, patience, programming, organizational and time management skills – it's a long list.

3. Experience

Summer work experience helps fill out a new resume. In time, that employment will

Make summer WORK for you!

be replaced by permanent or other part-time work, but don't underestimate the power of that experience and its impact on potential employers, especially if it's worded effectively on your resume. It can also fill gaps in your resume, showing an employer there's no dust on you. A summer job is also an opportunity to find out where your talents lie, what you want to do, and – equally important – what you don't want to do.

4. Work Ethic

For many young people, summer employment is where they identify and build a work ethic. That's something that stays with you for life. Its impact can't be overemphasized.

5. Networking

A summer job may be the first time you meet and interact with people you don't go to school with. That makes it a great opportunity to start building a



network of co-workers, managers and employers, especially if you impress them with your work ethic and willingness to learn and grow. Networking is the most effective way to find future employment, especially in your field. Many employers hire their summer students and interns permanently if they're suitably impressed. It's a potential leg up in an organization you'd like to work for.

6. Communication Skills

The summer workplace is a great environment for developing and polishing your communications skills, both written (do they still do that?), electronic and in person. It's also a great place to learn how to work well with others.

7. Customer Service

Depending on where you work and what role you perform, odds are you'll be dealing with people. You'll have to get along with co-workers at all levels, and you may deal with vendors, suppliers, customers and the public.

Seasonal employment keeps you moving forward, even if you feel like your career has stalled or you can't get it started. It brings you in contact with people and opportunities you wouldn't have otherwise. It's



the time of year when 'the livin' is easy', which makes taking online and library courses, and skills enhancement and general interest courses far less onerous and overwhelming. Offer to fill in and pick up the slack of vacationing employees. Get out there and try something new, learn something new. Just remember to wear sunscreen.

Source: https://www.randstad.ca/job-seeker/job-tips/archives/summer-jobs-7-skills-you-gain-from-seasonal-work_404/

USE OF CHARCOAL GRILL - TITUS TOWERS

Titus Towers Residents,

If you use the charcoal grill, please be courteous to the next person by emptying the used charcoal and cleaning up the area. Please wait for the charcoal to completely cool and then place the charcoal in a garbage bag and place it directly in the dumpster. Thank you for your cooperation.



Tompkins County Food Pantries as of January 2018

(All addresses are New York, area code is 607)

For updates: Human Services Coalition website www.HSCTC.org or call 211

Also: www.foodbankst.org and friendshipdonations.org

Downtown Ithaca	
Rescue Mission Friendship Center	<p><u>Pantry</u> (three meals a day for three days for each person in the family) Monday, 2-4 pm & Saturday, 9-11 am Tuesday-Friday, 9-11am, 2-4 pm <u>Meals</u> Tuesday and Thursday, Noon Saturday, 4-5pm 618 West State Street, Ithaca 273-6684</p>
Salvation Army, Ithaca Kitchen Cupboard Salvation Army, Our Brothers and Sisters Table	<p><u>Pantry – (City/Town of Ithaca Residents ONLY)</u> Monday-Thursday, 1:30-3pm Friday, 1-2:30pm <u>Mobile Food Truck (all Tompkins Co. residents)</u> 3rd Saturday, 10:00 am – 11:00 am <u>Meals</u> Saturdays, 12 Noon (not on 3rd Saturdays) Sundays, 3pm 150 North Albany Street, Ithaca 273-2400</p>
Immaculate Conception Church Food Pantry	<p><u>Pantry</u> Tuesdays, 1-2pm 113 North Geneva Street, Ithaca (pantry entrance on West Seneca Street) 273-6121</p>
Loaves & Fishes	<p><u>Meals</u> Monday, Wednesday, & Friday, Noon Tuesdays & Thursdays, 5:30-6:30pm St. John's Episcopal Church, 210 North Cayuga Street, Ithaca 272-5457</p>
Southside Community Center	<p><u>Pantry:</u> 1st & 4th Saturday, Noon-2 pm Emergency food packs, Tuesday-Friday, 4:30-6 pm 305 South Plain Street, Ithaca 273-4190</p>
Baptized Church of Jesus Christ Pantry	<p>Wednesday, 10 am-12:00 pm 3rd Saturday, 10 am-12:30 pm 412 First Street, Ithaca 272-1984</p>
Calvary Baptist Church Pantry	<p>3rd Saturday, 10 am - Noon 507 North Albany Street, Ithaca 273-7291</p>

Outside downtown Ithaca	
Caroline Food Pantry	<u>Pantry – (Caroline Residents ONLY)</u> 1st and 3rd Monday, 5-7 pm 524 Valley Road, Brooktondale 539-6810 (John Martin) 539-7920 (Ted Sobol)
Danby Food Pantry	<u>Pantry (Danby Residents ONLY)</u> 3rd Thursday, 3-6 pm <u>Mobile Food Truck (all Tompkins Co. residents)</u> 4th Monday, 12-1 pm Danby Federated Church 1859 Danby Road, Danby, 273-7850 280-4776 (Joan Barber)
Dryden Kitchen Cupboard	<u>Pantry –(Town of Dryden Residents ONLY)</u> Monday and Friday, 11 am–Noon Wednesday, 5-6 pm Last Saturday, 11 am – Noon Dryden Presbyterian Church (red brick church) 6 North Street, Dryden 844-8321
Dryden United Methodist Church	<u>Community Meals</u> 1st, 2nd, 3rd & 4th Wednesdays, 5:30-6:30 pm West Main and North Streets (large white church), Dryden 844-9861
Enfield Food Distribution	<u>Pantry (Enfield Residents ONLY)</u> Sundays, Noon – 1 pm Mondays, 1-3:30 pm Enfield Community Center 182 Enfield Main Road, Enfield 273-8256
Freeville Pantry	<u>Pantry – (Freeville Area Residents ONLY)</u> 2nd and 4th Monday, 6-7 pm Freeville United Methodist Church 37 Main Street, Freeville 844-8760 (church) 844-5281 (parsonage)
Groton Food Providers	<u>Pantry – (Town of Groton Residents ONLY)</u> 2nd & 4th Saturday, 10-11:30am Groton Assembly of God, Joyce Crouch Benevolence Building, 101 McKinley Avenue, Groton 898-5263, ext. 615 <u>Healthy Tuesdays - fresh produce,</u> 6-7 pm Groton Public Library, 112 E. Cortland St., Groton
Interlaken Reformed Church Pantry	Fridays, 3-6 pm 8315 Main Street, Interlaken

Lansing Food Pantry	<p><u>Pantry –(Lansing Residents ONLY)</u> January-October (except May), 4th Monday, 1-3pm May, November, December, 3rd Monday, 1-3pm Plus emergencies <u>Mobile Food Truck (all Tompkins Co. residents)</u> 2nd Monday, 10-11am The Rink, 1767 East Shore Drive, Lansing 592-4685</p>
Linderman Creek Apartments, Workers Center Pantry	<p>3rd Saturday, Noon- 12:30 pm Community Room #1, 201 Cypress Court, Ithaca 269-0409 216-9522</p>
McLean Community Church Pantry	<p>4th Saturday, 1:30-2:15pm 50 Church Street, McLean 838-8234</p>
Newfield Kitchen Cupboard	<p><u>Pantry-(Newfield Residents ONLY)</u> 1st & 3rd Wednesday, 6-7pm, plus emergencies <u>Mobile Food Truck (all Tompkins Co. residents)</u> 4th Tuesday, 12-1pm, April-September Newfield United Methodist Church 227 Main Street, Newfield 564-3555 (Marge Strosnider) 564-7823 (church)</p>
Overlook Apartments	<p>Alternate Sundays (see schedule), Noon-12:30pm Community Room 1263 Trumansburg Road (across from Cayuga Medical Center), Ithaca 216-9522</p>
Reach Out to Christ Pantry and Outreach	<p><u>Pantry</u> Sunday, 1-2 pm <u>Mobile Food Truck</u> Third Thursday 5-6 pm 318 Johnson Rd, Freeville – 844-3000</p>
Trumansburg Food Pantry	<p><u>Pantry- (T-burg/Ulysses Residents ONLY)</u> Alternate Mondays (see schedule online), plus emergencies, 1-2 pm; 5:30-6 pm Trumansburg United Methodist Church 80 East Main Street; (corner South Street) 387-8260</p>
Tompkins Community Action	<p>NO PANTRY - until building renovations are done-projected reopening summer 2018. 273-8816 (701 Spencer Rd, Ithaca)</p>

July 2018 Tompkins County WIC Appointment Hours

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
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9 Tompkins County Health Department 8:45 - 6:00	10 Tompkins County Health Department 8:45 - 4:00	11 Salvation Army Downtown Ithaca 10:00 - 4:45	12 Tompkins County Health Department 8:45 - 1:00	13 Tompkins County Health Department 8:45 - 4:00																																																																																																		
16 Tompkins County Health Department 8:45 - 6:00	17 Tompkins County Health Department 8:45 - 6:00	18 Salvation Army Downtown Ithaca 10:00 - 4:45	19 Tompkins County Health Department 1:30 - 4:00	20 Tompkins County Health Department 8:45 - 4:00																																																																																																		
23 Tompkins County Health Department 8:45 - 6:00	24 Jacksonville United Methodist Church 10:00 - 2:30	25 Salvation Army Downtown Ithaca 10:00 - 4:45	26 Tompkins County Health Department 8:45 - 4:00	27 Tompkins County Health Department 8:45 - 4:00																																																																																																		
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Check Us Out at WICSTRONG.COM * 55 Brown Road Ithaca (607) 274-6630

Office Hours Mon 8:30 - 6:30 * Tue - Fri 8:30 - 4:30

YOU ARE INVITED TO
**IHA'S 35TH NATIONAL NIGHT OUT
BLOCK PARTY**

WHEN: TUES., AUGUST 7TH, 2018

WHERE: TITUS 1 PAVILION (800 S. PLAIN ST)

AND

CONWAY PARK (500 CASCADILLA ST)

TIME: 5:00 PM – 9:00 PM

This is an opportunity for the community to meet and embrace each other and generate support for anti-crime programs, strengthen neighborhood spirit and police-community partnerships. And to send a message to criminals letting them know that neighborhoods are organized and fighting back.

FREE FOOD



**FACE
PAINTING**



MUSIC



THANK YOU TO OUR COMMUNITY SPONSORS AND DONORS:

*Sal's Pizzeria
Rogan's Corner
Five Guys
Lowe's
Ithaca Bakery
YMCA
Greenstar
Pat's Pizzeria
Texas Roadhouse
Walmart*

*Chili's Restaurant
Ithaca Ice Company
Short Stop Deli
Boatyard Grill
Papa John's Pizzeria
The Home Depot
Wegmans
Joe's Restaurant
Target
Tops Supermarket*

*Purity Ice Cream
Ithaca Police Dept.
Ithaca Fire Dept.
T.C. Government
T.C. Solid Waste
T.C. Workers' Center
FLIC
Cornell Cooperative
Extension
Big Brothers Big Sisters*

*Challenge
OAR of Tompkins Co.
Coalition of Healthy
School Fund
Natural Leaders
Initiative
Finger Lakes
Residential Center*

PHOTO RELEASE: this is a public event where pictures will be taken by IHA staff for use on its website or printed material. By attending this event, you grant the IHA permission to use your photograph or your minor children's photograph on its website or printed material without payment or other consideration.

SUMMER MEALS FOR KIDS!



FREE TO ALL STUDENTS AGE 18 & YOUNGER

NORTHSIDE COMMUNITY CENTER JUNE 25-AUGUST 31

BREAKFAST	8:00-10:30	625 HANCOCK STREET
LUNCH	11:00-1:30	ITHACA, NY 14850

SOUTHSIDE COMMUNITY CENTER JULY 9-AUGUST 24

BREAKFAST	8:30-10:30	305 S PLAIN STREET
LUNCH	11:00-1:30	ITHACA, NY 14850

REMINDER TO PARENTS

From: Ithaca Housing Authority Management

Please do not send children age 5 and under to the feeding program alone. Children age 5 and under must be accompanied by an adult or an older child who is at least 12 years of age. If an older child (age 12+) accompanies a child under age 5, they must supervise that child the entire time they are at the Center. We are seeing young children being accompanied by older children, but the older children do not supervise the younger child throughout their duration of their stay at the Center.



This is for the safety of your child; our onsite staff person cannot supervise your child. Your child is YOUR responsibility. The feeding program purpose is to provide a meal to your child; it is NOT a babysitting service.