

## 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



## June 2019

### Quote of the Month

“Don’t believe  
everything you hear.  
Real eyes, Realize, Real  
lies.”

- Tupac Shakur

Rapper, Actor, Writer

(June 16, 1971– Sept. 13, 1996)

### Employee Birthdays

JUNE 26TH

STEPHANIE LOVETT,  
PRINCIPAL ACCOUNT CLERK



Can you spot this logo

# JUNE 2019

## June 2nd

National Cancer Survivor's Day

## June 5th

National Environment Day

## June 7th

National Doughnut Day

## June 8th

National Best Friend Day

## June 14th

Flag Day

World Blood Donor Day

## June 16th

Father's Day

## June 18th

International Picnic Day

## June 19th

Juneteenth

## June 20th

World Refugee Day

## June 21st

Summer Solstice

International Yoga Day

World Music Day

## June 23rd

International Widow's Day

## June 28th

National Nude Day (not recommended)

## June is Observed as:

National Safety Month

The State Theatre of Ithaca

\$4.50 suggested donation

Saturday June 1st

Doors: 5:30pm/Show 6pm



In 1969, 500,000 people descended on a small patch of field in a little-known town in upstate New York called Woodstock. In this documentary, the iconic event is chronicled in unflinching detail, from the event's inception all the way through to the unexpected air-delivery of food and medical supplies by the National Guard. The film contains performances, interviews with the artists and candid footage of the fans in a defining portrait of 1960s America.

## SUMMER CONCERT SERIES

In Bank Alley on the Ithaca Commons

Every Thursday

June 20th– September 12th

6-8pm

FREE



Summers in downtown are simply the best way to relax and unwind, especially Thursday evenings at the CFCU Summer Concert Series that kicks off June 20th at the Bernie Milton Pavilion stage in Bank Alley on the Ithaca Commons! The series is a FREE outdoor concert series open to the public held every Thursday evening from 6-8pm, June 20th – September 12th (with a brief hiatus the week of July 4th)

## 3rd ITHACA RAGGAE FEST

Stewart Park

Saturday June 29th

Doors: 11am/ Show: 11:30am

\$20.00 tickets or buy weekend pass



Dedicated to the protection of Cayuga Lake through a vibrant celebration of Ithaca's legendary reggae community and its history,  
Friday June 28– Festival Pre-Party @ The Haunt (included with weekend pass)  
Saturday June 29– Ithaca Reggae Festival at Stewart Park

## DO NOT PANIC – STAY CALM

the following procedure will be followed:

1. The Fire Department is automatically contacted through our alarm system and will automatically respond.
2. The Fire Department will determine if the building needs to be evacuated.
3. All residents **will remain** in their homes during the emergency until they hear instructions from authorized emergency service personnel. Residents will not attempt to gain access to floors during an emergency unless permission is granted by emergency services personnel and will instruct residents if evacuation is needed.
4. If evacuation is necessary and if time allows (and it is safe to do so), residents should make a phone call from their apartments or designated holding area (if residents have been temporarily moved to one) for evacuation pick up. If you are not picked up, you will be transported to a Red Cross shelter.
5. Residents must **check out, and check back in, with an IHA staff person** during the emergency/evacuation. IHA staff persons will be stationed on the ground floor or designated holding area (if residents have been temporarily moved to one).
6. Residents who are not permitted to return to their homes immediately will be made as comfortable as a possible in a designated



arrangements:

- a. The American Red Cross will be contacted for temporary shelter.
  - b. You will be transported to a Red Cross shelter. If you prefer to go to a family or friend's home, please contact them and arrange for them to pick you up, but remember to check out with an IHA staff person and tell them where you are going.
  - c. IHA will support residents in relocation efforts.
8. IHA Staff Response Team will coordinate with emergency services.



Stay in your apartment until told otherwise by IHA staff or emergency personnel (fire department, police). If the emergency (example: fire) is in your apartment, leave your apartment immediately.

### WHERE TO MEET:

If the trouble/emergency is in Titus 1, Titus 1 residents will go to the Titus II lobby when instructed by IHA staff or emergency personnel. If the trouble/is in Titus II, Titus II residents will go to the Titus I Community Room. The first step once you are downstairs is to check in with IHA staff.

### IF YOU LEAVE IHA:

Tell an IHA staff person where you are going before you leave. You will be asked to give the name, address and phone number of the person you are staying with. If you have no place to go, the IHA and the Red Cross will ensure that you

You may need to put things together quickly! It is best to have a “TO GO” emergency kit assembled NOW, so you can just grab it and go. A backpack or suitcase on wheels makes excellent “TO GO” kits.

- Flashlight (tape batteries to outside of flashlight so they don’t corrode inside the flashlight)
- Emergency blanket
- Snacks
- Water
- Cell phone & charger
- Batteries for hearing aid
- Medication bottles and pill box
- Halo charger (charge up your portable devices – phones - quickly without access to an outlet)
- **VIAL OF LIFE FORM (be sure to keep this updated. Give copy to IHA and put it on your refrigerator)**
- Oxygen (ask your provider if they can give you portable tanks NOW, don’t wait until an emergency)
- Duct tape
- Cash
- Toilet paper
- Underwear, clothes
- Personal things (soap, shampoo, toothbrush, tooth paste)
- Your doctor’s name and phone number
- Family / friends phone number
- Pets (pet supplies such as leash, food, meds, water, shots record)
- Emergency contact card
- First aid kit
- Hand crank radio
- Canned food with pull tab lid (including special food for a specific diet)
- Important papers (put your will, living will, healthcare proxy and other important documents



Your “STAY HOME” kit will be useful if, for example, the building loses power, but evacuation is not necessary. It is best to have a “STAY HOME” kit assembled NOW, don’t wait for an emergency. A backpack or plastic tub make “STAY HOME” kits.

- Flashlight (tape batteries to outside of flashlight so they don’t corrode inside the flashlight)
- Emergency blanket
- Snacks & Water
- Batteries for hearing aid
- Medication bottles and pill box
- Cell phone & charger
- Halo charger (charge up your portable devices – phones - quickly without access to an outlet)
- **VIAL OF LIFE FORM (be sure to keep this updated. Give copy to IHA and put it on your refrigerator)**
- Oxygen (when Titus Towers is on generator power, 1 outlet on each floor continues to have power for those residents on oxygen; contact IHA staff if you need an extension cord or help, **PLUS** ask your oxygen supplier for portable tanks)
- Duct tape
- Cash
- Toilet paper, toiletries (soap, toothbrush, paste)
- Underwear, clothes
- Your doctor’s name and phone #
- Family / friends phone number
- Pet Supplies (such as leash, food, meds, water, shots record)
- Emergency contact card
- Games, magazines
- First aid kit
- Hand crank radio
- Canned food with pull tab lid (including special food for a specific diet) & manual can opener
- Important papers (put your will, living will, healthcare proxy and other important documents

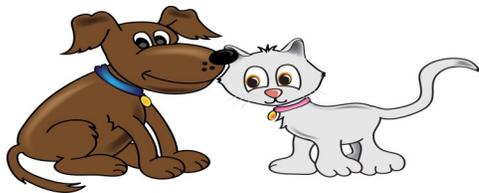


to someone who can pick you up and take you where you would like to go if you cannot stay at Titus Towers and do not want to go to a Red Cross Shelter. Before leaving, check out with an IHA staff person to let him or her know where you are going. This will help if any other family members or friends call to find out your location. Also, IHA should be able to contact you.



### **PETS**

If you need to evacuate, please take your pet with you (including food, leash, medications and vaccination records) and contact family or friends and arrange for them to meet you at the shelter so your pet can go home with them. Your pet needs to be in a pet carrier during the evacuation process for their safety and the safety of others. Pets are not allowed to stay in Red Cross shelters, except for service assisting animals. If there is no one that your pet can go home with, please let IHA or Red Cross staff know, and we will make arrangements with the local SPCA to hold them until you can return to your apartment.



### **RETURNING TO IHA**

When things are okay and you can return to IHA, please check back in with an IHA staff



### **Congratulations to Nano Win** **– Scholarship Winner**

She applied for and was the recipient of the New York State Public Housing Authority Director's Association (NYSPHADA) 10<sup>th</sup> annual College Scholarship Award in the amount of \$2,500.00. Ms. Win and her family live at our Northside development. In addition to the base scholarship, Ms. Win received the sum of all the application fees and generous outside donations, bringing the total sum of Ms. Win's scholarship to \$4,550.

She is a powerful and inspiring young lady who continues to challenge herself and the IHA Board of Commissioners, our entire staff and I are extremely proud of Nano and her achievements. I have nothing but confidence that she will continue to succeed in her studies as a dedicated student with strong academic ethics who always strives for excellence.

1/2 lb spaghetti  
 1 lb asparagus trimmed and cut into 2" pieces  
 3 Tbsp butter, divided  
 3 Tbsp olive oil , divided  
 4 cloves garlic minced (about 1 1/2 Tbsp)  
 1 lb large shrimp peeled and deveined (16-20 )  
 1 1/4 tsp Sea Salt divided, plus more for cooking pasta  
 1/4 tsp Black Pepper ground  
 1/4 cup fresh lemon juice from 1 large or 2 small lemons  
 1/3 cup fresh parsley finely chopped  
 1 Tbsp grated lemon zest  
 Grated parmesan to serve

Bring a large pot of water to a boil, add 1 Tbsp salt and 1 Tbsp olive oil and cook pasta according to package instructions until al dente, or desired doneness (meanwhile, continue with recipe). Drain pasta, return to pot and cover to keep warm.

Place a large, deep pan over medium/high heat and add 1 Tbsp olive oil and 1 Tbsp butter. Add asparagus, season lightly with 1/4 tsp salt and 1/8 tsp pepper and cook uncovered for 5 minutes or until crisp tender, stirring occasionally. Remove from pan.

In the same hot skillet, add 2 Tbsp oil and 2 Tbsp butter. Once the butter is melted, add minced garlic and sauté, stirring frequently for 1 minute. Add shrimp in a single layer and season with 1 tsp salt and 1/4 tsp black pepper. Cook until shrimp are pink and not translucent (about 2 minutes per side). Be careful not to overcook or shrimp will be tough. Add 1/4 cup lemon juice, 1/3 cup chopped



parsley, 1 Tbsp lemon zest and stir to combine. Turn off the heat and return pasta and asparagus to the pan. Toss everything to

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



**NEXT IHA BOARD MEETING TUESDAY JUNE 25TH AT 3:00 PM IN THE TITUS TOWER 2 CONFERENCE ROOM**

*Birthdays of the Month*

Happy Birthday wishes to our residents who celebrate



**FREE TO ALL STUDENTS AGE 18 & YOUNGER**

**NORTHSIDE COMMUNITY CENTER JULY 1-AUGUST 31**

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

**SOUTHSIDE COMMUNITY CENTER JULY 8-AUGUST 16**

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.**

Please call 607-273-8629, ext. 234 if you have any questions.



tion Program Manager, Franci J Saunders, will join us at three locations in Tompkins County to give us advice on how to foster constructive responses to conflict and teach us how to:

- Have positive conversations**
- Recognize when conflict is arising**
- Foster and maintain relationship**
- Use meditation as a tool to facilitate communication**
- Maintain relationships**
- Utilize services that are available to you through Community Dispute Resolution Center**

June 19<sup>th</sup> 10:30-11:30 (Wednesday)  
Center Village Court (community room)  
200 W. South St.  
Groton, NY

June 20<sup>th</sup> 11:30-12:30 (Thursday)  
YMCA (Borg-Warner Wellness Room)  
50 Graham Rd. W.  
Ithaca, NY

June 21<sup>st</sup> 10:30-11:30 (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.

***NEED YOUR MOBILITY EQUIPMENT REPAIRED?***

**Wednesday, June 19<sup>th</sup>**

**1:00pm**

**Titus Towers Community Room**

**A representative from the non-profit organization Wonderful Wheelchairs will be here to fix your mobility equipment! There is no cost (donations accepted). Bring walkers, wheelchairs, or electric scooters for**



Xylitol is a type of artificial sweetener found in many sugar-free products like gum and candy, as well as some nut butters like peanut butter. Xylitol can cause insulin release, which can lead to liver failure, seizures and brain damage in your pet.

### 2. Chocolate, coffee and caffeine

While many dog owners are already familiar with the chocolate warning, the ASPCA points out that chocolate, coffee and caffeine all contain substances called methylxanthines, which are very dangerous to a pet's health.

According to the ASPCA, "when ingested by pets, methylxanthines can cause vomiting, diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest."

### 3. Onions, garlic and chives

In all forms (powdered, raw, cooked etc.), these foods can cause gastrointestinal irritation in pets and could lead to red blood cell damage. While cats are more susceptible, dogs are also at risk if they consume enough of any of these.

### 4. Raw/undercooked meat, eggs and bones

Raw meat and eggs can often contain bacteria like Salmonella and E. coli, which can be harmful to both pets and humans. According to the ASPCA, raw eggs also "contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems."

Raw bones can also be very dangerous for domesticated animals, as they can choke on them, and if the bone splinters, it could get stuck in or puncture your pet's digestive tract.

### 5. Grapes and raisins

Watch that glob of fruit salad you dropped on the

they can cause kidney failure.

### 6. Salt and salty snack foods

Salt, as well as salt-heavy foods like chips and pretzels, can lead to excessive thirst and urination, and even sodium ion poisoning in pets. Some signs that your pet may have consumed too much salt include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death.

### 7. Nuts

Nuts like almonds, pecans and walnuts, contain high amounts of oils and fats, which can cause vomiting, diarrhea and even pancreatitis in pets.

According to the ASPCA, macadamias are especially dangerous for pets. They can cause weakness, depression, vomiting, tremors and hyperthermia.

### 8. Alcohol

"Under no circumstances should your pet be given any alcohol," according to the ASPCA. Alcohol has the same effect on your dog's liver and brain as it does on a human's — but it only takes a little to do a lot of damage.

If a dog consumes just a small amount of alcohol, it can cause vomiting, diarrhea, central nervous system depression, problems with coordination, difficulty breathing, coma and even death.

### 9. Medications

While these aren't foods, common medications can cause serious health problems for your pets, so it's important to keep them locked in a safe place. If common medicines like ibuprofen and acetaminophen are ingested by your dog, they can cause serious damage.

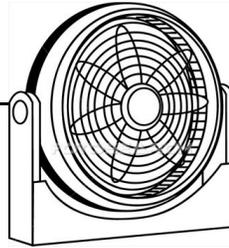
A note from the ASPCA: *If you suspect your pet has eaten any of these foods, please note the amount ingested and contact your veterinarian.*





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.



### Titus Towers Loaner Fans

Tower residents may borrow a box fan from IHA for the summer. Please see Angelina at the reception desk to sign one out.

**\*These are first come first serve.\***

### Slamming of Apartment Doors

Please keep in mind that when the weather is nicer and your windows are open it creates a cross breeze when your apartment doors are opened and closed. This can cause apartment doors to slam if they are not held while they are being closed. Please be considerate of your



host a ribbon-cutting ceremony on Tuesday, June 4, 2019, at noon to celebrate the completed restoration of the Picnic Pavilion in Stewart Park. The event marks the



grand re-opening of the newly-restored pavilion to the public, and will include acknowledgements, park revitalization updates, and light refreshments. Friends of Stewart Park welcomes members of the public to the event.

Restoration of the Picnic Pavilion (sometimes referred to as the Large Pavilion) is a result of a collaboration that began in 2011, initially as a grassroots effort led by Ithaca Beer Company, with hundreds of volunteers scraping and painting the building's exterior. This effort evolved into the establishing of the local nonprofit Friends of Stewart Park that same year.

Friends of Stewart Park began focusing on improvements to the Picnic Pavilion in 2014 and, since that time, the City of Ithaca, Tompkins County Tourism Program, the Town of Ithaca, and many private donors have generously provided funding totaling more than \$500,000 to restore all seven original semi-circular door and window units; construct new bathrooms and a new roof; install new lighting; and to repair and paint interior walls, as well as the veranda's ceiling and pavilion's columns. With its distinctive semi-circular door and window features, and wrap-around peristyle porch, the Stewart Park Picnic Pavilion has been the hallmark of the park since it was built in 1895. The building, along with the Cascadilla Boathouse and Wharton Studio building, was designed by Ithaca architects Clinton Vivian and Arthur Gibb. The Picnic Pavilion has remained a constant through the years, hosting countless family, business, college, and community events. Since 1983, the pavilion has been home base for the Stewart Park Day Camp run by the Ithaca Youth Bureau.

Restoration of the Picnic Pavilion in Stewart Park is one of many projects spearheaded by Friends of Stewart Park in partnership with the City of Ithaca, and in collaboration with Wharton Studio Museum, as part of FSP's goal to revitalize Stewart Park in time for the park's centennial anniversary as a public park on July 4,



FREE SHARPS  
CONTAINERS AVAILABLE  
AT THE FRONT DESK.



PLEASE USE THEM TO PROPERLY DISPOSE OF ALL NEEDLES.

\*Needles that are put into trash bags and then put down the garbage chute are very hazardous to the maintenance staff \*

Please stop by the front desk to pick up a container or call the Receptionist at 607-273-8629 to arrange to have one brought to your apartment if you're not able to walk to the front desk. When returning the sharps containers, ***please make sure the containers are FULL and that the lids are completely latched and closed!***  
*Thank you for your cooperation!*

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### Gas OR Charcoal Grills at Family Sites

Gas grills are very effective at cooking food. Gas grills generate very high temperatures so it is important to be aware of the area around them.

***When being used, the gas or charcoal grill cannot touch the building at all. Place the grill at least 10 feet away from the building any time it is in use. This is in accordance with Fire Code Section 308.7 and Section 308.7.1.***

Always remember to keep the grill lid closed as much as possible while cooking. The cover of a grill is designed to contain the heat so it won't damage the surroundings near the grill. Monitor the grill at all times while in use.



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## She Means Business

Entrepreneurship Summer Camp for Teenage Girls

Where: Alternatives Federal Credit Union, 2nd Floor, 125 N. Fulton St.

When: July 22-26 from 8:30am-4:30pm

Alternatives Business CENTS (Community Enterprise Networking and Training Services) is collaborating with Girls Means Business to create a unique educational experience for young women. Our week-long summer workshop will empower a group of 13-16 year old girls with entrepreneurship training.

Cost: The registration fee to attend is \$150.00. Scholarships are available thanks to funding from the Legacy



Everyone. Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime.

### What sunscreen should I use?

The American Academy of Dermatology recommends everyone use sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 30 or higher
- Water resistance



A sunscreen that offers the above helps to protect your skin from sunburn, early skin aging and skin cancer. However, sunscreen alone cannot fully protect you. In addition to wearing sunscreen, dermatologists recommend taking the following steps to protect your skin and find skin cancer early:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Get vitamin D safely through a healthy diet that may include vitamin supplements.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling.

### When should I use sunscreen?

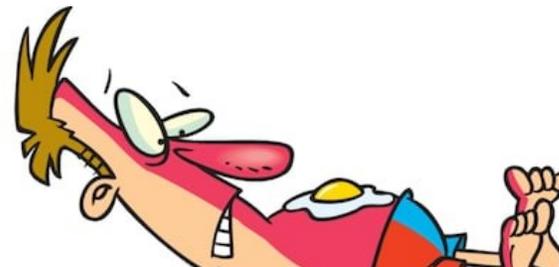
Every day if you will be outside. The sun emits harmful UV rays year-round. Even on cloudy days,

- Use enough sunscreen to generously coat all skin that will be not be covered by clothing. Ask yourself, "Will my face, ears, arms or hands be covered by clothing?" If not, apply sunscreen. Most people only apply 25-50 percent of the recommended amount of sunscreen.
- Follow the guideline of "1 ounce, enough to fill a shot glass," which dermatologists consider the amount needed to cover the exposed areas of the body. Adjust the amount of sunscreen applied depending on your body size.
- Apply sunscreen to dry skin 15 minutes BEFORE going outdoors.
- Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.
- Reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.

### Broad-spectrum sunscreens protect against both UVA and UVB rays. What is the difference between the rays?

Sunlight consists of two types of harmful rays that reach the earth — UVA rays and UVB rays. Overexposure to either can lead to skin cancer. In addition to causing skin cancer, here's what each of these rays do:

- UVA rays (or aging rays) can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass.
- UVB rays (or burning rays) are the primary cause of sunburn and are blocked by window glass.



Finding a great Father's Day gift for Dad doesn't have to be so difficult.

Here are a few gift ideas any Dad will love.

1. Tickets to see his favorite team or artist  
(Buy a ticket for yourself too and make a memorable experience you can share!)  
Check out StubHub for tickets!
2. Dollar Shave Club  
Razor cartridges, shaving cream and other personal care products can be shipped right to his door. \$5+ available on [dollarshaveclub.com](http://dollarshaveclub.com)
3. Gift card to the local golf course  
Dad will love being out on the driving range or cruising in the golf cart to play 9 holes.
4. Any Grill Accessories  
Does Dad need some new grill utensils, maybe he would love a set of different BBQ flavors, a Grill Master Cookbook or even a Burger Press, check out [Walmart.com](http://Walmart.com) for all of Dad's grilling needs.
5. JerkyGent  
Get 3-4 bags of delicious, gourmet, artisan jerky based on your favorite flavors and spices straight from some of the best jerky makers in the nation. \$28 a month. Get \$12 off when you use code [URBANTASTEBUD12](http://URBANTASTEBUD12) at [jerkygent.com](http://jerkygent.com)



graduating  
Class of 2019



*"The future belongs to those who believe in the beauty of their dreams."*

ELENOR ROOSEVELT



*Love the Babble Beauty Team*

School's Out

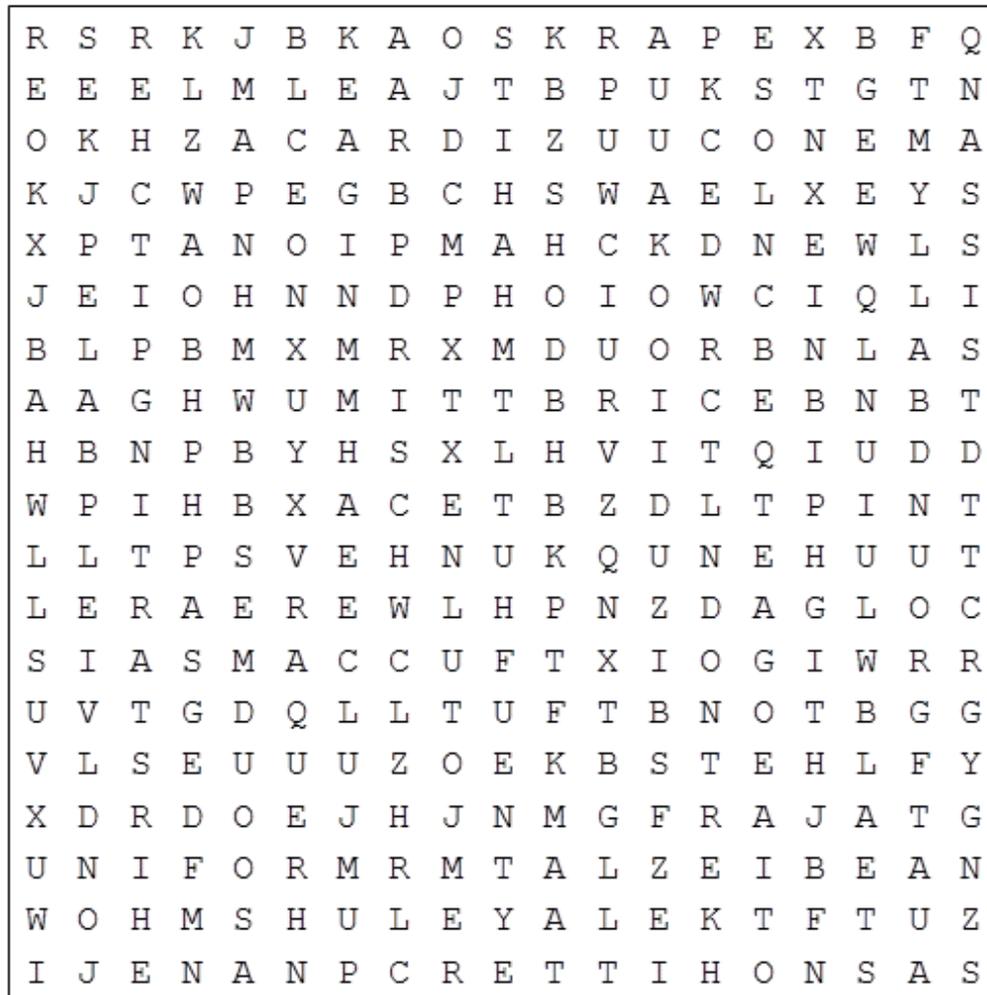


For a...



# BASEBALL

## Word Search



ASSIST  
AT BAT  
BUNT  
CARD  
CHAMPION  
CLUB  
DECK  
DOUBLE HEADER  
FIRST

GROUND BALL  
HELMET  
HITS  
LEAGUE  
LINEUP  
LOSE  
MITT  
NINE  
NO-HITTER

PARK  
RUN  
SAVES  
SCORE  
STARTING PITCHER  
STEAL  
TAG  
THROW  
UNIFORM

