

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



March 2019

Quote of the Month

"Luck? I don't know anything about luck. I've never banked on it and I'm afraid of people who do. Luck to me is something else: —Hard work—
And realizing what is opportunity and what isn't."

~ Lucille Ball

American Actress, comedian and Producer

**NEXT IHA BOARD
MEETING TUESDAY MAR 19TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**

Employee Birthdays

March 9th

*Molly Birecree, Case Manager for the
Elderly/Disabled*

March 16th

Faith Seager, Nurse Case Manager

March 24th

Tara Hujar, Assistant Property Manager



Can you spot this logo
somewhere in this
newsletter?

Prepared By: Angelina Lake, Receptionist

Edited by: Doreen Osterman, Executive Secretary



2019

March 1st

Zero Discrimination Day

March 3rd

World Wildlife Day

March 5th

Mardi Gras

March 6th

Ash Wednesday

March 8th

International Women's Day

March 10th

Daylight Savings Time Begins

March 14th

Pi Day

March 15th

World Consumers Rights Day

March 17th

St. Patrick's Day

March 19th

St. Joseph's Day

March 20th

Spring Begins

International Day of Happiness

March 21st

National Common Courtesy Day

World Down Syndrome Day

March 28th

Major League Baseball Opening Day

March is Observed as:

Women's History Month

National Nutrition Month

What's Happening in Ithaca??

First Friday Gallery Night

March 1st 5-8pm

The Downtown Ithaca Alliance welcomes you to Gallery Night Ithaca, a walkable tour of art openings and other special cultural events in and around downtown Ithaca taking place from 5:00-8:00 PM on the first Friday of every month. With upwards of twenty venues to visit and explore each month, there is sure to be something that will catch your eye, whether you're a seasoned collector or a first-time browser. Are you a venue, curator, or artist interested in participating in Gallery Night Ithaca? Email: ithacafirstfriday@gmail.com

Gallery Night Ithaca is sponsored in part by the Community Arts Partnership.

6th Annual Ithaca Polar Plunge

March 23rd NO FEE TO SIGN UP

Registration 11am-12:30pm

Plunge 1pm

Freezin' For A Reason

Gather family, friends,

co-workers and teammates and start a POLAR PLUNGE TEAM or join as an individual.

Ask everyone you know to help sponsor your plunge in support of local Special Olympic athletes.

Contact Cassandra Rucker at crucker@nyso.org or call 315-625-3625



DONATE NOW!

Pure Oldies Presents:

A Tribute To The King!

Terry Buckwald

March 23rd

Hangar Theater

Doors Open 6:30pm

Show 7:30pm

Ticket price \$15

The best Elvis show in America.

One night, one show!



WOMEN'S HISTORY THROUGH THE YEARS

- 1789** U.S. Constitution is ratified. The terms "persons," "people" and "electors" allow for interpretation of those beings to include men and women
- 1837** Oberlin College becomes first coeducational college in the U.S.
- 1839** Mississippi becomes first state to grant married women right to hold property in their own names, independent of their husbands
- 1840** Catherine Brewer becomes first woman to receive a bachelor's degree, from Georgia Female College
- 1843** Isabella Baumfree takes the name Sojourner Truth and goes on to become a famed abolitionist and women's rights activist
- 1848** First women's rights convention is held in Seneca Falls, N.Y., to sign the Declaration of Rights and Sentiments
- 1849** Elizabeth Blackwell becomes first woman to receive a medical degree, from Geneva Medical College (now SUNY Upstate Medical University in Syracuse, N.Y.)
- 1869** First women's suffrage law is passed in territory of Wyoming
- 1872** Susan B. Anthony is arrested for trying to vote
- 1872** Victoria Claflin Woodhull becomes first woman Presidential candidate, for Equal Rights
- 1916** Jeannette Rankin of Montana becomes first woman elected to Congress
- 1920** 19th Amendment gives women the right to vote
- 1924** Miriam Ferguson (Texas) and Nellie Tayloe Ross (Wyoming) become first women elected governors
- 1932** Amelia Earhart becomes first woman to fly solo
- 1932** Hattie Caraway of Arkansas becomes first woman elected to Senate
- 1933** Secretary of Labor Frances Perkins becomes first woman Cabinet member
- 1938** Fair Labor Standards Act establishes minimum wage without regard to gender
- 1955** First lesbian organization in U.S. is founded
- 1963** Equal Pay Act is passed to close gender pay gap
- 1964** Title VII of Civil Rights Act of prohibits employment discrimination on basis of race, color, religion, national origin or sex
- 1967** Muriel Siebert becomes first woman to own a seat on the New York Stock Exchange
- 1972** Katharine Graham of The Washington Post becomes first woman CEO of a Fortune 500 company
- 1972** Shirley Chisholm becomes first major-party woman Presidential candidate
- 1973** In *Roe v. Wade*, Supreme Court protects woman's right to terminate pregnancy



1977 Secretary of Housing and Urban Development Patricia Harris becomes first Black woman Cabinet member

1978 Pregnancy Discrimination Act prohibits discrimination "on basis of pregnancy, childbirth, or related medical conditions"

1981 Sandra Day O'Connor becomes first woman Supreme Court justice

1982 For the first time, more women than men receive bachelor's degrees

1984 In *Roberts v. United States Jaycees*, Supreme Court prohibits public organizations from refusing membership because of gender

1984 Geraldine Ferraro becomes first major-party woman Vice Presidential nominee

1987 Congress declares March as National Women's History Month

1990 Dr. Antonia Novello becomes first woman (and first Latino) U.S. surgeon general

1993 Family and Medical Leave Act provides job protection and leave for family, medical issues

1993 Janet Reno becomes first woman Attorney General

1994 Gender Equity in Education Act establishes programs to train teachers to treat boys and girls equally

1997 Madeleine Albright becomes first woman Secretary of State

1997 Small Business Administration Administrator Aida Alvarez becomes first Latina to hold Cabinet-level position

1998 Supreme Court rules that employers are liable for workplace sexual harassment



1999 Eileen Collins becomes first woman to command shuttle mission

2001 Secretary of Labor Elaine Chao becomes first Asian woman Cabinet member

2007 Nancy Pelosi becomes first woman Speaker of the House

2008 Hillary Clinton becomes First Lady to run for President

2009 President Obama signs into law the Lilly Ledbetter Fair Pay Act, intended to reduce the pay gap between men and women

2009 Sonia Sotomayor becomes first Latina Supreme Court Justice

2014 General Motors becomes largest company with a woman CEO (Mary Barra)

2015 Two big accounting firms elect their first women CEOs, Cathy Engelbert at Deloitte and Lynne Doughte at KPMG

2016 Hillary Clinton becomes the first woman presidential nominee for a major political party

2016 Massachusetts passes a first of its kind law, effective July 1, 2018, forbidding employers from asking about salary history on job interviews and requiring men and women be paid equally if they do "comparable work"

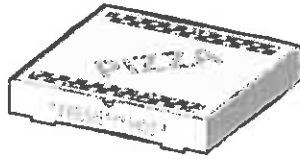
2017 The Women's March on Washington brings nearly 500,000 activists to D.C. to protest for women's rights



Titus Towers Reminders

Pizza Boxes

NO pizza boxes are to be placed in the recycling bins because they will attract roaches. These are garbage and should be broken down and taken directly to the dumpster for disposal.



DO NOT put them down the garbage chute!

Slamming of Apartment Doors

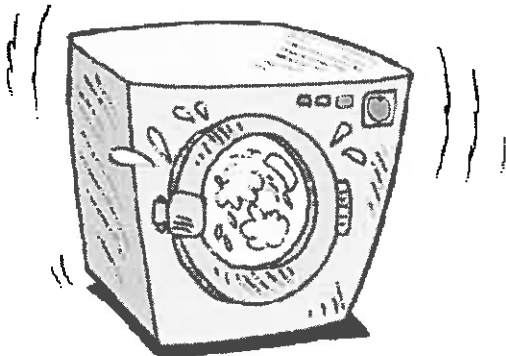
We are receiving complaints about doors slamming loudly. Be considerate of your neighbors and make sure your door is closing quietly. Thank you for your support.

Attire for Common Areas

When visiting in any common areas, you **MUST** be dressed in street clothes, including proper footwear. **Slippers are not considered proper footwear.** Lingerie, such as night gowns, housecoats, etc. are **PROHIBITED**. These areas are **PUBLIC** areas and appropriate dress is required.

Laundry Rooms

Please leave the washing machine doors open when you are finished with your laundry to make sure that the washer does not get musty. Also, please remove any lint from the dryer lint trap when you are done using the dryer. Please do your part to ensure IHA keeps the washers and dryers for your convenience. If the machines end up costing IHA a substantial amount of money in service calls, it may get to a point where the machines are removed altogether and residents will have to take their laundry to a laundromat. IHA does not want to see that happen, so please do your part and use the machines properly.



All Resident Reminders

Vial of Life / Titus Towers Residents

Please remember to update your Vial of Life forms and submit them to your Assistant Property Manager, Lori. It is important to have current information on file in case of an emergency. If you need assistance filling out that form, please contact either Molly or Lori for assistance.



Parking Permits

IHA is updating the files regarding your parking permits. Please submit your unexpired license, registration, and insurance to the IHA office, if you have not already done so. ***Reminder*** You must have a valid insurance card in your vehicle at all times. If you do not have one, contact your insurance company and get a new one. Tenants with vehicles must have a parking permit on their rear left bumper. Vehicles found without permits are at risk for being ticketed or towed at the owner's expense. All IHA residential parking lots are for permit holders only. Please inform your visitors that they need to park on the street (Titus Towers - visitors can park in visitor spots behind Titus 2). If they park in a numbered spot, they risk being ticketed or towed.

Smoke Detectors



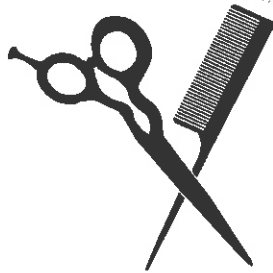
Your unit is equipped with one or more smoke detectors. You must ensure that the smoke detectors are operating at all times. **NEVER DISCONNECT A SMOKE DETECTOR**

FOR ANY REASON. If your smoke detector isn't operating and you need assistance, notify the office immediately. There is no charge for this service. If you fail to keep all smoke detectors in your unit operating at all times, you will be charged \$50 for each incident. If you continue to fail to comply with this rule, IHA will have grounds to evict you.

Cutting Connection

Monday thru Thursday 9am-2pm

Serving men, women & Children.



March on in to set up an appointment or for walk in service.

March Specials

Perm, Cut and Style

\$60

(Longer hair extra)

Eyebrow Wax

\$9

Please note any extra requests to a hair service will be charged accordingly.

Shampoo & Style does not include trimming hair or bangs.

Gift Certificates Always Available!

TENANT REPRESENTATIVE ELECTION TO IHA BOARD

Candidates' names will be posted on bulletin boards at all IHA properties on March 6th. Please vote for the tenant who you think will do the best job representing you at the IHA Board meetings.

-- Election Day is April 1, 2019 --

Family Site polling places are:

Northside Comm. Center from 4:00-7:00 p.m.

Southview Comm. Center from 4:00-7:00 p.m.

Titus Towers polling place:

Titus 2 lobby from 11:00-3:00 p.m.

If you are unable to go to the polling places to vote, you may pick up an Absentee Ballot at the IHA Office from 3/19/19 - 3/29/19. They must be returned to the IHA office by 12:00 noon on 3/29/19 or they will be disqualified.

If a candidate runs uncontested, only one vote is needed to officially elect him or her. Once one vote is received, the election shall be closed.



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



March Birthdays

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



The **NCAA Division I Men's Basketball Tournament**, also known and branded as **NCAA March Madness**, is a single-elimination tournament played each spring in the United States. It currently features 68 college basketball teams from the Division I level of the National Collegiate Athletic Association (NCAA), to determine the national championship. The tournament was created in 1939 by the National Association of Basketball Coaches, and was the idea of The Ohio State University coach Harold Olsen.^[1] Played mostly during March, it has become one of the most famous annual sporting events in the United States.

MARCH MADNESS SCHEDULE AND DATES

ROUND	SITE	DATE
Selection Sunday	N/A	March 17
First Four	Dayton, OH	March 19-20
1st/2nd Rounds	Hartford, CT	March 21/23
1st/2nd Rounds	Salt Lake City, UT	March 21/23
1st/2nd Rounds	Des Moines, IA	March 21/23
1st/2nd Rounds	Jacksonville, FL	March 21/23
1st/2nd Rounds	Tulsa, OK	March 22/24
1st/2nd Rounds	Columbus, OH	March 22/24
1st/2nd Rounds	Columbia, SC	March 22/24
1st/2nd Rounds	San Jose, CA	March 22/24
South Regional	Louisville, KY	March 28/30
West Regional	Anaheim, CA	March 28/30
East Regional	Washington, D.C.	March 29/31
Midwest Regional	Kansas City, MO	March 29/31
Final Four, National Championship	Minneapolis, MN	April 6/8

Daylight Saving's Time Begins
 Sunday March 10th, 2019
 at 2:00a.m.

Don't forget to set your clocks
 ahead one hour!



Independent Audit

Message from
 Brenda C. Westfall, Executive Director

I am proud to announce that there were no findings as a result of the independent audit recently conducted by EFPR Group, CPAs for IHA's fiscal year ended September 30, 2018. Even though we have had a very busy year, our staff did not miss a beat. A big THANK YOU goes to all IHA staff for all of their hard work.



FREE FOOD PANTRIES, HOT MEALS, AND OTHER PROGRAMS

Food Pantries, Hot Meals, and other Programs Served by Friendship Donations Network in Tompkins and nearby counties

Updated: February 2, 2019

FDN provides produce, breads, desserts, dairy, deli, and groceries (if available) to the programs listed below.



MONDAY—FRIDAY

- Loaves and Fishes. Free daily meals. All are welcome. No income guidelines. St. John's Church, 210 N. Cayuga St., Ithaca; Monday, Wednesday, Friday at 12pm; Tuesday, Thursday at 5:30 pm.
- Ithaca Kitchen Cupboard. 150 N. Albany St., Ithaca; Mon.—Thurs. 1:30–3:00pm, Fri. 1–2:30pm.

MONDAYS:

- Lansing Food Pantry, 4th Mondays only. The Rink 1767 East Shore Drive, Lansing, 1:00–3:00pm.
- Caroline Food Pantry, 1st and 3rd Mondays. Brooktondale Community Center, 524 Valley Road, Brooktondale, 5:00–7:00pm.
- Enfield Food Distribution. Enfield Community Building, 182 Enfield Main Rd. 1:30–3:30pm. For Enfield residents.
- GIVE- Giving Involves Virtually Everyone, March 25. Lehman Alternative Community School, 5:30–6:30pm at West Village Apartments..

TUESDAYS:

- Immaculate Conception Church Food Pantry. 119 N. Geneva St., Ithaca, 1:00–2:00pm.
- Healthy Tuesdays at Groton Public Library, 112 E. Cortland St., Groton, 6:00pm.

WEDNESDAYS:

- Bread of Life Food Pantry. 1 Water Street, Candor, 3:00–5:30pm.

THURSDAYS:

- Halsey Valley Helping Hands Pantry. GAR Building, Hamilton Rd, Halsey Valley, 2–2:45 pm. No Halsey Valley Pantry on the 3rd Thursday.
- Danby Food Pantry, 3rd Thursday only. Danby residents only. Danby Federated Church, 1859 Danby Road, Danby, 3:00–6:00pm.

- Spencer Van Etten Community Food Cupboard. All residents of the Spencer Van Etten school district welcome. Spencer Federated Church, 70 N. Main St., Spencer. January to October:
2nd Thursday of the month 4–5:30pm
and 4th Thursday of the month 9:30–10:30 am.

FRIDAYS:

- Interlaken Reformed Church Pantry. 8315 Main Street, Interlaken, 3:00–6:00pm.

SATURDAYS:

- Food Not Bombs, serving free vegan food at Shawn Greenwood Park/DeWitt Park, 12:00pm.
- Free hot meal served at Salvation Army. 150 N. Albany St, Ithaca. Saturday 12pm; Sunday 3pm.
- Food for All, Lodi's Community Pantry, Lodi Presbyterian Church just south of the village of Lodi on Rte. 414, 3pm–6pm.
- 1st Saturday: Southside Community Center Pantry, 305 S. Plain St, Ithaca, 12–2pm.
- 2nd Saturday: Grace Lee Wesleyan Church Pantry. 2075 Chambers Rd., Beaver Dams, 1pm.
- 2nd Saturday: Free meal served at Southside Community Center Pantry, 305 S. Plain St., Ithaca 1–2pm
- 3rd Saturday: Linderman Creek Pantry. 201 Cypress Court, Ithaca Community Room, 12pm
- 3rd Saturday: Calvary Baptist Church Pantry, 305 S. Plain St, Ithaca 12–2pm
- 4th Saturday: Southside Community Center Pantry. 50 Church St, McLean, 1:30–2:15pm

SUNDAYS:

- Reach Out For Christ Church Pantry, 318 Johnson Rd, Freeville, 1–2pm
- Enfield Food Distribution, Enfield Community Building, 182 Enfield Main Rd 12–1pm Enfield Residents Only.

SUNDAYS (ALTERNATING WEEKS):

- Overlook Apartments. 1263 Trumansburg Rd, Ithaca, Community Room 12–12:30pm

JOBS JOBS JOBS !!

Sometimes when IHA hires contractors, the contractors look to hire individuals who live close by to help out.

You never know if something may come of it or not.

If you are interested in putting your name in our file, please send a resume or a letter of interest that shows what your interests are -- office, labor jobs, whatever.

Your correspondence should be sent to Executive Secretary Doreen Osterman.

We will keep a file that we will show interested contractors so they can find the best suited person for the position.



Get your Wegmans groceries delivered to you through INSTACART

Instacart is a company Wegmans is partnering with to provide the service of online ordering, shopping and delivery of groceries to your home.

Simply create an Instacart account, or log in if you have one, build your order, schedule a time for delivery or pick up, and pay. Ordering is easy on any device (computer, phone, etc.)



Simply visit [instacart.wegmans.com](https://www.instacart.com) or download the Instacart App and select Wegmans from the store menu.

The delivery fee depends on the size of your order and the delivery time that you choose.



The fee for each delivery will be displayed when selecting a delivery window during checkout, before you place your order. All orders must be \$10 or more.

For more info go to

<https://www.instacart.com/help>

WANT TO PLANT YOUR OWN VEGGIES, SAVE MONEY, EAT HEALTHY FOOD?

The Ithaca Community Gardens have plots available this year. The cost is \$50 for a full plot and \$35 for a half plot. Financial aid is available when needed to lower the cost to \$15. You can put your name on the list for new gardeners now. To reserve a plot either go to [IthacaCommunityGardens.org](https://www.ithacacommunitygardens.org) or write to Project Growing Hope, PO Box 606, Ithaca NY 14851. Be sure to include your name, postal mailing address and phone number. We are located off route 13 near the farmers market. We provide water, tools, and compost. There are also always some seed and plant donations.



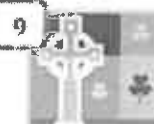
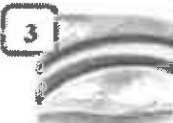
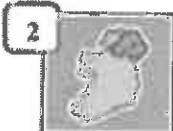
If you want more information about this contact Judith Barker at judith.barker2@gmail.com



St Patrick's Day



1 Match the pictures and the words



- A) RAINBOW
- B) CROSS
- C) SHAMROCK
- D) HAT
- E) SNAKE
- F) IRELAND
- G) POT OF GOLD
- H) BEER
- I) IRISH FLAG
- J) LEPRECHAUN

2 Find these words in the wordsearch:

HORSESHOE, MARCH, CELEBRATE, GREEN, FESTIVAL, SAINT, PATRICK, HARP, IRISH, COIN, LUCK, PATRON

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



3 Read and complete the text about the holiday and the traditions.

Infant, green, leprechaun, patron, pot of gold, shamrock

St Patrick's Day

St. Patrick's Day is the national holiday of _____. It is celebrated on March 17.
 St. Patrick is the _____ saint of Ireland.
 St. Patrick brought Christianity to the Irish people.
 He used a _____ to explain the Christian concept of Trinity to the Irish.
 St. Patrick drove all the snakes out of Ireland.
 Some cities have parades, most people wear _____, and families eat traditional Irish food, corned beef and cabbage.
 The shamrock, _____, and leprechauns are also associated with St. Patrick's Day.
 The shamrock is the national emblem of Ireland.
 The _____ is a small Irish fairy. If someone catches a leprechaun, he will tell him where he hides all his pot of gold.



FOODNET
MEALS ON WHEELS



Join Foodnet Meals on Wheels as we partner with Tompkins County Health Department to present their Healthy Neighborhood Program.

The objective of this program is to promote healthy homes in Tompkins County by pursuing the following goals:

- 1. Prevent Indoor Air Pollution**
- 2. Prevent Asthma Hospitalizations**
- 3. Prevent Residential Fire Deaths**
- 4. Prevent Lead Poisoning**
- 5. Reduce Indoor Tobacco Use**

The Healthy Neighbor staff will work with you to develop a plan to help make your home safer! They will also provide free products to help you meet these goals (subject to available supply).

- Smoke Detectors**
- Carbon Monoxide Detectors**
- Replacement Batteries**
- Radon Test Kits**
- Fire Extinguishers**
- Asthma Management Tools**
- Green Cleaning Items**

Home visits are available to discuss environmental health & safety concerns.

March 13th 10:30-11:30

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

March 15th 11:00- 12:00

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

This workshop is open to the public and offered at no cost. Please RSVP by calling 607-266-9553.

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.





2019 PROGRAM NOW OPEN!



Resident Scholarship Program

PURSUE YOUR DREAMS

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 or contact us at scholarship@housingcenter.com.

IMPORTANT INVITATION TO OPT-IN

Visit www.housingcenter.com/scholarships-opt-in/ to continue to receive correspondence and updates about the Resident Scholarship Program. We encourage you to forward this email to interested colleagues.

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

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March 2019 Tompkins County WIC Clinic Appointment Times

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<p>EWIC is Here!</p> 		<p>Feb 2019</p> <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td></td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	M	T	W	T	F	S	S				1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				<p>Apr 2019</p> <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> <tr> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p>1</p> <p>Tompkins County Health Department 8:45 - 4:00</p>
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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

How Do You Rate Your Health?

WE WANT TO KNOW what you think about health in our community, so we can identify the most important public health needs in Tompkins County.

Completely anonymous.
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to win a gift card!

bit.ly/TCHDSurvey



Your Partner for a Healthy Community