

# 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



## May 2018

### Quote of the Month

"For my first show at 'SNL', I wrote a Bill Clinton sketch, and during our read-through, it wasn't getting any laughs. This weight of embarrassment came over me, and I felt like I was sweating from my spine out. But I realized, 'Okay, that happened, and I did not die.' You've got to experience failure to understand that you can survive it."

~ Tina Fey, Actress & Writer

Born May 18, 1970

### Employee Birthdays

Lori Laurenson, Assistant Property

Manager, 5/13

Scott Paul,

Storekeeper, 5/14

Marion Deats, FSS Case

Manager, 5/31



**OFFICE CLOSED**

**MONDAY MAY 28th 2018**

**FOR MEMORIAL DAY**



Can you spot this logo  
somewhere in this  
newsletter?

Prepared By: Kimberly Burke, Receptionist  
Edited by: Doreen Osterman, Executive Secretary



2018

**May 1st**

May Day

World Asthma Day

World Lyme day

**May 3rd**

National Day of Prayer

World Press Freedom

**May 4th**

Star Wars Day

**May 6th**

World Laughter Day

**May 8th**

World Teacher Day

**May 13th**

Mother's Day

**May 19th**

Armed Forces Day

**May 22nd**

International Biological Diversity Day

**May 23rd**

World Turtle Day

**May 24th**

National Brother Day

**May 28th**

National Burger Day

**May 31st**

World MS Day

**May is Observed as:**

National Bike Month

National Physical Fitness and Sports

National Mental Health Awareness

Lupus Awareness month

Lyme Disease Awareness Month

## What's Happening in Ithaca??

### Gallery Night Ithaca

Downtown Ithaca

First Friday of Every Month

info@downtownithaca.com

In and Around the Commons

5:00pm-8:00pm

Free

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 5:00pm-8:00pm on the first Friday of every month.



With upwards of 20 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.

### Spring Writes Literary Festival

Downtown Ithaca

Thursday May 3rd through Sunday May 6th

programs@artspartner.org

Free

The 9th annual Spring Writes Literary Festival hosts over 47 literary themed events, with 120 writers, at 10 locations – all in downtown Ithaca over four days (Friday May 4 at 3:00pm to 8:00pm, Saturday May 5 at 10:00am to 9:00pm, Sunday May 6 at 11:00am to 6:30pm). There are workshops, panels, readings, play readings, performances and more! No fee and no registration required. Just come (and spread the word)! Spring Writes Literary Festival is a program of the Community Arts Partnership.



### Titus Towers Residents:

#### Church Service

Each Thursday at 7:00pm in the Community Room.

#### Tai Chi

Class is available to all Titus residents each Monday at 9:15am in the Community Room



## SMOKE-FREE HOUSING POLICY

**IT'S OFFICIAL** -- On May 1, 2018 IHA's Smoke-Free Housing Policy goes into effect.

To be in compliance with HUD's mandate to create safer and healthier homes for public housing tenants, reduce the incidences of fire, and reduce costly rehabs to smoker's apartments, all IHA properties will be smoke-free on May 1.

This includes vaping and e-cigarettes as well. This rule does not require persons who smoke to stop smoking; rather, they must perform the activity in allowable areas. It's not about the smoker – it's about the smoke.

Designated smoking areas are:

- two gazebos at Titus Towers
- nowhere on Family Sites properties (Family Sites buildings are not arranged to where a gazebo would be convenient for all residents, nor would it meet HUD's distance requirements)

A copy of the Smoke-Free Housing Policy is available at the Receptionist Desk. If you need to report a smoking violation, please use the Notice of Smoking Incident form; a copy may be obtained from the Receptionist.

The IHA will try its best to assist you in your efforts to quit smoking if that is your intent. The IHA Office has a packet of helpful information on how to quit smoking; please stop by to obtain a copy. ***I am pleased to report that a few residents have chosen to quit.*** We do not want to evict anyone for violating the Policy, so please call your property manager if you have any questions about the new Smoke-Free Housing Policy to ensure that you fully understand it.

*Brenda C. Westfall*, Executive Director



## Window Cleaning for Titus Towers Tenants

If you would like to have your windows cleaned after regular business hours, please contact any of the following maintenance staff:

Jeff Tilton, Patrick Hubbard or Tasia Dudek. They may be reached at 273-8629, ext. 231. There is a \$20 charge for this service.



## Bacon Ranch Potato Salad

Prep: 15  
minutes

Cook: 20  
minutes

Ready In: 2  
hours 35 minutes



### Ingredients:

- 2 pounds red potatoes, cut into bite-size pieces
- 1 (16 ounce) container sour cream
- 1 (1 ounce) package ranch dressing mix
- 1 1/4 cups cooked bacon, crumbled
- 1 1/2 cups shredded Cheddar cheese
- 2 bunches green onions, thinly sliced

### Directions:

1. Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain, then run under cold water until cool.
2. Combine the sour cream and ranch dressing mix in a small bowl until well-blended. Transfer the potatoes, bacon, Cheddar cheese, and green onions to a large bowl. Stir in the sour cream mixture until well-coated. Cover and refrigerate for about 2 hours before serving.

Why not try this for your next picnic?

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



### NEXT IHA BOARD

**MEETING TUESDAY MAY 22ND**

**AT 3:00 PM IN THE TITUS  
TOWER 2 CONFERENCE ROOM**

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



# Memorial Day 2018

## MEMORIAL DAY



Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. **Memorial Day 2018 occurs on Monday, May 28.** Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.



### Early Observances of Memorial Day

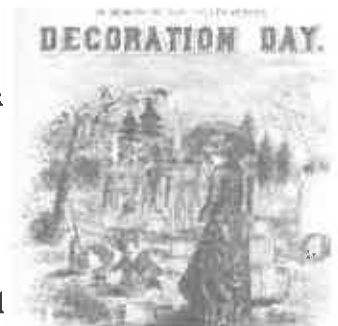
The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

### Did You Know?

Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time. It is unclear where exactly this tradition originated; numerous different communities may have independently initiated the memorial gatherings. Nevertheless, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day. Waterloo—which first celebrated the day on May 5, 1866—was chosen because it hosted an annual, community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

### Decoration Day

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle. On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery,



and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there. Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor their dead on separate days until after World War I.

History of Memorial Day

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars. For decades, Memorial Day continued to be observed on May 30, the date Logan had selected for the first Decoration Day. But in 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Memorial Day Traditions

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C. Americans also observe Memorial Day by visiting cemeteries and memorials. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because it unofficially marks the beginning of summer.

Source: <https://www.history.com/topics/holidays/memorial-day-history>



# 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 welcome!*

*Please note: the salon will be closed the week of May 21st and will reopen on Tuesday May 29th.*

## May Specials

*Pedicures—\$24.00*

*In Honor of Mother's Day—Mommies can stop in and enter to win a free hair cut and style.*

*Happy May!*



*Gift Certificates Always Available!*

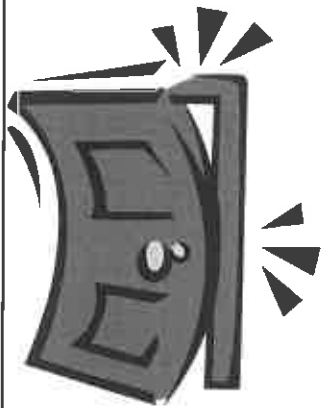
# Tenant Reminders

## PUBLIC HEARING

A public hearing will be held on May 23, 2018, at 1:00 pm in the Titus II Conference Center to discuss IHA's 2018 Annual Plan which includes future capital improvements. Residents and the general public are welcome to attend and their comments will be taken into consideration. A copy of the draft Annual Plan is available at the IHA Office.

## TITUS TOWERS SLAMMING OF APARTMENT DOORS

Now that it is getting warmer outside and your apartment windows are open, it causes the pressure in your apartment to change, which will result in the door shutting harder than they normally would when all of the windows are closed. Please



keep this in mind when opening your apartment door because we are receiving complaints about doors slamming loudly. Be considerate to your neighbors and

make sure the door is closing quietly.

## LAWNMOWER SAFETY RULES

Thoroughly inspect your area where the mower is to be used and remove all stones, sticks, wire, toys and other foreign objects. Keep the area that will be mowed clear of all persons and especially keep your children inside. When you see maintenance mowing, it is suggested that you are not in the area of the mower as the machine can project out objects that can cause injury if they hit you.



## BED BUGS AND COCKROACHES

None of us want these uninvited guests in our homes. Please know that IHA is working diligently with the exterminator to rid our buildings of **BED BUGS** and **COCKROACHES**. We cannot do this without your help. We ask that if you see a cockroach or bed bug in your apartment, **PLEASE** call the IHA office and report it so we can start the process of exterminating them. This is very important. Thank you again for your cooperation.



## TITUS TOWERS UNAUTHORIZED ENTRY

Staff has noticed lately that visitors have been getting into the building without being buzzed in by a



tenant. That leads staff to believe that strangers are “hitchhiking” into the building when a resident enters or exits the building.

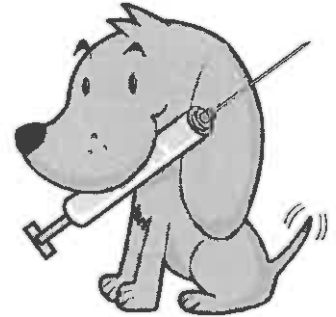
**DO NOT buzz anyone you don’t know into the building. IF THEY ARE NOT YOUR GUEST, DO NOT LET THEM IN.** Your safety is important to IHA, so if the “hitchhiker” is confrontational or irritated, please do not deal with them. Do not try to block their entry and make sure to document the date and time and report it to the office. We can then view the incident on the cameras and handle it from there. **Also remember that your guests must be buzzed in by YOU. This includes your aides and/or caregivers.**

## UPDATED DOCUMENTS

### Rabies Vaccinations:

All dogs and cats that are on the Ithaca Housing Authority property must be vaccinated for rabies.

Residents who want to have a pet must get permission from the Office **prior** to getting the pet. If you get a puppy or a kitten, they must be vaccinated against rabies within three months of being born.



See the flyer attached to this newsletter for FREE rabies clinics this month.

### Parking Permits:

Please make sure that your documents are up to date (license, registration, and insurance).



These cannot be expired. If you are in need of a parking permit, please bring your documents to the Reception office.





## STRESS GETTING TO YOU? TRY SOME OF THESE TIPS FOR STRESS RELIEF

By Mayo Clinic Staff

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. If your stress is getting out of control and you need quick relief, try one of these tips.

### Get active

Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever. Physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise can also refocus your mind on your body's movements, which can improve your mood and help the day's irritations fade away. Consider walking, jogging, gardening, housecleaning, biking, swimming, weightlifting or anything else that gets you active.

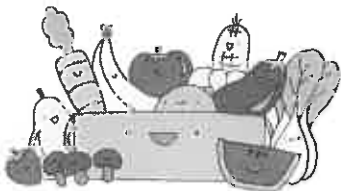


### Eat a healthy diet

Eating a healthy diet is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

### Avoid unhealthy habits

Some people may deal with stress by drinking too much caffeine or alcohol, smoking, eating too much, or using illicit substances. These can affect your health in unhealthy ways.



### Meditate

During meditation, you focus your attention and quiet the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can instill a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.



Guided meditation, guided imagery, visualization and other forms of meditation can be practiced anywhere at any time, whether you're out for a walk, riding the bus to work or waiting at the doctor's office.

### Laugh more

A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends.

### Connect with others

When you're stressed and irritable, your instinct may be to wrap yourself in a cocoon. Instead, reach out to family and friends and make social connections.

Social contact is a good stress reliever because it can offer distraction, provide support and help you tolerate life's up and downs. So take a coffee break with a friend, email a relative or visit your place of worship. Got more time? Considering volunteering for a charitable group and help yourself while helping others.



### Assert yourself

You might want to do it all, but you can't, at

least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress. Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to get revenge. And that's not a very calm and peaceful reaction.

### **Try yoga**

With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. Yoga brings together physical and



mental disciplines which may help you achieve peacefulness of body and mind. Yoga can help you relax and manage stress and anxiety. Try yoga on your own or find

a class — you can find classes in most communities. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

### **Get enough sleep**

Stress can cause you to have trouble falling asleep. When you have too much to do — and too much to think about — your sleep can suffer. But sleep is the time when your brain and body recharge. And the quality and

amount of sleep you get can affect your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, don't watch the clock, and stick to a consistent schedule.



### **Keep a journal**

Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling. Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

### **Get musical and be creative**

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn't one of your interests, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.



### **Seek counseling**

If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look for reinforcements in the form of therapy or counseling. Therapy also may be a good idea if you feel overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school. Professional counselors or therapists can help you identify sources of your stress and learn new coping tools.

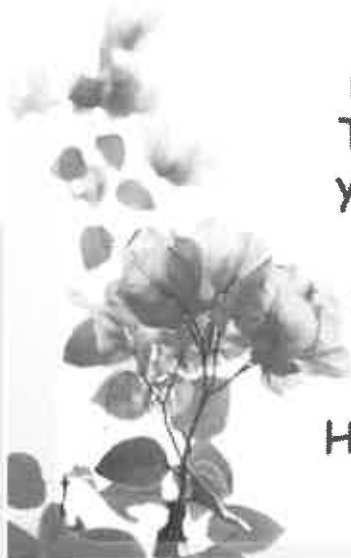
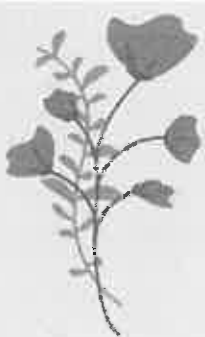
Source: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-relief/hlv-20049495>

# Happy Mother's Day



## Mother's Day 2018

Sunday 13th May



My Mother,  
my friend so dear,  
Throughout my life  
you're always near,  
A tender smile  
to guide my way,  
You're the sunshine  
to light my day.  
Happy Mom's Day!  
I Love You!

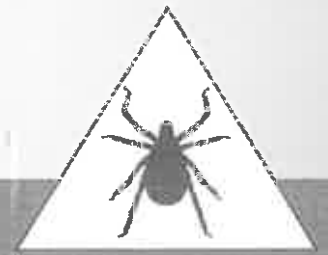
# May 2018 Tompkins County WIC Clinic Hours

Monday	Tuesday	Wednesday	Thursday	Friday																																																	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">Apr 2018</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black;">M</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">W</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">F</td> <td style="border: 1px solid black;">S</td> <td style="border: 1px solid black;">S</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> </tr> <tr> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">11</td> <td style="text-align: center;">12</td> <td style="text-align: center;">13</td> <td style="text-align: center;">14</td> <td style="text-align: center;">15</td> </tr> <tr> <td style="text-align: center;">16</td> <td style="text-align: center;">17</td> <td style="text-align: center;">18</td> <td style="text-align: center;">19</td> <td style="text-align: center;">20</td> <td style="text-align: center;">21</td> <td style="text-align: center;">22</td> </tr> <tr> <td style="text-align: center;">23</td> <td style="text-align: center;">24</td> <td style="text-align: center;">25</td> <td style="text-align: center;">26</td> <td style="text-align: center;">27</td> <td style="text-align: center;">28</td> <td style="text-align: center;">29</td> </tr> <tr> <td style="text-align: center;">30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> </div>	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 style="text-align: center; color: red; font-size: 24pt;"><b>1</b></p> <p style="text-align: center;">Tompkins County Health Department 8:45 - 4:00</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>2</b></p> <p style="text-align: center;">Salvation Army Downtown Ithaca 10:00 - 4:45</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>3</b></p> <p style="text-align: center;">Newfield United Methodist Church 10:00 - 2:30</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>4</b></p> <p style="text-align: center;">Tompkins County Health Department 8:45 - 4:00</p>
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<p style="text-align: center; color: red; font-size: 24pt;"><b>28</b></p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>29</b></p> <p style="text-align: center;">Tompkins County Health Department 8:45 - 4:00</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>30</b></p> <p style="text-align: center;">Salvation Army Downtown Ithaca 10:00 - 4:45</p>	<p style="text-align: center; color: red; font-size: 24pt;"><b>31</b></p> <p style="text-align: center;">Tompkins County Health Department 8:45 - 4:00</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Jun 2018</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black;">M</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">W</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">F</td> <td style="border: 1px solid black;">S</td> <td style="border: 1px solid black;">S</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> </tr> <tr> <td style="text-align: center;">10</td> <td style="text-align: center;">11</td> <td style="text-align: center;">12</td> <td style="text-align: center;">13</td> <td style="text-align: center;">14</td> <td style="text-align: center;">15</td> <td style="text-align: center;">16</td> </tr> <tr> <td style="text-align: center;">17</td> <td style="text-align: center;">18</td> <td style="text-align: center;">19</td> <td style="text-align: center;">20</td> <td style="text-align: center;">21</td> <td style="text-align: center;">22</td> <td style="text-align: center;">23</td> </tr> <tr> <td style="text-align: center;">24</td> <td style="text-align: center;">25</td> <td style="text-align: center;">26</td> <td style="text-align: center;">27</td> <td style="text-align: center;">28</td> <td style="text-align: center;">29</td> <td style="text-align: center;">30</td> </tr> </table> </div>	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							
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# Understanding Tick Bites and Lyme Disease

## How to prevent tick bites



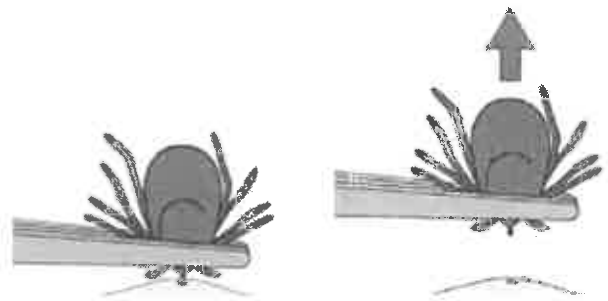
**Ticks can spread disease, including Lyme disease.**

### Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

## How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



### Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*



## When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

## Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

*For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)  
and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)*

2018

2018

# FREE RABIES CLINICS

## For Dogs, Cats and Ferrets

Sponsored by:

TOMPKINS COUNTY HEALTH DEPARTMENT  
ENVIRONMENTAL HEALTH DIVISION

607-274-6688

SPRING CLINICS 7 pm - 9 pm

Lansing	Central Fire Station	Wednesday	May 2
Danby	Fire Station	Thursday	May 3
Dryden	Tompkins Co. SPCA	Wednesday	May 9
Enfield	New Highway Garage	Thursday	May 10
Ithaca	Highway Garage	Wednesday	May 16

FALL CLINICS-September-October-2017  
Newfield-Groton-Caroline-Trumansburg-Ithaca

*Online Preregistration now available!*

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

*Proof of prior vaccination is required to receive a  
3 year certificate for cats and dogs.  
Ferrets must be vaccinated annually.*

