

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



October 2018

Quote of the Month

"I have always hated celebrities lecturing people on politics. So forgive me. But I am passionate about this country. I am equally passionate about the potential of the people who live here."

~Simon Cowell,

American Idol Judge (Former)

Born October 7, 1959

Employee Birthdays

Jeff Tilton, Head Building Maintenance

Mechanic, 10/16

Patrick Hubbard,

Laborer, 10/25

Megan Wiiki,

Tenant Relations

Assistant, 10/29



Can you spot this logo
somewhere in this
newsletter?

Prepared By: Kimberly Burke, Receptionist

Edited by: Doreen Osterman, Executive Secretary



2018

- October 1st**
International Coffee Day
World Vegetarian Day
- October 4th**
World Animal Day
- October 5th**
World Smile Day
- October 8th**
Columbus Day
Indigenous Peoples' Day
- October 9th**
Leif Erikson Day
- October 10th**
World Mental Health Day
- October 11th**
International Day of the Girl
Come Out Day
World Sight Day
- October 16th**
Bosses Day
World Food Day
- October 18th**
Spirt Day
- October 24th**
United Nations Day
- October 28th**
National Chocolate Day
- October 29th**
National Cat Day
- October 31st**
Halloween

- October is Observed as:**
Breast Cancer Awareness Month
Domestic Violence Awareness Month

What's Happening in Ithaca??

Ithaca City Cemetery Tours
 Ithaca City Cemetery
 Saturday October 13th
christine@historicitythaca.org
 University Avenue Entrance
 11:00am to 12:15pm

Learn about the Ithaca City Cemetery's evolution from village burying ground to Victorian garden of the dead. Enjoy the sweeping views and champion trees that make the cemetery a favorite spot for the living, while getting to know the famous and infamous residents and the stories they have to tell. As always, cider and donuts will be served. Please dress for the weather and wear sturdy shoes as the tour will take place rain, shine, or snow. Prices: \$9 - General \$6 - Friends of Historic Ithaca \$6 - Seniors (65+) Kids 12 and under free! (Discussion of gruesome historic events may not be suitable for younger children.



Scarecrow Jubilee
 Ithaca Children's Garden
 Saturday October 13th
register@ithacachildrengarden.org
 Cass Park Access Road
 1:00pm to 4:00pm

Nothing says fall like the Scarecrow Jubilee at ICG! Celebrate the harvest with scarecrow making, pumpkin carving, apple tasting, and so much more. This event is an ICG seasonal favorite. This family-friendly event is open to all. The festivities will be held rain or shine, with a suggested \$15 family or \$5 per person donation.

Wizardsing Weekend
 Downtown Ithaca
 Friday October 26th to Sunday October 28th
ithacaiswizards@gmail.com
 171 East State Street
 12:00pm to 6:00pm

Wizardsing Weekend is a celebration of magic, science and fantasy that fills the streets of Downtown Ithaca through Halloween weekend. This free admission family friendly event features interactive exhibits, live music, entertainment, specialty vendors and so much more. Select activities (primarily crafts, games and 21 and over events) have fees which offset the festival costs and raise funds for local charitable organizations.



THE FOLLOWING CONTAINS COMMON EXAMPLES OF EMERGENCY WORK ORDER REQUESTS.



When called out by the answering service between the hours of 3:30p.m. and 7:00a.m., the worker on-call will make an attempt to call the resident to obtain more information and/or solve the problem over the phone. If the man on call is unable to speak with resident, he will not respond to the call. Tenant **MUST** remain by the telephone until the man on call returns his/her telephone call. Tenant **MUST** leave a telephone number with the answering service so the man on call can return their call. If the problem cannot be solved over the phone and it is determined to be an emergency, the man on-call will respond. The man on-call will report any work that was not completed and it will be made a priority on the next work day.

Plumbing

- **Sewer Plug**
Sewage backing up into toilets, sinks, bathtubs, and lavatories.
Overflowing from outside sewer vents.
- **Flooding**
Water backing up in walk-in showers or roll-in showers
A continuous flow of water originating from dwelling unit or water line.
Water damaging Authority or tenant property and/or assets.
- **Non-Working Toilets**
Any non-working toilet is an emergency unless there are two toilets and one is useable. If there is one working toilet, it is then an urgent service request, which will be addressed the next work day.



Heating

- **After-Hours "no heat call":** Tenants must immediately call the after-hours emergency number 607-882-7656 if their apartment temperature falls below the required temperature of 68 degrees. Tenants must **NOT** use their range or oven for heat due to safety hazards. There will be a \$20 service call charge if maintenance staff responds to a "no heat call" and discovers that there is an open window.
- **Alarm on boiler.** (light or bell)

Electrical

- **No power in entire development, building, section, floor.**
No electricity in entire dwelling unit or kitchen.

Elevators

- **If people are trapped in an elevator,** contact the appropriate service company immediately from the emergency phone in the elevator. Then contact IHA personnel at 273-8629, ext. 238 if incident occurs between 7:00a.m. - 3:30p.m. or contact the man on-call at **607-882-7656** from 3:30p.m.- 7:00a.m.
- **Elevators not functioning -** contact Maintenance at 273-8629, ext. 238 if between 7:00a.m. - 3:30p.m. or if after 3:30 p.m., call **607-882-7656** for the on-call man.



Windows

- Plate glass or glass entrance doors broken causing safety hazard or security breakdown to building or dwelling unit.

Gas Leaks

- All gas leaks inside or outside of buildings and/or dwelling units.

Locks

- Broken locks or entrance doors making building or dwelling units insecure.
- Lock change following theft, with police verification.

Lock Outs / Lock Changes

- If lock out or lock change occurs during normal working hours M-F 7:00a.m. – 3:30p.m., cost will be \$25.00 (which must be paid in advance). Resident needs to call Maintenance at 273-8629, ext. 238.
- If lock out or lock change occurs M-F from 3:30p.m. – 7:00a.m., the charge is \$55.00 . Residents must visit office next business day to make payment.
- If lock out or lock change occurs on weekends between Friday 3:30p.m. – 7:00a.m. on Monday, cost will be \$75.00. Residents need to call the IHA maintenance emergency phone number 607-882-7656.



Cutting Connections

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



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

*Men, women, and children are
welcome.*

*For evening appointments please
call to schedule.*

*Come on in, walk ins are
welcome!*

*October Specials
Perm & Cut PLUS Style
\$60.00
(Longer length will be extra)*

*Eyebrow Wax
\$8.00*





HALLOWEEN

SAFETY TIPS

FOR TRICK-OR-TREATING:

Plan your trick-or-treating route before you leave
and show the kids where you'll be going

Double-check any costumes with masks
to make sure kids can see clearly

Use reflective tape on dark costumes

Carry a flashlight or glow stick

Only visit houses with porch lights on

Make sure all kids know that under NO circumstances
should they enter a home

If your child has an identification card
(a school ID, etc), make sure to bring it along

Make sure an adult is with anyone under 16 (if older kids
are going in a group, set a time for them to be home, or
follow them at a safe, but not embarrassing distance)

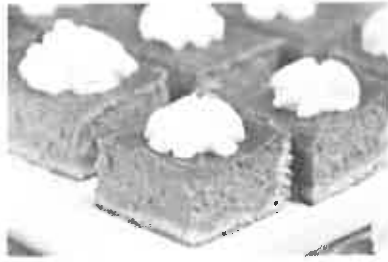
Remind your kids to stay out of the street!

Be on the lookout for cars when crossing -
sometimes, it's hard for drivers to see you!

Check ALL candy and treats before eating
(bring some candy from home, so the kids can
snack before you inspect)



Pumpkin Pie Bars



Ingredients:

- 1 can Pillsbury refrigerated crescent dough sheet
- 2 eggs
- 1 can (15 oz) pumpkin (not pumpkin pie mix) or homemade pumpkin puree
- 1 cup whipping cream
- 1/2 cup packed brown sugar
- 1/4 cup corn syrup
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon salt
- Sweetened whipped cream or additional pumpkin pie spice for garnish

Directions:

1. Heat oven to 350°F. Line 11x7-inch pan with cooking parchment paper, leaving about 1 to 2 inches paper hanging over sides of pan.
2. Unroll 1 can Pillsbury refrigerated crescent dough sheet in bottom of pan; press with fingers in bottom and up sides. Set aside.
3. In large bowl, beat 2 eggs, 1 can (15 oz) pumpkin (not pumpkin pie mix), 1 cup whipping cream, 1/2 cup packed brown sugar, 1/4 cup corn syrup, 1 tablespoon pumpkin pie spice and 1/2 teaspoon salt with whisk until smooth and well blended. Pour mixture into pan over dough.
4. Bake on middle oven rack 45 to 50 minutes or until center is set. Remove from oven to cooling rack. Cool completely, about 1 hour 30 minutes.
5. Using hanging paper, lift from pan. Cut into 4 rows by 3 rows to make 12 bars or 4 rows by 4 rows to make 16 bars. Garnish each bar with whipped cream or a dusting of pumpkin pie spice. Store in refrigerator.

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



**NEXT IHA BOARD
MEETING TUESDAY OCT. 16TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**

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

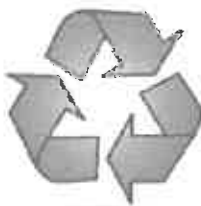


Happy Birthday

Refuse Rooms

In the refuse/garbage rooms you will find bins for:

- Newspapers, magazines, gift wrap, junk mail and fliers.
- Clean glass and plastic bottles. NO caps or lids. Broken glass should NOT be thrown down the chute.
- Clean metal cans. Tin can lids may go inside the tin can.
- Clean, flattened corrugated cardboard, clothing, rags and small broken appliances can be left in refuse rooms.



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!

The following items are **NOT** to be put down the chute:

- | | |
|----------------------|------------------|
| - coat hangers | - glass |
| - magazines | - pet waste |
| - books | - clothes |
| - bedding | - old appliances |
| - shoes | - newspaper |
| - hypodermic needles | |

Call Maintenance to pick up broken glass to dispose of it safely.

Kitty litter should be bagged and placed in the outside pet waste receptacles.

All garbage **MUST** be in sealed plastic bags and put down the garbage chute. If you spill anything in the refuse rooms, please clean it up. Titus Towers has a large volume of garbage and roaches can be a **PROBLEM**. We need to work together to prevent infestation.



5 Types of Documents to Shred to Prevent Identity Theft

One of the areas where you're most at risk for identity theft is right in sight—your



paper mail, most of which is mail you should shred. More than 150 billion pieces of mail are delivered by the U.S. Postal Service every year, and much of that mail contains identifying personal information that can be used to steal your identity. The Federal Trade Commission (FTC) provides guidance on the types of documents you should keep, but here's a list of the type of mail you should shred before throwing out.

Documents Containing Financial Information

Anything that comes from a financial institution could potentially be used by an identity thief. Sure, you have to keep copies of bank and credit card statements for record-keeping purposes, but only for three years. Anything older than that you should shred. In addition, shred canceled checks, voided checks, and any online purchase orders that contain your bank account or billing information.

Documents Containing Personal Information

Your personal information is what identity thieves are after. Your date of birth and Social Security number are



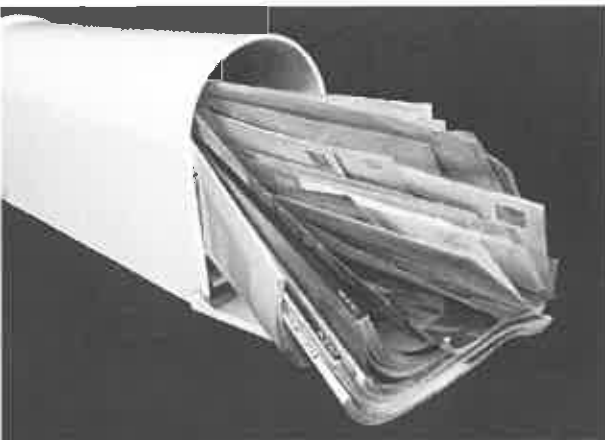


especially vulnerable, so make sure anything that has those numbers goes through the shredder. Other information to be wary of: your full name and address, home or work telephone numbers, or driver's license number.

For example, mail you receive from the Internal Revenue Service, mail from your state vehicle registration agency, and employment-related mail containing your personal information should be shredded. Travel-related documents—besides your passport—contain personally identifiable information, such as your full name, itineraries, and other data that identity thieves might find useful. Shred it.

Documents Containing Account Information

Don't put your identifying account information at risk. Account numbers, user names, and passwords are key pieces of information that identity thieves try to capture. You should shred any mail printed with this information, such as credit card statements,



personal property and real property tax statements, or bills. This means you should also shred mail that contains information about your utility accounts, cell phone, and internet bills, as well as similar bills you might receive concerning other properties you own, such as rentals or vacation property.

Junk Mail

Junk mail can be dangerous. Most people don't realize it, but junk mail usually has a computer barcode on the front that can sometimes contain personally identifying information. This includes so-called pre-authorized credit card offers, mail from



insurance companies and lenders, and even mail from associations such as the AARP or other membership organizations that may have access to your personal information. Companies market to certain demographics, often based on your age group, occupation, or purchasing habits. So you should shred all of your junk mail, including the return envelopes provided with it.

Child- and School-Related Mail

Identity thieves don't discriminate and they aren't known for their compassion, so they won't care if they steal a Social Security number whether it belongs to a child or an adult. Therefore, the mail you receive concerning your children, their medical records, and school information goes into the shred pile. If you received copies of your children's birth certificates, shred them. Likewise, any mail containing your authorization for school field trips, school applications, and report cards also go into the shred pile.

Source: <https://www.thebalance.com/shred-mail-identity-theft-1947644>

Protect Yourself Against Identity Theft & Fraud

Foodnet Meals on Wheels has partnered with CFCU to offer this important workshop to older adults in our community. Join us for this **FREE** workshop presented by the security professionals at CFCU as they share valuable information on how to protect yourself against **Identity Theft & Fraud**.

Join us at one of our host sites.

Lifelong Court 119 W. Court St., Ithaca Tuesday, 10/16 at 11:30

Center Village Court (dining room) 200 W. South St., Groton Wednesday, 10/17 at 11:00

YMCA (BorgWarner room) 50 Graham Rd., Lansing

Thursday, 10/18 at 11:30

Titus Towers (dining room) 800 S. Plain St., Ithaca

Friday, 10/19 at 11:00



**FOODNET
MEALS ON WHEELS**



Please register in advance for any location by calling 607-266-9553.

Join Foodnet for a nutritious lunch immediately following each workshop. Lunch is available to individuals 60 and older with a voluntary contribution. Individuals under 60 may also join lunch for \$8.00.

Reservations for meals are required at least one day in advance. Call 607-266-9553 to reserve your meal.



For Titus Towers Residents: Harvest Bags

The generous parishioners at Immaculate Conception Church in Ithaca will again be donating "Harvest Bags" to Titus Tower residents. The "Harvest Bags" will be filled with fresh, seasonal fruits and vegetables, and will be delivered to those who sign up on Monday, December 10th. All Titus Tower residents are eligible to receive a bag, please tell Molly by **Friday, October 26th** to be placed on the list. If you do not sign up by this date you will not be receiving a "Harvest Bag."



Molly Birecree - Case Manager, 273-8629 x 251

PHADA Scholarship Program



Applications due to PHADA by January 25, 2019. NO EXCEPTIONS!

Brochure and Application Form available mid-October 2018 (Will

be attached to November Newsletter!)

In order to encourage academic excellence and community responsibility among high school students, PHADA has implemented a scholarship program for graduating seniors who are preparing to enter college. PHADA will award three (3) scholarships to deserving youth currently residing in a PHADA member agency.

Stephen J. Bollinger Memorial Scholarship (One scholarship available: \$7,000)

Steve Bollinger (April 11, 1948–June 18, 1984) was a taskmaster to himself, a human dynamo to those who knew him. He was a natural leader, a person who could rally people around him with wit, satire, and vocal exercises. Steve's knowledge of and dedication to housing those in need was never absent, especially after he was appointed Assistant Secretary for Community Planning and Development at HUD. His experience at the Columbus Metropolitan Housing Authority and the associations he had with colleagues, mayors, and others afforded him the opportunity to deal with the bureaucracy in a style that we strive to attain. To the members of PHADA, he was a friend. His belief in the housing profession motivated him to become a founding member of PHADA, for which he served as Vice President. He accomplished much in a short time and we are all thankful for his achievements. PHADA created this scholarship to memorialize Stephen J. Bollinger.

Freedom & Civil Rights Scholarship (One scholarship available: \$5,000)

**Additional Essay Required*

In 2005, PHADA's Board of Trustees met in Montgomery, AL. Inspired by historical sites they chose to give personal donations for the inception of a PHADA scholarship to honor the work of Rosa Parks and the achievements of the civil rights movement. PHADA's Annual Commissioners' Conference Golf Outing was established in 2007 to provide continuous funding to the Freedom Scholarship.

NOTE: To be considered for the Freedom & Civil Rights Scholarship include a personal essay (350–500 words) demonstrating your efforts and achievements in furthering the values of the civil rights movement. Explain why the cause is still relevant in communities today and how they relate to your educational goals. Include any relevant volunteer experiences and community involvement activities relating to advancing the cause of civil rights.

Mutual of America Life Insurance Company Scholarship (One scholarship available: \$5,000)

Mutual of America Life Insurance Company has offered significant financial support to PHADA's scholarship program and has elected to reward one deserving youth with a \$5000 scholarship. PHADA appreciates their commitment to serving the needs of public housing residents and the community.

The scholarship fund will be administered by the PHADA Scholarship Committee. The money will go directly to the school that the recipient will be attending. The school will deposit the money into the student's account. The money may only be used to pay for tuition, books, and activities directly related to the student's education. If the student discontinues his or her education, the unused portion of the scholarship will be returned to PHADA. For more information, contact PHADA at: 202-546-5445.

**2017 & 2018 4-H URBAN OUTREACH
AFTERSCHOOL PROGRAM AT THE
NORTHSIDE APARTMENT COMPLEX
COMMUNITY BUILDING**

Dear Parents and Children:

I hope the beginning of the school year finds you all healthy and happy. We will be holding the 4-H Urban Outreach Afterschool Program at Ithaca Housing Authority's Northside Apartment Complex Community Building again this year. We look forward to creating exciting programs and activities for our returning and new students.

The 4-H Northside Program will begin on Wednesday, October 3rd. We will be holding the 4-H Program on Wednesdays, Thursdays and Fridays from 4:00 to 6:00 PM. Fridays will be our 4-H Teen Program (for students 12 to 17 yrs. old). We hope to provide activities that are engaging and thought-provoking, and challenge our students to grow. The children will be participating in projects of all types, including those involving visual and performing arts, STEM, nutrition, community service, and various field trips.

If interested, please contact me at:

Email: rlc263@cornell.edu

Phone: (607) 272-2292 ext. 149

(voicemail #269)

I look forward to seeing you soon!

Ramona Cornell,
4-H Urban Outreach
Program Manager



**THE IMPORTANCE OF A HEALTHY
LUNCHBOX.**

Life is hectic. Our busy, fast paced schedules often mean there are just not enough hours in the day. Finding time to shop for, prepare and pack nutritious, appealing lunches for our kids can be a major challenge for many parents. Kids can be fussy and coming up with new and interesting foods that aren't full of sugar that won't get thrown in the bin can be tricky. But the importance of packing a healthy lunchbox is immeasurable. Kids are more alert and focused when they're fuelled with healthy food. Higher levels of sustained concentration mean that kids can more readily retain information and therefore learn. What's in their lunchbox can make up to a third of their daily nutrients and provides all of the energy they need to get through an action packed day. A lunchbox filled with sugary, fatty food doesn't provide long lasting energy or necessary vitamins and minerals, and can be a major contributing factor in whether a child will be overweight or obese.



Here are some ideas to get your kids on the path to healthy eating:

Pack a balanced lunchbox

Try to include all of the food groups – a piece of fresh fruit, crunchy veggie sticks, protein like egg or lean meat, a dairy option can be yogurt or cheese and a carbohydrate like

bread or a wrap for example. If you're short on time, prepare food the night before and freeze it so that it's ready to go in the morning.



Encourage children to choose items for their lunchbox so that have a sense of empowerment about what they're eating. Praise them when they make healthy choices.

Get creative with adding vegetables into family meals

It's actually quite easy to add in veggies without them even knowing. Try adding grated carrot, zucchini and celery for easy, extra veggie servings and use fresh tomatoes and herbs in sauces.

Encourage your kids to try new tastes and flavours

Kids can be extremely fussy, but the sooner they try new and interesting produce like fruits, vegetables, herbs and spices the more likely they are to continue eating them, as kids eat what is familiar to them.

Cook with your kids and buy less take away meals

Make preparing and cooking meals a fun, family activity and talk about the vegetables and produce being used. With our busy, fast paced lives we are often time poor and



cooking dinner is the last thing on the long list, but it's important to try and make time to cook with real ingredients and teach kids the value of making a nutritious meal for themselves.

Keep unhealthy snacks out of the pantry

It's much easier to say no when you don't have to. By simply not buying unhealthy snacks they won't be in the pantry and your kids won't pester you for them – out of sight, out of mind.



Lead by example

Kids take their cues from us and learn by observation. If we are making unhealthy food choices and leading inactive lives, they will naturally assume this to be normal behaviour. We as parents need to take responsibility for the health of our children by doing the right thing ourselves wherever possible.

Talk to your kids about why it's important to eat well and treat your body well

Don't assume your children know why they should eat a healthy, balanced diet. Educating kids on why it's important to eat well and look after yourself is key and not just something that should be left up to teachers. The earlier kids develop a positive relationship with food the more likely they will carry it through to a healthy adulthood.



Halloween Word Search

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

BLACK
ORANGE
GHOST
WITCH
SCARY
CANDY
HAUNTED

HALLOWEEN
OCTOBER
SPIDER
SKELETON
MUMMY
COSTUME

JACK-O-LANTERN
BAT
MOON
CAT
NIGHT
OWL
BOO



2018

2018

FREE RABIES CLINICS

For Dogs, Cats and Ferrets

Sponsored by:

TOMPKINS COUNTY HEALTH DEPARTMENT

ENVIRONMENTAL HEALTH DIVISION

607-274-6688

FALL CLINICS 7 pm - 9 pm

Newfield	School Bus Garage	Wednesday	Sept 26
Groton	Fire Station	Thursday	Sept 27
Caroline	Highway Garage	Wednesday	Oct 3
Trumansburg	School Bus Garage	Thursday	Oct 4
Ithaca	Central Fire Station	Wednesday	Oct 10

WINTER CLINIC – Tompkins County SPCA – January 2019

Online preregistration for fall 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.



Big Brothers Big Sisters of Ithaca & Tompkins County

Northside Saturdays Fall 2018



All programs on Saturdays 1-3 at 625 Hancock St unless otherwise noted
free & open to the Northside community

9/22: Performance & Workshop: IC Circus

10/6: Workshop: Cornell Center for Materials Research

10/27: Performance & Workshop: IC Pulse Hip Hop

11/3: Workshop: Free Science Workshop

Snacks c/o Friendship Donations Network
Volunteers c/o IC & CU Bigs Clubs

11/17: Workshop: Loose Parts Play

For information contact: Joe Gibson

12/1: Workshop: CCE Nutrition Lab

jgibson@cityofithaca.org | 607-273-8364

12/8: Holiday Party: Matches & Families Welcome





Big Brothers Big Sisters of Ithaca & Tompkins County
Southview Saturdays Fall 2018

All programs on Saturdays 2-4 at Southview Gardens
410-412 S. Plain St. unless otherwise noted, free

9/29: Workshop: Jam Session with Joe

10/20: Workshop: Book Making

12/15: Workshop: Ithaca Toy Library

Snacks c/o Friendship Donations Network
Volunteers c/o IC & CU Bigs Clubs
For information contact: Joe Gibson
jgibson@cityofithaca.org | 607-273-8364

