

Earth Day is April 22.

How you can participate? See Page 3



**HOUSINGVISIONS**

Real Plans. Real People. Real Progress.

# THE VOICE

R E S I D E N T N E W S L E T T E R



A newsletter for all  
Housing Visions  
Residents

## Be a Tourist in Your Own Town



Spring is the perfect time to get away from it all. But there's no need to buy a plane ticket—you can live it up without leaving town. Here are some ideas for a “staycation” you’ll remember:

*Where the art is.* Go to a local museum and check out masterpieces created by area artists.

*Hit the history.* How much do you really know about the community? Do you know

who the earliest settlers were? What industries first attracted people to the town? Visit the local library for information. You might even be able to take a tour of historic sites.

*Walk in the park.* Spring is the ideal season to get some exercise while exploring the flowers, trees and wildlife that live in the area.

*Bon appétite.* In the routine of our daily lives, it’s easy to get stuck in a dining rut. A staycation is a golden opportunity to try a new restaurant in town. Treat your taste buds to something new.

## How to see the Glass as Half-Full

Cultivating an attitude of optimism no only makes you happier, it can also boost your health and relationships. Researchers at Duke University Medical Center found that heart disease patients who scored high in an optimism survey had the best medical outcomes. A study of dating couples published in the Journal of Personality and Social Psychology revealed that optimists are less likely to fight with their significant others.

Need any more reasons to turn that frown upside down? Research indicates that an optimistic attitude improves coping skills and may ward off colds and prevent depression. March as Optimism Mont, but it’s never too late to take a look at the bright side.

MayoClinic.com offers these suggestions:

*Change what’s not working.* Identify aspects of your life you feel negatively about and focus on ways to improve them.

*Monitor your thoughts.* If you catch yourself in a negative spiral, reframe your thoughts in a positive way.

*Maintain healthy habits.* Exercise is a proven mood lifter, and nutritious foods nourish your mind as well as your body.

*Find positive pals.* Negative people can undermine your ability to manage stress in healthy ways.

*Check your self-talk.* Would you think such uncharitable thoughts about a good friend? Treat yourself kindly, too.

## Find your path to Financial Strength

Learn about upcoming free classes, financial coaching, micro-loans, matching grants, & other programs that can help you...

- Buy a Car
- Buy a Home
- Pay for College
- Build Credit
- Save for Emergencies
- Start a Business

**Tue., 5/15 at 6 pm**  
Housing Visions Northside Rental  
Office: Community Room  
116 Hawley Avenue, Syracuse

- or -

**Wed., 5/16 at 6 pm**  
Housing Visions Maple Heights  
Office: Community Room  
401 Maple Street, Syracuse

Open to Onondaga County Residents.

Registration and Classes are free.

**Call Amy Daniels at  
(315) 472-3820 to sign up.**

Sponsored By:



and

**Cooperative Federal**



# DISCOVER THE COLOR OF YOUR VOICE!

A Free Six Week  
Girl Scout Leadership Program  
For Syracuse Girls Ages 5 - 12

- ⇒ Discover anti-bullying techniques
- ⇒ Use your voice for change
- ⇒ Connect with new friends
- ⇒ Create cool art posters

Weekly Wednesday Meetings from July 11 to August 15  
at the Maple Heights Community Room

Girls Ages 5-8 will meet from 9:00-11:00am

Girls Ages 9-12 will meet from 1:00-3:00pm

To register your child: Contact Amy Daniels @ 472-3820



## Be A Part of Change

A Reminder to ALL RESIDENTS: If you are interested in becoming a part of change, we are interested in hearing from you! We continue to welcome resident interest in our *Resident Leadership Teams*, which are groups of residents who meet regularly with Housing Visions staff to discuss resident concerns, needs, and ideas for bettering Housing Visions Services and the local community in which you live. Contact Amy Daniels at 472-3820 for more information!

## Attention All

***Housing Visions Residents:***  
*If you have a suggestion for programming you would like to see offered in one of our community rooms, please contact Amy Daniels at 472-3820.*

Would you like to learn the basics of using a computer? Basic Computer Classes will be held on April 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> from 6-8pm in the Canal Village Community Room. Reservations are required so please call Alyse at 663-1486 to sign up.

The March Resident Association Meeting went great! The next meeting is on April 19<sup>th</sup> from 6-8pm. You will be electing a secretary for the association! The officers ask that everyone bring a snack to pass for the meeting.

Great News! The first Quarterly Utica Property Management Meeting was held and it had a great turnout of 25 Residents. We encourage you to continue to show up and voice your questions and concerns so that we can work with you to make your neighborhood great.

If you have not had a chance to tour our new community room located at the Utica rental office, I invite you to stop in during office hours to take a look. We offer a great home-like space for resident use and to hold programs. We offer a computer lab with 3 new computers for adult resident use. If you would like to use a computer, sign in at the rental office and receive a username and password. The community room is also available for residents to use for parties and events. Reservations and a refundable \$50 deposit are required.

**Do you smell Gas?** First call National Grid, then call maintenance.

Management requires 24 hours notice for all Time Warner and Telephone provider appointments. Please schedule all appointments for AM times since the maintenance staff work day ends at 4:00 PM.

All propane grills must be used and stored 10—15 feet away from any building. Propane grills can not be stored inside.

Spring Clean Up is coming. All residents should make sure they do not leave personal property outside or it might be taken during clean up.



## Life on the Balcony

### Container Gardening Tips for You

While you can grow a lot of plants in containers, a few vegetables like peppers, potatoes, tomatoes, squash, green onions, cucumber, eggplants, radishes, lettuce, leafy vegetables, and herbs like oregano, lovage, fennel, basil, anise, thyme, do well as **container plants**.

A few annual plants that can be container grown are marigold, lobelia, begonia, impatiens, snapdragon, and zinnia. Container gardening supplies are available at nurseries and garden centers. The containers are usually made of fiber glass, ceramic or metal, and the width of the container mouth decides which plant can be grown.

Those with wider mouth can facilitate evaporation, and those with narrow mouth can retain water. Susans and petunias are great container plants that can be excellent patio decors.



### Help Syracuse celebrate Earth Day by participating in a Cleanup!

On **Saturday, April 21**, the Downtown Committee is organizing an Earth Day Cleanup event in downtown and helping out our neighbors in the University Hill area of Syracuse. We had an outstanding turnout for our Spring Cleanup on March 24 and plan to cover even more ground during our Earth Day Cleanup!

Volunteers will be provided with gloves, trash bags, t-shirts and lunch afterward.

Volunteers are able to start work anytime between 8:30 am and 11:00 am. We plan to wrap up the event by 12:30 pm with lunch.

If you are able to volunteer,

**please contact [mail@downtownsyracuse.com](mailto:mail@downtownsyracuse.com) by April 18** and also let us know if you'll be joining us for lunch.





### Scholarship Awarded

Congratulations to Dawana for being selected to receive a scholarship to attend the WISE Symposium.

Women Igniting the Spirit of Entrepreneurship (WISE) Symposium is an annual event not only for up and coming entrepreneurs, but for anyone active in the business community- from corporate to aspiring entrepreneurs, and those with a current business at any stage of growth.

The one day symposium- attended by 1,000 women- includes an extensive variety of seminars and panel discussions offering practical advice covering topics from all aspects of the business world, motivational speeches from local and nationally-known successful women business owners, many networking opportunities: a business expo; and much more.

We are indeed Proud of you Dawana!

---

### Circles Workshop Going Strong

We are excited to announce that our Circles Workshop Class is on its fourth week and going strong. The participants are excited and engaged, willing to share and learn new information that will help propel them to a positive road of becoming economically stable.

“You get the best effort from others, not by lighting a fire beneath them, but by lighting a fire within them”

-Bob Nelson

---

### Sign Up for the Next Circles Workshop

For anyone who is interested in becoming a participant in the Circles Workshop Class it is not too late there will be another class later in the year! You are still welcomed to call if you have any questions or to schedule an intake appointment. Class fill-up quick! You won't regret your decision.

### Updated Office Hours Posted

Office hours have changed at many of the rental offices. Make sure to check the office hours for your local rental office. The information can be found on the last page of this newsletter under “Housing Visions Reminders”.

## East Side Rental Office Closing for Renovations

The East side Rental Office will be closed the week of April 23-27 for renovations. All east side residents are welcome to call or stop in to our North side rental office at: 116 Hawley Ave during this time. Call 422-6300 during the hours of 8:30-4pm with any account questions or work orders. Thank you for your cooperation!!

## New Charges— Lightbulbs, Pest Treatments

Housing Visions will now be charging residents for replacement light bulbs and for certain pest treatments. Please call your Rental Office to check about exact prices (depending on source and type of pest, regular or specialty bulbs) to decide if you want to pay to use Housing Visions resources or address these issues on your own. Safety items like smoke detector batteries and exterior light bulbs will still be replaced free of charge.

## Financial Improvement Classes to Begin in May

Do you feel financially "stuck?" Do you fear you cannot purchase your own home at your current income? Do you want to build good credit but you don't know where to start? Cooperative Federal Credit Union will be offering financial improvement classes at both our Maple Heights and Hawley Avenue community rooms starting in May. See the ad on page \_\_\_ for more details, and contact Amy Daniels at 472-3820 to register.

## Summer Leadership and Empowerment Program

Attention all parents of girls ages 5 -12! The Girl Scouts will be offering a free summer leadership and empowerment program called "Discover Your Inner Voice" starting in July. The group will meet weekly on Wednesdays in the Maple Heights community room. See the ad on page \_\_\_ for more details, and contact Amy Daniels at 472-3820 to sign your child up!



## Enjoying Your Neighborhood

Consider these tips for increasing neighborliness and enhancing the sense of community in your neighborhood.

**Meet your neighbors:** Introduce yourself and say "hello" whenever you see your neighbors. It goes a long way.

**Welcome new neighbors:** Develop a welcome bag or kit for new neighbors. Additionally, a welcome letter can be included that provides the neighbor with an idea or that brings pride to the neighborhood.

**Keeping neighbors informed:** Contact your neighbor before undertaking something that might affect them...like hosting a big party.

**Be aware of neighborhood expectations, Housing Visions rules, and City ordinances:** Become aware of local laws and general expectations of the neighborhood to make your stay more pleasant.

**Recognize the differences:** Age, faith, ethnic background, and family status can affect how one goes about their daily life. Be aware of the differences between you and your neighbors. Realize that the differences may be part of how your neighbor views various issues. Be aware of the languages spoken when ever possible.

**Help those in need:** Neighborly gestures contribute to a positive and welcoming neighborhood for all! Find out where the seniors and the disabled live in your neighborhood. Offer assistance to them, especially during inclement weather or if you see that there may be a another need.

## Syracuse East Side Cleanup day, April 21

Housing Visions will be doing our own cleanup on the East side on April 21st between 10am and 2pm if you would like to cleanup in front of your home and other HV houses during that time.

**Communicate and be candid:** If your neighbors do something that bothers you, let them know as soon as possible. If you cannot work out a fair compromise to your dispute, you can always call the local rental office for advice. If your neighbor becomes hostile or aggressive, walk away and call 911. It is better to be safe than sorry. Never return aggressive behavior. It will only make the situation worse.

**Have Fun!** Plan neighborhood events that help you get to know each other and have fun, such as picnics, block parties, festivals, and services projects e.g., neighborhood and earth clean up day.

**Promote involvement:** Encourage each other to get involved in the neighborhood, resident meetings, board meetings and other civic associations.

**Oswego YMCA Activities** – Enjoy an evening of fun and healthy activities for the whole family at the Oswego YMCA located at 265 West First Street, Oswego, NY 13126. Activities are planned for April 20<sup>th</sup> from 6:00 – 8:00 p.m. For more information call (315) 343-1981. Admission is free.



**A Night With Rogers & Hammerstein** – The Waterman Theatre is featuring “A Night with Rogers & Hammerstein” music with guest soloists include Julia Broxholm, Wendy Bloom, Chris Grapentine, and Todd Graber with College Community Orchestra and Festival Chorus. Showtime is 2:00 p.m. May 6<sup>th</sup> at the Waterman Theatre on the SUNY Oswego campus. For more information call (315) 312-2130. Admission \$7.00 to \$15.00.

Summer Youth Works Program – The Oswego County Division of Employment and Training is seeking youth for the “Summer Youth Works Program”. The is a grant-funded summer employment program intended to provide Oswego County youth with paid work experience and job readiness skills in order to help build a foundation of competencies for entering the workforce. Certain income eligibility guidelines must be met to participate. Each youth's eligibility will be determined one-on-one when they attend an orientation session. Sessions are being currently being held at the Youth Works office at 200 North Second Street in Fulton, NY, or at the Department of Social Services office at 100 Spring Street, Mexico, NY. Those interested may contact a Youth Works team member: Silvia Langdon, 591-9010, Heather Tebidor, 591-9063, or Nelson Metz, 591-9012, to be scheduled for an upcoming orientation.



**Summer Job Openings at Camp Hollis** – Camp Hollis has the following summer job openings:

**Group Activity Leader:**

- Plan and lead a specific activity area (i.e. arts/crafts, nature, sports)
- Supervise staff
- Work as a team member to create programs for elementary school aged children
- Develop excellent communication and problem solving skills
- Earn college credit while you are being paid!
- Make a difference in a child's life

Salary Range: \$2,601 (plus room and board)

Dates of Employment: June 25 - Aug. 17, 2012 + 2 days precamp.

Qualifications: \*Must be 17-years-old, with paid or volunteer experience working with children

**Kitchen Helper/Counselor:**

- Performing basic kitchen and clean up duties
- Helping to prepare meals for the campers and staff
- Serving meals to campers and staff
- Be a positive role model for children between the ages of 8 and 14 years old
- Provide cabin supervision, assuring the campers are safe and working as a team and that the cabin is clean
- When not in the kitchen, participate in group activities in program areas

Salary Range: \$2,184

Dates of Employment: June 25 - Aug. 17, 2012

Qualifications: Must be 17 years of age, and have some kitchen work experience and experience interacting with children.

**We want to answer your questions** – Do you have questions or concerns about Oswego Hamilton Homes? Send them to the office so we can answer them in the monthly newsletter. You don't have to write your name for the question, unless you want to. We would like to hear your concerns, complaints and compliments on anything here on property.

# Out & About

Some upcoming events in Cortland, NY:

## April 13, An Evening of Classical Guitar

8 pm, United Presbyterian Church, 25 Church Street. Professor Pablo Cohen will bring a group of students from his Guitar Studio at Ithaca College. Performances will include the music of Albeniz, Sor, Torroba, Turina and many others. Admission is free (donations accepted). For more information, visit [guitar.cortlandmusic.org](http://guitar.cortlandmusic.org), e-mail John Sikora at [mail@cortlandmusic.org](mailto:mail@cortlandmusic.org), or call (607) 758-3670.

## April 14, Prom Dress Giveaway

9 am - 1 pm, Cortland Youth Center, 35 Port Watson St. Students who cannot attend one of these giveaways are encouraged to schedule an appointment. Area teen girls will be welcome to attend giveaways for their formal wear needs free of charge. For a small donation dress alterations will be available to girls who receive their gown through the program. For more information call Erica Danega at (607) 753-3021 x24.

## April 14, Antique Appraisal

10 am - 1 pm, Cortland County Historical Society, 25 Homer Ave. 3 appraisals for \$10 (\$4 each). 3 onsite appraisers, free refreshments, visit our Kitchen Display. For more information call (607) 756-6071 or visit [cortlandhistory.com](http://cortlandhistory.com).

## April 17, College-Community Orchestra

8 pm, Dowd Fine Arts Theatre, SUNY Cortland. Under the direction of Ubaldo Valli. Free admission. For more information, call SUNY Cortland Performing Arts Department at (607) 753-2811 or visit [www.cortland.edu/performingarts](http://www.cortland.edu/performingarts).

## April 21, Kidsville - Reaching for the Stars!

10 am - 1 pm, County Office Building Gym, 60 Central Ave. FREE! Celebrate the Week of the Young Child at Kidsville, the place where Cortland County comes together with hands-on fun and information for young children and their families. Sponsored by the Child Development Council. For more information call (607) 753-0106.

## April 22, Earth Day Clean-up

1-4 pm, Lime Hollow Visitor Center, 338 McLean Rd. Join us as we prepare trails for the spring and summer season. This is a wonderful volunteer opportunity for all ages! Bring your helping hands (with gloves) and we'll bring the refreshments! For more information call (607) 662-4632 or visit [www.limehollow.org](http://www.limehollow.org).

## April 22, The Power of Two--A Concert for Duo-Organists

3:00 pm, United Presbyterian Church, 25 Church Street. Diane Ames and Paulette Fry return to the organ bench together to play new music for duo-organists. Free admission. For more information call (607) 756-5689, e-mail [pifry48@frontier.com](mailto:pifry48@frontier.com) or visit [www.unitedpresbyterian.net](http://www.unitedpresbyterian.net).

## April 28, Medication Take Back Event

9 am - 1 pm, Parking Lot of the Cortlandville Fire Station, 999 Route 13 and also 1 Park Street, Marathon (High School) 9 am - 12 noon. Supervised collection of all medications including Controlled Substances, Pills, Powders, Liquids, Inhalers, Epi-pens, Non-prescription drugs, Pet medications, Over-the-Counter medications. If possible, please leave medicines in original container and mark out personal information for confidentiality. For more information call 607-756-8970, e-mail [kimberly@cortlandprevention.org](mailto:kimberly@cortlandprevention.org) or visit [www.cortlandprevention.org](http://www.cortlandprevention.org).

## April 28, Dancing Around the Maypole

10 am, Center for the Arts, 72 S. Main St., Homer. Bring your whole family and celebrate the age-old tradition of the winding of the Maypole with colorful ribbons. Delight when the design of the braided pole appears. Come to dance or just to enjoy the festivities. Refreshments will be served. Presenter: Bess Koval. For more information call (607) 749-4900, e-mail [info@center4art.org](mailto:info@center4art.org), or visit [www.center4art.org](http://www.center4art.org).

## Garbage Day is Friday



Please remember to get your garbage out on the curb in a "City of Cortland blue bag" by Friday morning at 7:00am.

## Resident Meeting

Thank you to those residents who came to our first Housing Visions resident meeting. The meetings will hopefully provide information and communication between residents and property management. Be on the look out for information on our next meeting. Anyone interested in our Resident Leadership Teams please contact the Cortland office.

## April 28, YMCA Healthy Kids Day

10 am - 2 pm, Cortland YMCA, 22 Tompkins St. For more information, call (607) 756-2893 or visit [www.cortlandymca.org/](http://www.cortlandymca.org/).

## April 20, Family Fun Night at the YMCA

6:00 - 8:00pm Cortland YMCA, 22 Tompkins St. This month's theme is crazy carnival, stop by for games and community health information. Free for YM members, \$5/family for non-members.

**Car Seat Safety Check at Kidsville** - a certified technician will check to see if your seat is a safe one, if the seat is the right fit for your child and show you how to correctly install the seat in your vehicle.

## April 22, Cortland Blooms Festival

11am - 3pm County Office Building Gymnasium, 60 Central Ave.

Workshops & Demonstrations - gardening \* composting \* recycling \* conservation \* wildlife \* aquaponics\* bicycling \* renewable energies

Alternative energy vehicle show, outdoor market and children's activities.

## Penne alla rapini



### INGREDIENTS:

2 tablespoon extra virgin olive oil  
2 medium garlic cloves  
1 cup fresh diced tomatoes  
500 g Basket Fresh Rapini  
450 g penne pasta  
1 tablespoon oregano  
1 oz red wine (optional)  
Salt and pepper to taste

### DIRECTIONS:

Heat oil and garlic in a medium skillet over medium heat until garlic begins to sizzle, add oregano, ground pepper, salt, diced tomatoes, red wine, and sauté for 2 minutes. Add thawed Basket of Fresh Rapini, and cook for a few more minutes until tender, stir in cooked penne pasta, cook for another minute and serve.



**HOUSINGVISIONS**

Real Plans. Real People. Real Progress.

1201 E. Fayette St., Ste. 26  
Syracuse, NY 13210  
(315) 472-3820

TO:

Only those who **risk** going  
too far can possibly find out  
how **far** one can go.



## Housing Visions Reminders:

### Where to call for all Maintenance needs:

Monday-Friday, 8:30 AM to 4:00 PM

- Syracuse East Side: 315-234-4436
- Syracuse North Side: 315-422-6300

Monday-Friday, 9:00 AM to 4:00 PM

- Oswego: 315-343-9683

Tuesday & Thursday, 9:00 AM to 1:30 PM

- Rome: 315-571-9102

Monday - Friday, 9:00 AM to 4:00 PM

- Utica: 315-735-9161

Tuesday, Thursday, Friday, 9:00 AM to 3:00 PM

- Cortland: 607-299-4199

For Maintenance Emergencies, After Hours, and Weekends/Holidays:

- Syracuse: 634-3633
- Rome: 388-5022
- Auburn: 294-5220
- Cortland: 866-219-7220
- Oswego: 341-0002
- Utica: 877-304-6836

**24 HOURS NOTICE TO THE OFFICE IS REQUIRED FOR ACCESS TO ALL OF HOUSING VISIONS BUILDINGS**

**BY TIME WARNER, TELEPHONE OR ANY UTILITY COMPANY.**

### PARKING

Only vehicles registered with Housing Visions are allowed to park in Housing Visions parking spaces. If you need to register your vehicle & need a parking sticker, please contact the rental office. Extra vehicles must park on the appropriate side of the street. It is your responsibility to mention this policy to your visitors so they don't get towed.

**KEEP IN TOUCH! DO WE HAVE YOUR CORRECT PHONE NUMBER?**