



**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

## South Side **GROWS** HEALTHY FESTIVAL

**RAIN OR SHINE!**

**JUNE 23, 2012**

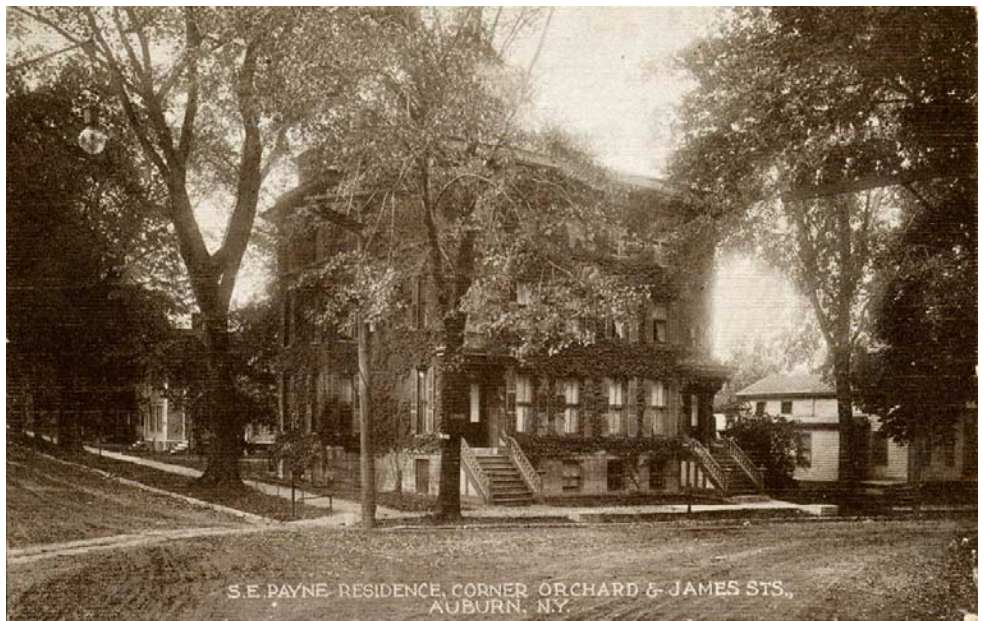
**FROM 10 AM TO 3 PM**

**DUNK AND BRIGHT GREEN SPACE/  
PARKING LOT AND SSIC  
2648 South Salina Street**

- EBT friendly Farmers Market
- Farm Demonstrations/Learn Canning/Healthy Food Preparation
- Church-Based Community Cook-off with prizes
- Music and Entertainment
- Community Award Ceremony
- Crafts and Entertainment for Children (bouncy house, games, earth-friendly crafts)
- Health Fair including education and screening services education
- Sustainable-Green education and demonstrations

## Thank You Moms!

We'd like to thank all of our moms for their love, attention and hard work. Where would we be without you? We hope you had an excellent Mother's Day!



Housing Visions' new project in Auburn, S. E. Payne Cornerstone, named after a Representative from New York; born in Hamilton, Madison County, N.Y., June 26, 1843, holds some true history. One specific property, 9-11 James Street, was the former residence of Senator Payne. The photograph above is older and undated. It displays how predominant the corner structure once was. The picture on the right, taken by our development team, shows the structure in its current state, lacking all curb appeal and life. Our mission brings this property back to the luster and life it once held while providing an affordable, secure, beautiful home. Stay tuned for completed pictures of this historic site!



"The greatest glory in living lies not in falling, but in rising every time you fall."

Nelson Mandela



We would like to encourage Residents to get involved in Circle's as a participant. The purpose of Circles is to help people such as you, build relationships across culture and class for the purpose of building resources, creating prosperity and transforming communities. This includes your community. It's time to take an active part by first understanding what changes you as an individual can make in your own personal life so that your voice can be recognized and heard.

Circles is concerned about each individual's total well-being and demonstrates concern by giving you the opportunity to investigate and explore why you maybe in a rut and can't seem to get out. We study big issues that affect all people, especially people who experience poverty. It is when we can see the big picture that we are better equipped to seriously look and figure out what it means and what can be done about the situation. Understanding what you can do about your situation can empower you to gain power in your own life and in the community.

Get involved today by calling us at 315-218-0938

We are excited to announce that our Circles Workshop Class has only 5 weeks to go before its completion. The participants are very excited and engaged, willing to share and learn new information that will help propel them to a positive road of becoming economically stable.

### Testimonials

"I am so glad for this class because I have learned how to handle difficult situations without physically fighting first."

"I have a better understanding of why it is so important to know the hidden rules of class."

"Hey, I have a BETTER understanding, why I need to have budget."

### Rome News

Great News! The Canal Village Resident Association has invited the Housing Visions Rome Property Management staff to hold a **Rome Property Management Meeting** to discuss resident concerns and community issues, and to promote open communication between Housing Visions staff and Canal Village residents. The meeting will be held on May 24th at 3pm in the Canal Village community room in place of this month's Resident Association meeting. The Resident Association encourages you to show up and voice your questions and concerns so that together, we can make our neighborhood great!

Coming Soon! **A Chronic Disease Self-Management Work-**

**shop...** Are you suffering with an ongoing health condition or caring for someone who is? Through this workshop you'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. This workshop will be held in the Rome Canal Village community room during the month of July. Please contact Amy Daniels at (315) 472-3820 if you would like to register for this class.

**Attention Parents:** If you are looking for **summer camps** or programs to occupy your children this summer, please see the summer camp section listed in the *Utica* section.



## Recognizing the Signs of Stroke

A stroke occurs when the blood flow to the brain is blocked or interrupted. It's a major medical event that will affect 795,000 Americans this year alone, according to the National Stroke Association. One of the keys to survival and recovery is getting help as soon as a stroke is detected. Here's a quick and easy assessment that you can perform if you suspect someone

has had a stroke.

Remember the acronym: **FAST**.

**F – FACE.** Ask the person to smile. Does one side of his face stay still or droop?

**A – ARMS.** Ask the person to raise both arms above her head. Does one arm drift downward?

**S – SPEECH.** Ask the person to repeat a simple phrase, such as "The dog ran away from the house." Is the speech slurred or strange?

**T – TIME.** Knowing the symptoms of a stroke may save a life. If you observe any signs of a stroke, call 9-1-1 immediately.

## Rome Office Hours

**Tuesday 9:00 AM to 4:00 PM**

**Thursday 9:00 AM to 4:00 PM**



## Don't Let The Winter Blues Follow You Into Spring

When you watch the first snow of the year fall, or you feel that first nip in the air, it's usually exciting — the new season can be a welcome change. But once that snow has fallen for months, and the nip has turned into a gray blanket of cold, it's a little less welcome. In fact, it can sometimes be downright depressing. If you've felt a little down as winter has turned into spring, here are a few ways to shake off the blues.

**1. Brighten Up.** There's a strong link between lack of sunlight and Vitamin D and depression. Keep your blinds or shades up, even when it's overcast, to let in as much ambient light as possible. If you're at a restaurant, take the seat next to the window. If it's not too cold or icy, try to get outside a little each day. Even changing your light bulbs to "full spectrum" bulbs can help — these mimic natural light and can have the same effect on your outlook as the real thing.

**2. Exercise.** When you exert yourself, your body releases endorphins — the "feel good" chemicals in your brain that help block pain and improve your mood. Regular exercise is a great way to increase those chemicals and help shake those winter blues.

**3. Stay Social.** If you do get a little down, it's natural to want to withdraw and keep to yourself. But social interaction with family and friends is a powerful weapon against the blues, so make yourself reach out — set dates with your grandchildren, friends, and neighbors — and make sure you get the regular social support that can keep you happy and active.

With these tips and extra effort, you can gear up for a warmer and happier spring!

## OUTSTANDING TENANT OF THE MONTH

The Utica Office would like to recognize Tanya Nicholas as our Outstanding Tenant of the Month for calling in a fire alarm and preventing a fire in her neighbors apartment.

*Thank you Tanya!*

The Utica Maintenance Team is looking for empty plastic coffee cans with covers. Please drop your empty coffee cans at the rental office.

Do you, or a Housing Visions resident you know, want to learn or improve your English skills? The Utica Adult Learning Center **ESL Program** offers free English classes to any non-native speaker of English. They emphasize the speaking, listening, writing and survival skills that you will use daily. Beginner, intermediate and advanced level classes are offered. You can register for a class online or go straight to the learning center located at 309 Genesee St. Utica, NY. Day and Evening classes are available.

## NEW FOR THIS SUMMER

### Summer Time Movies in the Community Room

#### Weekday afternoons

Movie Schedule will be posted on the rental office door.

New movie each week.

Sign up early. Seating is limited to twenty (20) children at each movie. Two parent chaperones required.

Bring a pillow or a blanket, popcorn will be provided.

Looking for **summer camps and programs** for your kids this summer? Check out the Utica summer camp and programs listed on-line at [www.uticaod.com](http://www.uticaod.com) and enter "Save Money on Summer Camps for Kids" in the search field. Most camps and programs also offer scholarships or reduced tuition to income qualified applicants so don't be afraid to check out some of the camps that appear to be beyond your affordability.



# Part You, Part Community Room, Part-eee!



## Have a Safe Picnic

Gather friends, find an old blanket and plant yourself in a favorite park: It's picnic weather! Before the fun begins, take precautions to keep everyone safe.

"The incidence of foodborne illness is most prevalent from May to September" says Marlene Clark, registered dietitian at Cedars-Sinai Medical Center, Los Angeles.

**Cooler control.** Foods meant to be cold should be kept at 40 degrees or below, so use plenty of ice or frozen gel packs. Consider keeping drinks in a separate cooler so frequent opening and closing won't raise the temperature of packed food. Any raw meat should be securely wrapped to keep its juices from contaminating other fresh foods, such as fruit or veggies.

**Site safety.** Take plenty of water to wash hands and any utensils used during food prep. Don't forget eating surfaces - never serve food on plates that previously held raw meat unless they are first cleaned with hot, soapy water.

**Food fright.** Foods served hot should be kept at or above 140 degrees. The "danger zone" for picnic food is between 40 and 140 degrees; food shouldn't be in this range for longer than two hours. Try keeping cold food in dishes set on bowls filled with ice and hot food in thermal crocks wrapped with dish towels.

Mix together friends, neighbors and family at your local Housing Visions community room, and you'll cook up one fun party. The first ingredient is at your local rental office where you can reserve the community room. Using your local community room is better and easier than stewing about how you'll get all those guests to fit into the living room!

## Protect Your Peepers With the Proper Sunglasses

It's the season of shopping for sunglasses as the weather warms and we spend more time outdoors. May is Healthy Vision Month, a good time to find the best sunglasses to protect your valuable eyes.

**Block UV rays.** Choose sunglasses that reduce exposure to ultraviolet (UV) rays. Pick sunglasses that have 99 to 100 percent UV protection. Blocking UV rays can help prevent cataracts and age-related macular degeneration. A label on the sunglasses should state that the lenses protect from UVA and UVB rays.

**Fit matters.** The best-fitting sunglasses wrap around the sides of the head and fit close to the eyes. This prevents UV rays from getting around the sunglasses.

**Don't let price fool you.** Just because sunglasses are expensive doesn't mean they offer the best protection. Price often has more to do with fashion than function.



**Cut the glare.** Polarized lenses that cut down on glare from water, snow or sand are popular, but they don't always protect from UV rays. Make sure the label also lists UV protection.

**Color your world.** Sunglass lenses come in an assortment of colors, but gray is the most common because it does not distort color or affect contrast. Yellow and orange lenses, popular with golfers, increase both contrast and depth perception.

"Gardens and flowers have a way of bringing people together, drawing them from their homes."

- Clare Ansberry



## PARKS AND REC PROGRAMS IN FULL SWING THIS SPRING

**ZUMBA** - Adult ZUMBA Classes at Bob Cecile Center with Pulse Fitness. Tuesdays May 1 - June 19. 6:00pm. \$35 includes all 8 sessions (or \$5 drop-in). Registration forms available at Main Office or online at

[www.syracuse.ny.us/parks/set8.html](http://www.syracuse.ny.us/parks/set8.html)

**Syracuse R.B.I. Summer Baseball Program** - Administered by the Boys and Girls Clubs of Syracuse, Registration Dates for Jr. Division (Age 6-12): Saturdays May 19, 26, and June 9, Noon - 3pm, at the Shonnard Street Club. Free for Jr. Division! Registration for Sr Division (age 13-15): Wednesdays June 6, 13, and 27, 6pm-9pm, at the Shonnard Street Club. \$10 fee per player.

Catholic Charities offers a 10 week series for parents with school aged children, and an 8 week course for parents with infants - three years old. Contact Bethany Creaser, Program Manager at Catholic Charities of Onondaga County, at (315) 362-7547 or at [bcreaser@ccoc.us](mailto:bcreaser@ccoc.us) for more information.

Enable and Syracuse University have teamed up to bring the Incredible Years Parenting Series specifically to parents with preschoolers with challenging behaviors. Contact Dr. Laura Lee McIntyre at 443-4136 for more information.

Looking for **summer camps** and programs to occupy your children this summer? Check out the 2012 Summer Camps Guide on [Syracuse.com](http://Syracuse.com) to see what's available in the area. Most camps and programs also offer scholarships or reduced tuition to income qualified applicants so don't be afraid to check out some of the camps that appear to be beyond your affordability!

**Attention PARENTS!** Are you looking for ways to improve your relationship with your child(ren)? Onondaga County offers a unique **parenting series** called *The Incredible Years* through 2 different agencies in Syracuse. This FREE multi-week group for parents focuses on the importance of positive play, praise, rewards, limit setting, and problem solving with your kids, teaches discipline techniques such as ignoring behavior, time out, consequences, and consistent follow-through, and also offers techniques for parents to prevent and manage serious childhood conduct problems.

**ACTION Basketball Summer League** - at the Magnarelli Center (McChesney), Games on Thursday nights beginning June 14th. Registration Night / Open Clinic is May 31st, 6pm. Open to youth 13-15 yrs. \$20 per city resident / \$40 per non city. Also, may pre-register using camp registration form, available on our website.

**Golf Courses** at Burnet and Sunnycrest open for the season on May 1st.

**Memorial Day Concert** - on Sunday, May 27, at 2:30 p.m. at Palace Theatre, featuring a moving musical program by the Stan Colella Orchestra.

[www.syracuse.ny.us/parks](http://www.syracuse.ny.us/parks)



## Give Housing Visions a Thumbs Up!

Did you know Housing Visions is on Facebook? Like us on Facebook and tell a friend.

[www.facebook.com/housingvisions](http://www.facebook.com/housingvisions)



## Sesame Chicken Stir-Fry

### INGREDIENTS:

- 1 boneless, skinless chicken breast, thinly sliced
- 2 tablespoons reduced sodium soy sauce
- 1 package Uncle Ben's Ready Rice Jasmine
- 1 spray of cooking spray
- 1 tablespoon whole sesame seeds
- 1 to 2 teaspoons ginger powder
- 1/2 cup carrots cut into matchsticks
- 1/2 cup snow peas
- 1 8-ounce can sliced water chestnuts, with liquid
- 1/2 teaspoon toasted sesame oil

### DIRECTIONS:

Marinate sliced chicken breast in soy sauce. Prepare rice according to package directions. Set aside. Heat large pan or wok over high heat. When pan is hot, lightly coat with cooking spray and add the chicken and soy sauce. Cook chicken for 1 to 2 minutes; add sesame seeds and ginger powder, stir. Add carrots, snow peas, water chestnuts and toasted sesame oil. Cook until vegetables are crisp tender. Add rice; toss to combine.



**Need Legal Help?** Free Legal Clinic at Cayuga Community College, Room T219, on Fridays (except holidays) from 12:00 Noon—2:00pm. Legal Services include advice & counsel, brief service, and referrals. Legal Issues include: consumer, education, disability-related issues, employment, family, housing/evictions, income/benefits, insurance issues, Medicaid/Medicare, and utility issues. For more information, call Michele Czornij, Paralegal at Legal Services of CNY, at (315) 703-6576 or Therea Miziaszek, CCC's Criminal Justice Department at (315) 294-8427.

**Attention Parents:** Looking for fun way for your kids to spend summer vacation? Check out Cayuga Community College's Kids at Cayuga Summer Camp! Kids can build an amazing hot air balloon, try their hand at African drumming or take an adventure to ancient Rome! The camp will be offering nearly 40 courses for kids ages 8 to 12. All classes will be held on the Auburn campus and will meet for one week from July 9 - August 3, 2012. Find out more or register online at <https://registration.xenegrade.com/Cayuga/searchResults.cfm?prgID=25> or call the Office of Community Education and Workforce Development at 315-294-8841 to register over the phone.

**Annual Recertification** – Per lease requirements, tenants are required to submit all income and family data requested for annual recertification of tenant eligibility. This information may include, but is not limited to, proof of family size, verification of salary or wages from all employers and verification of all other income from other sources. Upon request from Housing Visions, this information must be submitted immediately. Failure to provide complete information constitutes a material breach of your lease and may result in termination of your lease or eviction.



**Using & Storing BBQ Grills** – BBQ grills, propane tanks and charcoal grills must be used and stored 10 feet from the building foundation at all times. This is the law and will be enforced by local and state authorities. If an apartment is cited by an inspector and a fine is levied, the resident will be responsible for paying the fine. Per fire safety code, residents are not allowed to store propane tanks inside the building, apartment or basement.

**Prevent Critters from Invading** – Place all trash/garbage inside the dumpsters, not along side as this will attract animals, insects, etc. Never leave trash/garbage on your porch. Immediately dispose of it and close the lid to the dumpster. We have also received several complaints of children and adults climbing in and out of the dumpsters. This is very dangerous and is prohibited!



**Oswego Farmers Market** - Beginning May 24<sup>th</sup>, the Oswego Farmers Market will be entering its 48th season. The market provides a wide variety of vendors offering fresh fruits and vegetables, baked goods, hand made items and crafts, and live entertainment. The market is open every Thursday from 4:30 p.m. to 8:30 pm. The Farmers Market is located at the West First Street Civic Plaza in Fulton. For additional information, call (315) 343-7681.



**Fulton Farmers Market** – Beginning June 2<sup>nd</sup>, the Fulton Farmers Market will be open each Saturday from 8:00 am – 1:00 pm at the Canal Landing parking lot located on NYS Route 481 in Fulton. The market features a variety of vendors selling fresh fruits and vegetables, baked good, arts and crafts items, flowers, etc. For more information, contact the Fulton/Oswego Chamber of Commerce at (315) 343-7681.



**Seasonal Opening of the Vessels** – The H. Lee White Marine Museum will be holding their seasonal opening of the National Historic Landmark LT-5 and NYS Derrick Boat 8. Admission is free all weekend on May 19th and 20th from 1:00 pm. to 5:00 p.m. in honor of these vessels. The museum is located at the end of the West First Street Pier in Oswego. For more information, call the H. Lee White Marine Museum at (315) 342-0480.

Be sure to stop by the Community Room for some **family fun activities** this month! Next on the calendar is a Movie Night on May 12 starting at 4pm featuring the movie *We Bought a Zoo*. There will be a Clothing Swap in the Community Room On May 19 at 4pm, and we will have “Sibling Day” on May 26 starting at 4pm. Come out with your parents and siblings for lots of family fun. Stop into the rental office to contact Lauren or to pick up a copy of the Events Calendar for details on all events.

We are excited to offer a 5 week **Girl Scouts** program at Oswego’s Hamilton Homes this summer for girls age 5 through those entering 5th grade. Girls are invited to join the FUN of learning about themselves, good health, and friendship. The group will meet at the Hamilton Homes Community Room each Monday from 10:00 am – 11:00am from June 25 through July 23. A form will be going out in the mail in the next few weeks. Be sure to register and turn it back into the office to hold your spot.

**Need help with Homework?** Can’t figure out how to solve those tricky math problems? We have a solution for you. We will have FREE tutoring every Thursday evening in the community room. If you can’t make it on Thursday’s call the office to schedule an appointment with Lauren. Children under the age of 11 must be accompanied by an adult.

Attention Parents! Oswego offers many different **summer camps, programs, and parks** for your children to enjoy throughout the summer months. Check out the 2011 Community Services Directory at [ww.co.oswego.ny.us](http://ww.co.oswego.ny.us) for more information.

\*Please remember that we allow one parking space per unit. If you have not received a parking sticker, please come by the office and pick yours up today. Thank you!

\*With the warm weather the kids are outside playing. Please keep in mind the parking lot is not intended to be used as a playground. Cars have been getting scratched with kids riding bikes and playing in the parking lots. There are local parks available for your children. Thank you for your cooperation.

\*We are in the process of setting appointments for recertification. Please be sure we have your current contact information in the office to expedite this process.

## Cortland Office Hours

**Tuesday 9:00 AM to 3:00 PM**

**Thursday 9:00 AM to 3:00 PM**

**Friday 9:00 AM to 3:00 PM**



\*If you have any questions, please call the office at (607)299-4199.

**Attention PARENTS!** Are you looking for ways to improve your relationship with your child(ren)? The Cornell Cooperative Extension of Cortland County offers a unique parenting series called *The Incredible Years*. This is a FREE 14 week group for parents of young children (choose between group for parents of infants & toddlers ages 0-3, and groups for parents of young children ages 4-8.) The series focuses on the importance of positive play, praise, rewards, limit setting, and problem solving with your kids, teaches discipline techniques such as ignoring behavior, time out, consequences, and consistent follow-through, and also offers techniques for parents to prevent and manage serious childhood conduct problems. Call 607-753-1351 for more information.

The Cornell Cooperative Extension of Cortland County also offers the **Family Fun and Resource Center** located at 29 Main Street, Cortland, NY 13045 (607-753-1351.) The FFRC is a free place to learn, grow, and have fun! The Center is open to all families in the community and has toys, games, crafts, and playtime for children, information on community resources and referrals, a loaning library of educational materials, and is a great place for Early Intervention, CPSE evaluations and therapies, custody switches, and supervised visits. Families and their young children can play together during open hours and new activities and crafts are featured each week! Center hours are Monday, Tuesday & Friday: 9am - 3pm, and Wednesday & Thursday: 11am - 7pm. Stop in for a quick tour and a staff member will show you how to sign in and provide you with details on upcoming classes or special events.

Looking for **summer camps and programs** for your kids this summer? Check out the *2012 Spring and Summer Brochure* to see what is available in the area. Brochures can either be downloaded online at [www.cortland.org/youth/programs/index.html](http://www.cortland.org/youth/programs/index.html) or picked up at the Cortland Youth Bureau, 35 Port Watson Street, or the Mayor's Office in City Hall. Most camps and programs also offer scholarships or reduced tuition to income qualified applicants so don't be afraid to check out some of the camps that appear to be beyond your affordability!

Many people are not aware of the many supportive services in and around the Cortland area. Should you, a family member or friend have a need to seek help, the list below provides information on where to begin receiving support:

**Former Perpetrators of Abuse - Ithaca**  
Domestic Offense Offender Re-education Services (DOORS), 201 East Green St.,  
Meetings: Wednesdays, 6:00 P.M.  
For men 18 and over who have used violence or other abusive behavior to control their partners  
Contact Linda Riley 607-274-6230 for more information

**Alcohol Addiction**  
*Cortland New Beginnings Group*  
American Red Cross, 111 Port Watson St.  
– 2<sup>nd</sup> floor. Door locks automatically promptly at 9:05  
Sundays: 9:00 A.M.  
Open Discussion

### **Breast Cancer**

*Women's Breast Cancer Support Group*  
YWCA, 14 Clayton Ave.

Meetings: First Mondays at 7:00P.M.  
For anyone newly diagnosed, in treatment, in or post-treatment for breast cancer. Call 607-753-9651 (Maryanne Wilbur) for more information

### **Grandchildren - Ithaca**

*Grandparents Raising Grandchildren*  
Family and Children's Services,  
521 West Seneca St.

Meetings: Fourth Mondays at 6:30  
For grandparents raising their school-aged grandchildren  
Call 607-273-7494 for more information

### **Couples - Ithaca**

Ithaca Community Recovery, 518 West Seneca St.

Meetings: Mondays and Fridays at 7:30 P.M.

For couples to find freedom from dysfunctional patterns in their relationship by restoring healthy communication and intimacy  
Call 607-256-3499 for more info.

### **Domestic Violence**

*Survivors of Domestic Violence*  
Cortland YWCA, 14 Clayton Avenue  
Meetings: Tuesdays at 7:00 P.M., and, Thursdays at 1:00 P.M.

For victims of domestic violence to live their lives free of abuse  
Contact 607-753-3639 for more info.

There are too many to list, however, for a complete listing of the various services offered throughout the area, ask Laura at the rental office next time you're in.



**HOUSINGVISIONS**

Real Plans. Real People. Real Progress.

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

TO:

Your **purpose** explains  
what you are doing with your life  
Your **vision** explains  
how you are living your purpose.  
Your **goals** enable you to realize your vision



## Housing Visions Reminders:

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 4:00 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

### Where to call for all Maintenance needs:

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?**