



**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



## Search for Stars This Summer

Ralph Waldo Emerson wrote, "If the stars should appear but one night every thousand years, how man would marvel and stare."

Luckily, on any cloudless night, we can stargaze, which humans have been doing for thousands of years. The cave drawings at Lascaux in France, estimated to be 17,300 years old, include images that some experts believe are star clusters. Ancient Greeks wrote about constellations during the 7th century B.C., including some of the 88 official constellations recognized today by the International Astronomical Union.

While the IAU has a more complex interpretation of stars in the night sky, beginners don't need much to identify and enjoy the stars and planets that make up our solar system. It's a good idea to start with pictures of the night sky that show constellations according to the season, like the ones found at [www.SeaSky.org](http://www.SeaSky.org). This way, you'll know what you are looking for before heading out. A moonless sky is best, because more stars can be seen, as well as a location away from city lights, although many constellations can still be seen from an urban setting.

Besides your own eyes, not much else is needed, although binoculars can be handy for seeing dimmer stars.

**"It is not in the stars to hold  
our destiny but in ourselves."**

- William Shakespeare

## ...say **Goodbye to Dust and Dirt**

Ever wonder why your house gets so dusty and dirty? Well, you may not believe this, but 85% of all household dirt comes from the bottom of your shoes. You can cut down on dirt by removing your shoes at the door. Airborne pollution and allergens like pollen and dust mites can also irritate breathing and trigger asthma, especially in young children. Control dust by using the following tips:



- Dust **HIGH PLACES FIRST**, like ceiling lights, door jambs, wall pictures and light fixtures down to lamps, furniture, TVs, stereos, radiators and floor vents .
- Make sure you don't overlook house plants and knick-knacks which are magnets for dust.

**Vacuum  
After  
you  
dust!**

- Vacuum **AFTER** you dust. If possible, use a vacuum cleaner with a **hep filter** to avoid blowing dirty air back into the room.



**BEWARE OF DUST MITE ALLERGY:** though you can't see them or feel them, these tiny, spiderlike creatures feed on flakes of dead human skin. They don't bite like fleas or bedbugs, but their body waste can cause allergies and asthma symptoms in some people, especially children. They thrive in warm and humid place like carpeting, bed linens and pillows, mattresses and box springs, upholstered furniture and even stuffed animals. Regular dusting, frequent washing of sheets and pillowcases in 130+ degree water, as well as using allergen protective coverings can help everyone breathe easier.

Real Plans. Real People. Real Progress.

“All that a man achieves or falls to achieve is a direct result of his own thoughts.”

~James Allen



All is quiet on the home front as we gear-up for the presentation of our new and exciting curriculum. This curriculum completely meets you right where you live. Included in the curriculum are topics such as Who am I?, Me and My money!, and “Cracking the Code” to name a few.

The information in this curriculum will help you take a look at things that put a demand on your life but keep you living in the “Tyranny” of the moment. Sometimes it is very difficult and scary for us to really look at our present situation because we don’t have solutions. You may say “I have been in this state for so long that maybe this is my lot in life.” No!! Never to fear, Circles is here to help you identify strategies and find methods that will assist in bringing stability and control to your life’s situations.

So why not call to get more information. Call 218-0938 for an application today!

The next class is scheduled to begin in September!

### Alumni Appreciation Celebration on July 26



The Circle Leaders and their Allies were honored at an Alumni Appreciation Celebration on July 26 for their dedication and commitment to the Circles Initiative. Both the leaders/allies have worked very hard to maintain good attendance and good standing in the Circles community. Many of the Circle Leaders with the encouragement of their Allies have accomplished major goals such as paying off their debt, starting a new business and being promoted to a senior position on their job. We are so proud of our new Community Leaders and wish them the best that life has to offer.

For some this was a long, hard and challenging journey BUT they made it.

THANKS FOR ALLOWING US TO BECOME A PART OF YOUR LIVES!!!

### Lockport News

You may contact your Property Manager, Robin McCowen, by either calling 425-7241 or by visiting her temporary office location at the YWCA building, located at 32 Cottage Street, Lockport.

**Office hours are Tuesdays and Thursdays  
8:30am-4:00pm.**

**Garbage and Recycling Tote Reminder:** Your blue garbage tote should be placed near the curb with the appropriate side facing the street. Your recycling tote should only be placed at the curb every-other Wednesday.

**Taking Pride in your home:** Please keep your lawn and planting areas clear of paper and other trash for mowing/trimming. Also be sure to keep any toys and lawn chairs stored when not in use.

**Lockport Family YMCA  
19 East Avenue  
716-434-8887**

#### **TGIF at the YMCA - Family Night Swim**

June 1, July 6, August 3, and September 7, 2012

7:30 - 8:30 PM

First Friday of the Month May - September!

Members Free - Non-Members \$10.00 per family

All Families Welcome! Pool Fun & Water Games!

Activate your Family while having fun in our pool!

Take on Summer!

## Let's face it. Child care is expensive!

*Help is available...* Onondaga & Cayuga Counties both offer financial aid for eligible parents to help cover the cost of child care. The United Ways of CNY and Cayuga County, and the City of Auburn fund Community Child Care Scholarships that can also help defray costs. If you have questions about either program please call Child Care Solutions at 446-1220 ext. 303. or toll free at 888-729-7290 ext. 303.

### Financial Aid from Onondaga & Cayuga Counties

Family Size	2	3	4
Onondaga County Gross Annual Income Limits	\$29,420	\$37,060	\$44,700
Cayuga County Gross Annual Income Limits	\$23,536	\$29,648	\$35,760

In Onondaga County call the County Day Care Unit at 315-435-5683, ext. 2 for more information or an application.

In Cayuga County call the Cayuga County Health & Human Services at 315-253-1580 for more information or an application.

Care can take place in a child care center, family child care home or with a trusted relative or friend. You make the choice.

Parents must work 20 or more hours per week and have incomes below the gross annual income limits to qualify.

### Community Child Care Scholarships

Family Size	2	3	4
Onondaga County Gross Annual Income Ranges	\$29,421-\$36,775	\$37,061-\$46,325	\$44,701-\$55,875
Cayuga County Gross Annual Income Ranges	\$23,538-\$33,099	\$29,649-\$41,694	\$35,761-\$50,289

Call Child Care Solutions at 446-1220 ext. 303 or e-mail [Parenthelp@childcaresolutionscny.org](mailto:Parenthelp@childcaresolutionscny.org) for more information, an application or a list of eligible programs for the Community Child Care Scholarships

Scholarships are funded by the United Ways of CNY and Cayuga County, and the City of Auburn. Eligible parents can enroll their children in a local non-profit child care program.

Parents must work 30 hours per week and have incomes within these ranges to qualify.



## Prosciutto and Pea Bowtie Pasta

- 16 ounces bowtie pasta
- 2 tablespoons olive oil
- 2 tablespoons garlic, finely chopped
- 1 (9-ounce) package frozen artichoke hearts, thawed and drained
- 1 red bell pepper, finely diced
- 1 cup frozen peas, thawed
- 6 ounces prosciutto, thinly sliced
- 3 tablespoons fresh parsley, finely chopped
- Salt and Pepper, to taste
- Parmesan cheese, shredded

### Directions

Prepare pasta according to package directions.

While Pasta cooks, heat oil in medium skillet and sauté garlic with artichokes and red pepper just until garlic turns golden brown; add peas and cook another minute.

Drain pasta and place in serving bowl. Add artichoke/peas mixture, prosciutto and parsley. Toss gently.

Season with salt and pepper, if desired. Sprinkle with cheese and serve.

## Learning Disabilities in Children

Excerpts from [helpguide.org](http://helpguide.org)

Does your child struggle with school? Does he or she dread reading out loud, writing an essay, or tackling a math problem? While every kid has trouble with homework from time to time, if a certain area of learning is consistently problematic, it might indicate a learning disorder. By understanding all you can about learning disabilities, you can ensure your child gets the right help to overcome classroom challenges and succeed in life.

### What are Learning Disabilities?

Learning disabilities, or learning disorders, are an umbrella term for a wide variety of learning problems. A learning disability is not a problem with intelligence or motivation. Kids with learning disabilities aren't lazy or dumb. In fact, most are just as smart as everyone else. Their brains are simply wired differently. This difference affects how they receive and process information.

Simply put, children and adults with learning disabilities see, hear, and understand things differently. This can lead to trouble with learning new information and skills, and putting them to use. The most common types of learning disabilities involve problems with reading, writing, math, reasoning, listening, and speaking.

Continued Page 5...Signs and Symptoms of Learning Disabilities and Disorders



## Celebrate Left-Handers

Which hand do you write with? One in 10 people will answer "my left." About 10 percent of the population is left-handed, and that figure has stayed the same throughout history.

Archeologists know this by looking at which hands hunters are using in cave paintings and by analyzing ancient tools.

As we celebrate Left-Handers' Day on August 13, here are other nifty notes about lefties:

- Stroke victims may recover faster if they are left-handed. It could be because lefties have had to strengthen both sides of their brain to get by in a right-handed world.
- Six of the last 12 presidents have been left-handed.
- A study found that two left-handed parents will produce left-handed children about 35 percent of the time. It is unknown if this is because of genetics or learning.
- Despite what you may have heard, there is no real proof that lefties are more accident-prone than right-handed people.
- Left-handed people have an advantage in many sports, such as baseball, tennis and fencing, because of the numbers: Right-handed people don't face lefties very often, whereas lefties are used to facing righties.

### Lots of Lefties

Famous lefties include: Neil Armstrong, George H. W. Bush, Julius Caesar, Winston Churchill, Albert Einstein, W.C. Fields, Henry Ford, Benjamin Franklin, Greta Garbo, Judy Garland, Bill Gates, Michelangelo, Marilyn Monroe, Barack Obama, H. Ross Perot, Pablo Picasso, Babe Ruth, Mark Twain and H. G. Wells.



## Weighing in on Watermelon

Watermelon might be the perfect summer food. Sweet, juicy and refreshing, watermelon is a popular treat at picnics, potlucks and parties. Watermelon is aptly named, since it consists of 92 percent water. The average American eats more than 17 pounds of watermelon a year, making it the most-consumed melon in the United States.

Although usually considered a fruit, watermelon is a member of the gourd family and is related to cucumbers, pumpkins and squash.

Egyptians cultivated watermelons more than 4,000 years ago. There are now 1,200 varieties of watermelon grown worldwide

Every part of a watermelon is edible. In Asia, the seeds are roasted. The rind can be pickled, stir-fried or stewed.

Watermelon contains no fat or cholesterol and is high in fiber. It is a good source of potassium and Vitamins A and C. Watermelon also has high concentrations of lycopene, an antioxidant that could reduce the risk of some diseases.



## Cache in Today

August 18 is International Geocaching Day, a day to celebrate a popular sport for the modern world.

Sometimes described as "high-tech hide and seek," the basic idea of geocaching is for participants to use a GPS or other navigational device to follow coordinates to discover hidden "caches." Each cache contains a log book so those who find it can sign their name and date the book.

The caches are generally hidden, often

inside tree stumps or alongside a fence or other structure. Sometimes, the caches contain small toys or trinkets that can be taken, provided something is left in return.

About 5 million people around the globe participate in searching for more than 1.5 million caches.

Although the bulk of geocaching occurs in the United States, there are caches in more than 100 countries plus one on the International Space Station.

Those who hide the caches are encouraged to choose public property and to not hide a cache where seekers will arouse suspicion, such as near schools or government buildings.

Some detractors consider caches "litter," so now geocachers often pick up debris as they search, an effort called CITO, or "Cache In, Trash Out."

Several websites register caches. Check out [www.Geocaching.com](http://www.Geocaching.com) or [www.OpenCaching.com](http://www.OpenCaching.com).

Continued from Page 3...Learning Disabilities in Children

## Signs and Symptoms of Learning Disabilities and Disorders

Learning disabilities look very different from one child to another. One child may struggle with reading and spelling, while another loves books but can't understand math. Still another child may have difficulty understanding what others are saying or communicating out loud. The problems are very different, but they are all learning disorders.

It's not always easy to identify learning disabilities. Because of the wide variations, there is no single symptom or profile that you can look to as proof of a problem. However, some warning signs are more common than others at different ages. If you're aware of what they are, you'll be able to catch a learning disorder early and quickly take steps to get your child help.

The following lists some common red flags for learning disorders. Remember that children who don't have learning disabilities may still experience some of these difficulties at various times. The time for concern is when there is a consistent unevenness in your child's ability to master certain skills.

**Preschool** signs and symptoms of

learning disabilities include problems pronouncing words or finding the right word to use; difficulty rhyming; trouble learning the alphabet, numbers, colors, shapes, days of the week; difficulty following directions or learning routines; difficulty controlling crayons, pencils, and scissors or coloring within the lines; or trouble with buttons, zippers, snaps, or learning to tie shoes.

In **Grades K-4**, signs and symptoms of learning disabilities may include trouble learning the connection between letters and sounds; being unable to blend sounds to make words; confusing basic words when reading; consistently misspelling words and making frequent reading errors; trouble learning basic math concepts; difficulty telling time and remembering sequences; or being slow to learn new skills.

In **Grades 5-8**, signs and symptoms of learning disabilities may include difficulty with reading comprehension or math skills; trouble with open-ended test questions and word problems; disliking reading and writing; avoiding reading aloud; spelling the same word differently in a single document; poor organizational skills (bedroom, homework, desk is messy and disorganized); trouble following classroom discussions and expressing thoughts aloud; or poor handwriting.

Continued Page 7....Signs and Symptoms

"We hope you have been enjoying this sunny weather for all of your summer events! For any future plans, please be advised that for reasons of safety and liability, Housing Visions does not allow bounce houses or water slides on the properties. We appreciate your cooperation and hope that you are able to find other fun ways to stay cool!"

"Take away my people, but leave my factories, and soon grass will grow on the factory floors. Take away my factories, but leave my people, and soon we will have a new and better factory."

Andrew Carnegie

Common Types of Learning Disabilities		
<b>Dyslexia</b>	Difficulty reading	Problems reading, writing, spelling, speaking
<b>Dyscalculia</b>	Difficulty with math	Problems doing math problems, understanding time, using money
<b>Dysgraphia</b>	Difficulty with writing	Problems with handwriting, spelling, organizing ideas
<b>Dyspraxia (Sensory Integration Disorder)</b>	Difficulty with fine motor skills	Problems with hand-eye coordination, balance, manual dexterity
<b>Dysphasia/Aphasia</b>	Difficulty with language	Problems understanding spoken language, poor reading comprehension
<b>Auditory Processing Disorder</b>	Difficulty hearing differences between sounds	Problems with reading, comprehension, language
<b>Visual Processing Disorder</b>	Difficulty interpreting visual information	Problems with reading, math, maps, charts, symbols, pictures

From Amanda Wood, Oswego Hamilton Homes AmeriCorps Member...

Hello All! Summer is now well underway and so are the fun activities and events for the children of Hamilton Homes.

I would like to remind everyone that the Oswego County Bookmobile will be at Hamilton Homes every Monday from 11:15am -12:30pm. This is a wonderful time for the kids to pick out some awesome books, and enjoy a healthy snack!

We had a wonderful turnout for our 1st Annual Music Day - It was so nice to see everyone's artistic creativity shine for a day! Everything from violins to miniature drum sets was made out of everyday craft and household items! Based on the success of this event, we will definitely have another great event like this before the end of the summer.

The Oswego Hamilton Homes Fitness Club held its first meeting on Tuesday, July 17. Due to the record-breaking temperatures and humidity, our first meeting was held indoors with several fun physical fitness activities and discussions. We always welcome new enrollees, so if your kids are interested, please bring them to the community room with a filled out parent permission slip any Tuesday and/or Thursday at 10am. Mother Nature may control our Fitness Walks, but indoors or outdoors, we will always have a blast getting healthy, no matter what! At the end of the summer, the child who has attended the most sessions will win a prize.

Be sure to mark each Wednesday on your calendars as "STAND UP" days. "STAND UP" is a bullying prevention program that I am very passionate about. Each Wednesday at 10:30am we will do different activities that will teach your children what bullying is and how they can combat it safely in their daily life. Bullying and disrespect happens at every age level, but we can all make a difference if we just take that first step. In fact, in the majority of cases, bullying stops within 10 SECONDS when peers intervene, or do not support the bullying behavior.

Each Friday evening at 7pm will be Family Movie Night in the Community Room. Popcorn and Lemonade will be served, free of charge. The movie played each week will be determined by the children who attend the various activities and events that week.

Finally, be sure to check your mailboxes daily for flyers and schedules regarding these and all other events this summer. Adult volunteers are always encouraged and greatly appreciated. This summer has been so much fun already, and I can't wait to see the fun and learning continue! Come stop by and chat with me in the Hamilton Homes Community Room, or call (315)343-9683 and ask for me, Amanda, if you have any questions or want to help out at an event.

Summer Reading Program



A summer reading program about night time is six weeks of activities for children of all ages. Provides a challenge for the children to read at their level for prizes! The program starts 8/11/12, but the time of the program is still to be determined.

Call the Oswego Public Library at (315) 341-5867 for formation. Admission is free.

Ice Cream Social & Other Activities



A free ice cream social will be held on 8/11/12. This is a family event that will include music, food, children's crafts, canoe/kayak races and much more. The event will be held at the Minetto River View Park.

For more information call the Town Hall at (315) 343-4565, or email rdrosse@twcny.rr.com. Admission is free.

Our greatest natural resource is the minds of our children.' -Walt Disney

Unauthorized live-ins

Allowing someone to live in your unit without approval from the office is a serious lease violation that will result in eviction. If you want to add someone to your lease, this individual must complete an application and be approved for residency.

Unauthorized pets

Pets, pet sitting and visiting pets are not allowed on property at any time. The only individuals authorized to have a Service Animal on property are the disabled as defined by New York State Law and proper authorization.

Providing false information to Landlord

Information provided on an application and annual recertification packet must be accurate and complete. Giving the Landlord false information regarding income or other factors considered in determining your rent payment or eligibility for residency is a serious lease violation and is considered fraud. A good example of fraud is failing to report a checking or savings account regardless of how much is in each account.

Housing Visions "Zero Tolerance Drug Policy"

Housing Visions has a zero tolerance drug policy for all properties. This includes the use, sale, distribution and

possession of drugs and/or drug paraphernalia. Per lease requirements, violations of any of the provisions of this policy will result in immediate termination of the lease with no further notice or opportunity will be given to the Resident prior to termination of this lease. The Resident agrees that the Resident, household members and guests must not engage in or permit:

Any criminal activity, including drug related criminal activity, and/or criminal activity involving illegal weapons in the unit or on the property.

Any drug related criminal activity engaged in, or near the premises by Resident, or any member of Resident's household or any guest or other person under Resident's control, including but not limited to the use or sale of any illegal substance.

A household member illegally using a drug.

A household member's abuse or pattern of abuse of alcohol threatening the health, safety, or right to peaceful enjoyment of the premises by other Residents.

The Resident, any member of the Resident's household, a guest or another person under the Resident's control engaged in criminal activity, regardless of whether the person(s) has been arrested or convicted of such activity.

Any other unlawful activity.

## Signs and Symptoms.....Continued from page 5

### Other Disorders That Make Learning Difficult

Difficulty in school doesn't always stem from a learning disability. Anxiety, depression, stressful events, emotional trauma, and other conditions affecting concentration make learning more of a challenge. In addition, ADHD and autism sometimes co-occur or are confused with learning disabilities.

**ADHD** – Attention deficit hyperactivity disorder (ADHD), while not considered a learning disability, can certainly disrupt learning. Children with ADHD often have problems sitting still, staying focused, following instructions, staying organized, and completing homework.

**Autism** – Difficulty mastering certain academic skills can stem from pervasive developmental disorders such as autism and Asperger's syndrome. Children with autism spectrum disorders may have trouble communicating, reading body language, learning basic skills, making friends, and making eye contact.

### If You're Worried, Don't Wait, Get Help!

If you suspect that your child's learning difficulties may require special assistance, please do not delay in finding support. The sooner you move forward, the better your child's chances for reaching his or her full potential.

To determine if your child does indeed have a learning disability, you will need to have your child evaluated by a psychologist. You can choose to have this evaluation done independently, free of charge through your school districts Committee on Special Education (CSE) or, for children under 5, the (CPSE) Committee on Pre-School Special Education, or both.

When requesting an evaluation through the school district, it is recommended that you make this referral in writing to the chairperson of the CSE/ CPSE and that you indicate in the letter that you give your consent for your child to be tested. Once the referral is received, the school has 60 days to evaluate your child, develop an Individualized Education Plan (IEP) and put services in place if your child is determined eligible for special education services.

If you have questions about learning disabilities, your child's symptoms, or to seek guidance and support in obtaining an evaluation and services for your child, the **Syracuse University Parent Advocacy Center (SUPAC)** services Onondaga, Oneida, Cortland, Cayuga, and Oswego counties. Call toll free at 877-824-9555, or visit their website at [www.supac.org](http://www.supac.org).

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## Lockport Canal Homes Project Coming Along

The Lockport Canal Homes Project continues to progress very nicely. Several families have already been able to move in to their new homes.

Pictured on the right is an image of a kitchen interior at 84 Locust Street and a view of the front of the building.





**HOUSINGVISIONS**

Real Plans. Real People. Real Progress.

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

TO:

You will because you can.



## 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?**