

Syracuse Housing Authority

Neighborhood News

& Lifestyles

Spring 2018



UPcoming EVENTS

May

- 1 - May Day
- 13 - Mother's Day
- 15 - Ramadan begins
- 28 - Memorial Day *

June

- 14 - Flag Day
- 17 - Father's Day
- 21 - Summer begins

*SHA office closed

hello
spring!



Photo by Ken Boyd

Pioneer Story Time by Connie Gregory
Healthy Neighbors Partnership Story Time March 24, 2018

It was an honor to host guest author Ms. Jack e Grace at our monthly Story Time March 24th at Pioneer Homes Coffee house. Ms. Grace shared her book "*Leeroy the Wide Mouth Frog*" with the children. Ms. Grace's presentation included fun interactive questions and discussion, and Leroy The Wide Mouth Frog line dance! Each child also received a signed copy of Leroy to take home.

Syracuse Housing Authority supplied a number of books for the event! What a treat for all! The event ended with a reading by Ms. Grace, a craft project and a healthy snack.

Join us for monthly Story Time events on the 4th Saturday of the month, 11:00am-1:00pm. Next Story Time will be April 28th, 2018 11:00am-1:00pm.

For information contact Connie Gregory, Upstate Medical University, 315-464-5231.



Celebration Luncheon for Onondaga County Seniors



Onondaga County Office for Aging is pleased to announce the Older Americans Month Honorees for 2018. Honorees will be recognized at the **Celebration Luncheon for Onondaga County Seniors** on **Thursday, May 10, 2018** at Drumlins Country Club, 800 Nottingham Road, Syracuse, NY 13224. Program and Luncheon start promptly at Noon. For tickets call: **(315) 435-2362 ext. 4945**

This event:

- Celebrates May as National “Older Americans Month”
- Honors outstanding Onondaga County Residents; Senior Citizen of the Year – **Dorothy L. White**
Serving Seniors Honorees of the Year - **Merriette Chance Pollard**, Dunbar Center and **Brian Evans, Sr.**, Senior Companion Program, Interfaith Works & PACE CNY & **Mary Anne Barth** - Flanders Memorial Caregiver of the Year

The goal of the Office for Aging is to assist seniors and caregivers by providing the programs and services that older adults need to live independently.



Congratulations Brian Evans!
Brian is a resident of Almus Olver Towers.

Almus Olver Towers “Breakfast Nook” by Kim Jackson

Debra Blue doesn't not slow down, not even to take a photo.



But she always has time for a smile and a quick chat as she greets her fellow residents with a “Good morning, what can I get you?” AOT Residents say, “We’re so grateful for the breakfast,” and “I just don’t cook much anymore

and it’s so nice to have a hot meal from time to time.”

Debra has helpers who assist her in the kitchen and she couldn’t do it without them. She does ask for donations to assist



with the cost of the food, but no one is ever turned away. **Thank you to you and your volunteers !**



3 Easy Steps to Cease the Grease

1. Have a Container Ready

Keep an empty metal can, glass jar, or porcelain container next to the sink at all times. Disposable grease bags are sold in many stores, and can be used to line the container.

2. Scrape Your Plate

After preparing a meal that leaves behind grease, immediately wipe down small amounts with a paper towel and dispose of in the trash. For larger amounts of grease, pour the grease into the nearby container to cool and solidify.

Avoid using the garbage disposal whenever possible.

3. Get it in the Garbage

When your grease container is full, simply let it solidify and dispose of it in the trash.



Wipe down small amounts of grease with a paper towel; pour larger amounts of grease, into a nearby container to solidify.

Residents Grateful for New Computers

James Tyson goes to the computer lab in his building just to get out of his apartment and see people. He uses the computers to look up medical information so he can be prepared to ask his doctors questions about his medical conditions and treatment plan. He also enjoys watching music videos on the new computers, something the old computers just couldn't do. "the new computers are real good, and fast," says Tyson.

"Sometimes the lab gets busy and people have to take turns," said Ross Towers Lab Monitor, Ruben Rowland, "but most everyone is real cooperative. It's a peaceful place." Rowland, a resident of Ross Towers for five years has a degree in business management, so this job seemed like a good fit. "I like to keep busy," he said, which may be an understatement. Rowland loves to help out around the building and neighborhood. He works out nearly every day and can often be found giving friends a lift to the store or helping them rake leaves or shovel snow. Pretty incredible because what this picture doesn't show, is that Rowland does all this on one leg, the other was lost to a bout with cancer. "That's life, you just got to keep going," is his mantra. "every day is a blessing."

Rowland and fellow computer lab monitor Lloyd Madison enjoy the comradery of working in the computer lab and attached resident lounge. "A lot of us come here every day just to check in with each other and see what's going on that day," he said. "Sometimes we play pool, or just hang out. Every once in a while someone will need help figuring out something on the computer and that's what we are here to do." Madison, a resident of Ross Towers for 11 years now, says people use the computers for a variety of reasons such as, reading their horoscopes, looking up bible verses, playing games to pass the time, doing school work or staying connected to loved ones on social media.

SHA received a grant from the Allyn Family Foundation to replace obsolete computers in 13 Resident Computer Labs. The older computers were slow and no longer fully capable of accessing the internet and many residents stopped using these labs. We are grateful to the Allyn Foundation for their generous donation.



Ross Towers Computer Lab Crew
Back: Lloyd Madison and Ruben Rowland.
Front: James Tyson.

Winter Break activities at the Pioneer Coffeehouse by Heather Jordan, Service Coordinator

Mommy & Me Day - Thank you Cornell Cooperative Extension for teaching us how to make healthy bean and broccoli quesadillas, Yum! And, thank you Healthy Neighbors Partnership's Connie Gregory for providing children's books. To learn more about youth and family services available at your housing site, please call me, Heather Jordan, at (315) 350-6941.



WIC Promotes Healthy Eating by Karyn Davis, Onondaga County Health Department

The **Women, Infants, and Children Program** provides: checks for food, education, meal planning, Breastfeeding support and referrals for pregnant women and families with children under 5 years old. Nutrition education is provided at each appointment and topics discussed are individualized to the family's needs.

Supplemental foods provided by check include milk, cheese, eggs, juice, cereal, peanut butter, beans, tuna fish, whole grain bread, tortillas, brown rice, fruits and vegetables as well as infant formula and baby food. These foods provide calcium, iron, protein, fiber, Vitamin D and many other vitamins. In the summer, farmer's market fruit and vegetable checks are issued. These can be used at local farmer's markets for fresh grown produce.

EXCITING NEWS! Coming this Fall. WIC will be switching from paper checks to payment (EBT) cards called eWIC. The card will work like a debit card at the store. This will make the shopping experience easier for you!

Call 315-435-3304 for more information and a WIC representative will be happy to assist you. Visit our website at www.ongov.net/health and search WIC for more information.



We Matter by Rachael Ryan, Upstate Cancer Center

We Matter™ is a community outreach program that educates men and women on the importance of colorectal screenings. We Matter™ is made up of Resident Health Advocates (RHA's) that go into the community they live in and encourage all people over the age 50 to complete a FIT Kit.

FIT Kits are free at home tests designed to detect blood in a person's stool. FIT Kits are completed at home and mailed into Upstate for lab testing. The results from the FIT Kits will be mailed back to the patient. Upon completion, each patient will receive a \$10 Walmart gift card. If the patient prefers, our Resident Health Advocates can also help individuals schedule a colonoscopy.

Questions? Contact Rachel Ryan at (315) 484-4237

Section 3

EMPLOYMENT OPPORTUNITIES



Linking City Residents to Jobs by Reggie Seigler,

Those of you who frequent the area near our main office on Burt St have probably seen the new structure being built there. It is called Freedom Commons.

Section 3 residents James Everson and Daniel Aungier have been working on it since early October with a company called XCL Unlimited. Pete Nazerenko and Nick Clark are co-owners of the company.

Before the project got started they asked me if I knew anyone from the neighborhood who would be interested in working with them. I introduced them to a hand full of people from my Section 3 database and they hired James and Dan.

Pete said, "They're both good workers" and he wants to keep them on after Freedom Commons



Section 3 Resident, James Everson works at James Geddes on the boiler replacement at 427 Tully Street. He also worked on the demolition crew taking up the old floors at Toomey Abbot Towers. In this photo he is seen working for Bellows Construction Company, a Woman Owned and Section 3 Business Concern.

is finished.

If you or someone you know would like to be placed on SHA's Section 3 resident's database, please send your resume to

About Section 3 The Section 3 program requires the recipients of HUD financial assistance, to the greatest extent feasible, provide job training, employment opportunities, and/or contracting opportunities for low or very-low income residents in connection with projects and activities in their neighborhoods.

Section 3 Residents are public housing residents or any person who lives in the area where a HUD-assisted project is located and whose household income falls below HUD's low income limits.

A database of Section 3 Residents with skills in the following (construction related) areas: Labor • Painting • Installation • Electrical • Plumbing • HVAC • Masonry etc., is available.

If you or someone whom you know would like to be added to our database of Section 3 Residents please submit your resume. We will then contact you to schedule interview to determine your eligibility.

Leo Barr, (l) and **James Everson**, (R) are about to climb up to the third floor to do work on the Freedom Commons. Both men have experience as carpenter's helpers and are working for XCL Framers helping to construct the building's shell.



Section 3 Resident and Center for Community Alternatives registrant, **Dan Aungier** used his skills to land a job as a laborer with XCL Unlimited at Freedom Commons. It was very cold on the day he took the picture but was dressed warmly for the weather.



Tammy Shaffer, sits at her desk. She got an opportunity to learn some office skills from her temporary assignment at 300 Burt St through Jobs Plus. Tammy worked there for about 3-4 months and was able to use her skills to land a permanent job with another employer.

George McNabb, (L) and **Joseph Cisasayi** (R) review electrical plans at Freedom Commons. Joseph has been working with A Pompo Electric for many years learning the electrical trade.

Section 3 Employment Stories



When **Lisa Compagni** was laid off from her former truck driving job she needed to find work to help support her family. Being a person who always preferred a physical type job she sought out work in the construction field. Here she is seen carrying a 2x4 at the Freedom Commons site.

Demetrious Bell began his quest to work in the construction industry by getting some training at OCM/BOCES. One of the requirements he had for graduation was to perform a job-shadow/internship, so he reached out to SHA who provided the opportunity. Upon his graduation he attended a job fair sponsored by SHA and VIP Structures. VIP was looking to place Section 3 Residents on the Price Rite Grocery Store project. Through that opportunity he managed to land a job with Tradesmen International which got him recognized in the industry. Demetrious said, “I want my son to see me working. I want him to know how hard his ‘daddy’ works to take care of him. I want him to know that he can be a working man too.” Here he is working for Quality Mechanical.



In 2015, Section 3 Resident, **Kamal McKinney** attended training to earn his Journeyman Laborer’s Certification through the National Center for Construction and Educational Research, (NCCER). Upon completion of the training he was able to gain employment with Tradesmen International. Currently, Kamal is working for VIP Structures as a laborer on Freedom Commons.

EMPLOYMENT OPPORTUNITIES



Upstart entrepreneurs Celebrate Graduation at The Event Center at 2819 South Salina Street

In 2016 the Section 3 Coordinator at Syracuse Housing Authority's (SHA) began teaching start-ups and early stage business owners on how to create business plans in order to manage their own businesses. The training, "Start It!", is a component of CenterState CEO's Up Start Business Development Program. The Start It! training courses runs one night per week for 12 weeks. One of the courses is held at the main office of SHA at 516 Burt St.

Class topics include the basics of industry and competition analysis, marketing, financing and management. Over fifty entrepreneurs have been trained and successfully started a variety of businesses including; day cares, salons, food establishments, real estate businesses, and contracting and landscaping companies.

The program has partnerships with the Volunteer Lawyers Project, Syracuse Cooperative Federal Credit Union and other community and professional institutions, matching qualified entrepreneurs with business services. It also provides one on one sessions with the instructor and business mentoring through Up Start program staff.

The most recent group of entrepreneurs completed their training classes on April 3, 2018 and celebrated their graduation on May 3, at the Dunbar Center.

If you or someone you know would like to be a part of the next group, or would just like to get more information; please inquire via email at rseigler@syrhousing.org or by phone (315) 470-4270.

SUMMER 2018 Youth Activities Pioneer Homes & Wilson Park Summer Kick-Off Carnival



Wilson Park Summer Activities
Central Village Boys & Girls Club
Mercy Works Teen Technology Program
Health Neighbors Partnership Programs

Pioneer Homes Summer Activities
YMCA Swimming Lessons
|Summer Camp Opportunities
And much more..



For information about summer programs call Heather Jordan at (315) 350-6941.



Please Pitch In!

**It is everyone's
responsibility to keep
trash in it's place.**



Fun photos form the Central Village Boys & Girls Club.



**BOYS & GIRLS CLUBS
OF SYRACUSE**





PIONEER HOMES TENANT ORGANIZATION MEETINGS

COFFEEHOUSE - 1001 S MCBRIDE ST
Meetings start at 5:00 p.m.

Monday, April 9, 2018

Monday, May 14, 2018

Monday, June 11, 2018

Monday, July 9, 2018

Join us for information and light refreshments



Derrell Beckwith (left) and Steve Huth (right), enjoy a goofy moment while working together at Fahey Court. Derrell is a SHA resident and an electrical trades student at BOCES. He is working with SHA's electrician Steve to fulfill his hands on internship requirements to complete his coursework.



WHAT IS SHE MATTERS®?

She Matters® is a community outreach program that educates women on the importance of breast cancer screenings. She Matters® is made up of Resident Health Advocates (RHAs) that go into the community they live in and encourage/help women to schedule a mammogram. The RHAs provide support by going to appointments and staying in the waiting room until the mammogram is completed. RHAs also make annual phone calls to remind patients of their upcoming appointment.

WHAT CAN I DO?

You can do things that are good for your health and might also lower your risk of getting breast cancer:

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can
- Learn how your breasts normally look and feel and report any changes to your doctor
- Attend our educational session and learn more about breast cancer!

*If over 40:
Get a Mammogram*

*If younger than 40:
Know your family history,
ask your doctor for more
information*

MAMMOGRAMS SAVE LIVES

- A Mammogram can find breast cancer when a lump is too small to feel
- When breast cancer is found early, there is a 93% chance of survival
- Most women who get breast cancer have no family history of the disease
- African American women are more likely than all other women to die from breast cancer. Their tumors are often found at a later, more advanced stage when there are fewer treatment options.



(315) 484-4237





90's Club Dinner 2nd Celebration by Kim Jackson

On Monday, April 16th, SHA hosted a Club 90+ Celebration in honor of residents who have reached the 90 years of age milestone.

Ernie's Lakeland catered a delicious Spaghetti & Meatball dinner for some lovely and wise members our the SHA community.

Ladies and gentleman who celebrating this milestone are: Antoinetta Albino, Beatrice Garvey, Mary Tarby, Filomena Ferrara, Mary Lagrange, Linda Jennings, John Cavallaro, Stella Silino, and Deluvia (Judy) Comestro.

Six other milestone members could not attend this year.

Thank you to the volunteers for helping out at this year's event; Penny Triola, Anne Michaels, and Stephanie Matt.

Love, Kim



Parking Policy Reminder

SHA parking permits must be displayed on your vehicles at all times.

All cars must have current registration and inspection stickers displayed on their vehicles to park on SHA properties. Please note that any vehicle without a valid SHA permit sticker, is unregistered, or not operational **will be towed at owner's expense.**



AVISO

Pará todos los residentes, si debe tener un permiso de estacionamiento SHA, vehículo registrado y inspeccionado, estacionarse en las propiedades de la Autoridad de Vivienda de Syracuse. Tenga en cuenta que cualquier vehículo que no tenga una pegatina/sello de permiso de SHA, no registrada o que no esté operativa será remolcados a gastos del propietario.

**To apply for a SHA Vehicle Permit please go to the SHA main office:
516 Burt Street, week days between 8:30AM-4:00PM**



SYRACUSE HOUSING AUTHORITY

516 Burt Street
Syracuse NY 13202

Building Neighborhoods.

Growing Dreams.

KEEP GRILLS AT LEAST 20 FEET FROM THE HOUSE OR OTHER FLAMMABLE OBJECTS

KEEP KIDS AND PETS AWAY FROM THE HOT GRILL

GRILL SAFETY

Be Safe
this summer!

Each year,
grill fires cause
on average of

15
Deaths

120
Injuries

\$75
Million in
property
damage



Statistics courtesy of Firemen's Association of the State of New York

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