Housing Authority of the City of New Britain

NBHA Volume 1, Issue 6

MARY E. ROYCE, EXECUTIVE DIRECTOR

February 2010

NEW BRITAIN HOUSING AUTHORITY

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Happy Valentines Day from the Staff at New Britain Housing Authority !

We have a Web Site!
WWW.NEWBRITAINHOUSING.COM
Check us out

Special Thanks...

As the New Year rolls around, we find ourselves with many new changes and challenges, the New Britain Housing Authority is not exempt from this old cliché, "Out with the Old" "In with the New".

Our Chairman, Michael Carrier, submitted his resignation as Chairperson of the New Britain Housing and Resident/Commissioner Elaine LaVallee's term expired as Resident/Commissioner. Both individuals served in different roles in their respective office, but their ultimate goal was to set policies and revise the outdated policies that governed the day-to-day operations of the Authority.

On behalf of the New Britain Housing Authority Commissioners, staff and most importantly public housing residents we want to take this opportunity to thank both Commissioners for their years of serving on the New Britain Board. Both will surely be missed by all.

Public Housing Residents will feel a great loss in the absence of Commissioner LaVallee who served the residents well by attending all Resident Association meetings. She further met with residents individually listening to their concerns or issues and brought those concerns and issues to the monthly Commissioners meetings. She would also meet with the appropriate staff to resolve resident issues.

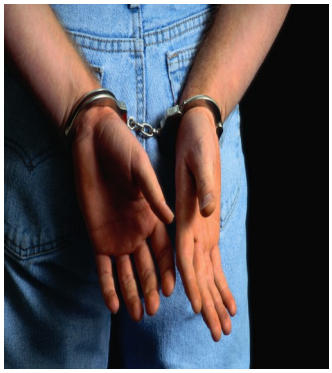
THANKS TO BOTH COMMISSIONERS FOR A JOB WELL DONE!

On another note, we also would like to welcome Jason O. Gibson as the newest Commissioner who will serve on the New Britain Housing Board. Commissioner Gibson is the Program Director of the Boys and Girls Club in New Britain.

Vice-Chairman Michael Mancini was nominated and elected as Chairman of the Board of Commissioners at their Annual Meeting held in January 2010. He will serve as Chairman for a two -year term. ***Congratulations to Chairman Mancini for his recent appointment.***

Mary E. Royce, Executive Director

OFFICE Closed Dates	February 15, 2010 Presidents Day



EIV Income Verification

The Department of Housing and Urban Development (HUD) has determined that determined that there is a significant amount of fraudulent income reporting in the Section 8 and Public Housing programs. It has therefore created a new electronic way for agencies to uncover fraud— The Enterprise Income verification (EIV) system. **The system works.** With the help of this system a former voucher holder in Albany was criminally charged for concealing her employment income for several years resulting in her receiving $12,800 in Section 8 rental assistance that she was not entitled to. A former landlord was arrested for cashing $4979.00 in funds for a tenant who move out of state.

FRAUD = STEALING

Fraud is working and not reporting your income. Fraud is having some live with you and not reporting it to the office.

Does this fit some you know ? If so report it to the office. All calls are handled confidentially.

Grease Fire!

This can happen to you!

Are you risking everything? Clean up splattered grease immediately, never leave your stove unattended, and check your exhaust fan to be sure it is clean. The fire can flash up to the shield very quickly. Never disconnect your smoke detector. You could have been the neighbor and was your detector working?

Sheetrock, range hood, and the stove can be replaced, a life cannot.

PERSONAL SAFETY

Stay alert and tuned in to your surroundings, wherever you are.

Don't be taken by surprise. Be aware and be prepared.

Stand tall and walk confidently. Don't show fear. Don't look like a victim.

Trust your instincts. If you feel uncomfortable in a place or situation, leave right away and get help if necessary.

ON FOOT

Choose busy streets and avoid going through vacant lots, alleys, or other deserted areas. At night, walk in well-lit areas whenever possible.

Try not to walk or jog alone. Take a friend or neighbor along for company.

Get to know the neighborhoods and neighbors where you live and work.

Carry your purse close to your body and keep a firm grip on it.

Avoid pickpockets by carrying your wallet in an inside coat pocket or front trouser pocket.

IN YOUR CAR

Always lock your car and take the keys, even if you'll be gone only a short time.

Keep your car in good running condition, and keep the tank at least one-quarter full;

Lock doors while driving.

If your car breaks down, raise the hood and place emergency reflectors or flares. Then stay in the locked car. When someone stops to help, don't get out. Ask him or her, through a closed or cracked window, to telephone the police to come and help.

If you're coming or going after dark, park in a well-lit area that will still be well-lit when you return.

Be especially alert when using enclosed parking garages. Don't walk into an area if you feel uncomfortable.

Leave only your ignition key with a parking attendant. Don't leave your house key, garage door opener, or other important items in your car.

Never pick up hitchhikers.

Control your keys. Never leave an identification tag on your key ring. If your keys are lost or stolen, it could help a thief locate your car and burglarize your home.

If carrying packages or valuable items, store them in your trunk. If you do leave packages, clothing or other articles in the car; make sure they are out of sight.

Keep your car's Vehicle Identification Number (VIN) and a complete description in a safe place at home. Since 1969, the federal government has required manufactures to engrave a unique number, the VIN, on all passenger cars in one visible and several hidden locations. One VIN is engraved on a metal plate on the dashboard near the windshield. VIN's of stolen cars are registered with the FBI's National Crime Information Center.

License plates frequently are stolen from cars used in other crimes. Get in the habit of checking your plates when you drive. A few drops of solder on the bolts or blurring the threads can help safeguard your plates.

Keep the following information in a safe location.

Year; Make; Model; Color; Id# or VIN; License #

Identifying Marks; Insurance Co.; and policy #

WHEN USING PUBLIC TRANSPORTATION

When using the bus, be sure to have your fare out and ready before you leave home, office or store.

Plan your route to use the busiest, best-lit stop possible, both to get on and off a bus. If you must wait, stay near the attendant's stand or in the best-lit area available.

Keep your purse, shopping bag, backpack, packages, etc., in your lap, on your arm, or between your feet– *not by themselves on an empty seat.*

Sit near the driver, but not right next to the door.

Don't let yourself doze off on a bus. It can make you an easy target.

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ATM MACHINE

Try to plan your visits to automatic teller during the day, rather than after dark.

Choose an ATM location that is in a busy public place.

Avoid making withdrawals in isolated areas.

If at all possible, take along a friend who can watch the surroundings while you are conducting your transactions.

Pre-plan your transaction carefully, and don't spend too much time at the machine.

When you make a withdrawal, quickly place the money in your purse or wallet and leave as soon as you finish your transaction.

Watch out for suspicious-looking people waiting around an ATM–they may not really be customers. If someone offers to let you go ahead of them, decline politely and leave.

When visiting a drive-through ATM, keep your doors locked and be prepared to drive away quickly. If anyone approaches your car on foot, roll up your window and drive off.

If you have not finished your transaction, and you are approached by a suspicious character, press the CANCEL button, receive your card and leave quickly.

KEEPING KIDS SAFE

A great thing about kids is their natural trust in people, especially in adults. It's sometimes hard for parents to teach children to balance this trust with caution. But kids today need to know common-sense rules that can help keep them safe–and build the self-confidence they need to handle emergencies.

MAKE SURE YOUR KIDS KNOW!

How to call 911 or "0" in emergencies, and how to use a public phone. Help them practice making emergency phone calls. Be sure emergency numbers–police, fire, poison control and emergency medical–are by all phones.

Their full name, address, and phone number (including the area code), plus your work phone number. If you have a cellular phone and/or beeper, teach your children these numbers as well.

How to walk confidently and stay alert to what's going on around them.

To walk and play with friends, not alone.

To refuse rides or gifts from anyone, unless it's someone both you and your child know and trust.

To tell a trusted adult immediately if anyone, no matter whom, touches them in a way that makes them feel uncomfortable.

SAFEGUARD YOUR CHILDREN

Learn about warning signs that your child might be involved with drugs or gangs.

Spend time listening to your children or just being with then. Help them find positive, fun activities that they can take part in.

Always know and know about your child's activities.

Know where your child is, and when he or she will return.

Be sure you and your child are clear on your rules and expectations for activities. Make absolutely clear what is OK and what is not.

Teach your child Internet safety tips. The people they talk to online might not be who they say they are.

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HOME ALONE! *WHAT KIDS SHOULD KNOW…*

What steps you want them to follow when they get home; such as phoning you at work or a neighbor or grandparent who is at home.

Not to let strangers, adults or children into the home for any reason.

Not to tell telephone callers that they're alone.

That door and window locks must always be used. Be sure your children know how the work them.

Not to go into the home if a door is ajar or a window is broken, but to go to a neighbor's or public phone and call the police.

Your rules about acceptable activities when you are not at home. *Be very clear.*

SAFE AT HOME

Make sure that all doors to the outside are metal or solid, 1 ¾" hardwood.

Make sure all doors to the outside have good, sturdy locks.

Use the locks you have. Always lock up your home when you go out, even if it's only for a few minutes.

Secure sliding glass doors with commercially available bars or locks, or put a wooden dowel or broomstick in the door track.

Make sure your windows, especially at ground level, have good locks *and use them.*

Make sure all porches and other possible entrances are well-lit.

Trim any bushes or trees that hide doors or windows. Keep ladders, tools, toys, and recreational equipment inside when you're not using them.

Don't hide your house keys under the doormat or in a flowerpot. It's much wiser to give an extra key to a trusted neighbor.

Keep written records of all furniture, jewelry and electronic products. If possible, keep these records in a safe deposit box, fireproof safe, or other secure place. Take pictures or a video, and keep purchase information and serial numbers if available. These help law enforcement agencies track recovered items.

Clearly display your house number, so police and other emergency vehicles can find your home quickly.

If you see a screen that has been cut, broken windows, or a door that's been left open, don't go in. Call the police from a neighbor's house or a public phone.

If you hear a noise that sounds like someone breaking in or moving around, quietly call the police and wait calmly until they arrive. If you can leave safely, do so. Otherwise, lock yourself in a room you are in, pretend to be asleep.

Think carefully before buying a firearm for protection. Guns can be stolen and sold to anyone, or captured and used on you or the police. If you do own a gun, keep it locked up, with the ammunition secured separately, and learn how to use it safely.

FOR APARTMENT DWELLERS

Make sure that entrances, parking areas, hallways, stairways, laundry rooms, and other common areas are well lit. Report burned-out bulbs or other problems to the manager.

Make sure fire stairs are locked from the stairwell side, with an emergency exit at ground level.

Laundry rooms and storage areas should always be kept locked unless a resident is actually inside.

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WHEN YU GO AWAY

Ask a trusted neighbor to collect your mail and newspaper, and offer to return the favor.

Leave word about when you're leaving, when you'll return, and how you can be reached in an emergency.

Put automatic timers on at least two lights (and possibly a radio) to help your home look and sound lived-in.

REDUCING VIOLENCE

Look for ways to settle arguments and disagreements without violence. Remember: if you resort to violence to settle disputes, a child may well follow your example. Be a good role model.

Use good manners to help ease tensions that can lead to violence. Teach kids that showing respect for themselves and for the needs of others can prevent crime.

Report crimes and suspicious activities to police; agree to testify when necessary. If you want to live in a safe community, stand up for what you believe in.

Don't support illegal activities, like buying stolen property or using illegal drugs. It's the wrong message to send to a child, and it involves you in criminal activity. It also encourages more crime that hurts you and your neighbors.

HELPING VICTIMS OF CRIMES

Don't blame the victim or tell him or her not to be upset, angry, or afraid. Be a comfort and do what you can to ease the situation.

If the victim hasn't told the police, offer to help with a report.

Offer to help the victim repair damage from a crime, replace a windowpane, install a new lock, replace important papers or help with day-to-day needs like transportation, baby-sitting, and cooking.

Be willing to just sit and listen to the victim talk about the crime. It can help some victims to talk, although others will not want to. Don't try to make a victim talk if he or she does not want to!

Ask your local police about victims' counseling and support groups in the area, and encourage the victim to take part.

Ask what you can do to help in the future, and make it a point to get back in touch.

AVOIDING FRAUD & SCAMS

Con-artists are not always easy to spot. Smart, extremely persuasive, and aggressive, they invade your home through the telephone and the mail, advertise in reputable newspapers and magazines, and come to your door. Most people think they're too smart to fall for a scam. But con artists rob all kinds of people from investment counselors and doctors to teenagers and elderly widows of billions every year. It's up to you to say no. Use common sense and learn about old and new scams.

QUICK TIPS

Don't let greed overcome your common sense.

Be wary of … High-pressure sales; Demands for 'cash only'; Pressure for quick decisions; Secret deals; No-Risk, high-yield investments.

Get a second opinion from someone you trust.

Remember: If it sounds too good to be true, it probably is!

DIALING FOR YOUR DOLLARS

If a caller asks for your credit card number to verify a free vacation or other gift, hang up. Your number may be used to charge purchases by phone.

Make sure you know the charges before calling a 900 number. Most 800 numbers are free 900 numbers aren't.

Be very suspicious if you receive a collect call from someone who says he's a law-enforcement officer with emergency information about a family member, requesting your phone card number to charge the call. Other variations of this scam include a telephone company investigator checking a system failure, or an FCC official investigating a complaint.

Ask for a financial reports if a caller requests a charitable donation. Reputable charities will always send this information if you ask.

****Never make an investment with a stranger over the phone.**

American Heart Month

American Heart Association

Learn and Live®

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month." (Note this is not "Heart Month" or "National Heart Month.")

The American Heart Association works with the administration to draft and sign this annual proclamation.

During American Heart Month, thousands of our volunteers visit their neighbors. Their goal is to raise funds for research and education and pass along information about heart disease and stroke.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. **Shortness of breath** with or without chest discomfort. **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness *As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Stroke Warning Signs

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A **TIA**, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

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Cardiac arrest strikes immediately and without warning.

Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).
- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (if one is available) and *you begin CPR immediately*.

If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR.

Use an AED as soon as it arrives.

Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

Statistics

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

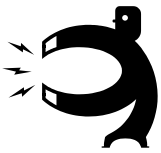
Act in Time

The American Heart Association and the National Heart, Lung, and Blood Institute have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

February's Joke of the Month

What did the paper clip say to the magnet?

"I find you very attractive."



United State CENSUS 2010

The Census is coming April, 2010

In March of 2010, census forms will be delivered to every residence in the United States and Puerto Rico. When you receive your, just answer the ten (10) short questions and then mail the form back in the postage paid envelope provided. If you do not mail the form back, you may receive a visit from a census taken, you will ask you the question from the from.

Any personal data you provide is protected under Federal Law !

For more info call: (877) 355-6188 or visit ww.2010census.gov

United States Census 2010 IT'S IN OUR HANDS

February's Recipe of the Month - Carrot 'N' Spice Bran Muffins

Ingredients

2 cups whole bran cereal

1-1/4 cups milk

1/3 cup cooking oil

2 beaten eggs

1-1/2 cups finely shredded carrot

1/2 cup coconut

1/2 cup raisins

1-1/4 cup all-purpose flour

1/2 cup packed brown sugar

1/4 cup granulated sugar

2 teaspoons baking powder

1 teaspoon baking soda

1-1/2 teaspoons ground cinnamon

Directions

In a large mixing bowl combine cereal, milk, oil, and eggs.
Let stand 10 minutes.
Stir in carrot, coconut, and raisins.
In another bowl combine flour, brown sugar, granulated sugar, baking powder, baking soda, cinnamon, and salt.
Add cereal mixture to flour mixture.
Stir just until combined.
Grease muffin cups or line with paper bake cups; fill each 2/3 full.
Bake in a 375 degree F oven for 15 to 20 minutes or until toothpick inserted near center comes out clean.

Serve warm. Makes 18 muffins.

Make Ahead Tip

Cool muffins completely. Wrap in foil and place in freezer plastic bag or store in airtight freezer container. Freeze up to 1 month. To reheat, wrap muffins in foil; bake in 300 degree F oven for 15 minutes or until warm.

Calories 166, Total Fat 6 g, Cholesterol 25 mg, Sodium 270 mg, Carbohydrate 28 g, Protein 4 g. Daily Values: Vitamin A 50%, Vitamin C 10%, Iron 16%.

Percent Daily Values are based on a 2,000 calorie diet

Attention: Public Housing Residents

HOUSING AUTHORITY OF THE CITY OF NEW BRITAIN, 16 ARMISTICE STREET, NEW BRITAIN, CT 06053
Tel: (860) 225-3534 Fax: (860) 832-6079

Let the Housing Authority of the City of New Britain (NBHA) process your next monthly rental payment automatically on the 4th day of each month.

With our **AUTO PAY PLAN** you can have your rental payment automatically withdrawn from your checking or savings account on the 4th day of each month. (NOTE: Work orders and other misc. charges do not apply! They must be paid by money order.)

Simply complete the form below, attach a voided check or savings withdrawal slip and return to the Authority at: 16 Armistice Street
New Britain, CT
ATT: Finance Department

Pay your monthly rental payment through **AUTO PAYS PLAN**, it:

Saves money (no stamps for mailing)
Save time (no checks to write)
No late fees, no worries

AUTO PAY PLAN is a free service that you can stop at anytime by contacting us in writing. Feel free to contact your property manager if you have any questions or the finance department at (860) 225-3534 ext. 204. **Sign up now and start seeing the benefit.**

Amount to be withdrawn: $ _____

Name: _____

Address: _____

_____

Daytime Phone #: _____ Evening Phone#: _____

Bank Name: _____

Bank Routing # (Bottom of Check) _____ Checking ◯ Savings ◯
Bank Account# _____

By signing below I am authorizing the Housing Authority of the City of New Britain to automatically withdraw my rental payment from my checking/savings account on the 4th day of each month. If funds are not available when the funds are drawn, a charge of $20.00 will be applied to your next month's rental statement.

_____

Signature

Attach voided check or savings withdrawal slip here