



HOUSING AUTHORITY OF THE COUNTY OF ARMSTRONG

350 South Jefferson Street
Kittanning, PA 16201

724.548.7671 - Voice
1.800.762.8291 - Toll Free
1.800.654.5984 - TTY Relay
armstronghousing@penn.com



Wheelchair
Accessible



Equal
Housing
Opportunity

NEWSLETTER

FALL/WINTER 2013 Volume 13, Issue 3

DATES TO REMEMBER:

September 2nd - **Labor Day**
September 8th - **Grandparents Day**
September 22nd - **First Day of Fall**
October 14th - **Columbus Day**
October 31st - **Halloween**
November 3rd - **Daylight Savings
Time Ends**
November 5th - **Election Day**
November 11th - **Veterans Day**
November 28th - **Thanksgiving Day**
December 21st - **First Day of Winter**
December 25th - **Christmas Day**



HOUSING AUTHORITY OFFICES CLOSED:

*September 2, 2013
October 14, 2013
November 11 and
28, 2013
December 2 and
25, 2013*

SOCIAL SECURITY ADMINISTRATION CHANGES

Beginning June 24, 2013, the Social Security Administration (SSA) has changed its requirements for issuing replacement Social Security cards and providing printouts of Social Security Numbers (SSN). These steps have been taken to reduce the risk of SSN counterfeiting and misuse, and identity theft.

If you need a Social Security card or a SSN printout, you must provide documents to prove your: identity; age; and U.S. citizenship or lawful immigration status. All documents provided must be either originals or certified copies. The SSA will not accept photocopies or notarized copies of documents.

Before traveling to a local SSA office, you'll need to know what documents to take with you. To save you time and frustration, you should visit their website at www.socialsecurity.gov. Here you will find a list of documents you'll need.

The parts of the SSA website that offer the most relevant details

Continued on Page 4

Parent Support Group

In conjunction with The Pennsylvania Family Support Alliance, Armstrong County Children, Youth and Family Services, and other community advocate agencies, Holy Family leads a weekly parent support group every Wednesday from 10:30-Noon at the Grace Presbyterian Church located at 150 North Jefferson Street, Kittanning, PA.

If you are looking for support, want to share your strengths with other parents, or just need to know more about how to be an effective parent, then these groups are for you!

Good parenting skills can aid in deterring childhood accidents and illness, adolescent substance abuse, and teenage pregnancy, as well as reducing the risk of problems in adulthood and the next generation of

children.

Topics will include: discipline, child development, stress reduction, and self-care. The group is a great way to link parents together, and is offered free of charge. You choose what to share with the group and the group members steer the direction of the meetings. A facilitator is on hand to keep the group on track, and to provide parenting resources and other related information.

For more information, please contact Holy Family Community Services, 422 Third Avenue, Ford City, PA, 724.763.4180.

**Make a commitment
to your parenting
today!**

Easy Pumpkin Cake

- 15 oz canned pumpkin
- 3 eggs
- 1/3 c vegetable oil
- 1/3 c sugar
- 1 pkg (18 oz) yellow cake mix
- 1 Tbl pumpkin pie spice
- 1tsp nutmeg



Preheat oven to 350° F.
In a large bowl, combine pumpkin, eggs, sugar and oil. Mix well. Add cake mix and spices. Pour into a greased and floured



15" x 10" jelly roll pan. Bake for 25 - 30 minutes. Cool completely before frosting.

Frosting:

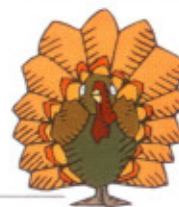
- 16 oz vanilla frosting
- 3 oz cream cheese, softened

Combine vanilla frosting and cream cheese, beating until creamy. Frost pumpkin cake and keep in refrigerator until ready to serve.

TRIVIAL TRIVIA

Page 3

Did you know that a 15 pound turkey typically has about 70 percent white meat and 30 percent dark meat?



Did you know that the slang term "rock jock", coined in the early 1980's, is a mountaineering enthusiast?

Did you know that the skeleton of an average 160 pound body weighs approximately 29 pounds?



Did you know that squash and pumpkin seeds are among the few foods that increase in nutritional value as they decompose?

Be Prepared for a Medical Emergency

Even with the best planning and medical care, some trips to the emergency room can't be avoided. To help make those trips a little easier and less stressful, emergency physicians recommend that you prepare ahead of time for those unexpected emergencies by doing the following:

- ♦ Write down your health history and keep it in your wallet or purse. You may also want to keep a copy in your refrigerator along with the name and phone number of a friend or family member to call on your behalf. Many EMTs will know to look there. The health history should include:
 - Your medications, including vitamins, supplements and over-the-counter medicines
 - Allergies, current and past medical diagnoses and treatments, including any surgeries
 - The name and phone number of your doctor(s)

Forms are available to make this process easier... go to:
<http://www.emergencycareforyou.org/medicalforms>.

Management Offices:

Armstrong Court
100 North Grant Avenue
Kittanning, PA 16201
724-545-6002
Claudia Cecchetti, Manager

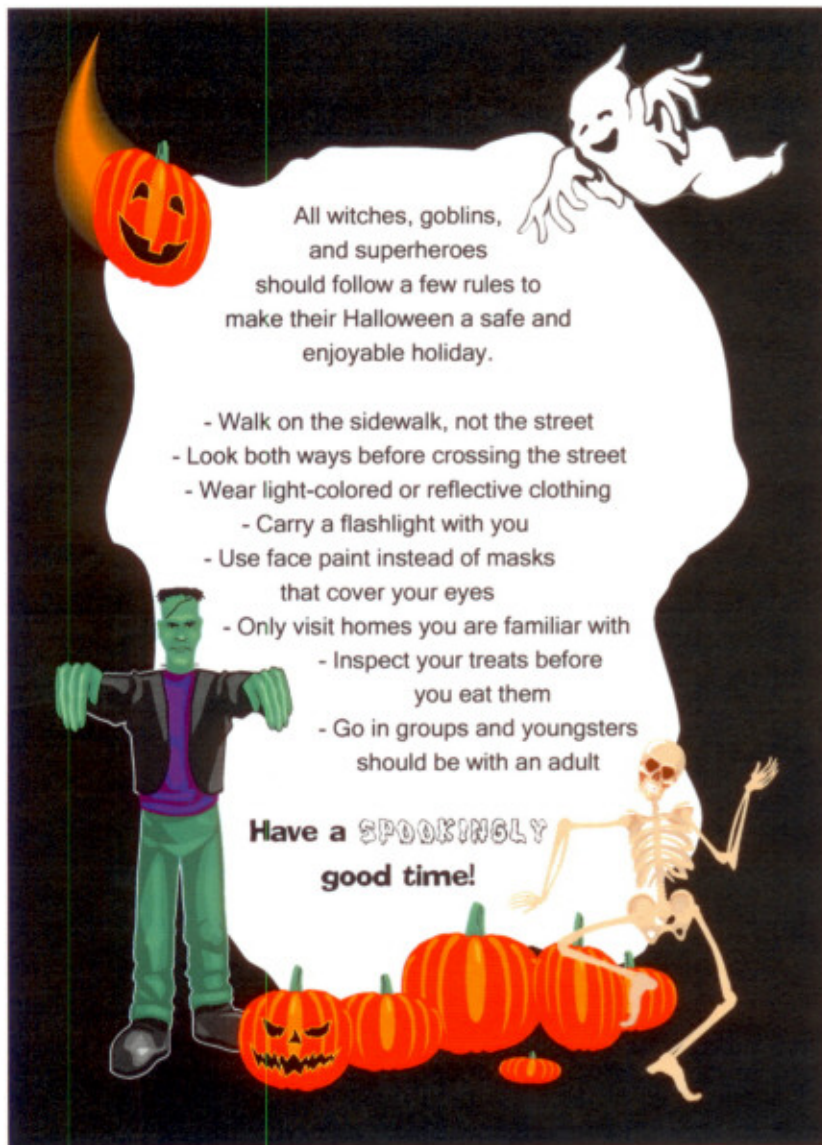
Warren Manor
120 North Railroad Avenue
Apollo, PA 15613
724-478-4531
Darlene Hughes, Manager

Garden Towers
280 South McKean Street
Kittanning, PA 16201
724-543-2136
1-877-280-7284 (Toll-Free)
Denise Ashbaugh, Manager

Friendship Apartments
330 Main Street
Leechburg, PA 15656
724-845-6386
Darlene Hughes, Manager

Balcony Towers
301 South McKean Street
Kittanning, PA 16201
724-543-2067
Claudia Cecchetti, Manager

Continued on Page 11



SOCIAL SECURITY ADMINISTRATION CHANGES

(continued from Page 1)

include: Documents You Need For A Social Security Card; Frequently Asked Questions; and Get A Publication.

You may also be interested in looking at specific online fact sheets and publications that address the requirements for getting a printout or card, also available on the website. They include: *U.S. Citizen/Adult - Social Security Card and Number Printout* (SSA Publication No. 05-10512); *U.S. Citizen/Child - Social Security Card and Number Printout* (SSA Publication No. 05-10514); and *Non-U.S. Citizen/Adult - Social Security Card and Number Printout* (SSA Publication No. 05-10515).

If you need further assistance, you should contact the local SSA office.

Are you bored with the same old crosswords?

Are you ready for a new challenge?

Are you ready for something different?

Then give this **SUDOKU** puzzle a try!!

The goal of Sudoku is to fill in every empty box with one of 9 numbers. Each number can only appear once in each horizontal row, vertical column, and 3x3 grid. There will be some numbers in each grid to get you started. The numbers you have to use to solve the puzzle are:

1, 2, 3, 4, 5, 6, 7, 8 and 9

(Answers on page 12)

www.sudoku-puzzles.net

	5				7		
7		3	4			5	
		9			2	3	
					7	9	
6				4			
		5		2	1	3	
4					5		
2	7					8	
							6



- ♦ Test your smoke detector(s) monthly and report inoperable smoke detectors immediately...NEVER REMOVE the smoke detector batteries.
- ♦ When cooking, do not wear loose clothing and never leave the stovetop unattended. Don't let food and grease build up on the stove or in the oven. Keep flammables away from the burners.
- ♦ Don't overload extension cords or run them under rugs and carpets. Replace cracked or frayed cords. Do not use space heaters.
- ♦ Keep matches and lighters out of the reach of children. NEVER smoke in bed.
- ♦ If your clothes catch on fire...STOP, DROP, and ROLL.
- ♦ For oxygen users, NEVER smoke while using oxygen or near an oxygen supply. Stay at least 5 feet away from heat sources, open flames, or items that can spark or emit static electricity.

In the event of an emergency, follow the procedure posted on your apartment door. It has been put there for your protection, but you have to take responsibility to read it and learn it.



RESIDENT ADVISORY BOARD

Representatives needed
for the following
communities:

Armstrong Court - Parkview Apts. -
South McKean Way

Must be willing to participate in meetings with Authority staff at the Administrative Office (mainly May through August) and act as an objective liaison between the Authority and the residents of your community.

Interested persons should contact:

Marty Sutton

724-548-7671 or 1-800-762-8291

Extension #212



The current Resident Advisory Board consists of representatives from the following communities:

Vicky Smeltzer - Allegheny Manor
Judi Walters - Luxemburg Manor
Barb Antoniono - Lee Haven Towers
Donna Bernat - Warren Manor
Sue Holibaugh - Garden Towers
June Womer - Friendship Apartments
Colleen Crytzer - Freeport Towers
Roxanna Dunn - Section 8 Voucher

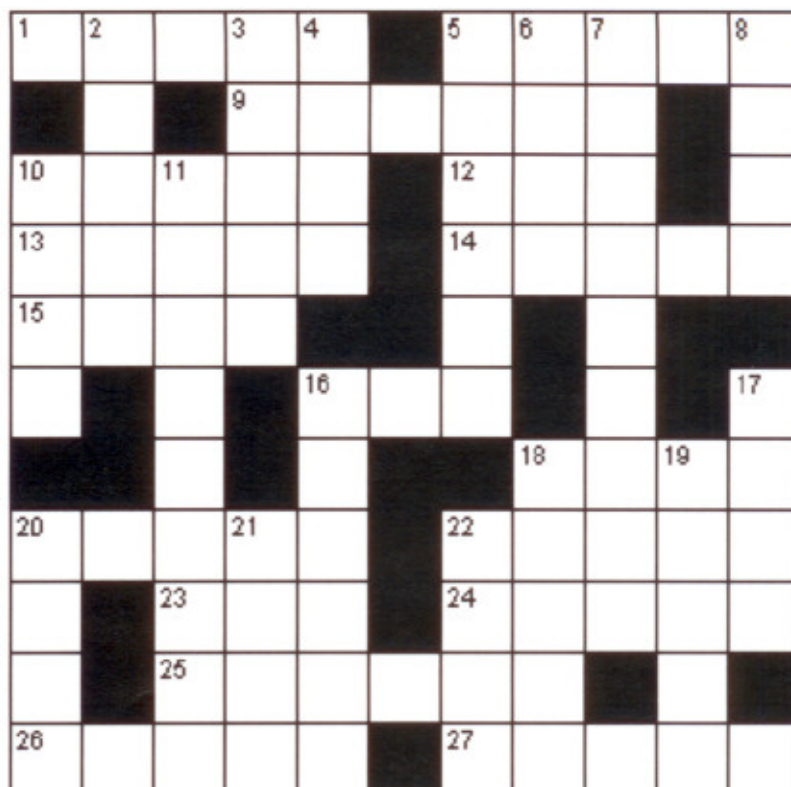
PUBLICATION SCHEDULE

**Publication of the Newsletter has
been reduced to every four months
instead of quarterly.**

CROSSWORD FUN

Across

1. Highways
5. From one end to the other
9. Pay more for
10. Hold responsible
12. Guided
13. Resides
14. Advertising Executive
15. No longer living
16. Filled pastry crust
18. Nonsense
20. Trousers
22. Armistice
23. Portable bed
24. Consumed
25. Having a hood
26. Hard exterior of of an egg
27. Chairs



Down

2. Male name
3. Shaped like a dome
4. Goes to law
5. On fire
6. Told an untruth
7. Exception
8. Woman's dress
10. Building
11. Large mass of sliding snow
16. Firearm
17. At that time
18. Commerce
19. Perfume
20. Cushions
21. Implement
22. Golf mounds

Answers on page 10

Armstrong County Memorial Hospital (ACMH) collaborated with one of the Authority's residents, **Betty Lukehart** to participate in a stroke testimonial video. To check it out, go to the ACMH's Youtube page and look for "[ACMH Stroke Testimonial](http://www.youtube.com/watch?v=1cX6udLCyyk)", or you can type in the URL: <http://www.youtube.com/watch?v=1cX6udLCyyk>.

GREAT JOB BETTY!

ONLY THE
MEDIocre
ARE ALWAYS AT
THEIR BEST



Unit Inspection Schedule

(Dates are subject to change due to unforeseen circumstances)

Friendship Apartments - September 9th through 13th
Luxemburg Manor - September 2nd through 6th
Warren Manor - October 21st through 25th





Site Improvements Update



Jobs In Progress

Armstrong Court - Air make-up unit replacement
Luxemburg Manor - 504 accessibility renovations (Final Phase)
Balcony Towers - Roof Replacement
Warren Manor - Upgrade bathroom lighting & install GFI's

Planned Jobs

Authority-wide - Misc. accessibility/site improvements
Lee Haven Towers - Elevator Repairs
Friendship Apartments - Parking lot & accessible route UFAS modifications
Allegheny Manor - 504 accessibility renovations (Phase 2 of 3)
South McKean Way - Replace Furnaces
Parkview Apartments - Air make-up unit replacement

Completed Jobs

Friendship Apartments - Replace domestic hot water tanks

We appreciate your patience and cooperation during these renovations.
Here's a thought to help get you through it.
**"Temporary Inconvenience,
Permanent Improvement"**



V	J	H	T	U	O	M	Y	L	P	S
F	N	A	U	Z	B	A	T	I	E	T
S	I	R	R	C	M	E	L	I	C	U
T	K	V	K	S	O	G	R	N	A	F
U	P	E	E	A	R	R	O	D	N	F
N	M	S	Y	I	E	A	N	I	P	I
T	U	T	M	B	N	V	T	A	I	N
S	P	S	N	J	N	Y	I	N	E	G
E	N	A	T	L	I	Z	U	S	L	B
H	R	E	Y	A	D	S	R	U	H	T
C	F	A	M	I	L	Y	F	Z	A	X



Words To Find:

Chestnuts	Corn
Cranberries	Dinner
Family	Fruit
Gravy	Harvest
Indians	Pecan Pie
Pilgrims	Plymouth
Pumpkin	Stuffing
Thursday	Turkey
Yams	



Messages

AGENCY PLANS

The final draft of the 2014 Annual and 5-Year Agency Plans will be available for public review from July 31st through September 13th at the Housing Authority's Administrative Office, and Management Offices located in Armstrong Court, Garden Towers, Warren Manor and Friendship Apartments. A public hearing will be held on September 16th and will be presented to Housing Authority Board for approval at September's meeting. The plans will be submitted to HUD in October for approval.

2014 FUNDING UPDATE

Since the last newsletter edition, Washington has been working on the 2014 Federal budget. The House and Senate each have their own version of a budget in regards to amount of funding to be made available, whether or not sequestration will remain in effect, as well as program reform proposals. Since the 2014 Federal Fiscal Year begins October 1st, and considering 2013's full year Continuing Resolution, we are not confident that an actual budget will be passed in time.

Reminder

If you have a maintenance problem, you **MUST** call the office at 724-548-7671 or 1-800-762-8291 and **request a work order**. You will not be charged unless the problem is due to your negligence or abuse; or, you request immediate attention for a problem that is not an emergency.

An emergency is anything that threatens your health or safety, such as, gas leaks, no heat, smoke detector not working, and major water leaks. A little problem that goes unreported can quickly turn into a big problem down the road, resulting in an inconvenience for you and your neighbors.



BIZARRE AND UNIQUE DAYS

In addition to the major holidays and special days we celebrate, check out these bizarre and unique days we might want to acknowledge!!



TEDDY BEAR DAY - SEPTEMBER 9TH

A Teddy Bear is a special friend, companion, and comforter. He's cuddly, cute, lovable and he can make you feel safe and secure because he's not afraid of the dark. President Theodore Roosevelt was a hunter. While hunting in Mississippi in 1902, he refused to shoot a small bear. The Washington Post picked up the story and made a cartoon of the event. Toy store owners, Morris and Rose Michtom, wrote to President Roosevelt for permission to call their stuffed animals "Teddy Bears". The bears became wildly popular, and their company went on to become the Ideal Toy Company, one of the largest toy companies in the world! So spend some time with your Teddy Bear and do all of your favorite things together. If you know someone without a Teddy Bear, use this day to give them one of their own!

TECHIES DAY - OCTOBER 3RD

Today's your chance to give your friendly technician some well deserved appreciation. When your PC goes down or gets a virus, your technician is invaluable, because he can get your system back up and running faster than you can say "gigabyte"! This day is not just for computer techies, it's for all of the people who work in highly skilled technical jobs. Make sure that your techie knows that he, or she, is appreciated. Give them a big "TY", maybe a small token gift, or simply a card or send an e-card. Taking good care of your techie will reap you dividends when you need him. So let's give a big hand and a thanks to all techies, from all fields, on this special day. They're the Best!!



SAXOPHONE DAY - NOVEMBER 6TH

The saxophone is a classical brass instrument that is an essential piece in jazz, symphonic, and marching bands. It's only fitting that this great instrument has its own day. The saxophone was invented around 1840 by Adolphe Sax, a Belgian musical instrument maker, born on this day in 1814. He invented 8 types of saxophones: Sopranino, Soprano, Alto, Tenor, Baritone, Bass, Contrabass and Subcontrabass. The first saxophone created was the Bass saxophone, and a 9th type, the Soprillo Saxophone, was invented in 2004 and is the smallest of the saxophones. Some famous sax players include: John Coltrane, Stan Getz, Coleman Randolph Hawkins "Hawk", James Moody, Charlie "The Bird" Parker and Lester Prez Young. If you ever wanted to play the saxophone, today would be the day to pucker up and give it a go!!



BAKE COOKIES DAY - DECEMBER 18TH

Ya just have to love Bake Cookies Day! What an opportune time for this special day, right amidst the major December holidays. It serves as a reminder to bake those holiday cookies, if you haven't done so already. Everyone can celebrate by baking their favorite cookies. Make a party of it and bake your cookies in groups, with family, friends, kids and grandkids. And, don't stop at baking just one kind of cookie. Plan to bake a number of cookies. Try a new recipe, or two, or three, or... If you bake more than you can eat, good for you! You can wrap up gift trays filled with all those wonderfully delicious home-made cookies for your family, friends, and neighbors. Many cookies freeze well, so you can save some of those "extra" cookies for a special treat after the holidays. It's surprising that such a special day as Bake Cookies Day is not immediately followed by "Eat Cookies Day"! Happy Baking (and eating!).

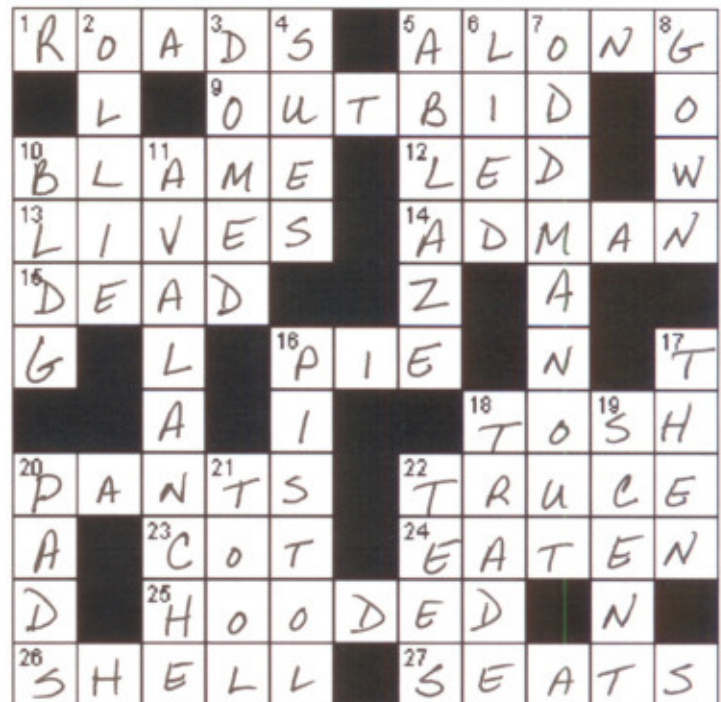


The Housing Authority provides an after-hours service that will take phone calls. Please be reminded that this service is to be used for **EMERGENCY** situations only.

Residents are placing after-hours calls to the answering service, then telling the operator that it's not an emergency, or stating that it can wait until the next business day! This causes confusion for both the answering service staff and Authority staff, as well as taking staff time away from situations that are real emergencies and need immediate attention. Remember, if it can wait...PLEASE don't call! An emergency is a situation that threatens the health or safety of a person, or has the potential to cause property damage, such as gas leaks, no heat, major water leaks, smoke detector not working, fires (911), etc.

All non-emergency calls, such as issuing complaints, asking for information, requests to change light bulbs, or other routine business should be made during regular business hours. Also, since we are billed per call, unnecessary after-hours calls increase the cost of this service.

We "Thank You" for your cooperation.



It's school time again! You're probably feeling excited and maybe a little sad that summer's over; maybe even a little scared or nervous about that first day because of all the new teachers, new friends, and maybe even a new school.

Usually on the first day, the teachers will do most of the talking. Be sure to pay close attention as your teacher goes over the classroom rules. If you're moving from middle school to junior high, getting assigned a locker and a homeroom may be a new experience for you.

Seeing old friends you haven't seen in a while can make the first day go smoother. Make your first day special by wearing an outfit or jewelry that shows off your personal style.

Continued on Page 11

Back To School - (continued from page 10)

Another way to make your first day a good one is to be prepared by packing your backpack with all the necessary basics: pencils, folders, notebooks, etc. If you load up your backpack the night before, it prevents the morning panic when you can't find your supplies or lunch bag!

Use the first day to get oriented. This is your first chance to find your way around a new school, or learn some new pathways to new classes in your old school. There's a lot to learn on the first day, so don't be shy about making yourself some notes so you'll remember the important stuff, like your locker combination and the start of the lunch period.

What happens if you get off to a bad start and you hate school by the end of day one? Give it some time...you just need to sort some things out and get adjusted to the new routine...then you'll probably feel much better. If those feelings don't fade, talk to someone, your mom, dad, teacher, or school counselor.

Here's a few tips for a fantastic school year:

- get enough sleep
- eat a healthy breakfast
- always try to do your best
- practice good work habits like writing down assignments and turning your homework in on time
- if you don't understand something, ask
- keep a sense of humor



Medical Emergency Preparedness

(continued from page 3)

- ♦ If you have a cell phone, program I-C-E (In Case of Emergency) into it with the name and number of someone who knows you and your medical history, in the event that you are unable to speak for yourself.
- ♦ Bring any legal papers related to your medical care with you, such as: a power of attorney; living will, advanced directive or do not resuscitate order (DNR). It is also very important that your family is aware of your wishes when it comes to medical care. Like your medical history, keep these documents in a visible place, or assure that a friend or family member has a copy.
- ♦ Be prepared for a hospital stay by taking a change of clothes and whatever personal items you may need (eyeglasses, etc.).
- ♦ Take something to read or do, such as a crossword puzzle...it will keep you calmer and help to pass the time. This is also a good idea for anyone who might go with you to the emergency room.
- ♦ Don't downplay your symptoms. Treating physicians need complete information from you in order to provide you with the best possible care.
- ♦ Lastly, be patient! Diagnosing and treating an illness or injury can take hours. If you feel you need more attention than you are getting, ask to speak to a patient advocate.



www.ActivityVillage.co.uk - Keeping Kids Busy

Sudoku

8	5	4	6	3	2	7	1	9
7	2	3	4	1	9	6	5	8
1	6	9	7	5	8	2	3	4
3	8	2	5	6	7	4	9	1
6	1	7	9	4	3	5	8	2
9	4	5	8	2	1	3	7	6
4	3	6	1	8	5	9	2	7
2	7	1	3	9	6	8	4	5
5	9	8	2	7	4	1	6	3

Answer from page 4



Housing Authority Board of Commissioners

Tyler Heller
Chairperson

Todd Crissman
Vice-Chairperson

Julia Mock
Treasurer

Rev. John Snyder
Commissioner

Larry Ondrizek
Commissioner

Marty Sutton
Executive Director

Jason Lewis
Solicitor

Please submit newsletter suggestions, articles, community events, etc. to:

Armstrong County Housing Authority
350 South Jefferson Street
Kittanning, PA 16201
ATTN: Marty Sutton

or

E-Mail Marty at:
marty23@penn.com

Submission Deadlines

Winter/Spring Issue -
December 1st
Summer Issue - April 1st
Fall/Winter Issue -
August 1st

TODAY'S



PLEASE

CONSERVE!

COURTESY OF:



FOR MORE INFORMATION ON RESIDENT CONSERVATION TIPS PLEASE SEE THE RESIDENT CORNER IN HUD'S "ECO WISE NEWSLETTER". SEE WWW.HUD.GOV

Don't RESIDENT,

Let's

SAVE

TOGETHER

ANY *and all* OF THESE ACTIONS

ARE GREATLY APPRECIATED. PLEASE, *PRETTY PLEASE*, CONSIDER:

TURN OFF THE LIGHTS USE MICROWAVE
WHEN LEAVING THE ROOM *oven to COOK!*
Small Meals!

TAKE
SHORTER
SHOWERS

REPORT
PLUMBING
LEAKS

QUIT
SMOKING!

CHANGE
LIGHT
BULBS
FROM
INEFFICIENT
INCANDESCENTS TO CFL'S

Use cold
water *when*
washing clothes
ITEMS *WHEN* NOT IN USE

UNPLUG
ELECTRIC
ITEMS *WHEN* NOT IN USE

USE
A
DOORSTOP

 = T-SHIRT
 = SWEATER

Recycle

USE THE SHORT WASH CYCLE
ON DISHWASHERS AND LAUNDRIES...

A
THOUSAND

THANK YOU

and more
Love,
Mother Nature