

HEALTHY HAPPY ATTITUDES

Volume 18 Issue 4
April 2018

Harrietstown Housing Authority
www.harrietstownha.org



Sarah's News

The Housing Authority's Board of Commissioners adopted a new Smoke-Free policy at its March 21 meeting. The new policy prohibits smoking everywhere on housing authority property – indoors and outdoors. It goes into effect June 1.

The new policy is in response to HUD's February 2017 rule Instituting Smoke-Free Public Housing (FR-5597-F-03). All public housing authorities are required to comply with the rule by July 30, 2018.

While the Harrietstown Housing Authority has been smoke-free indoors since 2009, the HUD rule has four expectations: improve indoor air quality; benefit the health of public housing residents, visitors, and staff; reduce the risk of catastrophic fire; and lower overall maintenance costs.

Over the last thirteen months, in order to explain the HUD rule, request input, present draft language, and solicit comments, the Housing Authority has:

- ✓ Scheduled and held two meetings at the Lake Flower Apartments
- ✓ Scheduled and held four meetings at the Algonquin Apartments
- ✓ Distributed a draft policy to all residents and held a 30-day comment period
- ✓ Presented three newsletter articles
- ✓ Included the topic on nine Board of Commissioners's meeting agendas
- ✓ Collaborated with the Healthy Heart Network on a survey regarding tobacco use, compliance with the policy, and smoking cessation resources

On March 26, all residents received a copy of the adopted policy as well as information regarding the need to sign paperwork acknowledging receipt and understanding of the policy, and recognizing the policy is part of your lease. Failure to sign the paperwork before May 30 can result in termination of your lease.

Part of understanding the policy is knowing the penalties for non-compliance: \$50 for a first offense and termination of lease for a second offense.

The policy includes a Smoking Incident Report form that can be completed and submitted if you see or suspect someone of smoking. If a complaint is not submitted in writing, it will not be investigated. All written complaints will be investigated.

If you have questions, please call the office.



HHA BOARD OF COMMISSIONERS

Chairperson: Emily Fogarty
Dave Bauer
Jim Connolly
Allen Dunham
Cecilia Meyer
Eugene O'Dell
Dan Ruchkin

HHA OFFICE HOURS

9:00am- 11:30am

And 1:00pm—3:30pm

After hours

Emergency call
number
518-923-1082

* **Harrietstown Housing Authority** *
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* EXECUTIVE DIRECTOR *
* Sarah A. Clarkin *
* HOUSING ASSISTANT *
* Debbie Zerrahn *
* HOUSING CHOICE VOUCHER SPECIALIST *
* RESIDENT SERVICES COORDINATOR *
* Irene Snyder *
* FACILITIES MANAGER *
* David Siegrist *
* MAINTENANCE STAFF *
* John Burns *
* Robert Mathers *
* ACCOUNT CLERK *
* Tammy Burdt *

TID BITS FROM DAVID SIEGRIST

“Everyone has a plan until they get punched in the mouth”, you go Mike T.

That pretty much describes a typical day in the life of a maintenance worker.

While we hopefully don’t get punched literally, things happen that stop us in our tracks.

It could be that unexpected snow storm that throws you in a snow machine for 8 hours when you were planning to finish an apartment for rental.

Or that piece of cast iron pipe that has rotted out and leaks down 4 floors while you were planning on finishing an apartment for rental.

Playing little Dutch boy, trying to hold back the water from entering the high-rise building all day, also ranks up there while you were planning on finishing an apartment for rental.

Or just plain old getting sick for a few days, unable to come to work, while you were planning on finishing an apartment for rental.

So, in between rounds, we shake the hits off and fit in some work orders just for fun.

Eventually we will get it all done or go down fighting.

Remember: no formal work order, no formal work!



Now get out there and fight!

RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

I, for one, am tired of all the snow we received in March. I don't want to see any more, PLEASE. By now all re-certifications should be completed. If you have not completed your re-certification, your lease will not be renewed, and you will need to vacate your apartment. This is not our rule; it is HUD's rule.

Time to start looking at your backyard (if you can see it), and cleaning it up. If there are items you no longer want, the dumpster is available for your use. Please help to keep your home looking great.

Daffodils will be blooming soon in front of the high-rise. It does look nice when they all come out. If you are interested in a garden plot, contact Irene Snyder at 518-891-3050 extension 105.



Looking for a career change? Take a look at the Franklin County Personnel Office job listings and tests, www.franklincony.org. Get your name on a list by taking and passing a test. ☺ Good luck.

April will hopefully be quiet and bring A LOT of sun and fun.

WORK ORDERS

Please remember to call the office at

518-891-3050 option 3

For a work order.

**This is the only way to schedule your
maintenance needs.**

IRENE'S THOUGHTS

yes
you can!

With the weather starting to change, I was remembering the walking club we had for the residents at Lake Flower Apartments. It became a game for some residents. They would wear pedometers and we would chart the number of steps for each person.

Thanks to David, I learned a new Google maps feature that allows me to measure distances around town. This could also add some fun to a walking club.

If any Lake Flower residents are interested in being part of something like this, come join us Wednesday, April 11, 2 p.m. in the Lake Flower community room.

Get the Newsletter Via E-Mail!

We encourage those with access to e-mail to sign up for e-mail delivery of the monthly newsletter. To sign up, send a quick e-mail to tburdt@harriestownha.org.

**The newsletter is also available on the website:
www.harriestownha.org**

EHRlich PEST CONTROL INSPECTIONS

Notices of inspections will be distributed.

**PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF
YOU ARE
MAINTAINING YOUR APARTMENT IN A CLEAN,
SAFE AND SANITARY
CONDITION IN ACCORDANCE WITH YOUR LEASE.**

ARE YOU A VICTIM OF UNWANTED TELEMARKETING CALLS?

CALL THE NATIONAL DO NOT CALL REGISTRY

1-888-382-1222



**Do Not Call
Register**

**REMEMBER, YOU MUST CALL FROM YOUR
PHONE IN ORDER TO BE PLACED ON THE DO
NOT CALL REGISTRY LIST**

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <small>April Fools' Day</small> 	2	3	4	5	6	7
Please pay your rent on time.						
8	9	10 WIC 9AM	11 Class: LIVING HEALTHY 2 PM	12	13	14
15	16  CANINE INSPEC- TIONS LF & ALG	17	18	19	20	21
22 	23	24 WIC 9AM	25 <i>Administrative</i> <i>Professionals Day</i> 	26	27	28
29	30 Full Moon					
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><u>RED:</u> ALGONQUIN COMMUNITY ROOM</p> <p><u>PURPLE:</u> L.F. COMMUNITY ROOM</p> <p><u>GREEN:</u> L.F. BOARD ROOM</p> </div>						



**The Harrietstown Housing Authority
has apartments for rent in the Lake Flower
High-rise and Algonquin Apartment Complex.**

**Additionally, we have a Housing Choice Voucher program
that may assist you with your monthly rent in the
community.**

**For additional information and to obtain an application
please contact us at 518-891-3050 or stop by the office at
14 Kiwassa Road, Saranac Lake.**

You may also go online at www.harrietstownha.org.

Have you had your Cancer Screenings this year?

Free Cancer Screenings Available:

Clinical Breast Exam

Pap Test

Mammogram

Colorectal (FIT) Test or Colonoscopy (depending on risk status)

Eligibility:

Women who are 40–64 years old without health insurance.

Men who are 50–64 years old without health insurance.

*If positive results are found, coverage for cancer treatment is
available to individuals who qualify.*

It's easy to enroll. Just give us a call.

518-891-4471 ext. 3016

Franklin and Essex Counties

Cancer Services Program

Your partner for cancer screening, support and information



RIDDLES

- 1) I can fill up an entire room and still not take up any space. Who am I?
- 2) I look like a pearl. Clouds are my grandparents. I am very delicate. I die as soon as anybody touches me. Who am I?
- 3) I have 3 wings. At times I have 4 wings, but still I cannot fly. I can rotate, but I can't move from one place to another. People always relax in my company. Who am I?
- 4) I am a fruit. I am tasty and provide lots of energy. You can also find me in a calendar. Who am I?
- 5) I am $\frac{3}{8}$ of Tortoise, $\frac{2}{5}$ of Onion and $\frac{2}{6}$ of Tomato. Who am I?
- 6) The more I am present, the less you can see. Who am I?

*****Answers Can Be Found
On The Back Cover*****

www.iqtestexperts.com

JOKES

- 1) When do monkeys fall from the sky?
- 2) Can February March?
- 3) What flowers grow on faces?
- 4) Why are trees very forgiving?
- 5) What do you call a girl with a frog on her head?
- 6) What does the Easter Bunny order at a Chinese Restaurant?
- 7) What do you call a rabbit with fleas?
- 8) What does the Easter Rabbit get for making a basket?
- 9) What did the tree say to spring?
- 10) What do you get when you pour hot water down a rabbit hole?
- 11) When do people start using their trampoline?
- 12) Why is everyone so tired on April 1?



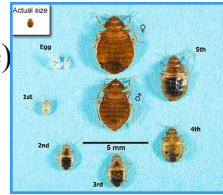
*****Answers Can Be Found
On The Back Cover*****

www.jokes4us.com

Bed Bug Information Center

Where should you look?

- Mattress (piping, sides, underside)
- Box spring (remove ticking)
- Bed frame
- Linens
- Furniture – seams, pleats, piping, joints
- Corners and drawers of desks, dressers, etc.
- Door, window, and baseboard trim
- Items on the floor



What should you look for?

- All life stages: eggs, nymphs, adults
- Skin casts
- Blood spots

How do you avoid them?

Carefully inspect all used furniture, linens, and clothing before bringing them into your home.

- Wash and dry clothes on hottest setting items can stand. Transport clothes in plastic bags. Do not put clean clothes in bags used to transport dirty clothes. Throw those away!
- Vacuum frequently.
- Remove clutter.

If possible, use a high powered flashlight when looking around your unit. If you find a bed bug, notify staff immediately. Staff and you will work together to prepare for any needed treatment. Don't delay. It's much easier to treat one or two than it is twenty or thirty. Again, successful eradication requires resident involvement and cooperation.

The sooner we know, the lower the cost to you.

The Oldest Living Things...



Pafuri Baobab Tree
Kruger Game Preserve, South Africa
Up to 2,000 years old



Bristlecone Pine
White Mountains, California
Up to 5,000 years old



Llaretta Plant
Atacama Desert, Chile
Up to 3,000 years old



Welwitschia Mirabilis Plant
Namib Naukluft Desert, Namibia
2,000 years old



Antarctic Moss
Elephant Island, Antarctica
5,500 years old



Stromatolites
Carbia Station, Western Australia
2,000 to 3,000 years old

HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

www.harrietstownha.org

Answers to: Riddles

- 1) Light
- 2) Dew
- 3) Ceiling Fan
- 4) Dates
- 5) Toronto. Tortoise has 8 letters and the first 3 are TOR. Onion has 5 letters and the first 2 are ON. Tomato has 6 letters and the first 2 are TO.
- 6) Darkness



Answers to: Jokes

- 1) During Ape-ril showers!
- 2) No, but April May!
- 3) Tulips (Two-lips)!
- 4) Because in the Fall they "Let It Go" and in the Spring they "turn over a new leaf".
- 5) Lily!
- 6) Hop Suey!
- 7) Bugs Bunny!
- 8) Two points just like everybody!
- 9) What a re-leaf.
- 10) A hot cross bunny.
- 11) Spring-Time!
- 12) Because they've just finished a long, 31 day March!

