

HEALTHY HAPPY ATTITUDES

Volume 17 Issue 8
August 2017

Harrietstown Housing Authority
www.harrietstownha.org

Sarah's News

Deciding what to write for this month's newsletter has been difficult. As I contemplated the options, I found myself tapping my fingers on the desk. The first finger to hit my desk was my pinkie, followed by my ring finger, middle finger, and, finally, my index finger. What is that called? Finger drumming? Finger tapping? I want to know.

Then, I began to wonder how many people read the newsletter. Back in the day – say, four or so years ago – the newsletter was printed and delivered to all apartments at both the Lake Flower and Algonquin apartments. The response to the puzzle section indicated that a number of residents looked, at least, at that part of the newsletter.

Increasing budget cuts led to the elimination of paper delivery. Now, the newsletter is available on the Housing Authority's website and emailed to those whose email addresses we have. Yes, a few printed copies are made available in the Lake Flower Apartments. We're curious how many people look at the newsletter.

So, **do you read, or even look at, the newsletter?** Let us know! Email Tammy at tburdt@harrietstownha.org or stop by her office window and tell her. If you do, we'll know you read this paragraph. If you're motivated, let her know what you think about the newsletter. What do you like? What would you want to see?

If no one reaches out to Tammy, we won't know whether no one reads it or 5,000 people read it but didn't let us know. So.....please, let us know!



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 **923-1082**

* **Harrietstown Housing Authority** *
*
* 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

Summer is moving along at a good pace. August is upon us already.

Maintenance is scrambling to prepare apartments for rental and doing a fine job. It's a lot of work for two guys and it's a balancing act. Circus experience looks good on a job application.

Every day is something new and we tackle all challenges head on. Let the maintenance guys know how they are doing because, let's face it, without them, things come quickly to a halt.

We don't have any major projects going right now at either complex. Just keeping things up as best we can.

While I've said it before, any help residents can give us keeping miscellaneous trash picked up helps a lot. These places are your homes and we want them to look as good as do you, the tenant.

Not as much stuff that isn't recyclable has been placed in the recycling bins at the Algonquin and we thank you. I personally am glad to see how much we do recycle and praise those who are so diligent keeping recyclables out of the land fill.

Together we can keep our complexes looking good and running efficiently.

Before you know, it will be time to head back to school and we hope all have had or are having a great summer vacation and are looking forward to hitting the books again.

Trust me, school will be over before you know it and the real world will be at your feet. Just look before you leap. It can be a long way down.

Did anyone pack my backup chute?

See you next month.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Hard to believe it is August already. Where did the summer go...did it ever arrive in the Adirondacks?

Time to start thinking about the beginning of a new school year. Get those school supplies, school clothes, and little kiddies ready for another great year. There are still a few good weeks left to summer. Get out and enjoy the sun — swim, hike, and everything the Adirondacks have to offer.

Lake Flower residents, the patio is set with tables and umbrellas. The BBQ grill is looking for some use. Grab your neighbor for an evening cook out. Fall and Winter will be here before we know it.



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**



Please pay your rent on time.

PURPLE: L.F. COMMUNITY ROOM

GREEN: L.F. BOARD ROOM



**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 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.

891-4471 ext. 3016

Franklin and Essex Counties

Cancer Services Program

Your partner for cancer screening, support and information



CELEBRITY BIRTHDAYS

Tony Bennett	08/03
Martha Stewart	08/03
Jeff Gordon	08/04
Barak Obama	08/04
Patrick Ewing	08/05
Maureen McCormick	08/05
Charlize Theron	08/07
Dustin Hoffman	08/08
Shawn Mendes	08/08
Anna Kendrick	08/09
Antonio Banderas	08/10
Chris Hemsworth	08/11
Hulk Hogan	08/11
Halle Berry	08/14
Magic Johnson	08/14
Ben Affleck	08/15
Jennifer Lawrence	08/15
Steve Carell	08/16
Madonna	08/16
Robert De Niro	08/17
Bill Clinton	08/19
John Stamos	08/19
Demi Lovato	08/20
Robert Plant	08/20
Cindy Williams	08/22
Kobe Bryant	08/23
Rupert Grint	08/24
Billy Ray Cyrus	08/25
Blake Lively	08/25
Melissa McCarthy	08/26
Shania Twain	08/28
Cameron Diaz	08/30
Richard Gere	08/31

MOVIE TRIVIA

- 1) Who played the female lead role in the 1986 sci-fi movie "Aliens"?
- 2) What sunglasses did Tom Cruise wear in the 1986 movie "Top Gun"?
- 3) What are the names of the two actors whose characters get stuck traveling together in the movie "Planes, Trains & Automobiles"?
- 4) What is the name of the actress who played the Unsinkable Molly Brown in the 1997 movie "Titanic"?
- 5) Robin Williams won an Academy Award for best supporting actor in which 1997 film about a South Boston janitor?

Answers

- 1) Sigourney Weaver
- 2) Ray Ban Aviator
- 3) Steve Martin & John Candy
- 4) Kathy Bates
- 5) Good Will Hunting

www.trivia.fyi

WORK ORDERS

**Please remember to call the office at
891-3050 option 3
For a work order.
This is the only way to schedule your
maintenance needs.**

IRENE'S THOUGHTS

With so much within walking distance, it isn't hard to keep yourself busy. Using the Riverwalk is such a nice way to get around downtown. Not only is the walk by the river calming, but you also get to avoid the busy summer traffic. I also enjoy the Farmer's Market for the fact that it turns into a social event. Rain or shine, there are plenty of vendors and plenty of friends to meet.

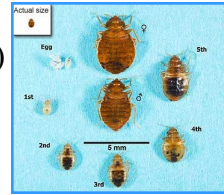
*Be so busy
loving your life
that you have
no time for
hate, regret or
fear*

inspirationalsquotes.blogspot.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.

Can You Guess What Mountain I Am???

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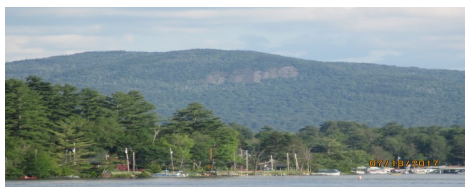
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*****ANSWERS CAN BE FOUND ON THE LAST PAGE*****

HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

www.harriestownha.org

Answers to: [Can You Guess What Mountain I Am?](#)

[Top To Bottom](#)

McKenzie (3,861 feet)

Ampersand (3,365 feet)

Scarface (3,060 feet)

Haystack (2,878 feet)

St. Regis (2,874 feet)

Baker (2,340 feet)

Answer to: [What Do We All have In Common?](#)

Saranac Lake 6er