

HEALTHY HAPPY ATTITUDES

Volume 17 Issue 12
December 2017

Harrietstown Housing Authority
www.harrietstownha.org



Sarah's News

As, with each day, sunlight diminishes, the thermometer registers lower, and the snow (we hope!) inches higher, it's time to talk energy conservation!

ALGONQUIN RESIDENTS. You pay for your heat. A utility allowance is built into the rent structure. Spend less than the allowance on electricity and you save money; spend more than the allowance on electricity and you lose money. If you need weather stripping around your door, call in a work order.

LAKE FLOWER RESIDENTS. You do not pay for your heat; the Housing Authority does. And, believe me, those dollars add up. In 2016, the Housing Authority's electric bill for the Lake Flower Apartments totaled **\$63,936**. Yes, that bill includes the lights, stoves, and fans; but, a big portion of it is **heat**.

Energy conservation is good for the planet and it's good for your wallet. Whether living in the Algonquin or Lake Flower Apartments, please conserve energy. Here are some tips:

1. When in the apartment during the day, set thermostats no higher than 70 degrees. Lower is better!
2. When asleep or out of the apartment for eight hours or more, set the thermostat back 10 to 15 degrees. The US Department of Energy reports doing this will save an estimated 10% on your annual heating bill.
3. Turn off lights when leaving.
4. Turn off TVs, radios, and other electronic devices when leaving.
5. Lower blinds/close drapes at night and on cloudy days.
6. Open blinds on sunny days.
7. Wear a sweater!
8. And.....keep the windows closed! I'm always amazed when, upon entering an apartment in the winter, the thermostat is set at 85 and windows are open.



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** *
*
* 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

December 2017

Down to the final month of the year.

Everyone is busy with their holiday shopping.

Communities are all decorated with festive trees and lights.

Empy parking spaces are hard to find with all the shoppers out supporting their local merchants.

Memories exchanged during family get togethers and parties make people happy and sad.

Below zero temperatures makes a mug of hot chocolate a warming delight.

Extra caution must be taken on snowy and icy roads.

Remember those who are no longer with us and look forward to a brand new year.

Enjoy the Holidays

And

A Happy New Year

from the Facilities Department



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

I trust everyone made it through the Thanksgiving Holiday...only to be thrown into the December mayhem. The snow has fallen and the thermometer has risen. Check your doors and windows to make sure there are no drafts. Contact maintenance if you need weather stripping at 518-891-3050, option 3 for a work order.

Keep your walkways clear of ice and snow. There is salted sand in the storage shed in the lower lot for you to use to keep your walkways safe. If maintenance is required to shovel your walkway, you will be charged.

We have started annual re-certifications for the Lake Flower High-rise. Pay attention to when you are scheduled and with whom you meet as Tammy and I are splitting the load this year. Algonquin Complex re-certs will start in February or March.

REMEMBER: ALL RENTS MUST BE PAID IN FULL BY DECEMBER 5TH TO AVOID ANY PROBLEMS OR POSSIBLE EVICTION.

Holiday decorations will be springing up everywhere. Please remember only artificial items can be hanging from your door at the Lake Flower High-rise. **NO FLAMMABLE ITEMS.** Keep all hallways clear of tripping hazards.



**HAPPY HOLIDAYS
TO YOU AND
YOUR FAMILY.
BE SAFE.**

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

December will be very busy with holiday carolers, regular activities, and the Lake Flower annual harvest dinner (December 14). We love a full house – so please, write it in your calendar and remind your neighbors.

We have said good-bye to many great people in 2017. I feel very fortunate to have had the opportunity to know them all, even if it was just for a short time.

I hope we all have a wonderful holiday season, with many laughs, and peaceful times.



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@harrietstownha.org.

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

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please pay your rent on time.					
3	4	5	6	7 	8	9
10	11	12 WIC 9AM	13	14	15	16
17	18	19	20 HHA Board Meeting 4:00PM	21  Office Closing @ Noon	22 Office Closing @ 11:30	23
24  Office Closed	25	26 WIC 9AM	27	28	29 Office Closing @ 11:30	30
31 	<p>RED: ALGONQUIN COMMUNITY ROOM</p> <p>PURPLE: L.F. COMMUNITY ROOM</p> <p>GREEN: L.F. BOARD ROOM</p>					



**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) Twenty people went to bed. When they woke up, there were twenty-four heads. How is this possible? (none of them were hiding)
- 2) What goes up a chimney down, but can't come down a chimney up?
- 3) A man was cleaning the windows of a 20 story building. He slipped and fell off the ladder, but wasn't hurt. How did he do it?
- 4) What starts with the letter "t", is filled with "t", and ends in "t"?
- 5) Ten fish are in a bowl, but four drown. How many fish are left?
- 6) What part of a bird isn't in the sky and can swim, but not get wet?
- 7) Imagine you are swimming in the ocean and a bunch of hungry sharks surround you. How do you get out alive?

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

www.4riddles.com

**JOKES**

- 1) What does an envelope say when you lick it?
- 2) What does Frosty the Snowman eat on Thanksgiving?
- 3) What time is it when Sir Lancelot looks at his belly button?
- 4) What's an ig?
- 5) Which berry makes a harsh noise?
- 6) What do frogs get at McDonald's?
- 7) What do you call a cow with a twitch?
- 8) Why did the boy bury his flashlight?
- 9) What did one light bulb say to the other?
- 10) How do you make the number one disappear?
- 11) Why do seals swim in salt water?
- 12) What vegetable was forbidden on the ships of Arctic explorers?
- 13) What kind of math do Snowy Owls like?

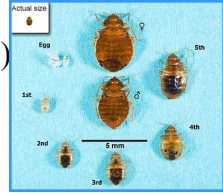
*****Answers Can Be Found
On The Back Cover*****

www.4riddles.com/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.

From Our Home To Yours

Happy Holidays



Sarah

David

Debbie

Irene

John

Tammy

Bob

HARRIETSTOWN HOUSING AUTHORITY



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Answers to: Riddles

- 1) There were twenty fore-heads.
- 2) An umbrella.
- 3) He fell from the first step of the ladder.
- 4) A teapot.
- 5) 10-Fish can't drown.
- 6) The bird's shadow.
- 7) Stop imagining!



Answers to: Jokes

- 1) Nothing, It shuts up!
- 2) Cold slaw.
- 3) The middle of the knight!
- 4) A snow house without a loo!
- 5) Raspberry.
- 6) A Burper and French Flies with Croak-a-Cola.
- 7) Beef jerky.
- 8) Because the batteries died.
- 9) I love you a whole watt.
- 10) Add the letter G and it's "GONE".
- 11) Because pepper water makes them sneeze!
- 12) Leeks!
- 13) Owlgebra.

