

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

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www.harrietstownha.org

December 2018

Sarah's News

This month's article is about *MOLD*. What are molds? Generally, molds are fungi. Scientists do not know how many species of mold there are, but estimates range from tens of thousands to more than three hundred thousand. A lot of mold! Molds are found indoors and outdoors – in the air and on surfaces - and grow best in warm, damp, humid environments. Prime locations for mold include bathrooms, basements, compost piles, cut grass.

Molds, themselves, are not toxic or poisonous. Certain molds, however, are toxigenic, meaning they can produce toxins. It is not necessary to determine the type of mold you may find; all molds should be treated the same with respect to potential health risks and removal.

Everyone should take routine precautions to prevent mold from growing in a home. Keep humidity levels as low as possible – use the fans/vents in bathrooms and kitchens. In their absence, open windows. Consider a de-humidifier. Clean bathrooms with mold-killing products.

If you do find mold growing, act immediately upon its discovery. To remove mold from hard surfaces, use commercial products, soap and water, or a bleach solution of no more than 1 part bleach to 10 parts water. If you opt for the bleach approach, NEVER mix bleach with ammonia or other household cleaners. Doing so will produce toxic fumes. Open windows and doors to ventilate the area. Wear rubber boots, gloves, and goggles while cleaning the affected area. Also, identify the source of moisture and strive to reduce if not eliminate it.

Some people are sensitive to molds and experience congestion, wheezing, and red or itchy eyes or skin. If allergic to mold or have asthma, reactions can be more intense and include fever or shortness of breath.

Information in this article is from the Centers for Disease Control and Prevention (CDC), part of the United States Department of Health and Human Services. The CDC's mission is to protect America from health, safety and security threats, both foreign and in the U.S.



HHA BOARD OF COMMISSIONERS

Chairperson: Jim Connolly
Dave Bauer
Allen Dunham
Emily Fogarty
Agnes "Liz" Latour
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



***D*own to the final month of the year.**

***E*veryone is busy with their holiday shopping.**

***C*ommunities are all decorated with festive trees and lights.**

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

***M*emories exchanged during family get togethers and parties make people happy and sad.**

***B*elow zero temperatures makes a mug of hot chocolate a warming delight.**

***E*xtra caution must be taken on snowy and icy roads.**

***R*emember 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

Welcome to winter (as I write this, we are in the middle of a big snow storm, and it's only November), ugh. It's going to be a long winter. **FIRST AND FOREMOST, RENT must BE PAID** on time this month. If your rent is not paid, you are subject to an eviction for non-payment. We are not in the business to evict, but we are in the business to **COLLECT** rent. HUD requires the Housing Authority to send in year-end reports. If there are outstanding rents, we follow the requirements outlined in the lease for non-payment. This could include termination. Just because it's December does not mean we will not process a non-payment eviction. If you are a chronic delinquent payer, you could be subject to eviction. To avoid this from happening, **PAY YOUR RENT ON TIME.**

Hopefully, everyone was able to get rid of their carved pumpkins before the snow fell. Christmas decorations are popping up and look great. If you have a real tree, make sure you water it frequently so that it does not dry out and become a fire hazard.

Children will be out of school for the holiday break. Keep a watchful eye when they are outside playing.

The Housing Authority offices will be closed on December 24 and 25. If you need paperwork from the office, plan accordingly. Same for the New Year's holiday. We will be closed on December 31 and January 1.

Happy Holidays to you and your family.



May 2019 be a great year for you and yours.



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

Save the date - December 13, 2018 at noon - is the annual Harvest dinner!



Staff prepares the Harvest Dinner for the Residents at Lake Flower Apartments as a way to show our appreciation. There will be a sign up sheet; please be sure to sign up.



*No act of kindness,
no matter how small,
is ever wasted.*

Aesop

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**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
Please pay your rent on time.						
2	3	4	5	6	7	8
9	10	11 WIC 9AM	12	13	14 Office Closing @ Noon	15
16	17	18	19 HHA Board Meeting 4:00 PM	20	21 Happy  First Day of Winter	22 Full Moon
23	24 Office Closed	25  Office Closed	26	27 WIC 9AM	28	29
30	31  Office Closed	<div> <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) If everyone bought a white car, what would we have?
- 2) What ship has two mates, but no captain?
- 3) What is the difference between a jeweler and a jailer?
- 4) What is so delicate that saying its name breaks it?
- 5) What kind of tree can you carry in your hand?
- 6) You draw a line. Without touching it, how do you make the line longer?
- 7) They come out at night without being called, and are lost in the day without being stolen? What are they?
- 8) A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first, the monkey, the squirrel, or the bird?
- 9) Why is an island like the letter T?
- 10) Why did the woman wear a helmet at the dinner table?

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

www.icebreakerideas.com

JOKES

- 1) What do you get when you mix a snowman and a wolf?
- 2) Why was the geologist's wife unhappy?
- 3) What's it called when a snowman has a temper tantrum?
- 4) What do you get from sitting on the ice too long?
- 5) What vegetable was forbidden on the ships of Arctic explorers?
- 6) What did the snowman eat?
- 7) What are caribou calves given to wear?
- 8) Where do seals go to see movies?
- 9) What do reindeer herders say to reindeer who complain?
- 10) What time is it when little white flakes fall past the classroom window?
- 11) What do you call a snowman with a six pack?
- 12) What did the snowman and his wife put over their baby's crib?

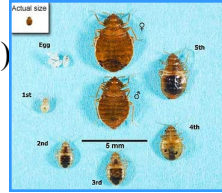
*****Answers Can Be Found
On The Back Cover*****

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.

FROM OUR HOME TO YOURS

Happy Holidays!



Irene

Tammy

Bob

John

Debbie

Sarah

David

HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road
Saranac Lake, NY 12983

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www.harrietstownha.org

Answers to: Riddles

- 1) A white carnation.
- 2) A relationship.
- 3) A jeweler sells watches. A jailer watches cells.
- 4) Silence.
- 5) A palm.
- 6) You draw a shorter line next to it, and then it becomes the longer line.
- 7) Stars.
- 8) None of them, because you cannot get a banana from a coconut tree!
- 9) Because it is in the middle of water!
- 10) Because of her crash diet!



Answers to: Jokes

- 1) Frostbite!
- 2) She felt like he took her for granite.
- 3) A meltdown!
- 4) Polaroids!
- 5) Leeks!
- 6) Icebergs with chilli sauce.
- 7) Hoof-me-downs!
- 8) The dive-in!
- 9) "Venison!"
- 10) Snow and Tell!
- 11) An abdominal snowman!
- 12) A snowmobile!

