

HEALTHY HAPPY ATTITUDES

Volume 18 Issue 2
February 2018

Harrietstown Housing Authority
www.harrietstownha.org



Sarah's News

In an effort to encourage REDUCE REUSE RECYCLE, reduce being the best of the three, I am sharing some not-so-fun facts about plastic.

The mass production of plastic began sixty years ago. In those sixty years, 18,301,500,000,000 pounds of plastic have been created. Of this, over 75% has become plastic waste. Twelve percent has been incinerated; nine percent has been recycled. The rest has ended up in landfills or the oceans.

- Globally, humans buy 1 million plastic bottles per second.
- Plastic takes more than 400 years to degrade.
- With current trends, by 2050, landfills will contain 26,460,000,000,000 pounds of plastic – 35,000 times the weight of the Empire State Building.
- With current trends, by 2050, ton for ton, the oceans will contain more plastic than fish.
- Plastic in the oceans injures and kills birds, fish, and other marine animals.
- Much of the growth in plastic production is due to increased plastic packaging.
- Half of all manufactured plastic becomes trash in less than one year.

What can you do?

- Use reusable bags for all your shopping.
- Use a reusable water bottle and drink from the tap.
- When available, buy the option not wrapped in plastic.
- Reuse disposable plastic items instead of using once and tossing.
- If disposing of the plastic is necessary, recycle!

We're all in this together!



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

February is an interesting month. We had a taste of winter, then a thaw, and then February. Always unpredictable. Always a challenge for the carnival palace construction crew. Always a challenge for the housing authority's maintenance staff. Will it be snow? Will it be rain? Will it be ice? Will I win the lottery? The answer is yes! Except for the lottery thing. Conditions at any given time are all of the above. The maintenance staff tries their best to keep areas maintained for safe travel around, but they can't be there all the time. Part of the Adirondack experience is understanding that, hey, I may have to watch my step around here. I may have to move a little of this snow out of the way. Great exercise. Save money on the gym membership. Awesome! Only a dollar, at the Dollar Store.

There is salted sand available at both complexes, so please feel free to spread it around. Spread the word. Spring will be on its way. Then you can help us pick up all the sand and start all over again. Then turn yourself around, you know, kinda like the hokey pokey. Cause that's what it's all about!

Enjoy your winter activities. See you in March.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

February...cold weather, ice, snow...and rain, Presidents' Day, Valentine's Day, Groundhog's Day and WINTER CARNIVAL. What more could you ask for? Oh yes, and tax returns, if you are one of the lucky few.

February is a short month and a very busy one at that. Just a reminder to keep your walkways clear of ice and snow. Shortly, letters will be mailed to the Algonquin residents for annual re-certifications. Get your paperwork together and give us a call to schedule your appointments.

There are a lot of free activities during Winter Carnival. Check out the schedule and join in. It's a fun time to get out of the house. The frying pan toss is February 3rd; that's always fun to watch, or participate in. Crowning of the new King and Queen is February 2nd, with fireworks Saturday evening the 3rd. The Gala Parade is February 10th. The storming of the ice palace and fireworks are February 11th.

Spring IS coming...sooner or later. Be safe, and stay warm.



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



Watch for the Activities Committee's announcements on the bulletin boards. There will be ice cream and luncheons at the high-rise.

Winter Carnival is the first week in February—there will be all kinds of fun things going on in town.

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**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3  7:00 pm
Please pay your rent on time.						
4 	5	6	7	8	9	10  1:00 pm
11  8:00 pm	12  Lincoln's Birthday	13 WIC 9AM	14  Happy Valentine's Day!	15	16	17
18	19  Office Closed	20	21 HHA Board Meeting 4:00PM	22 	23	24
25	26	27 WIC 9AM	28			
<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) What can be touched but can't be seen?
- 2) Lovely and round, I shine with pale light, grown in the darkness, a lady's delight. What am I?
- 3) I have a heart that never beats. I have a home, but I never sleep. I can take a man's house and build another, and I love to play games with my many brothers. I am a king among fools. Who am I?
- 4) What fastens two people, yet touches only one?
- 5) If you break me, I'll stop working. If you can touch me, my work is done. If you lose me, you must find me with a ring soon after. What am I?
- 6) Roses are red, Violets are blue; and I'm forever saying: I love you. What am I?

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

www.riddles.com

JOKES

- 1) What do squirrels give for Valentine's Day?
- 2) What did the valentine card say to the stamp?
- 3) Who sends a thousand valentines cards signed, 'guess who'?
- 4) Why did the banana go out with the prune?
- 5) What is a ram's favorite song on February 14th?
- 6) What happens when you fall in love with a French chef?
- 7) Do skunks celebrate Valentine's Day?
- 8) Why is lettuce the most loving vegetable?
- 9) What did one volcano say to the other?
- 10) What did the paper clip say to the magnet?
- 11) What did one pickle say to the other?
- 12) What did the boy bird say to the girl bird on Valentine's Day?
- 13) Why did the boy put candy under his pillow?

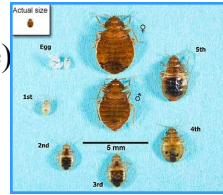
*****Answers Can Be Found
On The Back Cover*****

www.primarygames.com/jokeindex.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.

ICE PALACES



HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road
Saranac Lake, NY 12983

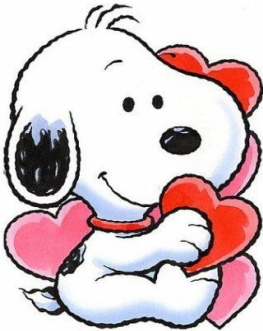
Phone: (518) 891-3050

Fax: (518) 891-3630

www.harrietstownha.org

Answers to: Riddles

- 1) Someone's heart.
- 2) A pearl.
- 3) The King of Hearts in a deck of cards.
- 4) A wedding ring.
- 5) A heart.
- 6) A Valentine.



Answers to: Jokes

- 1) Forget-me-nuts.
- 2) Stick with me and we'll go places!
- 3) A divorce lawyer.
- 4) Because it couldn't get a date.
- 5) I only have eyes for ewe, dear.
- 6) You get buttered up.
- 7) Sure, they're very scent-imental!
- 8) Because it's all heart.
- 9) I lava you.
- 10) I find you very attractive.
- 11) You mean a great dill to me.
- 12) Let me call you Tweet heart!
- 13) Because he wanted sweet dreams.