

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 17 Issue 1
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www.harrietstownha.org

Sarah's News

Happy New Year! The year begins with a clean slate – a fresh start. The next three hundred sixty-five days are bursting with promise. Possibilities abound for actions that will better ourselves, our families, our communities, and our planet. Let's go!

At this writing, 2016 is drawing to a close. The Lake Flower Apartments' elevator modernization project is almost finished. It will be GREAT to have both elevators running. Elevator #1, which was completed a few weeks ago, is smooooooth. Work to iron out the glitches in the new intercom system continues; but, I'm hopeful everyone will be tied in soon. The 2016 Harvest Dinner, held December 15, was wonderful. I applaud Irene Snyder for her planning and implementation of the event. Staff (with the possible exception of Irene!) and tenants look forward to this every year.

In 2017, the assessment of the Lake Flower Apartments' façade will take another step forward. Once the cause of the deterioration is identified, work to repair and stabilize the brick and concrete façade is planned. Fear not, the brick façade has no role in supporting the building! I'm also hopeful we'll tackle some projects at the Algonquin Apartments.

So, farewell 2016; hello 2017. I hope you all enjoy this season. I'll end with some off-the-cuff predictions:

Debbie will dye her hair red with purple highlights;
Irene will get her motorcycle license;
Tammy will dance with wolves;
David will form a band and make a CD;
John will enter and win the Pillsbury bake-off; and
Bob will canoe the length of Tupper Lake.

HHA BOARD OF COMMISSIONERS

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

HHA OFFICE HOURS

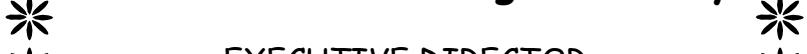
9:00am- 11:30am

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

Welcome 2017

Instead of the usual New Year's resolutions, I'm doing something a little different. Everything must be new.

I got a new bed, new carpet, and a new color on the walls in my bedroom.

Almost got divorced, but that would have been new too.

I put a new toilet seat on our main toilet. Just like being at work. Butt it's new and it's shiny.

I tried some new recipes over Christmas week, and they will become part of our new menu plan.

I'm thinking about a new, old car, as mine is slowly dying.

I will only ride in new elevators at the high-rise. Like I have a choice.

And I will no longer sleep at work. Wait that's like a resolution. I knew I didn't want to forget that.

HAPPY NEW YEAR to all.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Well, it looks like we all made it through another holiday season—hopefully, without a lot of bumps. Welcome, everyone, to 2017!!! Here's hoping it will be a great year for all of us. What is your New Year's Resolution?

Lake Flower Residents – your annual recertification should be complete by now. If you have not completed yours, please contact me immediately to set up an appointment. HUD requires us to non-renew if you do not complete your certification.

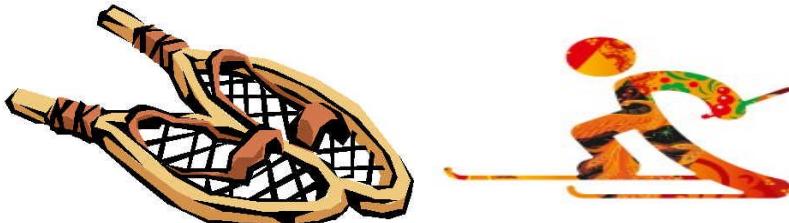
Algonquin Complex Residents – your letter to recert will be coming soon. Keep your wage information from your last pay stub in 2016 handy. This will help in obtaining your anticipated income for 2017. Those on Public Assistance, please make sure you have a current copy of your budget from DSS. If you do not have one, please ask for it to be faxed to our office at 891-3630.

If you are required to complete community service, please make sure you have all your hours completed and verified. Again, HUD requires us to non-renew if you do not have the required 96 hours.

Please make sure all trash is properly placed in the dumpsters.

Mt. Dewey and Mt. Pisgah will be open soon if they are not already. Get out and enjoy the snow. Keep your walkways clear of snow and ice—for your safety and ours.

The office will be closed January 16 for Martin Luther King Day. Winter is here. Get out, have fun, be safe, stay warm, and enjoy.



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.**

GAME NIGHT AT LAKE FLOWER APARTMENTS

Game night is now on Wednesday and Thursday evenings at Lake Flower Apartments. Everyone gets together around 6:00 in the 2nd Floor Community Room. Be sure to join your neighbors for some fun.

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <i>Office Closed</i>	3	4	5	6	7
		Please pay your rent on time.				
8	9	10 WIC 9AM	11	12	13	14
15	16  <i>Office Closed</i>	17	18 HHA Board Meeting 4:30PM	19	20	21
22	23	24 WIC 9AM	25	26	27	28
29	30	31				
	<u>RED:</u> ALGONQUIN COMMUNITY ROOM <u>PURPLE:</u> L.F. COMMUNITY ROOM <u>GREEN:</u> 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

Jason Pierre-Paul	01/01
Cuba Gooding Jr.	01/02
Eli Manning	01/03
Kris Bryant	01/04
Bradley Cooper	01/05
Rowan Atkinson	01/06
Nicolas Cage	01/07
R. Kelly	01/08
Kate Middleton	01/09
Jimmy Page	01/09
Rod Stewart	01/10
Mary J. Blige	01/11
Zayn Malik	01/12
Howard Stern	01/12
Orlando Bloom	01/13
Patrick Dempsey	01/13
LL Cool J	01/14
Pitbull	01/15
Kate Moss	01/16
Jim Carrey	01/17
Michelle Obama	01/17
Betty White	01/17
Kevin Costner	01/18
Dolly Parton	01/19
Brantley Gilbert	01/20
Guy Fieri	01/22
Neil Diamond	01/24
Alicia Keys	01/25
Ellen DeGeneres	01/26
Alan Alda	01/28
Oprah Winfrey	01/29
Phil Collins	01/30
Justin Timberlake	01/31

NEW YEAR'S QUOTES

“It wouldn’t be New Year’s if I didn’t have regrets.”

~William Thomas~

“There are far, far better things ahead than any we leave behind.”

~C.S. Lewis~

“We all get the exact same 365 days. The only difference is what we do with them.”

~Hillary DePiano~

“There will always be something old in the new year.”

~Mehmet Murat Ildan~

“We are the authors of our destinies, No one can see the vision any clearer, believe in and work any harder to make it a reality more than the visionary.”

~Nike Campbell-Fatoki~

“I used to have this toy, a magic slate. You wrote or drew on it and then, just by pulling up the plastic cover, everything you did disappeared and you could start new. Maye everyone feels that on New Year’s Eve: They can pull up the magic sheet and rewrite their lives.”

~V.C. Andrews~

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

Let's not let the winter blues find us this year!. Activities will be hosting the monthly social and luncheon along with other activities. Watch the bulletin boards. Check on your neighbors to make sure they can get to the activity if they want to go. Let us know if you have anything in mind for activities..

If you want 2017 to be your year:

**Don't sit on the couch and wait
for it. Go out. Make a change.**

**Smile more. Be excited. Do new
things. Throw away what you've been
cluttering. Unfollow negative people
on social media. Go to bed early.**

Wake up early. Be fierce.

**Don't gossip. Show more gratitude.
Do things that challenge you.
Be brave.**



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.

NEW YEAR'S RESOLUTIONS

- * Get in shape
- * Start eating healthier food, and less food overall
- * Stop procrastinating
- * Improve your concentration and mental skills
- * Meet new people
- * Become more active
- * Become more confident and take some chances
- * Earn more money
- * Become more polite
- * Reduce stress
- * Learn to be happier with your life
- * Get more quality sleep
- * Give up cigarettes
- * Watch less TV
- * Read more
- * Find a significant other
- * Become tidier
- * Learn how to be more self-reliant
- * Spend more time with the people that matter
- * Get out of debt
- * Start saving money
- * Learn a new language
- * Volunteer
- * Pick up useful skills or fun hobbies
- * Learn to let go of grudges and avoid moping
- * Adopt a cute pet
- * Become more organized
- * Travel more and see the world
- * Learn to cook
- * Spend less time on social media

HARRIETSTOWN HOUSING AUTHORITY



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