



HEALTHY HAPPY ATTITUDES

Volume 18 Issue 1
January 2018

Harrietstown Housing Authority
www.harrietstownha.org

Sarah's News

Happy New Year everyone! I hope your holiday season was a joyous one – time together with family and/or friends; time spent helping others; time needed to reflect and look forward – and you're ready for the ups and downs another year has to offer.

Winter has been in our faces. If you're one who enjoys the winter weather, the snowshoeing and cross-country skiing have been fantastic! The daily addition of an inch or two of snow has resulted in ideal conditions. I love the quiet stillness of the winter woods. Silence, especially in today's world, is so rare. Being away from the sounds of humans and their things, for me, is a real treat.

If you're one who prefers the indoors, there's no better time to curl up with a good book, a cup of cocoa, and some homemade cookies. Popcorn's good, too!

But, the season is not all fun and games. Work continues. At the Housing Authority, it's a busy time. Maintenance tracks and tends to snow and ice at both developments. Some of the clerical staff are engrossed in annual recertifications for the Lake Flower Apartments' residents. It all demands time and skill.

With the New Year comes the opportunity for resolutions and putting our best feet forward (where does that saying come from?). As I write this, I have a few resolutions swirling around in my head. With any luck, I'll come to a decision before the clock strikes midnight on the 31st. Certainly, I want to put my best foot forward (again, where does that saying come from?).

My best wishes to all of you for a healthy and happy year.

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** *
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* 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

New Year's resolutions are just things that you know you probably won't do anyway. So don't make any.

Wake up in the morning, put in a hard day's work, and be kind to people and animals.

That's all you need for success. Oh, and some food is a good idea, too.

In the new year, the maintenance staff will continue to work hard keeping the wheels on the bus. When work orders are submitted, they are prioritized based on severity. Please be patient if your request has not been addressed. We will eventually get there. We have been experimenting with contacting tenants via text message about work orders. So if you get a text, please respond.

Now, let's all resolve not to make any resolutions for 2018 and be happy about it!



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

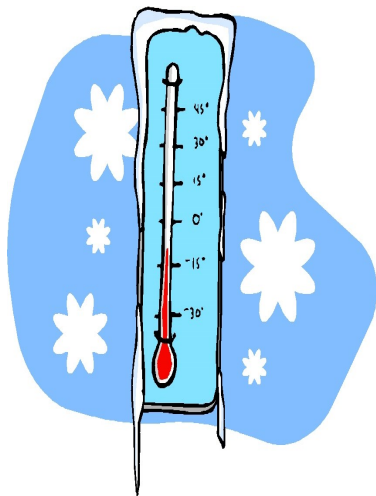
Wow where did the year go? Happy New Year 2018! Did you ever think, when it turned 2000, you would be where you are now? Humm. Where are we going to be in another eighteen years?

I, for one, am glad the holidays are over. Next big event>>>WINTER CARNIVAL 😊

Please make sure you place your Christmas tree out by the LaPan Highway, so the Village workers can pick it up and re-cycle it.

Annual recerts for the Lake Flower High-rise are almost completed. Algonquin recerts will be scheduled soon.

Again, we need to remind everyone to clear the ice and the snow from your walk way. Enjoy January, as I am sure it will be cold, and probably snow a lot.



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

So, of course, with the new year and “fresh beginnings”, I hope to make some healthy changes for myself. Other than diet and exercise (the standard), I do hope to embrace what is. As I came into work complaining about the cold, I realize this will take a lot of work on my part.

Happy New year to all. May all of our positive changes become easier as the year goes on.

“Compassion will make you beautiful” -- My Yogi tea bag.



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**

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Full Moon</i> New Year's Day <i>Office Closed</i>	2	3	4	5	6
		Please pay your rent on time.				
7	8	9 WIC 9AM	10	11	12	13
14	15  <i>Office Closed</i>	16	17 HHA Board Meeting 4:00PM	18	19	20
21	22	23 WIC 9AM	24	25	26	27
28	29	30	31 <i>Full Moon</i>			
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>RED: ALGONQUIN COMMUNITY ROOM</p> <p>PURPLE: L.F. COMMUNITY ROOM</p> <p>GREEN: 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) A man rode in to town on Tuesday, and left two days later on Tuesday. How so?
- 2) What starts with a P, ends with an E, and has thousands of letters?
- 3) Poor people have it. Rich people need it. If you eat it, you'll die. What is it?
- 4) I have a head but no body, a heart but no blood. Just leaves and no branches, I grow without wood. What am I?
- 5) What do you throw out when you want to use it, but take in when you don't want to use it?
- 6) If a red-house is made of red bricks, has a red wooden door, and a red roof, and a yellow-house is made of yellow bricks, has a yellow wooden door, and a yellow roof, then what is a green-house made of?

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

www.rd.com/jokes/riddles

JOKES

- 1) What do you call an Amish guy with his hand in a horse's mouth?
- 2) What did the Tin Man say when he got run over by a steamroller?
- 3) What did the schizophrenic bookkeeper say?
- 4) Why was the chef embarrassed?
- 5) Which is the most curious letter?
- 6) Why did the chicken go to the séance?
- 7) What kind of exercise do lazy people do?
- 8) What do you call a number that can't keep still?
- 9) What did Al Gore play on his guitar?
- 10) Why are frogs so happy?
- 11) Why do we tell actors to "break a leg?"
- 12) Why do cows have bells?

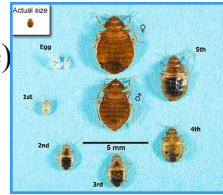
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Bed Bug Information Center

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.

Quotes For The New Year

And now we welcome the new year. Full of things that have never been.

~Rainer Maria Rilke~

A year from now, you're gonna weigh more or less than what you do right now.

~Phil McGraw~

Cheers to a new year and another chance for us to get it right.

~Oprah Winfrey~

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

~Hal Borland~

Write it on your heart that every day is the best day in the year.

~Ralph Waldo Emerson~

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.

~Goran Persson~

With the new day comes new strength and new thoughts.

~Eleanor Roosevelt~

Always do your best. What you plant now, you will harvest later.

~Og Mandino~

We do not remember days, we remember moments.

~Cesare Pavese~

Believe that life is worth living and your belief will help create the fact.

~William James~

I have found that if you love life, life will love you back.

~Arthur Rubinstein~

Sometimes you make the right decision, sometimes you make the decision right.

~Phil McGraw~

HARRIETSTOWN HOUSING AUTHORITY



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www.harrietstownha.org

Answers to: Riddles

- 1) His horse is named Tuesday!
- 2) The Post Office!
- 3) Nothing!
- 4) Lettuce!
- 5) An anchor.
- 6) Glass.



Answers to: Jokes

- 1) A mechanic.
- 2) "Curses! Foil again!"
- 3) I hear invoices!
- 4) Because he saw the salad dressing.
- 5) Y?
- 6) To get to the other side.
- 7) Diddly-squats.
- 8) A roamin' numeral.
- 9) An Algorithm.
- 10) They eat whatever bugs them.
- 11) Because every play has a cast.
- 12) Because their horns don't work.

