

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

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www.harrietstownha.org

January 2019

Sarah's News

Happy New Year! With the arrival of this and every New Year, each of us has a clean slate. We have the opportunity to begin anew, refreshed. Goals? Resolutions? Predictions? Yes? No?

I can report that the Housing Authority has a long list of goals for the year. With any luck, by year's end, residents at both the Lake Flower and Algonquin complexes will see some positive changes. As with all projects, we will strive to minimize inconvenience to you.

The Housing Authority staff work very hard to provide safe, clean, and affordable housing. I believe they do an excellent job. If you encounter a staff person, let them know you appreciate their work.

And, just as we strive to minimize inconvenience to you, we ask you to do the same with respect to staff. Please be prepared for scheduled inspections. If maintenance schedules a time to address a work order, please be prepared for their arrival. Maintain both your apartment and, if applicable, your yard. Dispose of trash and recyclables as appropriate. Please refrain from littering and graffiti. Call in work orders. And, if you are having trouble with rent, call the office and speak with Debbie or Tammy. Mutual respect goes a long way and saves everyone time and frustration.

Let's cross our fingers and hope for some snow! While the maintenance staff is probably thrilled with the lack of the heaven-sent white flakes, I would like to have some freshly fallen snow for cross-country skiing over hill and dale. For those of you living at Algonquin, I encourage you to take advantage of Dewey Mountain. I have heard from the manager at Dewey that a number of youth from Algonquin are involved in ski programs. Fantastic!!

Here's to a happy and healthy 2019.



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

Ya know it's hard to start a new year in the Adirondacks when it's cold and snowy.

How do you get motivated to do anything when the couch and a cup of hot chocolate, not to mention a warm dog, are right there.

A lot of the time, I take my cues from the dogs.

I have four of them. Small. medium, and two larges. Sounds like an order from McDonald's, doesn't it?

When they don't want to be out doing their thing in the yard, I'm like I'm not going out there either.

Are you crazy?

I have a nice warm pellet stove going and I'm making some of that hot chocolate stuff.

Back in the day, it was called hot cocoa where I grew up.

My mother used to make it the old school way, HERSHEY'S cocoa powder from the can.

Turns out, this was not a kid's do it yourself project. Who knew?

It was like you had to use a real stove and mix water, salt, sugar, cocoa powder, and boil it for awhile, then add in milk, and not burn it, and add in vanilla extract after that!

That's a lot of work!

We kids thought we were smart and could make at least chocolate milk and, hey, the label on the can looks just like the candy bar so we're gonna just eat it!

Wrong! We found out that baker's chocolate was no good either. Something was missing.

Kids are just stupid.

That's why parents send us to school to become educated!

But I'm sure it was some dumb kid that invented instant hot chocolate.

Open package. Place contents in cup. Add hot water. Stir and go.

That same kid is now enjoying a tall margarita, under an umbrella, on their own beach, on their island, with no parents in sight.

Who's stupid now! Old school, ha!

I think one of my dogs can talk. What does woof mean? I guess it's back to school after holiday break.



vs.



RESIDENT NEWS AND ISSUES...By Tammy Burdt

The new year has arrived! I hope everyone had a happy and safe holiday season.

Of course, what would New Year's be without New Year's resolutions. Hopefully, yours are going well and as planned.

The annual re-certifications for the Lake Flower Apartments are almost complete. If you have not completed yours, please see either Debbie or Tammy prior to January 18, 2019.

The Housing Authority would like to remind the tenants at the Algonquin Complex that their sidewalks and entry ways need to be kept clear of snow, ice, and obstacles. If you need any sand, you can find some in the covered shed, in the lower lot, next to the 400 building. Let's prevent slips, falls, and other related mishaps.

Snow banks may be getting high and blocking the view when pulling out of the parking lots. Be careful to look both ways, not once, but twice, when exiting the buildings. Pay extra attention to any oncoming traffic, pedestrians, and children as road conditions may be icy and it may be difficult to stop.

Preparations are beginning for the upcoming Saranac Lake Winter Carnival. This year's theme is Prehistoric Park. It should be interesting! I bet the town will be invaded by dinosaurs. And you thought they were extinct!!!

The office will be closed on Monday, January 21, 2019 in observance of Martin Luther King Jr. Day.

The Housing Authority staff want to wish everyone a happy, healthy 2019!!!



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



With the New Year, we think a lot about changing ourselves. My goal this year is to stick with what is working and continue to do better (of course, the diet thing has already entered my mind).

For the past weeks, we have been hiking a mountain on the weekends, some little, some big, but each hike has given me a sense of accomplishment and helps to clear my mind. My goal for 2019 is to keep our streak going.

For 2019, I hope you embrace what makes you happy and healthy!

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 tburd@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



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 <small>NEWS YEAR'S DAY</small> <i>Office Closed</i>	2	3	4	5
Please pay your rent on time.						
6	7	8 WIC 9AM	9	10	11	12
13	14	15	16 HHA Board Meeting 4:00 PM	17	18	19
20	21 <small>Full Moon</small>  <i>Office Closed</i>	22 WIC 9AM	23	24	25	26
27	28	29	30	31		
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <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) What word contains all of the twenty-six letters?
- 2) Forward I am heavy, but backward I am not. What am I?
- 3) I am six letters. When you take one away I am twelve. What am I?
- 4) There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?
- 5) I am a rock group that has 4 members, all of whom are dead, one of whom was assassinated. What am I?
- 6) We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we?
- 7) What word doesn't belong in this group? That, hat, what, mat, cat, sat, pat, or chat?

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

www.riddles.com

JOKES

- 1) Why is England the wettest country?
- 2) Why did the banana go to the doctor?
- 3) Why did Roger go out with a prune?
- 4) What did the traffic light say to the car?
- 5) Who earns a living driving their customers away?
- 6) What did Winnie The Pooh say to his agent?
- 7) What kind of dogs like car racing?
- 8) Why was there thunder and lightning in the lab?
- 9) Where do bees go to the bathroom?
- 10) What did one elevator say to the other elevator?
- 11) What do you get when you cross fish and an elephant?
- 12) What do you call the security guards who work at the Samsung store?
- 13) Why couldn't the bicycle stand up by itself?

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

www.quickfunnyjokes.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.

NEW YEAR'S RESOLUTIONS

1. Do something you love everyday.
2. Spend more time with family.
3. Learn a new language.
4. Quit smoking.
5. Do something just for you.
6. Get fit.
7. Drink less or quit drinking.
8. Give yourself credit when you deserve it.
9. Travel.
10. Strive to learn something new every day.
11. Get outside more.
12. Invest more in meaningful friendships.
13. Make a difference.
14. Start a new career.
15. Listen more than you talk.
16. Take up a new hobby or activity.
17. Get out of your comfort zone.
18. Decrease screen time.
19. Take yourself a little less seriously.
20. Relax!

upwithpeople.org/thebalancecareers.com

"Learn from yesterday, live for today, hope for tomorrow."

~Albert Einstein~

HARRIETSTOWN HOUSING AUTHORITY



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Answers to: Riddles

- 1) Alphabet.
- 2) The word Ton.
- 3) The word Dozens.
- 4) Heroine.
- 5) Mount Rushmore. Get it, rock group?
- 6) Words.
- 7) What. It's pronounced differently; all of the others rhyme.



Answers to: Jokes

- 1) Because the Queen has reigned there for years!
- 2) Because it was not peeling well!
- 3) Because he couldn't find a date!
- 4) Don't look, I'm about to change!
- 5) A taxi driver!
- 6) Show me the honey!
- 7) Lap dogs!
- 8) The scientists were brainstorming!
- 9) At the BP station!
- 10) I think I'm coming down with something!
- 11) Swimming trunks!
- 12) Guardians of the Galaxy!
- 13) It was two-tired!