HEALTHY HAPPY ATTITUDES

Volume 20 Issue 1 Www.harrietstownha.org

January 2020

Sarah's News

OK, it's the New Year! The New Decade! An opportunity for everyone to begin anew.



Dan Ruchkin

HHA BOARD OF COMMISSIONERS

Chairperson: Jim Connolly Allen Dunham Emily Fogarty Agnes "Liz" Latour Eugene O'Dell

HHA OFFICE HOURS

9:00am- 11:30am

And 1:00pm—3:30pm

After hours
Emergency call
number
518-923-1082

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* Harrietstown Housing Authority	彩火
* EXECUTIVE DIRECTOR	外米
HOUSTNG ASSISTANT	米
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** RESIDENT SERVICES COORDINATOR >	*
	彩 米
David Siegrist	外米
John Burns	米火
Robert Mathers 方 ** ACCOUNT CLERK	於 終
* Vacant	米
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TID BITS FROM DAVID SIEGRIST

This month is going to be Tid Bits from Tammy. As some of you know, David has been out with an injury. The staff wish him a speedy recover and miss him terribly. Come back soon!!!!!!!!

The maintenance staff continue to do their best keeping up with the plowing and sanding. It sure has been an odd month for weather. Algonquin residents, please be sure to keep your walkways clear. In addition, be sure your children's sleds, etc. are kept out of the parking lot and off the sidewalks. We wouldn't want to see them "eaten" up by the snow blower or crushed by the plow.

Maintenance continues to respond to work orders and make units available for occupancy. Remember, if you have a work order, you need to call it in to the work order line at 518-891-3050, option 3.

Here's hoping everyone had a happy and safe holiday season.



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Happy New Year! I hope everyone had a very happy, healthy, and safe holiday with their family and friends. Let 2020 begin!

Lake Flower News: The annual Harvest Dinner was a huge success. I would like to give a big shout out to Irene Snyder for all her hard work every year putting on this dinner for the tenants of the highrise. It was delicious! Also, thank you to John Burns, Bob Mathers, and Sarah Clarkin for all their effort with the preparations. Recertifications are well underway. If you missed your appointment, make sure you contact the front office to set up a time for completion. All recertifications are due no later than Monday, January 13.

Algonquin News: We have two apartments being renovated. A new tenant will be moving in at the end of the month. Remember, if you need additional sand for your walkway, you can find it in the sand shed in the lower parking lot. Help yourself. It is the tenant's responsibility to keep their walkway and stairs to their apartment clear of ice and snow (obstacles as well).

Office Hours: The office will be closed on Monday, January 20, 2020 for Martin Luther King, Jr. Day.



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



Always move forward with a smile. I know it can be hard to get out during winter, so as a resolution to yourself, planning to get outside at least every other day is good for you in so many ways - even a walk on the river walk will improve your overall health.

Look for activity events coming in January - they are also nice ways to get out of your apartment and see your neighbors.

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



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 New Year OFFICE CLOSED	2	3	4		
	Please pay your rent on time.							
5	6	7	8	9	10 Full Moon	11		
12	13	14 WIC 9AM	15 HHA Board Meeting 4:00PM	16	17	18		
19	20 OFFICE CLOSED	21	22	23	24	25		
26	27	28 WIC 9AM	29	30	31			
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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

Horoscopes

CAPRICORN

December 21 - January 19

Your personality will be very much in the forefront this month. You will be judged by your peers according to what you decide to project, and deception an illusion could be present. An unexpected pleasant development could surprise you. Adjustments in your line of work could be necessary in order to increase your earnings potential, and you will be putting your best foot forward to do so.

AQUARIUS

January 19 - February 18

Your privacy seems to be very important to you at the beginning of the month. An unclear situation seems to be baffling you as things appear to be forever changing. These changes could become very favorable to you. Cooperation while communicating with siblings or close relatives should be taken into consideration and an agreement related to speculation with joint resources could be reached

www.yearly-horoscope.org

Jokes

- **Q.** What do you call a laughing motorcycle?
- A. A Yamahahaha.
- **Q:** What do you get when you cross a cow and a duck?
- A: Milk and quackers!
- **Q:** What did the leopard say after eating his owner?
- A: Man, that hit the "spot."
- **Q:** How do you organize a space party?
- A: You planet!
- **Q:** What do you call security guards working outside Samsung shops?
- A: Guardians of the Galaxy.
- **Q.** What do you call a sleeping bull?
- A. A bulldozer!
- **Q.** Why is England the wettest country?
- **A.** Because the queen has reigned there for years!
- **Q.** Why do fish live in salt water?
- **A.** Because pepper makes them sneeze!
- **Q.** What is the difference between a school teacher and a train?
- **A.** The teacher says spit your gum out and the train says "chew, chew, chew".

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.



WINTER CHILL

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SNOWSTORM

HARRIETSTOWN HOUSING AUTHORITY



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