

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

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www.harrietstownha.org

July 2018

Sarah's News

The summer is off to a fast start. June was a very busy month on all fronts – administration, operations, maintenance, capital projects, affiliated ventures, etc. Where are those lazy and hazy days?

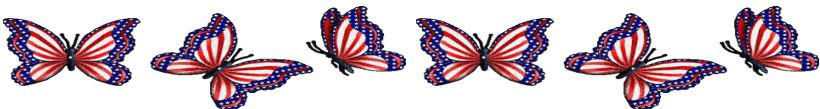
With many people tired of the long winter, summer is the time to get outside and enjoy the long days, sun, and warmth. This season also enables us to open the windows and let the air flow. When we open the windows, not only does the air flow, but noises flow, too.

While it is always good to respect your neighbors' right to peaceful enjoyment of their homes, it is even more important in the summer when noises travel through those open windows. Please take care to minimize the noise that travels beyond your apartment.

Similarly, with all the running around the kids do, please remember the need to respect others' property. This respect extends to your Algonquin neighbors and the owners of adjoining and nearby properties. Dewey Mountain and the Trudeau Institute are two examples of adjoining/nearby property owners whose lands and structures must be respected. If there are instances when owners' rights are being violated or disrespected, the police may be called.

At this writing, we are almost one month into the new smoke-free policy's implementation. If you are a smoker, right now, it's not too difficult to leave the property to smoke. If you've not done so already, begin to think about what you will do in the late fall and winter. And, as you think about this, I'll remind you that resources are available if you decide you're interested in managing cravings, cutting back, or quitting. I am happy to put you in contact with the appropriate person.

Enjoy this month. The 4th will be better than ever in Saranac Lake. A free hours-long music-filled event at Riverside Park is on the docket. Bring a blanket, the family, friends, and, like the sun, let it brighten your day.



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

Trying something new.

The maintenance staff are basically in apartments all day long. So much so, that they all look the same after a while. Dealing with the same maintenance issues, day after day, sparks the brain idea machine.

How can we make this thing better for the tenant and also make this thing better for the maintenance personnel?

One such example is the removal of some troublesome doors on selected closets and laundry areas at the Algonquin complex. Many of these doors are constantly off track, mostly due to obstructions and not from tenant abuse.

Laundry areas have been the most problematic in that not all washers and dryers open the same. Dryer doors open out but can't be opened fully because a bi-fold door is in the way. Newer front load washing machines are the same way. While we might enjoy airing other people's dirty laundry, we don't want to necessarily air our own. So what do we do? Well, we remove the doors and place a rod in its place. This allows the tenant to freely access machines and if they so choose to get creative with their choice of a concealing curtain to hide things.



The same holds true with the entry areas at the Algonquin.

These entries are small enough without having to have room for a bi-fold door to swing out. Depending on the size of the door, one needs to have a clear area of 9 to 16 inches in front of the door. What a waste of space! Try storing an odd shaped item behind a bi-fold and guess what? It's off the track and probably ready to fall out. Not the best situation with small children.

So once again, remove the problematic door and put in a sturdy rod.

Choice. Put up a nice curtain to hide belongings, leave it open for more space, or just watch Lilliputians do chin-ups on the bar. Instant entertainment! You don't even have to read the book!

So we are trying this in a few apartments and seeing how it works.

If one peruses Better Homes and Gardens, Real Simple, and Woman's Day as I do, there are some great ideas out there. And, of course, one can look on the internet.

Let's all have a good day and stop hiding behind closed doors when we can let things swing in the breeze.

RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

First and foremost...remember this is a NON-SMOKING property - Algonquin Complex and Lake Flower High-rise. You are responsible for your guest as well.

Lake Flower Residents, be mindful of your smoke drifting from the parking lot, adjacent to Maple Hill, into residents' apartments. If there are too many complaints, the owner may revise the lease to prohibit smoking.

The July 4th Kiddy Parade is always fun to watch and it's free. The Strawberry Festival is usually on the same day, in the park, by the lake.

Lake Flower residents, watch for upcoming social events at the high-rise. They are always a great time.

Children are out of school; please watch for the little ones playing outside at the Algonquin Complex. Remember you must always properly supervise the children when they are outside.



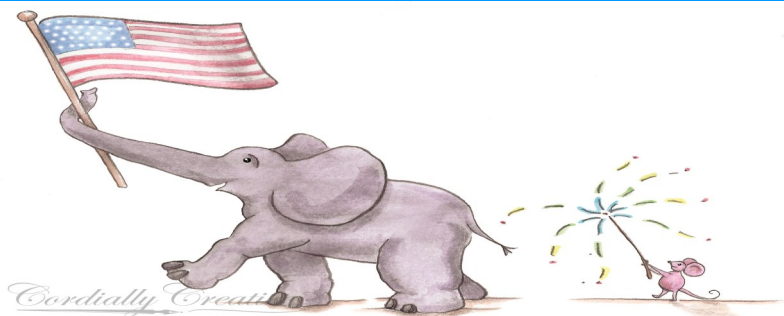
WORK ORDERS

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

The whirlwind of June is done. It's time to get out and just enjoy being outside. I recently read an article about "Earthing" which, in part, explains the benefits of walking barefoot in the grass. I'm going to do my best to see if it's true.

Summer in Saranac Lake offers many opportunities for free entertainment – Wednesday night concerts, Farmers' Markets, and Thursday concerts at the Waterhole. Let's get out 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.

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

RED: ALGONQUIN COMMUNITY ROOM

PURPLE: L.F. COMMUNITY ROOM

GREEN: 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 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 has six faces, but does not wear makeup? It also has twenty-one eyes, but cannot see.
- 2) How do you spell candy in two letters?
- 3) A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a “no left turn” sign, and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Still - he didn’t break any traffic laws. Why not?
- 4) You have me today, tomorrow you’ll have more; as your time passes, I’m not easy to store; I don’t take up space, but I am only in one place; I am what you saw, but not what you see. What am I?
- 5) When is a doctor most annoyed?

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

www.riddles.com

JOKES

- 1) How do you drown a hipster?
- 2) What do you get when you cross the Atlantic Ocean with the Titanic?
- 3) Why do bicycles fall over?
- 4) Why were all the ink spots crying?
- 5) What does the Invisible Man drink at snack time?
- 6) What is a gas station’s favorite type of shoes?
- 7) To what kind of place should you never take a dog?
- 8) Why did the millionaire refuse to move to Alaska?
- 9) What has four legs, a tail, whiskers and cuts grass?
- 10) What country is the slipperiest?
- 11) What did the toilet say when he was playing cards?
- 12) What does an orange do when it takes a test?

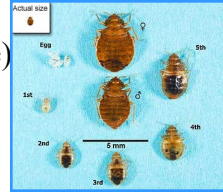
*****Answers Can Be Found
On The Back Cover*****

www.rd.com/jokes/www.answersafrica.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.

PATRIOTIC SONGS SCRAMBLE



- 1). HET RTSA LSEPDGNA ENBANR
- 2). RUO'EY A DRNAG DOL AGLF
- 3). HSIT DANL SI ROYU DLNA
- 4). DGO SELSB CMARAEI
- 5). YM NOTUYCR 'SIT FO EHTE
- 6). ETH RTSAS NDA PSRTISE ERVOEFR
- 7). NHEW NHYONJ MSOEC HAIRNCMG EHMO
- 8). ENYKAE DOLDOE
- 9). TEBALT MYHN FO HET ULECIPRB
- 10). RCMIAEA ETH TUFABULEI

1). The Star Spangled Banner 2). You're A Grand Old Flag 3). This Land Is Your Land 4). God Bless America 5). My Country 'Tis Of Thee 6). The Stars And Stripes Forever 7). When Johnny Comes Marching Home 8). Yankee Doodle 9). Battle Hymn Of The Republic 10). America the Beautiful

HARRIETSTOWN HOUSING AUTHORITY



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Answers to: Riddles

- 1) A die (dice).
- 2) C and Y, c(and)y.
- 3) He was walking...not driving.
- 4) Memories.
- 5) When he is out of patients.



Answers to: Jokes

- 1) Throw him into the main-stream.
- 2) Halfway.
- 3) Because they are two-tired.
- 4) Their father was in the pen.
- 5) Evaporated milk.
- 6) Pumps.
- 7) To the Flea Market.
- 8) He didn't want to freeze his assets.
- 9) A lawn MEOW-er!
- 10) Greece!
- 11) "Flush!"
- 12) It concentrates!

