

## HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 20 Issue 7

[www.harrietstownha.org](http://www.harrietstownha.org)

July 2020

### **Sarah's News**

Happy Summer! What a great time of year – lots of daylight, bird-song, flowers, outdoor opportunities that don't require fifteen layers of clothing....

This month's news is another bullet list of important and, I think, interesting items:

1. The tenant election was deemed invalid; there were too few votes. The Board of Commissioners has appointed Rhonda Couwenhoven and Eugene O'Dell to serve as resident commissioners for the two-year term.
2. The Lake Flower façade project is moving along. The workers are now working four ten-hour days. Friday is a day of peace and quiet at the high rise. Ahhhh.
3. The Algonquin roofing project is slated to begin mid-July. Residents will receive notice of the details soon.
4. All public housing residents have received draft revisions to the Smoke-free Policy. The thirty-day comment period ends July 29<sup>th</sup>. Please review and submit any questions or comments.
5. I continue to encourage, strongly encourage, everyone to practice good hygiene and follow guidelines to protect yourself and others against the COVID-19 virus. With the summer season here, I would not be surprised to see an uptick in the number of cases. A lot of good information has been shared with you. Choosing not to wear a mask – choosing not to practice safe distancing – is a threat to your friends, your family, your neighbors, to you.

That's all the room I have! Be safe and have fun!



## HHA BOARD OF COMMISSIONERS

Chairperson: Jim Connolly  
Rhonda Couwenhoven  
Allen Dunham  
Emily Fogarty  
Emma MacPherson  
Eugene O'Dell  
Dan Ruchkin

## HHA OFFICE HOURS

9:00am- 11:30am  
And 1:00pm—3:30pm

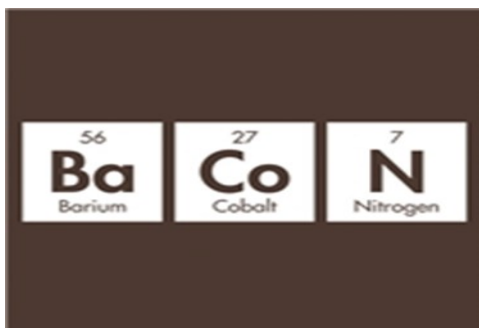
After hours  
**Emergency** call  
number  
**518-923-1082**

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\* **Harrietstown Housing Authority** \*  
\*  
\* EXECUTIVE DIRECTOR \*  
\* Sarah A. Clarkin \*  
\* HOUSING ASSISTANT \*  
\* Tammy Burdt \*  
\* HOUSING CHOICE VOUCHER SPECIALIST \*  
\* RESIDENT SERVICES COORDINATOR \*  
\* Irene Snyder \*  
\* FACILITIES MANAGER \*  
\* David Siegrist \*  
\* MAINTENANCE STAFF \*  
\* John Burns \*  
\* Vacant \*  
\* ACCOUNT CLERK \*  
\* Vacant \*  
\*\*\*\*\*

## TID BITS FROM DAVID SIEGRIST

That's too much bacon! Said nobody ever!

Periodically I enjoy a good sandwich with elements from the garden.



Enjoy the summer!

**RESIDENT NEWS AND ISSUES...By Tammy Burdt**

Well, things are starting to get back to “normal”, at least the “new normal”, anyway. All staff are now back on property. Reminder, we are all wearing masks and social distancing. You should too!

If you know of anyone interested in a part-time Account Clerk position or a full-time maintenance position, please have them go online and fill out an application, [www.harrietstownha.org](http://www.harrietstownha.org). The Housing Authority still has these two vacancies.

Reminder, although these are difficult times, monthly rent is still due. If you are having difficulty making payments or if there is a change in your financial situation, please notify the office. We are here to help.

**Lake Flower News:** As you have probably noticed, there is a lot going on at the Lake Flower apartments. The façade project is well underway. There is a lot of construction going on so please be careful, watch your step, and obey the signs. David Siegrist and John Burns continue to disinfect and sanitize the common areas on a daily basis for your protection and safety. Please be sure to thank them in your travels.

**Algonquin News:** Algonquin currently has a two-bedroom unit available. All annual recertifications should be completed. Although a waiver was granted for the deadline of May 1, 2020, all recertifications must be complete by July 31, 2020 or face your lease being terminated for failure to comply.

With the hot and humid weather upon us, please remember to stay hydrated and avoid excessive exposure to the sun.



## **WORK ORDERS**

**Please remember to call the office at**

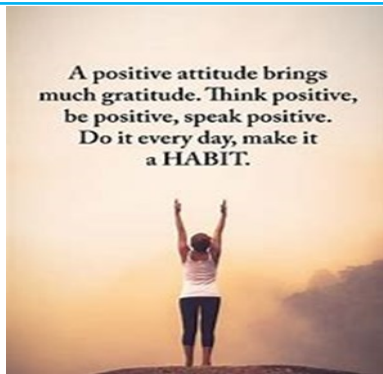
**518-891-3050 option 3**

**For a work order.**

**This is the only way to schedule your  
maintenance needs.**

## IRENE'S THOUGHTS

A positive attitude brings  
much gratitude. Think positive,  
be positive, speak positive.  
Do it every day, make it  
a HABIT.



Do you know someone in our community who may be struggling to pay their rent? Have them give me a call; they may qualify for rental assistance through the Housing Choice Voucher program.

Our “new normal” still feels strange. Do your best to keep yourselves and others safe. We are lucky to live in an area where the number of Covid-19 cases is low. Let us do our part to keep it that way. Wear a mask when needed and wash your hands often.

### **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](mailto:tburdt@harrietstownha.org). The newsletter is also available on the website: [www.harrietstownha.org](http://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**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 OFFICE CLOSED	4 Full Moon 
Please pay your rent on time.						
5	6	7	8	9	10	11
12	13	14	15 HHA Remote Board Meeting 4:00PM	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
<div> <p><u>RED</u>: ALGONQUIN COMMUNITY ROOM</p> <p><u>PURPLE</u>: L.F. COMMUNITY ROOM</p> <p><u>GREEN</u>: 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](http://www.harrietstownha.org).**



## Horoscopes



**CANCER (Jun.  
21st – Jul. 22nd)**

Happy Birthday, you tender, caring, nurturing crustaceans! Your new astrological year begins with Saturn still teaching you to look inward for honest self-evaluation in order to deal with shortcomings and weaknesses. Pay attention this month to what you value in life – materially, intellectually, and spiritually. Negotiations with others concerning money or property may begin. Loved ones may need your care. Charitable activities promote soul growth. Avoid the urge to make unwise and impulsive purchases, and the tendency to force your beliefs on others. Month's end may reveal emotional experiences more intense than usual.



**LEO (Jul. 22nd –  
Aug. 22nd)**

Do you dynamic lions feel as though you've been in a fog? It begins to clear by mid month. Then you'll have a lot to communicate. Make use of that extra burst of energy. It will be about 22 months before you get that extra burst again. Be careful not to roar too loudly! Activities with groups and with friends are increased this month. Social life is enhanced – invitations may be numerous. Many of you are still working on your spirituality and learning to accept yourself for who and what you are. Enlightenment is yours this month in the areas of work and health, and then later in regard to partnership/relationship issues.

[www.yearly-horoscope.org](http://www.yearly-horoscope.org)

## Jokes

**Q.** What's a parrot's favorite TV station?

**A.** The Feather Channel

**Q:** How do you find a cheetah at night?

**A:** Use a spot-light.

**Q:** What do you call a cat that naps on a lamp?

**A:** A light sleeper.

**Q:** What do eagles like to write with?

**A:** Bald-point pens.

**Q:** What do you call an owl that can play the piano?

**A:** TALON-ted.

**Q.** Where should you look if your dog is missing?

**A.** The lost and HOUND.

**Q.** What kind of coffee does a young cow drink?

**A.** Decalf.

**Q.** What do sea turtles eat for lunch?

**A.** Peanut butter and jellyfish sandwiches.

**Q.** Where do rabbits go after they get married?

**A.** On their bunnymoon.

**Q.** What does a bear use to groom its fur?

**A.** A honey comb.

[www.nwf.org](http://www.nwf.org)

### 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.

## Tips to Relieve Stress

Exercise

Take a nap

Play with a pet

Meditate

Listen to music



## HARRIETSTOWN HOUSING AUTHORITY



**SARAH A. CLARKIN, EXECUTIVE DIRECTOR**

14 Kiwassa Road  
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

[www.harriestownha.org](http://www.harriestownha.org)

