

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 17 Issue 6

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www.harrietstownha.org

Sarah's News

This year's annual inspections took place May 18 and 19. The independent contractor was impressed and commented on the properties' overall good shape. Thank you for your part in maintaining your homes and the common areas. Of course, there are things that maintenance staff need to do, and things residents need to do.

The inspections underscored two things: (1) the importance of CALLING IN WORK ORDERS; and (2) the dangers of BLOCKED WINDOWS. As for calling in work orders, we lose points because of the leaking faucet you didn't report. We lose points because of the broken back door you didn't report. Please, call in the work orders. When you don't, we all lose. The same is true for blocked windows. Your safety is in jeopardy if you're unable to escape out an upstairs window because of a fire. To put it bluntly, we get dinged for every upstairs window you block with a TV, a bunkbed, a bureau. Arrange items so windows are accessible.

OK, enough on that topic.

Immediately after the annual inspection, the Housing Authority underwent its annual audit. The firm that conducts the audit was here for two days. During that time, the auditors went through everything to do with the Housing Authority's finances. They held a magnifying glass up to all the dollars and cents. I'm pleased to say that all went well. Phew!

I hope you're enjoying the warmer weather and longer days. I love the fact that several hours of daylight remain when I'm done with work. It's great to go for a walk, get on the bike, work in the garden... Just sitting outside and listening to the birds or watching the world is a joy.

Happy June!



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 **923-1082**



Harrietstown Housing Authority



EXECUTIVE DIRECTOR

Sarah A. Clarkin



HOUSING ASSISTANT

Debbie Zerrahn



HOUSING CHOICE VOUCHER SPECIALIST

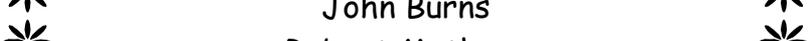
RESIDENT SERVICES COORDINATOR

Irene Snyder



FACILITIES MANAGER

David Siegrist



MAINTENANCE STAFF

John Burns



Robert Mathers

ACCOUNT CLERK

Tammy Burdt



TID BITS FROM DAVID SIEGRIST

Unofficially, summer is upon us and it's time to enjoy the outdoors.

By the time this newsletter hits the streets, the lawns at the Algonquin Complex will have been mowed for the first time. It's important to have your backyards picked up, such that the contractor can get in to perform his duties. This includes all tenants with dogs, picking up their doggy doodies. If your yard is a mess, it will be passed. Please try and keep trash around our complexes picked up. The lawn care contractor can only produce so much confetti with his equipment.

Lake Flower has all the tables and umbrellas out for tenants' use—enjoy a good book, a hamburger, or just watch the world.

Now that our HUD inspection has been completed, the maintenance staff is hard at work preparing apartments for rental and doing maintenance stuff. Their jobs are never ending, and they do appreciate a kind word once in a while. Remember, they are the ones that keep the housing authority machine moving.

Dewey Mountain is continuing to improve their facilities by expanding their parking area. Please keep a safe distance from all work taking place. Motorists should use extreme caution while coming and going at the congested entry point.

Let's all remember Father's Day is coming up soon. Dad does a lot for us. Dad prefers a lawn chair, no noise, and a cold beer. Let's see what we can do.

Gee, now that I think of it, I'm not a father and I prefer the same thing?

Get out and enjoy the sunshine.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Well, I believe spring has sprung. The weather is getting better, the flowers are blossoming, and yes, the trash in your backyard is showing again. Time to clean it up. A few letters have been sent to specific families that really need to clean up around their apartment.

The end of another school year is fast approaching. Make your plans to keep the children busy and out of trouble. Congrats to all the graduating kindergartners, elementary students, middle schoolers, high school students and SENIORS. May you have the best summer ever.

Dewey Mountain is a free place to enjoy outdoor fun. Take advantage. Most important, get outside. Have a great month and prepare for a fantastic summer.



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



**Do Not Call
Register**

**REMEMBER, YOU MUST CALL FROM YOUR
PHONE IN ORDER TO BE PLACED ON THE DO
NOT CALL REGISTRY LIST**



JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i>	<i>3</i>
Please pay your rent on time.						
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>
		WIC 9AM				
<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
						
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	
		WIC 9AM				
<p style="margin: 0; color: red;"><u>RED</u>: ALGONQUIN COMMUNITY ROOM</p> <p style="margin: 0; color: purple;"><u>PURPLE</u>: L.F. COMMUNITY ROOM</p> <p style="margin: 0; color: green;"><u>GREEN</u>: L.F. BOARD ROOM</p>						



**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 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.

891-4471 ext. 3016

Franklin and Essex Counties

Cancer Services Program

Your partner for cancer screening, support and information



CELEBRITY BIRTHDAYS

Morgan Freeman	06/01
Amy Schumer	06/01
Wayne Brady	06/02
Russell Brand	06/04
Angelina Jolie	06/04
Mark Wahlberg	06/05
Tom Jones	06/07
Liam Neeson	06/07
Juilanna Margulies	06/08
Johnny Depp	06/09
Michael J. Fox	06/09
Prince Philip	06/10
Hugh Laurie	06/11
George H. W. Bush	06/12
Tim Allen	06/13
Chris Evans	06/13
Donald Trump	06/14
Courtney Cox	06/15
Neil Patrick Harris	06/15
Ice Cube	06/15
Barry Manilow	06/17
Paul McCartney	06/18
Blake Shelton	06/18
Nicole Kidman	06/20
Lionel Richie	06/20
Chris Pratt	06/21
Prince William	06/21
Meryl Streep	06/22
Ricky Gervais	06/25
Ariana Grande	06/26
Mel Brooks	06/28
Gary Busey	06/29
Mike Tyson	06/30

JUNE FACTS

-June is named after Juno, the goddess of marriage.

-The month with the longest daylight hours of the year.

-June's birthstones are the Alexandrite, the Moonstone, and the Pearl.

-Its birth flowers are the Honeysuckle and the Rose.

-Gemini and Cancer are the astrological signs. Birthdays from June 1st through the 20th fall under the sign of Gemini while June 21st through the 30th birthdays fall under the sign of Cancer.

-The June Bug, also known as the June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night when the light attracts them.

WORK ORDERS

**Please remember to call the office at
891-3050 option 3
For a work order.
This is the only way to schedule your
maintenance needs.**

HOW TO STAY YOUNG THE NATURAL WAY?

5 tips to stay young naturally:

1. Eat a variety of foods rich in antioxidants (vitamins A, C, E), omega 3 and omega 6 –
2. Avoid a sedentary lifestyle –
3. Do meditation –
4. Exercise your brain –
5. Love and be loved in return –



Total Health & Wellness Action
<http://bewell.vrcities.net/>

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.



HARRIETSTOWN HOUSING AUTHORITY



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