

Happy Healthy Attitudes

June 2025
Volume 25, Issue 6

PATRICK'S NEWS

HEARTFELT THANKS TO PATRICK GIBLIN

This month, we extend our heartfelt thanks and best wishes to Patrick Giblin, a dedicated member of the HHA maintenance team, who is retiring from HHA after many years of service both here and in other positions in the community. Patrick has been a great asset to our operations — a master painter whose attention to detail and pride in his craft has left a lasting mark on nearly every apartment we have. His presence at HHA will be missed, but we celebrate the new chapter ahead of him and wish him all the best in retirement!

Thank you, Patrick, for your service and dedication.

DOOR ACCESS SYSTEM AT LAKE FLOWER

Work is currently underway to upgrade the door access system at the Lake Flower Apartments high-rise. We appreciate your patience as these improvements are made. Once completed, the system will offer increased security and more reliable access for residents and authorized visitors.

We'll provide updates as the project progresses and ensure everyone receives information about any changes to procedures or temporary disruptions.

RESIDENTS ADVISORY COMMITTEE

The Harriestown Housing Authority Board of Commissioners is proud to announce the creation of a new Resident Services Committee. This committee will focus on assessing and enhancing the quality of services provided to our residents. Its work will include reviewing existing services, resident engagement efforts, and how services are delivered, with the goal of recommending improvements that promote resident wellbeing, housing stability, and stronger community connections. We look forward to the committee's work in helping ensure our residents have the support they need to thrive. If you are interested in participating as a resident advisor, please contact me to express your interest.

Have a Happy June everyone!

Patrick

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HHA BOARD OF COMMISSIONERS

Rich Loeber (Chair)
Carrie Bradley
James Edmonds
Rachel Karp
Johnna MacDougall
David Michael

TID BITS FROM ERIK SCHUE

Easy & Fun Things to Try in the Adirondacks This June!

June in the Adirondacks is the perfect time to try something new without breaking a sweat (unless you want to!). From gentle lakeside strolls and easy hiking trails to exploring local farmers' markets and picnicking in the park, there's plenty to enjoy right in your backyard.

Not feeling adventurous? No worries—how about trying your hand at fishing, dipping your toes in a cool stream, or simply soaking up the fresh mountain air with a good book? These simple activities are great ways to relax, recharge, and connect with the beauty around you.

So grab your sunscreen, put on some comfy shoes, and discover a new favorite Adirondack activity this June!

Welcome Jeremy Charland to the Team!

We're excited to welcome Jeremy Charland as the newest member of our maintenance staff here at the Housing Authority. Jeremy comes to us from Piercesfield, NY, and brings over 20 years of hands-on experience in the maintenance field. His knowledge, dedication, and can-do attitude make him a great asset to our team. Jeremy is also very friendly and outgoing, so don't hesitate to say hello and introduce yourself if you see him around the properties! We're thrilled to have him on board.

SUBMITTING WORK ORDERS

No work will be performed without a proper work order request

Call system 518 891 3050, Ext. 106 or Option 3

Email or Text request to hhaworkorder@gmail.com

LEAVE DETAILED MESSAGE, THAT INCLUDES:

◇Name and apartment #

◇Phone number/text-able cell phone number or email address for communication and scheduling

◇Description of problem – attach photo if possible

◇Are any pets in the apartment?

◇Time slot preferred for work to be completed

◇9:00am to 11:00 am, or

◇1:00 pm to 3:00 pm

Requests deemed emergency are not subject to 24-hour prior notice to enter apartments

IRENE'S THOUGHTS

Practical Tips for Drinking More Water

Increasing your water intake may seem simple, such as adding an extra glass of water between meals or before bed. However, there are many fun and easy ways to make drinking water more exciting.

Practical tips for [drinking more water](#) may include:

Adding flavor: Add pieces of fruit, vegetables, or herbs to your water to add a hint of sweetness or a pop of spice. You can get creative with your mixtures to keep your routine fresh and exciting. Fruits like lemons, limes, melons, and strawberries, as well as vegetables like cucumbers, make great additions to water. You can also add fresh jalapeno slices or [mint leaves](#) to give your drink a distinct flavor.

Drinking out of a fun cup or bottle: Sometimes, just using your favorite cup or bottle can make drinking water more enjoyable. Choose a cup with your favorite color or design to encourage better hydration.

Tracking your intake: It's easy to lose count of how many glasses of water you drink. Consider using a journal or an app to track the number of cups of water you drink each day.

Setting reminders: On a busy day, you might not realize that you're thirsty or that it's time to drink water. Use an alarm on your phone to remind you to drink more water throughout the day.

<https://www.msn.com/en-us/health/other/how-much-water-should-you-drink-for-weight-loss>

INTERESTED IN HOUSING ASSISTANCE?

If you are not currently living in the Lake Flower high rise or Algonquin Apartments, and you are not currently participating in the Housing Choice Voucher program, don't be shy!

If you are interested in assistance, you should start the process of determining your eligibility. You can go onto our website to print out an application and either drop it off at the office or in the mail. you can also call us and have us mail you an application or stop by to pick up an application. See contact information on last page.

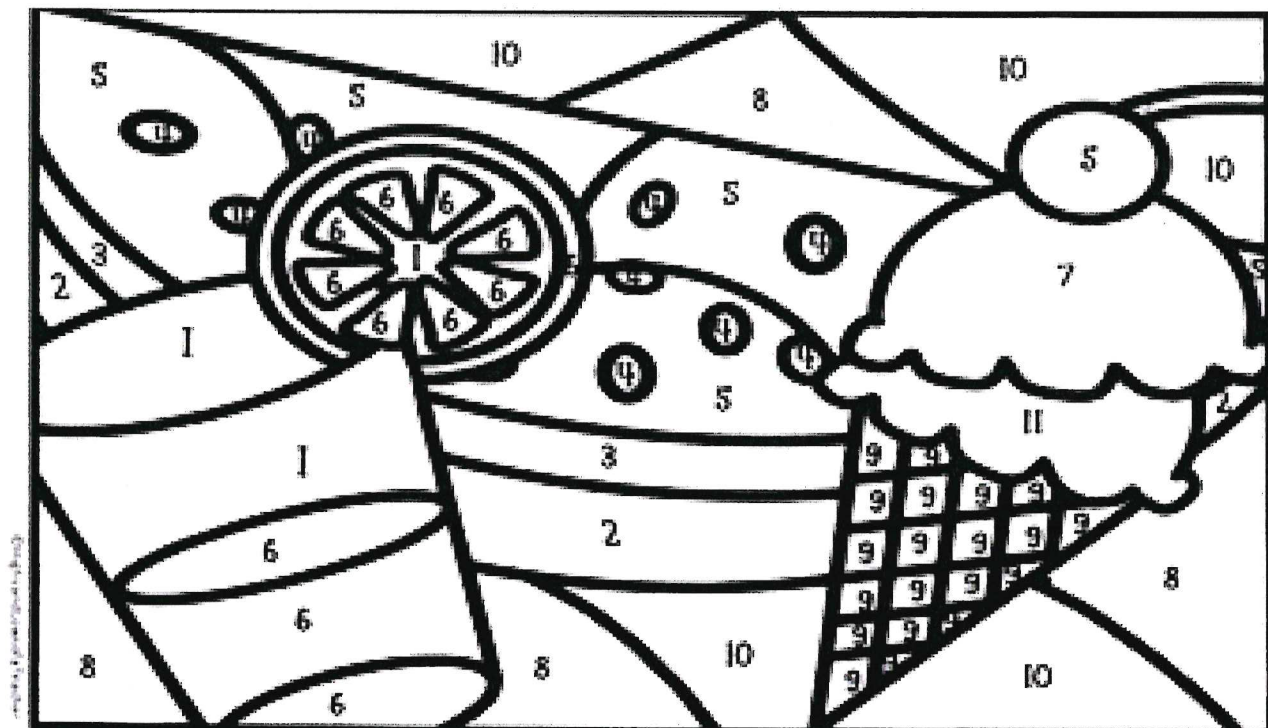
You must be at least 18 years old, and a United States citizen or a non-citizen who has eligible immigration status. Single persons are eligible, as well as households with or without children. HUD commonly refers to a household as a "family," so don't let that term confuse you. A "family" consists of one or more persons, and having children is not required to be considered a "family."



JUNE 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 2:00 pm Birthday Social	4	5	6 D-DAY Remember & Honor	7
8	9	10	11	12	13	14 FLAG DAY
15 Happy Father's Day!	16	17	18 IHA Board Meeting 4pm	19 Offices CLOSED in Observance of Juneteenth Holiday	20	21 FIRST DAY OF SUMMER JUNE 21
22	23	24	25	26	27	28
29	30					

RED: ALGONQUIN COMMUNITY ROOM
PURPLE: L.F. COMMUNITY ROOM
GREEN: L.F. BOARD ROOM



Color Key White: 1 Black: 4 Red: 5 Yellow: 6 Brown: 7 Light Brown: 9
Green: 2 Light Green: 3 Blue: 8 Light Blue: 10 Pink: 11

RESIDENT NEWS AND ISSUES...By Tammy Burdt

Summer is soon upon us. I only hope that the rain slows down and the sun and warmth decide to grace us with their presence. Mowing shall commence. Father's Day is Sunday, June 15th. Do not forget all those dads out there and all they do for their families. Lake Placid, Saranac Lake, and Tupper Lake will be holding their graduation ceremonies on June 27th. For those of you who are students and graduating, Congratulations!!

The Harrietstown Housing Authority will be closed on Thursday, June 19th in observance of the Juneteenth Holiday.

The following are observances for the month of June: Shavuot 1st – 3rd, Eid-Al-Adha 6th – 7th, National Donut Day 6th, D-Day 6th, World Oceans Day 8th, Full Moon (Strawberry) 11th, Flag Day 14th, Father's Day 15th, Juneteenth 19th, First Day of Summer 20th, Lake Placid Horse Show 24th – 29th, Lake Placid-Saranac Lake-Tupper Lake High School Graduations 27th, and Tupper Lake Tinman Triathlon 28th.

Lake Flower News: The Executive Director and the Facilities Manager continue with talks and plans with our architect firm for the plumbing renovation project in the works for the Lake Flower Apartments. Lake Flower Apartments had two tenants move-out, and two tenants move-in during the month of May.

Algonquin News: Spring clean-up time has arrived, and I am sure we are all busy with inside and outside projects. The Housing Authority would like to give a big shout out and thank you to the Ecumenical Council for organizing a group of volunteers who came and cleaned up around the apartments. It looks great. Maintenance continues to make ready vacant units. Algonquin Apartments had zero tenant families move-out, and zero tenant families move-in during the month of May.

Reminder: Lake Flower Apartments and the Algonquin Apartments are non-smoking facilities. Smoking of any kind is not allowed in apartments, in yards, or anywhere on the property. This is a violation of the terms of the lease agreement.

Remember, be respectful and kind to others! We are all in this together!

****HAPPY FATHER'S DAY AND JUNETEENTH****

Bed Bug Information

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.

If a tenant declines any regularly scheduled inspections and/or preventive treatments, the tenant is responsible for the full cost of any treatment of any subsequent infestation that occurs in the next six calendar months.

Our Mission

The mission of the Harrietstown Housing Authority is to provide public housing and tenant-based assistance program residents with clean, safe and affordable housing in a non-discriminatory manner.

The Harrietstown Housing Authority is committed to operating in an efficient, fiscally prudent, ethical and professional manner.

The HHA will encourage and monitor partnerships with appropriate community agencies in order to improve the quality of the resident's lives.

Our Staff

EXECUTIVE DIRECTOR

Patrick Murphy

HOUSING ASSISTANT

Tammy Burdt

HOUSING CHOICE VOUCHER SPECIALIST RESIDENT SERVICES COORDINATOR

Irene Snyder

FACILITIES MANAGER

Erik Schue

MAINTENANCE STAFF

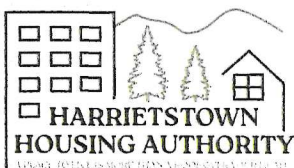
John Burns

Patrick Giblin

Jeremy Charland

ACCOUNT CLERK

Kathy Scriver



14 Kiwassa Road
Suite 1
Saranac Lake, NY 12983

Phone: 518-891-3050
Fax: 518-891-3630
www.harrietstownha.org

HHA Office Hours
9:00 a.m.-1:00 p.m.





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 kscriver@harrietstownha.org.

The newsletter is also available on the website:
www.harrietstownha.org

After Hours
Emergency Call Number
(518) 619-0720

MAY-JUNE RECURRING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>NEW</p> </div> <div style="text-align: center;"> <p>Tai Chi and Strength & Stretch classes start this month. Free to members.</p> </div> <div> <p>May 1 10:00 Tai Chi - Online</p> </div> <div> <p>2 1:00 Pinochle</p> </div> </div>				
5	6 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	7	8 10:00 Tai Chi - Online 12:30 SLAC Board Meeting	9 1:00 Pinochle
12	13 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	14 12:00 Birthday Lunch 	15 10:00 Tai Chi - Online	16 10-10:45 Strength & Stretch 1:00 Pinochle
19 10-10:45 Tai Chi	20 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	21	22 10:00 Tai Chi - Online	23 10-10:45 Strength & Stretch 1:00 Pinochle
26 Memorial Day  Center is Closed	27 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	28	29 10:00 Tai Chi - Online	30 10-10:45 Strength & Stretch 1:00 Pinochle
June 2 10-10:45 Tai Chi	3 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	4	5 10:00 Tai Chi - Online	6 1:00 Pinochle
9 10-10:45 Tai Chi	10 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	11 11:45 Birthday Lunch 	12 10:00 Tai Chi - Online 12:30 SLAC Board Meeting	13 10-10:45 Strength & Stretch 1:00 Pinochle
16 10-10:45 Tai Chi	17 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	18	19 10:00 Tai Chi - Online	20 10-10:45 Strength & Stretch 1:00 Pinochle
23 10-10:45 Tai Chi 6:30p-8p Drumming	24 11-1 Food Distribution 12:30 Mahjong 1:00 SLAC Singers	25	26 10:00 Tai Chi - Online	27 10-10:45 Strength & Stretch 1:00 Pinochle
30 10-10:45 Tai Chi				

Please call the Center at 518.891.2980 to confirm that activities are taking place.

June 2025

Franklin County Meals Program

Monday	Tuesday	Wednesday	Thursday	Friday
2 NYS Fair Chicken Rice Diced Carrots Ice Cream <i>Milk or Milk Alt.</i>	3 Tater Tot Shepherds Pie Beets Fruit Crisp <i>Milk or Milk Alt.</i>	4 Macaroni Tuna Salad Cucumber Salad Fruited Jello & Whip	5 Chef's Choice 	6 Chicken Ibiza Rice Chef's Vegetable Fresh Fruit
9 Meatball Sub French Fries Green Beans Cookie Bar <i>Milk or Milk Alt.</i>	10 Garlic Parmesan Chicken Rice Baked Beans Peaches <i>Milk or Milk Alt.</i>	11 Spaghetti w/ Meat Sauce Garlic Bread Tossed Salad Warm Brownie <i>Milk or Milk Alt.</i>	12 Amish Breakfast Casserole Spinach Muffin Fruited Jello & Whip	13 <i>Father's Day Dinner</i> Open Roast Beef Sandwich w/ Gravy Mashed Potato Chef's Blend Veg Strawberry Shortcake <i>Milk/Milk Alt.</i>
16 French Onion Pork Chops Rice Pilaf Chef's Vegetable Lemon Pudding <i>Milk or Milk Alt.</i>	17 BBQ Pulled Chicken Mac & Cheese Vegetable Fresh Fruit <i>Milk or Milk Alt.</i>	18 Turkey Dinner Mashed / Stuffing Mixed Veg / Gravy Poke Cake <i>Milk or Milk Alt.</i>	19 Juneteenth Center's Closed	20 <u>Ice Cream Social</u> Cheeseburger Potato Salad Coleslaw Ice Cream Sundae
23 Hawaiian Meatloaf Baked Potato Chef's Vegetable Brookie <i>Milk or Milk Alt.</i>	24 Cranberry Turkey Melt Chips Beets Warmed Cinnamon Applesauce	25 Spaghetti & Meat Sauce Garlic Bread Tossed Salad Fruit Bake <i>Milk or Milk Alt.</i>	26 Senior Picnic Center's Closed HDM Sausage, Vegetable, Berry Crisp and Potato Salad	27 Pork Egg Roll Stir Fry with Rice Chef Veg Ice Cream <i>Milk or Milk Alt.</i>
30 Tortellini Chicken Salad Cucumber Salad Banana Cake <i>Milk or Milk Alt.</i>				

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Menu subject to change without notice. Suggested donation is \$2.00 per meal for persons over 60. No senior will be denied services due to an inability or unwillingness to contribute. The charge is \$6.75 per meal for persons under 60. Be aware of your right to voluntarily contribute if your income is at or above the 185% Federal Poverty Level. Reservations requested in advance, but NO LATER than 9 a.m. the day of attendance. Services provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, and Franklin County. Nutritional analysis is available upon request. Allergen information for menu items is available. Ask an employee for details.

Certified by: AFH MS RD