



## HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 19 Issue 3

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

March 2019



### Sarah's News

**Real Estate Assessment Center. REAC.** March 13 for the Lake Flower Apartments and March 14 for the Algonquin Apartments.

As I wrote last month, this is a BIG DEAL. These inspections score us on the physical condition of the developments' sites, buildings, exteriors, mechanical systems, common areas, and apartments. The scores enter into a larger calculation of how much money we receive from the government and how often the REAC inspections occur.

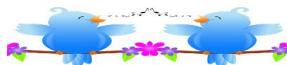
The facilities/maintenance staff - David, John, and Bob - is working hard to identify and prepare for the inspections. We depend on YOU, the residents, to notify us if you are aware of issues needing attention. We do not want to lose points because you failed to call in a work order for a non-functioning toilet.

To that end, maintenance staff will conduct a quick run-through of all units in the days leading up to the inspections. The purpose will be to identify any issues requiring immediate attention. You will receive formal notice of this in coming weeks. You will also receive a formal notice of the REAC inspection, itself.

Thank you very much for your cooperation. It is appreciated.

On another note, we received word that we've been awarded \$500,000 from New York State to assist with the Lake Flower Apartments' façade renovation project! With this grant award, we have the needed \$2.1 million to undertake the project. Right now, we are plowing through a lot of paperwork and red tape to obtain needed approvals and permits. With a lot of luck the project will take place this year. With less luck, it will occur next year.

Spring is not too far off.... The morning walk to work is filled with bird song. March will have its surprises; but, winter will lose its grip. I'm getting ready.



## 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**

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\* **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

**M**any a day we dream of the sun.

**A**ll looking forward to warm days to come.

**R**aucous winds help blow in the spring.

**C**hanging the time and making birds sing.

**H**ow will the garden grow?



**RESIDENT NEWS AND ISSUES...By Debbie Zerrahn**

March already! Where is the time going? Annual recertification letters will be mailed to the Algonquin residents in the coming week. Get your paperwork together.

The snow keeps falling...ugh. Maintenance is trying to keep things clear. When you see them, please make every attempt to move your car. It will make clearing snow a lot easier.

Hope everyone was able to get out and enjoy some of the Winter Carnival events. The St. Patrick's Day Parade is our next event. Put on your green and enjoy.

Just a reminder, rents are due the first of every month. Late fees will be issued on the 6<sup>th</sup>. If you are chronically late in paying your rent, you could be subject to lease termination. We are in the business of renting, not evictions. However, if you don't pay your rent, we can't pay our bills.

Be aware of those pranksters...April 1<sup>st</sup> is just around the corner.



## **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

Start paying close attention to college basketball folks; we will be holding the annual March Madness competition.

With spring just around the corner, now is a great time to start getting ready for some good walks outside.

One of the many exercises listed on the website [healthprep.com](http://healthprep.com) is the chair squats. The article states that this exercise can help to strengthen the legs.

“To begin, stand in front of a chair with your feet shoulder-width apart. Bend your knees, putting weight on your heels, then stick your hips back and arms straight out to gain better balance. Sit down until you make contact with the chair. As soon as you feel the chair, slowly stand back up. Try to do so without rocking or swaying. Repeat for twelve to fifteen repetitions.”



### **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
Please pay your rent on time.					1 	2
3	4	5	6	7	8	9
10 	11	12 WIC 9AM	13	14	15	16
17 	18	19	20 SPRING HHA Full Moon Board Meeting 4:00 PM	21	22	23
24	25	26 WIC 9AM	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).**

***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) Many have heard me, but no one has seen me, and I will not speak back until spoken to. What am I?
- 2) We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What am I?
- 3) I have seas without water. I have forests without wood. I have deserts without sand. I have houses with no bricks. What am I?
- 4) A window cleaner is cleaning a window on the 25th floor of a skyscraper when, suddenly, he slips and falls. He has no safety equipment and nothing to soften his fall, and yet he is not hurt. How can this be?
- 5) There is a dead man in the middle of a field, nothing is around him and there are no footprints of any sort. There is an unopened package next to him. How did he die?

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

[www.irissexaminer.com/riddles.com](http://www.irissexaminer.com/riddles.com)

**JOKES**

- 1) What do you call an overweight cat?
- 2) What do you call a big Irish spider?
- 3) Why does the toast like the knife?
- 4) Why did the leprechaun walk out of the house?
- 5) What's a good place to take your golf clubs after the game?
- 6) Why do leprechauns hate running?
- 7) What's big and purple and lies next to Ireland?
- 8) What do you get from a pampered cow?
- 9) Why should you be careful when playing against a team of big cats?
- 10) What do you give an injured pig?
- 11) What do you get when you cross Lassie with a rose?
- 12) Why was the library so tall?
- 13) Why was the teacher cross-eyed?
- 14) What do you call a fish's date?

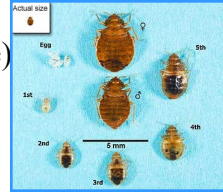
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[www.imom.com/Jokelopedia](http://www.imom.com/Jokelopedia)

### 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.

## ST. PATRICK'S DAY QUIZ

1. In Ireland, what does the color green stand for?
  - a). Spring
  - b). Countryside
  - c). Hope
2. What colors are on the Irish flag?
  - a). Green, white, orange
  - b). Blue, red, white
  - c). Green, red, white
3. Where was St. Patrick born?
  - a). Ireland
  - b). Britain
  - c). Africa
4. What did St. Patrick do?
  - a). He was a great explorer.
  - b). He was a missionary.
  - c). He was a war hero.
5. What is St. Patrick best known for?
  - a). Driving the snakes out of Ireland
  - b). Leading the country to war
  - c). Discovering Ireland
6. What is March 17th?
  - a). St. Patrick's Day
  - b). The day St. Patrick died
  - c). None of the above
7. What do Irish people say about St. Patrick?
  - a). He watches over them.
  - b). He decides if they will get into heaven one day.
  - c). Both of the above
8. What symbol stands for St. Patrick's Day?
  - a). Shamrock
  - b). Egg
  - c). Snake
9. What is a shillelagh?
  - a). Leprechaun's outfit
  - b). Wooden pipe
  - c). Short, stout, oak club
10. According to legend, what should you never do if you catch a leprechaun?
  - a). Kiss him
  - b). Take your eyes off him
  - c). Tell your friends



1. c 2. a 3. b 4. b 5. a 6. b 7. c 8. a 9. c 10. b

## HARRIETSTOWN HOUSING AUTHORITY



**SARAH A. CLARKIN, EXECUTIVE DIRECTOR**

14 Kiwassa Road  
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

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

### **Answers to: Riddles**

- 1) An echo.
- 2) Words.
- 3) A map.
- 4) He was inside cleaning windows.
- 5) Failed parachute.



### **Answers to: Jokes**

- 1) A flabby tabby.
- 2) Paddy long legs!
- 3) Because the knife butters him up.
- 4) He wanted to sit on the paddy-o!
- 5) A tee party.
- 6) They'd rather jig than jog!
- 7) Grape Britain!
- 8) Spoiled milk.
- 9) They might be cheetahs.
- 10) Oinkment.
- 11) A collie flower.
- 12) Because it had so many stories!
- 13) Because he couldn't control his pupils!
- 14) His gill-friend.

