

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 20 Issue 3

www.harrietstownha.org

March 2020

Sarah's News

If you've listened to or watched any national/international news in the past few weeks, you've no doubt heard reports and stories about the latest Coronavirus, also known as COVID-19. A respiratory disease, COVID-19 is new to us. To my knowledge, at this time, there are no known cases anywhere near Saranac Lake.

Knowing a number of people who have had colds or the flu, and, thinking of respiratory diseases more generally, for everyone's information, I'm sharing some information from the Centers for Disease Control and Prevention (CDC) regarding steps we should take to help prevent the spread of all respiratory diseases. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. [DO NOT FLUSH WIPES!]
- Follow CDC's recommendations for using a facemask:
 - ◇ CDC does not recommend that people who are well wear a face-mask to protect themselves from respiratory diseases, including COVID-19.
 - ◇ Facemasks should be used by people who show symptoms to help prevent the spread of any respiratory disease to others. Face-masks should also be used by those who are taking care of someone in a close setting, like a home.
- Wash your hands often with soap and hot water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and hot water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

At the Housing Authority's Lake Flower Apartments, a multi-family residential building, staff are paying extra attention to wiping down frequently touched surfaces, e.g., elevator buttons, railings.

Certainly, people get sick. With everyone taking the steps described above, it is hoped the number will be small.

Happy Spring!



HHA BOARD OF COMMISSIONERS

Chairperson: Jim Connolly
Allen Dunham
Emily Fogarty
Agnes "Liz" Latour
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

* **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 *
* Robert Mathers *
* ACCOUNT CLERK *
* Vacant *

TID BITS FROM DAVID SIEGRIST

Things are starting to move!

Trees are disappearing, benches are disappearing, but the snow has not disappeared.

Yet, “The” façade is on the horizon!

Let’s just look at Lake Flower in general.

Relatively speaking, to the east is the Lake Flower apartments, soon to be covered with some type of scaffolding and strange men looking into windows applying a new metal protective shell.

To the west is the Saranac Waterfront Lodge, nearing completion after fighting the Adirondack weather and local opposition. Fun fact, did you now that the current Riverside Park location once boasted an inn of similar size? Of 70 rooms, 30 were suites! The rest may have been just a bucket. It was the 1800’s you know and code was probably a little more lenient.

To the north, and under construction, the long anticipated and needed Lake Flower restroom! All seating is on a first come, first served basis. No reservations accepted. Please tip your server.

And to the south, HMM. Maybe the house that burned down a few years ago on Riverside Drive, will be rebuilt and used exclusively as an Air Bed and Breakfast.

The little city in the Adirondacks (I don’t like the capital of the Adirondacks) is just a bevy of activity!

Build it and they will come!

Now, all we have to do is figure out where to park all the cars! Talked about that in a prior issue.

Look forward to Spring my friends. Busy! Busy! Busy!

Please wash your hands thoroughly, and don’t sneeze on anybody, thank you!



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Here we go again! We get a taste of Spring and then, WHAM, it snows again! Ahh, the Adirondacks!



Lake Flower News: We have seen the arrival of one new tenant. If you haven't already noticed, the trees and the benches, in front of the building, have been removed. It is time to make ready for the façade project. I like the new and improved view, much to the dismay of some others.

Algonquin News: There will be a couple of transitions this month between move ins and move outs. Please be sure to keep your walkways clear of snow and ice. In addition, remember, do not park your vehicles in the front of your apartments. They pose a problem for both fire personnel and the school buses.

Letters have been sent out to the residents for their annual recertifications. Please respond to your letter in a timely manner. All recertifications must be completed by May 1, 2020. Start getting your paperwork together. Remember, failure to complete your annual recertification could result in the termination of your lease.

Have a Happy St. Patrick's Day and look forward to the first day of Spring!!!!



WORK ORDERS

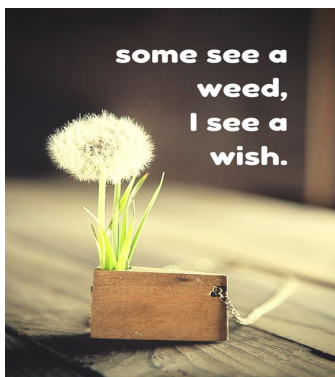
Please remember to call the office at

518-891-3050 option 3

For a work order.

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

IRENE'S THOUGHTS



The Harrietstown Housing Authority has openings for the Housing Choice Voucher/Section 8 program. If you know someone in need of rental assistance in the community—have him or her stop by or call the office for an application.

Spring is on its way – get your sneakers ready for some good walks.

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**

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1

2

3

4

5

6

7

Please pay your rent on time.

8

9

Full Moon

10

11

12

13

14



**WIC
9AM**

15

16

17

18

19

20

21

Happy
St. Patrick's
Day

**HHA
Board
Meeting
4:00PM**



22

23

24

25

26

27

28

**WIC
9AM**

29

30

31

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.**

Horoscopes

PISCES

February 19 - March 20

You could find yourself this month changing your mind in many circumstances but you probably will be keeping it to yourself. Confusion about past experiences could be reflected in your personal income and values and this will have to be reconciled throughout the help from yours and your partner's shared resources. This could also bring hard lessons for you and some worries in spite of opportunity to improve your money area. Sense of responsibility could be softened up somehow as you could try not to be so hard on yourself.

ARIES

March 20 - April 19

Your area of friends is very much on the spotlight this month. Changes of plans made with activities connected with friends could appear from nowhere but if you put your mind into this it will not cause you many troubles and it could rebound for the better. Strong desire to take a far away trip could be felt by you and it could be made a reality if you could balance this with your personal responsibilities. Worries will not take you anywhere this month as you try to juggle yourself between past experiences and what the future is bringing.

www.yearly-horoscope.org

Jokes

Q. When do monkeys fall from the sky?

A. During Ape-ril showers!

Q: Can February March?

A: No, but April May!

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31 day March!

Q: Why are trees very forgiving?

A: Because in the Fall they "Let It Go" and in the Spring they "turn over a new leaf".

Q: Why is the letter A like a flower?

A: A bee (B) comes after it!

Q. What do you call a girl with a frog on her head?

A. Lily!

Q. What do you call a pile of kittens?

A. A meowntain!

Q. What do you call a belt with a watch on it?

A. A waist of time.

Q. What kind of bugs live in clocks?

A. Ticks!

Q. Why couldn't the butterfly go to the dance?

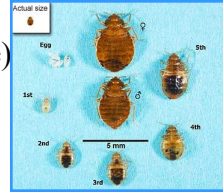
A. Because it was a moth ball.

www.jokes4us.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.

ST. PATRICK’S DAY

X C A S G D N C W L B H T C F
P A V E U O H K E G J S F L M
U K F B J U L P C L A I A O G
R Z L K Y L R D E O T R O V Q
E I B K T E T Z K Q R I Q E C
N B C Z C Y G I F P T M C R D
X U L H K C I R E M I L A N C
L R A E D A R A P D B K A H L
C U Y P J Z I U D R K L N Q S
N J A I M A R C H U E Q G W S
O S J P G L Z S N R P I U M H
P H C G Z W H V I E C B T W B
K H R A I N B O W R E J G N V
Q R U B Q V O A L X U R C C R
W F H U N N V D X F L L G T Q

BAGPIPE

CELTIC

CLOVER

DUBLIN

GOLD

GREEN

IRELAND

IRISH

LEPRECHAUN

LIMERICK

LUCKY

MARCH

PARADE

RAINBOW

SHAMROCK

HARRIETSTOWN HOUSING AUTHORITY



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