

HEALTHY HAPPY ATTITUDES

Volume 18 Issue 5
May 2018

Harrietstown Housing Authority
www.harrietstownha.org



Sarah's News

There are two topics I want to cover in this month's article: (1) the coming Smoke-Free Housing Policy; and (2) the coming Tenant Election.

Smoke-Free Housing Policy. In March, the Housing Authority Board of Commissioners adopted a new Smoke-Free Housing Policy, which goes into effect June 1. The adoption of this policy represents a modification to the lease. In a March 26th memo to all residents, the Housing Authority stated that, pursuant to 24 CFR 66.4(l)(2)(iii)(E), it was providing at least 60 calendar days' notice of the revision to the lease. A modification to the lease requires a re-signing of the lease.

To avoid termination of tenancy, all heads of household must sign a lease revision before noon, Wednesday, May 30, 2018.

As of this writing, roughly 88% of Algonquin households and 24% of Lake Flower households still need to sign the revision. Contact Debbie as soon as possible to schedule a time to do this.

Tenant Election. The tenant election is scheduled for May. On May 8, the Housing Authority will either mail or hand deliver ballots to all eligible Public Housing and Housing Choice Voucher participants. There are two seats. Two individuals have registered to run: Eugene O'Dell and Agnes (Liz) Latour. Write-in votes are also accepted. All ballots must be returned to the Executive Director of the Housing Authority on or before May 22, 2018. Ballots missing required information and/or received after 4pm, May 22, 2018, will not be counted. The term begins June 8.

At the risk of jinxing things, it does seem that spring is here. John Burns, one of our Maintenance Workers, just informed me he heard loons this morning! I've seen snow drops and crocus in bloom; I've heard birds singing their songs – all signs that seasons are changing. Not a moment too soon.



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
518-923-1082

* **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

"Smoke 'em if you got 'em"

Let the count down begin.

Although breaks really are a rarity in the maintenance world.

Unless you include all the stuff that breaks on a daily basis.

The maintenance staff is in motion all the time. Work orders, apartment preparation, grounds maintenance, you name it, they do it.

As a small housing authority, we need to be able to do it all, or most of it.

Larger authorities have techs that are of a specific trade only.

The dude that fixes the leaky toilet ain't the dude that removes the water damaged ceiling below, ain't the dude that puts it back up, ain't the dude that paints the repair and says have a nice day we are done! What a nightmare!

So give our guys a break and please submit work orders thru the proper channels.

Recent flyers have indicated how to do this.

We want to be able to schedule more operations with the convenience and security of all parties involved.

Enjoy the nice weather ahead!

Ok, I'm back on my break now.

Door closed, feet up. And

zzzzzzzzzzzz!



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Well, spring has finally arrived. Not sure if the snow has completely left, but I will enjoy the better weather. Time to clear your back yard of any junk that needs to be thrown away. Please place it in the appropriate dumpster.

Elections for the Tenant Representative for the Board of Commissioners on the Harriestown Housing Authority's Board will be held in May. You will receive a ballot on your door or in the mail. Please take the time to make your selection count. Being a Tenant Representative is not a popularity contest. Seriously consider whether the individual is willing to show up to meetings, listen to the tenants, and pay attention to the everyday operation of the Housing Authority. Good luck

Hopefully, the daffodils will start to pop up at the high-rise. They had a late start with all the snow.

Mother's Day is May 13. Let her know she is special and appreciated. Memorial Day, May 28, will have the usual parade and memorial service in the park. Come join, support, and remember those who are fighting, and have fought for your freedom.

***HAPPY MOTHER'S DAY******HAPPY MEMORIAL DAY***

WORK ORDERS

Please remember to call the office at

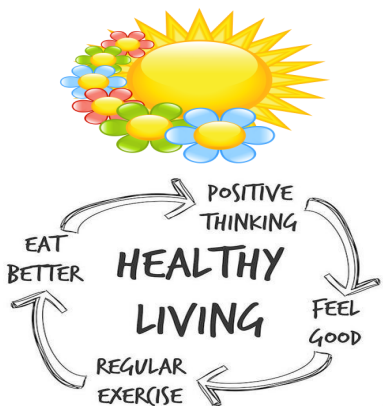
518-891-3050 option 3

For a work order.

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

IRENE'S THOUGHTS

Thank you many times to the Adirondack Medical Center for donating 15 pedometers to the Lake Flower Apartments. I look forward to putting together a walking program. Every extra step counts towards better overall health. Please come see me if you are interested in being part of a walking program.



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@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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Class: LIVING HEALTHY Week 3 1 PM	2	3	4	5 
Please pay your rent on time.						
6	7	8 Class: LIVING HEALTHY Week 4 1 PM WIC 9AM	9	10	11	12
13 	14	15 Class: LIVING HEALTHY Week 5 1 PM	16 HHA Board Meeting 4:00PM	17	18	19 
20	21	22 Class: LIVING HEALTHY Week 6 1 PM WIC 9AM	23	24	25	26
27	28 Office Closed 	29 Full Moon	30	31		
<div style="border: 1px solid black; padding: 10px; text-align: center;"> RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM </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.

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) With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?
- 2) What only gets wetter the more it dries?
- 3) A man is pushing his car along, and when he comes to a hotel he shouts, "I'm bankrupt!" Why?
- 4) Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?
- 5) If I drink, I die. If I eat, I am fine. What am I?
- 6) A house has 4 walls. All of the walls are facing south, and a bear is circling the house. What color is the bear?

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

www.rd.com/www.funology.com

JOKES

- 1) What did the doctor tell her invisible patient?
- 2) Why are football stadiums so cool?
- 3) How many sheep does it take to make one sweater?
- 4) Why did the bacteria cross the microscope?
- 5) Why should you never breakup with a goalie?
- 6) What does a nosey pepper do?
- 7) What did the Tin Man say when he got run over by a steamroller?
- 8) Why does a chicken coop have two doors?
- 9) What do you call a parade of rabbits hopping backwards?
- 10) What did the bald man exclaim when he received a comb for a present?
- 11) What did one eye say to the other?
- 12) How do you keep a bagel from getting away?

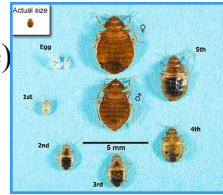
*****Answers Can Be Found
On The Back Cover*****

www.rd.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.

WHAT FLOWER AM I?



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

1. POPPY 2. DUSTY MILLER 3. HYDRANGEA 4. DAFFODIL 5. PANSY 6. TRILLIUM
7. MORNING GLORY 8. CORPSE FLOWER 9. FORGET-ME-NOT 10. TULIP 11. PEONY
12. CHERRY BLOSSOM 13. DAHLIA 14. ROSE 15. MARIGOLD

HARRIETSTOWN HOUSING AUTHORITY



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Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

www.harrietstownha.org

Answers to: Riddles

- 1) A stapler.
- 2) A towel!
- 3) He's playing Monopoly.
- 4) EMPTY
- 5) A fire!
- 6) The house is on the north pole, so the bear is white.



Answers to: Jokes

- 1) "I can't see you today."
- 2) Because every seat has a fan in it!
- 3) Depends how well they can knit.
- 4) To get to the other slide.
- 5) Because he's a keeper.
- 6) Gets jalapeño business!
- 7) "Curses! Foil again!"
- 8) If it had four, it would be a chicken sedan.
- 9) A receding hare-line.
- 10) Gee, I'll never part with it!
- 11) "Don't look now, but something between us smells."
- 12) Put lox on it.

