

Happy Healthy Attitudes

February 2025
Volume 25, Issue 2

PATRICK'S NEWS

Greetings! February is here, bringing chilly days, warm hearts, and the excitement of the **Saranac Lake Winter Carnival!** As the village transforms with dazzling ice sculptures and festive fun, we encourage our residents to bundle up and enjoy this beloved tradition.

On February 4th there will be free bus rides between 10am-4pm to the Ice Palace. For anyone, any age, any mobility. Round trip is free and the bus will remain at the Ice Palace for about an hour until returning for the next trip. Folks can pick up the bus here at the Lake Flower Highrise.

Whether you're watching the **Gala Parade**, admiring the **Ice Palace**, or enjoying a cup of cocoa after a snowy stroll, there's something magical about winter in Saranac Lake. Stay cozy, stay safe, and let's embrace the season together!

We also love celebrating our residents! Join us each month for our **Birthday Celebrations**, and don't miss our **special Valentine's Day Social on February 14th**—a sweet way to share the love with friends and neighbors. Keep an eye out for flyers with more details!

Happy Winter Carnival! 🎉🎉

Inside this issue

Patrick's News	1
Tidbits from Erik	2
Work Orders	2
Irene's Thoughts	3
Housing Assistance	3
Calendar/Puzzle	4
Resident News	5
Bed Bugs Info	5
About Us	6

HHA BOARD OF COMMISSIONERS

Rich Loeber (Chair)
Amy Oliveras (Vice Chair)
Carrie Bradley
Bryon Connolly
James Edmonds
Rachel Karp
David Michael

TID BITS FROM ERIK SCHUE

Dressing for Colder Weather: A Guide

As temperatures drop, it becomes essential to adapt your wardrobe to ensure warmth and comfort. Dressing appropriately for colder weather involves layering, selecting suitable materials, and considering the specific conditions you will face.

Layering Technique

- **Base Layer:** This is the first layer of clothing worn next to the skin. It should be moisture-wicking to keep sweat away from the body. Fabrics such as merino wool or synthetic blends are ideal.
- **Middle Layer:** This layer provides insulation. Fleece or down jackets are common choices, as they trap heat effectively while remaining lightweight.
- **Outer Layer:** The outer layer protects against wind, rain, and snow. Look for waterproof or water-resistant materials, such as Gore-Tex or treated nylon, to shield against the elements.

Material Selection

- **Wool:** Known for its insulation properties, wool retains heat even when wet and is resistant to odors.
- **Synthetic Fabrics:** These materials are often more affordable and dry quickly, making them suitable for active wear.
- **Down:** Offers excellent warmth-to-weight ratio, ideal for very cold conditions, though it may lose insulating properties when wet.

Accessorizing for Warmth

- **Headwear:** A significant amount of body heat is lost through the head. Wearing a hat or beanie can help retain warmth.
- **Gloves:** Insulated gloves or mittens are essential for protecting hands from the cold.
- **Footwear:** Insulated, waterproof boots are crucial for keeping feet warm and dry while providing traction on icy surfaces.

Dressing for colder weather requires thoughtful consideration of layering, material selection, and accessories. By choosing the right components, individuals can maintain comfort and warmth while navigating harsh winter conditions.

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

BIRTHDAY CELEBRATIONS ARE BACK

I would like to bring back the monthly Birthday Celebrations.

On the first Tuesday of every month at 2:00 in the community room we will enjoy Cake and snacks.

The residents who have a birthday in that month will enjoy for free. Others who come to celebrate their friends, will pay \$2.00 (this will help the celebrations continue each month)

HOPE TO SEE YOU ON FEBRUARY 4TH



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."




FEBRUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					WINTER CARNIVAL BEGINS	1
2	3	4	5	6	7	8 WINTER CARNIVAL ENDS
9	10	11 8-3 WIC Clinic	12	13	14 	15
16	WE WILL BE CLOSED ON PRESIDENTS DAY 	18	19 HHA Board Meeting 4pm	20	21	22
23	24	25	26	27	28	



Valentine's Day



arrow

candy

cinnamon

cupid

fourteenth

huge

roses

balloons

gift

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

bear

chocolate

February

flowers


friend

red

heart

white

necklace



love

pink

Valentine

RESIDENT NEWS AND ISSUES...By Tammy Burdt

Winter Carnival is upon us, January 31st – February 9th! Music Legends here we come! This year is proving to be a good one for ice for the palace/castle. The weather is most definitely cooperating. Hope everyone gets a chance to participate in some, if not all, the scheduled activities for the week. In addition, the Northern Challenge Ice Fishing Derby will be taking place on Lake Simond in Tupper Lake on the 1st of February and the Empire State Games in Lake Placid will be February 1st & 2nd. Winter festivities begin! Do not forget Groundhog Day on the 2nd. Will Punxsutawney Phil see his shadow? Superbowl LIX is Sunday, February 9th. Who are you rooting for, Philadelphia Eagles or the Kansas City Chiefs? Only a few more days until we find out! Do not forget your sweetheart on the 14th!

The following are observances for the month of February: New Freedom Day 1st, Groundhog Day 2nd, Full Moon (Snow) 12th, Valentine's Day 14th, National Random Act of Kindness Day 17^h, President's Day 17th, National Wildlife Day 22nd, and Ramadan Begins 28th.

The office will be closed on Monday, February 17, 2025, in observance of President's Day.

Lake Flower News: The Lake Flower Apartments had one tenant move-out, and zero tenants move-in during the month of January. Two tenants passed away. Our thoughts and prayers go out to their families.

Algonquin News: It is very important to keep your walkways clear of the snow and ice. This is not only for your own safety, but for that of others who are visiting or making deliveries. There is plenty of sand in the shed in the bottom parking lot if needed. The Algonquin Apartments had one tenant family move-out, and zero tenant families move-in during the month of January.

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.

Be responsible, respectful of others, and remember to be kind! Stay safe everyone!!

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 Harriestown 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 Harriestown 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

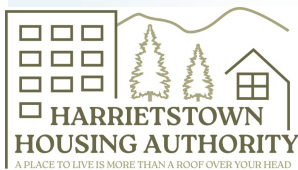
FACILITIES MANAGER

Erik Schue

MAINTENANCE STAFF

John Burns
Patrick Giblin
Jeremiah Brown

ACCOUNT CLERK



14 Kiwassa Road
Suite 1
Saranac Lake, NY 12983

Phone: 518-891-3050
Fax: 518-891-3630
www.harriestownha.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@harriestownha.org.

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

After Hours
Emergency Call Number
(518) 619-0720