



# Harrietstown Housing Authority

*A Place to Live is more than a Roof over your Head*

*Happy Healthy Attitudes*

January 2023  
Volume 23, Issue 1

## SARAH'S NEWS

Happy New Year! 2023! It's hard for me to fathom.... My memories of 2000's arrival are so clear. How can twenty-three years have passed? Though, I suppose when I think about all that has happened in that time, it is a bit easier to believe.

I have great faith that 2023 will be a good year for the Housing Authority. The last three years have been so difficult. We've faced so many challenges. I sense we're about to turn the corner and, as normalcy returns (?) to the Housing Authority's operations and management, we'll be headed for better times.

The very important REAC inspections – remember those? – did not go well. The visible results of the oft mentioned challenges translated into low scores. I expect we'll learn the ramifications in the New Year. On the positive side, staff will address issues and we will obtain better scores the next time around.

Oh, the staff. The Harrietstown Housing Authority has an amazing staff. I'm grateful for each and every one of them. They're here at 7:30AM. They're here on beautiful days. They're here on stormy days. And, they work hard to provide and maintain quality, safe, affordable housing for you. Demands on their time are many. The regulations they must follow and implement are many. They strive to be professional and patient; and, they deserve to be treated the same way. As a reminder, the lease each of you signed has provisions to this effect. Verbal abuse of staff (and other residents) is a lease violation and legitimate cause for lease termination.

Speaking of quality, safe, and affordable housing, within the next few weeks, I'll be announcing a new initiative that will further our efforts in that regard. Keep your eyes and ears open!

Let's begin the New Year with energy, optimism, and kindness. My best to all of you.

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### HHA BOARD OF COMMISSIONERS

Jim Connolly (Chair)  
Allen Dunham (Vice Chair)  
Rich Loeber  
Eugene O'Dell  
Dan Ruchkin  
Susan Steen  
Chad Wilkes

## TID BITS FROM DAVID SIEGRIST

Ok here we go. Hop on this ride for 2023!

We here at HHA are starting out with a full roster of players. Hopefully we stay that way. Maintenance will be working diligently at getting more vacant apartments ready for occupancy. Unfortunately, most vacant units are not just a quick sweep and go but we will keep our best feet forward. We also will be evaluating outstanding work orders and coming up with a plan to tackle those as well.

Snow has been relatively manageable but, wish it would snow only during regular business hours. Weekend events that result in the need for plowing will be limited to opening up drive-ways and a few passes in lanes just so people can move about. Major clean up will happen during regular hours.



Everyone should have an emergency plan in the event that we have a widespread power outage. The Lake Flower apartments have a little backup power because the elevators need to be up and running. There is no backup supply at Algonquin. Please refer to [www.ready.gov](http://www.ready.gov) for information on how to be prepared for various disaster scenarios.

Looking forward to maybe a not so eventful year. Just business as usual. Is there really such a thing?

## 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](mailto: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



### 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."

## 4 WEEKS to HEALTHIER HABITS

HEART HEALTH INITIATIVE

Getting healthy starts small, one step at a time.



By adding a new habit each week, you can build on the great lifestyle choices you've already established, while supporting total wellness.

### WEEK 1: EAT WELL

Clear your kitchen of foods containing the following: high sodium content, solid fats, trans fatty acids (especially partially-hydrogenated oils), refined grain, and added sugar.

When shopping, fill a third of your cart with fresh foods.



### WEEK 2: GET MOVING

Take a walk every day. Mark your calendar to help remind and encourage yourself.

Start with 10 minutes, and add one minute each day.

By the end of week 4, that's 24 minutes per day! Keep at it until you reach or surpass 30 minutes, then work to increase the intensity of activity.



### WEEK 3: FIND BALANCE

Locate a quiet place where you can be alone and free from distraction, and sit quietly.

Breathe in slowly through your nose and out through your mouth.

Continue for five minutes or longer, depending on how much "calm" time you need to counterbalance your day, every day.



### WEEK 4: SLEEP MORE

Turn down lights and "disconnect" from screens (television, computer, phone) 30 minutes before bedtime.

Practice the deep breathing you started in week 3 to calm down before turning in.



Go to bed 15 minutes earlier, and do so each day until you wake up feeling energized and refreshed.





# January 2023

Sun Mon Tue Wed Thu Fri Sat

	2 <b>CLOSED</b> for New Years	3	4	5	6	7
8	9	10	11	12	13	14
15	16 	17	18 HHA Board Meeting 4pm	19	20	21
22	23	24	25	26	27	28
29	30	31		<p><b>RED:</b> ALGONQUIN COMMUNITY ROOM  <b>PURPLE:</b> L.F. COMMUNITY ROOM  <b>GREEN:</b> L.F. BOARD ROOM</p>		

## Candy Bar Name Emoji Quiz

Guess the Candy Bar name with the help of these emojis.  
The person with most correct answers wins.



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## RESIDENT NEWS AND ISSUES...By Tammy Burdt

Happy New Year 2023! I hope everyone had a wonderful Holiday Season! It is time to start a new year. Any resolutions? We certainly got lucky with the last storm that blew in! It definitely messed up some people's plans for the holiday, but I hope everyone still made the best of it. Tenants in good standing received a gift certificate for the Village Mercantile courtesy of the Harrietstown Housing Authority. Happy Holidays!

The office will be closed on Monday, January 16<sup>th</sup> in observance of Martin Luther King Jr. Day.

The following are observances for the month of January: New Year's Day 1<sup>st</sup>, Kwanzaa Ends 1<sup>st</sup>, National Trivia Day 4<sup>th</sup>, Full Moon (Wolf) 6<sup>th</sup>, Earth's Rotation Day 8<sup>th</sup>, Law Enforcement Appreciation Day 9<sup>th</sup>, Lake Placid 2023 FISU Work University Games 12<sup>th</sup> - 22<sup>nd</sup>, Martin Luther King Jr. Day 16<sup>th</sup>, Chinese New Year (Year of the Rabbit) 22<sup>nd</sup>, National Chocolate Cake Day 27<sup>th</sup>, and National Puzzle Day 29<sup>th</sup>.

**Lake Flower News:** Annual recertifications for February 1, 2023 continue. If you have not turned in required documents, please do so A.S.A.P. Remember, failure to recertify is a violation of the lease and the tenant will be subject to termination. Let's avoid this; turn in your paperwork if you haven't done so already. The Lake Flower High-rise had two tenants move-out and one tenant evicted during the month of December. Maintenance staff continue to work on vacant apartments to make ready for future tenants.

**Algonquin News:** Hope all the children had a wonderful Christmas and holiday break from school. Please remind your children to be careful when sledding. Vehicles and plows have a hard time seeing around snow banks and parked cars, especially during snowy conditions. Please, if your children are going to be sledding, tell them to do so in the back of the buildings and not in the parking lot, especially on the Dewey Mountain side hill. The Algonquin apartments had one family move-out and one family evicted during the month of December. Apartments continue to be made ready for new occupancy.

**Reminder:** Please make sure your rent is paid. If you are having difficulties, please call the office and set up a repayment agreement if necessary.

Bundle-up and stay warm!!

Happy New Year!!



## 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.



## 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

Sarah A. Clarkin

### HOUSING ASSISTANT

Tammy Burdt

### HOUSING CHOICE VOUCHER SPECIALIST RESIDENT SERVICES COORDINATOR

Irene Snyder

### FACILITIES MANAGER

David Siegrist

### MAINTENANCE STAFF

John Burns  
Patrick Giblin

### ACCOUNT CLERK

Kathy Scriver



## Harrietstown Housing Authority

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Saranac Lake, NY 12983

Phone: 518-891-3050  
Fax: 518-891-3630  
[www.harrietstownha.org](http://www.harrietstownha.org)

### HHA Office Hours

9:00 a.m.-1:00 p.m.

**After Hours Emergency Call Number**  
**(518) 923-1082**

### 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](mailto:kscriver@harrietstownha.org).

The newsletter is also available on the website:  
[www.harrietstownha.org](http://www.harrietstownha.org)