



# Harrietstown Housing Authority

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

*Happy Healthy Attitudes*

July 2022  
Volume 22, Issue 7

## SARAH'S NEWS

### Resident Advisory Board

The Housing Authority's Resident Advisory Board (RAB) seeks new members.

To be eligible, you must be a live in the Lake Flower Apartments or the Algonquin Apartments, or participate in the Housing Choice Voucher Program. As set forth in HUD regulations, the RAB's principal purpose is to make recommendations regarding, and suggested amendments/modifications to, the Housing Authority's Five-Year Plan. A secondary purpose is to serve as liaisons between the Housing Authority and residents regarding news, issues, and/or concerns.

The RAB meets quarterly: in March, June, September, and December. Additional meetings may be held during the Five-Year Plan's development. (The next five-year plan will be developed in 2024.)

A typical meeting serves as a forum to share news of the Housing Authority and discuss any issues or concerns. Meetings typically start at 3:00pm and take no more than one hour. After a couple of years of meeting via conference call, the RAB had an in-person meeting this month! Meetings take place in the Lake Flower high-rise. If you are interested in learning more, please contact me.

### Capital Projects

At the Lake Flower Apartments, the awning project continues to be delayed. The contractor has experienced numerous COVID-related staff absences, staff changes, and backups at the production facility. At last report, the company hopes to have new awnings installed by October 31. While incredibly frustrating, it is beyond our control.

Regarding the Algonquin Apartments rear-yard fencing project, at this time, the project is expected to begin in early August. As in many industries, there is a delay in obtaining needed materials. The contractor has received some but not all needed supplies. They anticipate having everything by late July/early August.

### The Season

Summer is here and I could not be happier. Revel in the warmth, long light, and birdsong!

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### HHA BOARD OF COMMISSIONERS

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



## TID BITS FROM DAVID SEGRIST

**J**ust nature at its best

**U**nlike lots of people I like bats

**L**ightning bugs are out in my yard  
along with their biting friends  
Yummy treats for my webbed  
winged warriors

**E**njoy the summer ahead.



### 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



## Steps to Happiness

**What You'll Do:** For the entire week, you'll [focus on smiling more](#). You'll develop a way to remind yourself to smile throughout your day and even force a smile onto your face periodically. Why? Research shows that if you smile, your mood actually improves.<sup>2</sup>

- ☺ **How It Works:** Researchers think that by forcing a smile, you activate a specific set of muscles in the face.<sup>3</sup> That set of muscles is closely connected to the emotions of happiness and joy. By smiling, you are signaling the emotional centers of your brain to tell them that everything is good. So even if it's not, it will be soon.
- ☺ **Get Motivated:** Smiling more is a simple way to greatly improve the quality of your life. All you have to do is smile, and you will be a happier person. Really. It's that simple.

<https://www.verywellmind.com/how-to-smile-more-for-health-happiness-and-longevity->

### INTERESTED IN HOUSING ASSISTANCE?

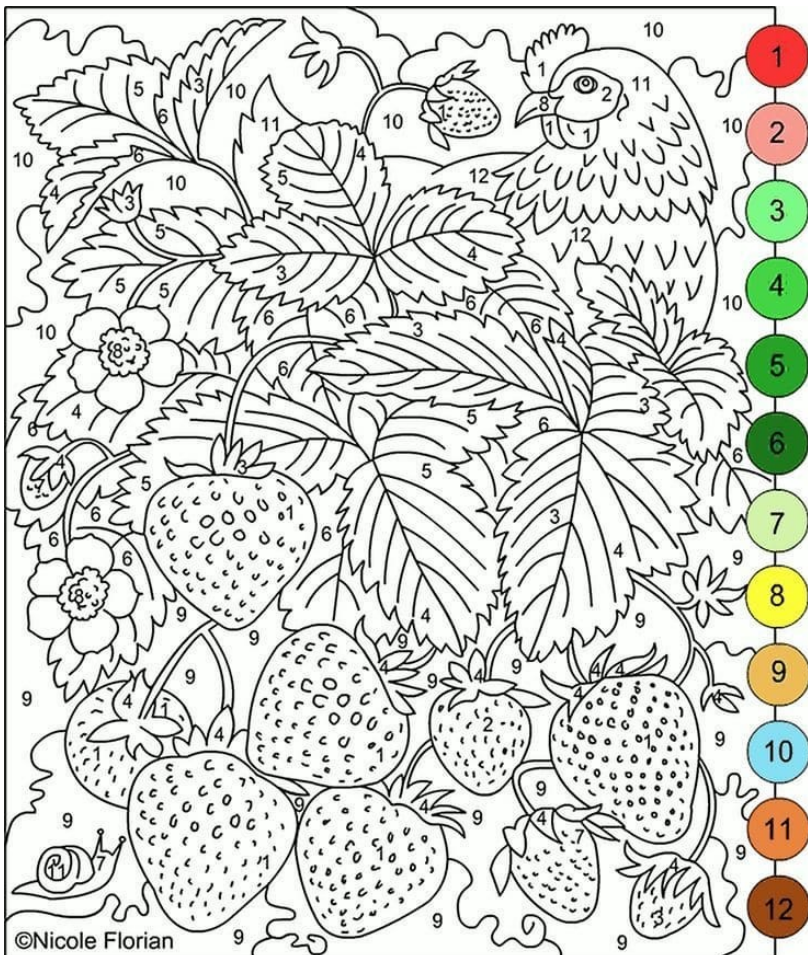
If you are not currently living in the Lake Flower high rise or Algonquin Apartments, and you are not currently participating in the Housing Choice Voucher program, don't be shy!

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."



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>RED:</b> ALGONQUIN COMMUNITY ROOM <b>PURPLE:</b> L.F. COMMUNITY ROOM <b>GREEN:</b> L.F. BOARD ROOM					1	2
3		5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 HHA Board Meeting 4pm	28	29	30
31						



## THREE TIPS ON SUN SAFETY



July is national UV safety month! As you have fun in the sun, here are some tips on how to stay safe and protected from one of the leading causes of skin cancer.

### Become sun smart!



Companies are selling "sunscreens pills," which may seem too good to be true. They are! This spring, the FDA published a warning against these products.



Know your risk. Some people are more prone to UV damage, including those with skin cancer in their family and with light eyes and skin that easily burns.



Always wear sunscreen when you're outside, and, when possible, find a shady spot and wear protective clothing and eyewear, too!

To read more about skin cancer, visit [curetoday.com/tumor/skin](http://curetoday.com/tumor/skin)



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

Hope you had a great 4th of July weekend! I hope all the kids are getting settled into their summer routines. Sarah Clarkin, Executive Director, is looking for tenants and/or housing choice voucher participants to join the Resident's Advisory Board. If you are interested, please call the office at 518-891-3050, extension 107, and let her know.

**Lake Flower News:** Still waiting for Otter Creek Awnings to install the new awnings. They will be installed eventually. I see that some tenants are enjoying the new park benches in the front of the building. Gorgeous views of Lake Flower and the Adirondack mountains! Thank you to the tenants who have shared their gardening skills and have placed some of their plants and flowers around the building. They look beautiful. The Lake Flower High-rise had no one move-in and no one move-out during the month of June. Apartments continue to be made ready for new occupancy.

**Algonquin News:** The new backyard gate/fencing project is still a work in progress. The Housing Authority needs all families to please prepare their backyards for this project. Items near the back of the fence need to be moved closer to the building. If you have pets, remember that a part of the pet policy is to keep the backyard cleaned of your pet's feces. I would like to give a big shout out and thank you to the tenants who keep their front yards clean and beautifully decorated with flowers, plants, and gardening. It is so pleasing to drive up there and see these yards. It is nice that you take a great deal of pride making this your home. Please be sure to have all your vehicles registered, insured, and equipped with an Algonquin Parking Permit in the parking lot. Permits can be obtained in the front office, all you need to do is bring in your driver's license, current registration, and current insurance card. The Algonquin Apartments had one family move-in and no one move-out during the month of June. Apartments continue to be made ready for new occupancy.

Remember, a kind word goes a long way! Stay safe and have a great summer!



## 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

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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)