



Harrietstown Housing Authority

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

Happy Healthy Attitudes

July 2024
Volume 24, Issue 7

SARAH'S NEWS

CHANGES ARE AFOOT AT THE HOUSING AUTHORITY

The Board of Commissioners and staff said thank you and good-bye to three commissioners in recent weeks. Allen Dunham served as Chair and Vice-Chair multiple times during his eighteen years on the board. Al just may be the longest-serving commissioner in the Housing Authority's 55-year history. Al was instrumental in the formation of the non-profit Adirondack Housing Development Corporation (AHDC) and acquisition of the Helen Hill Apartments. His expertise in finance helped keep both the Housing Authority and AHDC on solid ground. Tenant representative Eugene O'Dell stepped down after serving five terms (ten years) on the Board. Gene was a strong advocate for quality housing and residents' well-being. Tenant representative Susan Steen stepped down after serving one term. Susan also advocated for residents and assisted with board recruitment efforts. All will be missed.

James Edmonds was appointed by the Town of Harrietstown Town Board to fill Al's seat. The two new tenant representatives are David Michael and Bryon Connolly. We look forward to getting know all three and welcome them to the Board.

At its June meeting, the Board of Commissioners approved the hiring of Patrick Murphy for the position of Executive Director. Currently, Patrick is Treasurer for the Village of Saranac Lake. Patrick will begin September 3, which gives us four weeks together and ensures a smooth transition. I know Patrick looks forward to meeting all Housing Authority participants.

Enjoy July and all it brings.

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HHA BOARD OF COMMISSIONERS

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

TID BITS FROM DAVID SIEGRIST

Wow, I think our summer was last month with that record heat wave! Well I guess technically it was with June 20th being the summer solstice.

Anyway colleges are out, schools are out, and baseball is back. Strike three. You're out!

That basically summed up my baseball career.

As short as the season seems to be up here, hopefully everyone's vacation plans are in full swing.

Work hard, play hard, and enjoy.

I have my eye on the bat(s) and the ball valve which hopefully stops leaking in that apartment.

My lawn is now a field due to the warm temperatures and the rainout days of not being able to cut the grass.

Maybe today when I get home I can run the mower around the base of my plantings.

Have a great time playing the game!

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

Health Benefits of Getting Outside

Medically Reviewed by Zilpah Sheikh, MD on August 29, 2023 Written by Paul Frysh

- 1. It Helps You Get Exercise** - Walking outside makes you more likely to exercise, especially if you're a kid. You don't need a gym membership, transportation, or special equipment: Just walk right out your door. You can do many gym exercises at your local park with a simple incline, pull up bar, or set of steps. The push of the wind and the uneven ground can help you vary your workout and burn more calories.
- 2. It Helps You Get Vitamin D** - It's important for your bones, blood cells, and immune system. It also helps your body absorb more of certain minerals, like calcium and phosphorus. Your body needs sunlight to make it, but you don't need much. In the summer, just getting sun for 5 to 15 minutes, 2 or 3 times a week, should do it. In the winter, you might need a bit more.
- 3. It Lessens Anxiety** - Even a simple plant in the room, or pictures of nature, can make you feel less anxious, angry, and stressed. But it's better if you get out of that room and go out. Exercise is good for anxiety too. But it's even better if you do it outside, compared to inside a gym. Sunlight helps keep your serotonin levels up. This helps raise your energy and keeps your mood calm, positive, and focused.
- 4. It's Social** - When you get outside your house, it's not only Mother Nature you see. You also connect more with the people and places in your community. Human contact and a sense of community are important to your mental health. Plan a walking route to a friend's house, and then to the park to do some exercise. Finish up at the local coffee shop. You might be surprised how good it makes you
- 5. It Improves Your Sleep** - The outdoors helps set your sleep cycle. Cells in your eyes need enough light to get your body's internal clock working right. Early morning sunlight in particular seems to help people get to sleep at night. This may be more important as you age. When you're older, your eyes are less able to absorb light, and you're more likely to have problems with sleep.
- 6. It Helps You Feel Better About Yourself**-As little as 5 minutes of outdoor activity can help improve your self-esteem. This is especially true if you're near water or green space. And it's not high-intensity exercise that does it best. More relaxed activity like a walk, bike ride, or work in the garden seems
- 7. It Improves Your Focus**-It makes sense, if only for the bit of exercise you get when you do something outside. But studies show that it's not just the activity, it's the "greenness" of the outdoor space. In one study, kids with ADHD were able to concentrate better on a task after a walk in the park than they were after a walk through an urban area.
- 8. It Gives You Better Immunity** - Better vitamin D production because of more sunlight is already good for your immune system. But the outdoors seems to help in other ways. Many plants put substances, including organic compounds called phytoncides, into the air that seem to boost immune function. Sunlight also seems to energize special cells in your immune system called T cells that help fight infection.
- 9. It Boosts Your Creativity** - Do you have a knotty problem you can't solve? Struggling with writer's block? Spend time outside. Studies show that time in nature can boost your creative problem-solving abilities. This is partly because the outside world engages your attention in a quieter way that lets your attention refocus. The more time you spend, the bigger the benefit, but even just "getting out for some air" can nudge your brain into a new thought pattern.
- 10. It Helps You Keep A Healthy Weight**-Outdoor time will help you be more active and sleep better. Both these things help you burn calories. But getting outside in the morning in particular may help you keep the fat off. That's partly because the light helps balance your sleep and energy use. But there may other reasons as well. You need 20-30 minutes between 8 a.m. and noon to make a difference, but the earlier you get it, the better it works.
- 11. What To Watch Out For** - Protect yourself from the sun with long sleeves, sunglasses, and a hat. Use broad-spectrum sunscreen, SPF 15 or higher, even when it's cloudy. Try to let people know where you go, especially if you're going alone into a wilderness area. Grab a jacket if the weather looks iffy, and charge your phone in case you need a map or to call someone. Remember, your phone may not work in some areas, especially in the woods.
- 12. Forest Bathing** - It doesn't involve an actual bath in the forest. It means that you spend time in a forest environment to help improve physical and mental health. The Japanese call it Shinrin Yoku. Several studies show that it can help boost your energy, immune system, and energy levels, as well as help you sleep better and recover faster if you get sick. But you don't need a study to know that it just feels good.

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."





JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 th of July WE WILL BE CLOSED	5	6
7	8	9 8-3 WIC Clinic	10	11	12	13
14	15	16	17 Nutritional Program 1 pm HHA Board Meeting 4pm	18	19	20
21	22	23	24	25	26	27
28 Happy Parents Day	29	30	31	<p>RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM</p>		



Happy 4th of July!

$$= \text{rocket} + \text{grill} + \text{rocket}$$

$$\text{flag} = \text{balloons}$$

$$\text{balloons} \times \text{balloons} \times \text{flags} = 8$$

$$\text{rocket} = \text{flags} - \text{rocket}$$

$$\text{grill} \times \text{balloons} - \text{rocket} + \text{flags} = ?$$

RESIDENT NEWS AND ISSUES...By Tammy Burdt

School's Out! Amazing how fast this year is going! Weather is absolutely crazy; hot/humid one day; cold/rainy the next. Road work continues on Main Street. Traffic does not seem to be too bad, yet! Congratulations to the Class of 2024!

The office will be closed on Thursday, July 4, 2024 in observance of July 4th Holiday.

The following are observances for the month of July: Canada Day 1st, I Love NY Horse Show 2nd – 7th, Independence Day 4th, Bastille Day 14th, National Ice Cream Day 21st, Ironman 21st, Full Moon (Buck) 21st, and CanAm Rugby 26th -28th.

Lake Flower News: The next capital project should begin shortly. It is nice to see more tenants getting out and enjoying the weather. There are several summer events scheduled within walking distance and the views of the lake and mountains are spectacular. The Lake Flower Apartments had one tenant move -out, and one tenant move-in during the month of June.

Algonquin News: I would like to remind tenants that the Laundry Room at the Algonquin Apartments is for TENANTS ONLY. Clothing is not to be left in washers/dryers past their wash/dry cycles. All other tenants need to have access to washer/dryers that are not running. Leaving your clothes unattended puts you at risk of having them removed and placed either on the table or on top of the washers/dryers. Tenants have been bringing pets into their homes without Housing Authority approval, which is a violation of the Pet Policy. Failure to follow the Pet Policy subjects the tenant family to removal of the pet or lease termination. Also, with school getting out, please be more diligent watching out for children in front yards and parking lots, and, more importantly, do not leave children unsupervised. Remind children not to ride their bicycles, skateboards, etc. in between cars and trucks in the parking lots. We have received reports of damage to tenants' vehicles. Parents will be held responsible for their child's actions. The Algonquin Apartments had no tenant families move-out, and no tenant families move-in during the month of June.

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.

Happy 4th of July! Stay safe and be responsible!

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 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



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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@harrietstownha.org.

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

After Hours

Emergency Call Number

(518) 619-0720