



# Harrietstown Housing Authority

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

*Happy Healthy Attitudes*

June 2022  
Volume 22, Issue 6

## SARAH'S NEWS

At the beginning of every season I think, "Wow, [fill in with season] is my favorite." Well, I truly think spring is my favorite. Every day brings bold new sights, sounds, and smells; each is all the more wondrous and welcome coming after a long dark winter. With so many things to weigh us down and cause despair, the arrival of spring, through some inexplicable power, lightens the load and adds spring to one's step.

The election for resident commissioners is over and Eugene O'Dell and Susan Steen will begin their two-year term June 8. Congratulations! I want to thank Christine Conover for her service over the last 16 months. She contributed so many valuable ideas and thoughts during her tenure; she will be missed.

I am beyond pleased to report the hire of a new Maintenance Worker! He will begin June 6. I know we all look forward to him joining the team and advancing our work. Please say hello and make him feel welcome when you meet him.

The new benches have been installed in front of the Lake Flower Apartments! Just in time for Memorial Day Weekend! New flags are on order and will be raised immediately upon arrival. Sadly, the new awnings continue to be delayed. The company has been heavily impacted with COVID-related absences. Further, the awnings' complexity and backlogs at the manufacturing facility have delayed processes. I'm hopeful my awning report for the July newsletter will be more positive.

Another summer project is planned for the Algonquin Apartments. This summer, rear yard fences and gates will be removed and replaced with new. As mentioned in a recent memo to Algonquin residents, please consolidate all backyard items on the concrete pad. Also, please do not undertake any plantings in the rear yards as they may get damaged during the course of the project.

Here's to spring!

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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 when you think nothing can go wrong,

**U**seful items begin to fail.

**N**ow I can't print any money because the copy machine in the front office is broken.

**E**verybody needs a hobby don't they?

Let's all remember Father's Day is coming up soon. Dad does a lot for us. Dad prefers a lawn chair, no noise, and a cold beer. Let's see what we can do to show him how important he is.

Gee, now that I think of it, I'm not a father and I prefer the same things!

Get out and enjoy the sunshine.



### 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



### 5 WAYS BEING OUTDOORS CAN MAKE YOU HEALTHIER AND HAPPIER

1. **Lowers your blood pressure and reduces stress** — Spending time [walking](#) among or simply looking at trees lowers blood pressure and reduces the stress-related hormones cortisol and adrenaline.
2. **Improves mood** — Researchers have found that nature simply makes us happy. Anxiety, depression and anger are notably decreased after spending time outdoors.
3. **Improves focus** — Studies show that both adults and children who have difficulties focusing or controlling impulses are better able to concentrate after being in nature. The natural world allows our brains to take a break from all that mentally drains us, and even reduces symptoms of attention-deficit/hyperactivity disorder (ADHD)
4. **Helps us heal quicker** — Illness and surgery can be painful and frightening, which can increase stress and slow healing. However, researchers discovered that patients who spent time outdoors during their recovery required fewer painkillers, had fewer complications and experienced shorter hospital stays.
5. **Supports graceful aging** — According to a study in the *Journal of Aging and Health*, adults over 70 who spent time outdoors experienced fewer sleep difficulties, complained less about aches and pains, and enjoyed improved mobility and ability to perform daily activities.

<https://www.sharp.com/health-news/5-ways-being-outdoors-can-make-you-healthier-and-happier.cfm>

### 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.

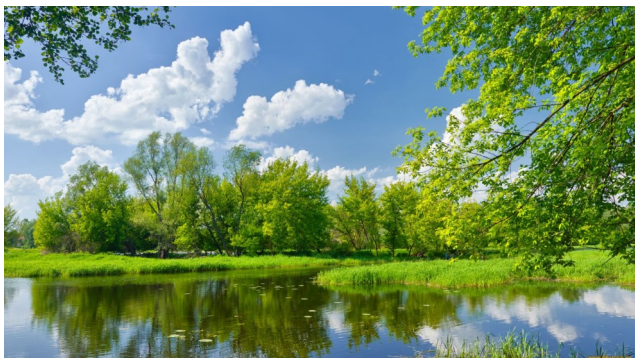
You must be at least 18 years old, and a United States citizen or a non-citizen who has eligible immigration status. Single persons are eligible, as well as households with or without children. HUD commonly refers to a household as a "family," so don't let that term confuse you. A "family" consists of one or more persons, and having children is not required to be considered a "family."

JUNE is  
**MEN'S HEALTH**  
MONTH



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	4
5	6 	7	8 	9	10	11
12	13	14 	15	16	17	18
HHA Annual Meeting 4pm Date TBD During Week of June 13						
	20 OFFICE CLOSED 	21 	22	23	24	25
26	27	28	29	30		

- What do dentists call their x-rays?  
*Tooth pics!*
- Did you hear bout the first restaurant to open on the moon?  
*It had great food, but not atmosphere.*
- What did one ocean say to the other ocean?  
*Nothing, it just waved.*
- Do you want to hear a construction joke?  
*Sorry, I'm still working on it.*



## Conceptis Sudoku

By Dave Green

	7						9	
2			8			3		7
		9	3		1		8	
	4	5				9		
		8				7	6	
	5		7		2	4		
4		1			5			8
	8						3	

Difficulty Level ★★★

6/25

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

I hope everyone had a safe and wonderful Memorial Day. Good news!!! The Housing Authority has finally filled its vacant maintenance worker position. It has been two years, but alas, the new employee starts June 6. There are several observances in the month of June. We have D-Day (6), World Ocean Day (8), Flag Day (14), and Juneteenth (19). The first day of summer is fast approaching (June 21) and the last day of school is June 24. I think this year's school year was a little more manageable than last year for most.

The office will be closed Monday, June 20<sup>th</sup>, in observance of the newly recognized federal holiday, Juneteenth.

**Lake Flower News:** Still no word when Otter Creek Awnings will be installing the new awnings. Did you notice? The new park benches have been placed in the front of the building for your enjoyment. Take in the views of Riverside Park, Lake Flower, and the beautiful Adirondack mountains. I am sure there will be a concert or two in the park this summer. The Lake Flower High-rise had one person move-in and one move-out during the month of May. Apartments continue to be made ready for new occupancy.

**Algonquin News:** The new backyard gate/fencing project will begin soon. If you have not already done so, please pick up your backyards, and move items away from the back of the fence. If you have pets, remember that a part of the pet policy is to keep the backyard cleaned of your pet's feces, especially when the fencing project begins. If you have a lot of items or garbage cluttering the front of your apartments, please be sure to clean things up and dispose of trash. If large items need to be disposed of, you can contact maintenance and they will let you know what you will be charged to dispose of them properly. Thank you to the tenants who keep the front of their apartments clean and eye appealing. Flowers and plants always look so nice and very attractive to visitors as well as other tenants. The Algonquin Apartments had no one move in or move out during the month of May. 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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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)