



# Harrietstown Housing Authority

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

*Happy Healthy Attitudes*

June 2024  
Volume 24, Issue 6

## SARAH'S NEWS

Summertime! Despite the fact that I'm elderly (according to HUD), I always think of summer as I did when I was a child – long, hot, humid, relaxing days of nothing exciting.

We kids would be told to go outside and, depending on the time, not come back until lunch, dinner, or dark. We spent countless hours playing with our neighborhood pals: wiffle ball, kick ball, four squares, running bases, badminton, HORSE, capture the flag. We would ride our bikes up and down the street and talk as we pedaled. No destination, just riding around. We would explore the woods behind us. We were lucky in that my family belonged to a very small swim club. A five-minute bike ride away, it had a kiddie pool, a big pool, and a play area. We would ride our bikes to swim lessons and spend hours bobbing in the water and playing tether ball. In between all of that, we would read. In the hours after dinner, we would catch fireflies in mayonnaise jars with holes punched in the lid. Their imprisonment was minutes at most. Thousands of them filled the neighborhood – sending their silent messages, secret to us. Tree frogs and cicadas did just the opposite, filling our lives with their nonstop audible calls.

And, that, for the most part, was summer. I miss all of it.

I hope your summers are filled with activities that lead to lifelong memories. When creating these memories, please respect others.

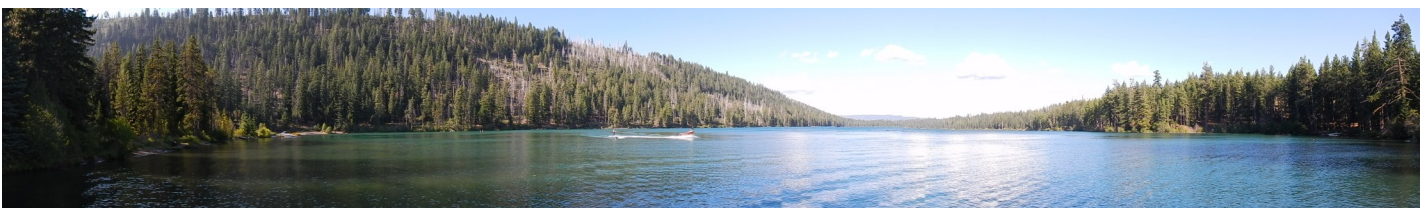
With windows open, noises travel more easily. Please keep the indoor and outdoor noise levels down. As always, please supervise children to ensure everyone's safety and ability to enjoy the season. Also, as always, please take appropriate care of cats and dogs. Hot weather requires us to pay even more attention to the four-legged critters who enrich our lives.

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### HHA BOARD OF COMMISSIONERS

- Rich Loeber (Chair)
- Amy Oliveras (Vice Chair)
- Carrie Bradley
- James Edmonds
- Rachel Karp
- Eugene O'Dell
- Susan Steen



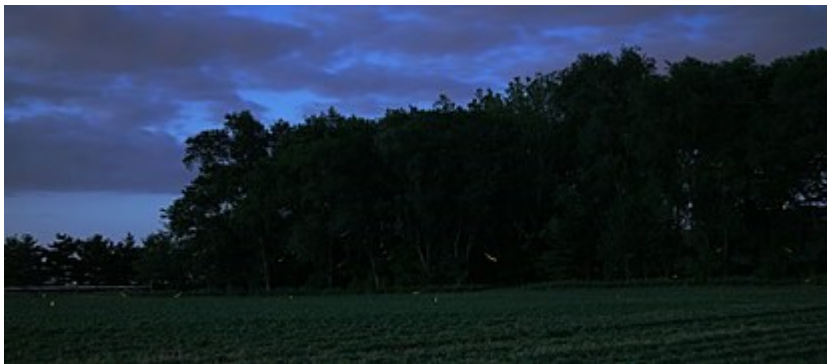
## TID BITS FROM DAVID SIEGRIST

**J**ust the beginning of Summer.

**U**nder the moonlight the bats  
and fireflies dance.

**N**ow is the time to vacation with  
the masses.

**E**xercise caution when handling  
the rose.



### 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

## MAINTAINING A REGULAR YOGA PRACTICE CAN PROVIDE PHYSICAL AND MENTAL HEALTH BENEFITS

<https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga>

Learn about the different types of yoga and how it can be used as a tool to help you stay healthy. Like yoga, the osteopathic approach to wellness focuses on your body's natural tendency toward health and self-healing.

"The purpose of yoga is to build strength, awareness and harmony in both the mind and body," explains Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor in Hollywood, California. While there are more than 100 different types, or schools, of yoga, most sessions typically include breathing exercises, meditation, and assuming postures (sometimes called asana or poses) that stretch and flex various muscle groups. "As an osteopathic physician, I focus a lot of my efforts on preventive medicine and practices, and in the body's ability to heal itself," says Dr. Nevins. "Yoga is a great tool for staying healthy because it's based on similar principles." Doctors of Osteopathic Medicine, or DOs, focus on prevention by examining how your lifestyle and environment impact your health, rather than just treating your symptoms.

### BEGINNERS WELCOME

Because there are so many different kinds of yoga practices, it is possible for anyone to start. "Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style," says Dr. Nevins. "The idea is to explore your limits, not strive for some pretzel-like perfection. It is a great way to get in tune with your body and your inner self."

### PHYSICAL BENEFITS

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "Yoga can also lower blood pressure and reduce insomnia."

Other physical benefits of yoga include:

- increased flexibility
- increased muscle strength and tone
- improved respiration, energy and vitality
- maintaining a balanced metabolism
- weight reduction
- cardio and circulatory health
- improved athletic performance
- protection from injury



### MENTAL BENEFITS

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. "Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate," says Dr. Nevins. "Yoga can be very effective in developing coping skills and reaching a more positive outlook on life." Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration," says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, "because they can help with early detection of physical problems and allow for early preventive action."

## 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 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px;"> <p>RED: ALGONQUIN COMMUNITY ROOM            PURPLE: L.F. COMMUNITY ROOM            GREEN: L.F. BOARD ROOM</p> </div>						1
2	3	4	5		7	
9	10	11 8-3 WIC Clinic	12	13		15
	17	18	<div style="border: 2px solid red; padding: 5px;">  <p>Offices CLOSED in Observance of Juneteenth Holiday</p> </div>	20	21	22
23	24	25	26 HHA Board Meeting 4pm	27	28	29
30						

8			3			6		9
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5				7				
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9								
3		1			9			4

In a world where  
you can be anything,



just stay cool.

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

Halfway through 2024! Must say, we are receiving a nice balance of sun and rain! Not too hot or too cold either. Trees and flower blossoms are simply gorgeous. The bugs, not so much! Expect nothing less in the good ole Adirondacks. Lots of construction is going on downtown. Remember to use caution when going through these areas. Schools will be getting out for the summer soon. Last minute activities and graduations for the students. We wish them all well and hope everyone has a happy and safe summer vacation. Happy Father's Day to all you dads out there! Thank you for all that you do!

### **The office will be closed on Wednesday, June 19, 2024 in observance of Juneteenth.**

The following are observances for the month of June: D-Day 6<sup>th</sup>, National Teacher Appreciation Day 7<sup>th</sup>, World Migratory Bird Day, Oceans Day 8<sup>th</sup>, Lake Placid Marathon/Half Marathon 9<sup>th</sup>, Shavuot 11<sup>th</sup> – 13<sup>th</sup>, Flag Day 14<sup>th</sup>, Father's Day 16<sup>th</sup>, Eid-Al-Adha June 16<sup>th</sup> & 17<sup>th</sup>, Juneteenth 19<sup>th</sup>, First Day of Summer 20<sup>th</sup>, Full Moon (Strawberry) 21<sup>st</sup>, Lake Placid Horse Show June 25<sup>th</sup> – 28<sup>th</sup>, Last Day of School & Graduation 26<sup>th</sup>, and Tupper Lake Tinman Triathlon 29<sup>th</sup>.

**Lake Flower News:** The Lake Flower Apartments has had no major events lately. Some projects are in the developing stages. More to come on them later. Good to see tenants getting out and enjoying the weather. The Lake Flower Apartments had no tenants move-out, and one tenant move-in during the month of May.

**Algonquin News:** Two annual recertifications need to be completed. Remember, failure to complete your annual recertification is a lease violation and subjects the tenant family to mandatory lease termination. New rents went into effect May 1, 2024. If all documents are not received by May 1, the new rents will be retroactive back to May 1. Several tenants have been bringing pets into their homes without approval by the Executive Director. This 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 in watching out for children in the front yards and parking lots. Parents, do not leave children unsupervised and please keep your children from going in between cars and trucks in the parking lots. We have received reports of damage to tenants' vehicles. If caught, the parent will be held responsible for their child's actions. The Algonquin Apartments had no tenant families move-out, and no tenants move-in during the month of May.

**Reminder:** Lake Flower Apartments and the Algonquin Apartments are non-smoking facilities. Smoking of any kind is prohibited in apartments, in yards, or anywhere on the property. This is a violation of the terms of the lease agreement.

Happy Father's Day and Juneteenth Holiday!!

## 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



## Harrietstown Housing Authority

14 Kiwassa Road  
Suite 1  
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.

### 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)

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