

Happy Healthy Attitudes

March 2025
Volume 25, Issue 3

PATRICK'S NEWS

Happy March, folks!!

Spring is just around the corner and we will look forward to the day when we can thaw out from this winter. Here are some quick updates from around the Housing Authority.

Introducing Our New Maintenance Worker: Jeremiah Brown

We're excited to welcome Jeremiah Brown to our team as our new maintenance worker! Jeremiah brings a wealth of experience in building maintenance and is eager to assist with keeping our properties in top shape. Please join us in giving him a warm welcome!

Plumbing Project Update – High-Rise Inspection

As part of our ongoing plumbing system renovation at the high-rise, **Atlantic Testing Laboratories** will be on-site this month to conduct a **hazardous materials inspection**. This inspection is a necessary step before renovations begin, ensuring we address any potential hazardous construction materials.

What to Expect:

- The inspection will take no more than **15 minutes** per unit.
- Testing personnel will need **access to bathrooms and kitchens** only.

We appreciate your cooperation in allowing them access to complete their work efficiently.

Your safety and comfort are our top priorities, and we will keep you updated on the next steps in the plumbing project.

Security Upgrades at Algonquin Apartments

To enhance security and improve visibility around the property, **new LED floodlights** have been installed at **Algonquin Apartments**. These energy-efficient lights will brighten outdoor areas, increasing safety for residents and visitors.

Thank you for your patience and cooperation as we continue working to improve our properties. If you have any questions, please don't hesitate to reach out.

Warm regards,
Patrick

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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

March in the Adirondacks: A Winter Wonderland Awaits!

As winter winds down and spring begins to stir, the Adirondacks in March offers a breathtaking blend of snow-covered peaks and the promise of warmer days ahead.

Whether you're an outdoor enthusiast or simply looking to enjoy the beauty of the mountains, March in the Adirondacks has something for everyone. From skiing and snowshoeing on pristine trails to the quiet calm of the snow-dusted forest, it's the perfect time to embrace winter's last hurrah.

As we look forward to spring, let's celebrate the unique charm of March in the Adirondacks – a time when winter's magic lingers, and the first hints of spring begin to emerge.



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

Why Does Gardening Help?

So, what is it about gardening that works such magic on our minds? Experts suggest several factors:

- **Connection to Nature** – Being outdoors, feeling the sun on your skin, and hearing birdsong create a natural sense of calm.
- **Physical Activity** – Digging, weeding, and planting keep your body moving, which helps reduce stress and boost mood.
- **Sense of Accomplishment** – Watching something grow—whether it's a single flower or a thriving vegetable patch—gives a deep sense of satisfaction.
- **Mindfulness & Focus** – Tending to plants requires attention and patience, helping shift focus away from worries and into the present moment.

<https://www.msn.com/en-us/health/other/digging-into-happiness-how-gardening-boosts-mental-well-being/ar-AA1z7pPw?>

ocid=hpmsn&cvid=d22f7bb55cc94329adbd71e6a878f1a6&ei=18

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."



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Wow, we sure are getting a winter this year! I have not seen it like this in years. Great for winter sports enthusiasts! Difficult for motorists! Maintenance staff have been super busy with snow duties. The Housing Authority has a new maintenance staff member, Jeremiah Brown. Please welcome him when you see him. There are many activities going on at both the Lake Flower and Algonquin Apartments. Several groups of people are helping us to make ready the number of units that have been vacated but left in bad condition. It is going to take an army to get it done, but the army is here!

The following are observances for the month of March: Colby Classic Ice Fishing Derby 1st & 2nd, Read Across America Day 2nd, Mardi Gras & Shrove Tuesday 4th, Ash Wednesday 5th, Employee Appreciation Day & National Day of Unplugging 7th, Daylight Savings Begins 9th, Purim 13th & 14th, Pi Day 14th & Full Moon (Worm) 14th, St. Patrick's Day 17th, First Day of Spring & International Day of Happiness 20th, World Water Day 22nd, Maple Weekend 22 – 23 & 29 – 30, Eid-Al-Fitr Begins 29th, and Eid-Al-Fitr & Ramadan Ends 30th.

Lake Flower News: The Lake Flower Apartments had one tenant move-out, and zero tenants move-in during the month of February. One tenant passed away. Our thoughts and prayers go out to the family.

Algonquin News: The Algonquin Apartments had zero tenant families move-out, and zero tenant families move-in during the month of February.

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.

Remember, be respectful and kind to others!

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

Patrick Murphy

HOUSING ASSISTANT

Tammy Burdt

HOUSING CHOICE VOUCHER SPECIALIST RESIDENT SERVICES COORDINATOR

Irene Snyder

FACILITIES MANAGER

Erik Schue

MAINTENANCE STAFF

John Burns

Patrick Giblin

Jeremiah Brown

ACCOUNT CLERK



14 Kiwassa Road
Suite 1
Saranac Lake, NY 12983

Phone: 518-891-3050
Fax: 518-891-3630
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.

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

After Hours
Emergency Call Number
(518) 619-0720

SARANAC LAKE ADULT CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 3 Chicken Parm over Buttered Noodles Bahama Blend Veg Warmed Brownie <i>Milk/Milk Alt.</i> | 4 Scalloped Potatoes & Ham Winter Vegetable WW Roll/ Lemon Coconut Pudding <i>Milk/Milk Alt.</i> | 5 <u>Ash Wednesday</u> Vegetable Lasagna Garlic Biscuit Chef's Veg Peach Crisp <i>Milk/Milk Alt.</i> | 6 Teriyaki Chicken Rice Oriental Vegetable Chef's Cookie <i>Milk/Milk Alt.</i> | 7 Vegetable Stew Mashed Potatoes Banana Bread <i>Milk/Milk Alt.</i> |
| 10 Loaded Steak Potato Vegetable Mix Bread Pudding <i>Milk/Milk Alt.</i> | 11 Roast Pork & Gravy Mash & Stuffing Fresh Carrots Chocolate Banana Cake <i>Milk/Milk Alt.</i> | 12 Spaghetti & Meat Sauce Garlic Biscuit Chef's Choice Veg Snickerdoodle <i>Milk/Milk Alt.</i> | 13 Meatloaf Potatoes Vegetable Rice Pudding <i>Milk/Milk Alt.</i> | 14 Broccoli Chowder Corn Bread Apple Crisp <i>Milk/Milk Alt.</i> |
| 17 <u>St. Patrick's Day</u> Corned beef dinner Irish soda bread Special dessert <i>Milk/Milk Alt.</i> | 18 BBQ Pulled Pork Mac and Cheese Beets Ice Cream <i>Milk/Milk Alt.</i> | 19 Chicken and Biscuits Mashed Potato Fresh Carrots Fresh Fruit <i>Milk/Milk Alt.</i> | 20 Tomato Cheddar Quiche Rstd Sweet Potato Green Beans Oatmeal Raisin Bar <i>Milk/Milk Alt.</i> | 21 Breaded Fish Rice Pilaf Chef's Vegetable <i>Carrot Cake</i> <i>Milk/Milk Alt.</i> |
| 24 Spaghetti & Meatball Chef's Veg Garlic Biscuit Ice Cream <i>Milk/Milk Alt.</i> | 25 Chef's Choice  | 26 Open Roast Beef Sandwich Gravy Mashed Potato Chef's Blend Butterscotch Pudding <i>Milk/Milk Alt.</i> | 27 Breakfast Casserole Homefries Blueberry Crisp <i>Milk/Milk Alt.</i> | 28 Pasta Fagioli Soup Cheddar Biscuit Warmed Brownie <i>Milk/Milk Alt.</i> |
| 31 Spanish Rice Chef's Vegetable Strawberry Crisp <i>Milk/Milk Alt.</i> |  | | | |

**Franklin County
Meals Program**

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Reservations requested in advance, but NO LATER than 10 a.m. the day of attendance. Suggested donation is \$2.00 per meal for persons over 60. No senior will be denied services due to an inability or unwillingness to contribute. The charge is \$6.75 per meal for persons under 60. Be aware of your right to voluntarily contribute if your income is at or above the 185% Federal Poverty Level. Services provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, and Franklin County. Nutritional analysis is available upon request. Allergen information for menu items is available. Ask an employee for details.

Certified by: AFH MS RD

136 Broadway, Saranac Lake, NY 12983

518-891-2980

