



# Harrietstown Housing Authority

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

*Happy Healthy Attitudes*

May 2024  
Volume 24, Issue 5

## SARAH'S NEWS

The Housing Authority will begin a physical needs assessment (PNA) of both the Lake Flower and Algonquin properties mid-May. This is the first phase of a three-phase project. Phase two is a detailed plumbing assessment of the Lake Flower property. Phase three is the development of plans and specifications for plumbing upgrades at the Lake Flower property.

The PNA entails the assessment of all aspects of the property. For each facet of the property, e.g., windows, water heaters, walkways, it determines how much useful life remains and, thus, when the items should be replaced. It will also anticipate the cost of replacement. With this information, the housing authority can plan how best to use available funds.

Lake Flower residents and Housing Authority staff can attest to the high rise's plumbing challenges. Phase two of the project will determine what problems exist and where they exist. Phase three of the project is the development of the needed plans and specifications to make the needed upgrades.

To offset the cost of this project, the Housing Authority received a \$50,000 Community Development Block Grant from the NYS Homes and Community Renewal.

The firm hired to undertake this project will be on-site May 15. In the next week, residents will receive notice about the possible need to access apartments. Firm representatives will be looking at all facets of the Housing Authority's properties.

On another note: ballots for the tenant representative election will be distributed shortly. Please remember to vote!

### Inside this issue

Sarah's News.....	1
Tidbits from David.....	2
Work Orders.....	2
Irene's Thoughts .....	3
Housing Assistance ....	3
Calendar/Puzzle .....	4
Resident News .....	5
Bed Bugs Info .....	5
About Us .....	6

### HHA BOARD OF COMMISSIONERS

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



## TID BITS FROM DAVID SIEGRIST

### MAYBE, MAYBE, MAYBE

Maybe I'll start running again.

Maybe I'll get my garden started.

Maybe I'll work on my project vehicles.

Maybe in May!

But probably June.

Summer's on The Way!

THE ANSWER IS  
MAYBE

### 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

## 8 Surprising Foods That Can Help Strengthen Bones

<https://www.aarp.org/health/healthy-living/info-2023/foods-for-bone-health.html>

- Dried Figs-Quick Tip:** Cut the figs into chunks (discard the hard stem) and combine them with other dried fruits and nuts for a customized trail mix.  
**Serving size:** 60 grams (about 2 ounces)  
**Calcium content:** 96 mg
- Broccoli-Quick Tip:** If you prefer cooked broccoli to raw, be sure to make the most of its calcium content by steaming or sautéing instead of boiling.  
**Serving size:** ½ cup raw  
**Calcium content:** 112 mg
- Almonds -Quick Tip:** Fit a couple of dozen almonds into a small bag to take along as an on-the-go snack. Sprinkle chopped almonds on salads to add flavor and crunch.  
**Serving size:** Just under ½ cup, about a handful  
**Calcium content:** 75 mg
- Oranges -Quick Tip:** Orange peels contain natural oils. A few rubs of the peel can polish water-stained metal appliances and faucets.  
**Serving size:** One medium-size orange  
**Calcium content:** 55 mg
- Prunes-Quick Tip:** Thanks to their natural sweetness, prunes can spice up mundane dishes. Chop a few into fine bits and scatter on a green salad, or mash into a sharp cheese and spread on crackers for a between-meals snack.  
**Serving size:** ¼ cup (5 prunes)  
**Calcium content:** 20 mg
- Beans-Quick Tip:** To prepare dried beans for cooking, add six cups of water for each two cups of beans. Heat to boiling and boil for three minutes. Remove from heat, cover and soak overnight. If you're using canned beans, simply rinse and drain.  
**Serving size:** 80 raw  
**Calcium content:** White beans: 132 mg; red beans: 93 mg
- Sweet Potatoes-Quick Tip:** Don't store sweet potatoes in the fridge — refrigeration can bring on a hard center and unpleasant taste. Instead, keep them in a cool, dry area with good ventilation.  
**Serving size:** 1 cup mashed  
**Calcium content:** 76 mg
- Tofu -Quick Tip:** Cut a block of leftover tofu into slices or cubes and freeze them overnight on a baking sheet; just make sure they're not touching one another. Store in a covered container. Frozen tofu will last for several months. To defrost, uncover the cubes and put them on a plate in the refrigerator for a few hours.  
**Serving size:** ½ cup  
**Calcium content:** 126 mg

## 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."





MAY 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
	6	7	8	9	10	11
	13	14 8-3 WIC Clinic	15 HHA Board Meeting 4pm		17	18
19	20	21	22	23	24	25
26		28	29	30	31	



## Spring Garden Word Scramble

Race to see how quickly you can unscramble the following mixed-up, gardening-themed words?

- |                       |                        |
|-----------------------|------------------------|
| 1. Flodfaid _____     | 11. Snubine _____      |
| 2. Rolfew Top _____   | 12. Morewraths _____   |
| 3. Gelsnide _____     | 13. Ziterrlife _____   |
| 4. Stufreblite _____  | 14. Shindbrimmug _____ |
| 5. Depas _____        | 15. Salezaa _____      |
| 6. Slitup _____       | 16. Dahn Stool _____   |
| 7. Grinetaw Nac _____ | 17. Bludgay _____      |
| 8. Orwk Slegov _____  | 18. Brelowerhaw _____  |
| 9. Stablegeve _____   | 19. Chuml _____        |
| 10. Druibshoe _____   | 20. Lapsgin _____      |

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

Well, it looks like we all survived the Solar Eclipse! Quite a spectacular show! In addition, I hope that everyone who had a chance to go away for spring vacation had a fun time. April showers have fallen down upon us, and the spring flowers, along with tree buds, are beginning to sprout. Here comes allergy season!

### **The office will be closed on Monday, May 27, 2024 in observance of Memorial Day.**

The following are observances for the month of May: May Day 1<sup>st</sup>, Cinco de Mayo & Orthodox Easter 5<sup>th</sup>, Holocaust Remembrance Day & National Nurses Day 6<sup>th</sup>, National Teacher Appreciation Day 7<sup>th</sup>, World Migratory Bird Day 11<sup>th</sup>, Mother's Day 12<sup>th</sup>, Endangered Species Day 17<sup>th</sup>, Armed Forces Day 18<sup>th</sup>, Victoria Day 20<sup>th</sup>, National Waitstaff Day 21<sup>st</sup>, Full Moon (Flower) 23<sup>rd</sup>, National Scavenger Hunt Day 24<sup>th</sup>, and Memorial Day 27<sup>th</sup>.

**Lake Flower News:** Spring has arrived. Some of the early spring flowers are starting to sprout in the front of the high-rise. The Lake Flower Apartments had no tenants move-out, and one tenant move-in during the month of April.

**Algonquin News:** Annual recertifications are almost complete. Failure to complete your annual recertification is a lease violation and subjects the tenant family to lease termination. New rents will go into effect May 1, 2024. If all documents are not received by May 1, the new rents will be retroactive to May 1. Reminders: All pets must be approved by the Executive Director before becoming part of your household. The Pet Policy must be followed. Failure to do so is a violation of the Pet Policy and subjects the tenant family to removal of the pet or lease termination. It is your responsibility to make sure your children keep their toys, bicycles, etc. free of the sidewalks and entrances to your apartment. The Algonquin Apartments had two tenant families move-out (lease termination & Sheriff's eviction), and no tenants move-in during the month of April.

**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 Mother's Day and Memorial Day!!

## 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

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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**