

Happy Healthy Attitudes

May 2025
Volume 25, Issue 5

PATRICK'S NEWS

Spring Updates & Reminders 🌸

As the seasons change, we want to thank all our residents for doing their part to keep our communities clean and safe. Below are a few important updates for May.

Oversized Item Trash Removal – Last Resort Option

Please be reminded that the proper disposal of household trash is the responsibility of all tenants. All household garbage should be bagged and placed in the designated dumpsters or recycling containers provided on site.

To address rare situations involving *oversized items only* (such as couches, mattresses, or large furniture), HHA staff can provide a limited removal option as a **last resort**. This service is subject to staff and equipment availability and may be denied due to time or safety constraints.

Key Details:

- Tenants must be current on rent and provide **two weeks' notice**.
- A **\$60 flat fee** applies to all requests, plus **\$10 per small item** and **\$20 per large item**.
- **Hazardous items (paint, chemicals, batteries, etc.) will not be accepted.**

Improper dumping of any items at trash locations will result in fees and a **\$60 unauthorized dumping fine**.

⊘ Please do *not* rely on this service for regular household garbage. For service requests, use the form in the mailroom and submit it to the office.

Thank you for helping us keep Harrietstown Housing safe, clean, and welcoming.

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HHA BOARD OF COMMISSIONERS



Rich Loeber (Chair)
Carrie Bradley
James Edmonds
Rachel Karp
Johnna MacDougall
David Michael


TID BITS FROM ERIK SCHUE



Spring into the Outdoors!


After a long winter indoors, it's finally time to soak up some sunshine and fresh air! Getting outside can boost your mood, help you stay active, and connect you with neighbors and nature.

Here are some easy, moderate outdoor activities to enjoy this season:


  Take a brisk walk around the neighborhood or nearby parks


 Try some light gardening or help spruce up community flower beds


  Practice stretching or gentle yoga in the grass

 Visit a local fishing spot or walking trail

 Take photos of spring flowers and wildlife

 Bring the grandkids out to fly a kite or play catch

 Relax with a book or a coffee in the sunshine

 Take a bike ride (my favorite)

Whatever you choose, even a little time outside can do wonders for your mood and well-being. Let's make the most of the season—see you out there!

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

8 Health Benefits of Laughing, According to Neuroscience Research

By Leslie Finlay, MPA

1. Laughing reduces stress
2. Laughing promotes mental health
3. Laughing may lessen sensations of pain and discomfort
4. You get a mini workout
5. Laughter strengthens your lungs
6. Laughing boosts immunity
7. Laughing promotes heart health
8. Laughter could promote a healthier gut

For the full article see: <https://www.thehealthy.com/habits/health-benefits-of-laughter>

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."

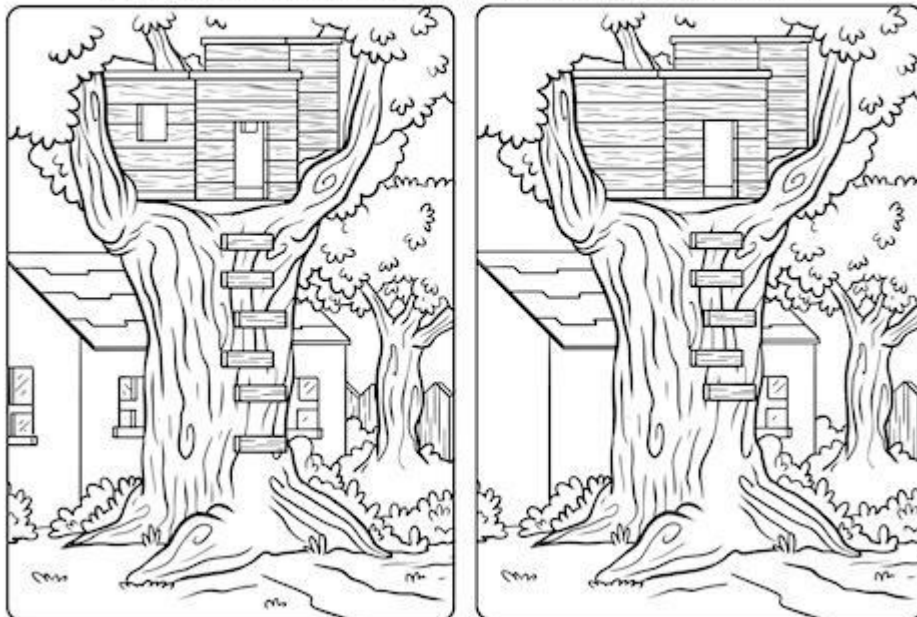


MAY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM				1	2	3
4	5 	6 2:00 pm Birthday Social	7	8	9	10
11 	12	13 8-3	14	15	16	17 
18	19	20	21 LHA Board Meeting 4pm	22	23	24
25 	26	27	28	29	30	31

SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



Free printable courtesy of PrintItFree.net

RESIDENT NEWS AND ISSUES...By Tammy Burdt

April showers bring May flowers, so they say. I do see some trying to poke out. I think the constant change of weather is freaking them out a little bit. Along with us humans. Hoping everyone had a nice spring break and happy Easter. Mother's Day will soon be upon us. Do not forget all those moms out there and all they do for their families. In addition, we have Armed Forces Day. Keep those veterans currently serving and those that have served in your thoughts and remember to thank them for their service. Paul Smith's and NCCC colleges will be holding their graduation ceremonies in May (PSC May 10th & NCCC May 17th). For those of you who are students and graduating, Congratulations!!

The Harriestown Housing Authority will be closed on Monday, May 26th in observance of Memorial Day.

The following are observances for the month of May: May Day 1st, Cinco De Mayo 5th, National Nurses Day & National Teacher Appreciation Day 6th, World Migratory Bird Day 10th, Mother's Day 11th, Full Moon (Flower) 12th, Endangered Species Day & Armed Forces Day 17th, Vitoria Day 19th, National Waitstaff Day 21st, National Scavenger Hunt Day 24th, and Memorial Day 26th.

Lake Flower News: The Lake Flower Apartments continues to work on the never-ending plumbing issues that exist with old pipes. Maintenance staff will be working on the outside of the building to spruce it up for the summer. Lake Flower Apartments had one tenant move-out, and two tenants move-in during the month of April.

Algonquin News: Annual Recertifications are almost complete. All annual recertifications were due and go into effect on May 1, 2025. Failure to recertify is a violation of your lease agreement and subjects you to lease termination. Spring clean-up time is upon us. If you have pets, remember to keep your backyards clean of pet feces. Be sure to dispose of it properly. Algonquin Apartments had zero tenant families move-out, and zero tenant families move-in during the month of April.

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! We are all in this together!

*****HAPPY 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

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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 kscriv@harrietstownha.org.

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

After Hours
Emergency Call Number
(518) 619-0720