



Harrietstown Housing Authority

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

Happy Healthy Attitudes

October 2021
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SARAH'S NEWS

Autumn is here. The sun's most direct rays have crossed the equator and are headed south to the Tropic of Capricorn. Part of me is screaming, "No!!!!!! I'm not ready to close the windows, turn on the heat, wear five layers of clothing, go to work and leave work in the dark, and, shovel, shovel, shovel!!!" But, another part of me, a very quiet part of me, is thinking hearty soups, curling up on the couch with a book, quiet cross-country skis, and crystal clear night skies. All of that is ok, I guess. I shout, "I can handle it!"

The Housing Authority is preparing for winter, too. David and John, in particular, are making their lists and checking them twice. One biggie is gearing up for snow and ice management.

Sadly, we are beginning our second autumn/winter with COVID-19. It's the guest that just won't leave. Weekend washing of my facemasks has become routine. While I'd rather not have to wear them, the facemasks do have advantages. In addition to providing extra protection against the horrible virus, they help keep the face warm and hide any spinach on one's teeth.

I encourage everyone to get vaccinated. If you need assistance finding a vaccination location, reach out to Irene. She can help you. I also encourage everyone to wear masks when indoors and outside your apartments. The numbers here are climbing.

We began the summer of 2021 thinking we almost had COVID beat. I'd like to enter the summer of 2022 knowing we have it beat. I want to store my face masks and never look at them again!

Be safe, please.

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HHA BOARD OF COMMISSIONERS

Jim Connolly (Chair)
Allen Dunham (Vice Chair)
Christine Conover
Emily Fogarty
Eugene O'Dell
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TID BITS FROM DAVID SIEGRIST

Fire Prevention Week is October 3rd -9th 2021.

We encourage all families to sit down and discuss the importance of fire safety with their children. Review fire safety materials sent home with kids and explore the internet for interactive sites that teach them what they need to know to stay safe. Please take the time to discuss what precautions should be taken and plan escape routes.

There has been some confusion about what to do in the event of a fire at the Lake Flower Apartments. Residents, please take time to review the placard that is on the backside of your entry door. This indicates the location of your apartment relative to the building layout. It also shows the location of exits, fire pull boxes and extinguishers.

High-rise buildings are constructed to be fire proof. It's the contents of the building which pose the major hazard. Should these materials catch fire, they may produce a lot of heat and smoke. The sprinkler system, that completely covers the Lake Flower complex, will be activated in specific areas if temperatures rise sufficiently, aiding in extinguishing the fire. Please be aware that smoke may still be present even if the fire is out.

If the fire is, in fact, in your apartment you should get everyone out of your unit and close the door. Pull the alarm if it is not already activated. Then proceed down the stairway to a safe location. The elevators will not be running normally as they are programmed to proceed to the first floor to let any passengers off and allow use by fire personnel. If the fire is not in your apartment follow the instructions on the back of your door. Do not proceed into smoke filled hallways. Close the door and seal the bottom with wet towels. Stay near windows to be visible to fire-fighters. If need be, you will be evacuated.

Both complexes are tied into a central alarm system that alerts the fire department directly should an alarm be activated and also has a local component which will sound in individual apartments. All of our internal systems are inspected annually and serviced accordingly with safety being our number one concern.

Should any one have any questions please feel free to contact me. Planning ahead can save your life.

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

6 Health Benefits of Getting Outside

www.thewellnessway.com

1. **Increases Your Vitamin D**—Spending time outside increases your vitamin D! When the sunlight hits your skin, the body synthesizes a hormone that plays a role in 1000 genes and numerous physiological processes. Those who are deficient in vitamin D are more likely to get colds and flu. They are also more likely to have more serious outcomes like pneumonia once they get sick.
2. **Boosts Your Mood**—Studies show that those who spend more time outside and in nature report being happier and more positive than those who don't get outside. Time outdoors boosts your serotonin which can help improve your mood. Outdoor time has also been shown to reduce stress, depression and anxiety. Spending just 20-30 minutes outside can greatly reduce cortisol, the stress hormone. Initial studies have shown there is potential to use nature to help those coping with major depression and PTSD.
3. **Getting Outdoors Helps You Sleep**—While spending time outside, you're exposed to natural sunlight which helps regulate your circadian rhythm. That's the rhythm that tells your body when it's time to get going in the morning and when it's time to chill out at night which means better sleep. Getting proper rest on a regular basis can help improve your overall health and your ability to handle stress.
4. **Need a Confidence Boost?** -This one might surprise you but being outside boosts self-esteem. Studies have shown that those who get out in nature more also have higher self-esteem and more positive body image. Confidence gets you going and when you are out there conquering the world, it leads to more confidence.
5. **Nature Improves Focus**—Technology makes it easier than ever to stay connected, and your brain is always moving right from one task to another. That's not always a good thing! Spending time in nature gives your brain a break and can help restore your focus. Some studies have shown that there is potential for nature helping children cope with ADHD.
6. **Improves Immunity**—Increasing Vitamin D, lowering stress, and better sleep can all add up to improved immunity. Do you know why people get sick more during the flu season? It's not because the season changed. It's because they are spending more time inside, stressing out and eating sugar. Spending time outside will help with 2 out of 3 of those. Getting outside is one of the ways to support your immune system.



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."



*Have you had your Cancer Screenings
this year?*

Free Cancer Screenings Available:

Clinical Breast Exam
Pap Test
Mammogram
Colorectal (FIT) Test or Colonoscopy
(depending on risk status)

Eligibility:

Women who are 40–64 years old without health insurance.
Men who are 50-64 years old without health insurance.

If positive results are found, coverage for cancer treatment is available to individuals who qualify.

It's easy to enroll. Just give us a call.

518-354-7621

RESIDENT NEWS AND ISSUES...By Tammy Burdt

COVID cases are still on the rise. Please be diligent and keep your distance and wear a mask wherever it is warranted. If you have not been vaccinated, please reconsider, for your health and safety, and the health and safety of others. Employment opportunities seem to be available everywhere you look; many businesses are reducing hours or even closing a few extra days a week due to staff shortages. The Housing Authority is still looking for a maintenance worker. So, if you know of anybody, please send them our way. The description and application can be found on our website at www.harrietstownha.org.

In September, the annual inspection and the annual fire extinguisher inspection were completed at both the Algonquin and Lake Flower Apartments. Thank you for your cooperation. The office will be closed Monday, October 11th in observance of Columbus Day.

Lake Flower News: Maintenance continues to make-ready apartments as they become available. The goal of the Housing Authority is to keep all units at full capacity, but this does become difficult with only one maintenance worker on staff. Please be patient. In the month of September, there was one tenant who moved out and one who moved in.

Algonquin News: The kids are back in school! Hope is all going well for them. Remember to watch out for stopped school buses and **do not park in front of the apartments or in the fire lanes.** Bus drivers need to safely pick-up and drop-off your children. I have noticed that some tenants have dressed up their entrances with some fall decorations. They look great! Halloween is fast approaching. Hopefully, downtown Saranac Lake will host the Trick-or-Treat event this year. The children missed out last year and it really is a well-attended event.

Happy Columbus Day and Happy Halloween! Remember to stay safe!



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

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Kathy Scriver



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