



Harrietstown Housing Authority

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

Happy Healthy Attitudes

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SARAH'S NEWS

When numerous people live in one building, conflicts are bound to happen. Here are some tips (taken from a number of websites) for getting along with neighbors:

1. **Make Yourself Clear.** When living in an apartment setting, it's important to have boundaries with your neighbors. If you are having issues with neighbors, let them know – using polite language, of course. For example, if a neighbor plays their music too loudly too frequently, ask them politely if they would lower the volume.
2. **Prioritize Communication.** As tempting as it can be to leave a note on someone's door, it's more effective to have an in-person conversation. Taking time to discuss the issue face-to-face allows both parties to get a better understanding of the issue and agree on a solution.
3. **Do Unto Others.** The Golden Rule. In essence, this means *Treat Others as You Would Like to be Treated*. Everyone needs to do their part to make this a great place to live. Be respectful of others – be aware of noise; don't leave personal items in common areas; dispose of trash/recyclables properly; and, of course, comply with the lease.
4. **Allow People to be Human.** Everyone has a bad day now and then. Don't be quick to assume someone's actions are meant to hurt or anger you.

If disputes arise between you and someone else:

1. **Be Responsible.** Do your best to discuss it face-to-face and calmly/politely.
2. **Own It.** If you are the one who caused the problem, apologize sincerely and take steps to ensure it won't happen again.
3. **Recognize Everyone is Different.** Thank goodness!

Happy Autumn!

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HHA BOARD OF COMMISSIONERS

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

TID BITS FROM DAVID SIEGRIST

Who would have ever thought the Harrietstown Housing Authority would be so hip with its primary heating system for virtually all of its 113 apartments at the time our projects were constructed?

Environmentally friendly, 100% efficient, intrinsically safe, allowing flexibility in heating specific zones, fairly maintenance free and not subject to damage from freezing. Yes, the answer is electric heat. Not sure if it's endorsed by Elon Musk, but hey, it's cool. Or, I guess hot!

While electric is the way of the future, it still costs money to operate and all should conserve its use as much as possible.

Close doors to rooms when not in use. Don't leave entry doors open. Don't use windows to cool rooms down when heat is running. And consider using an extra layer of clothing to get comfortable. And save some money in the process.

We all must remember electric energy needs to be conserved to power up or charge your personal robot which is just around the corner! I'm sure that is endorsed by my friend Elon. Or Boston Dynamics! Or both!!

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

Walking: Trim your waistline, improve your health

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art->

Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

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

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."

Northeastern NY

Cancer Services Program

Your partner for cancer screening, support and information





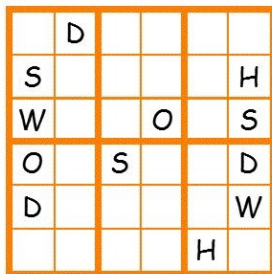
OCTOBER 2023



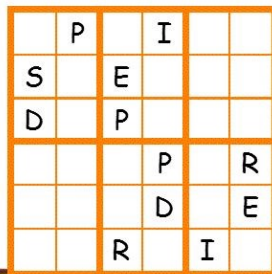
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8		10 8-3 WIC Clinic	11	12	13	14
15	16	17	18 HHA Board Meeting 4pm	19	20	21
22	23	24 8-3 WIC Clinic	25	26	27	28
29	30		<div> <p>RED: ALGONQUIN COMMUNITY ROOM</p> <p>PURPLE: L.F. COMMUNITY ROOM</p> <p>GREEN: L.F. BOARD ROOM</p> </div>			

Halloween Sudoku

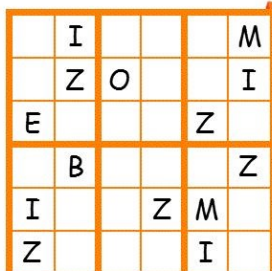
Fill in the grids so that each column, row, and box contains one and only one of the letters from the given word.



SHADOW



SPIDER



ZOMBIE



ORANGE



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Fall has arrived!! Too soon if you ask me, but beautiful all the same!! The chilly nights are bringing out the colors. Here is hoping that everyone got to get out and do what they wanted to over the summer.

All tenants: remember the new lease provisions went into effect on September 4, 2023.

The office will be closed on Monday, October 9th in observance of Columbus Day.

The following are observances and events for the month of October: Child Health Day 2nd, World Smile Day 6th, Columbus/Indigenous Peoples' Day 9th, National Stop Bullying Day 11th, Boss's Day 16th, National Pumpkin Day 26th, National Make A Difference Day & Full Moon (Hunter's) 28th, and Halloween 31st.

Lake Flower News: The new awnings have been installed and they look great! What an improvement to go with the new façade. Reminder: there is no smoking under the awnings, even if it is raining or snowing out. Smoking must be done off property. Lake Flower had one tenant Sheriff eviction, and one move-in during the month of September.

Algonquin News: The architect and engineering firm continue to work on solving the parking lot issue. Things are moving along. I am looking forward to seeing what Halloween decorations pop up. There are definitely a lot of ghost and goblins up there. The Algonquin apartments had one tenant move-in, and no tenants move-out during the month of September.

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.

Reminder: Please make sure your rent is paid. If you are having difficulties, please call the office and set up a repayment agreement if necessary.

Happy Fall and have a Happy and Safe Halloween!



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

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Tammy Burdt

HOUSING CHOICE VOUCHER SPECIALIST RESIDENT SERVICES COORDINATOR

Irene Snyder

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David Siegrist

MAINTENANCE STAFF

John Burns
Patrick Giblin

ACCOUNT CLERK

Kathy Scriver



Harrietstown Housing Authority

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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