

## Happy Healthy Attitudes

October 2025 Volume 25, Issue 10

## PATRICK'S NEWS

Fall is here in the North Country! ② With the cooler weather arriving, we have a few updates and reminders for all residents:

#### **Heating Season Reminder**

As cooler weather sets in, please be sure to keep windows closed and heaters clear of furniture or belongings. If you notice any issues with your heat, contact the office right away so maintenance can respond quickly.

#### **Parking Lot Conduct**

We have received multiple complaints regarding yelling and disrespectful comments from individuals using the tenant parking lot at the Lake Flower Apartments to hang out. While we are supportive of residents having a designated smoking area in the parking lot, the disruptive behavior witnessed by HHA staff must stop.

If these issues continue, the parking lot will be reserved for parking only, and all loitering will be prohibited. Please remember that residents are responsible for the actions of their guests, and any negative behavior from guests will result in consequences for the hosting resident.

Thank you for your cooperation in helping us keep our community safe and respectful.

Wishing everyone a safe and warm October.

**Patrick** 

#### Inside this issue

Patrick's News	1
Tidbits from Erik	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)
Johnna MacDougall (Vice)
Carrie Bradley
James Edmonds
Rachel Karp
Theresa Landry
David Michael

## FROM THE MAINTENANCE DIRECTOR: ERIK SCHUE

Fall has arrived, bringing cooler days, colorful leaves, and plenty of seasonal activities to enjoy. It's the perfect time for apple picking, pumpkin carving, or just taking a walk to admire the changing scenery.

Around the property, we'll be preparing for the season ahead and keeping everything in good shape. We hope you find time to enjoy the cozy side of autumn—whether that means baking a fall treat, sipping a warm drink, or simply relaxing and taking in the view.

Wishing everyone a happy and enjoyable fall!



# 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**

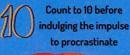
## 10 WAYS TO EFFECTIVELY **OVERCOME PROCRASTINATION**

Get yourself started by believing in your ability to succeed

Set out several concrete deadlines for yourself

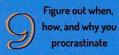
Eliminate various distractions from your environment

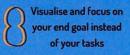
Break large tasks into small and medium actionable pieces





Remember to reward yourself for your accomplishments





Avoid a perfectionist mindset and implement your plan

Mark streaks of days on which you complete all your tasks



#### **Effects of Procrastination**

Creating Limiting Beliefs When you put something off and continue to do so, you start to create and then reinforce limiting beliefs about yourself.



Blowing Opportunities

Most opportunities only come around once. If you procrastinate to take on it, you may never have a second chance.



Sabotaging Your Goals

If you don't follow through your goals because of procrastination, you reduce the possibility to better your



**Ruining Your Career** Procrastination may prevent you from meeting deadlines or achieving your monthly targets, and end up being detrimental to your career.



**Lowering Your Self-Esteem** 

When you procrastinate and fall to achieve what you need, you begin to self-sabotage and doubt yourself even more.



Making Poor Decisions

When you delay making decisions, you are forced to make rush decisions without having analyzed the situation clearly.



**Damaging Your Reputation** 

When you keep saying you will do something and you don't, your reputation gets tarnished. Nobody wants empty promises.



Risking Your Mental Health

If you procrastinate too much with something, it will most likely start to stress you out and cause anxiety.



Risking Your Physical Health

When you put off building healthy habits like exercising regularly and eating healthlly, you negatively impact your health.



Losing Precious Time

Every time you put off your dreams and goals or delay tasks, you are wasting precious time you will never get back.



Ruining Relationships

When you put off time with your loved ones, they lose trust in you gradually.



#### 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.

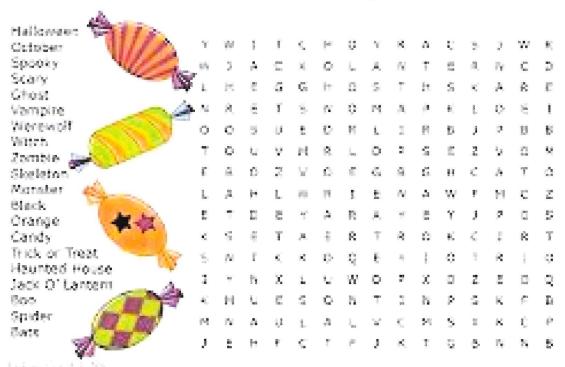
You must be at least 18 years old, and a United States citizen or a non-citizen who has eligible immigration status. Single persons are eligible, as well as households with or without children. HUD commonly refers to a household as a "family," so don't let that term confuse you. A "family" consists of one or more persons, and having children is not required to be considered a "family."



# OCTOBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	IN COMMUNITY ROMMUNITY ROMARD ROOM	DΜ	1	2	3	4
5	6	2:00 pm Birth day Social	8	9	10	11
12	* We will be CLOSED on Calumbus Day *	14	$15^{\!\scriptscriptstyle ext{HHA Board}}_{\!\scriptscriptstyle ext{Meeting}}$	16 goss	17	18
19	20	21	22	23	24	25
26	27	28	29	30	HATE WEEK 31 OCTOBER	

# HALLOWEEN WORD SEARCH



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

Welcome Fall! The colors are so beautiful this year, even with drought like conditions. Hope everyone is getting a chance to see them before they are all gone. Maintenance has been working their tails off trying to get vacant units ready for occupancy at both the Lake Flower and Algonquin Apartments on top of performing regular maintenance. A big thank you for all that they do!

Big projects are in the planning stages but are not put into fruition yet. We will keep you all informed as the time gets closer. The Tenants Services Committee continues to spruce up the community room at the Lake Flower Apartments. Anyone with ideas for activities for the tenants is asked to contact the committee members or drop a suggestion off to Irene Snyder at 518-891-3050, extension 105 or isnyder@harrietstownha.org and she will pass it along.

The Harrietstown Housing Authority will be closed on Monday, October 13<sup>th</sup> in observance of Columbus & Indigenous People's Day.

The following are observances for the month of October: Yom Kippur 1<sup>st</sup> & 2<sup>nd</sup>, World Smile Day 3<sup>rd</sup>, Child Health Day 6<sup>th</sup>, Full Moon (Hunter's) 6<sup>th</sup>, National Stop Bullying Day 8<sup>th</sup>, Columbus & Indigenous People's Day 13<sup>th</sup> (Office Closed), Boss's Day 16<sup>th</sup>, Sweetest Day 18<sup>th</sup>, Diwali 20<sup>th</sup>, National Make a Difference Day 25<sup>th</sup>, National Pumpkin Day 26<sup>th</sup>, and Halloween 31<sup>st</sup>.

<u>Lake Flower News</u>: Lake Flower Apartments had four tenants move-out, and one tenant move-in during the month of September.

<u>Algonquin News</u>: Algonquin Apartments had two tenant families move-out, and one tenant family move-in 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.

Please be kind to others! We are all in this together!

#### **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

#### MAINTENANCE DIRECTOR

Erik Schue

#### **MAINTENANCE STAFF**

John Burns Jeremy Charland

#### ACCOUNT CLERK

Kathy Scriver



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 news-letter. 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

# October 2025

## Franklin County Meals Program

Monday	Tuesday	Wednesday	Thursday	Friday
		Chef's Choice	Sweet Sausage w/ Onion, peppers, sauce Herbed Sweet Potatoes/Green Beans Lemon Pudding Cheese Cubes	3 Chicken Pot Pie Diced Carrots Tropical Fruit Bake <i>Milk/Milk Alt</i> .
Swedish Meatballs over mashed Broccoli Strawberry Banana Crisp <i>Milk/Milk Alt</i> .	Amish Breakfast Casserole Chef's Veg	Spaghetti w/ Meat Sauce Garlic Biscuit Apple Bake Tossed Salad <i>Milk/Milk Alt</i> .	9 Chicken Enchiladas Rice Spinach Homemade Cookie	Canadian Thanksgiving Turkey Dinner Mashed/Stuffing Gravy/Mixed Veg Milk/Milk Alt.
Center's Closed	Canadian Slaw Dog	1	Pizza Muffins Green Beans	17 BBQ Cowboy Beans Rice Bahama Blend Oatmeal Raisin Bar <i>Milk/Milk Alt</i> .
20 Glazed Drumsticks Rice Chef's Vegetable Ice Cream <i>Milk/Milk Alt</i> .	Philly Cheesesteak M/O/P Potato Wedges	Spaghetti w/ meat sauce Garlic Biscuit Peaches w/ cinnamon Tossed Salad Milk/Milk Alt.	BBQ Pork Sandwich/Sweet Potato Wedge Broccoli w/ Cheese Pineapple Cheese Cubes	Michigan's French Fries Mixed Veg Mousse Milk/Milk Alt.
Chicken Parmesan Herbed Potatoes Beets Chocolate Banana Cake Milk/Milk Alt.	Open Roast Beef Sandwich Mashed Potatoes/ Gravy		Vegetable Lasagna Chef Vegetable Smores Bake	Chef's Choice

#### MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Menu subject to change without notice. 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. Reservations requested in advance, but NO LATER than 9 a.m. the day of attendance. 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