



Happy Healthy Attitudes

October 2025
Volume 25, Issue 10

PATRICK'S NEWS

Fall is here in the North Country! ☁️ 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

- 
- 1 Get yourself started by believing in your ability to succeed
 - 2 Set out several concrete deadlines for yourself
 - 3 Eliminate various distractions from your environment
 - 4 Break large tasks into small and medium actionable pieces
 - 5 Remember to reward yourself for your accomplishments
 - 6 Mark streaks of days on which you complete all your tasks
 - 7 Avoid a perfectionist mindset and implement your plan
 - 8 Visualise and focus on your end goal instead of your tasks
 - 9 Figure out when, how, and why you procrastinate
 - 10 Count to 10 before indulging the impulse to procrastinate

CAMHS

Effects of Procrastination

- 1 **Creating Limiting Beliefs**
When you put something off and continue to do so, you start to create and then reinforce limiting beliefs about yourself.
- 2 **Blowing Opportunities**
Most opportunities only come around once. If you procrastinate to take on it, you may never have a second chance.
- 3 **Sabotaging Your Goals**
If you don't follow through your goals because of procrastination, you reduce the possibility to better your life.
- 4 **Ruining Your Career**
Procrastination may prevent you from meeting deadlines or achieving your monthly targets, and end up being detrimental to your career.
- 5 **Lowering Your Self-Esteem**
When you procrastinate and fail to achieve what you need, you begin to self-sabotage and doubt yourself even more.
- 6 **Making Poor Decisions**
When you delay making decisions, you are forced to make rush decisions without having analyzed the situation clearly.
- 7 **Damaging Your Reputation**
When you keep saying you will do something and you don't, your reputation gets tarnished. Nobody wants empty promises.
- 8 **Risking Your Mental Health**
If you procrastinate too much with something, it will most likely start to stress you out and cause anxiety.
- 9 **Risking Your Physical Health**
When you put off building healthy habits like exercising regularly and eating healthily, you negatively impact your health.
- 10 **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.
- 11 **Ruining Relationships**
When you put off time with your loved ones, they lose trust in you gradually.

United

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 |
|---|---|---|--------------------------|-------------|---|-----|
| 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 | 8 | 9 | 10 | 11 |
| 12 |  | 14 | 15 HHA Board Meeting 4pm | 16 Boss Day | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |  | |

HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

Haunted House

Jack O' Lantern

Boo

Spider

Bats



| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | W | I | C | H | B | Y | K | A | C | S | J | W | R | |
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| L | H | E | G | G | H | D | S | T | H | S | K | A | R | E |
| N | A | E | T | S | N | O | M | A | P | E | L | O | E | I |
| O | O | S | U | B | O | H | L | I | R | B | J | P | B | B |
| T | O | U | V | H | R | L | O | P | S | E | Z | V | O | M |
| F | A | O | Z | V | O | E | G | G | S | H | C | A | T | O |
| L | A | H | L | H | R | I | E | N | A | W | F | H | C | Z |
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| K | H | U | E | S | O | N | T | I | N | P | S | K | P | D |
| M | N | A | U | L | A | L | V | C | M | S | E | K | C | P |
| J | E | H | F | C | T | P | J | K | T | O | S | N | N | B |

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@harriestownha.org and she will pass it along.

The Harriestown Housing Authority will be closed on Monday, October 13th in observance of Columbus & Indigenous People's Day.

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

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

Algonquin News: 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 newsletter. 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 |
|--|--|---|--|---|
| | | 1 Chef's Choice | 2 Sweet Sausage w/ Onion, peppers, sauce Herbed Sweet Potatoes/Green Beans Lemon Pudding <i>Cheese Cubes</i> | 3 Chicken Pot Pie Diced Carrots Tropical Fruit Bake <i>Milk/Milk Alt.</i> |
| 6 Swedish Meatballs over mashed Broccoli Strawberry Banana Crisp <i>Milk/Milk Alt.</i> | 7 Amish Breakfast Casserole Chef's Veg Muffin Fruited Jello | 8 Spaghetti w/ Meat Sauce Garlic Biscuit Apple Bake Tossed Salad <i>Milk/Milk Alt.</i> | 9 Chicken Enchiladas Rice Spinach Homemade Cookie | 10 <u>Canadian Thanksgiving</u> Turkey Dinner Mashed/Stuffing Gravy/Mixed Veg <i>Milk/Milk Alt.</i> |
| 13 Center's Closed | 14 Canadian Slaw Dog Poutine Cauliflower Watermelon <i>Cheese Stick</i> | 15 Meatball Sub Peas & Carrots Warmed Brownie Chips <i>Milk/Milk Alt.</i> | 16 Pizza Muffins Green Beans Banana Chocolate Chip Bread Pudding | 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> | 21 Philly Cheesesteak M/O/P Potato Wedges Beets Peach Fluff | 22 Spaghetti w/ meat sauce Garlic Biscuit Peaches w/ cinnamon Tossed Salad <i>Milk/Milk Alt.</i> | 23 BBQ Pork Sandwich/Sweet Potato Wedge Broccoli w/ Cheese Pineapple <i>Cheese Cubes</i> | 24 Michigan's French Fries Mixed Veg Mousse <i>Milk/Milk Alt.</i> |
| 27 Chicken Parmesan Herbed Potatoes Beets Chocolate Banana Cake <i>Milk/Milk Alt.</i> | 28 Open Roast Beef Sandwich Mashed Potatoes/ Gravy Fresh Carrots Ice Cream <i>Cheese stick</i> | 29 NYS Fair Chicken Rice Brussel Sprouts Peanut Butter Bar <i>Milk/Milk Alt.</i> | 30 Vegetable Lasagna Chef Vegetable Smores Bake | 31 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