

## HEALTHY HAPPY ATTITUDES

Volume 17 Issue 11  
November 2017

Harrietstown Housing Authority  
[www.harrietstownha.org](http://www.harrietstownha.org)



### **Sarah's News**

In the Lake Flower Apartments, every apartment has pull cords and smoke detectors that, when activated, sound an alarm that can be heard throughout the building. The pull cords are there for your use in the event of an emergency. Yes, on occasion, the pull cord is activated inadvertently - a cat may pull the cord; a blanket or towel may hit the switch. But, more often than not, a human tenant flips the switch or pulls the cord. The smoke detectors activate the alarm when, you guessed it, they detect smoke.

The alarm sounds the same, whether it's the pull cord or the smoke detector.

When an alarm is activated during regular business hours, staff respond.

If you are a person in need of assistance during non-business hours, you may or may not have options. If you're able, it is probably better for you to call a friend/family member or 911 to request assistance. If, for whatever reason, you're unable to do that, pulling the cord may be your only option. If you pull the cord, you do so because you want someone to respond. At a minimum, that person can call 911.

When an alarm is activated during non-business hours, I hope all who hear it think of the Golden Rule.

I guess most all of you have heard of the Golden Rule. While there are numerous versions, the sentiment is the same: treat others as you would like them to treat you.

In recent weeks, the alarm sounded early one weekday morning, before 7:30 and staff's arrival. The individual who pulled the cord needed assistance. I do not know at what time the person pulled the cord; but, the alarm was sounding when I walked in the door at 7:15. No one had responded.

No one went to this person's aid. Again, calling 911 is all that would be needed. If it had been you, what would you want others to do?

I ask you; I beg you: when someone needs help, think about the shoe being on the other foot. Ask yourself, what if you needed help? When you have that answer, do the same for the one needing help now.



## HHA BOARD OF COMMISSIONERS

Chairperson: Emily Fogarty  
Dave Bauer  
Jim Connolly  
Allen Dunham  
Cecilia Meyer  
Eugene O'Dell  
Dan Ruchkin

## HHA OFFICE HOURS

9:00am- 11:30am

And 1:00pm—3:30pm

After hours

**Emergency** call  
number  
**518-923-1082**

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\* **Harrietstown Housing Authority** \*  
\*  
\* EXECUTIVE DIRECTOR \*  
\* Sarah A. Clarkin \*  
\* HOUSING ASSISTANT \*  
\* Debbie Zerrahn \*  
\* HOUSING CHOICE VOUCHER SPECIALIST \*  
\* RESIDENT SERVICES COORDINATOR \*  
\* Irene Snyder \*  
\* FACILITIES MANAGER \*  
\* David Siegrist \*  
\* MAINTENANCE STAFF \*  
\* John Burns \*  
\* Robert Mathers \*  
\* ACCOUNT CLERK \*  
\* Tammy Burdt \*  
\*\*\*\*\*

## TID BITS FROM DAVID SIEGRIST

**N**ow is the time for the snow to begin to fall.

**O**utdoor activities will change from swimming in the lake to skating on the lake.

**V**ariables in the weather will make travel dicey at times.

**E**veryone should invest in a good set of snow tires with the mountain symbol to get around the slippery passes.

**M**y wife got a new set delivered by UPS right to our door!

**B**olting them on the car will be good exercise for her.

**E**ver say something stupid in a newsletter.

**R**ight now may be that time.



**RESIDENT NEWS AND ISSUES...By Debbie Zerrahn**

November 11, Veterans Day, a very important day to remember. Without our military and our Veterans, we would not be the land of the free. Please take a moment to remember and honor someone who has served in the military. I would like to honor my father and my brother, who served in the Navy, and my two sisters, who served in the Air Force. Thank you for your service to this great nation. If you get a chance, stop by the high-rise to see our annual tribute to current and past family and friends who serve or who have served in the military. Irene Snyder does a wonderful job with the display.



Well, October was a great month for beautiful weather and awesome fall colors on our trees. I hope you enjoyed the changing leaves. Here's hoping November's weather will be great, too. Inspect your doors and windows to see if weather stripping is needed. If so, contact the work order system at 518-891-3050 extension 103.

Lake Flower residents, you will be receiving your scheduled appointments for your annual re-certifications. Start getting your information together!

Yes, it is that time of the year...Christmas will be here in less than two months. Please plan accordingly to make sure your December rent is paid on time.

Happy Thanksgiving to you and your family. BE SAFE.



## **WORK ORDERS**

**Please remember to call the office at**

**518-891-3050 option 3**

**For a work order.**

**This is the only way to schedule your  
maintenance needs.**

## IRENE'S THOUGHTS



Save The Date!! The Annual Harvest dinner will be held on December 14, 2017 for all Lake Flower Apartments' residents.

At the Lake Flower Apartments, we enjoy honoring Veterans by posting their pictures in the first floor lobby. If you are a Veteran, or, family or close friends are Veterans, please bring a picture to Irene. She will make a copy of your original and add the picture to our display.



### **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 [tburdt@harrietstownha.org](mailto:tburdt@harrietstownha.org). The newsletter is also available on the website: [www.harrietstownha.org](http://www.harrietstownha.org)

### **EHRlich PEST CONTROL INSPECTIONS**

**Notices of inspections will be distributed.**

PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF  
YOU ARE  
MAINTAINING YOUR APARTMENT IN A CLEAN,  
SAFE AND SANITARY  
CONDITION IN ACCORDANCE WITH YOUR LEASE.

### **ARE YOU A VICTIM OF UNWANTED TELEMARKETING CALLS?**

CALL THE NATIONAL DO NOT CALL REGISTRY

**1-888-382-1222**



**Do Not Call  
Register**

**REMEMBER, YOU MUST CALL FROM YOUR  
PHONE IN ORDER TO BE PLACED ON THE DO  
NOT CALL REGISTRY LIST**

# November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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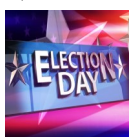
**Please pay your rent on time.**

5



6

7



8

9

10

**Office  
Closed**



12

13

14

**WIC  
9AM**

15

**HHA  
Board  
Meeting  
4:00PM**

16

17

18

19

**20**

**21**

22



**Office  
Closed**

**24**

*Office  
Closed*

26

27

28

**WIC  
9AM**

*29*

**30**

**RED: ALGONQUIN COMMUNITY ROOM**

**PURPLE: L.F. COMMUNITY ROOM**

**GREEN: L.F. BOARD ROOM**



**The Harrietstown Housing Authority  
has apartments for rent in the Lake Flower  
High-rise and Algonquin Apartment Complex.**

**Additionally, we have a Housing Choice Voucher program  
that may assist you with your monthly rent in the  
community.**

**For additional information and to obtain an application  
please contact us at 518-891-3050 or stop by the office at  
14 Kiwassa Road, Saranac Lake.**

**You may also go online at [www.harrietstownha.org](http://www.harrietstownha.org).**

***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.***

***518-891-4471 ext. 3016***

**Franklin and Essex Counties**

**Cancer Services Program**

**Your partner for cancer screening, support and information**





**RIDDLES**

- 1) I can run but not walk.  
Wherever I go thought  
follows close behind.  
What am I?
- 2) What is harder to catch the  
faster you run?
- 3) If a plane crashes in Niag-  
ara Falls, on the border  
between the US and Cana-  
da, where do they bury the  
survivors?
- 4) Why did the quarterback  
throw his alarm clock out  
of the window?
- 5) A woman and a man are  
sick of their families, so  
they get a cabin in the  
woods and go to elope.  
After a month, the woman  
decides she doesn't want  
to elope. What does she  
leave her man in the cabin  
to tell him?
- 6) Once a zulu met a zulu in  
zulu land. Said the zulu to  
the zulu, how many z's in  
that?
- 7) What loses its head in the  
morning, but gets it back  
at night?

**\*\*\*Answers Can Be Found  
On The Back Cover\*\*\***

[www.4riddles.com](http://www.4riddles.com)

**THANKSGIVING JOKES**

- 1) What kind of music did  
the Pilgrims like?
- 2) If April showers bring  
May flowers, what do  
May flowers bring?
- 3) Why was the Thanksgiv-  
ing soup so expensive?
- 4) What happened when the  
turkey got into a fight?
- 5) What do you get when  
you cross a turkey with a  
banjo?
- 6) If the Pilgrims were alive  
today, what would they  
be most famous for?
- 7) Why do the pants of pil-  
grims keep falling down?
- 8) What did the mama tur-  
key say to her naughty  
son?
- 9) Why did the police arrest  
the turkey?
- 10) What sound does a space  
turkey make?
- 11) What sound does a tur-  
key's phone make?
- 12) What did the turkey say  
to the computer?

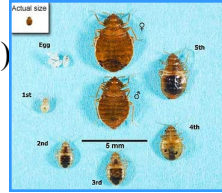
**\*\*\*Answers Can Be Found  
On The Back Cover\*\*\***

[www.jokes4us.com](http://www.jokes4us.com)

### Bed Bug Information Center

#### ***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.

**What's For Dinner?**



## HARRIETSTOWN HOUSING AUTHORITY



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Saranac Lake, NY 12983

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[www.harrietstownha.org](http://www.harrietstownha.org)

### Answers to: [Riddles](#)

- 1) A nose.
- 2) Your breath.
- 3) You don't bury survivors.
- 4) He used a time out.
- 5) A cantaloupe.
- 6) 0-There are no z's in "that".
- 7) A pillow.



### Answers to: [Thanksgiving Jokes](#)

- 1) Plymouth Rock
- 2) Pilgrims
- 3) It had 24 carrots.
- 4) He got the stuffing knocked out of him!
- 5) A turkey that can pluck itself!
- 6) Their AGE!
- 7) Because their belt buckles are on their hats!
- 8) If your papa could see you now, he'd turn over in his gravy!
- 9) They suspected it of fowl play.
- 10) Hubble, Hubble, Hubble!
- 11) Wing! Wing!
- 12) Google, google, google!