

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

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www.harrietstownha.org

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Sarah's News

With the arrival of cold weather, my thoughts turn to weather-proofing the home, big pots of homemade soup, knitting, and curling up with the dog.

Heating the home and conserving heat can be challenging. At the Housing Authority, we want everyone to be comfortable but we do not want anyone to be wasteful. Here are some energy tips:

1. Set thermostats no higher than 72 degrees during the day; no higher than 68 if away for the day.
2. Set thermostats no higher than 68 while sleeping.
3. Turn off lights when leaving.
4. Turn off TVs, radios, and other electronic devices when leaving.
5. Lower blinds at night and on cloudy days.
6. Open blinds on sunny days.
7. Wear a sweater!
8. DO NOT crank up the thermostat and open windows.

At the Lake Flower Apartments, the Housing Authority pays for the heat – I see the bills and I sign the checks. The more we pay for heat, the less money we have for other things! At the Algonquin Apartments, tenants pay for the heat – the less heat you use, the more money you save!

Now for a more appealing topic – big pots of homemade soup. I try to make a big pot of soup every weekend. Minestrone, black bean, lentil, split pea, butternut squash, white bean/escarole. Oh, the list is endless. It's so comforting to have a bowl of soup while watching the snow (or sleet, or freezing rain) come down.

And, knitting....don't get me started. I love to knit but don't knit nearly as much as I used to. I think about it a lot, though. Maybe some mittens? A wool vest? Hmmmm.

And, curling up with the dog? After the bowl of soup is finished, curling up with the pup on the floor is The Best. Some quiet time with The Boy. Joy.

Yes, the cold weather seems to be here; but, there are so many things to keep us warm.



HHA BOARD OF COMMISSIONERS

Chairperson: Jim Connolly
Dave Bauer
Allen Dunham
Emily Fogarty
Agnes "Liz" Latour
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

* **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

To the victor belongs the spoils. Well sort of. It's not really a victory because you have also lost something. It also makes you have to expend more energy.

What the heck is he talking about now? I'm talking about apartment turn over in public housing and beyond.

There are times, due to unforeseen circumstances, and others, like, not paying the rent and you are nicely asked to leave, that the landlord is left with an apartment full of goodies.

This isn't an easy job to perform because there is no clear place to start. Stuff is everywhere and it all has to go.

Cool they left a combo boom box CD and cassette tape player! Crank it up! Hey only one speaker works. No problem my friend. Under that pile of clothes is another smaller boom box. Crank it up! Instant redneck stereo. Awesome.

Hey, looks like there is some OK canned food here. And look 6 bottles of shampoo all unopened. Wasn't that guy bald? Yeah, he was, that's why there are 6 bottles of unopened shampoo! What else do we have?

Music, CDs, movies, DVDs, some cassette tapes! Those are a little too old school. Down the chute. Pots and pans and glassware, oh my. Forks and spoons and knives and pie. The pie looks a little bad. It's been on the counter for 3 weeks. Can't really tell what kind it is thru the green moldy covering. Down the chute.

I must say there is a certain amount of satisfaction derived from launching an already broken coffee mug down the chute...Bombs away.

Clothes, Clothes, Clothes. Not my size. Bag it up. To the goodwill box, or yes, down the chute.

Hey, more electronics, 40" Sony Trinitron, circa 2004! Sweet. Get the truck ready. Hang that curve on the Forest Home Road tight. Goodbye. No, we don't actually do that. We add it to the pile of 35 others and have it recycled in an environmentally friendly manner.

Books and papers and papers and papers and papers. And another "book" we never send down the chute. We have a special place for that book. We got a bunch of them.

Finally, we have some furniture. There's a chair and another non-matching chair and a bed and a couch and a 70's lazy boy.

You know what? Those would look great at my house. I'll come get them on my own time and my wife will be very happy! She says we need a new couch.

Wow, it looks great in here. Feet up. Bottle of beer. Four dogs and a **Merle Haggard** CD. Life is good.

Have a nice day! It's going to be a long night!



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

All the colorful leaves are gone. Hope you were able to get out and enjoy them. The white stuff has started to fall a bit with a lot more to come. Hope you were able to clean up your backyards of all the summer clutter before it gets covered with snow.

November 11 is Veteran's Day. I'd like to thank all our past and current military friends for keeping us safe. If you get a chance, please participate in the Veteran's Day services around our area.

Everyone received a reminder to get your rent in on time to avoid the unpleasant late notices or the dreaded eviction notice. Holidays are a tough time for everyone. Let's make sure looking for a new apartment is not added to your to-do list.

The office will be closed November 12, 22 and 23. If you need paperwork from the office, plan accordingly.

Recertification letters for the Lake Flower High-rise will be delivered soon. Please mark your calendar for your appointment date. If you are unable to make that date, please contact the office by December 3rd to reschedule.



HAPPY THANKSGIVING.....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



November brings the start of the busy holiday seasons. There will be plenty of turkey dinners to enjoy with friends and family. Please be mindful of your neighbors who may need some company — Just taking 5 minutes to say Hi may make their day.

Think about 3 things a day that you are thankful for.

Each year the Lake Flower Apartments honors our Veterans, by displaying their pictures in the lobby. If you would like your picture, or a family member's picture, to be part of the display, bring your picture to me, and I will be sure it becomes part of the 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. The newsletter is also available on the website: 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**

A decorative banner for the month of November. The word "November" is written in a white, serif font with a brown outline, set against a background of orange pumpkins, green leaves, and brown acorns.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Please pay your rent on time.						
4 	5	6 	7	8	9	10
11 	12 	13 WIC 9AM	14 HHA Board Meeting 4:00 PM	15	16	17
18	19	20	21	22 	23 Full Moon Office Closed	24
25	26	27 WIC 9AM	28	29	30	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>RED: ALGONQUIN COMMUNITY ROOM</p> <p>PURPLE: L.F. COMMUNITY ROOM</p> <p>GREEN: L.F. BOARD ROOM</p> </div>						



**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.

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) What runs around all day, then lies under the bed with its tongue hanging out?
- 2) I help you from your head to your toe. The more I work, the smaller I grow. What am I?
- 3) I have a head and a tail that will never meet. Having too many of me is always a treat. What am I?
- 4) Forwards I am heavy, I sure weigh a lot. But when I'm backwards, I certainly am not. What am I?
- 5) I sound like one letter but I'm written with three. I show you things when you look through me. What am I?
- 6) I may have eyes but I don't use them to see. I live in the dark until you have need of me. What am I?
- 7) I don't have eyes but once I did see. Once I had thoughts, but now I'm empty. What am I?

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

www.laffgaff.com

JOKES

- 1) What do you call four bullfighters standing in quicksand?
- 2) What do you call a belt with a watch on it?
- 3) Why couldn't the pony sing himself a lullaby?
- 4) What did the judge say when the skunk walked in the court room?
- 5) How do hens cheer for their team?
- 6) What did the janitor say when he jumped out of the closet?
- 7) Why do fish live in salt water?
- 8) Why did the birdie go to the hospital?
- 9) Why did the man with one hand cross the road?
- 10) What happened to the dog that swallowed a firefly?
- 11) What did the little mountain say to the big mountain?
- 12) Why did the girl smear peanut butter on the road?

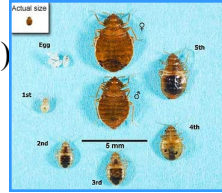
*****Answers Can Be Found
On The Back Cover*****

www.quickfunnyjokes.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.

FALL ANIMALS



HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

www.harrietstownha.org

Answers to: Riddles

- 1) A shoe
- 2) A bar of soap
- 3) A coin
- 4) A ton
- 5) An eye
- 6) A potato
- 7) A skull



Answers to: Jokes

- 1) Quattro Sinko!
- 2) A waist of time!
- 3) He was a little hoarse!
- 4) Odor in the court!
- 5) They egg them on!
- 6) Supplies!
- 7) Because pepper makes them sneeze!
- 8) To get a tweetment!
- 9) To get to the second hand shop!
- 10) It barked with de-light!
- 11) Hi Cliff!
- 12) To go with the traffic jam!

