

HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 18 Issue 10

www.harrietstownha.org

October 2018

Sarah's News

Looking back at previous newsletter articles, in January of 2017, as the Lake Flower elevator modernization project was nearing its end, I wrote:

In 2017, the assessment of the Lake Flower Apartments' façade will take another step forward. Once the cause of the deterioration is identified, work to repair and stabilize the brick and concrete façade is planned. Fear not, the brick façade has no role in supporting the building!

The Housing Authority's architectural/engineering firm prepared a report that identified two main causes of the façade's deterioration: the type of brick used and the way the building was constructed. The cost of the recommended fix? Just under \$2 million. With the report and the price tag in hand, work has been underway to obtain the needed funding.

In March of this year, the Housing Authority submitted an application for emergency capital funds to HUD. Late last week, we were awarded \$814,211 for the project! We are very fortunate HUD recognized the seriousness of the situation and our lack of funding to address it.

Currently, work on an application for New York State Community Development Block Grant (CDBG) funds is in progress. We will ask for the maximum amount, \$500,000. The application deadline is mid-November with an anticipated announcement date of January 2019. If that grant is awarded, the Housing Authority will commit the remaining \$600,000.

If all of these pieces fall into place, the Housing Authority will prepare contract documents and go out to bid for the job in winter. Ideally, the work will take place in the warm weather months of 2019.

So, cross your fingers that we are awarded CDBG funds. Smiles will abound if the news is good. Stay tuned.



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



Through three simple calls-to-action, people can reduce their risk to fire and be prepared in the event of one:

- ◇ Look for places fire can start
- ◇ Listen for the sound of the smoke alarm
- ◇ Learn two ways out of each room

We encourage all families to discuss the importance of fire safety with their children. Review fire safety materials sent home with kids and explore the internet for interactive sites that teach them what they need to know to stay safe. Please take the time to discuss what precautions should be taken and plan escape routes.

Lake Flower Apartment residents, please take time to review the placard that is on the backside of your entry door. This indicates the location of your apartment relative to the building layout. It also shows the location of exits, fire pull boxes, and extinguishers. A new, take with you card, will also be distributed with instructions for other emergencies.

High-rise buildings are constructed to be fire proof. It's the contents of the building which pose the major hazard. Should these materials catch fire, they may produce a lot of heat and smoke. The sprinkler system, which completely covers the Lake Flower complex, will be activated in specific areas if temperatures rise sufficiently to aid in extinguishing the fire. Please be aware that smoke may still be present, even if the fire is out.

If the fire is in fact in your apartment, you should get everyone out of your unit and close the door. Pull the alarm if it is not already activated. Then proceed down the stairway to a safe location. The elevators will not be running normally, as they are programmed to proceed to the first floor to let any passengers off and allow use by fire personnel. If the fire is not in your apartment, follow the instructions on the back of your door. Do not proceed into smoke filled hallways. Close the door and seal the bottom with wet towels. Await further instructions.

Both complexes are tied into a central alarm system that alerts the fire department directly should an alarm be activated. All of our internal systems are inspected annually and serviced accordingly with safety being our number one concern.

Should any one have any questions, please feel free to contact me.

Planning ahead can save your life.

Have a nice month.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Another year of school is in full swing. Hope everyone has a great year. FIRE PREVENTION week starts October 8. An Open House at the Saranac Lake Fire Department will be held Saturday, October 13.

Fall is in full swing and, hopefully, that will mean that fluffy white stuff will fall soon. Please remember to look in your backyard and clean out any unwanted items. Place them in the dumpsters. It's free!! Time to gear up for holiday expenses and plan for the added expenses for electric. Remember ALL rents MUST be paid in FULL by December 5. That gives you three months to plan. No excuses, start planning.

Get out and enjoy the beautiful colors of fall and the fresh air. Go for a bike ride or a hike. The Adirondack Mountains are calling you.

Lake Flower Residents, your annual re-certifications will begin soon. Start getting your paperwork together.



WORK ORDERS

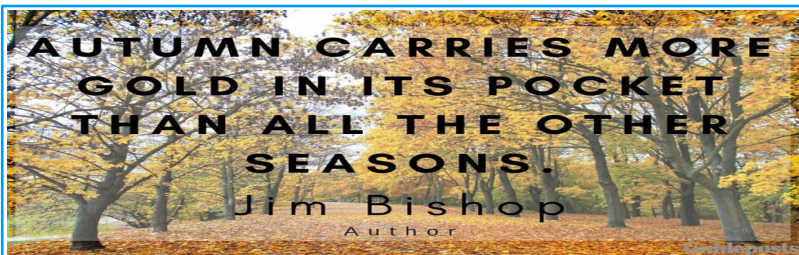
Please remember to call the office at

518-891-3050 option 3

For a work order.

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

IRENE'S THOUGHTS



My house is in desperate need of a decluttering makeover, so when an article on decluttering pops up, I tend to pay attention. The most recent one was in **Positive Living** called “**What can you let go of this fall?**”, by Holly Lebowitz Rossi.

In the article, she suggests getting rid of clothing and things that no longer bring you joy, fun, and comfort. She also writes about letting go of unrealistic goals. She suggests letting go of goals that “aren’t helpful, practical, or accessible” and allow yourself to be flexible.

Wish me luck as I move forward setting small goals to unclutter my house.

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**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
Please pay your rent on time.						
7	8 	9 WIC 9AM	10	11	12	13
14	15	16 	17 HHA Board Meeting 4:00 PM	18 Bed Bug Presen- tation 9:00 AM	19	20
21	22	23 WIC 9AM	24 Full Moon	25	26	27
28	29	30	31 			
<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) If a man carried my burden, he would break his back. I am not rich, but leave silver in my track.
- 2) High born, my touch is gentle. Purest white is my lace. Silence is my kingdom. Green is the color of my death.
- 3) You heard me before, yet you hear me again, then I die. Until you call me again.
- 4) What wears a coat in the winter and pants in the summer?
- 5) I am the third from a sparkle bright, I thrive throughout the day and night. Deep in the path of a cows white drink. I've had thousands of millions of years to think. But one of my creatures is killing me. And so the question I ask to thee, is who am I?
- 6) I am whole but incomplete. I have no eyes, yet I see. You can see, and see right through me. My largest part is one fourth of what I once was.

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

www.appcheaters.com

JOKES

- 1) Where do baby ghosts go during the day?
- 2) Where do spooks water ski?
- 3) What kind of streets do zombies like to haunt?
- 4) Who did the ghost invite to his party?
- 5) What would you get if you crossed a vampire and a teacher?
- 6) What did Dr. Frankenstein get when he put a goldfish brain in the body of his dog?
- 7) Why wasn't there any food left after the monster party?
- 8) Why did the vampire's lunch give him heartburn?
- 9) Dracula decided he needed a dog, which breed did he choose?
- 10) What would you call the ghost of a door-to-door salesman?
- 11) What did the mother ghost say to her children?

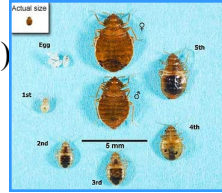
*****Answers Can Be Found
On The Back Cover*****

www.guy-sports.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 TYPE OF APPLE AM I?



1



2



3



4



5



6



7



8



9



10

1) MCINTOSH 2) FUJI 3) GRANNY SMITH 4) EMPIRE 5) CORTLAND 6) GOLDEN DELICIOUS 7) GALA 8) RED DELICIOUS 9) BRAEBURN 10) HONEYCRISP

HARRIETSTOWN HOUSING AUTHORITY



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Answers to: Riddles

- 1) Snail
- 2) Snow
- 3) Echo
- 4) Dog
- 5) Earth
- 6) Skeleton



Answers to: Jokes

- 1) Daycare centers
- 2) On Lake Erie
- 3) Dead end streets
- 4) Anyone he could dig up
- 5) Lots of blood tests
- 6) I don't know, but it is great at chasing submarines
- 7) Cos everyone was a goblin
- 8) It was a stake sandwich
- 9) A bloodhound
- 10) A dead ringer
- 11) Don't spook until you're spooked to

