

# HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 19 Issue 10

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

October 2019

## Sarah's News

UPDATES UPDATES UPDATES UPDATES UPDATES UPDATES

Open House! The Housing Authority is holding an Open House on Thursday, October 10, from 2pm to 4pm, in the Lake Flower Apartments' community room on the second floor. Information on the Public Housing and Housing Choice Voucher programs will be available. Also, representatives from a number of local/regional agencies and organizations will be here to share their services. Refreshments will be available! Tell friends and family who will benefit from this information!

Draft Five-Year Plan: The draft Plan is available for public review and comment. It is on the Housing Authority's website, [www.harrietstownha.org](http://www.harrietstownha.org), and in our office. The public hearing on the draft plan is scheduled for October 16, 2019, 4pm, in the Lake Flower Apartments' second floor meeting room. New York State has signed the certification stating the draft plan complies with its housing plan, known as the Consolidated Plan.

Lake Flower Façade: The bid opening was September 6. The total of the low bids exceeded the \$1.9 million project budget by between \$200,000 and \$300,000. The project is being modified with the goal of lower bids. We hope to go back out to bid in the near future.

Cold Weather: Yes, the cold weather is creeping in. With that fact, we ask everyone to be conservation-minded. If you want to open your windows, turn off your heat! Also, instead of cranking the thermostat, put on a sweater or sit with a blanket. Open your blinds during the day to let the sunshine in; close your blinds at night to keep the coldness out.



**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

Tammy Burdt

HOUSING CHOICE VOUCHER SPECIALIST

RESIDENT SERVICES COORDINATOR

Irene Snyder

FACILITIES MANAGER

David Siegrist

MAINTENANCE STAFF

John Burns

Robert Mathers


ACCOUNT CLERK

Vacant



## TID BITS FROM DAVID SIEGRIST

One man's trash is another man's treasure.  
Ah, one of the perks of turning over apartments.  
People leave junk behind for disposal.  
This month's find. Old, defunct, cell phone.  
What am I going to use that for?  
No sim card, no good right?  
Wrong.  
This thing still has a camera. I can use that.  
Flashlight option. Awesome.  
MP3 player. Rock on.  
Voice recorder. Can you hear me now?  
Bluetooth. Connects to my portable speaker. Cool.  
Notebook. Address book, old school office. I'm on it.  
Calendar option. What day is it anyway? Friday, awesome!  
And most, if not all, cell phones just need to be charged to use in an emergency for 911 calls.  
Great to keep a crappy one in the car or backpack just in case.  
And you know what, if I lose or break this thing,  
Oh well, I'll just find another.  
I like talking trash.  
It saves me money and can be fun!  
Hey that crock pot looks ok.  
I'll take that box of mac and cheese.  
Is that a bag of money?  
Keep your eyes out for cool junk!



Today my boss told me to have a nice day! So I went home.  
All have a nice day!

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

Fall is here!!! The cold nights and warm days are upon us and, with them, the fantastic, vivid, and vibrant colors of fall. That is what the Adirondacks is all about, four beautiful seasons for our enjoyment. Get out and do some leaf peeping.

The Lake Flower apartments welcomed a couple of new tenants last month. I hope the residents are partaking in the events sponsored by our Activities Committee. Remember, there is a barbeque grill on the patio for tenant use. Don't be afraid to use it! The views from this building are breathtaking. I hope the residents are enjoying the changing season.

The Algonquin apartments have also gained a new family. I hope everyone makes them feel welcome. I would like to thank the families that have added a little autumn décor to the front of their entrances. They look wonderful and brighten up the buildings.

Remember, with school back in session, watch for children running about getting on and off school buses. Always slow down and stop for stopped school buses and flashing red lights. Let's keep our children safe!

I would like to wish everyone a happy and safe Halloween!!

Trick  
Or  
Treat!!



**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

**OCTOBER**

*Make yourself a  
Priority*

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Now that the days are getting shorter and we might not get outside as much - remember to take some time to do something nice for yourself. Make it a new practice and, each day, write down what good thing you did for yourself.

Keep in mind, going to activities is a great way to socialize without leaving the high-rise; and, you could make friends and meet your neighbors.

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



# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>Please pay your rent on time.</b>						
6	7	8 WIC 9AM	9	10 Open House 2 - 4PM	11	12
13 Full Moon	14  OFFICE CLOSED	15	16 HHA Board Meeting & Public Hear- ing: Five- Year Plan 4:00PM	17	18	19
20	21	22 WIC 9AM	23	24	25	26
27	28	29	30	31 		
<p><b>RED: ALGONQUIN COMMUNITY ROOM</b></p> <p><b>PURPLE: L.F. COMMUNITY ROOM</b></p> <p><b>GREEN: L.F. BOARD ROOM</b></p>						



**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





## Horoscopes

### **LIBRA**

*September 23 - October 22*

Extra opportunities and luck come your way through October 2019. Hopefully you've begun some new creative projects. You have an extra boost of energy to move you forward until the middle of November. After the 15th you'll intensely reexamine your values - materially, intellectually and spiritually. After the 22nd, finances and personal values need to be addressed. Are they serving your needs or are you serving theirs?

### **SCORPIO**

*October 22 - November 21*

You have a guardian angel on your shoulder until October 2019. A good month to pursue goals and dreams, participate in group activities, or spend more time with friends. After the 15th, you'll share what's been on your mind the last month.

Your new yearly astrological cycle begins on the 22nd. Unclear issues concerning the home front or family could arise after the 24th. The 27th brings enlightenment to the need to address issues in some partnership/relationship. You might discover a secret admirer by month's end!

[www.yearly-horoscope.org](http://www.yearly-horoscope.org)

## Jokes

- 1) Where do ghosts buy their food?
- 2) What do vampires take when they are sick?
- 3) What kind of pants do ghosts wear?
- 4) What does a witch use to keep her hair up?
- 5) What do you get when you cross a Cocker Spaniel, a Poodle and a ghost?
- 6) When is it bad luck to be followed by a black cat?
- 7) What kind of dessert does a ghost like?
- 8) What is a vampire's favorite fruit?
- 9) Why is Superman's costume so tight?
- 10) What room does a ghost not need?
- 11) What do you call a fat pumpkin?
- 12) What do ghosts eat for supper?
- 13) What do moms dress up as on Halloween?
- 14) Why didn't the skeleton go to the ball?
- 15) What do ghosts use to wash their hair?

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

[www.funology.com](http://www.funology.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.



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

- |                  |                       |                      |
|------------------|-----------------------|----------------------|
| <b>AUTUMN</b>    | <b>BLACK CATS</b>     | <b>CHILLY NIGHTS</b> |
| <b>COLORS</b>    | <b>COLUMBUS DAY</b>   | <b>CORNSTALKS</b>    |
| <b>FALL</b>      | <b>GHOSTS</b>         | <b>HALLOWEEN</b>     |
| <b>LEAVES</b>    | <b>PUMPKINS</b>       | <b>RAKE</b>          |
| <b>SKELETONS</b> | <b>TRICK OR TREAT</b> | <b>WITCHES</b>       |

## HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

14 Kiwassa Road  
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

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

### Answers to: Jokes

- 1) At the ghost-ery store!
- 2) Coffin drops!
- 3) Boo-Jeans.
- 4) Scarespray!
- 5) A cocker poodle boo.
- 6) When you're a mouse.
- 7) I scream!
- 8) A nectarine!
- 9) Because he wears a size "S".
- 10) A living room!
- 11) A plumpkin.
- 12) Spooketi.
- 13) Mummies!
- 14) Because he had no BODY to go with.
- 15) Shamboo!

