



## Happy Healthy Attitudes

August 2025  
Volume 25, Issue 8

### PATRICK'S NEWS

Dear Residents,

As summer rolls along, I wanted to take a moment to remind everyone about the importance of **respecting our shared spaces**. Our hallways, laundry rooms, patios, parking lots and community areas are for everyone's enjoyment — keeping them clean, safe, and welcoming is something we all play a role in.

#### Why Shared Spaces Matter

- These areas are an extension of our homes and are often the first impression for visitors.
- Clean, well-maintained common areas contribute to everyone's comfort and well-being.
- Respect for shared spaces helps prevent unnecessary maintenance issues and fosters a positive living environment for all residents.

#### How You Can Help

- **Clean up after yourself:** Whether in the laundry room, parking areas, or patio, leave the space as you found it (or better).
- **Be mindful of noise:** Keep voices and music at reasonable levels, especially during evening and early morning hours.
- **Dispose of trash properly:** Use designated bins and avoid leaving personal items in common areas.

**Share courteously:** Be considerate when using laundry facilities or outdoor areas so others can enjoy them too.

#### Building Community Through Respect

We are proud of the sense of community here at HHA. By treating each other with courtesy and our spaces with care, we create a safe, welcoming home for everyone — neighbors, friends, and families alike.

Thank you for doing your part to keep our shared spaces pleasant for all. If you notice a maintenance concern or repeated issues in a common area, please contact the office so we can address it promptly.

Wishing you all a happy and safe end of summer,  
Patrick

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#### 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

### The Final Countdown: Summer's Last Hurrah

Somehow, we're already staring down the last weeks of summer—the season of mosquito bites, uneven tan lines, and a grill that's been working overtime.

August is slowly slipping away, and with it, the long evenings and lazy weekends we swore we'd make the most of. Soon, we'll be trading iced coffee for hot cider and swapping out tank tops for hoodies. But for now, there's still time for one last cookout, sunset picnic, one more evening stroll, or a final ice cream run before fall takes over or just do nothing but, make it count.



### 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](mailto: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

**August is National Wellness Month**, a great opportunity to focus on self-care and healthy habits. Here are some practical tips to enhance your wellness this month.

## 1. Stay Hydrated

**Drinking enough water is crucial for overall health.** Aim for about 15.5 cups (3.7 liters) for men and 11.5 cups (2.7 liters) for women daily. Staying hydrated can improve physical performance, skin health, and mood. Consider setting up a water challenge or using a water tracking app to encourage consistent hydration.

## 2. Prioritize Nutrition

**Focus on healthy eating habits.** Prepare nutritious meals and snacks, and consider meal prepping to save time during the week. You can also explore local farmers' markets for fresh produce or participate in a community-supported agriculture (CSA) program.

## 3. Incorporate Exercise

**Aim for at least 30 minutes of physical activity each day.** This can include walking, jogging, yoga, or any activity you enjoy. Regular exercise boosts mood, energy levels, and overall health.

## 4. Practice Mindfulness and Meditation

**Take time to relax and focus on your mental health.** Even a few minutes of meditation or deep breathing exercises can help reduce stress and improve focus. Consider using meditation apps or joining a guided session.

## 5. Create a Self-Care Routine

**Establish a daily self-care routine that includes activities you enjoy.** This could be reading, journaling, or engaging in a hobby. Make time for yourself to recharge and reflect.

## 6. Get Enough Sleep

**Prioritize quality sleep to support your physical and mental well-being.** Aim for 7-9 hours of sleep each night, and establish a calming bedtime routine to improve sleep quality.

## 7. Limit Screen Time

**Take breaks from screens and social media.** Consider a digital detox to reduce stress and improve your mental health. Use this time to engage in offline activities that bring you joy.

## 8. Foster Social Connections

**Spend time with friends and family.** Building and maintaining social connections can enhance your emotional well-being. Consider organizing a gathering or participating in community events.

By incorporating these tips into your daily routine, you can make the most of National Wellness Month and set the foundation for a healthier lifestyle year-round. Remember, small changes can lead to significant improvements in your overall well-being!

<https://www.bing.com/search?q=august+wellness+month+tips>

## 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."

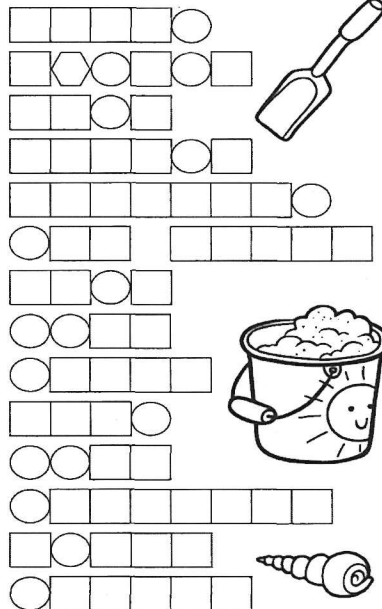


# AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>RED: ALGONQUIN COMMUNITY ROOM</div> <div>PURPLE: L.F. COMMUNITY ROOM</div> <div>GREEN: L.F. BOARD ROOM</div>					1	2
3	4	5 2:00 pm Birthday Social	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Summer Word Scramble

BICNA  
 HTRSOS  
 ALPI  
 INIIBK  
 NMIWGISM  
 CIE MERAC  
 TEIK  
 EUJN  
 NUYSN  
 AETH  
 MAWR  
 CIVOANTA  
 LEXAR  
 NDGVII



What did the ocean say to the beach?



Tree Valley Academy

## Rebus puzzles

Can you guess the words and expressions?

MY LIMFIE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL ccccccc	FAST	T O W N
EYE EYE	father 	ONCE 
POT oo oo oo oo	D movie D movie D movie	SECRET SECRET SECRET SECRET



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

It is hard to believe that summer is halfway through, and fall will be approaching soon. I hope everyone has gotten a chance to enjoy a lot of summer time activities. We definitely live in a summer paradise with our beaches, lakes, ponds, rail trails, hiking trails, boating, kayaking, canoeing, camping, mountain climbing, you name it.

The following are observances for the month of August: National Chocolate Chip Cookie Day 4<sup>th</sup>, Full Moon (Sturgeon) 9<sup>th</sup>, National Book Lover's Day 9<sup>th</sup>, National Bowling Day 9<sup>th</sup>, International Youth Day 12<sup>th</sup>, National Left Hander's Day 13<sup>th</sup>, National Relaxation Day 15<sup>th</sup>, National Senior Citizen's Day 21<sup>st</sup>, and Women's Equality Day 26<sup>th</sup>.

Local events for August: Lake Placid Summit Lacrosse July 30<sup>th</sup> - August 3<sup>rd</sup>, Franklin County Fair August 2<sup>nd</sup>-10<sup>th</sup>, Essex County Fair August 13<sup>th</sup>-17<sup>th</sup>, Adk. Plein Air Festival August 18<sup>th</sup>-23<sup>rd</sup>, and Northern Current Music Festival August 31<sup>st</sup>.

**Lake Flower News:** The patio has been freshened up and flowers planted for the tenants to enjoy. Coakleys donated a new barbeque grill thanks to Johnna MacDougall, Board Commissioner. Lake Flower Apartments had two tenants move-out, and one tenant move-in during the month of July.

**Algonquin News:** Maintenance continues to work on the vacant units at Algonquin to make ready for occupancy. Hopefully, two more to be filled by the end of the month. Algonquin Apartments had zero tenant families move-out, and zero tenant family move-in during the month of July.

**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.

Remember, be respectful and 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](http://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](mailto:kscriver@harrietstownha.org).

The newsletter is also available on the website:  
[www.harrietstownha.org](http://www.harrietstownha.org)

**After Hours**  
**Emergency Call Number**  
**(518) 619-0720**

# August 2025

## Franklin County Meals Program

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Chef's Choice</b>
4 Chef's Choice Pizza Vegetable Blend Peanut Butter Bar <i>Milk/Milk alt.</i>	5 Chicken Sandwich Deluxe Green Beans Warmed Fruit Bake Chips	6 Ham Dinner Baked Potato Mixed Veg Pineapple Fluff <i>Milk/Milk alt.</i>	7 Chef Salad Muffin Coleslaw Brownie	8 Tomato Cheddar Quiche Raisin Bran Muffin Beets Chef's Cookie <i>Milk/Milk alt.</i>
11 Michigan Pasta Salad, Cucumber Salad Poke Cake <i>Milk/Milk alt.</i>	12 Western Egg Tater Tots Chef Veg Black Forest Pudding	13 Spaghetti with Meat Sauce Garlic Biscuit Tossed Salad Warm Brownie <i>Milk/Milk alt.</i>	14 Chicken Salad Sub w/ cheese Broccoli Salad Pineapple Upside Down Cake	15 Loaded Steak Potato Vegetable Fruit Crisp <i>Milk/Milk alt.</i>
18 Grilled Sausage Peppers & Onions Potato Salad Carrot Raisin Salad Fruited Jello <i>Milk/Milk alt.</i>	19 Open Face Turkey Sandwich/Gravy Mashed Potato Broccoli Fresh Fruit <i>Milk/Milk alt.</i>	20 Linguini Salad Deviled Eggs Mixed Fruit	21 <b>Chef's Choice</b>	22 Seafood Salad Cold Plate Cucumber Salad Cornbread Ice Cream <i>Milk/Milk alt.</i>
25 Pancakes w/ Strawberry Sauce Sausage Scrambled Eggs <i>Milk/Milk alt.</i>	26 Maple Garlic Pulled Pork Sweet Potato Mash Green Beans Fruit <i>Milk/Milk alt.</i>	27 Spaghetti with Meat Sauce Garlic Biscuit Tossed Salad Cookie <i>Milk/Milk alt.</i>	28 Lemon Pepper Chicken Rice Pilaf Broccoli Strawberry Shortcake <i>Milk/Milk alt.</i>	29 Chicken Caprese Herbed Potatoes Brussel Sprouts Pudding w/Whip  Chicken Patty, tomato, basil and mozzarella cheese

### 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**