



HEALTHY HAPPY ATTITUDES

Harrietstown Housing Authority

Volume 17 Issue 3
March 2017

www.harrietstownha.org

Sarah's News

This month marks the end of my fifth year at the Housing Authority. I started this position having organizational and managerial experience, but NO housing experience. Zip. With support and help from the Board of Commissioners, the staff, and the fee accountant (oh, those financial reports!), and my own work climbing the learning curve, the Housing Authority kept moving forward.

Reflecting on the last five years, people are at the forefront. Sure, there are some who haven't filled my days with sunshine; but, there are many, many more who have filled, and continue to fill, my heart with joy. There are times when my heart breaks, too.

There are people who live in the Lake Flower or Algonquin apartments, or participate in the Housing Choice Voucher program, and we say a quick hello or have a short chat. We talk of the weather, family, goings-on in the building or village, this, and that. These brief moments are often the highlight of my day.

Other one-time participants have moved to live someplace else. In all cases, I hope they have had a solid landing, particularly the children – childhood should be safe, full of play and learning, and free of care.

And, no doubt about it, I remember those who have passed away. Too many. I remember conversations, smiles and laughter, smirks, and wagging fingers.

HUD defines success using data – occupancy rates, accounts receivable, physical inspection scores, money in the bank. These are important factors to consider; we want the Housing Authority to be around for a long time. These are things I think about during the day and, at times, during the night. But, I also think about the people. The people make it all worthwhile.



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 **923-1082**



Harrietstown Housing Authority

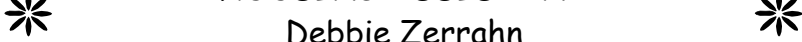


EXECUTIVE DIRECTOR

Sarah A. Clarkin



HOUSING ASSISTANT



Debbie Zerrahn



HOUSING CHOICE VOUCHER SPECIALIST



RESIDENT SERVICES COORDINATOR



Irene Snyder



FACILITIES MANAGER



David Siegrist



MAINTENANCE STAFF



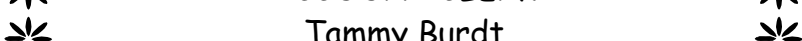
John Burns



Robert Mathers



ACCOUNT CLERK



Tammy Burdt



TID BITS FROM DAVID SIEGRIST

March is a funny month around here. We never really know what the weather is going to do.

We all want the warm temperatures to arrive and thaw things out.

It is the month that Irene's daffodils are supposed to poke their heads out of the ground in front of the Lake Flower Apartments. All 1,000 of them, fluttering and dancing in the breeze.

It is the month that Maple Hill's stream will jump back to life from snow melt and rain. Sand bags have been acquired. Color, orange.

It is the month when I will be able to wash the salt off my vehicles and determine which part will fall off next. Get out the welder. OK, duct tape will have to do.

It's the month that my wife was born. I just have to figure out which day. OK.....?????

It's the month when all the trash will protrude from the snow banks for removal. Oh look, there's another free TV.

It's the month when all dog owners can say, "So that's what you have been doing in the yard when I let you out over the winter!"

And yes,

it's the month that lets us know that Winter really isn't over until the 20th. Here comes the snow.

Punxsutawney Phil saw his shadow, so keep those shovels handy!

Have a great month.

RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

What's happening in your neck of the woods? Well, the snow came and now is melting fast. Hope you were able to get out and enjoy some of the fun. Another February is in the books. March is here. Will it come in like a lion or like a lamb? As the snow melts, check out your backyard to make sure there is nothing that needs to go into the dumpsters before the next snow fall. Algonquin residents should have their annual re-certifications scheduled by now. If you have not scheduled your re-certification, you are in jeopardy of your lease not being renewed. You need to get this done immediately. HUD does not allow us to renew a lease if the annual re-certification has not been completed.

A lot of old faces have left and new ones arrived. Get to know your new neighbors. Spring is coming. It's time to make plans to get outside. Soon, the daffodils will be popping out in front of the high-rise.

Four more months and the children will be out of school already. Start thinking now, what you can do to keep them busy.

Happy St. Patrick's Day, March 17. First day of spring is March 20th. Here's hoping it arrives with a lot of sunshine. 🍀🍀🍀🍀🍀



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.

The Newsletter is also available on the website:
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.

GAME NIGHT AT LAKE FLOWER APARTMENTS

Game night is now on Wednesday and Thursday evenings at Lake Flower Apartments.

Everyone gets together around 6:00 in the 2nd Floor Community Room. Be sure to join your neighbors for some fun.

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Please pay your rent on time.						
5	6	7	8	9	10	11
12 	13	14 WIC 9AM	15 HHA Board Meeting 4:30PM	16	17 	18
19	20 	21	22	23	24	25
26	27	28 WIC 9AM	29	30	31	
<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <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 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.

891-4471 ext. 3016

Franklin and Essex Counties

Cancer Services Program

Your partner for cancer screening, support and information



CELEBRITY BIRTHDAYS

Justin Bieber	03/01
Jon Bon Jovi	03/02
Patricia Heaton	03/04
Michael Irvin	03/05
Eva Mendez	03/05
Shaquille O'Neal	03/06
Bryan Cranston	03/07
Wanda Sykes	03/07
Freddie Prinze Jr.	03/08
Chuck Norris	03/10
Carrie Underwood	03/10
Liza Minnelli	03/12
James Taylor	03/12
Eva Longoria	03/15
Jerry Lewis	03/16
Rob Lowe	03/17
Kurt Russell	03/17
Queen Latifah	03/18
Adam Levine	03/18
Bruce Willis	03/19
Sting	03/20
Matthew Broderick	03/21
Rosie O'Donnell	03/21
Rick Harrison	03/22
Reese Witherspoon	03/22
Kyrie Irving	03/23
Jim Parsons	03/24
Elton John	03/25
Steven Tyler	03/26
Mariah Carey	03/27
Lady Gaga	03/28
Celine Dion	03/30
Angus Young	03/31

SPRING THINGS

Awakening
 Blossoms
 Breeze
 Crocus
 Daffodils
 Galoshes
 Green
 Grassy
 Lively
 March
 Melting
 Mud
 Newborn
 Puddles
 Rainy
 Refreshing
 Rejuvenating
 Relaxing
 Robin
 St. Patrick's Day
 Slicker
 Snow
 Spring Cleaning
 Sprouts
 Sunshine
 Thaw
 Tulips
 Umbrella
 Vernal Equinox
 Warming
 Weather

WORK ORDERS

**Please remember to call the office at
891-3050 option 3
For a work order.
This is the only way to schedule your
maintenance needs.**

IRENE'S THOUGHTS

The benefits of drinking water have been much discussed in the media. Water helps keep you hydrated, which is important because every single cell in your body needs it in order to absorb nutrients and expel waste products. But what are some of the less well known benefits of drinking water?



1) Drinking Water Keeps You Young — Drinking plenty of water is great for your skin. If you don't drink enough water, you'll suffer from dry skin, and you'll be likely to use more creams and lotions to moisturize. However, creams and lotions don't strike at the root of the problem. Drinking plenty of water keeps your skin moisturized and reduces the appearance of fine lines and wrinkles.

If you don't drink enough water, your body will try to retain it in order to conserve resources. This retention makes your skin puffy and can even lead to bloating.

2) Drinking Water Helps You Lose Weight — There's a reason why most diets and fitness programs ask you to drink a lot of water. One of the benefits of drinking water is that it helps you lose weight.

Water suppresses your appetite, so you don't eat as much. Drinking plenty of water also prevents fluid retention, because your body won't try to retain water if it's getting enough.

Drinking water also helps your body burn stored fat. If you're not drinking enough water, your liver will be forced to help your kidneys detoxify your body. When you drink plenty of water, your kidneys don't need any extra help, so your liver will be able to metabolize stored fat more efficiently. Drinking water flushes toxins from your body and prevents constipation.

3) Drinking Water Helps You Build Muscle — Another benefit of drinking water is that it makes your muscles stronger. That's because water carries oxygen to the cells of your body, including those of your muscles. Drinking plenty of water enables your muscles to work harder and longer before they feel tired, and this can help you build muscle.

4) Drinking Water Makes You Smarter — Drinking water can increase your cognitive function. Your brain needs a lot of oxygen in order to function at optimum levels. Drinking plenty of water ensures that your brain gets all the oxygen it needs. Drinking eight to ten cups of water per day can improve your levels of cognitive performance by as much as 30%!

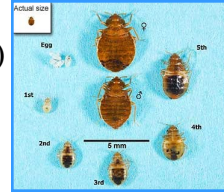
Drinking plenty of water also supports nerve function. It ensures that your body's electrolyte levels remain high enough to allow your nerves to relay messages to and from the brain in the way they were meant to.

5) Drinking Water Is Good for Your Joints — One of the lesser known benefits of drinking water is that it helps keep your joints strong, healthy and lubricated. Your joints need moisture in order to remain strong and flexible, so that your movements are smooth and pain free. www.fitday.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.



ST. PATRICK'S DAY



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

BAGPIPES
 BLARNEY STONE
 CELTIC
 EMERALD GREEN
 FOUR-LEAF CLOVER

GAELIC
 IRISH JIG
 LEPRECHAUN
 LIMERICK
 LUCKY

MARCH
 POT OF GOLD
 RAINBOW
 ST. PATRICK'S DAY
 SHAMROCK

HARRIETSTOWN HOUSING AUTHORITY



SARAH A. CLARKIN, EXECUTIVE DIRECTOR

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www.harrietstownha.org