

Happy Healthy Attitudes

April 2025
Volume 25, Issue 4

PATRICK'S NEWS

Hello Spring!

And hello to everyone! We're pleased to share an important update that reflects our ongoing commitment to keeping all Harrietstown Housing Authority communities safe, welcoming, and supportive of everyone.

At the March meetings of both the Village Board and the Housing Authority Board of Commissioners, a new **Supplemental Police Services Contract** was formally approved. This initiative will enhance safety and peace of mind at all our housing projects by providing **additional police presence and patrols** beyond regular village coverage.

What This Means for You

- **Increased Police Visibility:** Expect to see more frequent patrols by local officers within and around our housing sites.
- **Faster Response Times:** With dedicated supplemental coverage, response to incidents or concerns will be quicker and more efficient.
- **Community Partnership:** Officers assigned to these patrols will work to build positive relationships with residents and staff, supporting a community-first approach.

We know that feeling safe at home is essential. This new partnership with the Village of Saranac Lake Police Department is a proactive step to help deter crime, respond more effectively to concerns, and strengthen the overall sense of security across our neighborhoods.

We will continue to keep you informed as the program is implemented. In the meantime, please do not hesitate to reach out to our office with any questions, feedback, or ideas.

Thank you for being an essential part of our community.

Warm regards,
Patrick

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HHA BOARD OF COMMISSIONERS

Rich Loeber (Chair)
Carrie Bradley
James Edmonds
Rachel Karp
Johnna MacDougall
David Michael

TID BITS FROM ERIK SCHUE

Welcome Spring! A Message to Our Tenants

Spring has officially arrived, and with it comes a season of renewal and growth! As the weather warms up and the flowers begin to bloom, we're excited to kick off this new season with a few reminders to help make the most of springtime in our community.

Spring Clean-Up: Our maintenance team will be performing seasonal tasks such as landscaping, clearing common areas, and checking the property for any weather-related issues. If you notice anything that needs attention in your apartment or building, please don't hesitate to let us know.

Fresh Air & Ventilation: With warmer weather, it's a great time to open windows and let in some fresh air.

Spring Storms: Spring can bring sudden weather changes, so please stay prepared for any storms.

We're looking forward to a beautiful season ahead and are here to ensure your home is a comfortable place to enjoy all that spring has to offer!

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

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

Prolonged Sitting Harms Your Heart Health Even If You Exercise, Study Shows—Here's What To Do About It

Story by Korin Miller

Some of his simple-yet-effective suggestions:

- Take the stairs whenever you can.
- Take a lap around your office or home when you find a moment during your workday.
- Take the long way to and from the bathroom.
- Use a standing desk.
- Park farther away from store entrances to get in more steps.
- Stand up and walk around when you need to be on a call.
- Sneak little exercises into your day, like doing squats or jumping jacks.
- Find small pockets of time to stand as much as possible before and after work, like having breakfast and dinner at a tall countertop.
- Consider getting a fitness tracker to keep tabs on your step count and offer alerts and nudges to remind you to move.

"These are all small, easy actions that one can do to improve health," Dr. Berg says.

[https://www.msn.com/en-us/health/other/prolonged-sitting-harms-your-heart-health-even-if-you-exercise-study-shows-here-s-what-to-do-about-it/ar-AA1BivGO?](https://www.msn.com/en-us/health/other/prolonged-sitting-harms-your-heart-health-even-if-you-exercise-study-shows-here-s-what-to-do-about-it/ar-AA1BivGO?ocid=hpmsn&cvid=24a560add65e4619b5561c5e9338930d&ei=44)

[ocid=hpmsn&cvid=24a560add65e4619b5561c5e9338930d&ei=44](https://www.msn.com/en-us/health/other/prolonged-sitting-harms-your-heart-health-even-if-you-exercise-study-shows-here-s-what-to-do-about-it/ar-AA1BivGO?ocid=hpmsn&cvid=24a560add65e4619b5561c5e9338930d&ei=44)

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."

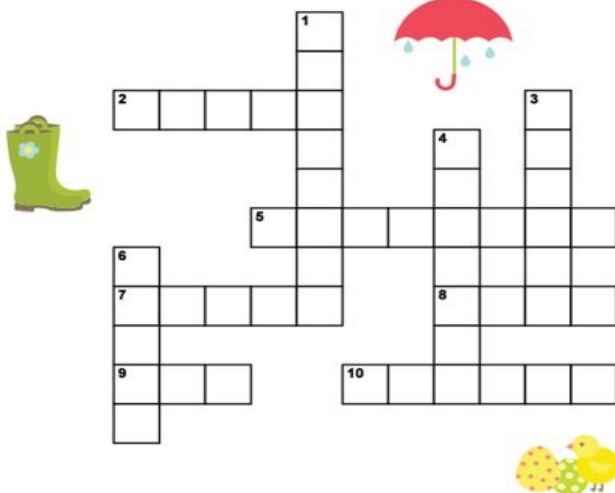


APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2:00 pm Birthday Social	2	3	4	5
6	7	8 8-3 WIC Clinic	9	10	11	12
13	14	15	16	17	18 Good Friday Office Closing @ 11:30	19
Happy Easter! 	21	 Earth Day April 22	 Administrative Professionals Day	24	25	26
27	28	29	30	<div> RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM </div>		

APRIL CROSSWORD

Solve the following puzzle based on the clues given!



Across

- [2] April _____ Day is celebrated on April 1st with pranks.
 [6] Flower associated with Spring.
 [7] Fourth month of the year.
 [8] What does the Easter Bunny hide?
 [9] April 15th is known _____ Day in the United States.
 [10] Collect your eggs in _____.

Down

- [1] What sport usually begins its season in April?
 [3] April symbolizes this season.
 [4] April showers bring May _____.
 [5] _____ Day promotes environmental protection on April 22nd.



RESIDENT NEWS AND ISSUES...By Tammy Burdt

Nice ice storm this year! Have not seen one of those in a while. I hope everyone fared well, considering looking back to the Ice Storm of 1998!! Spring flowers are trying to peak out. I see a few of them poking through here and there. I cannot wait for the Spring thaw. Maintenance staff thought they were done with shoveling, snowplowing, salting, and sanding. Not yet!! Afterall, it is the Adirondacks!! Spring comes in late May!! The entire maintenance staff are working non-stop to get all the vacant units available for occupancy. Thank you for all your hard work and dedication. Happy Easter everyone and Happy Spring!!

The Harrietstown Housing Authority will be closing at 11:30 am on Friday, April 18th in observance of Good Friday.

The following are observances for the month of April: April Fool's Day 1st, Autism Awareness Day 2nd, World Health Day 7th, National Pet Day 11th, Full Moon (Pink) & Passover Begins 12th, Palm Sunday 13th, Tax Day 15th, Holy Thursday 17th, Good Friday 18th, Passover Ends & Easter 20th, Easter Monday 21st, Earth Day 22th, Shakespeare Day & Administrative Professionals Day 23rd, Holocaust Remembrance Day 24th, and Arbor Day 25th.

Lake Flower News: The Lake Flower Apartments continue to proceed to work on the plumbing issues and construction plans for a complete plumbing restoration of the building. Lake Flower Apartments had one tenant move-out, and one tenant move-in during the month of March.

Algonquin News: Annual Recertifications are now in progress. All annual recertifications are due and go into effect on May 1, 2025. Remember, if you have not turned in your paperwork, time is running out. Failure to recertify is a violation of your lease agreement and subjects you to lease termination. Garbage has once again become an issue at Algonquin. Tenants have been discarding large pieces of furniture near the dumpsters. If you have something large that needs to be removed, make arrangements with the maintenance staff. Failure to do so will end up with the tenant receiving a bill for the cost of removal. Thank you in advance for your cooperation. Algonquin Apartments had zero tenant families move-out, and two tenant families move-in during the month of March.

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!

HAPPY EASTER

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

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Erik Schue

MAINTENANCE STAFF

John Burns

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Jeremiah Brown

ACCOUNT CLERK

Kathy Scriver



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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.

The newsletter is also available on the website:
www.harrietstownha.org

After Hours
Emergency Call Number
(518) 619-0720