

Happy Healthy Attitudes

December 2025
Volume 25, Issue 12

PATRICK'S NEWS

Welcoming in the New Year!

With the start of 2026, we're excited to share that this will be the final iteration of the Housing Authority newsletter in its current form. Beginning in February, our newsletter will merge with the Adirondack Housing Development Corporation's communications to create one comprehensive publication.

The new tenant newsletter — **Housing Matters** — will provide broader updates on housing, development projects, available programs, and housing assistance resources across both organizations. Our goal is to make it easier for you to stay informed with one stronger, unified source of information.

We look forward to launching *Housing Matters* soon and continuing to keep you connected, supported, and informed!



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HHA BOARD OF COMMISSIONERS

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Theresa Landry
David Michael

FROM THE MAINTENANCE DIRECTOR: ERIK SCHUE

Beating the Winter Stir-Crazy Blues

When the temperatures drop and heading outside feels less appealing, it's easy to start feeling a little cooped up indoors. Winter can be long, but it's also a great time to slow things down and enjoy some cozy indoor moments. Try tackling a small indoor project, organizing a closet or cabinet, or finally starting that book, puzzle, or hobby you've been putting off. Even small accomplishments can give a nice boost to your day.

Staying active indoors can also help lift your mood—simple stretching, light exercises, chair yoga, or even dancing to your favorite music can make a big difference. Keeping a regular daily routine, opening the curtains for natural light, and switching up your surroundings by rearranging furniture or decorations can help make your space feel fresh.

Most importantly, stay connected. A phone call, video chat, or friendly conversation with a neighbor can go a long way toward brightening a cold winter day. Before we know it, warmer weather will be back—until then, let's make the most of our cozy indoor time and stay warm, safe, and positive!

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

Health Benefits of Napping

Written by Alison Sherwood Medically Reviewed by Poonam Sachdev on September 03, 2024

A Nap a Day?

Napping isn't just for babies. Studies show that an afternoon nap is great for adults, too. There's no need to feel lazy for indulging in daytime sleep. A short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress. Cozy up to these nap benefits.

- It Can Improve Your Memory
- You May Be Able to Connect the Dots Easier
- It Might Help You Climb the Corporate Ladder
- It May Lift Your Mood
- Need to Be More Alert? Nap
- Small Naps Bring Big Benefits
- Naps are Better Than Caffeine
- Long Night Ahead? A Nap Can Help
- They Can Ease Stress
- They're Good for Your Heart
- They Can Make You More Creative
- Naps Can Help You Sleep Better at Night
- They Can Help Your Little Ones, Too
- Make Them a Habit

When Should You Nap?

To get the most benefits out of a nap, you need to time it right. Most people will find an afternoon snooze to be the most natural and helpful. Some say sleep is better between 2 and 3 p.m., when humans naturally have a dip in alertness. The time that works best for you will depend on how rested you are to begin with. If you're well-rested, a slightly later nap is better. If you're behind on sleep, you'll want to nap earlier.

INTERESTED IN HOUSING ASSISTANCE?

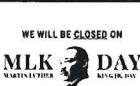
If you are not currently living in the Lake Flower high rise or Algonquin Apartments, and you are not currently participating in the Housing Choice Voucher program, don't be shy!

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."



JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RED: ALGONQUIN COMMUNITY ROOM PURPLE: L.F. COMMUNITY ROOM GREEN: L.F. BOARD ROOM					2	3
4	5	 2:00 pm Birthday Social	7	8	9	10
11	12	13	14	15	16	17
18	 WE WILL BE CLOSED ON MLK DAY MARCH 4TH	20	21 HHA Board Meeting 4pm	22	23	24
25	26	27	28	29	30	31

2022

New Years WORD SCRAMBLE

BE THE FIRST TO UNSCRAMBLE THE WORDS AND WIN!

1. elrcntioeab
2. sgalohrus
3. blubyb
4. hegtrngia
5. keraemoins
6. olck
7. phyap
8. rtpya
9. rspkarels
10. atsot
11. arey
12. ttriiadno
13. gaamhcpen
14. olbalsno
15. ietm
16. lutosenior
17. dinihgtm
18. teitnfoc
19. mreerats
20. iersmmeo

Handwritten note: *2023*



RESIDENT NEWS AND ISSUES...By Tammy Burdt

2026 is here! Happy New Year! I hope everyone had a terrific holiday season and has gotten to spend time with family and loved ones. The Housing Authority is taking the next step forward in preparing for a major plumbing project at the Lake Flower High-rise. This includes relocating a few tenants to another unit within the building. We hope to make the transfers as simple as possible with minimal disruption.

The Harrietstown Housing Authority will be closed Thursday, January 1st for New Year's Day and Monday, January 19th in observance of Martin Luther King Jr. Day.

The following are observances for the month of January: New Year's Day and Kwanzaa Ends 1st, Full Moon (Wolf) 3rd, National Trivia Day 4th, Earth's Rotation Day 8th, Law Enforcement Appreciation Day 9th, Martin Luther King Jr. Day 19th, National Compliment Day 24th, National Chocolate Cake Day 27th, National Lego Day 28th, and National Puzzle Day 29th.

Lake Flower News: Lake Flower Apartments had two tenants pass away, and zero tenants move-in during the month of December.

Algonquin News: Algonquin Apartments had zero tenant families move-out, and zero tenant families move-in during the month of December.

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.

Please be 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

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HOUSING CHOICE VOUCHER SPECIALIST

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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

JANUARY 2025

Franklin County Meals Program at SARANAC LAKE ADULT CENTER 136 Broadway, Saranac Lake, NY 12983 518-891-2980

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day 	2 Ziti with Ricotta Breadsticks Bahama Blend Pudding <i>Milk</i>
5 Loaded Potato Chowder Corn Muffin Chef Veg Ice Cream <i>Milk</i>	6 Tuna Noodle Casserole Peas Fruit Crisp <i>Cheese</i>	7 Chef's Choice 	8 Roast Pork Dinner Mashed/Stuffing Glazed Carrots Fruit Trifle <i>Cheese</i>	9 Chicken Pot Pie Green Beans Warmed Brownie <i>Milk</i>
12 Chicken Bacon Ranch Patty Tater Tots Brussels Sprouts Fruited Jell-O <i>Milk</i>	13 Tomato Cheddar Quiche Muffin Fruit Crisp	14 Spaghetti w/ meat sauce Garlic Biscuit Veg Fresh Fruit <i>Milk</i>	15 Hawaiian Meatloaf Baked Potato Green Beans Chocolate Banana Cake	16 Oven Fried Chicken/ Au Gratin Potatoes California Blend Lemon Mousse <i>Milk</i>
19 Martin Luther King Day Center is Closed	20 Cabbage Roll Casserole Corn Muffin Zucc.-Tomato Bake Applesauce <i>Cheese</i>	21 Creamy Chicken Macaroni Fresh Carrots Fruit Crisp <i>Milk</i>	22 Amish Breakfast Casserole Muffin Cauliflower Ice Cream	23 Breaded Pork Chops Mac & Cheese Broccoli Snickerdoodle <i>Milk</i>
26 BBQ Chicken Baked Beans Broccoli Strawberry Cake <i>Milk</i>	27 Loaded Steak Potato Mixed Vegetable Bread Pudding	28 Spaghetti w/ Meat Sauce Breadstick Vegetable Cookie Bar <i>Milk</i>	29 Western Egg Sand. Hashbrown Beets Cinnamon Cake <i>Cheese</i>	30 Chicken & Biscuits Mashed Potatoes Fresh Carrots Molasses Cookie <i>Milk</i>

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 10 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**

National Oatmeal Month

Oats are available in a variety of forms, based on how they are processed. Although the nutritional content between steel-cut and instant oats is relatively similar, their effects on blood sugar are not. The least processed oats, like groats or steel-cut, generally take longer to digest so they have a lower glycemic index (can help to prevent quick blood sugar spikes) than highly processed oats like instant oatmeal.

- **Oat Groats:** The whole oat kernels that have been cleaned, with only the loose, inedible hulls removed. Groats contain the intact germ, endosperm, and bran.
 - Oat bran, which contains the most fiber in a groat, is also removed and eaten as a cereal or added to recipes to boost fiber content.
- **Steel-Cut or Irish:** Oat groats that have been cut into two or three smaller pieces either using a steel blade. The larger the size of the pieces, the longer they will take to cook.
- **Scottish Oats:** Oat groats that have been stone-ground into a meal, creating a porridge-like texture when cooked.
- **Rolled or Old-Fashioned:** Oat groats that have been steamed, rolled and flattened into flakes, and then dried to remove moisture so they are shelf-stable.
- **Quick or Instant:** Oat groats that are steamed for a longer period and rolled into thinner pieces so that they can absorb water easily and cook very quickly. Be aware that many brands of instant oats come sweetened or flavored, so be sure to check the ingredients for no added sugar.

Oats are an excellent source of:

- Fiber (insoluble and soluble)
- Phosphorus
- Thiamine (Vitamin B1):
- Magnesium
- Zinc

Baked Oatmeal Muffins- Makes 16 muffins	
Ingredients:	Directions:
2 large eggs	1.Preheat oven to 350 degrees Fahrenheit
½ cup Vegetable Oil	2.Whisk together eggs, oil, brown sugar in a large bowl
¾ cup Brown Sugar	3.Add applesauce, milk, salt and cinnamon. Mix. Stir in oats and baking powder.
½ cup Applesauce	4.Spray large muffin pan with cooking spray. Fill each cup with ¼ cup of batter.
1 ½ cup Milk	5.Bake for 30 minutes until muffin tops are golden brown.
½ tsp Salt	
1Tbsp Ground Cinnamon	
3 cups Rolled Oats	
2 tsp Baking Powder	

For more information see <https://www.hsph.harvard.edu/nutritionsource/food-features/oats/> or call Alexandra Hooker MS RD at (518) 481-1532