

## HEALTHY HAPPY ATTITUDES

Volume 17 Issue 10  
October 2017

Harrietstown Housing Authority  
[www.harrietstownha.org](http://www.harrietstownha.org)



### Sarah's News

I'm up against a deadline for this month's article. Years ago, I wrote a monthly nature column for *The Saratogian* newspaper in Saratoga Springs, NY. Had I been smart and thought of this earlier today, I would have snagged one of the columns, all of which are stored on my home computer, and revised it slightly to fit into this more limited space. A column on why and how leaves change color and fall to the ground in autumn is the one I'm thinking about right now.

But, no such luck! Maybe I'll do that for the November article.

So, right now my desktop resembles the increasingly leaf-covered grounds I see as I walk around the Village. Papers of different colors, sizes, and shapes cover the surface - single leaf coverage in some areas, multi-leaf layers in others. With the window open, breezes shift the papers. As long as they don't blow off the desk and onto the floor, I'm ok with that. It's not like I know where anything is right now anyway! A little shifting won't change that.

One of these days or weeks, I'll have time to organize my desk as well as the long-neglected Housing Authority storage area. I won't bore you with the details about that area.

It's all about dealing with the material, whether it be leaves or papers. Nature is nifty in that leaves break down over time and, eventually, in combination with other material, turn into soil that supports plants, animals, humans. People are definitely not so nifty. But, reducing the quantity of paper we use, and recycling what paper we do use, is a start. I admit I use too much paper. I am trying to improve by printing less and saving to my computer and/or network more. I want to win the Captain Conservation award!

So, I look forward to clearing my desktop, and I look forward to walking through the crunchy leaves, making big piles of them, and playing in them with my dogs.



**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

**518-923-1082**



**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

Fire Prevention Week is October 8th -14th. We encourage all families to discuss the importance of fire safety with their children. Review fire safety materials sent home with kids and explore the internet for interactive sites that teach them what they need to know to stay safe. Please take the time to discuss what precautions should be taken and plan escape routes.

There has been some confusion about what to do in the event of a fire at the Lake Flower Apartments. Residents, please take time to review the placard that is on the backside of your entry door. This indicates the location of your apartment relative to the building layout. It also shows the location of exits, fire pull boxes, and extinguishers.

High-rise buildings are constructed to be fire proof. It's the contents of the building which pose the major hazard. Should these materials catch fire, they may produce a lot of heat and smoke. The sprinkler system, that completely covers the Lake Flower complex, will be activated in specific areas if temperatures rise sufficiently, aiding in extinguishing the fire. Please be aware that smoke may still be present even if the fire is out.

If the fire is in your apartment, you should get everyone out of your unit and close the door. Pull the alarm if it is not already activated. Then proceed down the stairway to a safe location. The elevators will not be running normally, as they are programmed to proceed to the first floor to let any passengers off and allow use by fire personnel. If the fire is not in your apartment, follow the instructions on the back of your door. Do not proceed into smoke filled hallways. Close the door and seal the bottom with wet towels. Stay near windows to be visible to firefighters. If need be, you will be evacuated.

Both complexes are tied into a central alarm system that alerts the fire department directly should an alarm be activated. All of our internal systems are inspected annually and serviced accordingly, with safety being our number one concern.

Should anyone have any questions, please feel free to contact me.

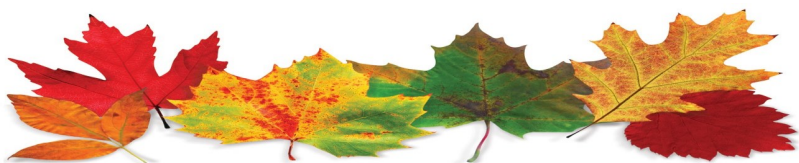
Planning ahead can save your life.

Have a nice month.



**RESIDENT NEWS AND ISSUES...By Debbie Zerrahn**

September was definitely a beautiful month. The weather was great, changing of the leaves was beautiful, and there was little in the way of rain. Hope everyone was able to get out and enjoy. October will bring some changes with the weather for sure. Hope you have cleared up all the summer toys so they do not get buried under the snow that will come eventually.



On October 9, school will be out for Columbus Day. Plan a fun activity for the little ones. October is Fire Prevention month. Don't forget to join the Saranac Lake Volunteer Fire Department for their open house on October 14.



**National Fire  
Prevention Month**

Halloween decorations are fun, but don't forget to remove the pumpkins when it is over, so we do not get little creatures coming into the house. Fall has arrived. ENJOY, because snow will be here too soon.



**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**

As a follow up from last month's article, my one small change has been to give up my daily Cheez-its. Eating them had become quite a habit. They are still on my mind around 10:00 each work day. I'm not sure what my next small change will be, but there are many that come to mind. I just have to pick one I want to stick with.

With the cooler weather on its way, the Activities Committee would like some suggestions as to what people would like to see offered. If you have any ideas, please let one of us know.



I feel fortunate to have many great smiles to remember!

### **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	6	7
<b>Please pay your rent on time.</b>						
8	 <i>Office Closed</i>	<b>10</b> <b>WIC</b> <b>9AM</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
15	16	17	<b>18</b> <b>HHA</b> <b>Board</b> <b>Meeting</b> <b>4:00PM</b>	19	<b>20</b> <i>Office Closing @ 12:00</i>	21
22	23	<b>24</b> <b>WIC</b> <b>9AM</b>	25	26	27	28
29	30	<b>31</b> 				
<div style="border: 1px solid black; padding: 5px;"> <p><b>RED:</b> ALGONQUIN COMMUNITY ROOM</p> <p><b>PURPLE:</b> L.F. COMMUNITY ROOM</p> <p><b>GREEN:</b> 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 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





**RIDDLES**

- 1) What do you call two witches living together?
- 2) Why don't mummies take vacations?
- 3) Why doesn't anybody like Dracula?
- 4) Why do ghosts have so much trouble dating?
- 5) Why did the Vampire get fired from the Blood Bank?
- 6) Why do demons and ghouls hang out together?
- 7) What's a monster's favorite bean?
- 8) What do you call a witch who lives at the beach?
- 9) Why did the game warden arrest the ghost?
- 10) Where does Count Dracula usually eat his lunch?
- 11) What happens when a ghost gets lost in the fog?
- 12) Why is a ghost such a messy eater?
- 13) Why are vampires like false teeth?
- 14) Why don't witches like to ride their brooms when they're angry?

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

[www.humormatters.com](http://www.humormatters.com)

**HALLOWEEN TRIVIA**

- 1) Halloween is the day before which holiday?
- 2) The tradition of making Jack-o-lanterns to ward off evil spirits is thousands of years old. Which vegetable were they originally made out of?
- 3) According to superstition, if you stare into a mirror at midnight on Halloween, what will you see?
- 4) Every Halloween, Charlie Brown helps his friend Linus wait for what character to appear?
- 5) Who wrote the novel Frankenstein?
- 6) Transylvania is a region in which country?
- 7) Is a pumpkin a fruit or a vegetable?
- 8) What is the significance of seeing a spider on Halloween?
- 9) According to superstition, a person born on Halloween has what particular ability?

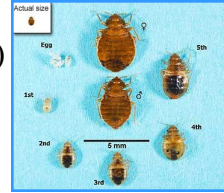
**\*\*\*Answers Can Be Found  
On The Back Cover\*\*\***

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

### What Tree Do I Come From?



1. DACER



2. LABMSA RFI



3. EPMLA



4. TIHEW CIBHR



5. NUANOITM HSA



6. TEANRES CEKMHLO



7. ECARIANM CEBEH



8. MLE

1. CEDAR 2. BALSAM FIR 3. MAPLE 4. WHITE BIRCH  
5. MOUNTAIN ASH 6. EASTERN HEMLOCK 7. AMERICAN BEECH 8. ELM

## HARRIETSTOWN HOUSING AUTHORITY



**SARAH A. CLARKIN, EXECUTIVE DIRECTOR**

14 Kiwassa Road  
Saranac Lake, NY 12983

Phone: (518) 891-3050

Fax: (518) 891-3630

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

### Answers to: [Riddles](#)

- 1) Broommates
- 2) They're afraid they'll relax and unwind
- 3) He has a bat temper
- 4) Women can see right through them
- 5) He was caught drinking on the job
- 6) Because demons are a ghouls best friend
- 7) A human bean
- 8) A sand-witch
- 9) He didn't have a haunting license
- 10) At the casketeria
- 11) He is mist
- 12) Because he is always goblin
- 13) They all come out at night
- 14) They're afraid of flying off the handle

### Answers to: [Halloween Trivia](#)

- 1) All Saints (Hallows') Day
- 2) Turnips
- 3) Your future husband or wife
- 4) The Giant Pumpkin
- 5) Mary Shelley
- 6) Romania
- 7) Fruit
- 8) It is thought to be the spirit of a loved one watching over the person who finds the spider
- 9) The ability to see and talk to spirits

