

HEALTHY HAPPY ATTITUDES

Volume 17 Issue 9
September 2017

Harrietstown Housing Authority
www.harrietstownha.org

Sarah's News

Algonquin Smokers – do you know that, starting June 1, 2018, you will no longer be able to smoke on your front steps or in your back yard? At a minimum?

Lake Flower Smokers – do you know that, starting June 1, 2018, you will no longer have the designated smoking area out back? At a minimum?

If not, you have not had the time, not been paying attention, and/or you don't care.

The Housing Authority is in month seven of a seventeen month process that was triggered by HUD's December 2016 Smoke-Free Public Housing Rule. At a minimum, public housing authorities "...must design and implement a policy prohibiting the use of prohibited tobacco products in all public housing living units and interior areas as well as in outdoor areas within 25 feet from public housing and administrative office buildings (collectively 'restricted areas') in which public housing is located." Public housing authorities have the option of being more restrictive than this.

This year, a total of six meetings have been scheduled and held at both the Lake Flower and Algonquin complexes. The purpose of these meetings has been to explain HUD's rule, solicit feedback for those things the housing authority has discretion over, share the first draft of a policy, and solicit feedback for that first draft.

If you have an interest in this topic, keep your eyes open for notices and other information. There will be other opportunities to provide comment.

If you would like to quit smoking, do not hesitate to contact my office as I can provide you with information on smoking cessation programs. It's never too late.



As the school year is about to begin, I wish all the students a good year. Do your best: work hard, ask questions if you have them, and ... participate!



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** *
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* 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

When one works in the maintenance department for a housing authority, they need to be a Jack or Jill of all trades.

Painting, plumbing, electrical, carpentry, and masonry skills are just some of the trades an employee must be familiar with.

We must be able to wear a lot of different hats.

And here lies my dilemma.

At some point in life, one has to decide which hat one is going to be known for.

And when does one ultimately make that decision?

For it will certainly define your character when walking down the street.

I just can't make up my mind.

Which shall it be?

Fedora, bowler, trilby, homburg, pork pie, panama, top hat, cowboy, or bald spot?

Oh heck, I'll just stick with the good old whoopee cap for a while.



See you around campus.



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

September 6...The Most Wonderful Day of the Year ☺...That's right folks...school is back in session. Hope everyone had a great summer. Watch out for the little ones running around in the parking lots. The school buses will be coming in and out of the parking lots in the morning to pick everyone up and drop them off.



Time to start thinking about the heating season. Check your doors and windows. Do they need new weather stripping? If so, call your work order in now so maintenance can schedule the work. Start removing unwanted items from your back yard BEFORE the snow flies.

Watch for the changing of the leaves. Pretty colors will soon start to appear. Cooler weather makes for nice evening walks.



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
tburdt@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.**

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**



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Please pay your rent on time.						
3	4 	5	6 	7	8	9
10	11 	12 WIC 9AM	13	14	15	16
17	18	19	20 HHA Board Meeting 4:00PM	21	22	23
24	25	26 WIC 9AM	27	28	29	30
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><u>RED</u>: ALGONQUIN COMMUNITY ROOM</p> <p><u>PURPLE</u>: L.F. COMMUNITY ROOM</p> <p><u>GREEN</u>: 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.

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) Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
- 2) David's father has three sons: Snap, Crackle and _____?
- 3) You live in a one story house made "entirely of redwood". What color would the stairs be?
- 4) Samuel was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen?
- 5) What runs around the whole yard without moving?
- 6) Fives apples are in a basket. How do you divide them among five girls so that each girl gets an apple, but one apple remains in the basket?

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

www.riddles.com

MOVIE TRIVIA

- 1) Which actress played Katniss Everdeen in "The Hunger Games"?
- 2) The title role of the 1990's movie, "Pretty Woman", was played by which actress?
- 3) What fictional city is the home of Batman?
- 4) What fictional planet is the superhero, "Superman", from?
- 5) What famous actor is known for the saying, "I'll be back"?
- 6) What "Alice in Wonderland" character shouted, "off with his head!"?
- 7) What school does Harry Potter attend?
- 8) What was Marilyn Monroe's name at birth?
- 9) In which Star Wars film did the Ewoks first appear?
- 10) What movie did Elvis Presley first appear in?

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

www.triviaquestionsnow.com

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



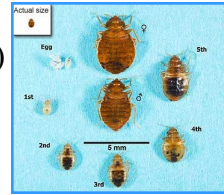
September is a good month for new beginnings—the air is changing and our routines will change as the days get shorter.

Now would be a great time to make one healthy change. I've read that if we keep the change real simple and doable we are more likely to follow through and keep it as our daily routine. We could do things like, eat an extra vegetable a week, walk to the corner and back, or even give up one cigarette a week. I've got a few things in mind for myself—I'll let you know how it works out.

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.

Do You Have All Your School Supplies?



HARRIETSTOWN HOUSING AUTHORITY



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14 Kiwassa Road
Saranac Lake, NY 12983

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www.harrietstownha.org

Answers to: Riddles

- 1) Yesterday, Today, and Tomorrow
- 2) David
- 3) What stairs? You live in a one story house.
- 4) The man is bald!
- 5) A fence.
- 6) Give the fifth girl her apple in the basket.

Answers to: Movie Trivia

- 1) Jennifer Lawrence
- 2) Julia Roberts
- 3) Gotham City
- 4) Krypton
- 5) Arnold Schwarzenegger
- 6) Queen of Hearts
- 7) Hogwarts
- 8) Norma Jean Mortenson
- 9) Return of the Jedi
- 10) Love Me Tender