

HARRIETSTOWN HOUSING AUTHORITY



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## HEALTHY HAPPY ATTITUDES

Volume 9, Issue 6

June 2010

Harrietstown Housing Authority

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

### NEWS FROM DAVID'S DESK

#### ARE YOU COLLEGE BOUND?

The Board of Commissioners has approved a policy to provide notebook computers to college bound residents. If you are a high school graduate or an adult returning to college to earn a degree you may qualify for a notebook. These are meant for new students starting for the first time or returning after an extended period.

The notebooks will be refurbished computers purchased through TechSoup a not for profit distributor of donated technology. This refurbished notebook computer has a Pentium M processor, the Windows XP Professional operating system, and the Microsoft Office 2003 Standard office suite. It will be a Dell PM Windows XP Notebook, 1.8 GHz - 2.0 GHz, with Minimum 1024 MB RAM and 40 GB Hard Drive.

Upon completing the first year the notebook will become yours to keep. If you are attending college this fall and think you qualify please call me.

#### FIRE DEPARTMENT ACCESS

In the next week we will be installing Knox-Box security boxes that will allow the Saranac Lake Fire and Rescue access to our buildings and units. This will provide a safe and efficient method for the Fire and Rescue to respond to emergencies in our locked buildings and units. This will also give the Fire department access to our alarm systems allowing them to silence the alarms. For system security whenever the Fire Department accesses our key a record is generated that identifies the specific Department Officer using the fire department master. This eliminates any potential misuse of our master.

The door of a bigoted mind opens outwards so that the only result of the pressure of facts upon it is to close it more snugly. -Ogden Nash, author (1902-1971)

### HHA BOARD OF COMMISSIONERS

Chairperson

Mr. Steve Erman

Vice-Chair

Mr. Allen Dunham

Mr. Rusty Russum

Mrs. Mary Lawthers

Mrs. Emily Fogarty

Ms. Pam O'Bryhim

### HHA OFFICE HOURS

9:00am- 11:30am

And 1:00pm—3:30pm

After hours

**Emergency** call  
number **923-1082**

## Harrietstown Housing Authority

EXECUTIVE DIRECTOR

David Aldrich

HOUSING ASSISTANT

Debbie Zerrahn

ACCOUNT CLERK/SECTION 8 COORDINATOR

Mya Duprey

RESIDENT SERVICES COORDINATOR

Irene Snyder

FACILITIES MANAGER

David Siegrist

MAINTENANCE STAFF

Eric O'Donnell

Sheldon Hayward

## June

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



BIKES

BIRTHDAYS

CAPANDBGOWN

FATHERSDAY

FISHING

FLAGDAY

FLOWERS

GARDENS

GRADUATION

JUNE

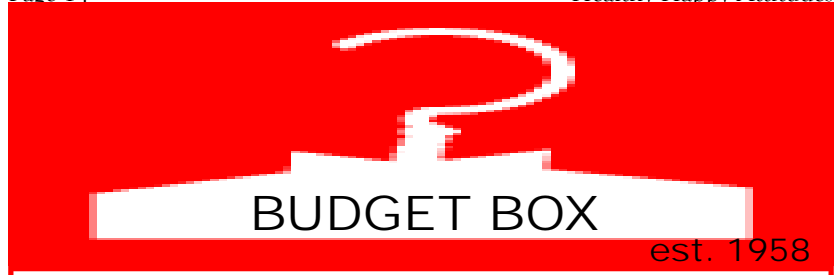
PEARL

PICNICS

ROSE

SCHOOLSOUT

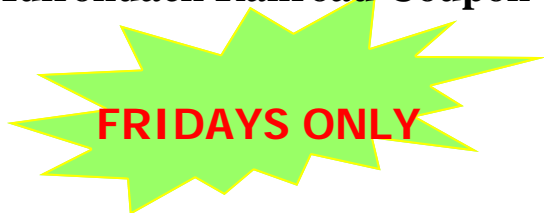
SWIMMING



**USED CLOTHING**

At low prices  
94 Church St.  
Saranac Lake  
Open: Wednesday and  
Saturday 11:30- 3:30

**Adirondack Railroad Coupon**



Buy an Adult ticket and  
1 Child rides free  
With this coupon



“It is an old error of man to forget to put quotation marks where he borrows from a woman's brain!”

- Anna Garlin Spencer

**TID BITS FROM DAVID SIEGRIST**

Part of my job as the facilities manager is to coordinate the preparation of apartments that are clean and safe and arrange to have them maintained as needed.

We have a total of 113 housing units and ancillary facilities here at the housing authority which are attended to by 2 full time workers. Every day we evaluate what tasks need to be completed and prioritize our actions accordingly.

This at times is a daunting task. Just like any other business we must take into account emergencies, staff absences, vacations, the weather and materials that must be ordered for jobs to be completed. We work hard to make the process as easy as possible on residents but we are not perfect. Questions arise about why this or that has not been done or is that thing fixed yet?

Many times the maintenance staff can't answer those questions as they simply don't have the answer. That's my job. The answer man. Please ask me a question. I will try to answer it. Give me a call at 891-3050 option 4 and I will be happy to assist you.

Don't want to call?

Email me. [dsiegrist@harriestownha.org](mailto:dsiegrist@harriestownha.org). I will respond to your inquiry in a timely fashion.

Come visit me in my office. If I'm not busy I'll be glad to talk to you.

Knowing your concerns helps me in my job to make things better for you the resident.

**WHAT'S HAPPENING IN YOUR HOME... By Debbie Zerrahn**

**WHO'S COMING....WHO'S GOING!**

Algonquin Complex – Well the warm weather has finally arrived. The flowers will be blooming and the grass is growing. Everyone is doing a nice job keeping the Complex clean. Please respect your neighbors efforts and don't walk on the new grass. Let's see... Amber Knapp in apartment 506 and Christa LaVair and Anthony Tyler in apartment 104 will be moving the end of June. Wish them well. We will have a few vacancies to fill by the end of July. If you know someone who is looking send them our way. We welcome Jessica Patraw in apartment 108 and Evelyn Lavoie in apartment 105.

Congratulations to Brandy Hope. She has completed her LPN training and is awaiting the State Certification test. She will return next year to NCCC for her RN certification. Michelle Charleson has completed her RN training and is also awaiting the State Certification test. All the hard work has finally paid off. Great job to both. We have not heard from anyone else. If you have completed training or graduated from high school or college. Please let us know.

Lake Flower - Cynthia Elleman, Ava Floria, and Shawn Kilburn have all moved. We wish them well. We welcome Lyn Childs, Kevin Symonds and Francis O'Dell to the high-rise. We are looking to fill a few vacancies by the end of June. The gardens are well under way. We are starting to see a few plants.

Happy Fathers Day!!!

Happy Graduation to all the high school kids. Enjoy the summer.

**HAPPY BIRTHDAY**

JUNE BIRTHDAYS

Algonquin Apartments

Tyrese Hunt	06-05
Miranda Hope	06-08
Barbara Brown	06-08
Kara Besio	06-10
Deborah Giddings	06-16
Matthew Gonzalez	06-17
Holly Spencer	06-20
Kirk Mclean	06-22
Nicholas Reyell	06-23

Lake Flower Apartments

Ida Hosler	06-04
Paul LeClair	06-13
Priscilla Kilburn	06-14
Eugene O'Dell	06-18
Darrell Davies	06-20
Sammie Simmons	06-22

HCV Program

Cynthia Kentile	06-01
Robert Scofield	06-03
Nichole Christy	06-05
Judith Curtis	06-06
Patricia Dupree	06-07
Barbara Winderl	06-07
Tammy Burdt	06-09
Mathew Bushey	06-10
Lindsey Lagoy	06-10
Thelma Patnode	06-11
Natalie Oddy	06-15
Brayden Lapierre	06-16
Dennis Jacobs	06-17
Christine Smith	06-17

Eunice Tyler	06-17
Ayden Hunt	06-19
Felicity Roberts	06-22
Karen Dawson	06-24
Ethan LaVair	06-28
Jean Jacobs	06-28
Evan Perez	06-29
Joseph Chatland	06-29
Reginald Ormsby	06-30

**TRIVIA**

What show debuted in September of 1974 and took place predominantly on the Pacific Princess?

Write your answer on the completed puzzle (page 15) and return it to the office. If your answer is correct it will be included in the drawing and you may win a prize. The winner will be announced in the next issue.

Algonquin Residents can put it in the small black mail box in the 400 building.

The winner of last month trivia is:  
Pam Crane

The answer was –  
Florida



**The Harrietstown Housing Authority has apartments available 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 Rd. Saranac Lake.**

**You may also go online at [www.harrietstownha.org](http://www.harrietstownha.org).**



Are you safe in your home?

Are you afraid of someone who is

in your household?

You have a right to be safe.

No one has the right to abuse you.

**Legal Advocacy**

**YOU ARE NOT ALONE**

**Free Confidential Safe**

**1-800-834-9474**

**891-2612**

*A Safe Home*  
Support Groups

*Teen Group*  
Therapeutic Support



**THE AARDVARK INSPECTIONS ARE SCHEDULED FOR**

**June 1 , 2010**

**Third Floor at the Lake Flower High-rise and the**

**Upper section for the Algonquin Apartment Complex.**

**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.**



\*\*\*\*\*  
Annual window washing at the Lake Flower Apartments is being scheduled for the month of June. Tenants will be given advance notice of when washing will commence once the actual dates have been determined.  
\*\*\*\*\*

**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.

## EXTRA HELPINGS-

Sponsored by the  
Regional Food Bank of Northeastern New  
York

" A Community Food Buying Club"

You can order Extra Helpings by contacting The  
Saranac Lake Adult Center at 891-2980.

Lake Flower Apartment residents can leave your  
order in the drop box and Irene will give it to  
Shirley.

"Purchase nutritious foods at lower-than-retail  
cost" Everyone is welcome to order, No age limit,  
No income limit.

**ORDER and Pay BY: June9, 2010**

**Pick up on June23, 2010**

**9:00-10:00 am**

**Algonquin Apartments  
Community Room**

3. **MEANWHILE**, combine the squash puree and evaporated milk in a medium saucepan. Whisk until smooth and bring the mixture to a simmer over medium heat. Cook, stirring occasionally, for 6 minutes to thicken the mixture. Remove from the heat and stir in the Jack cheese, [Cheddar](#), mustard, salt, and pepper. Mix until the cheeses are melted. Stir in the [sour cream](#) and spinach.

4. **ADD** the spinach-cheese mixture to the macaroni and mix well, breaking up any clumps of spinach. Transfer the macaroni mixture to the baking pan, spreading it evenly. Sprinkle with the panko crumbs. Bake for 15 to 20 minutes, or until crispy on top and bubbling. Let cool for 5 minutes before cutting into 4 squares.

### Nutritional Info Per Serving:

330 cal, 10 g fat, 5 g sat fat, 580 mg sodium, 46 g carb, 20 g pro, 60% calcium

### MAKE IT A 400-CALORIE MEAL:

1. **Add a Salad:** Make a Waldorf salad with 1/2 c chopped apple, 1 Tbsp diced celery, 2 tsp chopped walnuts, 2 Tbsp low-fat plain yogurt. [Calories:](#) 80; Total [Calories:](#) 410.

2. **Enjoy Dessert:** Indulge in 1 slice (2") of angel food cake. [Calories:](#) 70; Total [Calories:](#) 400



## Spinach Macaroni and Cheese

Mac 'n' cheese takes a healthy spin in this recipe

**PREP TIME:** 10 MINUTES + 5 MINUTES STANDING/ **COOK TIME:** 40 MINUTES / MAKES 4 SERVINGS

Frozen butternut squash forms the base of this dish's cheesy sauce, sneaking in fiber, flavor, and extra nutrients.

1 1/3 c whole grain elbow macaroni  
 1 package (12 oz) frozen [winter squash](#) puree, thawed  
 1 c reduced-fat (2%) evaporated milk  
 1/4 c shredded [Monterey Jack](#) cheese  
 2/3 c shredded reduced-fat sharp [Cheddar](#) cheese  
 2 tsp brown mustard  
 1/2 tsp coarse salt  
 1/8 tsp freshly ground black pepper  
 1/4 c reduced-fat [sour cream](#)  
 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry  
 2 Tbsp panko bread crumbs

1. **PREHEAT** the oven to 350°F. Coat an 8" x 8" baking pan with cooking spray.

2. **BRING** a medium pot of water to a boil. Add the macaroni and cook according to the package directions. Drain and return to the cooking pot.

### EXTRA HELPINGS MENU

**Please note the changes in prices and menu items.**

**FOR \$21.00**

1.25 lbs. Turkey Tenderloin  
 2 lbs. Chicken Tenders  
 3 lbs. sweet Italian sausage rope  
 1 lb. lean ground beef  
 1 pint grape tomatoes  
 1 pint fresh blueberries

**Special #1: \$ 13.50**

3 lb. butterfly breaded shrimp

**Special #2: \$ 15.50**

18 oz. stuffed shells  
 12 oz. sundried tomato stuffed rigatoni  
 12 oz. spinach stuffed rigatoni  
 13 oz. lg. round ravioli  
 16 oz. tri color tortellini  
 18 oz. Manicotti

13 oz. pierogies with potato, swiss and jack cheese  
 2 (1 qt.) casa visco spaghetti sauce

**Special # 3: Meat Box \$32.00**

3 lb. lean ground beef  
 2.5 lbs. boneless skinless chicken breast  
 2 lb. sweet Italian sausage rope  
 3 lb. Salisbury steak  
 2.5 lbs. all natural gourmet meatballs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>RED— ALGONQUIN COMMUNITY ROOM</b>  <b>PURPLE-L.F COMMUNITY ROOM</b>  <b>BLUE—MAMIE HOGAN ROOM</b>  <b>GREEN - BOARD ROOM</b></p>		1	2 1:00 Monthly social	3 9 Am Coffee Hour	4	5 Late fee will be added for rents unpaid by close of business
Please pay your rent on time.						
6	7	8 9:00 WIC	9 7:30 AHDC Board Meeting	10 9 Am Coffee Hour	11 Annual BBQ 12:00-Lake Flower Apts.	12
13	14	15	16 4:30 Board Meeting	17 9 Am Coffee Hour	18	19
20	21	22 9:00 am WIC	23	24 9 Am Coffee Hour	25	26
27	28	29	30			