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## HEALTHY HAPPY ATTITUDES

Volume 9, Issue 4

April 2010

Harrietstown Housing Authority

www.harrietstownha.org

### NEWS FROM DAVID'S DESK

#### RESIDENT COMMISSIONER ELECTIONS

The Biannual Resident Commissioner election process has begun. As a Resident Commissioner you will have the opportunity to be involved in the Policy making and fiscal oversight of the Housing Authority. Each complex provides a commissioner to the board. If you are interested in participating as a candidate please pick up a nomination at the office or contact us and we will mail it to you. The petitions must be returned with the signatures by April 5. Algonquin petitions require 13 signatures and Lake Flower petitions require 25 signatures.

Sample Ballots will be posted on April 27 at each site. If you require an absentee ballot please make your need known early because they need to be returned by April 30.

The Resident Commissioner elections will be held on May 4<sup>th</sup> between 1:00PM and 6:00PM in the Mamie Hogan Room at Lake Flower and the Community Room at Algonquin Apartments.

The elected Resident Commissioner will take office on June 8, 2010 and attend the Annual meeting on June 16, 2010.



Human beings are perhaps never more frightening than when they are convinced beyond doubt that they are right. -Laurens van der Post, explorer and writer (1906-1996)

**HHA BOARD OF COMMISSIONERS**

Chairperson  
Mr. Steve Erman  
Vice-Chair  
Mr. Allen Dunham  
Mr. Rusty Russum  
Mrs. Mary Lawthers  
Mrs. Emily Fogarty  
Ms. Susan Riedl  
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

**April**

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

BIRTHDAYS

BRUNCH

BUDS

DIAMOND

EASTER

FLOWERS

GRASS

MUD

RAIN

SHOWERS

SPORTS

SPRING

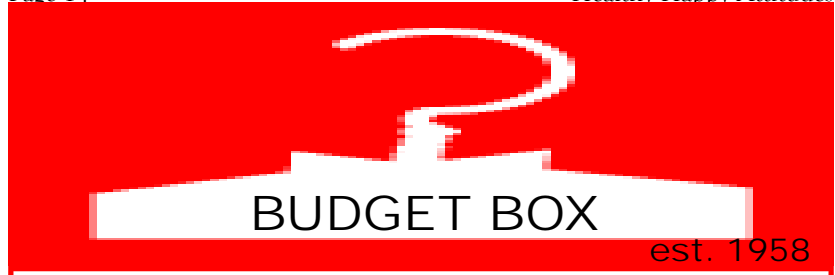
SUNSHINE

SWEETPEA

WET

Find the hidden phrase

\_\_\_\_\_



**USED CLOTHING**

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

**ABRAHAM JOSHUA HESCHEL:**

Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.

**ALDOUS HUXLEY:**

There's only one corner of the universe you can be certain of improving, and that's your own self.

**CARDINAL DE RETZ:**

A man who doesn't trust himself can never really trust anyone else.

**HORACE FRIESS:**

All seasons are beautiful for the person who carries happiness within.

**TID BITS FROM DAVID SIEGRIST**

Have you ever been told just to zip it? If not now is your chance. The Harrietstown Housing Authority in association with the Regional Athletic Commission have plans to install a zip line connecting the Lake Flower Hi-rise with the De Chantel Apartments. The overwhelmingly popular attraction at this year's winter Olympics in Canada has prompted local interest in the project. The line would be used as a much needed tourist attraction for the village of Saranac lake. The use of the line would not be limited to fast paced excitement but would also aid residents at both properties. The line would be used to transport Meals on Wheels in a more efficient manner allowing the days fare to be launched from either location. The line would also be utilized by home health aides and public health nurses to zip right over from one location to the other to serve clients eliminating some of the travel cost associated with transportation by vehicle. What a time saver! No special training is required to use the zip line system . A safety harness is attached to the rider and one of the housing authority's staff gently shoves the paying customer in to space. Test runs using our maintenance staff will be needed to determine how much of an impact a typical riders' body can take upon stopping. This will determine the size of the mattress that will be needed at each end of the line. Test rides for current residents will also be available at no cost until all safety measures have been determined and are in place. You can see in this photo taken from the top of the hi-rise building that construction of the launch platform is already underway with the De Chantel in the background.



Continued on page 10...

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

Hello from the Tropics.....Adirondack Tropics for Irene..... the BAHAMAs for me. Yes the weather is warm, the water blue and the sand soft.....Oh yea I haven't left yet when I was writing this but when you read it I WILL BE THERE. ☺

Algonquin Complex – Welcome to Steve and Nikki Nunnery who moved into apartment 203 with their two children. Shannon Kilner in apartment 505 moved into a house the end of March. Gloria and Robert LaVair and their family are moving. We wish them all good luck in their new ventures. Doreen and Kirk McLean will be moving into apartment 505. We will be renovating apartment 105 and 108 and looking for new families to occupy them by June 1<sup>st</sup>. This will complete our renovations at the Algonquin Complex.....maintenance is very glad about that. The annual inspection went very well. Everyone cleaned out a lot of clutter and unwanted items. Please keep in mind that in the future you will be charged for excessive disposal of household items. Unwanted items should be disposed of immediately and not accumulated. Getting rid of items as they are no longer wanted or needed... one item at a time ...is better than all at once.

I do believe that spring is here...hopefully to stay. This means children will be outside more. Please drive carefully when you are driving into or out of the Complex and  
**PLEASE NO SIDEWALK CHAULK ON THE BUILDING.**  
Irene will be looking for families interested in gardening soon. Don't forget to contact her for your space to plant.

Lake Flower High-rise – Michelle Otto has taken apartment 9C. She has not moved in yet but expect her arrival end of May early June. Joyce Trudell and Walther Lanphear moved into apartment 8D. Christopher Otranto (9E) and Mary Lou Brown (4B) have moved out. We wish them well. We will be renovating 4B which completes the renovations for the bedroom apartments in the High-rise.

Re-certifications for both Complexes are complete. Thank you for your cooperation in getting this done in a timely manner. Spring is here. Get out and enjoy. Happy Easter to Everyone

**HAPPY BIRTHDAY****APRIL BIRTHDAYS**Algonquin Apartments

Anthony Gonzalez	04-01
Roberta Spencer	04-03
Amanda Maddox	04-06
Charles Williams	04-06
Amalfi Pimentel	04-08
Jacob Shue	04-10
Michelle Charleson	04-13
Jessie Howland	04-18
Allison Koller	04-23
Bianca Pelletieri	04-25
Gloria LaVair	04-27
Alexandra Whitson	04-28
Ethan Shue	04-29

Lake Flower Apartments

Michelle Ward	04-13
Albert Gonyea	04-14
Eva Florian	04-15
Alice Kennedy	04-16
Elizabeth Gowan	04-20
Christopher Otranto	04-30

HCV Program

Christopher Baker	04-03
Desiree' St Amand	04-04
Dino Jackson	04-06
Kathleen Bristol	04-06
James Minichini	04-08
Deborah Stevens	04-10
Helen Rock	04-11
Rachel Cramer	04-12
Mason Stanton	04-14
Allison Zerrahn	04-16
Chris Martin	04-18
Beatrice Winchell	04-20
Angelique Perez	04-26
Kealan Ryan	04-28

What fictional **Marvel Comics** superhero has an aunt named May?

**TRIVIA**

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:  
Priscilla Kilburn

The answer was –  
Letter E



**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**

**April 6, 2010**

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

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

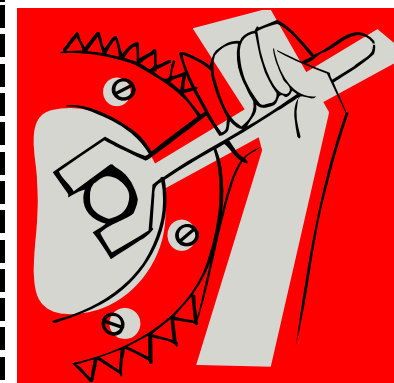
**PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF**

**YOU ARE**

**MAINTAINING YOUR APARTMENT IN A**

**CLEAN, SAFE SANITARY CONDITION IN**

**ACCORDANCE WITH YOUR LEASE.**



**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 give their order to Shirley Allen on March at 1:00 in the main lobby**

**You 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.

## VOLUNTEER NEEDED

A person from Lake Flower apartments is needed to take orders for Extra Helpings and to deliver the orders when they come in. **If you participate in Extra helpings please consider volunteering.** Please contact Shirley Allen at the Adult center if you are interested.

**ORDER and Pay BY: April 9, 2010**

**Pick up on April 28, 2010**

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

**Algonquin  
Community Room**

## Take Charge of Your Health

### How to live life on your own terms

To live well with chronic illness, try learning from others who have a chronic condition. Stanford University's self-management workshops, for example, are led by two people, at least one of whom has a chronic disease. "The participants can identify with us," says Greg Bailey, 61, a workshop leader who also suffers from a chronic pulmonary disease. "We know exactly what they're going through." Here are a few key tenets of the program that you can adapt to manage your own illness.

### Set your goals

Create clear goals for everything from exercise to nutrition. If you have arthritis and you need to strengthen muscles around joints, don't just tell yourself you need to do it. Make a list of specific weekly objectives, from exercise reps to the days you'll do them. It won't just help your body; it'll put you in charge of your treatment.

### Face your feelings

Physical symptoms aren't the only challenge. Anger, fear, depression, and isolation often accompany chronic illness. A support group can be a therapeutic way to help you confront these issues.

### Live your life

Visualize the life you want—and do what it takes to achieve it, from hobbies to an active social life to getting a job. Manage the illness; don't let it define you.

For an online version of Stanford's Chronic Disease Self-Management Program, visit the [National Council on Aging](#). —  
*M.A.F.*

Continued from page 3

**HAPPY APRIL FOOLS' DAY**

Now on a more serious note .The recent geological survey at the Algonquin Apts. has proven the existence of a diamond mine which would effectively provide millions to the .....

**Attention Algonquin Apartment Residents**

Be looking for postings for the annual spring clean up! It works well when there are many participants.

If you would like a spot in the garden for the summer please let Irene know. 891- 3050 opt 5 We will be splitting up the plot in the beginning of May.



**Lake Flower Apartment Residents**

Please see Irene for a garden plot- or leave a message at 891-3050- opt. 5

We will be splitting up the garden in the beginning of May.

**EXTRA HELPINGS MENU**

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

**FOR \$21.00**

- 10- 12 lb. whole turkey
- 1 lb. mild bulk sausage roll
- 1 lb. pkg. chicken patties
- 1 lb. tilapia fish fillets
- 5 lb. bag potatoes
- 1 bunch sleeved celery

**Special #1: \$ 12.50**

- 5lb. Block sliced white American cheese

**Special #2: \$ 19.25**

- 10 lb. bag breaded chicken tenders

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

- 2.5 lbs. chuck beef pot roast
- 3 lbs. boneless –skinless chicken breast
- 3 lbs. sweet Italian rope sausage
- 3 lbs. pepper steak
- 2 lbs. breakfast sausage

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 <hr/> Office closed at 11:30	3
				Please pay your rent on time.		
4	5 Late fee will be added for rents unpaid by close of business	6	7 1:00 Monthly social	8 9 Am Coffee Hour	9	10
11	12	13 9:00 WIC	14	15 9 Am Coffee Hour	16	17
18	19	20	21 7:30 AHDC Board Meeting	22 9 Am Coffee Hour	23	24
25	26	27 9:00 am WIC	28	29 9 Am Coffee Hour	30	