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HEALTHY HAPPY ATTITUDES

Volume 9, Issue 8

August 2010

Harrietstown Housing Authority

www.harrietstownha.org

NEWS FROM DAVID'S DESK

LAKE FLOWER BOWLING

The Lake Flower Activities Committee and the Housing Authority have split the cost of a Wii game system to be used in the community room. Irene Snyder and the activities committee will be establishing a bowling league at Lake Flower. Look for the signup sheet and have fun.

NOTEBOOKS FOR STUDENTS

The program to provide computer notebooks to participants of Harrietstown Housing Authority programs has gotten off to a good start. We will be providing notebooks to six college level students advancing their education. We wish them well in the coming school year.

RESIDENT ADVISORY BOARDS

The Lake Flower and Algonquin Resident Advisory Boards will be combined into a single unit. The RAB's provide resident points of view on policy and planning for the housing authority. If you would be interested in serving on the Resident Advisory Board please submit a letter of interest to me.

DEWEY MOUNTAIN PARKING

Due to parking problems at the Dewey Mountain Recreation Facility the Town of Harrietstown has asked us to make all residents aware that parking regulations will be actively enforced and violations prosecuted. Please be respectful of our neighbor's property.

Nothing, to my way of thinking, is a better proof of a well-ordered mind than a man's ability to stop just where he is and pass some time in his own company. -Lucius Annaeus Seneca, philosopher (BCE 3-65 CE)

HHA BOARD OF COMMISSIONERS

Chairperson
Mrs. Mary Lawthers
Vice-Chair
Ms. Pam O'Bryhim
Mr. Rusty Russum
Mr. Steve Erman
Mrs. Emily Fogarty
Mr. Allen Dunham

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

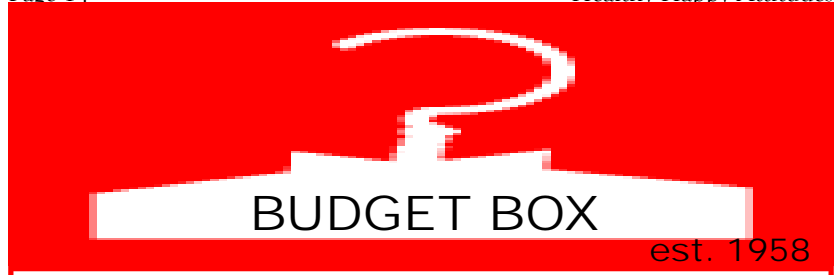
Eric O'Donnell

Sheldon Hayward

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



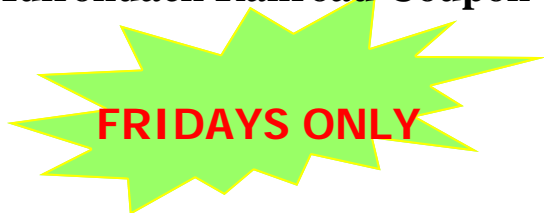
AUGUST	BURNINGMAN	CATFISH
FOOTBALL	FRIENDSHIPDAY	LAZYDAYS
METEORSHOWER	PEACH	RUGBY
SCHOOLSHOPPING	SUMMERCAMP	



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



TID BITS FROM DAVID SIEGRIST

How time flies. It seems like yesterday that our beloved web master was looking for my piece for the newsletter. I'm not sure how many ways I can tell you that we are working hard to maintain our facilities and provide safe clean and affordable housing. So I won't .But we do.

Let's see what is going on. The new bench at the Lake Flower apartments has been installed and I have heard favorable reviews from tenants. Check it out. We are still doing research on our potential replacement refrigerators at the high-rise and are considering the replacement of the stoves as well. So stay tuned. This is not an excuse to not clean your appliances.

The Algonquin Apartments are seeing needed fence repairs take place and some filling in of holes due to erosion. The guys are trying to keep the grounds picked up but we ask for residents help as well. We can't be there 24 hours a day.

People may have noticed that the Dewey Mountain recreation area has installed no parking signs at their facility. Parking is a hot issue these days in the village. Residents that do not have valid parking stickers for the housing authority lots will be subject to ticketing. Please save yourself the hassle and park your vehicles accordingly.

We have seen another Iron Man competition come and go. I was very inspired. On race day I managed to take a shower, put some air in my bike tires, and walk down to my mailbox and back. I guess that's more of an Ironing Man description. Nice crisp shirt collars and don't forget the extra starch in the shorts!

Continue to enjoy your summer time activities. See you next month.

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

Algonquin Complex - Christa LaVair and Anthony Tyler left the end of June and we have moved Merry McCormick into the Complex with her family. Brittney Riley also moved into apartment 302. Welcome to everyone. As I mentioned before Carol Callaghan was the happy recipient of \$50 cash for a referral that leased up. Congrats!.

Hard to believe it is August already. Where is the summer going. July was very hot and humid Hope it wasn't too bad on you. Before we know it the white stuff will be falling.

Please remember that you MUST apply for a pet BEFORE you bring it home. Applications are available in the office and on line. If you bring an animal into your apartment without prior approval you are jeopardizing your lease as it is a violation.

Sidewalk chalk is for SIDEWALKS "NOT" buildings. Chalk is very hard to remove from any surface and twice as hard from brick. Please advise your children not to write on the building with any product. It will be appreciated by all.

Lake Flower High-rise - Well this is a first. No move outs for July. We still have one vacancy but we received two new tenants for August. Doris Poulin moved into apartment 7F and Helen Luzzi returned to apartment 5G. Helen lived here before and was happy to return. All has been quiet in the high-rise. I guess the heat was too much and everyone was laying low. Concerts in the park have started and they are free. Take advantage and listen in. Not much is free these days.

I will be out of the office most of August on vacation. If you need assistance with anything, please contact Irene or Mya.

HAPPY BIRTHDAYAlgonquin Apartments

Karina Williams	08-05
Michelle St.Amand	08-07
Madison Nunnery	08-09
Jeremy Howland	08-12
Kelly Brown	08-13
Deserah Latham	08-13
Joshua Gonzalez	08-16
Michelle Howland	08-17
Joshua Howland	08-17
Mia Sanford	08-19
Frances Ballou	08-21
Nikki Churchill	08-26
Shane Rawdon	08-31

Lake Flower Apartments

Tina Belgard	08-05
Jimmy Adams	08-14
Alan rock	08-30

HCV Program

Mathew Walker	08-01
Catherine Snide	08-01
Jacob Roberts	08-08
Elizabeth Nelson	08-14
Hailry Lacey	08-14
Lisa LaFountain	08-14
Marie Peck	08-16
Cayla Kilner-Martin	08-16
Pierre Suzanne	08-17
Starr Segarra	08-18
Edmond Lawrence	08-24
Kathie King	08-27
Carol Kelton	08-28
Jasmine Landry	08-28
Caeye Langdell	08-30

This was one of the best known bosses of Fred Flintstone.

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:

Tom Huggins

The answer was – short



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.



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

August 3 , 2010

Fifth 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.

The problem with doing nothing is not knowing when you're finished.

- Benjamin Franklin



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: August 9, 2010

Pick up on August 25, 2010

9:00-10:00 am

**Algonquin Apartments
Community Room**

Boost your mood



In a recent study of 48 men and women, spinning on a bike for 10 minutes led to a mood lift and drop in depression and fatigue—similar to what they'd get riding three times as long.

Protect your joints

After tracking nearly 4,000 women in their 70s for three years, researchers found that those who reported of having arthritis pain needed only 75 minutes a week of moderate exercise like brisk walking to reduce the frequency of symptoms by nearly 30 per cent.

Manage your weight

Both Church's study and a larger study of 13,711 men and women reveal that just 70 to 75 minutes of brisk walking or about 40 minutes of jogging a week is enough to begin shrinking your waistline. And targeting the waist is important because belly fat is directly tied to heart disease, diabetes, and early death.

Quell stress

"We've seen significant changes in the autonomic nervous system—fewer incidences of the fight-or-flight stress reflex being triggered—with even 70 to 75 minutes a week of exercise," says Church. "A little exercise can do much more than people think, so there's no excuse for not getting up and just doing something."



From the November 2007 issue of [O, The Oprah Magazine](#)

Exercise: The Least You Can Do

Would You Believe 10 Minutes?



Imagine if exercising 10 minutes a day were enough to improve your health, cheer you up, and help you maintain a steady weight. Well, it is, even though most experts stubbornly insist that you need 30 to 60 minutes daily to see results. The case for shorter sessions has been building for some time, but earlier this year results from a watershed study made the point loud and clear.

Researchers at Pennington Biomedical Research Center in Baton Rouge, Louisiana, reported findings from a study involving 464 women who weren't exercisers. After six months, a group who walked an average of 72 minutes a week at two to three mph—that's about 10 minutes of mall-pace striding a day—had significantly improved heart strength and general fitness, nearly matching the efforts of women exercising almost twice as long. "Your body responds very positively, very quickly to even small amounts of exercise," says lead study author Tim Church, MD, PhD. "If you're sedentary, you'll see a lot of your greatest gains going from zero to 10 minutes a day."

More exercise is definitely better, but based on Church's findings and the studies below, there's evidence you can take your time easing into those longer workouts.

Build Muscle

A seven-week study of 22 couch potatoes found that those who did just one set of 10 repetitions of seven strength-training moves (about 10 minutes of lifting) three days a week gained as much strength as those who did a 30-minute, three-set routine.

EXTRA HELPINGS MENU

Please note the changes in prices and menu items.

FOR \$21.00

- 2 (1 lb.) packages Tilapia fish fillets
- 1 lb. 90%Lean ground Beef
- 3 lb. Sweet Italian Sausage rope
- 1 lb. package chicken patties
- 1 cantaloupe
- 5 lb. bag Potatoes

Special #1: \$ 17.25

- 8 lb. Box Holton Quality Beef Patties


Special #2: \$ 19.25

- 10 lb. Bag Boneless Skinless Chicken Breast

Special # 3: Meat Box \$32.00

- 2 lbs. Marinated Sirloin steak tips
- 3 lbs. chicken tenders
- 3 lbs. pepper steak
- 2 lbs. Bulk Breakfast sausage
- 2 lbs. Boneless spare ribs



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 1:00 Monthly Social Please pay your rent on time.	4	5 9 Am Coffee Hour	6	7
8 Ice cream social 2:00 (Lake Flower)	9	10 9:00 WIC	11	12 9 Am Coffee Hour	13	14
15	16	17	18	19 9 Am Coffee Hour 10:00 Activities meeting	20	21
22	23	24 9:00 am WIC	25 Extra helping pickup	26 9 Am Coffee Hour	27	28
29	30	31		 <div data-bbox="1402 1279 1913 1497" style="border: 1px solid black; padding: 5px;"> <p>RED— ALGONQUIN COMMUNITY ROOM PURPLE-L.F COMMUNITY ROOM BLUE—MAMIE HOGAN ROOM GREEN - BOARD ROOM</p> </div>		