

HARRIETSTOWN HOUSING AUTHORITY



DAVID ALDRICH  
EXECUTIVE DIRECTOR

14 Kiwassa Rd  
Saranac Lake, NY 12983

Phone: (518) 891-3050  
Fax: (518) 891-3630

Email:  
isnyder@harrietstownha.org  
www.harrietstownha.org

## HEALTHY HAPPY ATTITUDES

Volume 9, Issue 2

February 2010

Harrietstown Housing Authority

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

### NEWS FROM DAVID'S DESK

#### BOARD OF COMMISSIONER CHANGES

Thomas Michael has resigned from the Board due to increased travel requirements of his employment. We would like to thank Tom for his years of service on the HHA Board and as a founding member of the Adirondack Housing Development Corporation.

The board vacancy has been filled with Pam O'Bryhim. Pam comes to us with many years of business experience as well as having served on many North Country not for profit boards. We welcome her to the board.

The Board changes have caused an opening on the Adirondack Housing Development Corporation Board that was filled with Stephen Erman.

#### ANNUAL INSPECTIONS

Harrietstown HA has signed a contract with U.S. Inspection Group to perform the required annual inspections of all units and facilities. These inspections will be conducted at Lake Flower and Algonquin Apartments on February 18<sup>th</sup> & 19<sup>th</sup>. The inspections include the physical conditions, the safety systems and housekeeping standards.

Labor disgraces no man; unfortunately, you occasionally find men who disgrace labor. ~Ulysses S. Grant

**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

**February**

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

CARNIVAL

CASTLE

FEBRUARY

FIREWORKS

FUN

HEARTS

INSPECTIONS

MONTH

PARADE

PRESIDENTSDAY

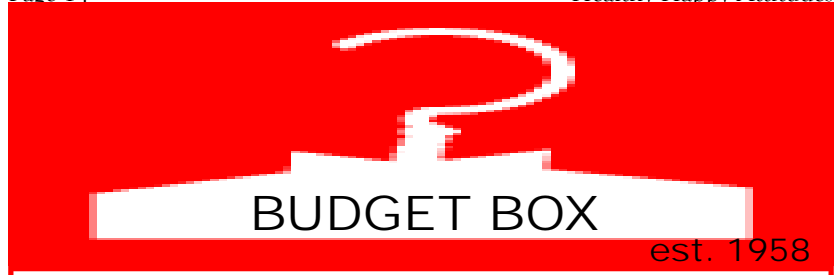
RED

SECOND

SHORT

VALENTINE





**USED CLOTHING**

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

**Verna M. Kelly:**

Snowflakes are one of nature's most fragile things, but just look what they do when they stick together.

**DANIEL J. BOORSTIN:**

Education is learning what you didn't even know you didn't know.

**JOHANN WOLFGANG VON GOETHE:**

Correction does much, but encouragement does more.

**RALPH WALDO EMERSON:**

Skill to do comes of doing.

**TID BITS FROM DAVID SIEGRIST**

As part of the Harrietstown Housing Authority's mission statement we strive to provide clean, safe and affordable housing for persons who qualify for low income housing assistance. In order for us to accomplish this we make annual inspections of all units and facilities to obtain information that will guide us in making necessary adjustments to reach our goal.

These inspections are carried out by an independent contractor such that no bias of the outcome can be construed. All areas of individual apartments will be reviewed for any deficiencies. This information lets us know where we may be lacking in our overall maintenance program and take corrective action as warranted.

These inspections will be carried out by U.S. Inspection Group ,Inc on February 18<sup>th</sup> and 19<sup>th</sup>.

Residents will not be required to be present for the inspection of their apartment. A representative from the housing authority will accompany the inspector at all times.

Should any resident have any questions please call or email me with your concerns. We thank you for patience during these proceedings.

My email address is dsiegrist@harrietstownha.org.

On another note I would be interested in any feedback on the operation of the recently installed heat pumps from our friends at the Algonquin Apartments.

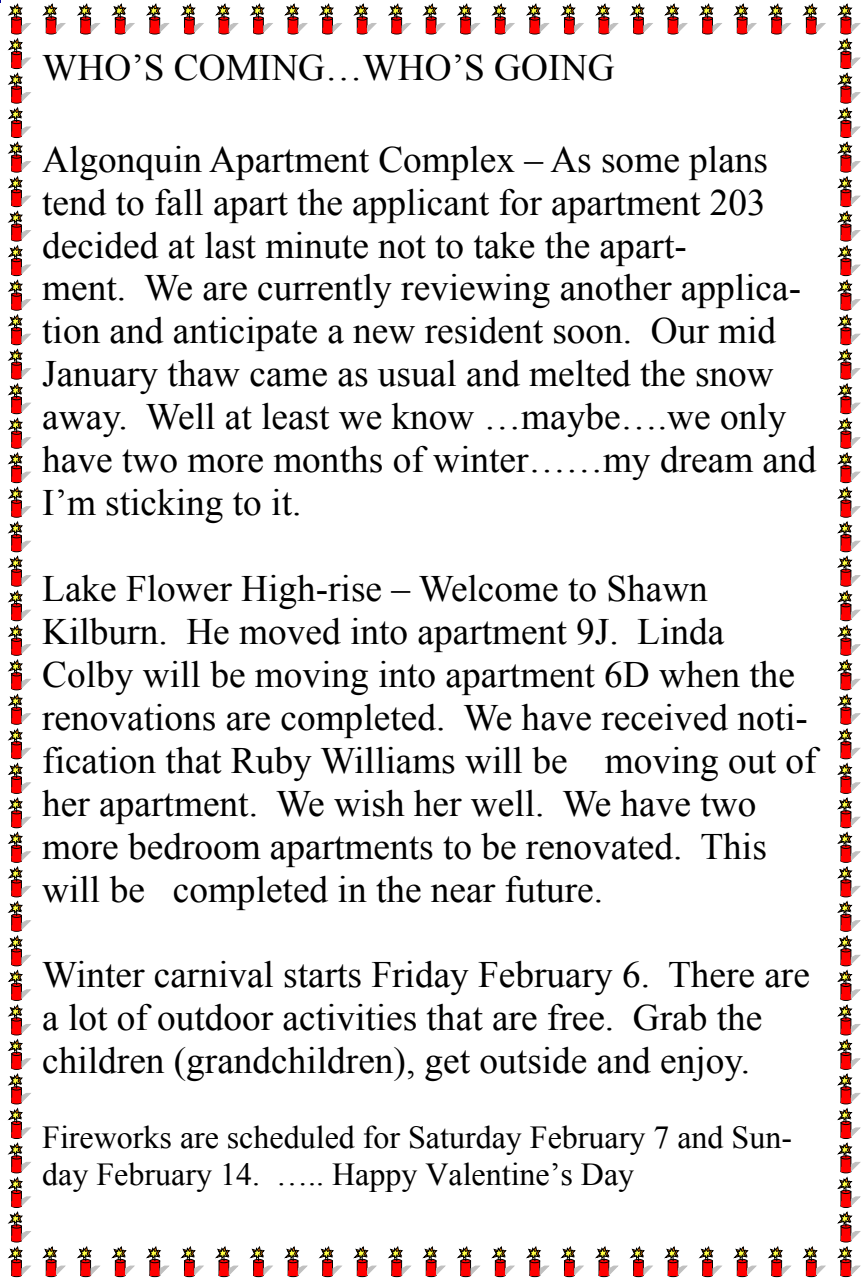
Have you noticed a reduction in the amount of kilowatt hours used in your electric bill? Have you received any comments from your visitors concerning these new strange heater thingies? Again let me know.

Although this winter has thrown us a few curve balls I'm sure it will return to normal soon. Please be careful while sledding and sliding around the complex. We were young too once. About 100 years ago!

Talk to you again next month.

Dave Siegrist

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



WHO'S COMING... WHO'S GOING

Algonquin Apartment Complex – As some plans tend to fall apart the applicant for apartment 203 decided at last minute not to take the apartment. We are currently reviewing another application and anticipate a new resident soon. Our mid January thaw came as usual and melted the snow away. Well at least we know ...maybe....we only have two more months of winter.....my dream and I'm sticking to it.

Lake Flower High-rise – Welcome to Shawn Kilburn. He moved into apartment 9J. Linda Colby will be moving into apartment 6D when the renovations are completed. We have received notification that Ruby Williams will be moving out of her apartment. We wish her well. We have two more bedroom apartments to be renovated. This will be completed in the near future.

Winter carnival starts Friday February 6. There are a lot of outdoor activities that are free. Grab the children (grandchildren), get outside and enjoy.

Fireworks are scheduled for Saturday February 7 and Sunday February 14. .... Happy Valentine's Day



What is the name of the small yellow bird, that is Snoopy's best friend?

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:

Pam Crane

The answer was -  
Lucy and Desi Ricardo  
Or  
Fred and Ethel Mertz

FEBRUARY BIRTHDAYS

Algonquin Apartments

Connor LaVair	02-01
Carol Callaghan	02-11
Misty Minnie	02-13
Brandy Hope	02-21
Stephanie Euber	02-27
Adam Hunichiarice	02-28

Lake Flower Apartments

Jason Perkins	02-04
Luella Chesbrough	02-06
James Rollier	02-09
Curtis Kernehan	02-15
Patricia Roberts	02-16

HCV Program

Antonia Otranto	02-01
Patricia Simpson	02-02
Leona Savvie	02-04
Tiarra Spencer	02-12
Jedemiah Churchdelpiano	02-14
Gloria Churchdelpiano	02-14
Margaret Kentile-Farmer	02-18
Mandalinne Saviski	02-19
Marlene Hare	02-22
Blanche Santimaw	02-23
Shirley Davis	02-25
Janet Williams	02-27



**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

February 2, 2010

Seventh Floor at the Lake Flower High-rise and the

Upper section for the Algonquin Apartment Complex.

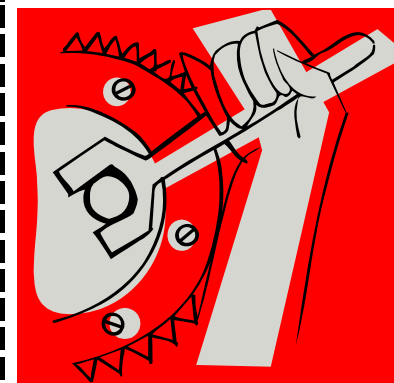
PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF

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 February 9 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

## 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.

Please contact Shirley Allen at the Adult center if you are interested.

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

**Pick up on February 24 , 2010**

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

**Algonquin**

**Community Room**

You need to know how much exertion is appropriate for your heart and joints. Then ease into exercise to give your body time to get used to movement.

Proper clothing and shoes are essential. Loose garments can trip you up or catch on exercise machines. Tight garments can impede circulation. If you're walking early in the morning, or after dark, be sure to wear light colors and reflective gear. And treat your feet to the best pair of walking or running shoes you can afford. Warming up and cooling down are especially important as we age. You can warm up by walking briskly or by working out at a low intensity on any cardio machine. Cooling down helps your heartbeat return to its resting rate. Conclude your exercise session by moving at a gentle pace for at least 5 minutes.

Drinking plenty of water is vital. If you're moving more, your muscles and joints need extra hydration. I recommend drinking 4 to 6 ounces of water for every 15 minutes of exercise. If you're going for a long walk, take a water bottle with you.

Make sure that you're using good form when you exercise to protect your muscles and your joints. Fitness classes taught by qualified professionals can show you the right way to strengthen and tone your muscles without stresses and strains.

If you work out at home with exercise programs on DVDs or videos, pay attention to how the moves are demonstrated and described. Or consider working with a certified personal trainer--he or she can often diagnose and correct poor form in a single session.

Gasping for breath is a sign that you're working too hard. Aim instead for what I call "the happy zone." In the happy zone, also known as the cardio zone or the fat-burning zone, you're working a little harder than just strolling to the mailbox. You're breaking a sweat, and you're breathing with your mouth open, to get all that oxygen to your muscles. But you're also moving at a pace that you can sustain for at least 10 minutes or longer.

Finally, always stop if you feel pain. Pain is a strong, clear message from your body. So listen to it! A little achy soreness or tiredness is fine, but if it doesn't go away in a few days, you have pushed yourself too hard. Ease up a bit.

**Source: Chris Freytag, author of Shortcuts to Big Weight Loss and Move to Lose.**

## Eat Smart, Think Smart

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

By Martina Navratilova

Want to be more mentally alert? The right fruit and vegetable combinations can help you think more clearly —especially if those combos are raw, with their nutrients intact, says AARP health and fitness ambassador Martina Navratilova.



Some examples:

- **Add veggies to everything.** For example, augment spaghetti sauce with green peppers, spinach, or zucchini, or throw chopped broccoli onto wild rice.
- **Put crunch into your sandwiches with dark green lettuce, tomato, and cucumber.**
- **Keep raw vegetables on hand** to eat as snacks or with meals. Serve them alone or with fat-free dips or hummus.
- **Add at least one large salad to a daily meal.** Use a variety of dark, leafy greens and a light olive oil dressing.
- **Experiment with several raw food recipes each week.**

## QUESTION:

I have been avoiding exercise for years. At age 50, is it just too late?

**Never. Whether you're starting your first exercise regimen or getting back into fitness after a long hiatus, no matter your age, the first step is the most important: Tune in to your body. People who are inactive are people who aren't in touch with how their body feels and what it can and can't do. Start slowly, especially if you have gained weight with age or developed arthritis in your joints.**

**I strongly recommend that you check with your doctor before starting any exercise program.**

## EXTRA HELPINGS MENU

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

**FOR \$21.00**

- 2.5 Lbs. beef bottom round roast
- 3 lbs. bag boneless chicken breast
- 1 lb. pkg. sweet Italian sausage links
- 1 lb. hamburger
- 1 bag seedless grapes
- 1 bag broccoli

**Special #1: \$ 12.50**



- 5 lb. sliced American cheese

**Special #2: \$ 15.50**

- 18 oz. stuffed shells
- 12 oz. sun dried tomato stuffed rigatoni
- 12 oz. spinach stuffed rigatoni
- 13 oz. lag. Ravioli
- 16 oz. tri colored tortellini
- 18 oz. manicotti
- 13 oz. Pierogie with potato, Swiss and jack cheese
- 2 -1 qt. jars casa visco sauce

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

- 2.5 Beef chuck pot roast
- 3 lbs. Boneless skinless chicken breast
- 3 lb. rope sausage 3 lb. pepper steaks
- 2 lbs. bulk breakfast sausage

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3 1:00 Monthly social	4	5 Late fee will be added for rents unpaid by close of business	6
Please pay your rent on time.						
7	8	9 9:00 WIC	10 7:30 AHDC Board Meeting	11	12	13
14 	15 Presidents Day Office Closed	16	17 4:30 HHA Board meeting	18  <b>Annual Inspections</b>	19	20
21	22	23 9:00 am WIC	24	25	26	27
28	<div style="border: 1px solid black; padding: 5px;"> <p><b>RED— ALGONQUIN COMMUNITY ROOM</b></p> <p><b>PURPLE-L.F COMMUNITY ROOM</b></p> <p><b>BLUE—MAMIE HOGAN ROOM</b></p> <p><b>GREEN - BOARD ROOM</b></p> </div>					