

HARRIETSTOWN HOUSING AUTHORITY



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HEALTHY HAPPY ATTITUDES

Volume 9, Issue 1

January 2010

Harrietstown Housing Authority

www.harrietstownha.org

NEWS FROM DAVID'S DESK

SCHOLARSHIP AVAILABLE

In order to encourage academic excellence and community responsibility among high school students, PHADA (Public Housing Authorities Directors Association) has implemented a scholarship program for graduating seniors who are preparing to enter college. PHADA will award three (3) scholarships to deserving youth currently residing in a PHADA member agency. The scholarships are Stephen J. Bollinger Memorial Scholarship (One scholarship available: \$7,000.00), Freedom & Civil Rights Scholarship (One scholarship available: \$5000.00) and HD Supply Scholarships (One scholarship available: \$5000.00). If you are a Graduating Senior living in Harrietstown Housing Authorities public housing or our Housing Choice Voucher Program and are interested in these scholarships please contact me and I will provide you with an application. The applications are due at PHADA by February 12, 2010.

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 18th & 19th. The inspections include the physical conditions, the safety systems and housekeeping standards. Best Wishes for the New Year.

A civilized society is one which tolerates eccentricity to the point of doubtful sanity. -Robert Frost, poet (1874-1963)

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

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

January

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

CELEBRATION

CHILLY

FIRST

HAPPY

JANUARY

NEWYEAR

RESOLUTION

SKIING

SLIDING

SNOW

SNOWBALLS

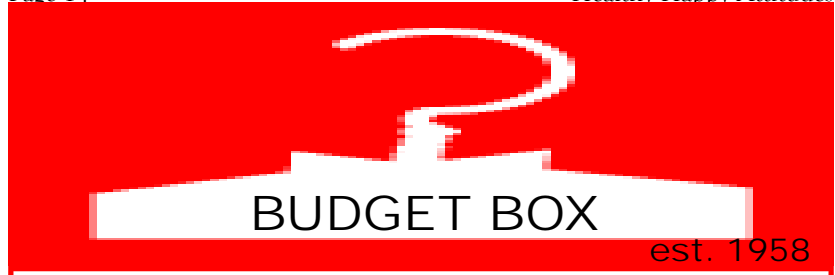
SNOWFORT

SNOWMEN

SNOWSHOES

TEN





USED CLOTHING

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

Mark Twain:

If you tell the truth you don't have to remember anything.

Barbara De Angelis:

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

DR. SEUSS:

I like nonsense. It wakes up the brain cells.

COLLEEN C. BARRETT:

Work is either fun or drudgery. It depends on your attitude. I like fun.

TID BITS FROM DAVID SIEGRIST

Yes some snow has arrived and along with it some extremely cold weather. Are we the coldest spot in the US again? Probably but that's why we chose to live in the Adirondacks.

Living in an area where temperatures are consistently well below zero presents us with some challenges . We all must be diligent in our preparations should we venture outdoors.

Listen to your mother. She knows best. Or is it father knows best? Well somebody knows best when they question you before you venture outside without a proper hat ,coat and gloves. It's a little difficult to give a high five when you've lost a finger to frostbite.

I know," I'm too tough for that"," I'll look like a wimp." Well maybe but won't you be the hero when you have that extra watch cap to offer to a friend who has lost theirs. Or didn't listen to their mothers .Ears are a good thing. Do you hear me ?

Losing power is another one of those situations that can be hazardous during cold weather.

Our friends in the Algonquin Apartments face a major challenge as their heat is provided by electricity. Please rest assured that in an extreme emergency the community room in the complex can be powered by a small generator to provide a heated space and some lighting. The new upgrades in the heating system in that building no longer rely on electric base board heat. You won't be able to do your laundry but you will stay warm.

Residents at the Lake Flower apartments also have a refuge in the event of sustained power outage.

Their community room is powered by a backup generator which switches on automatically to provide power. Light ,heat and cooking facilities are all available should the need arise.

We all must do our part and be prepared for extremes in our environment. There are many sites on line that can provide you with more information about being prepared for possible disasters.

Let's all stay safe.

Why can I only find two left handed gloves? MOM!

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

Algonquin Apartment Complex – Michele and Jessie Howland moved into apartment 201 and settled in for the Holiday season. Welcome and hope you will enjoy your stay. Patti and Brian Hinkley moved out of 203 the end of November. It is currently being renovated for a new resident that is anticipated at the end of January. Angie Florence will be moving in with her daughter. Jennifer Rainford moved in to apartment 605 the end of December. Welcome to all our new residents.

According to my records the Housing Authority has only one more unit to renovate in the Algonquin Complex. That would be apartment 105. All renovated apartments have white cabinets in the kitchen. If your cabinets are not white, please call me and let me know so I can correct my list. During 2009 we had fourteen families move out. We have a lot of new families that have moved in also. Hope you take the chance to meet your new neighbors.

Remember to keep your entrance ways and common areas around your apartment clear of ice and snow. Keep the Complex safe for everyone.

Lake Flower High-rise – Margaret Cochran moved to Uihlein. We are sad to report that after a short stay at Uihlein, she died December 17.

CONGRATULATIONS TO CECILIA MEYERS SHE WILL RECEIVE \$50 FOR REFERRING A RESIDENT. Debbie Collins will be moving into apartment 4I in January. In addition Alice Kennedy will be moving into 3B. Christopher Otranto moved into apartment 9E the end of December. We are still looking to fill two apartments. If you know someone who is looking...refer them and you too can receive \$50.

HAPPY BIRTHDAY**JANUARY BIRTHDAYS**Algonquin Apartments

Amber Knapp	01-11
Kayla Giddings	01-11
Halana Howland	01-11
Dominic Whitson	01-16
Anthony Tyler	01-25
Tevin Hope	01-27
Merritt Shipman	01-27
Emma Besio	01-29

Lake Flower Apartments

Basil Johnson	01-01
Michael Hurteau	01-02
Luella Carr	01-07
Lois Umber	01-08
Clayton Lewis	01-11
Daniel Landolfe	01-14
Mary Buckley	01-15
Mary Klugman	01-16
Dorothy Smylis	01-24
Lisa Roy	01-26
Nancy Dederick	01-31

HCV Program

Merry McCormick	01-01
Dwight McMillian	01-02
Jody Francis	01-02
Pierre Suzanne	01-04
Denise Lester	01-04
James Gailus	01-06
Craig Wolff	01-06
Eileen Bova	01-06
Brook Reyome	01-10
Janice Collins	01-15
Dennis Jacobs	01-23
Kameron Jacobs	01-31

What was the name of the couple in "I Love Lucy" (1951)?

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:

Nancy Knapp
The answer was -
Red Rider BB gun



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

January 5th 2010



Sixth Floor at the Lake Flower High-rise and the **Lower 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.

The number of apartments that need to be renovated in the high-rise is dwindling. Just ten more. During 2009 we had twenty two move out. Sad to say some died, some moved to assisted living or nursing home. Some moved out of the area to be closer to family. This means that we have twenty two new residents in the building as well. Initially when I started working here in 1992 there were only two couples and four or five gentlemen living here. As of today we have thirty seven gentlemen and four couples. Times have definitely changed. The ladies were the residents you would find decorating for the holidays. This year several of the gentlemen did the decorations and I should add they did a fine job.

2009 was a good year....here's hoping for a wonderful 2010.....HAPPY NEW YEAR TO EVERYONE!!!!!!!!!!!!!!

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 January 8 at 1:00.**

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

ORDER and Pay BY: January 8, 2010
Pick up on January 27, 2010
9:00-10:00 am
Algonquin
Community Room

Here are three ideas from the American Institute for Cancer Research for shifting to healthier portions. These ideas and wonderful recipes can be found in the organization's new cookbook, "The New American Plate Cookbook" (University of California Press, 2005).

- **Get creative with your vegetable dishes and consume them first.** Use exotic-spice blends, such as Asian curries, to enhance flavors.
 - **Prepare two contrasting vegetable dishes for every meal.** For example, steamed green broccoli and white cauliflower provide visual contrast and nutritional benefits. Or try steamed green kale and white beans drizzled with a bit of olive oil.
 - **Replace the meat-and-potatoes meal plan with one-pot meals where meat is an incidental ingredient.** Here's one idea: Sauté brown rice in a bit of olive oil with spices and onions. Then add water or broth and cook in a large pot. About 10 minutes before the grains are done, add chopped vegetables of your choice. If you wish to include protein, add a cup or so of chopped cooked chicken or, for color contrast, two to three small pieces of salmon. After a short time, this new way of cooking can be the norm for you, your family, and your guests. They will never miss the heavier meat-and-potato fare. They will, however, appreciate your thoughtfulness in preparing nutritious, delicious—but not fattening—meals.
- Before long, you'll be sharing your new recipes with family and friends, encouraging them to adopt healthier cooking habits as well. Here's to good eating and to even better health!



Fat 2 Fit: New Year's Resolution: Change Your Perspective and Your Proportions

Instead of meat and potatoes with a side of veggies, try meals the other way around: Make veggies and grains more prominent and animal protein less so.

By: Carole Carson | Source: AARP.org | 2008-12-4

Instead of meat and potatoes with a side of veggies, try meals the other way around: Make veggies and grains more prominent and animal protein less so.

Earlier in our country's history, when many Americans engaged in farm work or other demanding physical labor, they sat down to meals with plates filled with heaping portions of meat and potatoes. A cooked vegetable, maybe greens or corn, was also served.

Today, this entrenched eating pattern is making us fat and may be increasing our risk of cancer. To live more healthfully, we need to increase our intake of vegetables and grains and reduce our consumption of animal fats. With a little imagination, we can eat better-tasting food even as we eat more healthfully.

EXTRA HELPINGS MENU

Please note the changes in prices and menu items.

FOR \$21.00

- 6-7 lb. roasted chicken
- 1 lb. mild bulk sausage roll
- 1 1/2 lbs. 100% home style beef patties
- 2 lbs. boneless pork chops
- 2 lbs. bag onions
- 5 lb. potatoes

Special #1: \$ 13.00


- 6lbs. Sweet Italian rope sausage

Special #2: \$ 20.00

- 10 lbs. boneless skinless chicken breast

Special # 3: Meat Box \$32.00

- 2 lbs. pork roast netted
- 3 lb. stew beef
- 3 lbs. chicken tenders
- 2 lbs. maple breakfast sausage links
- 3 lbs. ground beef

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>RED— ALGONQUIN COMMUNITY ROOM PURPLE-L.F COMMUNITY ROOM BLUE—MAMIE HOGAN ROOM GREEN - BOARD ROOM</p>					<p>1 2 New years day office closed</p>	2
3	4	5	6 1:00 Monthly social Late fee will be added for rents unpaid	7 9:00 coffee hour	8	9
Please pay your rent on time.						
10	11	12 9:00 am WIC	13 7:30 AHDC Board Meeting	14 9:00 coffee hour	15	16
17	18	19	20 4:30 HHA Board meeting	21 9:00 Coffee hour	22	23
24	25	26 9:00 am WIC	27	28 9:00 Coffee hour	29	30
31						