

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 7

July 2010



Harrietstown Housing Authority

www.harrietstownha.org

NEWS FROM DAVID'S DESK

HHA ANNUAL MEETING AND ELECTION OF OFFICERS:

The Board of Commissioners held its election of officers at the annual meeting June 16. The incoming Chairperson is Mary Lawthers and the Vice Chairperson is Pam O'Bryhim. We thank Steve Erman and Allen Dunham for their service as Chair and Vice Chair respectively. Rusty Russum is the elected Tenant Representative from Lake Flower apartments filling the term until June of 2012. No petitions were received from Algonquin Apartments for Tenant Representative so the position is currently vacant.



FIRE DEPARTMENT ACCESS

The Knox-Box security boxes that will allow the Saranac lake Fire and Rescue access to our buildings and units have been installed. 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.

Opportunity is missed by most people because it is dressed in overalls and looks like work.

~Thomas Edison

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

July

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

AMERICANFLAG

BASEBALL

BASES

BEACH

BLUE

BRIGHT

COLORFUL

FIREWORKS

FOURTH

FUN

GREENGRASS

HAPPY

HIKES

HOT

JULY

LOUD

PICNICS

RED

SAND

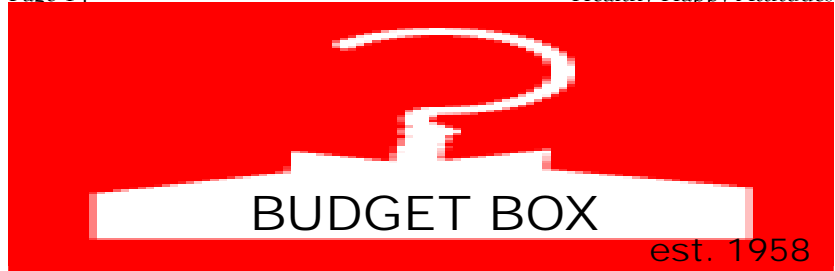
SOFTBALL

SUNNY

SWIMMING

VOLLEYBALL

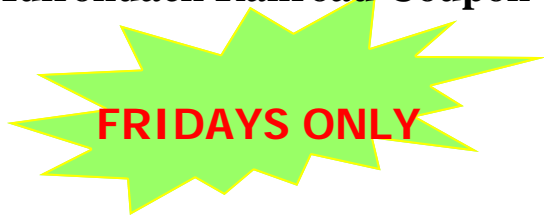
WHITE



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

Well they are here again. Those lazy hazy crazy days of summer. Thank you Nat “King” Cole for making those words so unforgettable. Children ,ask your grandparents who that is.

So what’s new this summer at the Harriestown Housing Authority? We have contracted out our lawn maintenance this year at the Algonquin Apts. to free up the maintenance staff for other duties. The lawns are scheduled to be cut on every other Tuesday weather permitting. Please have your yards picked up to make the mowing easier. Some of you may have noticed that your heat pumps are no longer powered up. The intent of the heat pump installation was to help tenants reduce their heating costs during the season. While these units also act as air conditioners we have chosen not to use them as such due to the fact that cooling degree days in the Adirondacks are minimal. We still have plans to mend fences and gates in the complex as well as fix lighting etc. Please submit work orders should you need something repaired.

Lake Flower residents can expect a new bench to be placed outside, most likely by the tiered wall, for their enjoyment. More seating to enjoy the views of the lake and park. We will be moving one of the green picnic tables out from under the covered area of the patio to make that space more user friendly.

So how about this new iPhone? Can you believe that they are up to a forth model already? We here at the Housing Authority are currently using the iPencil and iPiece of Paper with remarkable results. You are able to make check lists on the iPiece of Paper with the iPencil and then check off the boxes. How cool is that. We have also found that the iPencil can be used to stir our morning coffee and the maintenance staff uses it for mixing paint on occasion. Need some stress relief in your daily life? The iPencil has an app for that. By grasping the iPencil at both ends and applying pressure one can experience a satisfying snapping sound. Use of iSafety Goggles is recommended. We are also considering the use of the iPen. Early research and development trials are proving that it may be mightier than the iSword ! Okay i am done. Enjoy the start of iSummer!

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

Algonquin Complex - Well I miss spoke last month. Amber Knapp did not move. My mistake.

However, we are anticipating a few new tenants in the coming months but nothing definite yet. Don't forget if you send someone to the office and they move in, if they put your name on their application, you will receive a **check for \$50**. Carol Callaghan referred Merry McCormick. Merry will be moving into apartment 104 for August. Carol will receive a check. Congrats and thanks for the referral.

School is out for the summer. Congratulations to all the children for completing another successful school year. Please be aware of the children paying around the Complex. Windows are open more now and noise travels. Please be considerate of the noise after dark. Flowers are popping up all over and looking great. A little policing of the trash around the Complex would be appreciated by the maintenance staff. Gardens are coming along fine. Vegetables should be ready soon for those who planted this year. Women's Civic Chamber Children's kiddy parade will be Saturday July 3. Starting from Church Street/Main Street intersection through main street to the band shell. Lineup is at 10:00. It will be fun to watch. Children of all ages are invited. Join in if you would like.

Lake Flower High-rise – Welcome to Barbara Hogan our newest neighbor who moved into apartment 4B. We are sad to report that William Gannon in apartment 7F died last month. He will be missed. We will have several apartments ready for August first. If you know someone who is looking, send them our way. You could earn **\$50 free spending money**. Concerts in the park should be starting soon. Pull up a chair and listen. It's FREE!! Not much is these days so try to take advantage. July 4 strawberry social will be in the park across the lake along with other vendors and music

HAPPY BIRTHDAYJULY BIRTHDAYSAlgonquin Apartments

Karley Ratelle-Amell	07-03
Christine Giddings	07-07
Kamryn Amell	07-10
Lucas Minnie	07-10
Ryan Sanford	07-12
Brett Giddings	07-13
Jessica Wilson	07-14
Evelyn Lavoy	07-15
Joshua Hope	07-16
Christopher LaVair	07-19
Jessie Howland	07-30
Rodney Daunais	07-30

Lake Flower Apartments

Glen Foley	07-05
George Cleavland	07-20
Steve Duprey	07-29

HCV Program

Jonathan Sirman	07-06
Erica Ratelle	07-06
Diane Aubin	07-07
Alisha Morris-Snyder	07-08
Belinda Hadlock	07-08
Jasmine Coolidge	07-09
Jacqueline Ely	07-16
Aiden Otranto	07-19
Helen Luzzi	07-20
Ralph Garrand	07-23
Shante Sessoms	07-24
Tajene Spencer	07-25
Karen Kenison	07-26
Deborah Harr	07-28
Jessie Phelan	07-28

TRIVIA

I am thinking of a five-letter word. When two letters are added to this word it becomes shorter. What is the word?

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 –
Love Boat



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

July 6 , 2010

Fourth 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 AND SANITARY CONDITION IN ACCORDANCE WITH YOUR LEASE.

There's no use talking about the problem unless you talk about the solution.

- Betty Williams

There is always a way to be honest without being brutal.

- Arthur Dobrin



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: July 9, 2010

Pick up on July 28, 2010

9:00-10:00 am

**Algonquin Apartments
Community Room**

substances from which neurotransmitters are made. Tryptophan is an essential amino acid and it must be obtained from the diet. Tyrosine is not an essential amino acid because the body can make it if need be.

Some high protein, low carbohydrate, high tyrosine foods that are likely to rev up the brain are seafood, meat, eggs, soy, and dairy. High carbohydrate, low protein, high tryptophan foods that are likely to calm the brain include: pastries and desserts, bean burritos, chocolate, nuts and seeds (e.g., almonds, filberts, sunflower and sesame seeds), and legumes.

From here it just gets complicated.

People respond differently to differing ratios of protein to carbohydrates in meals, and there are also subtle sensitivities (not quite allergies) to foods that vary from person to person. Experimentation is called for, and since it is your body, you have to do it yourself.

Good Brain Foods

Avocados
Bananas
Beef, lean
Brewer's yeast
Broccoli
Brown rice
Brussels sprouts
Cantaloupe
Cheese
Chicken
Collard greens
Eggs
Flaxseed oil
Legumes
Milk
Oatmeal
Oranges
Peanut butter

Peas
Potatoes
Romaine
lettuce
Salmon
Soybeans
Spinach
Tuna
Turkey
Wheat germ
Yogurt

Bad Brain Foods

Alcohol
Artificial food colorings
Artificial sweeteners
Colas
Corn syrup
Frostings
High-sugar "drinks"
Hydrogenated fats
Junk sugars
Nicotine
Overeating
White bread

www.increasebrainpower.com

Good Foods For The Brain

The best brain foods are complex carbohydrates. The molecules in these are long, so it takes longer for the intestines to break them down into the simple sugars the body can use. Because of this, they provide a source of steady energy rather than a surge followed by a plunge.

The rate at which sugar from a food enters brain cells and other cells is measured by the "glycemic index" (GI). Foods with a high glycemic index stimulate the pancreas to secrete a lot of insulin, which starts the roller coaster. Foods with a low glycemic index don't push the pancreas to secrete much insulin, so blood sugar levels are steadier.

Fruits: grapefruit, apples, cherries, oranges, and grapes have a low glycemic index. Whole fruit ranks lower than juices, because fiber in the fruit slows the absorption of fruit sugar.

Cereals and grains: oatmeal and bran are best. Spaghetti and rice have a relatively low GI. Corn flakes sugar-coated cereals, and white bread have higher GIs.

Vegetables and legumes: Legumes, including soybeans, kidney beans, chick peas, and lentils are great brain foods. They have the lowest glycemic index of any food. Potatoes and carrots have a much higher GI.

Dairy products: Milk products have low glycemic indexes; higher than legumes, but lower than fruits.

How you prepare and eat your food also affects the way the body and brain uses it. Eating sugary food after a meal of legumes, for example, may slow the absorption of the sugar and prevent the "sugar blues." Fats can also slow sugar absorption, so ice cream will have a lower glycemic index than low fat yogurt with sugary fruit. Over-cooking some starches can be similar to pre-digesting them, thus causing them to feed their sugars into the blood too quickly.

Proteins affect brain performance because they provide amino acids, from which neurotransmitters are made. Neurotransmitters carry signals from one brain cell to another. The better you feed these messengers, the more efficiently they deliver the goods. The amino acids tryptophan and tyrosine, are precursors of neurotransmitters, the

EXTRA HELPINGS MENU

Please note the changes in prices and menu items.

FOR \$21.00

1.5 lbs. chicken stuffed with broccoli and cheddar cheese
1 lb. sirloin beef sandwich steak
1 lb. pkg. fully cooked sausage
4 lb. bag chicken wings

Special #1: \$ 11.50

2lb. Bag bay scallops
(no glazing and no chemicals added)

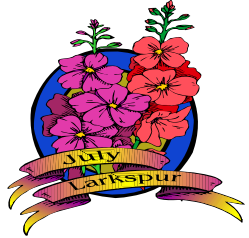

Special #2: \$ 14.25

6lbs. Italian sweet sausage links

Special # 3: Meat Box \$32.00

3 lbs. home-style beef patties
3 lbs. boneless/ skinless chicken breast
2 lb. boneless center cut pork chops
2 lbs. maple breakfast sausage
3 lbs. Salisbury steak



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 9 Am Coffee Hour</p> <p>Please pay your rent on time.</p>	<p>2</p>	<p>3 Lake Flower picnic 12:00</p>
<p>4</p> 	<p>5 Office closed</p> <p>Late fee will be added for rents unpaid by close of business</p>	<p>6</p>	<p>7</p>	<p>8 9 Am Coffee Hour</p>	<p>9</p>	<p>10</p>
<p>11</p> <p>Ice cream social 2:00 (Lake Flower)</p>	<p>12</p>	<p>13 9:00 WIC</p>	<p>14 7:30am AHDC Board Meeting</p>	<p>15 9 Am Coffee Hour</p> <p>10:00 Activities meeting</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21 4:30 HHA Board Meeting</p>	<p>22 9 Am Coffee Hour</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27 9:00 am WIC</p>	<p>28 Extra helping pickup</p>	<p>29 9 Am Coffee Hour</p>	<p>30</p>	<p>31</p>