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## HEALTHY HAPPY ATTITUDES

Volume 9, Issue 3

March 2010

Harrietstown Housing Authority

www.harrietstownha.org

### NEWS FROM DAVID'S DESK

#### STIMULUS GRANT

The HHA has obligated and expended the \$213,000 Stimulus Grant at the Algonquin Apartments. The grant requirements were to obligate by March 17, 2010. Thank you to the staff and residents for helping complete this ahead of schedule and stimulating the local economy. The project installed heat pumps as well as heating system upgrades for the Community Building. Initial reports from residents have indicated a significant savings in heating costs.

Thank you to the residents for their cooperation during the construction phase of the project.

#### ANNUAL INSPECTIONS

The U.S. Inspection Group performed the required annual inspections of all units and facilities for the Harrietstown Housing Authority. Residents will be contacted regarding any findings in your apartment.

#### SMOKING POLICY

Lake Flower Residents are reminded to smoke in the designated smoking area. Smoking in the area of either entrance is prohibited.

*There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humor. -George Santayana, philosopher (1863-1952)*

### 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

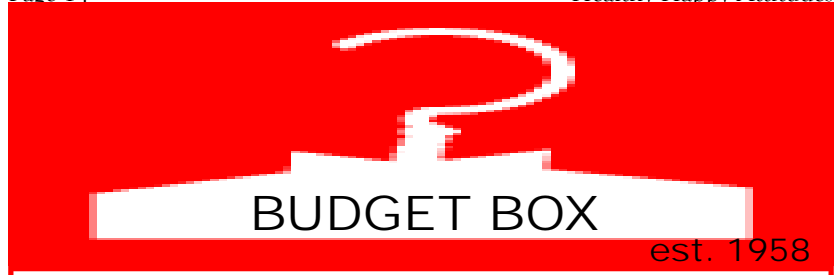
Sheldon Hayward

## March

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

DAFFODILLS	DAYLIGHTSAVINGS	GOLD
GREEN	HARE	JONQUIL
LEPRECHAUN	MARCH	RAINBOW
SPRING	STDAVIDSDAY	STPATRICKS





**USED CLOTHING**

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

**Phillips Brooks:**

Duty makes us do things well, but  
love makes us do them  
beautifully.

**ARTHUR DOBRIN:**

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

**ELLA WHEELER  
WILCOX:**

The truest  
greatness  
lies in being  
kind, the  
truest  
wisdom in a  
happy mind.

**ANNE BRADSTREET:**

If we had no winter,  
the spring would not  
be so pleasant; if we  
did not sometimes  
taste of adversity,  
prosperity would not  
be so welcome.

**TID BITS FROM DAVID SIEGRIST**

Security. That's an important part of our job here at the housing authority. We strive to provide a safe environment for our residents. Deadbolt locks on doors, functioning locks on windows ,locked entry into common areas, security cameras all help us keep you safe. But it doesn't stop there. Part of the safety equation also calls upon residents for input. We need to be informed of suspicious behavior in and around our complexes and informed of persons not meant to be "hanging around". This will help to keep us all safe. But there's still an intruder that can enter our apartments and offices at any time of the day or night. Who or what is that you ask? It's our little friend the internet.

Those residents that have access to the internet in their apartments need to be vigilant about keeping their computers safe for use by children. We all know about that. But we also need to keep our systems secured from outside sources peeking in. Wireless technology has certainly come a long way in the last few years. I'll venture a guess that a number of residents have wireless routers as part of their computer network which allows access from all over their apartment. No need to be tied to the desk for viewing the latest You Tube videos of American Idol hopefuls. But this comes at a cost. That wireless signal is being sent out quite a long distance and can be picked up by computers other than your own. People need to lock down there systems such that others can't utilize their internet access. Not only did you pay money for that service but an experienced or curious computer user may be able to view and take control of you computer.

There are a lot of internet sites that can help you in making your wireless connection as safe as possible. Try this one <http://www.informit.com/articles/article.aspx?p=461084> . This is an older article but provides some easy steps to help secure your connection.

It's also not a bad idea to shut down your connection and computers when not in use. It's a great safety measure and saves a bit of electricity too.

Am I a geek? Yes I am. But the geeks will save the world. Be safe. Talk to you next month.

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

Who's coming...Who's going

Algonquin Complex – Welcome to Nikki and Stephen Nunnery who moved into apartment 203 with their two children. We are on the down side of winter. Winter carnival is all over and the children are looking forward to spring break. We did not get much snow this year...which is good for maintenance. Everyone is doing a great job keeping their areas clear of ice and snow. Annual inspections have been completed. Annual re-certifications are being processed. If you have not made your appointment, please do so. Failure to complete an annual re-certification can result in non-renewal of your lease.

Lake Flower – Welcome to Linda Colby who moved into apartment 6D. Ruby Williams has moved to the Neighborhood House in Keene Valley. We are sad to report that Ann Umber, a former HHA Board member and long time resident, died 2/21. Ann's sister Lois still lives in the high-rise. We offer our sympathy. We still have a vacancy in the high-rise and anticipate a few in the future. Get you application in now for consideration. HAPPY ST. PATRICK'S DAY everyone..... don't drink too much green beer.



HAPPY BIRTHDAY

MARCH BIRTHDAYS

Algonquin Apartments

Elizabeth Amell	03-04
Angelica Gonzalez	03-05
Damien Santerre	03-08
Elijah Rainford	03-08
Shannon Kilner	03-08
Kurt Shipman	03-10
Darcie Gallo	03-11
Darrin Churchill	03-14
Susan Riedl	03-14
Hailey Minnie	03-15
Sean Sanford	03-18
Destiny Santerre	03-20

Lake Flower Apartments

Cynthia Elleman	03-01
Eugene Wood	03-05
Joseph Miklic	03-07
Agnea Latour	03-16
Blinda Lopez	03-24
Matthew Demars	03-28
Matthew Czarnecki	03-28
Eileen Olsen	03-30
Kamal Roy	03-31

HCV Program

Timothy Lacey III	03-05
Erica Premo	03-27
Tia Arzola	03-06
Annette Jacobs	03-28
Jennifer Curry	03-07
Henrietta Muncil	03-31
Ronald Hamann	03-07

What's the beginning of eternity, the end of time and space, the beginning of every end and the end of every race?

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 -Woodstock

Michael Trombley	03-31
Allison Simonson	03-08
Linda Brown	03-08
Ann Collins	03-09
Kim Buckson	03-11
Megan Seigle	03-12
Sherri Sessoms	03-13
Briana Davis	03-13
Paul Mader	03-14
Jessica Sirman	03-19
Yolonda Snyder	03-23
Joan Lewis	03-26





**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**

**March 2, 2010**

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

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

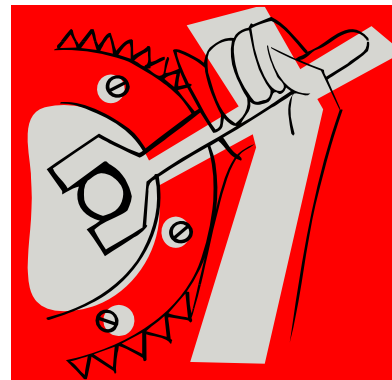
**PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF**

**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.**

## 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

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

**Pick up on March 24, 2010**

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

**Algonquin**

**Community Room**

who performed various small acts of kindness every week for 10 weeks—shoveling a friend's sidewalk, giving pets a special treat, sending a birthday card—grew happier with each passing week, and the benefit lasted for at least another month, found a study by University of California, Riverside psychologist Sonja Lyubomirsky, Ph.D., and colleagues.

### Hope for small changes, not big ones

Research shows that even major life events, such as winning the lottery, hardly nudge people's overall sense of satisfaction. But that doesn't mean you shouldn't try to improve your well-being. Recent research finds that the little things we do regularly, like exercising or attending religious services, can have a major impact on our happiness. In one study, Yale University psychologist Daniel Mochon, Ph.D., and colleagues at Harvard and Duke universities discovered that people leaving religious services felt slightly happier than those going in—and the more regularly people attended religious services, the happier they felt overall.

### Invest in experiences, not stuff

Doing things, not buying things, gives you the most bang for your buck. Why? For one thing, says University of Colorado at Boulder social psychologist Leaf Van Boven, Ph.D., it's easier to reinterpret experiences than to retool material purchases. If your new smart phone disappoints, you have to either shell out for a better one or lower your expectations. But if it rains on a hiking trip, you can recast the drenching experience in your memory as a character-building challenge.

### Shift your focus

From work to relationships to health, we have choices about where to concentrate our attention. When a snowstorm keeps you from getting to the office, do you choose to focus on how behind you'll be by tomorrow or on the eight-hour gift of time you've just been given? The answer to such questions has a big influence on your well-being, writes Winifred Gallagher, author of *Rapt: Attention and the Focused Life*. Studies show that focusing on positive emotions—curiosity instead of fear, compassion instead of anger—leads to broader, more flexible thinking, more playfulness and exploration, and richer social connections

## 5 Ways to Be Happier and Less Stressed

Posted by [Liz Vaccariello](#) on Friday, February 19, 2010 12:35 AM/  
health.msn.com

Experts attribute about 50 percent of a person's happiness to genes and another 10 percent to circumstances—where we live, how much money we make, how healthy we are. That leaves 40 percent of our happiness in our control. Fortunately, science has much to say about how we can make the most of that 40 percent. Even small improvements in mood can have cascading effects. The trick is to pay attention to what strategies work best for you. Try these for starters.

### Savor mystery

In a culture obsessed with the power of information, the fact that most of us are a little unnerved by uncertainty is hardly surprising. Yet research suggests that a dash of mystery can make positive experiences last longer. In one study, University of Virginia psychologist Timothy Wilson, Ph.D., and colleagues found that students who were given a \$1 coin with little explanation reported feeling happier a few minutes later than those who were given either the same amount of money for a clear reason or no money at all. Next time you're nearing the end of an engrossing book, save the final pages for a few days later. Or shop from catalogs so you won't know exactly when your purchases will arrive—if you're lucky, when they do you may have forgotten what you've ordered.

### Diversify your good deeds

Being kind and helpful makes most everyone feel good. But just as the novelty of a new car or electronic gadget inevitably wears off, so does the warm glow that comes from doing the same good deed over and over. People

## EXTRA HELPINGS MENU

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

**FOR \$21.00**

- 3.75 lb. avg. Bavarian holiday ham half
- 1 lb. pkg. natural polish kielbasa
- 1 lb. pkg. hamburger
- 1lb. Pkg. chicken patties
- 1 pt. grape tomatoes
- 1 cantaloupe

**Special #1: \$ 19.00**


- 8.5 lb. fresh spiral cut ham

**Special #2: \$ 13.25**

- 2lb. bag cooked shrimp

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

- 2 lbs. cranberry& apple stuffed pork chops
- 3 lbs. honey mustard flavored chicken breast
- 3 lbs. home style beef patties
- 2 lb. maple breakfast sausage links
- 3 lbs. chicken patties

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	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 Daylight savings time.	15	16	17 4:30 HHA Board meeting	18	19	20
21	22	23 9:00 am WIC	24	25	26	27
28	29	30	31	<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>		