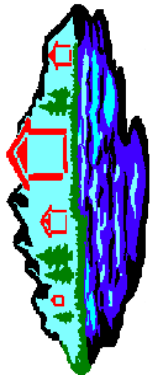


HARRIETSTOWN HOUSING AUTHORITY



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 5

May 2010

Harrietstown Housing Authority

www.harrietstownha.org

NEWS FROM DAVID'S DESK

RESIDENT COMMISSIONER ELECTIONS:

LAKE FLOWER APARTMENTS- We have received two nominating petitions for the Lake Flower Commissioner. They are Elizabeth Gowan and Roland "Rusty" Russum. The election will be held on May 4th between 1:00 and 6:00PM in the Mamie Hogan Room. Please take time to vote for your choice. The results of the election will be available on Wednesday May 5th.

RECYCLING Several residents have asked that we remind everyone to please rinse their recycling to prevent odors in the recycling rooms.

ALGONQUIN APARTMENTS- No petitions were received from Algonquin residents therefore a Commissioner will be appointed by the board as required in our by-laws.

SPRING CLEANUP Thanks to all residents that took advantage of the waste container provided for Spring Cleanup.

"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!" ~Mark Twain

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

May

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

Find the hidden phrase.

— — — — —

BIKES

BIRTHDAYS

CLEANUP

COOKOUTS

EMERALD

FLOWERS

GARDENING

HIKES

MEMORIALDAY

MOTHERSDAY

OUTSIDE

PUZZLES

BUDGET BOX est. 1958

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

BARACK OBAMA:

If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.

PEARL S. BUCK:

I love people. I love my family, my children . . . but inside myself is a place where I live all alone and that's where you renew your springs that never dry up.

MARK TWAIN:

To cease smoking is the easiest thing I ever did; I ought to know because I've done it a thousand times.

TID BITS FROM DAVID SIEGRIST

May has arrived with some late April snow to keep us guessing.

We hope that our friends at the Algonquin Apts. took advantage of the roll off dumpster. This was a great way to do some spring cleaning. Keeping our facilities and grounds clean is an ongoing challenge for the maintenance staff and any help picking up around the complex is much appreciated.

We will continue cleaning up sand and such and will soon be turning our efforts to the preparation of the gardens and start lawn maintenance. We also have plans to improve resident's backyard gates so that they can close them better keeping pets in etc.

At the end of the heating season we will also be around to check the heat pump systems and lock them out for the summer months.

We have started to rewire the lighting of the sign at the entrance of the property and should have it operational soon making the complex more inviting and safer at night. Residents are reminded to park only in designated spaces and that vehicles with no stickers will be tagged and possibly towed. Any vehicles with oil or gas leaks will also be subject to towing.

Lake Flower residents can now enjoy the deck area with its tables and umbrellas. A table will also be set up on the back deck for your enjoyment. Look for the addition of flowering pots/plants at that location as well.

Let's all get ready for some warmer days to come. Get outside and enjoy!

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

I'm Back!!!!!! The Bahamas were absolutely beautiful. Snorkeled with the fish...swam with the sharks (not a smart move). Weather was great....not happy to come back to SNOW!!!!!! Hope the weather warms up soon ☺

Algonquin Complex - Okay here we go. All move outs and transfers were completed last month. We are now in the process of preparing apartment 105 for a June 1st occupancy. Know someone looking....send them to me and get \$50 when they sign the lease. Joan Blue will be moving so we will be looking to fill a two bedroom apartment as well. If you haven't already...don't forget to contact Irene for your gardening plot. Spring has sprung and the little ones are outside playing. Please keep a watchful eye on them.

PLEASE NO SIDEWALK CHALK ON THE BUILDINGS!!!!!!!

If you have sidewalk chalk on your building, maintenance will use the pressure washer to remove it and you will be charged regardless who did it if it is on "your" apartment walls. Summer will be here before you know it, school will be out very soon. Start planning now for your children's summer activities.

Lake Flower High-rise – Mary Lou Brown has moved to Ulheine Mercy Center in Lake Placid. Shawn Kilburn will be moving out the end of May. We wish them well. Kevin Symonds will be moving into apartment 4B after renovations are completed. Anticipate his move in the end of May. Michael Cleveland has returned to the high-rise. We welcome him back. Francis O'Dell (Linda St. John's son) will be moving into apartment 9J.

The railroad from Saranac Lake to Lake Placid is going to be up and running soon. This year the RR is offering a senior discount on Fridays. Get a friend and enjoy a relaxing ride on the train.

HAPPY MOTHER'S DAY May 9th

The office will be CLOSED MAY 5 as we will be out of town for a conference. Please schedule your appointments accordingly.

TRIVIA

The largest lake in this state is Lake Okeechobee. The state is also home to one of the two naturally round lakes in the world.

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:
Lois Umber

The answer was –
Spiderman

HAPPY BIRTHDAYMAY BIRTHDAYSAlgonquin Apartments

Jennifer Rainford	05-02
Tyler Deangelis	05-02
Riley Deangelis	05-15
Kathleen Tanzini	05-16
Courtney Giddings	05-20
Tara Northrop	05-26
Molly Tooker	05-30

Lake Flower Apartments

Heather Otto	05-02
Shirley Simmons	05-06
Gerard Bombard	05-14
Alice Bourquin	05-21
Nancy Knapp	05-28

HCV Program

Timothy Lacey	05-02
Braden Ryan	05-04
Shawn Brady	05-05
Zerea Arzola	05-05
Bernard Sauvie	05-10
Regina Furness	05-10
Nancy Brier	05-13
Deshante Arzola	05-13
Ronald Trombley	05-18
Heather Garrand	05-21
Monica Collins	05-24
Trinity Bushey	05-25
Jaylen Snyder	05-25
Michael Simmons	05-29
Rylan Christy	05-29
Jeffery LaVair	05-30
Brian LaPierre	05-31



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



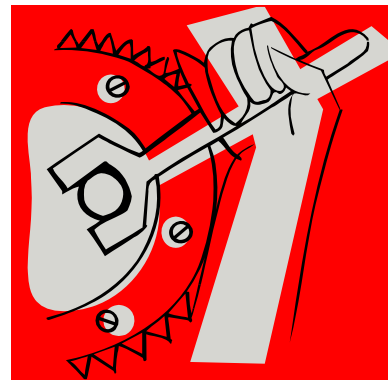
THE AARDVARK INSPECTIONS ARE SCHEDULED FOR

May 4 , 2010

Second 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.

ORDER and Pay BY: May 7, 2010

Pick up on May 26 , 2010

9:00-10:00 am

**Algonquin
Community Room**

F: Find a way to make achieving your fitness goals fun. Create a positive image of your new self. Then begin to be that fun-loving fitness advocate. Your attitude will shift from "I have to" to "I want to," and you'll be more willing to adopt and maintain your new heart-friendly habits.

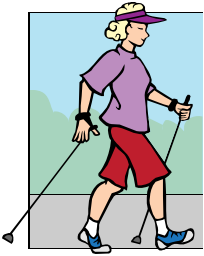


I: Invent the future you want. Implement the changes you need to make, and consider making them all at once. Contrary to popular belief, some research confirms that people who bravely tackle all their changes together fare better than those who take a more gradual approach.

T: Tell everyone about the changes you are making, and ask friends and family for their encouragement. As social creatures, we are profoundly influenced by the behavior of everyone around us. Use this insight to create a support team, and be a positive role model for others.



When you take care of your health and your heart, you set a powerful example for everyone around you. Best of all, you improve your chances of enjoying future.



Fat 2 Fit: Three Tips for Showing Your Heart You Care

To keep your heart healthy and strong, use the FIT approach: F=Fill your plate with food you enjoy that won't pack on pounds; find fun ways to exercise. I=Individualize your eating and workout routine. T=Team up with others.

The human heart beats around 100,000 times every 24 hours. However, unless we listen carefully, we won't hear its message.



Why should we listen? We need to because every minute, someone dies from a heart-related event. Heart disease is the number one killer of both men and women in the United States.

If our hearts could speak, they'd tell us to take good care of our health not only during American Heart Month but throughout the year. If you're ready to listen, consider these three FIT tips to show your heart you care:

EXTRA HELPINGS MENU

Please note the changes in prices and menu items.



FOR \$21.00

- 2 lb. turkey burgers all natural white meat
- 3lb bag boneless chicken breasts
- 1 1/2 lbs. home-style beef patties
- 1 lb. beef hot dogs
- 1 lb. fresh strawberries
- 1 lb. bag coleslaw mix

Special #1: \$ 12.75

- 5 lb. box boneless country style spare ribs


Special #2: \$ 19.25

- 10 lb. bag fresh boneless chicken breast

Special # 3: Meat Box \$32.00

- 3 lbs. spare ribs
- 3 lbs. Salisbury steak
- 3 lbs. beef patties
- 3 lbs. chicken tenders
- 2 lbs. maple flavored breakfast sausage links



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>							1
2	3	4	5 1:00 Monthly social Late fee will be added for rents unpaid by close of business	6 9 Am Coffee Hour	7	8	
Please pay your rent on time.							
9	10	11 9:00 WIC	12 7:30 AHDC Board Meeting	13 9 Am Coffee Hour	14	15	
16	17	18	19 4:30 HHA Board meeting	20 9 Am Coffee Hour	21	22	
23	24	25 9:00 am WIC	26	27 9 Am Coffee Hour	28	29	
30	31 office closed						