

# ***RHA Update***

## ***2022***



### **FROM THE DESK OF THE EXECUTIVE DIRECTOR**

Where is the summer going? The sweet corn has hit the roadside stands and many of us are starting to harvest vegetables from our own gardens. Judging from the garden boxes throughout our properties this year should be a buffer crop. Don't forget to take time to enjoy this glorious season.

I want to bring to your attention some recent staffing changes here at the RHA. After years of distinguished service, Becky Ladabouche, Section 8 Program Manager, retired at the end of July. We are grateful for her outstanding work and wish her all the best as she moves on to the next phase of her life journey. Effective July 27<sup>th</sup> Heather Hinckley, who most recently served as Section 8 and Property Management Specialist, took over for Becky. Although she has only been with us for just over a year she has quickly mastered many of her vast responsibilities and has had a positive impact on operations and most importantly the people that we serve. Heather previously held the position of Landlord Liaison at the Homeless Prevention Center and is uniquely qualified to take on our Section 8 Program.

Finally, I wish to welcome Tara Chandler who will be taking over as Section 8 and Property Management Specialist. Tara comes to us from the Homeless Prevention Center where she served as Case Manager for the Re-entry Program working with the Department of Corrections to address the needs of individuals on furlough. Tara currently resides in Rutland with her partner Chris, son Brayden and their miniature Dachshund, Franklin. Please join me in congratulating Heather and welcoming Tara to the RHA.



### **Rent is due: August 5<sup>th</sup>**

A 5% late fee will be added to any payments made after this date. If you are not able to pay your rent on time, please call

Heather Hinkley, Interim Property Manager to make payment arrangements:  
**802-775-2926 Ext. 12**



***Executive Director Continued...***

I am pleased to see that so many of you are taking advantage of the warm weather to host picnics. Barbecues should be a safe and enjoyable experience but it's all too easy to be distracted when you have friends and family around you whilst cooking. To avoid injuries or damage to property, follow these simple precautions:

General Safety • Make sure your barbecue is in good working order • Ensure the barbecue is on a flat site, well away from your porch, a shed, trees or shrubs • Keep children, garden games and pets well away from the cooking area • Never leave the barbecue unattended • Keep a bucket of water or sand nearby for emergencies • Ensure the barbecue is cool before attempting to move it. Charcoal Barbecues • Use only enough charcoal to cover the base to a depth of about 50mm (2 inches) • Only use recognized fire lighters or starter fuel and only on cold coals – use the minimum necessary and never use petrol • Never put hot ashes straight into a dustbin or wheelie bin – they could melt the plastic and cause a fire. Gas Barbecues • Make sure the tap is turned off before changing the gas cylinder • Change cylinders outdoors or in a well-ventilated area • If you suspect a leak to the cylinder or pipe work, brush soapy water around the joints and watch for bubbles – tighten to fix but do not overtighten • After cooking, turn off the gas cylinder before turning it off at the controls to ensure any residual gas

***Executive Director Continued...***

The PHA has received complaints about residents leaving their clothes in the washer and or dryers unattended for extended periods of time. Everyone's time is important so please be considerate and set an alarm so that you return to the laundry room in a timely manner if you do have to step away.

Also ensure that you remove all your belongings from the washers and dryers and clean out the lint holders and if you washed something extra dirty wipe the washing machine after each use even if you found it full of lint when you arrived. No need to perpetuate the inconsideration. Be safe, be respectful, be responsible.

Please be reminded that this is your community therefore your newsletter. If you have good news to share, would like to advertise your business, event, food recipes, articles of general interest, poems, services for babysitting or even if you're looking for a carpool please submit your items in the rental office drop

**Need Help?**  
**CRISIS TEXT LINE**  
**TextVT to 741741**  
**Free 24/7,**

***From the Desk of the Resident Services Program Manager,  
Carol Keefe***



***Let's talk COVID... We are in this for the long haul but are you a***

**RHA Office will be Closed**



**Martin Luther King Jr. Day  
Monday, January 17<sup>th</sup>**





Get out and enjoy the summer with music in the park while there is still summer weather!

### Seven to Sunset 2022 Line-up

August 3rd | The Twangtown Paramours

August 10th | Phil Henry & The News Feed

August 17th | Emma Cook & The Questionable Company

August 24th | Satin & Steele

August 31 | (Possible Rain Date Reschedule)

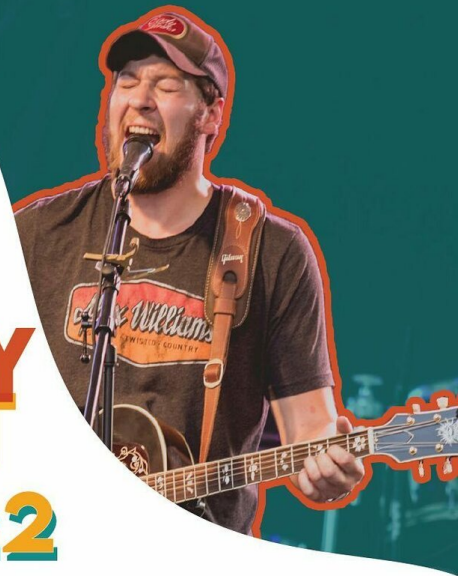
September 1 | (Possible Rain Date Reschedule)

**FRIDAY  
NIGHT  
LIVE '22**

JULY 22 | AUGUST 5 | AUGUST 19

**MUSIC • FOOD • ACTIVITIES & MORE**

DOWNTOWN RUTLAND, VERMONT

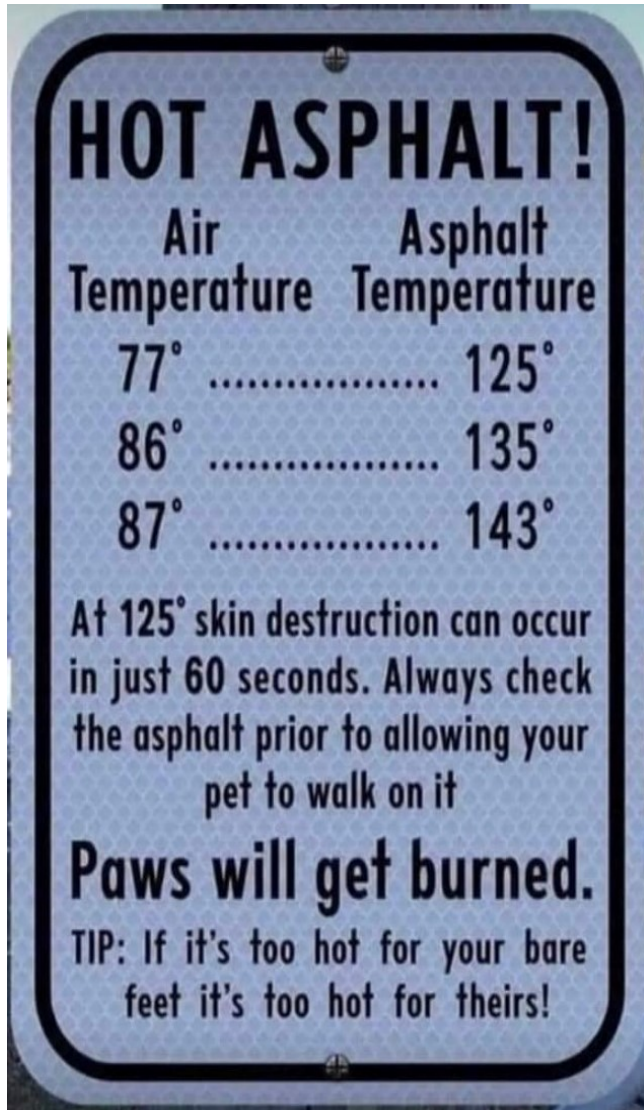


## Friday Night Live 2022

**AUGUST 5TH AND 19TH,  
2022!**

Rutland's favorite concert series returns this summer with free performances in downtown by Badfish, All-4-One and Dean Ford & the Beautiful Ones: A Tribute 2 Prince! The events take place on Center Street between Merchants Row and Wales Street with booths by local businesses and vendors, food trucks, and more. Attendees should practice safe social distancing and the unvaccinated are encouraged to wear masks.

# REMINDER TO PET OWNERS



## RHA COMMUNITY CORNER



Hello August... truth be told I write these stories ahead of time so currently it is not yet mid-July. However, if we could only have the rest of summer as lovely as today, I would truly appreciate it. I am not nor have I ever been a fan of very hot and humid weather. I'm apt to wilt like a drooping flower in a waterless vase.

Come August I sense a change in the look of the sky. Or is it just the thought that another season is passing quickly? Summer clothes go on sale and fall apparel begs to be purchased. It's always fun to see that the item you paid full price for at the beginning of summer is now on clearance. "Back to school" items appear on store shelves. Long gone are the Roy Rodgers or Cinderella lunch boxes with sandwiches wrapped like presents in wax paper.

Children need time off just to be kids, but I also believe they need routine in their lives that school provides. As summer wore on I made the mistake one day of saying I was bored. My Mother's quick reply, "Well, if you are bored I can find something for you to do". Funny how one sentence can instantly cure boredom and teach a lesson at the same time. There are some thoughts that should not be verbalized, but

# AUGUST WORD SEARCH

## Music Word Search

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

BAND  
CHORUS  
DRUM  
EIGHTH  
FOLKSONG  
FORM  
GLOCKENSPIEL  
HALF  
HARMONY  
INSTRUMENT

MALLET  
MELODY  
MUSIC  
NOTE  
PARTNERSONG  
PIANO  
QUARTER  
REST  
RHYTHM  
ROUND

SCALE  
SIXTEENTH  
SYNCPATION  
TRIANGLE  
WATERBURY  
WHOLE  
WOODBLOCK  
XYLOPHONE





## ***Long Hauler Continued...***

Lightheadedness

Pins-and-needles feeling

Sleep problems

Mood changes

Diarrhea

Fever

Rash

Menstrual cycle changes

Symptoms that get worse after physical or mental activities.

People with more severe initial illness may also experience autoimmune-like conditions. The immune system may mistakenly attack healthy cells in the body, causing inflammation or tissue damage. Other multi-organ issues may also occur, affecting many or all body systems, including the heart, lung, kidneys, brain and skin.

If you were in the hospital or were severely ill, you may also experience severe weakness, exhaustion, problems with thinking and judgment or post-traumatic stress disorder (PTSD). These symptoms may not be caused by long-haul COVID but instead may be a result of your hospitalization or severe illness.

**What should you do if you have long haul COVID symptoms?**

***Jon Jordon, Maintenance Supervisor***

**Kermit! Is that you?**

**Look what our roving Maintenance Supervisor spotted**



**What's a frog's favorite  
restaurant?  
iHop**

**What type of frog has  
horns?  
Bull Frog**



***"The greatest challenge in life  
is discovering who you are.  
The second greatest is being  
happy with what you find"  
...Oscar Aulig-Ice***