


# RHA Update

current topic >>>

## The Benefits of Reading to Children

Studies have shown that reading aloud to children can improve their reading, writing and communication skills, concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Reading aloud is one of the most important things parents or other caring adults can do with children. It helps to build a child's imagination and increases their understanding of the world around them. Even after kids learn to read by themselves, it's still important to read aloud together. If you don't have young family members to read to, consider volunteering at a school or library program. It's good for you, too – see "Kindness is Good Medicine" on page 2. 

### RENT REMINDER

**March rent is due no later than Thursday, March 7th.** 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 to make payment arrangements:






Sheri – 775-2926 ext. 14  
Julie – 775-2926 ext. 19



## Bedbug-Free Thrift Shopping

Adapted from Bellingham Housing Authority resident newsletter, January 2019

Thrift and second-hand shopping can be fun and a great way to stretch your dollar. However if you bring home unwanted pests, it can turn a fun activity into a big headache. Here's how best to protect yourself and your community from a bed bug infestation when you're looking for new household items. The first step is to know what to look for! The five signs are:

-  The bugs themselves (just like the ones at left): Small, flat, oval-shaped bugs that are red to dark brown in color. They look similar to an apple seed and can be seen with the naked eye.
-  Skin Casings: small, light brown oval-shaped skin cast-offs.
-  Feces: groupings of black spots.
-  Eggs: Groups of translucent eggs the size of the head of a pin.
-  Blood stains: Small, brownish smears.

Before your shopping trip:

- Pack some plastic bags to take with you. You can put the items you buy into them and dispose of the bag when you get home.
- Bring a flashlight – shine it in dark corners or seams where

bed bugs like to hide. While shopping:

- Ask the store if they have a sanitation or bed bug inspection policy.
- Even if the store has a policy, inspect items before buying. Bedbugs like to hide! For clothing, look in pockets, along seams and piping, and turn clothes inside out. For furniture, check edges, seams,

*continued, page 4*

### FREE - Nurturing Fathers Program

Trinity Episcopal Church  
85 West Street, Rutland  
March 14 – June 6, 2019  
5:30 – 7 p.m.

Evening meal and all materials included – FREE!



For more information and to register, please contact Susan Marshall, Family Support Programs Coordinator  
Phone: 802-498-0608  
Email: smarshall@pcavt.org

## Property Management News & Tips

Sheri McCloskey, Property Manager

### Templewood Court Annual Recertification of Rent:

The Property Managers have completed recertification paperwork and have sent letters to all Templewood Court tenants that indicate new rent amounts, and a date for each tenant to come to the office and sign the required paperwork. If you did not receive your letter or if you can't keep the appointment we've scheduled for you, please contact the Property Management Department to reschedule.



### Sheldon Towers Annual Recertification of Rent:

Annual Recertification of Rents for Sheldon Towers Residents has begun. All required documentation was due back by February 28th. If you have not submitted your packet, please do so as soon as possible.

**Sheldon Towers Security:** Please remember: Do not open the front door and let in folks that are not here to visit you, or who are strangers to you. This is for the safety and privacy of all residents and the overall security of the building.

**Hickory Street:** RHA provides each building at Hickory Street with a bucket of salt for residents to use when weather conditions are icy. If your bucket is empty, please call in a work order and the Maintenance staff will refill your bucket. Also, if you need salt after hours or on the weekends, there is a barrel of salt next to the maintenance shop – feel free to help yourself.

**Follow-up Fact:** As of February 20<sup>th</sup>, our maintenance staff has spread more than 38 TONS of salt on ice and snow at RHA properties this winter!

**Daylight Savings Time:** A sign of spring! It starts on Sunday, March 10<sup>th</sup>, so remember to set your clocks forward an hour the night of March 9<sup>th</sup>.



## Kindness is Good Medicine

submitted by Carol Keefe, RSPM/SASH Supervisor

LOVE and KINDNESS are to be celebrated daily, all year 'round!

Witnessing acts of kindness stimulates our brains to produce oxytocin – sometimes called the “love hormone” – which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're anxious or shy in a social situation.

According to Scott Bea, PsyD, Cleveland Clinic, we all know that giving helps others, whether we volunteer for organizations, offer emotional support to those around us or donate to charities. But studies show that giving is **also good for the giver**, boosting physical and mental health.



Studies find the following health benefits associated with giving: lower blood pressure, increased self-esteem, less depression, lower stress levels, longer life, and greater happiness.

According to a study published in the International Journal of Psychophysiology, people who gave social support to others had lower blood pressure than people who didn't. Supportive interaction with others also helped people recover from coronary-related events .

Researchers also found that people who gave their time to help others through community and organizational involvement had greater self-esteem, less depression and lower stress levels than those who didn't.

According to a University of California, Berkeley, study, people who were 55 and older who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than those who didn't volunteer — even accounting for

## Springtime Health Tips

Shared by Staci Buysse, Director of Finance & HR

As the birds outside become more social, and as sprouts break through barriers, maybe you can, too. Spring is a time when things change and grow vigorously.

Take another look at your “failed” January resolutions. Spring months might prove to be a better time support you in your goals.



Invigorate your exercise routine: Feeling restless? That’s normal this time of year. Instead of letting that agitation irritate you, harness it and take yourself to the next level. Walk a little faster, bike uphill instead of flat stretches, go to a dance class, join a softball league, or try a yoga class.

The sun is shining earlier and staying out later - go outside to watch the sun rise or set. And let yourself laugh and play outside! Spring is an exciting time of transition, but don’t let your enthusiasm get ahead of you! Even though the weather is getting warmer, make sure you keep that scarf on hand and refrain from walking around barefoot until the sun is shining more consistently.

Lighten up your grocery list: Spring is a time of expanding energy, not storing energy. Replace heavy, slow-cooked winter meals with briskly-cooked fresh ingredients. Instead of eating root vegetables, try eating more types of veggies that grow up in the sunshine, like peas, asparagus, and spring onions. Try some sour flavors to support your liver, the organ associated with the season. Add some vinegar or lemon to salad dressings or atop fish or fresh-steamed vegetables.

Finally, fending off the cool spring winds with gently warming herbs like fennel, oregano, rosemary, caraway, dill, and bay leaves will keep you thriving until the summer heat hits full-force.

## WORDSEARCH: March Medley

Find these words:

ARIES  
BASKETBALL  
DAFFODILS  
DAYLIGHT SAVINGS  
EQUINOX  
GREEN  
MARDI GRAS

PISCES  
SHAMROCK  
SPRING  
SPROUTS  
ST. PATRICK  
SUGARING  
WORM MOON

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

## Resident Events at Sheldon Towers

- Boiled Ham Dinner on March 14<sup>th</sup>  
Fee: \$5 due by March 8<sup>th</sup> to Ron, Bob or Doris



- Community Coffee Time - Every Monday & Friday,  
6:00 AM to 9:00 AM
- Bone Builders - Every Wednesday at 4:30 PM

*We look forward to seeing you at these resident events!*

## Kindness, continued

many other factors including age, exercise, general health and negative habits like smoking.



A researcher found similar numbers in a University of Michigan study of elderly people who gave help to friends, relatives and neighbors, or who gave emotional support to their spouses versus those who didn't.

Biologically, giving can create a “warm glow,” activating regions in the brain associated with pleasure, connection with other people, and trust. There is evidence that, during gift-giving behaviors, we produce “feel good” chemicals in our brains, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical) and oxytocin (a compassion and bonding chemical).

Here are some ideas for helping ourselves and others feel good, inside and out:

- ♡ Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
- ♡ If you walk by a car with an expired parking meter, put a quarter in to save the driver a ticket.
- ♡ Don't interrupt when someone else is speaking. (Surprisingly few people master this.)
- ♡ While driving, let someone into your lane. They're probably in a rush just like you.
- ♡ Let the other driver take the parking space.
- ♡ Forgive someone, and never bring up the issue again.
- ♡ Talk to the shy person who's sitting by themselves at a gathering.
- ♡ Cut someone some slack.
- ♡ Become a big brother or big sister.
- ♡ Write or email a letter to someone who has made a difference in your life.
- ♡ Donate your old eyeglasses so someone else can use them.
- ♡ Read to children.
- ♡ Babysit for a single mom for free.

- ♡ Visit senior citizens. Sixty percent of those in nursing homes will never have a visitor during their stay.
- ♡ Adopt a rescue pet.
- ♡ Compliment someone in front of others.
- ♡ Remind yourself that everyone has their own struggles...listen intently and empathize.
- ♡ Help your elderly neighbor take out the trash or mow their lawn.
- ♡ Give up your seat to someone on the bus.
- ♡ Tell your friends and family how much you appreciate them.
- ♡ Help someone struggling with heavy bags.
- ♡ Give your friend or family member a hug, touch their arm, or pat them on the back. So many of us are starved for human touch!
- ♡ Buy lemonade from a kid's lemonade stand.
- ♡ Give someone the benefit of the doubt.
- ♡ Be kind to the customer service rep on the phone. It's not their fault.
- ♡ Be patient.
- ♡ Every night before you go to bed, think of three things you're grateful for.
- ♡ When you hear that negative, discouraging voice in your head, remember to leave yourself alone — you deserve kindness too!

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## Bed Bugs, continued

crevices, under cushions and the undersides.

When you get home:

- Take your new-to-you textiles and clothes right to the washing machine and throw away the plastic bags.
- Put items in the dryer directly from the washer.
- If an item can't be washed, place it in the dryer for one cycle.
- Vacuum, and if possible, steam any upholstered furniture.
- Wipe down hard surfaces of furniture and other items.

Remember – once they're established in the home environment, bed bugs can be very difficult and expensive to control. Taking precautions can save a lot of time, money and energy. If you notice bed bugs or any other pests in your apartment, please notify RHA staff immediately at 775-2926 and submit a work order. Thank you!