

RHA Update



May is National Physical Fitness Month

From the **Berwick Housing Authority newsletter, May 2018**

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. Want to feel better, have more energy and even add years to your life? Just exercise! National Physical Fitness Month is a great time to start enjoying the benefits of being active.

Need more evidence to get motivated? Here are some ways that exercise can lead to a happier, healthier you.

🏃 Exercise can help prevent excess weight gain or help maintain weight loss. A daily walk or using the stairs instead of the elevator are simple ways to get more physically active. Consistency is key.

continued, page 4

RENT REMINDER

May rent is due no later than Tuesday, May 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:

Julie – 775-2926 ext. 19



Transitions at RHA

With a change in the season come changes to our staff: We're saying reluctant goodbyes to two RHA staff members this month. Please join us in wishing them well as they move on.

Erica Raiche, who has held the role of SASH Coordinator for Templewood Court and Sheldon Towers since August 2017, is returning to case management at Rutland Mental Health Services. We'll all miss her abundant skills, ready smile and steady, cheerful nature.

Property Manager Sheri McCloskey is moving on to become Executive Director of Salem Housing Authority in New Hampshire. Sheri brought a fresh vision to RHA, and we benefitted from the experience she brought

from her work with the Gloverville Housing Authority.

We're very fortunate that Julie Sanderson will take the baton from Sheri. She brings a wealth of knowledge and experience to the role of Property Manager. The fact that she already knows all of you and RHA properties is extremely valuable during this time of transition. When you see her, please congratulate her on this well earned promotion.

Exploring Self-Employment

BROC Community Action
45 Union Street, Rutland
May 9, 2019, 1 – 4 p.m.

Do you want to make more money or turn your hobby into a business? Do you need help starting your own business?
Please join us!



Registration appreciated – please contact Annette Hoyle
Phone: 665-1744
Email: ahoyle@broc.org



The RHA Office will be closed Monday, May 27th in observance of Memorial Day.

Property Management News & Tips

Air Conditioner Season: Later this month, the Maintenance team will be installing AC units at Templewood Court & Hickory Street, and removing AC covers at Sheldon Towers. If you need AC this summer please call the front office at 775-2926 ext. 10 or ext. 23 to have your name added to the list. AC costs \$15/month, June through September, at Templewood Court and Sheldon Towers (Hickory Street residents pay for their own electricity).

Memory Lane: The transition in staff this month has left us a little short on copy for this issue. Let's use the space to celebrate some long-time staff and the stability, consistency and comfort having them around all these years has given us all. Can you recognize them?



It's Never Too Early to Prepare for College

submitted by Kevin LOSO, Executive Director

It is never too early (or late) to begin preparing for college. The earlier you start, the better opportunities parents and students can create for themselves, but if you are late to the game, don't let that discourage your family from pursuing the dream. College graduation is one of the most reliable ways to break the cycle of intergenerational poverty, as college graduates earn more per year than those without a college degree, and as much as \$1M over the course of their careers. College, of course, is not the only good option after high school, but not considering it due to lack of preparation is easily avoidable.



Parents of children still in elementary school should use the time to emphasize the importance of academics early and create a culture in the home that gets young children excited about college. Make learning and college a consistent topic of discussion at the dinner table, participate in educational activities, promote reading every day by reading bedtime stories, and make fun visits to your local library part of your child's lasting childhood memories.

A big advantage of college is the access you gain to a world that might not otherwise be available to you. You have the opportunity to meet new and diverse people, explore different perspectives and discover things about yourself you never knew. While you don't need college to become a well-rounded individual, it does put you in proximity to others who share similar interests and opens avenues to travel, international studies and internships, and career options.

Through middle and high school, extracurricular activities such as music, specialty clubs, sports etc. are also important as they help kids refine their interests and improve in areas of special skill and

Continued on page 4

Hurray for Green Up Day!

Spring has sprung, the snow is gone, and it's lovely to see green again! Now that the snow has melted, we can see lots of unsightly trash messing with that green scenery. Fortunately, May 4th is Green Up Day, a Vermont tradition since 1970, and you can join with others to clean up our community! It's a simple action that brings people together to make a positive impact on the environment.



Want to get involved? In Rutland City, you can get Green Up bags at City Hall one week prior to Green Up Day and on Green Up Day morning (drop off filled bags at Kinney Subaru). Of course, you don't have to wait for this one day every year to beautify your surroundings – you can pick up litter anytime you see it and feel good about making a difference! For more information about Green Up Day, visit greenupvermont.org.

Please...Recycle Better

Another way to green our communities is by recycling – and it's important to do it correctly. "Zero-sort" does not mean that anything can go in the recycling bin. Please remember that there are **people** who sort the materials we put in our blue bins, and putting the wrong stuff in the bin can put them in harm's way. For instance, plastic bags, fabric, and string jam up the sorting machines, and someone has to climb into the machinery to remove them. Batteries of any kind mixed with other materials can start fires. And in general, when we put things that don't belong into the blue bins, we're reducing the quality and value of the material for reuse.

Casella Waste Management offers great information on the world of recycling. Check out their videos at www.casella.com/services/recycling/recycle-better

WORDSEARCH: May Flowers

Find these words:

APPLE BLOSSOM
CLAYTONIA
COLTSFOOT
CROCUS
DAFFODIL
DANDELION
FOAM FLOWER

HYACINTH
JONQUIL
PANSY
SCILLA
SERVICEBERRY
TULIP
VIOLET

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P Q B F Q S E M C J Y M E Q C
I W A F C F G O W Y O S N C H
L C A I Y Y L S I S N C N A O
U E L E Q T Z E S Q C L C A K
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A X S F Q F L W H I O Y M D Q
P J O K C B O T S D C T X O M
N O I L E D N A D O U O A P X
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Resident Events at Sheldon Towers

- Spaghetti Dinner on May 16th at 5:30 p.m.
Fee: \$2 due by May 12th to Ron 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!

College, continued

aptitude. Additionally, there are millions of dollars available for academic and specialty scholarships and having a relationship with organizers of all these activities will be beneficial.

For middle and high school students, parents can assist their child by making sure they are on track in their academic requirements to move from one grade level to the next. Middle schoolers should focus on developing strong study habits that will be used as preparation for high school. That preparation also includes having good reading and math skills, so the students can potentially take honors and advanced placement classes in high school. These classes help students prepare for college level work. While in high school make it a point to visit as many local universities and colleges as possible. They all have special days for families to visit their campuses to experience their university first hand. These events are packed with fun and useful information about the campus and college life.



At the high school level, it is important for parents and students to know:

- 🎓 the graduation requirements
- 🎓 how to read a transcript
- 🎓 when SAT and ACT college placement tests are given.

Parents and students should request a copy of the student's transcript at least once a year during high school. By doing so, families can determine which path to college their student should take and what coursework would be optimal for the student. Parents and students should contact their school counselors at least twice a year to discuss educational goals and college preparation and then again, when it is time to begin the college application process. Many of our local colleges and universities have special cultural events, galleries and programs that are great ways to introduce students to college.

Some even host special days for families to visit and experience free lectures, performances and tours that showcase campus programs and student life. The next Castleton University Information Session is will be Saturday, May 11, 2019 and is a great place to get your children acquainted with and inspired to go to college.

Fitness, continued

- 👉 Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, diabetes, metabolic syndrome, type-2 diabetes, depression, certain types of cancer, arthritis and falls.
- 👉 Exercise improves your mood. Need an emotional lift, or need to blow off some steam after a stressful day? A gym session or a brisk 30-minute walk can help!
- 👉 Exercise boosts energy. Winded by grocery shopping or household chores? Regular physical activity can improve muscle strength and balance, and boost your endurance.

For kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag. During the summer months, encourage your children to get off the electronics and go outside to play (that's good advice for all of us). Kids who are active will:

- 👉 Have stronger muscles and bones
- 👉 Have a leaner body
- 👉 Be less likely to become overweight
- 👉 Decrease the risk of developing Type 2 diabetes
- 👉 Lower their blood pressure and cholesterol levels
- 👉 Have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges – from running to catch a bus to better concentration when studying for a test.



Let's all go out and play more!