

# RHA Update

## SASH is Here for YOU!

SASH (Support & Services at Home) is an award-winning care and support program that operates through affordable housing settings. It's a completely free and voluntary, has shown to improve health, reduce the need for emergency care and hospitalization, and delay or prevent transition to a nursing home – all while saving Medicare dollars.

Participants receive one-on-one support from a care coordinator and wellness nurse who work with a team of community partners to provide coordinated assistance on an ongoing basis.

And YOU are in charge! As a SASH participant, you choose your level of support, and can enroll, withdraw or re-enroll at any time. SASH will ALWAYS support your wishes.

For more information and to enroll, contact Carol Keefe at 775-2926 ext. 16

## RENT REMINDER

**March rent is due no later than Friday, March 6th.** 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. 14



## Reminders from Property Management

by Julie Sanderson

**Attention Dog Owners:** Please **do not** dispose of pet waste in indoor common area trash cans. Please take dog waste out to the trash totes or dumpster, or dispose of the waste in your apartment trashcan. **Also, if you have someone else walk your dog for you, they must pick up after your dog.** RHA recently received a report that a tenant was witnessed walking another tenant's dog and refused to pick up the dog's waste. It is the responsibility of all dog owners to make sure their dog is picked up after.

### **Sheldon Towers Elevator**

**Update:** We are making progress with repairs and updates to the elevators. We are so grateful for your patience as we work with with the vendor to get both elevators working smoothly and reliably again.

### **Sheldon Towers Rent Recertification Meetings:**

If you haven't yet had your recertification meeting and aren't sure if you have one scheduled, PLEASE call the front office at 775-2926 to verify and set up an appointment if necessary.

**Trash Reminder:** Please do not dispose of anything other than household trash in the totes or dumpster – Casella's found tires in a toter last month, which is not allowed. This goes for appliances and batteries as well.



**Recycling Reminder:** If you put bagged recycling in the toter, Casella's considers it trash and will just throw it away. If you carry recycling to the toter in a bag be sure to empty it into the toter. Also, please rinse containers to remove any remaining product, be it food, lotion, soap, etc.

Thanks for your cooperation! Julie

## Daylight Savings Time Starts Sunday, March 8<sup>th</sup>...



Be sure to set your clocks ahead the night before. ☺

**Are You Tired of Renting?  
Take a Homebuyer Education Course with  
Neighborworks of Western Vermont!**

**Saturday, April 11, 2020  
9 a.m. – 5 p.m.**

**Hickory Street Community Center  
15 Juneberry Lane, Rutland, VT**

- Find out if you qualify for down payment cost assistance
- Find out how to purchase a home without perfect credit
- Take advantage of one-on-one Financial Coaching



Register at [www.nwwvt.org/homebuyer-education](http://www.nwwvt.org/homebuyer-education) or call 802-438-2303. Limited seating – reserve your spot today!

If you need assistance due to language barriers, mobility impairments, hearing or visual impairments, or any other disabilities, let us know so we can provide necessary accommodations.

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**Just So You Know...**



**You can visit the Rutland Community Cupboard once a week for fresh produce, fresh bread & commodities.**

**Located at 65 River Street, Rutland**

**Open Hours M-W-F, 11am – 2:40 pm  
T-TH, 4 pm – 5:40 pm**

**Have questions? Please call  
802-747-6119**

**HAI Group Resident Scholarship Program:  
Application Deadline is April 30**

The 2020 HAI Group Resident Scholarship Program is open for submissions!

This year, 20 residents across the country will win scholarships valued at \$6,000 each! Who is eligible:

- RHA residents who are in subsidized units or who receive a Section 8 subsidy
- You are enrolled for the fall semester of the 2020-2021 academic year in an accredited and/or licensed technical school or accredited two- or four-year college or university in the United States

The deadline for applications is Thursday, April 30, 2020. Completed entries will be placed into a drawing to be held on or about Monday, May 4, 2020. For full rules and to ask questions, visit [www.housingcenter.com/scholarships](http://www.housingcenter.com/scholarships).

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**Upcoming Health and Wellness Clinics**

Offered by the VNA & Hospice of the Southwest Region



**Blood Pressure & Foot Care Clinics (\$10)**

Thurs. March 5, 10 a.m. @ Parker House  
Wed. March 11, 10 a.m. @ Templewood Court  
Wed. March 18, 9 a.m. @ Sheldon Towers  
Wed. March 18, 11 a.m. @ Linden Terrace  
Thurs. March 19, 10 a.m. @ Maple Village  
Wed. March 25, 12:30 p.m. @ The Godnick Center

**Cholesterol Screening**

Wed. March 4, 8:30 a.m. @ VNAHSR Office,  
7 Albert Cree Drive

**Bereavement Support Meetings**

Every Tuesday, 6 p.m. @ Grace Congregational Church; facilitated by Rev. Andrew Carlson

For more information call VNAHSR at 775.0568

## Much Ado about March

by Carol Keefe

Ah, March – in like a lion, out like a lamb (or vice versa), so the saying goes. It's not the only saying related to the moody weather of this month. Sayings such as, "A bushel of March dust is worth a King's ransom," – think wet weather – and "March many weathers," remind us of the swiftly changing and windy weather of this month. In Celtic folklore, The Borrowing Days "were fraught with taboos and the specter of bad weather." This is based on stories that the Month of March borrowed days from April in which to unleash nasty weather to disprove claims that he was softening up!



The Spring Equinox occurs during March, and with nature becomes more active. Plants send out their buds and shoots. The full moon in March reflects this activity, too: It has been called the Sap Moon or Sugar Moon (think sugaring season) or Worm Moon (see what all those returning robins are pulling their food from the ground?). And the creatures are stirring: birds migrate to their breeding grounds, and many animals seek mates, which led to the phrase, "Mad as a March hare".

Speaking of madness...March Madness finds basketball enthusiasts cheering on their favorite teams while watching every nail-biting game. Who are you rooting for?



## A Child's Lesson

by Pat Embree

When I was young it wasn't expected that I listen to or could grasp the words of the Priest giving the Sermon. However, it was expected that I sit still.



In those days women had to cover their heads in church, which gave me a wide variety of hats to look at and like or dislike. From there it was but a few inches down to what I could see of faces, and so began my fascination with the physical changes that came with aging.

Finding it sad, these visible aspects of aging, I wanted to make them young again. So I erased the wrinkles, cured their ailments and uncurled the curls. I pictured them hair flowing, running through fields, carefree and laughing with children.

Ah, if only childhood wishes could come true, but life has its stages – we change, we age. As I grew I learned more of history and I realized my earlier ladies had lived through two World Wars, a Depression and at that time, the Korean War. Yet here they were – old now, maybe alone, maybe unwell, carrying each one of these difficult years with dignity.

As for me, my years flew by, too, and I see the physical aspects of aging, only now it is my face that I am looking at.

That I have remembered this for so many years shows me how strong was the lesson I learned by observing my lovely ladies. They didn't need to be – and couldn't be – made young again; that is not life's plan. What I learned was respect. Ah, respect: such a simple word that costs nothing, and yet is worth so much.

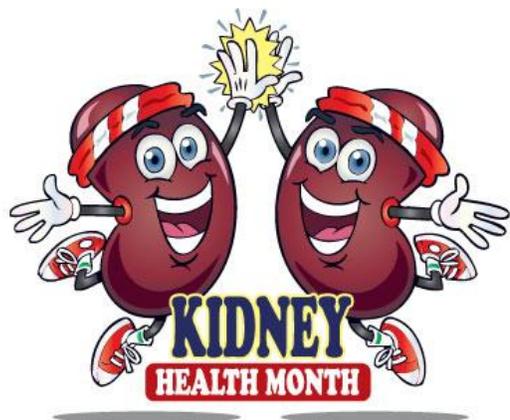
It appears that I might have neglected the older gentlemen for whom respect was so, so deserving in so many ways given the era, but once outside where men could put on their hats I was already on the move.

## Care for Your Kidneys

from the National Institutes of Health

Most of us don't think much about our bodies until something hurts or stops working well. That's where events like National Kidney Month help us tune into what our bodies need to stay well and for us to stay happy!

Kidney failure does not discriminate – it can affect anyone, of any race, at any age with diabetes, high blood pressure, or a family history of kidney disease. That's why it's important to manage high blood pressure to protect your precious health.



**Your kidneys filter 200 liters of fluid every day – show them some love!**

Start with these 7 healthy lifestyle habits:

1. Take your blood pressure medications as prescribed by your doctor.
2. Aim for a healthy weight to lower your chances of health problems related to high blood pressure.
3. Take steps to make healthier food choices.
4. Take steps to try to quit smoking.
5. Aim for at least 7 to 9 hours of sleep per night.
6. Take steps to reduce stress and be physically active for at least 30 minutes each day.
7. Ask your doctor or SASH Coordinator for support! (If you'd like to learn more about SASH, contact Carol at 775-2926 ext. 16.)

## WORDSEARCH: Fun & Games

Find these words:

|            |            |
|------------|------------|
| Backgammon | Operation  |
| Checkers   | Parcheesi  |
| Chess      | Pictionary |
| Clue       | Risk       |
| Jenga      | Scrabble   |
| Monopoly   | Yahtzee    |

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

## Resident Events at Sheldon Towers

- Community Coffee Time - Every Monday & Friday, 7:30 AM to 9:00 AM (except March 9<sup>th</sup>)
- Bone Builders - Every Thursday at 4:30 PM (except March 19<sup>th</sup>)
- Pizza Nite (Domino's) \$3 for 3 slices. Please pay Doris or Ron by March 16<sup>th</sup>.

Questions? Ask Ron or Doris

