

RHA Update

2023



Rent is due: January 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 Julie Sanderson, Interim Property Manager to make payment arrangements:
802-775-2926 Ext. 214

**Rutland Housing Authority
Will be closed
Monday, January 2nd 2023**

**This year you will
see issues of
RHA Update in:
January
March
May
July
September
November**

*FROM THE DESK OF THE
Chief Executive Officer*

Greetings and Happy New Year. I hope that everyone, no matter what you celebrated, had a truly wonderful holiday season. I wish to start by thanking our maintenance staff for the great work they did to keep everyone safe during the December blizzards. It is an enormous undertaking and as usual they rose to the occasion to keep parking lots, roadways, and sidewalks clear of snow and ice. Please use extra care during the winter months to avoid slips, trips, and falls.

Staying warm and safe: If your heater is not working, do not use your stove, or anything meant for outdoor use, to heat your home. It is dangerous and could lead to a fire. If you have access to a space heater, do not plug it in using an extension cord as it is a fire hazard!! Space heaters should only be plugged into a properly working outlet. If you are cold, please consider an extra blanket or sweater rather than maxing out your thermostat.

A Word about Smoke Detectors: Each bedroom and common area in your unit must have a working smoke/carbon monoxide detector. Lack of a working detector is a very common fail item during unit inspections. This is particularly true after the holidays as some residents remove the backup batteries to power new toys and devices. Please replace these batteries so as to ensure the safety of you, your family, and your neighbors. Batteries can be checked by using the test button on these devices. If in doubt, contact the office and we will send out a maintenance staff person to check your detector.

Smoking: Just a reminder that the smoking of any substance including cigarettes, cigars, marijuana, and vape pens is a violation of your lease and may lead to eviction. Please respect the health and safety of your family and neighbors by restricting smoking to 25 feet from your building.

Continued...

Executive Director Continued...

Templewood Court Electrical Upgrades: We are currently finalizing plans for a major upgrade to our electrical system at Templewood Court. Scheduled for the spring of 2023, the work will result in all new wiring, improvements to electrical boxes, and the necessary changes that will allow for heat pumps in the future. We will work hard to minimize any inconvenience to residents, but some power outages should be expected. We will provide additional information once actual construction dates have been set.



2023 Resident Advisory Board: Annually and every five years the RHA updates our HUD Annual and Five Year Plan which guides board and staff on our operations. As part of this process, we appoint a Resident Advisory Board (RAB) who is asked to review the plan and provide comments and suggestions. This year RAB members will receive a \$50.00 gift card for their active participation in the meetings. To volunteer for the 2023 RAB please contact us in writing via email to jhatfield@rhavt.org by April 1, 2023 at 4:30p.m. Please submit the following information: your name, address, phone number, and email address if you have one. If you do not have an email you may write up the information and leave it in the rent drop box located at your property or you can mail the information, postmarked no later than March 31, 2023 to:

Rutland Housing Authority- RAB
5 Tremont Street
Rutland, VT 05701

If you have any questions about the RAB, please contact Joy Hatfield at jhatfield@rhavt.org or (802) 683-2214.

Executive Director Continued...

Contacting RHA Staff: You may have noticed that there have been changes to our phone system and extension numbers. This new, state of the art system will allow us to serve you better. Among the systems many features are a direct inward dial to specific RHA staff members. The new numbers are as follows:

Greg Lambert- Customer Service:
802-683-2206

Tara Chandler- Assistant Property
Manager: 802-683-2207

Kevin Loso- Chief Executive Officer:
802-683-2208

Julie Sanderson- Property Manager:
802-683-2209

Carol Keefe- SASH Program Manager:
802-683-2210

Kirsten Hathaway- Director of Finance
and Human Resources: 802-683-2212

Heather Hinckley- Section 8 Program
Manager: 802-683-2213

Joy Hatfield- Executive Administrative
Assistant: 802-683-2214

Stephanie Bertrand- SASH Coordinator:
802-775-2926 ext. 222

Anna Lang- SASH Coordinator:
802-775-2926 ext. 221

Lance Hinckley- Bridge Housing
Coordinator: 802-775-2926 Ext. 215

Thanks, and once again, wishing you all
a Happy and Healthy New Year!!

Kevin

From the Desk of from the Desk Julie Sanderson, Property Manager

A few reminders ...

**Recertification packets will be coming shortly!
JANUARY for Templewood Court
FEBRUARY Sheldon Towers will be receiving recertification packets**

**This 2023 large increase in social security will have an impact on your rent
please do not be surprised by the increase in rent**

**DO NOT stop maintenance for a work order-CALL a work order into the main
office! Please do not let things go until they are a major problem notify us of any
needed work orders.**

**No visiting pets –please tell your family/friends that you are not allowed to have
visiting pets in your apartment!**



Finally, Wishing you all a Happy & Healthy 2023!



Martin Luther King Martin Luther King History

Martin Luther King Day celebrates life and accomplishments of Dr. Martin Luther King, Jr. MLK promoted Civil Rights through nonviolent civil disobedience. He is perhaps best known for his I have a dream speech in 1963. He was assassinated in 1968. Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000, it became a nationally observed holiday in all states. Martin Luther King Jr. Day is observed annually on the third Monday of January.

- **Facts...**according to the U.S. Census Bureau, during his famous speech “I Have a Dream,” Martin Luther King Jr. spoke to more than 200,000 people from the steps of the Lincoln Memorial.
- Martin Luther King was awarded the Nobel [Peace](#) Prize in 1964. He was 35 years old, which made him the youngest Peace Prize winner at the time.

*From the Desk of Kirsten Hathaway,
Director of Finance Manager and Human Resource...*



Are you ready for 2023?

REMINDER:

- Vermont Renters Rebates are back again!
 - Just like last year, you will need to file this on your own through the My VTax portal.

For more information please visit:
<https://tax.vermont.gov/individuals/renter-credit>

Financial Tip:

Here is some information you can use to put your mind at ease this year:

- When saving for a big purchase such as a new mattress, set aside a little every month so the purchase doesn't feel so overwhelming.

A good example would be to set aside \$25 every week for six months prior to purchasing the item. Doing this for six months will give you \$600 to spend without stretching your bank account.

*From the Desk of Jon Jordan,
Maintenance Supervisor*



I came across this poem when I was going through a box of old family things that had been packed away for a while. It quickly became apparent that my parents saved everything-grade school report cards, newspaper clippings, birth announcements, post cards from kids that were away at camp, and so on. At the bottom of the box there was a wallet, it was my grandfathers. The wallet contained the typical stuff you would expect to find, a credit card, ID card, fishing license, and a card that had personal emergency information-addressed, phone numbers of close relatives. The corners of the card were worn, and it had been repaired with tape. The other side of this card had this poem, my grandfather must have believed the message of this poem to be important to carry with him in his wallet. I like it too, and would like to share. It might be something to think about for the new year.

From the Desk of Jon Jordan continued...

AROUND THE CORNER

**Around the corner I have a friend,
In this great city that has no end,
Yet the days go by bad weeks' rush on,
And before I know it, a year is gone.**

**And I never see my old friends face,
For life is a swift and terrible race,
He knows I like him just as well,
As in the days when I rang his bell.**

**And he rang mine but we were younger
then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.**

**"Tomorrow" I say! "I will call on Jim
Just to show that I'm thinking of him",
But tomorrow comes and tomorrow
goes,
And distance between us grows and
grows.**

**Around the corner, yet miles away,
"Here's a telegram sir," "Jim died
today."
And that's what we get and deserve in
the end.
Around the corner, a vanished friend.**

Joy Hatfield, Executive
Administrative Assistant &
Finance Specialist

CRANBERRY SQUARES

2 cups flour

1 tsp baking powder

2 eggs

1-1/2 cups sugar

2 sticks butter, melted

2 cups chopped (or whole)
cranberries

1 cup chopped pecans or
walnuts

Mix flour, baking powder,
sugar, eggs & butter.

Fold in cranberries and nuts.

Spread in a 9x13 pan.

Bake at 350 for 45-50 min.

Let cool completely and top
with

confectioners sugar

DELICIOUS!

RHA COMMUNITY CORNER



By Pat Embree

I went to bed in 2022 and got up in 2023. Surely, no Rip Van Winkle story here for all it took was the chime of a clock twelve times.

The twenty-first century moves along with so many new technological advancements I often feel that I am being left behind. What will our future be like? I can't imagine ever riding comfortably in a driver-less car, but likely will be a part of life someday. What changes will come about if they can train machines to think like and mimic human beings? Instead of looking forward to these advancements I am getting more nostalgic for that which is simple and familiar with every passing year. How comforting the purr of a cat or serving hot chocolate with a marshmallow on top. How sweet is the sleeping child or coming in from the cold to be greeted by the aroma of fresh baked cookies. Technology has its place (though perhaps even now too much in daily life), yet it still is the simple things that warm the heart and travel through life with you and hopefully they will eventually ease the rough patches with pleasant memories. A quote by Robert Brauh, "Enjoy the little things for one day you may look back and realize they were the big things".

Monday through Friday while eating lunch thumb and forefinger orange with Cheese Doodle dust I enter into the lives of "The Waltons". With all the violence and natural disasters on the news I find it is a show to soothe my soul... nonviolent, old-fashioned and loving. It is quite simply a simple pleasure that I enjoy. Good night " John Boy", good night "Jim Bob", good night " Mama"

NAME: _____

DATE: _____

January Word Search



Winter

Cold

New year

Gloves

Chimney

Sweater

Skate

Hoodie

Blanket



Blizzard

Coat

Snowfall

Mittens

Freeze

Penguin

Hibernate

Sniffle

Frosty



MEDICAL • DENTAL • BEHAVIORAL HEALTH

Alzheimer's Support Group Meets Jan 10 at 4p.m. at Community Health

A new Alzheimer's support group will be meeting the second Tuesday of each month at Community Health in Rutland. In January, the group meets on Tuesday, Jan. 10th. Meetings will be held on the second Tuesday of each month at 4pm at Community Health Allen Pond, 71 Allen St. Rutland, Suite 403.

The support group creates a safe environment where caregivers and family members can share feelings, thoughts and experiences.

For more information, email kbathalon@chcrr.org or check our Community Health [website](#).

Whenever you have questions or concerns about Alzheimer's or dementia, use these available resources:

- Alzheimer's Helpline **800-272-3900** (a unique resource for caregivers, family members and anyone who needs information about Alzheimer's disease or dementia, 24/7)
- Caregivers Forum is a discussion board for caregivers.
- Community Resource Finder lists support groups and community resources

Community Health Tip: Know these helplines

- **911** for life threatening situations
- **988** for suicide or mental health crisis
- **800-272-3900** Alzheimer's Helpline

Quote of the month...

Injustice anywhere is a threat to justice everywhere. –

... Dr. Martin Luther King Jr



SASH[®]

SUPPORT AND SERVICES AT HOME

a caring partnership

Look at this SASH Team! SASH Coordinator, Anna and SASH Wellness Nurse, Katy were getting ready to deliver some holiday cheer to SASH Participants! Thank You Anna & Katy for providing great support to many of our RHA residents and Rutland Community members!



HO! HO! HO!

If you are a resident of Rutland Housing Authority and have MEDICARE, you qualify to be part of the Support and Service at Home program. We want to support you as little or as much as you need. If you want to find out more about the SASH Program please contact Carol Keefe, SASH Implementation Manager at 802-683-2210.

SASH serves over 5,000 Vermonters! SASH serves 500+/- in Rutland County with extra funding for more SASH in the area!

SASH is now in Rhode Island, Minnesota with other states looking to adopt this model of care! Its Free and Voluntary!

SASH – SUPPORT AND SERVICES AT HOME! Looking for SASH Participants in the Castleton/Fair Haven area, if you know of anyone contact Carol Keefe, SASH Implementation Manager 802-683-2210.

Learn More by going to sashvt.org