

# ***RHA Update***

## ***MAY 2023***



**Rent is due: May 1<sup>st</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 Hinckley, Interim Property Manager to make payment arrangements:

**802-683-2213**

**RHA OFFICE WILL BE  
CLOSED**

**Monday, May 29<sup>th</sup>**

**In observance  
of Memorial Day**

**Upcoming issues of  
RHA Update will be in:**

**July  
September  
November**

*FROM THE DESK OF THE  
Chief Executive Officer (CEO)*

*May, 2023*

Greetings! I hope that all of you are well and enjoying some of this great weather. The daffodils in my yard have gone by which hopefully means that Spring is on the way. Just don't blink or you'll miss it!

Here are a few updates for this month:

**Rent Payments**

Please be reminded that rent is due on the first of each month with a five-day grace period before a 5% late fee is charged to your account. **Effective June 1, 2023 we will no longer be able to accept cash for rent, but will require a check or a money order.** Another option for you to consider is automatic monthly payments from your account that you authorize your bank to make on your behalf. For information on this option contact the RHA Finance Office at (802) 775-2926 ext. 223.

**Parking and Unauthorized Vehicles**

Just a few reminders regarding RHA parking lots:

- Parking is for RHA residents and authorized guests only.
- All vehicles on RHA property must be registered, inspected and in good repair.
- Repairs to cars are not allowed in RHA parking lots.
- Cars leaking fuel or oil are prohibited. Tenants will be charged for damage to parking lots.
- Cars in violation of the above rules are subject to towing at the owner's expense.

Please be advised that during the upcoming summer months we are planning to reseal and restripe the driveways and parking lots at Hickory Street and Sheldon Towers. We will provide additional instructions prior to the start of the projects.

*Continued...*

**2023 Resident Scholarship Program  
Now Accepting Applications**

HAI's Group Resident Scholarship Program helps low-income students pay for higher education. To date, they have awarded more than \$1.6 million to nearly 500 students across the country-students who have gone on to careers in nursing, education, social work and more. This year, they'll be awarding scholarships worth \$6,000 each to 20 residents to continue their education. Students may enter-and be awarded-scholarships for up to four consecutive years.

Applicants must meet the following criteria:

- Enrollment  
Is or will be enrolled in an accredited and/or licensed technical school or accredited two-or-four-year college or university in the United States for the fall 2023 semester.
- Residency  
Resides in a housing authority or in a property with a housing choice voucher (HCV) administered by a housing authority that is a member of Housing Authority Risk Retention Group (HARRG) or Housing Authority Property Insurance, a Mutual Company (HAPI) or resides in an affordable housing property insured by Housing Enterprise Insurance Company (HEIC). Contact the RHA to confirm your eligibility.
- Citizenship  
Must be a United States citizen or a permanent resident (with a green card).

*Continued...*

- Other  
Must follow all other rules outlined in the **official rules**. For more information or to review the official rules, contact HAI Group at  
scholarship@housingcenter.com

**Moms in Recovery**

If you are pregnant or a mom affected by substance use disorder, there is a safe, confidential place to find emotional support, learn new skills, and practice accountability. Whether you are single or married, fighting for custody, or simply wanting to parent in a whole new way, this support group offers healing, hope and help. Sample topics include: developing healthy parenting habits; managing emotions including anxiety, fear, and depression; disciplining with grace and truth, overcoming a traumatic past and resolving conflicts with healthy boundaries. Moms in R E C O V E R Y is an online group meeting on Tuesdays from 8:00 - 9:30am. Call 802- 775-5611 or email Trisha at [trishanash51@gmail.com](mailto:trishanash51@gmail.com)

**Volunteers Needed**

Companions In Wholeness located at the Rutland United Methodist Church, 60 Strongs Avenue is looking for 3 volunteers who like to prepare food. They have a need from 6:30am-9:30am Monday through Thursday to assist in preparing breakfast and lunch. One day or all 4 days, whatever works for you. They are currently preparing approximately 200 breakfasts and 150 lunches to give out to those who are homeless or live with food insecurity. They have a great time working together and preparing the food. Come join their team in "feeding our neighbors". Contact Ellie if interested at 802-236-3136.

*Happy Spring, Kevin*

*From the Desk of Jon Jordan, Maintenance Supervisor...*



**Lawn Mowing:** *Please pick up lawn, make sure the area is clear as lawn mowing will begin soon*



**Air Conditioners:** *If you need you're A/C installed  
Please contact the office to be put on the list (Greg 683-2206)*



**Pets:** *Please pick up after your dog. Your dog is required to be on a leash*



**Wildlife:** *Do not feed the birds, squirrels, or any other wildlife*

***Green Up:***

Green Up Day, observed annually on the first Saturday of May, is a statewide effort in the state of Vermont to clean up roadside trash. Please help keep our community clean. If you see trash pick it up. The maintenance staff appreciates those residents that have been helping with clean up.

## Carol's Kitchen...



### Lemon-Garlic Chicken with Green Beans

This easy lemon-garlic chicken recipe calls for cutlets, which cook in less than 10 minutes! Can't find them? Make your own from chicken breasts. Place each breast on a cutting board and, with your knife parallel to the board, slice into the skinny side of the chicken breast in a single smooth motion. The side of green beans is cooked right in the same pan as the chicken, so this 20-minute easy, healthy dinner is not just a snap to prepare--the cleanup is a cinch too.

#### Ingredients

- 1-pound chicken breast cutlets
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 6 cups green beans (about 1 pound), trimmed
- 4 cloves garlic, thinly sliced
- 1 teaspoon grated lemon zest
- 1 teaspoon chopped fresh thyme, plus leaves for garnish
- ¼ cup unsalted chicken broth
- ¼ cup dry white wine
- 1 tablespoon lemon juice
- ¼ cup toasted pine nuts (see Tip)
- Lemon wedges for garnish

#### Directions

##### Step 1

Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 4 minutes per side. Transfer to a plate.

##### Step 2

Add the remaining 1 tablespoon oil and green beans to the pan. Sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until tender-crisp, about 2 minutes. Stir in garlic, lemon zest and thyme; cook, stirring, until fragrant, about 1 minute. Add broth, wine and lemon juice and return the chicken and any accumulated juices to the pan. Cook, stirring occasionally, until the liquid is reduced by half, about 1 minute more.

##### Step 3

Serve topped with pine nuts, more thyme and lemon wedges, if desired.

#### Tips

Tip: Pine nuts add buttery texture and a little crunch to this simple chicken dish. Got extra? Toss them onto soups or salads or refrigerate in an airtight container for up to 1 month or freeze for up to 6 months.

#### Nutrition Facts

##### Serving Size:

1 1/2 cups

##### Per Serving:

296 calories; protein 26.5g; carbohydrates 11.1g; dietary fiber 3.6g; sugars 4.3g; fat 15.7g; saturated fat 2.2g; cholesterol 62.7mg; vitamin an in 812.2IU; vitamin c 17.3mg; folate 44.4mcg; calcium 64.5mg; iron 2.6mg; magnesium 74.3mg; potassium 519.4mg; sodium 652.1mg.

##### Exchanges:

3 lean protein, 2 1/2 fat, 1 1/2 vegetable

**ENJOY!**

*From the desk  
of Heather Hinckley,  
Section 8 Program Manager*

## RESPECT

**R**-Remember You Are Not the Only One Who Lives Here.

**E**-Everyone Deserves a Quiet, Safe, and Comfortable Home.

**S**-Stay in Your Lane...If it has nothing to do with you, it's none of your concern.

**P**-Privacy is Everyone's Right – don't violate it.

**E**-Energy. Remember what ever type of energy you put out can affect how someone's day is for the rest of their day.

**C**-Care. Care for one another. There is too much negativity in today's world.

**T**-Time. Take time to enjoy your surroundings and **be grateful.**



Joy Hatfield, Executive Administrative  
Assistant & Finance Specialist

The Rutland Housing Authority is requesting all tenants refrain from paying rent with cash. We simply don't have the ability to make change for every tenant. Please pay with check, money order or feel free to sign up for our ACH Direct Debit service which electronically withdraws your rent on the 4<sup>th</sup> of each month.

ACH forms are available to be picked up at our Main office at 5 Tremont Street or we can mail them to you upon request.

Thanks very much for your cooperation regarding this.





Memorial Day is a federal holiday in the United States for honoring and mourning the U.S. military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May. From 1868 to 1970, it was observed on May 30.

To All Veterans:

“Thank you for your service”



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



You can sign up for Automatic Rental Payments!

- Want to stop worrying about if you will get your rent to us on time?
- We can set you up with Automatic Withdrawal from your checking or savings account.
- Payments come out on the 4<sup>th</sup> of each month, or the next business day after if the 4<sup>th</sup> is on a weekend or holiday.
- Contact the main office to find out how!

## RHA COMMUNITY CORNER

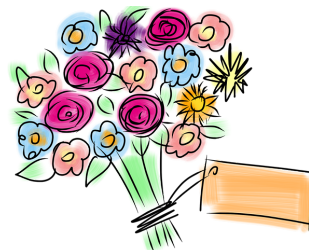


By Pat Embree

I recently watched a time-lapse video of various species of flowers as they pushed their way up through the soil. Once above ground the stems continued to grow until they had reached their full height. This final stage complete, it was time to see the delicate petals slowly unfold, revealing the hidden beauty that lay inside. Each was so unique in design and coloration. I simply marveled at this mysterious rebirth of flowers in spring.

After I watch the news, I so need a smile. Cars were backed up both ways waiting for a Mama bear about to cross the road with her four young cubs. She carried one across by the scruff of the neck: no one followed. She crossed again carrying the one and this time another did trail along beside her. With two across, she went back to get the remaining two when one pranced back right behind her so now she was back to three. She got two more across and went back for the fourth and yet again one followed her and now there were still two across and two to go. She carried one and coaxed the other with her paw and finally all four were across. One cub turned back to re-cross the road and a second cub followed. She left the two and went back to get the run-away two and at long last Mama bear and her four adorable cubs disappeared into the woods and traffic resumed.

Happy Mother's Day.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# May Word Search

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

arrest

communication

dispatcher

handcuffs

monitor

sergeant

badge

criminal

duty belt

lieutenant

officer

siren

chief

cruiser

emergency

lightbar

parking ticket

telephone

citation

disaster

flashlight

lot duty

radio

trauma



## **Have you scheduled your free Medicare Annual Wellness Visit?**

Free Annual Wellness Visits at Community Health focus on prevention and are designed to keep you healthy, lower your risk of illness and injury and support a healthy quality of life. Medicare patients who have been enrolled in Medicare Part B for at least 12 months are eligible.

The annual wellness visit includes:

- meeting with a nurse or other care team member working with your provider
- blood pressure, height and weight taken
- questions about your medications, vaccines, mood, memory, mobility, family and living situation

You will leave the visit with a wellness plan so take advantage of this Medicare benefit. Schedule your wellness visit today at Community Health <https://chcrr.org> or call 802-779-9169

## **“FOOD AS MEDICINE” ...Farmacy Program and CHCRR**

Vermont's Farmers Food Center (VFFC)FFC's Farmacy Project emphasizes 2 core elements – *fresh produce prescriptions for individuals as “medicine” for chronic diet-related health conditions and fresh produce provided to these clients grown exclusively by new and emerging Rutland farmers.*

The Farmacy Project successfully links the underserved in Rutland County to the rich, robust healthy world of good food, community programming and education. Program elements incorporate the concept of *“Food as Medicine”*:

- Working with local healthcare providers to reach at risk families with health issues impacted by diet and providing a referral for food prescription;
- Enrolled Farmacy members picking up 10-12 pounds of fresh produce for 15 weeks, at multiple distribution sites in the county;
- Clients and their families receiving nutrition education and cooking classes supported by community partners and;
- Produce being distributed to Members grown by local Rutland small and emerging farmers.

Do you have diabetes, high blood pressure or a chronic diet related health condition? Ask your Primary Care Doctor if you could be part of this program.

## ***Quote of the month...***

**"Spread love everywhere you go. Let no one ever come to you without leaving happier."**

***-Mother Teresa***

*Sunday, May 14<sup>th</sup>, 2023*





# SASH<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

## SASH UPDATE:

### **SASH Expands Mental Health Program**

U.S. Senator Bernie Sanders has allocated \$1.35 million to expand a mental health program embedded in affordable housing through Support and Services at Home (SASH), in partnership with community mental health agencies across Vermont that serve low-income older Vermonters and those with disabilities.

The funding comes from \$42 million Sanders secured for the state from the \$1.7 trillion omnibus legislation that recently passed the U.S. Senate. Additionally, the Vermont Community Foundation is providing Cathedral Square, which administers SASH, with a planning grant to support the preparation needed to ensure a successful statewide roll-out.

Since November 2017, in partnership with the Howard Center, a mental health clinician (known as the SASH clinician) has been embedded with SASH teams at two Cathedral Square congregate housing sites in Burlington. The clinician is a fully integrated member of these SASH teams and offers individual and group services based on residents' needs. Services are offered in person, virtually on Zoom or by phone, and are available through scheduled appointments or on an as-needed basis.

The program has demonstrated that SASH participants will utilize and seek mental health support if it is readily available, both in terms of physical and structural access. The program has also supported increased comfort and knowledge about mental health by housing staff. The Rutland County SASH Collaborative will participate in the initiative which will roll out by the end of the year.

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SASH is a Support and Services at Home Program that is completely free!

If you are a resident of Templewood Court, Sheldon Towers, Hickory Street or Bridge Housing you can be part of the SASH Program. You would have access to a SASH Coordinator & SASH Wellness Nurse. This team would work with you as much or as little as you would like. They can help you navigate the health care system, provide you with care coordination, assist with transitions of care in and out of rehabilitation center, hospital, ER visit, and can help you manage your chronic conditions like diabetes, high blood pressure, diabetes, arthritis by providing programs and resources. Contact Carol Keefe if you are interested in having a little support in your housing. 1-802-683-2210