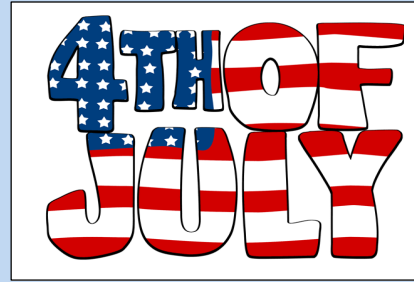


# ***RHA Update***

## ***JULY 2023***



**Rent is due:**  
**JULY 1<sup>st</sup>**

**You have a 5 day  
grace period**

After the 5<sup>th</sup> day your rent is considered late, a \$15 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**

**Tuesday, July 4<sup>th</sup>  
In observance of  
Independence Day**

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

**September  
November**

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

Greetings and Happy Independence Day. I hope that you are all having a great summer. Just a few updates for this month.

### **RHA Staffing**

I wish to start by letting you know that by the time you receive this newsletter we should be once again fully staffed up in our Property Management department. I fully understand how difficult this situation has been on both staff and residents and the impact that the staffing shortage has had on our service to tenants and applicants. Please bear with us just a bit longer as we train our new staff and get back on track. Thanks so much for your patience!

### **Fireworks**

Just a reminder that the use of fireworks of any kind is not allowed on any RHA property. Violation of this policy represents a significant health and safety risk so please respect your neighbors by leaving the property should you wish to participate in this activity. Thanks so much for your cooperation.

### **The Final Word On Late Rent**

I apologize for any confusion around late rent charges. Vermont law changed on June 1, 2023 requiring us to in turn change our policy.

Rent is due on the 1<sup>st</sup> day of each month and NO LATER than the 5<sup>th</sup> of the month.

After the 5<sup>th</sup> day of the month, your rent is considered late and you will be assessed an administrative/collections fee of \$15.00. After the 7<sup>th</sup> day of the month, if your rent has not been paid, you will be issued a Termination of Tenancy for nonpayment of rent and assessed an additional \$25.00 administrative/collections fee.

### ***Executive Director Continued...***

If you are having an issue with paying your rent, *please reach out to our office as soon as possible and in advance of the 1<sup>st</sup>* so that we may discuss your situation with you.

Please contact the office with any questions.

### **Important Parking Notice**

Effective July 15, 2023 the RHA will more strictly enforce parking policies at all of our properties. Cars that are not registered, inspected, in disrepair, being repaired on RHA property or parked illegally will be issued a ticket by officers from Stockton Security. After the third ticket the car will be towed at the owner's expense. This effort at enhanced enforcement is being implemented at the request of residents. Please obey the policies around automobiles.

### **RHA Board of Commissioners Meetings**

There will be no Board of Commissioners meeting in July due to summer vacations. The next meeting will be held on Monday, August 14, 2023 at 8:00AM at the offices of the Rutland Housing Authority, 5 Tremont Street in Rutland. Meetings for the remainder of the year will be held on: September 11<sup>th</sup>, October 16<sup>th</sup>, November 13<sup>th</sup> and December 11<sup>th</sup>.

Tenants and members of the public are welcome to attend.  
damaged or charged improperly.

### **Burning Issue: Understanding the Fire Risks of E-Bikes, Scooters and Hoverboards**

The popularity and availability of micro mobility products such as electric bikes (e-bikes), electric scooters (e-scooters), and hoverboards have drastically increased in the last several years. These modes of transportation are powered by

### ***Executive Director Continued...***

rechargeable lithium-ion batteries, which can pose a severe fire hazard when damaged or charged improperly. Micro mobility products use rechargeable lithium-ion batteries, which are generally safe, according to the [U.S. Occupational Safety and Health Administration \(OSHA\)](#). Lithium-ion batteries are also used in cell phones, laptops, tablets, cameras, and power tools. Lithium-ion batteries can be a hazard if:

- they have design defects;
- are damaged;
- are made of low-quality materials;
- are assembled incorrectly; or
- are recharged improperly.

Lithium-ion batteries are made of multiple interconnected lithium cells. Battery overcharging, repeated physical impacts, and exposure to hot or below-freezing temperatures can damage these cells. One of the primary risks related to lithium-ion batteries is a "thermal runaway" chain reaction. "[Thermal runaway] is a phenomenon in which the lithium-ion cell enters an uncontrollable, self-heating state," [UL Research Institutes explains](#). Normally, the heat produced by a lithium-ion cell dissipates harmlessly. But cell damage reduces this functionality, causing the cell to release heat faster than it can dissipate. This overheating can damage additional cells, triggering a "thermal runaway" reaction that can result in a fire or explosion. According to the [National Fire Protection Association \(NFPA\)](#), lithium-ion battery fires give off toxic gases and burn extremely hot.





**Templewood Court Annual Flower Box Project was a success! Residents came out to plant flowers and maintenance was a huge help getting the heavy flower boxes to each of the 60 units! After the hard work everyone joined in for some strawberry shortcake!**



## **Executive Director Continued...**

In late 2022, the U.S. Consumer Product Safety Commission (CPSC) called on over 2,000 manufacturers and importers of micro mobility products [to review their product lines](#) and ensure they comply with relevant [UL Solutions safety standards](#) developed to reduce the risk of fires or face possible enforcement action. Since January 2021, CPSC has received reports of at least 208 micro mobility fire or overheating incidents from 39 states, killing at least 19 people and injuring 22 others. "The UL safety standards were developed to reduce the serious risk of dangerous fires with battery-powered micro mobility products," CPSC noted in a statement.

A copy of the notice can be found [here](#)). In March 2023, New York City Mayor Eric Adams signed legislation that bans e-bikes, e-scooters, and hoverboards that aren't UL-certified.

### **Micro mobility fire safety tips for residents and staff**

- Only purchase and use devices, batteries, and charging equipment certified by a [nationally recognized testing laboratory \(NRTL\)](#) such as UL Solutions.
- Always follow the manufacturer's instructions.
- Always be present when charging devices using lithium-ion batteries (never charge while sleeping).
- Only use the battery and charger designed for the device.
- Do not keep charging the device or battery after fully charge one device or battery at a time to prevent circuit overload.
- Keep batteries at room temperature when possible. Do not charge them at temperatures below 32 degrees or above 105 degrees.

## **Executive Director Continued...**

- Do not store batteries in direct sunlight or inside hot vehicles; keep them away from children and liquids.
- Store e-bikes, e-scooters, hoverboards, and batteries away from anything that can get hot or catch fire.
- Only have device repairs performed by a qualified professional.
- Do not put lithium-ion batteries in the trash. Recycling is always the best option. Take the batteries to a battery recycling location or contact your local waste department for disposal instructions.

**Stop using the e-bike or e-scooter if you notice any of the following problems with the battery:** unusual odor, color change, too much heat, change in shape, leaking,

### Fair Weather Project Reminders

We will be embarking on a number of projects to improve our properties over the next three months. They include:

- The sealing and stripping of all parking lots and driveways at Hickory Street. This will be completed on a phased basis and may require that tenants move their cars during the project.
- Installation of a new security system at Sheldon Towers to include cameras on all ten floors.
- Replacement of the street lamp heads in phase 1 of Hickory Street. This will greatly enhance the energy efficiency of these fixtures.

Additional projects will be announced soon.



Enjoy the sunshine,  
Kevin



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



Summer Fruit Dip...

One large jar of Marshmallow Fluff.

Two bricks of cream cheese at room temperature.

Whip cream cheese until fluffy and add the marshmallow fluff.

This is a go to recipe for our family at gatherings or even just sitting around the campfire. This is super with fresh strawberries or any other fruit for that matter. In fact, we have dipped the strawberries in the dip and then roasted them on the fire...so good!



Joy Hatfield, Executive Administrative Assistant & Finance Specialist

Just a few financial tips...

[Tip #1: Set up auto pay for recurring bills](#)

Stop wasting your hard-earned money on late fees. Set your bills on auto pay and never pay another late fee again.

[Tip #2: Small reductions in spending add up to big savings over time.](#)

Making one small change a day can make a huge impact on your ability to save. Making coffee at home instead of buying it out is a simple example that many people refer to. Let's say it costs \$0.50 per day to make coffee at home, and it costs \$2.50 to buy coffee out. If you made the switch, you would be able to save an extra \$2.00 per day. Over the course of the year, you could save an extra \$730 just from that one simple change. If you invested that money at a 7% annual return, you would have saved over \$10,000 over a 10-year period. That's huge savings for such a simple change.

[Tip #3: Don't connect your saving and checking accounts.](#)

Often when I meet with clients, when they tell me that they have a savings account that is linked to their checking account, they use it as an extension of their checking account rather than as a true savings account. If you want to build up your savings for longer-term goals, you cannot make frequent withdrawals from it. Sometimes it's as simple as making it a little harder to transfer between the two accounts.

[Tip #4: Start saving for retirement as early as possible.](#)

If you are eligible for your employer's retirement plan, get signed up and start contributing today. If you are not able to contribute to a plan through your employer, open an IRA, and start an automatic contribution. Do not procrastinate on this.

[Tip #5: Create a budget and revise it as necessary.](#)

There are lots of people out there that hate budgeting, so even if they do get around to making a budget, they never revise it—life changes. Your income will change. Your expenses will change. Your budget should be adjusted accordingly to help you continue to reach your long-term goals.

## GOOD HABITS TO START THIS JULY

Drink 8 glasses of water each day

Get up early to exercise, learn  
or reflect

Express gratitude to your loved ones

Find an exercise you love  
& start practicing

Scroll less and read more

Keep electronics away from your bed

OurMindfulLife.com

## RHA COMMUNITY CORNER



Fireflies flash on and off like a ship's warning. Condensation from an ice cold lemonade glass pools on a metal tray with a slight dent like a valley in the printed image of a green Vermont. With every forward motion the glider squeaks. Chirping crickets blend with the squeak in a lovely summer song.

Two chairs sit side by side like two sisters with different personalities. One is honey colored rattan high backed and wide armed with sun faded floral cushions. The second is a white rocker maybe once used in a nursery to soothe a colicky babe and now is years older. The cushions perhaps crocheted by a Nana who never believed in idle hands. This summer cottage porch is far from grand it is old fashioned, a bit quirky and mismatched, but like an old bathrobe it is comfortable and comforting.

A slight breeze pushes its way through the screens. So good. Out of two large popcorn tins grow fake red geraniums. On the wall is a framed cross-stitched "Home Sweet Home" and under it is a lamp with a rose colored shade with three-inch fringe looking as if it once sat in the parlor of an 1890's brothel.

On the left is a day bed. A patchwork quilt covers the mattress. Two tired looking pillows rest on the bed. Windows hook to the ceiling, pull down and latch in times of less pleasant weather. Not on this balmy night though for the clouds have moved to the next town and moonlight shimmers across the lake.

Come, come sit for a while. Relax and let the frustrations of life still.





## JULY FIREWORKS



## [Fireworks at Northwood Park](#)

**July 2 @ 8:30 pm - 10:00 pm**

**Northwood Park 185 Northwood Park Road, Rutland**

**Our annual fireworks display is planned for Sunday July 2nd.**

**Fireworks will start at dusk. The rain date is Sunday July 9th.**

## Summer Events in Rutland...



### Friday Night Live: Uprooted

Center Street is the place to be in Downtown Rutland this July!

Come down for the first event in the Friday Night Live FREE Concert Series! Bring your friends and family for a fun night of live music, outdoor dining, and more. Stop at the variety of local stores, food trucks, and vendor tents set up outside or stop by the kids' games & activities stations. Make sure to stick around for live music! Attendees are encouraged to bring lawn chairs for viewing the musical performances.

Michael Glabicki, lead singer, songwriter and guitarist for Rusted Root fuses musical mastery and shamanic inspiration into Uprooted's music and live performances. In his most prolific period to date Glabicki is focusing his energy on his new band, The Uprooted Band, to carry on the legacy of Rusted Root's energetic music. Rusted Root's When I Woke, spawned the Top 40 hit "Send Me On My Way" along with fan favorites "Ecstasy" and "Martyr" and went on to chart Billboard's Hot 100.

Each free event will kick off at 5pm with the main musical acts starting around 8pm. Friday Night Live is sponsored in part by VELCO and WCAX.





## Community Health Tip: Learn About Tickborne Diseases

In Vermont, reports of tickborne diseases are on the rise year-round. While [Lyme disease](#) remains the most common tickborne disease in Vermont, other diseases like [anaplasmosis](#) and [babesiosis](#) are also being reported. Knowing the symptoms is important.

- **Lyme disease** - fever, headache, fatigue, skin rash that looks like a bullseye.
- **Anaplasmosis** - fever, severe headache, muscle aches, chills and shaking. Anaplasmosis doesn't cause a rash. Illness occurs 5 to 21 days after exposure to an infected tick.
- **Babesiosis** – symptoms often don't occur but typically begin one to four weeks after a tick bite and can include fever, chills, sweats, headache, body aches, loss of appetite, nausea or fatigue.

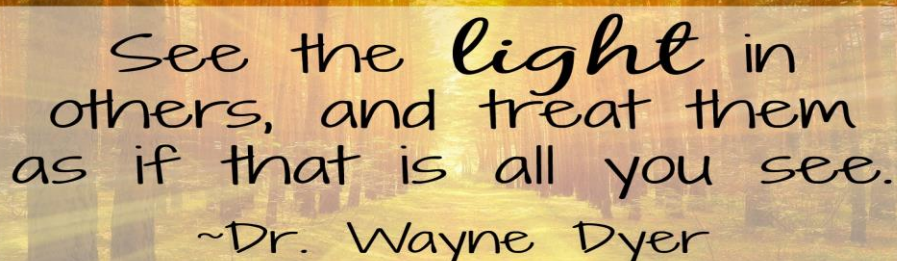
The best way to prevent tickborne diseases is to avoid places where ticks thrive, use a safe recommended repellent, dress protectively and check your clothes and body for ticks. See your Community Health provider if you feel any of these symptoms as early diagnosis and antibiotic treatment are important. Learn more on our website <http://www.chcrr.org/community-news/protect-yourself-learn-about-tickborne-diseases/or> call toll free 888-989-8707 or locally at 802-779-9169.

## Community Health Tip: Summer and Holiday Care

Community Health Express Care in Rutland and Castleton are open 7 days a week, Saturday and Sunday, 8am-8pm throughout the summer on July 4th and Labor Day too.

Express Care providers treat minor injuries and illnesses that happen unexpectedly to everyone, adults and children.

Check our website <https://www.chcrr.org/express-care/> or call for more information.



See the *light* in  
others, and treat them  
as if that is all you see.  
~Dr. Wayne Dyer



Happy  
fourth  
of  
July!



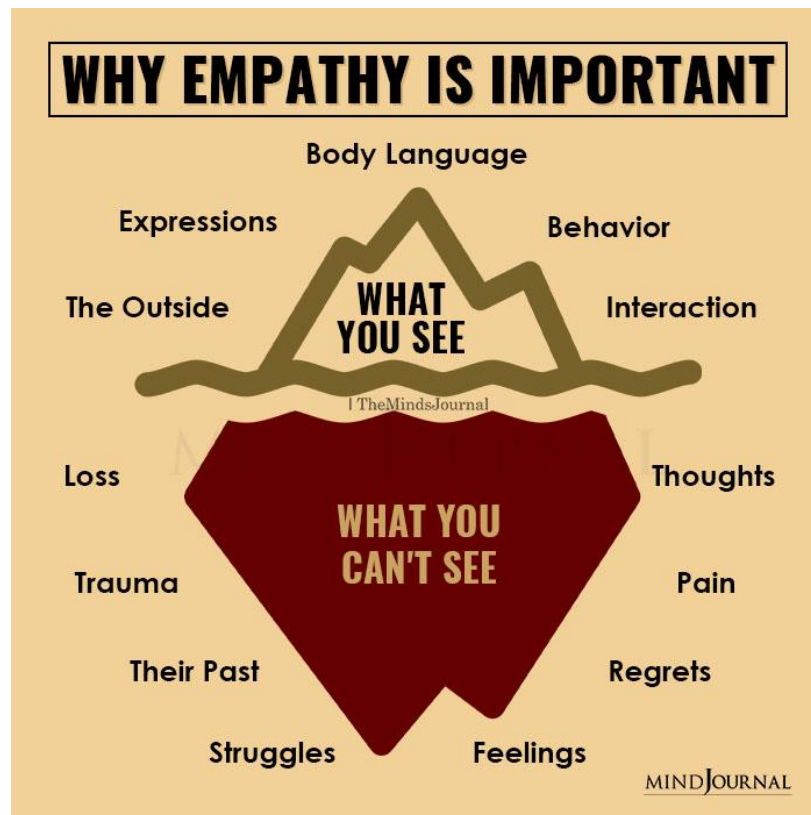
# SASH<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

**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



Be kind, Be kinder than necessary. We are all fighting a battle of some sort.  
Offer a kind word, try to come from a place of understanding.