

News from the Rutland Housing Authority

# ***RHA Update***

## ***November 2023***



Rent is due:  
**NOVEMBER 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 contact the property manager for your site to make payment arrangements:

**802-775-2926 ext. 0**

**RHA OFFICE WILL BE  
CLOSED**

**For Thanksgiving  
Thursday, November 23<sup>rd</sup>  
Friday, November 24<sup>th</sup>**

**NEXT  
RHA UPDATE will be in 2024!**

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



Greetings

This month I wish to address the epidemic of opioid use throughout our community. Over the past several months we have received reports of what appears to be drug trafficking based out of one or more of our Hickory Street and Sheldon Towers properties. Please rest assured that this situation is not being ignored by the RHA. We are working closely with law enforcement to monitor and when appropriate act. What might appear obvious to us is seldom enough for the police to respond. This is why it is important to contact both the Rutland City Police and the RHA if you suspect that a neighbor is involved in the drug trade. The following article represents an example of what we are able to accomplish if we work together.

**Rutland man arrested for drug trafficking, possession of stolen property**

by [Daniel Duric](#), October 26, 2023, Newport Dispatch

*Executive Director continued...*

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

RUTLAND — A 34-year-old West Rutland man was arrested on multiple warrants including fentanyl trafficking, cocaine possession, violation of conditions of release, and possession of stolen property, according to police.

Joseph Siliski was apprehended on Oct. 26 by the police department's Outreach Division during a routine walkthrough at Sheldon Towers in response to residents' safety concerns.

The police department was aware of Siliski's multiple felony warrants, with bail totaling \$40,100.

After being located, Siliski entered a vehicle and left the scene

Siliski was then taken into custody and transported to the Rutland County Criminal Court for arraignment.

He is being held on \$20,000 bail after the arraignment.

We recognize that the problem still exists, but we are one step closer to resolving the problem

**Winter Reminder**

Now that winter is just around the corner I wanted to remind you of our snow and ice removal policy. The property manager will monitor all storms and determine when maintenance staff will be called out to initiate snow removal. Depending on the severity of the storm, this could take place at any time. If practical, this could be the morning after the storm or after hours. The maintenance staff person assigned to your property will initiate snow removal so as to ensure that emergency services can access RHA buildings. The plow truck will make an initial sweep of the properties allowing tenants to move their vehicles; making way for the clearing of individual parking spaces.

Due to the volume of working residents at Hickory Street, that property will be completed first with Sheldon Towers, Templewood Court, and Bridge Housing to follow. Once your space has been cleared, please move your vehicle back to your assigned space. Rest assured that maintenance staff will clear roadways, parking lots, and walkways as soon as possible, but there is much to do so please be patient. Unless there is an emergency, please do not contact the office to ask when your property will be cleared. As you know, winter in Vermont can be treacherous so please be safe when driving or walking on properties.

**Habitat Homes at Hickory Street**

Habitat for Humanity of Rutland County VT is accepting applications for their affordable homeownership program for two single-family new construction homes located at 5 and 7 Hickory Street in Rutland, VT. **To Qualify you must**

- apply through Habitat for Humanity of Rutland County VT's Shared Equity Program. Income limits are applicable up to 80% Area Median Income (AMI).
- meet other financial and non-financial requirements.

For more information or to request an application please email them at

[rutlandhabitat@gmail.com](mailto:rutlandhabitat@gmail.com)

*From the Desk of Chief Executive Officer (CEO)...*

### **Volunteer Opportunity**

VNA and Hospice of the Southwest Region is hosting a Hospice Volunteer Training in Rutland Saturday, November 18<sup>th</sup>.

They also have a wonderful opportunity for volunteers within their Dinners with Love Program to deliver meals from participating restaurants to their Hospice Patients.

Hospice volunteers offer important support and care to patients and their families. You can discuss your interests, availability, and talents with the staff at VNA & Hospice of the Southwest Region, and they'll help find a volunteer opportunity that suits you. For more information please contact Mary at (802) 442-0540 or [mary.pleasant@vnahsr.org](mailto:mary.pleasant@vnahsr.org)

### **Holiday Happenings**

For those of you that celebrate the holidays, but lack the necessary resources there are a number of local agencies that can assist with food and gifts. For a complete list of these resources contact your SASH Coordinator who will assist you in making your holidays a little brighter. Thanks to the Rotary Club of Rutland City and a number of generous donors you may be eligible to receive a free Christmas tree. For more information, please contact BROCC Community Action at 802-775-0878.

In closing, I hope that everyone enjoys the upcoming holidays and wish you all a very happy and healthy new year.

*Big Thank You to Nancy and RHA staff  
Halloween around Rutland Housing Authority ...*





### **Seasonal Affective Disorder (SAD)**

For people living in more Northern climates, winter can be dark, cold, and dreary. All too often this puts a damper on how we are feeling, and spring and summer time is eagerly awaited. However, if you find that you experience depression during the winter months and return to your usual cheery self in spring and summer, then you may be suffering with seasonal affective disorder (SAD). While it is common not to be as enthusiastic and energetic in wet, cold, and overcast weather, seasonal affective disorder is actual depression that occurs during these seasons.

### **Is SAD Different from Depression?**

Seasonal affective disorder (SAD) is not much different from depression. The difference is the duration. Clinical depression is ongoing and may gradually ease on its own or requires a combination of counseling and medication. It is not dependent on seasons. However, seasonal affective disorder is largely season-based depression, hence the name. It resolves on its own once the season changes. While winter is usually the month where it occurs, sometimes SAD may strike during other seasons.

### **What causes SAD?**

The exact reason for seasonal affective disorder (SAD) is unknown. It is believed to be due to less hours of sunlight in the winter months as is common in more northern areas that are further away from the equator. Very short days, cloudy and overcast with ongoing

rain and snow are some of the factors that may affect the body's natural biorhythm known as the circadian rhythm.

These changes also affect the body's serotonin levels. Serotonin is a brain hormone that is largely responsible for our moods. When it is at normal levels, we do not feel sad and depressed. When it is in excess, we feel a sense of euphoria but when it is deficient, we tend to feel down and out. There may be no specific reason for this depressed state apart from the change in climate.

### **Holiday Depression in the Elderly**

A variety of different things can contribute to depression in seniors during the holidays. They may be thinking about loved ones that have passed away. They may not be able to participate in holiday traditions due to mobility issues or financial limitations. As holiday traditions change, and the people around seniors during the holidays change, the meaning of the holiday can change as well. All of these can lead to sadness and depression.



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

Annual Recertification's...Important Things to Know!!

If you haven't completed your annual recertification yet, here are some helpful tips to get prepared.

The list below is some documents that are a MUST have, in order to calculate your annual recertification. It is very important that these items come with your packet back to the office.

**Income Documents**

Social Security Award Letters  
30 days of wages  
Pension  
Other types of  
employment/income, 30 days of  
documentation  
Venmo  
Uber  
Lyft  
Grubhub  
DoorDash, etc.  
Annuities, etc

**Asset Information**

Current Checking Account  
Statement  
MUST be a full  
statement, no black outs,  
cut offs, etc. This MUST  
be a full statement with  
the bank name clearly  
indicated on the top of  
the paperwork.  
Current Savings Account  
Statement

MUST be a full statement, as noted above

*Asset Information continued...*

**Asset Information**

IRAs' CD,  
Other types of assets that MUST be submitted:  
Direct Express, Employment Direct Deposit Cards,  
Self, Venmo, Chime, etc.  
(If you receive funds via any of these methods or  
something similar a FULL statement will need to be  
printed or a current ATM Balance receipt submitted  
with your packet).

**Medical Expenses**

**IN ORDER TO CLAIM ANY OUT OF  
POCKET MEDICAL EXPENSES THE  
HEAD OF HOUSEHOLD OR  
SPOUSE/CO-HEAD MUST BE  
RECEIVING SS/SSI/SSDI.**

Out of Pocket Medical Expenses can included:

- ~Medicare premiums
- ~Other medical insurance  
premiums
- ~Co-pays with doctors or  
pharmacy (get a one year  
print out from your  
pharmacy)
- ~If you have over the counter  
items that your doctor cannot  
prescribe YOUR PHYSICIAN  
needs to sign off that these  
items are medically  
necessary for the **continued**  
care of an on-going medical  
issue.

**We follow the Medical and Dental Expenses list  
provided by the IRS Publication 502.**

- ~Vision costs (out of pocket costs relating to co-  
pays, glasses, etc.)
- ~Dental costs (out of pocket costs relating to co-  
pays, dental work, etc.)

This is a very brief list of what we are required to look  
at. If you have a question about whether you should  
include something or not, INCLUDE IT and then we  
can follow the guidelines that HUD and the IRS has  
given us to see if we can utilize this as a potential  
deduction.



***From the Desk of ...  
Nancy E Koutrakos,  
Property Manager***



### **A Friendly Reminder to all residents...**

**Keep your community safe as you can. Be sure doors are not left open and do not let visitors in if you do not know them. Do not let individuals sneak in behind you as you enter the building.**

**Porches – Porches are to be kept clear.**

**Winter is fast approaching! Be cautious out there. Proper footwear, Be careful around snow removal equipment. Be sure windows are closed tightly.**

**Smoking is not allowed inside your apartment or within 25 feet of any RHA building. You could jeopardize your housing if you do not follow this rule.**

**Call in a work order as soon as you have something that needs to be addressed in your apartment-don't wait!**

## **RHA COMMUNITY CORNER**



*By Pat Embree*

Aunt Sally fell last winter and broke her ankle. Aunt Birdie swears she heard a voice say "let go of your feuding your sister needs your help". Believing it to be some sort of divine intervention she went, they talked and at long last sit at the Thanksgiving table side by side.

Cousin Paul loudly shares his views on global warming. Nana takes another sip of Sherry and with slightly slurred speech says "that's why we get together every Thanksgiving just to hear your opinions, Einstein". Still pouty without her phone Terri has finally found something of interest and blurts out, "Oh my God, Nana's buzzed". Nana is escorted into the living room and into her recliner where she promptly falls asleep.

In an effort to smooth the awkwardness now surrounding the table Mary jumps in to ask Penny how she is doing. Penny says she likes her new job, but there are rumors of layoffs. Her face slightly puckers, but tears refuse to flow instead she asks Mary how her dog Bitsy is. Mary assures them that later she will show them pictures of Betsy's birthday party. Everyone focuses on their eating and Aunt Sally hurriedly comments on how moist the turkey is. They all jump in "yes, yes it's wonderful". Mary senses the disinterest and is hurt thinking how cute Bitsy looks in his party hat. Carl in placing the gravy boat back on the table knocks his gravy covered turkey leg off his plate and onto white linen. Paul's wife, Pheobe (a snob), is simply appalled that they must tolerate Nana's snoring while dining.

Happy Thanksgiving.

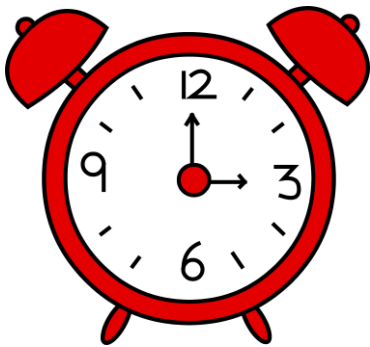




Veterans Day 2023 is Saturday, Nov. 11

How can you thank a Veteran?

Happy Veteran's Day! Thank you for your service to this country and for protecting America. I hope you have a blessed and safe day. Thank you all so much for what you've done for the country.



Time change is coming! Fall Back-

This year...  
the day to roll clocks back by an hour falls on Sunday, Nov. 5, 2023.

The official time for the change is 2 a.m.

*The 988 Suicide & Crisis Lifeline  
(formerly known as the National  
Suicide Prevention Lifeline)*



*This lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.*



Thursday, November 23<sup>rd</sup> 2023



### **Flu Shot for You**

It's that time of year to get your Flu vaccine. Community Health patients can schedule Flu vaccines online at [chcrr.org](http://chcrr.org).

Vaccines provide protection against serious life-threatening infectious diseases from birth to adulthood. Immunizations will help stop the spread of disease, build community immunity, and protect people too sick, too young or too old to get vaccinated.

Check with your primary care provider about all of the immunizations that you and your family should be receiving.

You can contact your Community Health provider at 802-779-9169.

### **Dental Care for Kids**

Community Dental is accepting appointments for children ages 0-20.

At Community Dental, we build a relationship with the whole family and create a dental home, that place where you feel comfortable to ask questions and be treated for preventative or emergency care, somewhere that you feel comfortable with the dentist, the hygienist and the entire dental team.

For more information about Community Dental <https://www.chcrr.org/service/dental-care-for-kids/> or call 802-774-5050.



- Step 1 Choose a Medical Decision Maker
- Step 2 Decide What Matters Most in Life
- Step 3 Choose Flexibility for Your Decision Maker
- Step 4 Tell Others About Your Wishes
- Step 5 Ask Doctors the Right Questions

### **ADVANCE CARE PLANNING**

Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself. Advance care planning includes:

- Getting information on the types of life-sustaining treatments that are available
- Deciding what kind of treatment, you would or would not want should you be diagnosed with a life-limiting illness or become incapacitated
- Sharing your personal values with your loved ones



# 8 WAYS TO COPE WITH SEASONAL AFFECTIVE DISORDER (SAD)



You don't need to be SAD anymore! Beat the blues with these simple tips

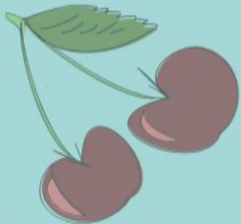
## 1 EXERCISE

Join a gym, go for a walk or simply start practicing yoga home! The endorphins released during workout will help you feel happier.



## 2 EAT HAPPY FOOD

Food therapy works best here. Minimize your sugar intake, and switch to more proteins and fruits; specially bananas. And yes, go grab some dark chocolate, because it helps lifting mood up!



## 3 EMBRACE LIGHT

Keep curtains and blinds open during the day. Though a bit difficult but try waking up early in the morning!



## 4 REMAIN ACTIVE

Engulf into activities you enjoy, go out meet friends, sit with your mom and tell her all about your day! In short, keep yourself busy and spend time with your loved ones!



## 5 HAVE A PET

Believe it or not, having these little adorable souls is a therapy in itself! Pets promote touch and have a soothing presence.



## 6 PLAY MUSIC

Music works wonders in elevating your mood. Play your favorite tracks and sway to the rhythm.



## 7 COLOR YOUR BLUES AWAY

Adult colouring books are common now, get one and direct your energy towards art. You might end up adopting this as your hobby!



## 8 TALK TO A PROFESSIONAL

SAD can get serious. when you feel nothing else works, seek professional advice.



## SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide



\*Seasonal affective disorder (SAD) Mayo Clinic <http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/symptoms/con-20021047>

## *From the Desk of Kirsten Hathaway, Finance Manager*



### **What is Renters Insurance and Can I afford it?**

- If someone steals your couch or work tools tomorrow, can you afford to replace them?
- Renters Insurance protects your belongings in case of damage caused by fire, theft, etc. It will also cover relocation and temporary housing costs for you and your loved ones if you ever need it.
- Though we work very hard to make sure you have a safe and secure home, the Rutland Housing Authority is not liable for your personal possessions and won't be able to replace your item if it's lost or damaged.
- In the State of Vermont an average Renters Insurance plan costs around \$15/month.
- Consider protecting yourself today!



## Hello November

**N**ot everyone gets you, but it's  
**O**kay, because when you  
**V**alue your time, attention and  
**E**nergy, you attract  
**M**ore people who see your  
**B**eauty and worth. Own your  
**E**noughness, and the  
**R**ight ones will find you

OurMindfulLife.com

