

News from the Rutland Housing Authority

RHA Update

September 2023



**Rent is due:
September 1st**

**You have a 5 day
grace period**

After the 5th 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
Monday, September 4th**

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

November

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



I am pleased to report that the RHA has two new employees, both in our Property Management Department. Shelly Spooner will have primary responsibility for Hickory Street and Nancy Koutrakos will oversee our Templewood Court, Sheldon Towers and Bridge Housing properties.

Please join me in welcoming them to the RHA. Articles on both them appear in the pages of this issue.



A reminder:

Until further notice the offices of the Rutland Housing Authority will be closed on Fridays at 1:00p.m. Some staff will be available by appointment only, but the office will be closed to walk-in traffic. Thanks so much for your patience.

The following article appeared in a recent edition in HUD Happenings and is reprinted here by permission.

Executive Director continued...

Executive Director Continued...

HUD New England Regional Administrator Visits Rutland, Vermont

By: Sean Thomas, Vermont Field Office Director, HUD New England



Photo: HUD New England Regional Administrator Juana Matias and Rutland Housing Authority Executive Director Kevin Loso discuss community development in Vermont.

HUD New England Regional Administrator Juana Matias visited the city of Rutland, Vermont, where she toured Rutland Housing Authority (RHA) facilities with Executive Director Kevin Loso and met with Rutland's newly elected Mayor, Mike Doenges. This was the last day of her recent two-day visit to the Green Mountain State.

During a driving tour of the city, the team visited a transitional housing facility for those coming out of homelessness while seeking more permanent, supportive housing and to the Hickory Street development, which transformed a blighted neighborhood into a clean and thriving neighborhood, complete with a community garden!

RA Matias noted, "It is obvious that the Rutland Housing Authority cares for its people, and I am particularly heartened to see all that they are doing to leverage HUD and other federal dollars to create transitional housing for individuals and families."

After the tour, Mr. Loso brought the HUD entourage to Rutland City Hall where RA Matias met with Mayor Mike Doenges and representatives from the Veterans Administration. The conversation included veterans' homelessness, the Distressed Cities Technical Assistance grant, a review of HUD's programs in Vermont, and the mayor's vision for the future of Rutland.

According to Mayor Doenges, "As a new mayor, I am glad that HUD is taking an interest in this city. Rutland is a great place to live and work, but we have some challenges with homelessness and creating more affordable housing that we must overcome. I look forward to working with HUD as Rutland continues to move forward."

The following article appeared in the summer edition of the Vermont SMP and Community of Vermont Elders newsletter and is reprinted here by permission.

Executive Director continued...

Joy Hatfield, Executive Administrative Assistant & Finance Specialist...



The Buzz!

Getting your summer cardio from swatting and scratching? You're not alone. Vermont has twice as many mosquitoes this year as compared to the average during the past 13 years. A hot, wet summer has created the perfect environment for everyone's least-favorite pests, who are reveling in all this water, according to Patti Casey, environmental surveillance program manager for the Vermont Agency of Agriculture, Food and Markets. Even before the historic flooding last month, Vermont already had more mosquitoes this season, which typically lasts from April to October. But the rainfall and flooding certainly didn't help; water in standing pools on saturated ground is taking a long time to evaporate and meanwhile provides ideal breeding sites, Casey said. Trash piles have accumulated, and the water that collects in little crevices also provides havens for mosquitoes, which only need a small amount of water to lay their eggs. State employees collect mosquitoes at least once weekly from June to October at 105 trapping sites. The specimens are brought to a lab at the Vermont State University Randolph Campus, where they are tested for mosquito-borne illnesses.

So far this season, testing has not found West Nile virus or eastern equine encephalitis, both of which can be fatal. A warming climate could mean Vermont is facing a mosquito-filled future. Not only does it increase the amount of mosquitoes but also the number of species. Five years ago, the state detected the Asian tiger mosquito, which is typically found in southern states, for the first time. Vermont only engages in mosquito control when the health department determines that there is a significant risk to public health from mosquito-borne diseases such as eastern equine encephalitis. That last happened in 2013, Casey said. Some towns have mosquito-control districts. The Otter Creek Watershed Insect Control District was created in 1978 and is made up of six towns in Addison and Rutland counties, while the Lemon Fair Insect Control District, three towns in Addison County, was founded in 2006. Both receive some funding from the state. The districts use bacterium to kill larvae.

This year was the first that Otter Creek received a permit to use adulticide, which is a chemical applied by sprayers mounted on trucks. All of the chemicals are approved by the U.S. Environmental Protection Agency and vetted by the Vermont Pesticide Advisory Council, though they have proven controversial. The agencies also advise residents to eliminate standing water on their own properties, including by unclogging gutters, according to Craig Zondag, a field biologist for Lemon Fair. Anything from a kiddie pool to a boot tray left in the rain can become a mosquito habitat. Individuals do not need a license to treat their own property.

Continued...

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

Welcome Nancy Koutrakos! Please meet our new Property Manager for Templewood Court, Sheldon Towers and Bridge Housing.



I was born and raised in Connecticut and now reside on the New York-Vermont border. I am a single mother to my 17-year-old daughter Anastasia who is a senior in high school and attends college at SUNY ADIRONDACK. I have come to Rutland Housing Authority with over 30 years of property management and customer service experience. My background is mainly in hospitality management. I take pride in helping other people. I enjoy cooking for others and planning events.



***From the desk of...
Shelly Spooner,
Property Manager***

Welcome Shelly Spooner! Please meet one of our new Property Managers. Shelly will be covering our Hickory Street Property



I was born and raised in Vermont. Like so many Vermonters, as a young adult I struggled with raising children while utilizing affordable housing. My experiences led my career path to affordable housing. First, working with at risk and/or the homeless population at The Housing Coalition. Later, I was introduced to The Section 42 Tax Credit Housing by E.P. Management Corp. where I was employed for 10 years managing the Section 42 Tax Credit Properties. Prior to joining the RHA Team, I worked serving the homeless population at BROCC Community Action. I recently joined Dismas of Vermont as a Council Member. I firmly believe in giving back by paying it forward. I look forward to working with the entire RHA Community!



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

Whipped Maple Frosting

Beat two egg whites until they are stiff.

Boil maple syrup until it “spins a thread” with a metal spoon. (or soft candy temp.)

With egg whites mixing, after they are stiff, pour the boiling syrup into the egg whites and whip until the bowl of the mixer is cool to the touch.

This frosting is absolutely delicious on chocolate cake or cupcakes. This is also really good by the spoonful!



RHA COMMUNITY CORNER



By Pat Embree

You can walk a straight line or hike a crooked path and either way on the twenty-third day of this month you will find that you have stepped into Autumn.

Let us not rush for it is still Summer. Roses continue to sweeten the air and the Morning Glories are still in bloom. If (and likely it will not happen) you should meet a sunflower nod and smile at its cheery face. Squirrels sprint in a frantic pace to gather freshly made acorns to bury in flower pots and similar places.

Pumpkins large and small sit patiently waiting for faces. Mums appear with their deep, fall like colors and sturdy posture. It is Nature's way that as the month passes and the weather cools we need a hardier flower and must bid goodbye to some of the more delicate flowers that have graced our Summer.

Local farm stands decorate with corn stalks, hay bales and multicolored gourds to promote the sale of their fresh produce. Apples are always a popular choice. Nana can turn an apple peeler faster than a twenty-year-old when preparing her delicious, deep dish pie.

We must now bid farewell to Summer and welcome Autumn. With less daylight the leaves slip out of their green to show their beautiful colors of blazing yellow, orange and red's we step into October Mother Nature's masterpiece will be there waiting for us.

Mosquitoes continued...

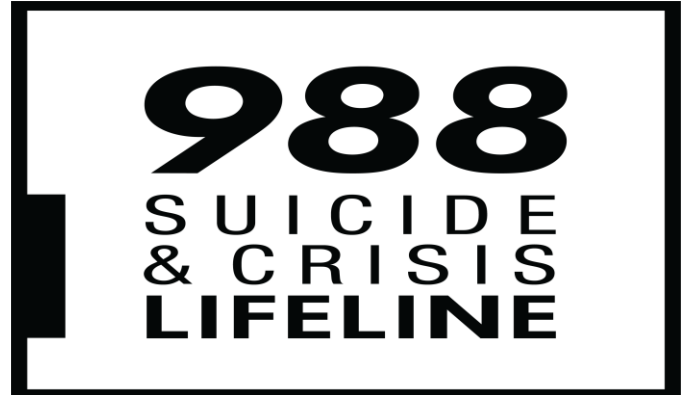
They can buy Mosquito Dunks or Mosquito Bits at their local hardware store; the larvicides have the same active ingredient the mosquito control districts use. "If I had a pond, I would absolutely treat it for mosquito larvae," Casey said.

While mosquitoes are reviled, they are a food source for bats and other small critters, such as dragonfly larvae and tadpoles. Male mosquitoes are also pollinators that feed on nectar instead of biting people and birds, Casey said.

Humans can protect themselves from the insects. Dawn and dusk tend to be the busiest mosquito times, though the flood created a big patch of "day biters," Casey said. She advised people to wear long sleeves and long pants and use whatever repellent they feel comfortable with. Casey uses DEET for a Vermont hike and treats her fieldwork clothes with permethrin, which can be effective against mosquitoes and ticks. "Nothing is going to keep me from going outdoors and enjoying Vermont," she said. "So it's just a matter of doing what we have to do to protect ourselves to be able to be outdoor

Article from Seven Days Magazine
The Buzz: Mosquitoes Are Prolific This Year in Vermont
By **KATIE FUTTERMAN**

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.

What I want for SEPTEMBER



Simplicity
September



Smile
September



Self-love
September



Sympathy
September



Serenity
September



Start-fresh
September

OurMindfulLife.com



Walk with Community Health in September for Awareness

Join us two Saturdays in September as we walk to promote awareness in our community about suicide prevention and Alzheimer's disease.

September 9 - Rutland Walk Out of the Darkness for suicide prevention and awareness.

Register at <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9547>

September 20 - 2023 Walk to End Alzheimer's for care, support and research about Alzheimer's.

For more information: https://act.alz.org/site/TR/Walk2023/VT-Vermont?pg=entry&fr_id=16836

Join us in September as we support our community!

For more information about our primary care, dental, behavioral health, pediatric and pharmacy services check our website at www.chcrr.org.

Community Health Tip: Prevent Medicare Fraud

Each year, Medicare estimates that it loses \$60 billion as a result of fraud, errors and abuse.

Community Health is partnering with the [Vermont Senior Medicare Patrol](#) and the [Community of Vermont Elders](#) (COVE) to help prevent, detect and report Medicare fraud.

The best way to protect yourself against healthcare and Medicare fraud is:

- Don't give out personal information
- Report suspicious phone calls
- Ask your healthcare provider if you have questions or concerns about Medicare statements or billing

If you have any questions, or suspect fraud, call Vermont Senior Medicare Patrol at 802-229-4731 or toll free at 888-865-2683.



From the desk of... Kirsten Hathaway, Director of Finance and Human

Resources

You can get money from Green Mountain Power?

- If you qualify for income based assistance you can get a 25% discount on your monthly power use!
- You can also get rebates for certain electric equipment! Did you buy a leaf blower or electric chainsaw recently? Check with Green Mountain Power to get your rebate!
- Find out more about Energy Assistance at dcf.vermont.gov/benefits or greenmountainpower.com

“Beware of little expenses. A small leak will sink a great ship.” – Benjamin Franklin





National Suicide Prevention Month

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Be There

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.

Keep Them Safe

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Help Them Stay Connected

Studies indicate that helping someone at risk creates a network of resources. It provides individuals support and safety. It can help them take positive action and reduce feelings of hopelessness.

Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

FEMA warns of disaster-recovery scams

All over Vermont people are working together to clean up, assess damages, and rebuild homes and businesses impacted by one of the worst floods on record for the state.

Sadly, a natural disaster doesn't always bring out the best in everyone.

People affected by the flooding should be aware that con artists and criminals often try to obtain money or steal personal information through fraud or identity theft after a disaster. In some cases, thieves try to apply for Federal Emergency Management Agency (FEMA) assistance using names, addresses and Social Security numbers they have stolen from survivors.

If a FEMA inspector comes to your home and you did not submit a FEMA application, your information may have been used without your knowledge to create an application. If so, inform the inspector that you did not apply for FEMA assistance so they can submit a request to stop further processing of the application.

If you did not apply for assistance but receive a letter from FEMA, call the FEMA Helpline at 800-621-3362 to submit a request to stop further processing.

If you do wish to apply for FEMA assistance after stopping an application made in your name without your knowledge, the Helpline will assist you in creating a new application.

Scams

FEMA assistance crews, housing inspectors and other officials will be working in areas impacted by the recent storm. They carry official photo ID



Torrential flooding swells the Winooski River in Moretown on July 10.

badges. FEMA and U.S. Small Business Administration representatives never charge applicants for disaster assistance, inspections, or help in filling out applications.

Don't believe anyone who promises a disaster grant in return for payment.

Be wary of unexpected phone calls or visits to your home from people claiming to be FEMA housing inspectors or people claiming they work for FEMA. FEMA representatives will have your FEMA application number.

Don't give your banking information to a person claiming to be a FEMA housing inspector. FEMA inspectors are never authorized to collect your personal financial information.

If you believe you are the victim of a scam, contact the Office of the Vermont Attorney General at 800-649-2424. For questions about scams, contact COVE Advocate Marichel Vaught at 802-595-0318 or marichel@vermontelders.org.

Adapted from information released by FEMA.

Order your copy of Aging in Vermont
COVE's 2023 Resource Guide and Directory is the most comprehensive and up-to-date collection of services, information and advice for older Vermonters ever assembled, from finances to social connection. And it's free! Order your copy at bit.ly/COVEguide