

# ***RHA Update*** ***2024***



**Rent is due: May 5<sup>th</sup>**

A \$15 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 Nancy Koutrakos, Property Manager to make payment arrangements:  
**802-775-2926 Ext. 1**

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**RHA OFFICE WILL BE  
CLOSED  
Monday, May 27<sup>th</sup>  
in observance of Memorial  
Day**

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**RHA Update will  
be coming out:**

**July  
September  
November**

***FROM THE DESK OF THE  
Chief Executive Officer***

Greetings! I hope that all of you are well and enjoying some of this great weather. The daffodils in my yard are in full bloom which 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 \$15.00 administrative fee is charged to your account. Rents not received by the 20<sup>th</sup> of the month will result in a Termination of Tenancy and an additional \$25.00 administrative fee. Just a reminder that we are not 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 an 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. 217.

**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.

Last year we resealed and restriped the driveways and parking lots at Hickory Street and Sheldon Towers. We ask that you cooperate in keeping these areas free from damages caused by leaking automobiles.

*CEO Report continued...*

## **2024 Resident Scholarship Program Now Accepting Applications**

As I reported last month, HAI Group, our property and liability insurer, is now accepting applications for their 2024 Resident Scholarship Program. This program helps low-income students pay for higher education. To date, more than 1.6 million dollars has been awarded to nearly 500 students, who have gone on to careers in nursing, education, social work, and more, across the country. This year, they will 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. Information on eligibility, official rules, and the application process can be found at [www.haigroup.com/scholarships](http://www.haigroup.com/scholarships). All applications are due **by 3:30 PM ET on Friday, May 31, 2024**

## **Affordable Connectivity Program**

The Affordable Connectivity Program (ACP) is a federal program that provides eligible households a discount on their internet.

- Internet can be for computer, or
- Data for Smart phone /mobile device
- One benefit per household
- Discount of \$30 off your bill

How to Apply

Go to [affordableconnectivity.gov](http://affordableconnectivity.gov)

Please Note:

The first step of this process takes very little time; however, actually getting the benefit applied to your service provider is a lot more complex. Also, please be aware that the program is not currently accepting applications, but you will be placed on a wait list for when the program reopens

*CEO Report continued...*

Who is eligible?

A household is eligible for the Affordable Connectivity Program if household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

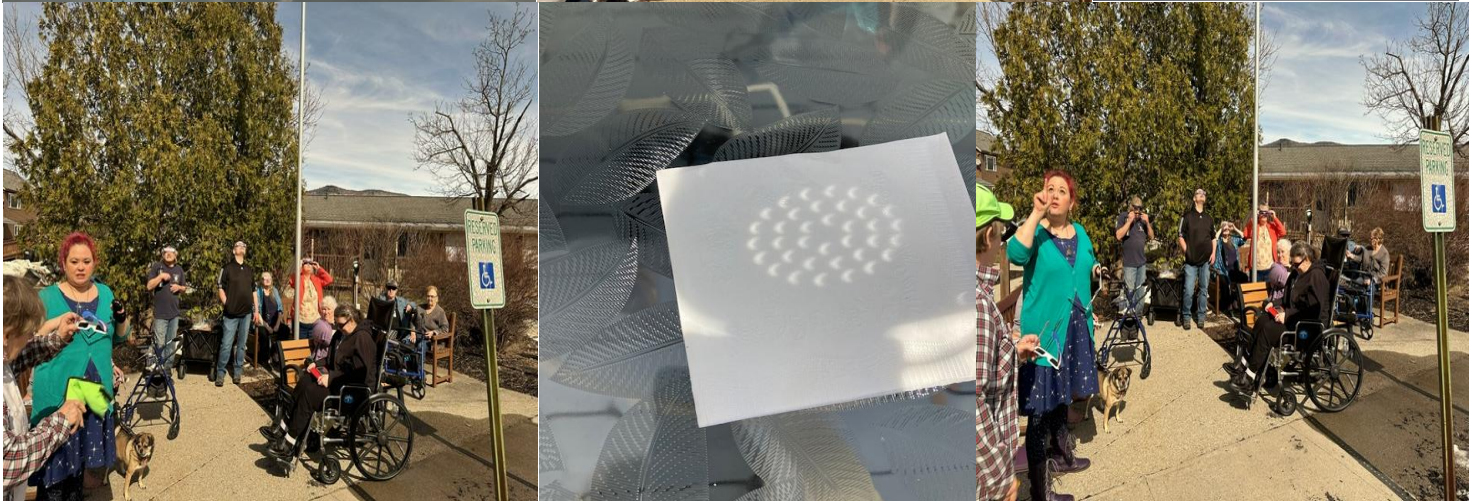
- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program or participates in one of these assistance programs:
- Free or Reduced Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools.
- SNAP
- Medicaid
- Federal Housing Assistance, including: Section 8 Housing Choice Voucher Program, Project Based Section 8 Program residents and affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
- Supplemental Security Income (SSI)
- WIC
- Veterans Pensions or Survivor Benefits, or
- Lifeline

## **Get Ready for the 2024 Growing Season**

Most RHA sites have designated garden beds for tenant use. If you wish to reserve a space, please contact Jon Jordon or Stephanie Bertrand. **FIRST COME FIRST SERVED.**

*CEO Report continued...*

Finally, On April 8<sup>th</sup> we were fortunate to have witnessed the solar eclipse in Vermont!  
In Rutland -right at Templewood Court we had staff and residents come out to take advantage of this event. The eclipse was a breathtaking sight.



HERITAGE FAMILY

**SHRED**  
**4** good

**FREE**  
**SHREDDING**  
OF PERSONAL & CONFIDENTIAL INFORMATION

**SATURDAY, MAY 11**  
**9AM - 12PM**



**RON HANCE OPERATIONS CENTER**  
26 ALLEN ST, RUTLAND, VT 05701

**Protect your identity!**  
FREE shredding of personal  
and confidential information.

- Open to the public
- Residential papers only
- **NO commercial businesses**
- Limit of 3 boxes per car
- No three ring binders, books or garbage



**DOWNTOWN**  
**RUTLAND**  
— VERMONT

**Sip + Shop**

**SPRING SIP + SHOP THURSDAY, MAY 16TH, 5-8PM!**

Our popular Sip + Shop event pairs Vermont beverage and food producers with Downtown Rutland businesses. Visit more than twenty stops where you'll have the chance to shop, enjoy sales and raffles, taste something new, meet up with friends and enjoy an evening downtown together.

Check-in will begin at 4:30pm. Pick up a map and bag and then visit all the participating locations at your leisure. Don't miss out on this unique event that introduces new tastes and treasures in Downtown Rutland!

**TICKET PRICES \$25 All-Inclusive Ticket:** With this ticket, you can sample spirits, beer, cider, mead, and wine from vendors hosted at Downtown Rutland businesses. You'll receive a wristband if you're 21 or over, a shopping bag with a map of all participating businesses, and one entry into a raffle for items from vendors and businesses. Plus, ticket holders are eligible for additional door prizes and raffle prizes throughout the event!

**Important information:** You must be 21 or older to sample alcoholic beverages and present a valid ID at check-in. You must have a wristband to sample alcoholic beverages. Drinking responsibly is highly encouraged, and we suggest pre-arranging a designated driver or taking the Bus.

**\$15 Non-Drinking Ticket:** If you don't drink alcohol or are a designated driver, you can still enjoy the Sip & Shop with this non-drinking ticket option. This ticket allows you to sample food and taste non-alcoholic drink vendors, receive one entry into the raffle, and be eligible for door prizes!

*CEO Report continued...*

Many thanks go out to tenants who plant flowers and such around the property. Your efforts to beautify your area are appreciated. A few things to be mindful of when taking on beautification efforts:

1. Mulch cannot be within 18 inches around combustible exteriors of buildings such as wood or vinyl per the Comprehensive Fire Safety Code 527 CMR17
2. New gardens cannot be installed without prior approval from the Rutland Housing Authority
3. If planting areas are not clearly defined, our maintenance staff may mistake the plants for weeds and cut them down.
4. Any plants, decorations, etc. may be taken by others as they are in common areas and not secured.
5. Garden areas are for all to enjoy, please don't post signs in an attempt to keep others from using the area.
6. Decorations cannot impede the ability of people to pass by easily on walkways. A person using an assistive device needs to be able to safely pass. Additionally, the grassy area must be easily accessible for mowing by our maintenance staff.
7. The RHA does not provide storage areas for excess garden supplies or tools.
8. Storage containers cannot be erected on RHA property.
9. Patios and walkways cannot be installed.
10. Decorations cannot be political in nature or offensive to any group of people based on national origin, race, sex, orientation, religion or any other protected class.

*CEO Report continued...*

11. Garden hoses are the responsibility of tenants and cannot be left lying on the ground or cannot cross sidewalks. Water must be turned off at the spigot when not in use.
12. Sprinklers, drip systems, etc. cannot be used.
13. Do not discard unbagged leaves/garden waste in dumpsters.
14. Do not discard unbagged leaves/garden waste in dumpsters.

Thank you for your cooperation.

**Reminders**

- Please inform the office if you or one of your emergency contacts changes their phone number.
- Please do not remove notes, items, or bags from your neighbor's door even if you think no one lives there anymore, or you don't think they want said items.

Happy Spring,  
Kevin



Small things to cherish in May

Summer breeze to brush off your worries  
Sunlight to revitalize your mind  
Morning coffee that awakens your soul  
Food in the fridge that fuel your body  
Friends and family that give you strength  
A goal in mind that keeps you excited

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



***A few reminders for all residents!***

- 1. If you have a pet it is your responsibility to pick up after it***
- 2. Porches need to be kept clear. Acceptable furniture, plants... no clutter or trash***
- 3. Absolutely no smoking in apartments. You must be 25ft away from the building***
- 4. YOU are responsible for your guests.***
- 5. Are you considering an overnight guest? If your guest will be staying for more than 3 days you must notify RHA in writing. Upon written request from you and approval by RHA a guest can remain in the unit for up to, but no longer than (14) consecutive days or a total of (30) cumulative calendar days during any twelve month period.***

***When you have a guest for more Than 3 days, you cannot have Another overnight guest for the next forty-five (45) days.***

***Thank You!***

## **RHA COMMUNITY CORNER**



***By Pat Embree***

The family has gathered for a barbecue to celebrate Nana's 88th birthday. Nana sits in a wicker chair made comfortable with printed floral cushions. Her longed sleeved tee reads, "I roamed with the dinosaurs". The guests have been asked to keep an eye on Nana so as not to repeat Thanksgiving when (in Terri's words) Nana got buzzed.

Penny arrives carrying a large bowl of potato salad already worrying that no one will like it. Cousin Phil's wife comes out wearing a large brimmed straw hat with flowers around the brim. Nana taps Penny on the arm and says, " she must have thought she was going to the Kentucky Derby".

Mary follows with her dog Bitsy who is wearing a pink pinafore with ruffled edges. Nana taps Penny on the arm and says, " that dog reminds me of Phyllis Diller". Nana sees the blank look on Penny's face. "The comedian with spikey hair? "asks Nana. Penny just shakes her head. Even though it was before Penny's time Nana gives her a disgusted look.

Later Nana sees her daughter Kate coming out with the birthday cake. She taps Penny's arm and says, (" whoopee the grand finale"). Aunt's Sally and Birdie busily scoop ice cream. When everyone has finished Nana stands and thanks everyone for a lovely birthday. She says she is going inside to rest a bit. Carl offers his arm and they head into the house. In reality this is what she has been waiting for. She settles in her recliner to watch her new fifty-inch television a birthday gift from the family.



Age joyfully! Consider your passions and interests and pursue something that brings you happiness and fulfillment. Remember that mental health support is available to you if you need it *as we age, we may experience life changes that impact our mental health.*

- It's never too late to get help.
- It is important to remember that older adults may have different mental health symptoms. For example, a lack of interest in some activities.
- Talking about mental health can help older adults feel more comfortable asking for support.
- Mental health treatment can be part of a wellness program to help older adults live happy and fulfilling lives.
- Mental health professionals can help older adults cope with life changes.
- Friends and family can experience meaningful mutual connection by spending time visiting with older adults.
- Mental health is important at every age. Spending time with friends and family can boost older adults' mental and physical health.

visit [samhsa.gov/resources-serving-older-adults](https://samhsa.gov/resources-serving-older-adults) to learn more. #MHAM2024

**24/7 Crisis Hotline: 802-775-1000**

**24/7 Crisis Text Line: 802-214-2553**

**Please reach out to your SASH Coordinator if you need support**

**Some tips on mental health self-care**

- **Try to relax and reduce stress.**
- **Find ways to learn and be creative.**
  - **Spend time in nature.**
  - **Connect with others.**
- **Look after your physical health.**
  - **Try to improve your sleep.**



**Social Tinkering**  
**A Human Connection Project**      **Gather Together!**

**JOIN US ON WEDNESDAYS**

**MAY 22<sup>nd</sup> and June 26<sup>th</sup>**

**6p.m.-8p.m.**

**LOCATION: VERMONT FARMERS FOOD CENTER**  
**251 WEST STREET, RUTLAND, VT**  
**WHITE BUILDING**

**EVERYONE IS WELCOME TO JOIN US, WHETHER YOU'RE LOOKING TO EXPAND YOUR SOCIAL NETWORK OR MAKE NEW FRIENDS. IF YOU'RE NEW TO TOWN OR GOING THROUGH A LIFE TRANSITION, OR JUST READY TO SOCIALIZE AFTER THE PAAST FEW YEARS, WE INVITE YOU TO JOIN US!**

**FREE & ALL AGES ARE WELCOME**

**Contact Information:    ADMIN@SOCIALTINKERING.ORG**



all things SEEN  
POSSIBLE in May.

-Edwin Way Teale





**GREEN UP DAY**

Art by Adelyn O. ENG

**Saturday May 4, 2024**

May The Fourth Be With You!

Join our Guinness Record attempt  
**VT Top to Bottom**

greenupvermont.org  
#GWR24 #togetherwecan #greenupvt

SUBARU DEALER.COM, VERMONT AGENCY OF NATURAL RESOURCES, Greenbacker CAPITAL, fpt, casela, NEFCU - VSECU, CO-OPERATIVE INSURANCE COMPANIES, Lawson's Finest Liquids, DARN TOUGH VERMONT, Efficiency Vermont, shaw's VERMONT, VGS, JANITECH, UNION MUTUAL, hogan, VERMONT MUTUAL INSURANCE GROUP, ORVIS, FARRELL, CABOT CREAMERY, GREEN MOUNTAIN POWER, Sheehey FEELING A BITTER? American Chemistry Council, med, WCAX, VERMONT MUTUAL INSURANCE GROUP, VERMONT MUTUAL INSURANCE GROUP, VERMONT MUTUAL INSURANCE GROUP

## Get outside on Green Up Day.

We know it isn't your litter but Vermont needs our help to be beautiful! Pick up your free Green Up supplies from your Volunteer Town Coordinator and spend an hour or two picking up litter around your town. It makes a huge difference and it feels great to give back to your community.

Pitch in and help green up in and around your building! Let's work together to keep our communities beautiful.

## Be **safe** on Green Up Day.

- **Tie your trash bag** closed when full – keep your good work in the bag!
  - Wear long pants and boot and always **check** your body **for ticks**.
  - If you see a **needle or sharp** material – find an adult and do not put it in your bag with the other trash. Put it in a thick plastic container, clearly mark "DO NOT RECYCLE" and duct tape the lid on, then put it into the regular trash.
- Visit [www.healthvermont.gov](http://www.healthvermont.gov) for further information.
- **Road Caution** – Always work facing oncoming traffic.
  - Follow **State Covid-19 guidelines**. • Wear **gloves**.
  - **Report your trash pickup stats** to your town coordinator.

## The Importance of Greening Up Our State

*Juliette B. Grade 8, Worcester*

I didn't really think about the environment until it actually impacted me.

I was driving to the city with my dad when I noticed the amount of trash on the side of the road.

The city smelt, the ground was dirty, and it was because no one was taking care of the environment.

In Vermont, there's very few instances where I feel that way.

There's no smell besides the fresh air smell.

The ground isn't littered with trash, it's littered with plants.

If we don't take care of our environment, our children will have to do it.

By then, it'll be way worse.

Global warming, littering, and pollution are serious problems.

Even just picking up your trash and sorting it into recycling is helping.

It's the little actions that matter, they're small, but mighty.

As my mom used to say, "If everyone chips in, it'll make the work easier and faster."

Our global issues might not go away overnight, but if we start now, it'll go away faster.