

RHA Update

2025



Rent is due: May 5th

A \$25 administrative fee will be added to any payments made after the 5th. If you are not able to pay your rent on time, **please call Kirsten Hathaway, Finance Manager to make payment arrangements: 802-683-2212**

Monday, May 26th
Rutland Housing
Authority Closed
In observance of
Memorial Day

2025 RHA Updates:
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:

SASH

In this issue of the RHA Update you'll find an announcement of the appointment of Robert Baxter to the position of SASH Coordinator for our Templewood Court and Sheldon Towers panel. We are thrilled to have Bob join us as part of our SASH team and look forward to you meeting him. Now that we are fully staffed Carol Keefe has been promoted to the position of Resident Relations and Wellness Manager. In this role Carol will oversee our HUD Resident Opportunities and Self Sufficiency grant, the implementation of SASH, housing retention services and resident engagement efforts.

Rent Payments

Please be reminded that rent is due on the first of each month with a five-day grace period before a \$25.00 late administrative fee is charged to your account. Rents not received by the 20th of the month will result in a Termination of Tenancy and a \$50.00 administrative processing 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 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. 217.

Continued...

Community Input Session

You are invited to help the Vermont Department of Health and the Alzheimer's Association create a State Plan for Alzheimer's Disease Related Dementias and Healthy Aging that works for all Vermonters. The plan will include strategies that address ageism, healthy aging, and support for those living with dementia, their caregivers and families. The session is scheduled for Friday, May 16, 2025, at 10:30am at the Godnick Adult Center, 1 Deer Street, Rutland. The session will begin with an educational program provided by the Alzheimer's Association. Share your experiences and receive a gift card for your time. In addition to the in-person meeting there is a virtual option scheduled for Wednesday, May 14, 2025 at 6:30pm. To secure the meeting link call 802-440-1881.

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.

2024 Resident Scholarship Program Now Accepting Applications

HAI Group, our property and liability insurer, is now accepting applications for their 2025 Resident Scholarship Program. This program helps low-income students pay for higher education. To date more than 1.8 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. All applications are due **by 3:30 PM ET on Friday, May 30, 2025**

Get Ready for the 2025 Growing Season

RHA sites have designated garden beds for tenant use. If you wish to reserve a space, please contact the office to save a spot. FIRST COME, FIRST SERVED.

Many thanks to our Tenants who plant flowers and such around the property. Your efforts to beautify your area are appreciated.

CEO Continued...



Welcome Bob Baxter! Bob has joined Rutland Housing Authority and will be part of the SASH Team. Bob will be the new SASH Coordinator for the Sheldon Towers/Templewood Court buildings. Please say hi to Bob when you see him out and around our buildings. Bob will be slowly integrating himself into his new role so be patient and, in the meantime, you still have access to Carol Keefe, SASH Implementation Manager 802-558-4569.



Hello everyone, I'd like to introduce myself. I will be the NEW SASH Coordinator for Templewood Court and Sheldon Towers. I started my new position on April 21st. I'm originally from the Boston area; however, I've been in the Rutland community for well over thirty years.

I believe I can bring to this new position my awareness and knowledge of our Rutland community through my work experience and volunteering with many agencies/groups

Some things that I like to do when I'm not working are gardening and cooking for friends as well as family. Plus, I enjoy watching professional sports teams from the Boston area. When it comes to getting outdoors, I enjoy golfing, traveling or skiing downhill at Killington-Pico Mountain during the winter season.

I look forward to meeting you all very soon, please reach out to me I am here to support you!

Bob Baxter
SASH Coordinator

*From the Desk of Gretchen Gilmore,
Property and Asset Manager*



To help our maintenance team complete jobs quickly and without interference, please do not make request directly. Contact the main office by email or phone to set up a work order. You can leave a message for a work order if it's not an emergency.

All residents, please periodically check your mailbox and the community room bulletin boards for Housing information, notices, and fliers that are relevant and important.

For residents with complaints about other residents, there is a complaint process:

STEP 1: If there is a clear threat, call 911

STEP 2: Fill Out "Complaint Form" using accurate dates, times, names and facts.

STEP 3: Forward official "Complaint Form" to the Main Office

Please inform office when you get a new phone number as we would like to keep information up to date

Continued...



A/C Weather is approaching. A/C installations are scheduled for May - Please contact office if you would like you're A/C installed

Keep your community clean. If you see trash pick it up. If you have a dog pick up the poop!

A reminder-There is to be NO VISITING pets.

Don't jeopardize your housing, follow the rules.

Be a good neighbor, be considerate, be understanding as we all You Never Know What Someone Is Going Through, so be kinder than necessary...



Memorial Day
Monday,
May 26th



CEO Continued...

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 Fire Safety Code 527 CMR17
2. New gardens or flower beds cannot be installed without prior approval from the Rutland Housing Authority
3. If planting areas are not clearly defined, our maintenance team may mistake the plants for weeds and mow them down.
4. Garden areas are for all to enjoy, please don't post signs to keep others from using the area.
5. 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 to our mowers.
6. The RHA does not provide storage areas for excess garden supplies or tools.
7. Storage containers cannot be erected on RHA property.
8. Patios and walkways cannot be installed.
9. Decorations cannot be political in nature or offensive to any group of people based on national origin, race, sex, orientation, religion.
10. Sprinklers, drip systems, etc. cannot be used.
11. Do not discard unbagged leaves/garden waste in dumpsters.

CEO Continued...

Thank You for your cooperation!

Finally,

RHA Board of Commissioner Meeting Date Changes

The Rutland Housing Authority's Board of Commissioners meets monthly at 8:00 AM, at our offices located at 5 Tremont Street in Rutland. Tenants and members of the public are always welcome. Please be aware that there have been some changes to the schedule for 2025.

Meeting dates for 2025 are set as follows:

Tuesday, April 29, 2025

Monday, May 19, 2025

Monday, June 9, 2025

Monday, July 14, 2025

Monday, August 11, 2025

Monday, September 8, 2025

Tuesday, October 20, 2025

Monday, November 10, 2025

Monday, December 8, 2025

MAY REMINDERS

Every day can be the **beginning** of something beautiful

You are capable of **blooming** like May flowers

Celebrate your wins, **big or small**

There are days you harvest and days you plant the **seeds**



Embrace your uniqueness and let your light shine

OurMindfulLife.com

FREE DENTAL CLINIC



When: Saturday, June 14th 9a.m.-4p.m.

**Where: VT Farmers Food Center
Farmers Hall**

251 West Street, Rutland VT 05701

- *Oral Exam**
- *Denture Check**
- *No Drill Fillings for some dental decay**
- *Fluoride varnish**
- *Cleaning by toothbrush**
- *Translation Services Offered**
- *Referrals to local dental providers**
- *SDF application**

No Eligibility Requirements

No Insurance Needed

Walk-Ins Welcome OR

Call 802-786-5117

email Jonah.stoller@vermont.gov



Sunday, May 11th, 2025

*From the Desk of Kirsten
Hathaway, Director of Finance
& HR*

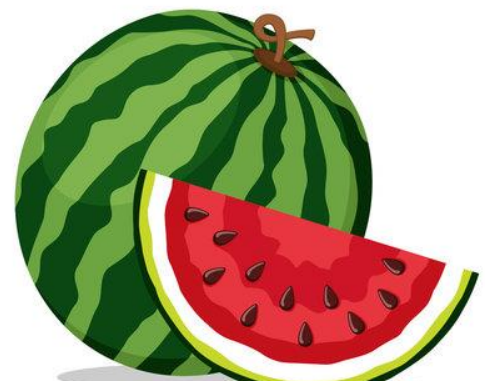
Here is easy recipe for any
occasion...

Cold Watermelon Salad **Easy as 1,2, 3!**

1. Cubed
Watermelon
2. Feta Cheese
3. Tajin (to taste)

Mix ingredients together
and enjoy!

I love to make this salad
for cookouts. It pairs well
with whatever you're
grilling



Green-Up Day, May 3, 2025

Come join us!



**Join the "Mighty Tidy Rutland" Team
to clean up Downtown Rutland City**

We will meet in front of City Hall between 8:00 am and 2:00pm.
We are an open team and all are welcome.

Other local groups can pick up bags at the Rutland County Solid Waste District on
Smith Rd. (off of Greens Hill Lane) **OR** on Green Up Day in front of the City Hall.
802-775-7209 ext 206

Download the Vermont Green Up Day app for more information.

RCSWD oversees the Rutland City area. You can pick up bags ahead of time from the staff at the Rutland County Solid Waste District administration building, from the City Hall across the street from Price Chopper (limited supply), or from Oliver Subaru, or in front of the City Hall on May 3rd.

RCSWD has safety handouts, gloves, and bottles for sharps (if you choose to pick up those) as well as the bright green bags. We are at 1 Smith Road (off of Greens Hill Lane).

The "Mighty Tidy Rutland" team will be meeting outside of the City Hall from 8-2 on May 3. We are an open team, and you can sign up through the Vermont Green Up Day app, or just show up. You don't have to be a part of this team to pick up bags, etc. Or if you run out, swing by there for a refill. We are picking up in the downtown zones.

Safety first! Please wear bright colors while working near the roads.

Thank you for being a part of Vermont's Green Up Day and if you have any more questions, just call or email!

Desna Jenkins, outreach@rcswd.com, 802-775-7209 ext 206.



Community Health Tip: Sign up now for Farmacy 2025

Farmacy 2025 - the "Food is Medicine" program supported by Community Health - is enrolling participants for the free food deliveries beginning in July.

Community Health patients who are signed up by their healthcare provider for the program will receive 15 weeks of fresh, local vegetables and fruits from Rutland area farms with tips and recipes. Vermont Farmers Food Center (VFFC) will be partnering with 12 farms and coordinating pickups at 8 sites located throughout Rutland County.

If you are interested in receiving a free Farmacy share, talk to your healthcare provider before June 1st while enrollment is open. Participating clinics and providers have to enroll their patients into the program. Talk to your provider today!

For more information, message your Community Health provider through the Patient Portal on our website <https://www.chcrr.org> or call the patient access center at (802) 779-9169.

Celebrate the 10th anniversary of VFFC's Farmacy: Food is Medicine project in Rutland County! <https://www.vermontfarmersfoodcenter.org/>

Alzheimer's Support Group Meets at New Location

Community Health's Alzheimer's support group has moved to a new location. The group, meeting the second Tuesday of each month at 4p, has moved to Community Health North Main St. 231 North Main St, Rutland.

Caregivers and family members of Alzheimer's patients are welcome to share feelings, thoughts and experiences with other caregivers. For more information message kbathalon@chcrr.org or call 802-465 2255.



Health Tip:

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthy options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Spring Tea & Sweet Treats and Artisan Market & Makerie

May 3, 2025, 10 AM to 2 PM

Chaffee Art Center, South Main Street, Rutland, VT

The Chaffee Art Center invites you to our Annual Spring Tea & Sweet Treats with Artisan Market & Makerie on Saturday, May 3rd from 10am to 2pm.

Plan to stop by the Chaffee for our FREE Makerie Activities (While supplies last):

- Cardmaking with Evie Towsley
- Create Mini Spring Wreaths DIY
- Mandala Flowerpot Painting

This FUN event will also have FREE Chair Massages by BeeJay (10-Minute) from 11:30am-1:30pm.

DEMOS to include Art of Collage with Mary Fran Lloyd. Plus, Door prizes AND MORE!

While you relax and experience the free activities surrounded by art, be sure to enjoy Tea & a delicious Sweet Treat...**\$5 donation per person.**

There will be lots of gift ideas for others or yourself! Explore the current Exhibit with work for sale by the VT Pastel Society and Chaffee Artist Members, and our Gallery Shoppe filled with unique, affordable, handmade items. A few artists will have kiosk areas with their art for sale. Browse the rest of the mansion and take in the 1890's architecture while experiencing the beauty of the Queen Anne Victorian Mansion.

Not able to make it, plan to visit and enjoy a hot cup of tea, cider, cocoa or some old-fashioned candy while you browse, or plan to meet a friend and cozy up in one of our many seating areas. Free Wi-Fi available. While here, picture your next special event, bridal shower, wedding, birthday, meeting, or retreat being held in our beautiful mansion, fondly known by its first owners as Sunny Gables. Winter Hours: Thursday and Friday 10am to 5pm; Saturday 10am to 3pm.



**Opening Day for Summer 2025 Outdoor Farmers Market is
Saturday, May 10th 9am-2pm. Park in Downtown Rutland, VT.
Every Saturday, all summer, shop local at the Vermont Farmers Market at Depot Park**



Programs are open to all residents

DON'T FORGET THE GROCERY BUS IS AVAILABLE EVERY TUESDAY!
Leaving and dropping off at SHELDON TOWERS & TEMPLEWOOD COURT



Coffee Hour at Templewood Court Fridays at 10a.m.

Coffee Hour at Sheldon . Thursdays at 8a.m. & Sun-Friday at 1pm

May CRAFTS with Emily AT TEMPLEWOOD COURT

Come for the fun, socialization. Refreshments!

Friday, May 9th at 1p.m. and NEW Wii games on 5/30 at 1p.m. with Emily



SASH Wellness Nurse Talk -

Thursday, May 15th Templewood Court Lunch & Learn NOON / Sheldon Towers 1p.m.

May CRAFTS with Lisa AT SHELDON TOWERS Friday, May 23rd at 1p.m.

Learn how Crystals can improve your life. Crystals can even be used in plants and gardens to improve plants!



Friday, May 16th SMP Justin Grimbol Community Outreach Specialist

SCAMS and FRAUDS! Sheldon 2p.m. Templewood Court 3:15p.m.

Friday, May 23rd 2:30p.m. Templewood Court *"Mindfulness" Stephanie Bertrand*