

RHA Update

2025



Rent is due: March 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**



2025 RHA Updates:

**May
July
September
November**

*FROM THE DESK OF THE
Chief Executive Officer*



Greetings! I hope that everyone is well and that you are being careful in this frigid weather. I have had enough winter for one year.

As you may have noticed we have had challenges as of late in keeping the walks and roadways clear of ice and snow. This is due to a region wide shortage of salt and sand that has impacted everyone. We have been unable to secure a sufficient supply from any of our regular sources. Our maintenance staff have done a great job in the face of this challenge but have had to be sparing in the amount of salt and sand that they use. We ask for your understanding until such time as the shortage is behind us.

I am sharing the following safety tips from the Rutland Regional Medical Center publication, Healthy Together:

CEO Continued...

- **Choose the Right Footwear:**
Wear shoes or boots with good traction to reduce slipping.
- **Walk Like a Penguin:** Take short, careful steps to stay balanced on icy surfaces.
- **Use Support if Needed:** Bring a walking stick or cane for extra stability—even if it doesn't match your outfit.
- **Shovel Smartly:**
 - Use a lightweight shovel.
 - Push snow instead of lifting.
 - If you must lift the snow, do so with your legs, not your back.
 - When shoveling or enjoying winter sports, take breaks and stay hydrated.
- **Be Prepared:**
 - Add ice cleats to your shoes for grip.
 - Carry sand or kitty litter for icy patches.
 - Use a flashlight in dim lighting.

These simple precautions can help you enjoy the beauty of winter without risking injury. Stay steady this season!

CEO Continued...

These simple precautions can help you enjoy the beauty of winter without risking injury. Stay steady this season!

RHA Staffing Update

I am pleased to announce some recent additions to the RHA Staff they include:

Jordan Tattersall, joined us as a Maintenance Aid in September of last year to fill an opening left after we promoted Greg Rollins to the position of Maintenance Technician. Jordan comes to us with extensive experience in landscaping, carpentry, roofing, drywall, painting, tile work, electrical and plumbing. He will provide critical back up support to our already busy maintenance team.

Cheryl Fogerty is our new *Administrative Support and Customer Service Specialist*. She will be the one to greet you when you call or stop by the office. Cheryl has an extensive background in customer service, having served as the Reservation and Call Center Supervisor of the Killington-Pico Ski Resort for nearly 20 years.

CEO Continued..

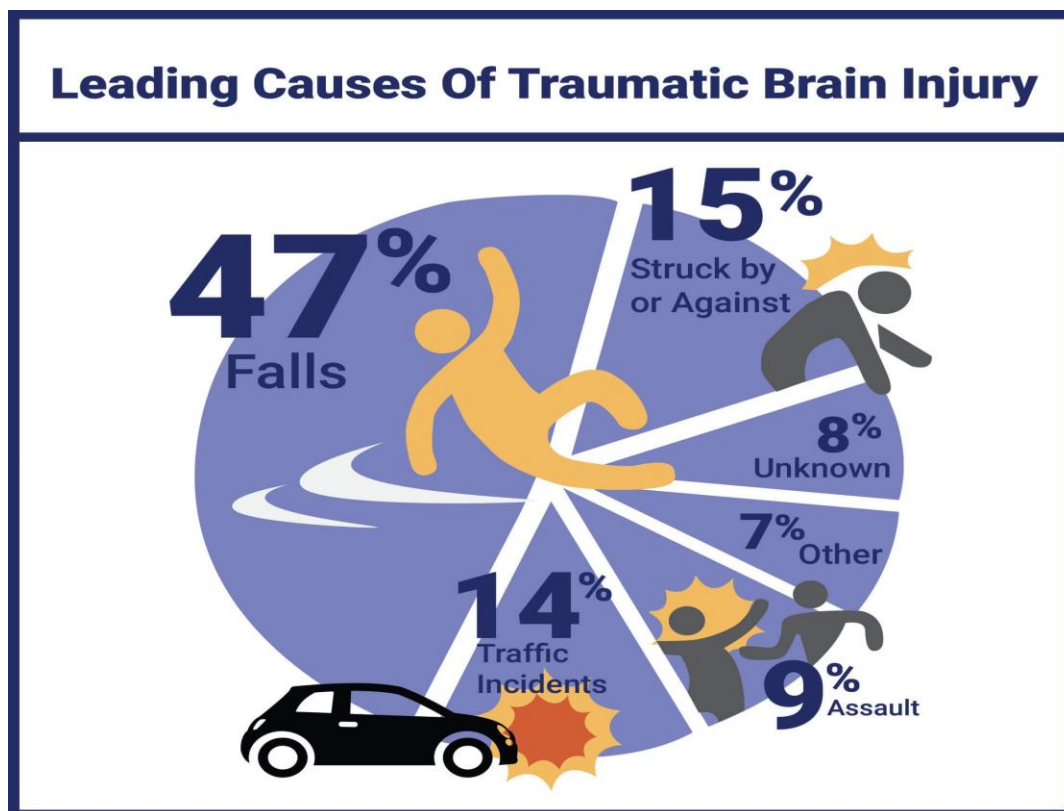


a caring partnership
Brain Injury Awareness Month

What Can Cause a TBI?

When you take a sudden hit to your head or body with enough force, your brain may experience changes in chemical and energy use as a way to compensate for the injury. These changes can result in headaches, light/sound sensitivity, and confusion. In mild TBIs, these changes can be short and may not cause permanent damage to the brain. However, with more severe injuries, typically with much higher forces, changes to the brain can last longer and result in damage to the brain cells. These effects can cause the brain to swell and expand inside the skull. The swelling can lead to even more brain damage.

According to the Center for Disease Control, people most commonly get TBIs from a fall, firearm-related injury, motor vehicle crash, assault or other event where there is a direct blow to the head or body.



FALLS are the leading cause of Traumatic Brain Injuries!

Lindsay Phillips has accepted the *Executive Administrative Assistant and Finance Specialist* position. She has an extensive business administration and finance background having played key roles, in her family business, as Administrative Assistant, Manager, and head of Accounts Receivable and Accounts Payable, for the over fifteen years.

Please join me in welcoming these new members to the RHA team.

HAI Group 2025 Scholarship Program

Now accepting applications! HAI Group's Resident Scholarship Program helps low-income students pay for higher education. To date, they have awarded more than \$1.8 million to over 500 students across the country who have gone on to careers in nursing, education, social work, and more. 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.

In order to be eligible applicants must meet the following criteria: applicants must be or will be enrolled in an accredited and/or licensed technical school or accredited two or

CEO Continued

four-year college or university in the United States for the fall 2025 semester; must reside in a housing authority or in a property with a housing choice voucher (HCV) administered by a housing authority that is a member of Housing Authority Risk Retention Group (HARRG) or Housing Authority Property Insurance; must be a United States citizen or a permanent resident (with a green card) and must follow all other rules outlined in the official rules. Applications are due by 3:30 p.m. ET on Friday, May 30, 2025. Applications are due by 3:30 p.m. ET on Friday, May 30, 2025. Visit haigroup.com/scholarships to learn more about the program or to access their online application.

Thank You,
Kevin Loso



Monday, March 17th, 2025



FALL PREVENTION

As mentioned earlier in the newsletter be careful outside as this time of year brings slick conditions. Take it slow and steady

Inside your living environment are potential hazards too! Ensure that floors are clutter-free and that electrical cords are out of walkways. Loose rugs should be secured with non-slip backing or removed entirely, as they can easily cause trips. Improving lighting throughout the home is also essential. Install bright, energy-efficient bulbs and use night lights in hallways, staircases, and bathrooms to prevent falls during the night. Bathrooms should be equipped with grab bars near toilets and in showers or tubs to provide additional support and stability. Furniture and walking paths should be arranged to avoid obstacles. Use non-slip mats in the bathtub or shower to reduce the risk of slipping. Good footwear is essential. Wear well-fitting, non-slip shoes instead of slippers or socks, which can increase the risk of falling. Regular exercise is a key factor in maintaining balance and strength. Activities such as walking, balance exercises, or specific programs designed for older adults can improve stability and reduce the risk of falls. The CDC recommends that older adults engage in physical activity that includes both balance and strength training exercises at least three times a week. Additionally, consider a medical alert system that provides immediate help in case of a fall. By addressing these aspects, older adults can significantly reduce the risk of falls and enhance their safety and quality of life at home

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



Are you eligible for a renter rebate on your taxes this year?

Eligibility Requirements

You must meet the following eligibility requirements to file a Renter Credit Claim:

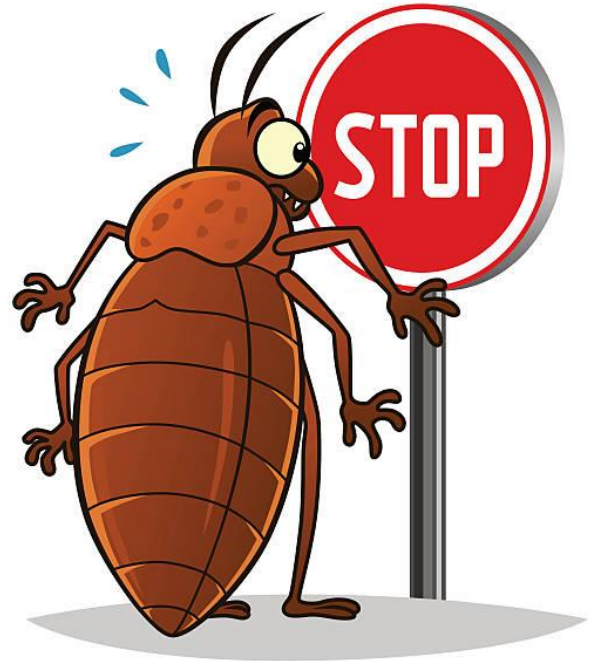
- You were domiciled in Vermont for the entire calendar year
- You were not claimed as a dependent of another taxpayer
- You rented in Vermont at least six months, although the six months do not need to be consecutive
- You meet the income eligibility limits based on your family size

**Contact AARP Tax Volunteers to
schedule FREE assistance Call Now they
are booking up fast
802-772-0530**

Bed Bugs FACTS

- A single, pregnant female bed bug can start an infestation by producing approximately 500 eggs in her lifetime.
- Bed bugs can go months without food
- Bed bugs can survive a temperature of 100-degree Fahrenheit for several days.
- Bed bugs can survive freezing temperatures for several weeks.
- Bed bug eggs are very sticky and difficult to remove, making them efficient hitchhikers.
- Bed bugs are known to spread disease. They inject a small amount of saliva into the skin while feeding on you. An allergic reaction to the saliva may cause the area round the bite to become swollen and itchy. Do not scratch the bites as this may worsen the irritation lead to secondary infection.

Bed Bugs Continued...



Due to the need to stay on schedule with Vermont Pest Control...

any tenant who is not ready for an inspection / treatment of extermination services will be charged a \$25 fee for RHA having to re-schedule Vermont Pest Control.

Notices will be sent out as usual when your unit is due for inspection or treatment.

***Thank You
Gretchen, Property Manager***

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

Bed Bugs



Reminder

DO NOT TRY AND TREAT BED BUGS OR ANY BUG INFESTATION YOURSELF. CONTACT THE OFFICE AS SOON AS YOU BELIEVE YOU HAVE BEEN BITEN OR HAVE SEEN A BUG OF ANY KIND!

Bed bugs have the following characteristics:

1. They are visible to the naked eye.
2. Adult bed bugs are usually brown in color. ...
3. They are oval shaped and about the size of a flattened apple seed, 4 to 7 mm in length.
4. They neither jump nor fly.
5. They move at the speed of an ant.
6. They have a lifespan of 5 to 6 months.

PLEASE DO NOT

Pick up any used furniture/mattress/box springs for the roadside or by trash containers.

If you have received furniture from a RENTAL service, ALWAYS check the seams & any creased areas for bed bugs.

Traveling? CHECK all MOTEL ROOMS thoroughly before setting your luggage on the floor or bed.

DO NOT sit on furniture, lay in beds where you think there might be a problem.

While cleanliness is not a major factor in fighting bed bugs, it is a good idea NOT to have clutter around your home.

Once bed bugs are in a building, they often spread from room to room. Inspecting the surrounding areas is necessary so all areas can be treated to prevent spreading.

Bed Bugs Continued...



It's National Nutrition Month, and at Community Health, heart-healthy meal planning is a top priority. Planning your meals can be as easy as checking your pantry or freezer. If you've stocked them with the essential ingredients for heart-healthy meals, you can prepare nutritious dishes without needing to go grocery shopping.

Start by reading food labels and choosing products with the lowest amounts of sodium, added sugars, and saturated fats. Additionally, select items that contain no trans fats. Here are some staple items to keep in your pantry and freezer: -

- Dinner basics: canned or dried beans (such as kidney, pinto, black, butter, and navy) and canned proteins like tuna, salmon, and chicken
- Low sodium canned or frozen vegetables for quick side dishes.
- Frozen fruit for smoothies or snacks
- Whole grains, including brown rice, quinoa, whole-grain pasta, and bread.
- Nuts, seeds, and nut butters to enhance stir-fries, salads, or as snacks!
- Broth (fat-free and low or no-salt varieties)

For more heart-healthy meal planning ideas, check out the American Heart Association's Healthy Eating Essentials <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/heart-healthy-kitchen-essentials-for-meal-prep>. To learn more about



Health Tip:

Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off. Take it from people who have successfully maintained weight loss:

- 98% have modified their eating habits.
- 94% have increased their physical activity, especially walking.

Try Beating the Winter Blues with these 3 easy ideas!



- Curate a mood-boosting playlist. Music can deeply impact your emotions, so whether you need relaxation or motivation, create a playlist that resonates with you. The right tunes can lift your spirits instantly.
- Practice random acts of kindness. Doing something kind for others can have a significant positive effect on your own mood. Whether it's a thoughtful message to a colleague, buying coffee for a friend, or helping someone out with a task, small gestures can brighten your day and someone else's. Plus, kindness is contagious, and you'll start a chain of events that make people smile. In celebration of National Acts of Kindness Day (Feb. 17), we encourage you to show yourself the same kindness you extend to others — by practicing self-care. [Check out 10 ways to practice self-care as an act of kindness.](#)
- Laugh more! “Laughter is the best medicine” isn't just a saying — it's [backed by science](#) as one of the most powerful natural mood boosters. Watch a funny video, read a funny book or just let yourself laugh at something that makes you smile. Sometimes, a good laugh is all it takes to change your outlook for the day.



OPEN EVERY SATURDAY 10am – 2pm

Winter Farmers Market goes through to May 3rd, 2025

251 West Street in Rutland.

What's at the winter market?

With a seasonal variety of produce, local grass-fed meat, eggs, artisan cheeses, freshly baked breads, jellies & jams, maple products, honey, CBD products, delicious hot foods, wine & spirits, artisan crafts, and more, the winter market is a great place to shop, eat, and visit.

SASH[®]

SUPPORT AND SERVICES
AT HOME

a caring partnership

Some upcoming Programs open to all residents

**SHELDON TOWERS & TEMPLEWOOD COURT
DON'T FORGET THE GROCERY BUS IS AVAILABLE EVERY TUESDAY!**



March CRAFTS with Emily AT TEMPLEWOOD COURT
Get your green on and come for the fun, socialization. Refreshments
Friday, March 7th at 1p.m.

MARCH CRAFTS with Lisa AT SHELDON TOWERS
Thursday, March 13th at 1p.m.



Safety First!

Sargent Williams from Rutland Police Department and Taylor Cohen; Community Outreach Program will talk about staying safe in these uncertain times

Friday, March 14th
1p.m. Sheldon Towers
2:15p.m. Templewood Court



SASH Wellness Nurse Talk “Cannabis as Medication”
Thursday, March 27th
Sheldon Towers 1p.m.
Templewood Court 1:15p.m.