

RHA Update ***2024***



Rent is due:
September 1st

A \$15 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**

RHA OFFICE WILL BE CLOSED Monday, September 2nd 2024

Last 2024 RHA Update will Be in: November

FROM THE DESK OF THE Chief Executive Officer

Reprinted from the Rutland Herald, August 9, 2024

**Rutland Housing Authority
Rep. Balint presents congressional funds to Rutland Housing Authority**

[By Sophia Buckley-Clement Staff Writer](#), Rutland Herald, August 9, 2024

The Rutland Housing Authority will be able to make some much-needed renovations thanks to congressional funds awarded at a Friday ceremony. Rep. Becca Balint, D-Vt., presented the organization with a \$650,000 check to address mandated electrical upgrades to 10 buildings at its Templewood Court property, preserving affordable housing serving over 60 low-income elderly and disabled individuals.

Kevin Loso, CEO of the housing authority, shared at the event that the electrical deficiencies were discovered four years ago during a site inspection.

“(After that) we mobilized, contacted our architect and electrical engineers and came up with a plan for which we estimated we’d need around \$425,000 to get the work completed,” he said. “The low bid came in at \$875,000, which was well beyond our capacity.”

He said that with the awarded funds, RHA has secured a consultant to determine how the organization can best leverage the project into more long-term energy efficient measures, such as reducing reliance on fossil fuels.

CEO Report Balint continued...



Laundry Charge Increases

The Rutland Housing Authority (RHA) is pleased to provide on-site laundry rooms in our properties. Our goal has been to keep the cost as affordable as possible for our tenants. As such, we have limited increases over the years to the point in which we are now unable to keep up with the costs of the equipment, water, utilities, and repairs. For that reason, we have made the difficult decision to increase the cost of both the washers and dryers to \$2.50 per load effective October 1, 2024. This decision was not made lightly; but it is necessary in order to offer this service at such a low cost. By the way, comparatively, local laundromats are charging as much as \$8.00 per load. Thanks for your understanding. We will continue to monitor this situation in an effort to keep our costs as low as possible.

Sheldon Towers Bed Bug Prevention Plan

Over the past six months, we have experienced multiple infestations at our Sheldon Towers property.

Continued...

Bed Bug continued...

In an effort to control the problem, we have entered in to an agreement with Vermont Pest Control to implement a bed bug prevention plan. The plan will include:

1. Monthly inspections of all units;
2. 25 units will be preventatively treated every month, including all outlets and baseboards;
3. Tenants receiving preventative treatments will need to be out of their units for approximately 6 hours;
4. If bed bugs are found in a unit a full conventional treatment will be completed, which may include surrounding units;
5. If treatment is required the tenant must follow the instructions provided by Vermont Pest Control in order to ensure success;
6. Tenants who fail to follow the instructions may be charged for any additional treatments;

We realize the inconvenience to tenants but as they say, "an ounce of prevention is worth a pound of cure." We greatly appreciate your cooperation.



Your Health. Our Mission

Walk to Fight Suicide

Join Community Health Saturday, September 7 to Save Lives, Bring Hope

Connect with our Community Health Behavioral Health team on the Walk Out of the Darkness in Rutland.

On-site registration begins at 9:00 a.m. and the community walk begins at 10:00 a.m. from the Godnick Adult Center in Rutland. Mark the date, Saturday, September 7.

We walk to raise awareness to suicide and send a message that suicide is preventable. Friends, family, co-workers and supporters come together Saturday, September 7th to walk side-by-side, supporting each other, creating connections and sharing in a movement that will give everyone in our community the courage to open up and be there for one another.

Walkers make a difference, creating awareness, changing the conversation about mental health and putting a stop to this tragic loss of life.

For more information about the American Foundation for Suicide Prevention, check their website www.asfp.org or ask your Community Health provider about suicide prevention.

Register today <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=10227> and walk with Community Health www.chcrr.org on September 7.

Walk to End Alzheimer's on Saturday September 21 in Rutland.

Join our Community Health Walkers when we Walk to End Alzheimer's and bring awareness to the disease and raise funds to reach a goal of understanding, treating and stopping Alzheimer's. Over 13,000 Vermonters have Alzheimer's disease or another form of dementia and more than 20,000 family members, friends and health care professionals are providing care.

On-site registration begins at 8:30 a.m., the program starts at 9:30 a.m. and our walk begins at 10 a.m. at Meadow Street Park in Rutland. Register now <https://www.alz.org/vermont> and walk with our Community Health Walkers during this community event that celebrates our commitment to ending Alzheimer's.

For caregivers, remember that the Community Health Alzheimer's support group meets the second Tuesday of each month at Community Health's Allen Pond location in Suite 403. Check our website for more information <https://www.chcrr.org/patient-education/what-is-alzheimers-disease/alzheimers-caregiver-support-group/>.

Healthy habits to help stop the spread of illnesses like colds and the flu include

- Avoid close contact with people who are sick.
- Don't share drinking straws, eating utensils, towels, etc.
- Stay home if you have a fever or a cough.
- Stay home from work and avoid doing errands when you are sick. This will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. Dispose of dirty tissues appropriately.
- Wash your hands with soap and water. Frequent hand washing will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs spread when a person touches something that is contaminated and then touches his or her eyes, nose or mouth.
- Clean common household surfaces often - refrigerator door, faucet handles, etc... and especially those that young children come into contact with.



Do not forget to get vaccinated! Make an appointment at VNA, ask your doctor, check out the local pharmacies!

A Cozy To-do List FOR SEPTEMBER



Rewatch your favorite movie



Organize your fall wardrobe



Have a cup of pumpkin spice latte



Cuddle with a loved one

Capture the fall foliage



Curate a fall nostalgia playlist

OurMindfulLife.com

From the Desk of Kirsten Hathaway, Director of Finance and Human Resources

Administrative Charges for Late Rents

As you know, rent payments are due on the First (1st) of each month, but no later than the close of business on the fifth (5th) of the month. **If after the 5th we have not received, your rent a reminder letter will be sent to you through the mail. If after the twentieth (20th) of the month rent still has not been received, the RHA will initiate a Termination of Tenancy.**

Be advised that **effective November 1, 2024, late fees will increase to \$20.00** if we must send out a reminder letter; and, an additional fee of \$50.00 will be added to your account if a Termination of Tenancy Notice must be executed. In order to avoid these charges, please contact the office if you are going to be late in paying your rent. We realize that situations arise in which more time is needed, but **Communication is Key**. Thanks so much for your cooperation.

Darlene O'Dell, an RHA resident of some 30 years, said that when she first moved into the organization's facilities, she was spending more money on childcare than on housing.

"Thank God for this housing, because with my rent, which included my electric and my heat, I didn't have to worry about, 'oh my God, how am I going to skirt (by)?" she said. "This provides (an) excellent opportunity. If people are willing to get out there and go to work, then there's avenues (for you)."

She added that not having to worry about housing affordability helps encourage younger individuals to be more productive in their community.

Kirsten Hathaway, RHA's director of finance and human resources, said that in her previous role as Rutland Town treasurer, she often heard residents share their struggles regarding housing affordability.

"Knowing that we have this location where we are primarily (serving) senior citizens and to be able to give them a place to live that's affordable, safe and comfortable is really important to me," she said.

The conversation at Friday's ceremony also drifted into somewhat of a community forum, with attendees expressing their concerns in relation to housing, the mental health crisis and other affordability issues.

CEO Report Balint continued...

Guests and RHA staff mentioned need for more measures and financing to prevent homelessness, more mental health supports and providers, and affordable care options.

With over 300 people waitlisted for RHA's various programs, Loso noted that it could take anywhere from six months to three years for those waitlisted to access the organization's services.

"Housing and mental health have been my two biggest issues. We know that they go hand in hand, and I absolutely have been thinking so carefully about how we crack this nut, because it is in every congressional district across this country," Balint said.

She added that the county will pay for this mental health crisis one way or another; it just depends on whether we choose to do so now or later.

"When we don't invest in mental health supports on the front end, we pay for it multiple fold on the back end (and) all the way through," she said.

Balint also spent part of Friday at Habitat for Humanity of Rutland County to visit their ReStore and a nearby home build site. The visit, like her discussion at the Rutland Housing Authority, were in part to help inform her federal housing policy priorities and understanding community needs, according to the representative.

CEO report continued...

TURNING POINT CENTER

THURSDAY CAFÉ

8/22, 9/5, 9/12, 9/19 and 9/26

Turning Point Center Rutland



Thursday Cafe

GUEST CHEFS

- 08/01 **Lasagna Love**
- 08/08 **Divided Sky Foundation**
- 08/15 **Goodwill of New England**
- 08/22 **Vfor Housing**
- 09/05 **Women's Dismas House**
- 09/12 **Turning Point Center**
- 09/19 **Restorative Justice**
- 09/26 **Community Health MAT**

A way to connect with your community and provide resources

To Guest Chef
Contact Mike @
mdaly@tpcrutland.org
Or Call
(802)773-6010

RHA COMMUNITY CORNER



By Pat Embree

A cup of tea sits on the round, wood table next to the old rocking chair. A hand reaches over and picks it up. Slowly pressing the cup against her lips Nana takes slow sips. The warmth of the tea and the sound of the rain on the porch roof is so comforting.

She thinks back to how comforting it was in the early morning to hear her parents in the kitchen starting their day. Some of that comfort vanished with the bombing of Pearl Harbor and the United States entering World War 11. Although she was only five, she sensed the tension that seemed to fill the air. Every day she heard her parents talking about someone they knew being drafted or enlisting without really knowing what it meant. On the West and East, coasts at night windows had to be covered to keep cities in darkness. She stood in line with her Mother ration books in hand waiting to see what was available that day.

Years later a neighbor told her that when he shipped out from New York City crowds were cheering and the band was playing patriotic music. He felt like a man almost a hero. Out at sea when all was quiet he felt like a scared little boy away from home and not knowing if he would ever make the return trip back.

After nearly four years of the United States involvement Japan surrendered and the war was finally over. She remembers then sitting on her Mother's lap in silence as they rocked back and forth and held each other. Their closeness and the sound of the rain on the porch roof comforting both.

Overdose Awareness Day

Candle Light Vigil

Saturday 08/31/2024 from 5 PM to 8 PM.



Join Us at Depot Park to honor those we have lost to overdose with a candle light vigil & a drum beat for each life lost in 2023, as well as information on overdose prevention, support, & education.

Turning Point Center of Rutland
(802)773-6010

Bullying takes many forms

Physical

Examples: hitting, punching, pushing, damaging one's property, hazing

Nonverbal or Emotional

Examples: intimidation using gestures, social exclusion, facial expressions with malicious intent, spreading rumors

Verbal

Examples: teasing, name calling, threatening remarks, taunting, embarrassing others

Cyber bullying

Examples: posting or sending insulting, harassing, or threatening messages through electronic means

Coping Strategies for Victims of Senior Bullying

- Ignore the behavior in order to remove the bully's perceived power.
- Share your opinion without aggressiveness or implied hostility.
- Avoid interrupting or provoking bullies.
- Maintain eye contact with bullies.
- Try to understand the bully's position or circumstances that may be contributing to these behaviors.

Like instances of bullying in other age demographics, coping with senior bullying is a long and sometimes complex process. Identifying coping strategies to help seniors cope with bullying and fostering appropriate behaviors and responses among senior bullies is the best approach, but it takes ongoing effort and careful consideration to dissolve situations in a positive manner. In senior living communities, setting expectations and healthy boundaries, and providing clear rules and policies from the start helps to ensure a positive living environment for all residents. You cannot control the actions of others, but you can control how you respond to the situation. No one knows what someone else may be dealing with in his or her life. A little compassion can go a long way. 😊



Be the person
that makes others
feel *special*.
Be known for
your *kindness* and
grace.

IN A
WORLD WHERE
YOU CAN BE
ANYTHING,
Be Kind.

Rutland Urban Legends & PIZZA WARS

- Guided 1 mile sidewalk and street tour through historic downtown
- Discover historical facts and tall tales from Rutland's past and present
- Wheelchair and walker friendly
- All ages welcome
- Local Pizza sampling at the finish
- **FREE**



Tours with Free Pizza

August 15th: 11AM-1PM

August 29th: 5PM-7PM

September 13th: 5PM-7PM

September 18th: 5PM-7PM

MEET AT DEPOT PARK, RUTLAND VT



Space is limited. RSVP at comealiveoutside.com/events



Love of Learning Starts Here!

Free high-quality preschool and infant/toddler care for eligible families.

Now Enrolling!

Now accepting applications for children ages birth to 5.



- ★ High quality early learning experience
- ★ Healthy meals and snacks
- ★ Vision, dental, medical and mental health screenings
- ★ Joyful, creative learning environment



dream • believe • shine

Rutland County Head Start

At Rutland County Head Start, we believe that all children and families can dream, succeed and shine.



Enroll Now!

802-775-8225
RutlandCountyHeadStart.org

Community Care Network
Rutland Community Programs
making community empowered

Summer's Last FNL

Rutland's favorite concert series returns this summer with free performances in downtown! Folks can enjoy activities, giveaways, shopping, visiting vendors, food trucks, and more.

Foreigners Journey on 9/6.



Coping with Bullying in Shared Living Communities

Bullying is an increasingly common problem among seniors. While the communal nature of senior living communities can open the door for the formation of cliques and similar social behaviors, even seniors living in their own homes independently can be subject to bullying within their social circles.

Bullying is defined as a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying discussions often center on children and school settings, largely overlooking the fact that bullying can – and does – occur within many social circles and environments, and it is a problem that spans every age demographic.

It has been reported that 39 percent of senior living community tenants witness bullying, and 29 percent experience bullying themselves. Unfortunately, this behavior often goes unreported. Slowly, psychologists, sociologists, and gerontologists are beginning to shed light on bullying behaviors that are not isolated to kids and do not suddenly disappear once there's a diploma in hand.

What Does Older Adult Bullying Look Like?

Bullying in senior living communities can come in many different behavioral forms, including name-calling, bossing others around, hounding individuals for money and other items, or releasing physical aggression. Bullying can be as simple as residents saving preferred seats in the dining room for their friends, ensuring that the “outcasts” are stuck with the less-desirable, leftover seating – and sure to feel isolated. Other bullying behaviors common in the senior population include:

- *Criticizing or ridiculing another person who does not meet the individual's accepted standards for clothing, social status, religion, sexual orientation, economic background, or virtually any other characteristic or status.*

Bullying Continued...

- *Verbal or physical abuse of victims, which may include yelling, hitting, pushing, or kicking. In some cases, the attacker brushes these incidents off as accidental.*
- *Stealing or destroying property, and/or lying about the victim in order to assert power or authority. For instance, a bully may lie to the administration in a senior living community regarding the victim's actions in order to cast the victim in a poor light.*
- *Saving seats or reserving spaces for clique members in dining rooms, restaurants, or during outings or other events. These behaviors seem innocent enough, but can actually be quite hurtful to those outside of the clique who may be isolated or left to dine alone.*

The fact is that we all grow up and gain some level of maturity, but we also learn that we do not have to – and will not – like everyone with whom we come in contact in our lives. Yet, as adults, we also have social skills and know how to be respectful of other individuals within our community.

Why Bullying Occurs in Seniors

Elder bullies might have likely exhibited this behavior during a lifetime, but as they age factors such as loss of independence, relationships, valued roles, declining health, and feeling powerless in a controlled setting can exacerbate the need to exert control and ignite a late-life round of bullying behavior.

Some additional forms of bullying which may occur in the senior population, including:

- *Insults or belittling jokes*
- *Spreading rumors or whispering when the victim enters a room*
- *Invading a victim's personal space*
- *Criticizing or ridiculing physical or mental disabilities*
- *Offensive gestures and facial expressions*

In social situations, particularly communal living situations, in which staff are responsible for the health and well-being of all residents, the goal is to create a nurturing, home-like environment in which residents feel welcome and comfortable. Naturally, that is difficult to achieve if a resident is being outcast and ridiculed by others. In addition, when we, as older adults, enter communal living or social situations, we do bear some responsibility for getting along with others.