



Resident Newsletter

February 2022

KEEPING UP WITH CURRENT TOPICS

Freeze Warnings - Let Your Faucet Drip!

When temperatures dip below freezing, make sure to take extra precautions to minimize potential damages to your possessions and your unit. Residents should allow a slight but steady stream of water to run through the water faucets during prolonged cold spells. This will help prevent your pipes from freezing. To do this:

- Let cold water run from your faucet when not in use.
- Just a trickle will make sure water is moving through the pipes consistently and allow for changes in pressure.
- Let the faucet drip until temperatures are consistently above freezing to be on the safe side.

Single family homes should also make sure to weather proof any

exterior hose spigots. To do this you should:

- Find and turn off any exterior hose bib valves.
- Remove and drain any hoses.

Report any issues to RHA Maintenance personnel through the work order line. Capitol Park, Chavis Heights, and Walnut Terrace residents call (919) 508-1390. All other public housing residents call (919) 831-6401.



Improving Mental Health

Feeling the winter blues? There is a reason that winter can be the hardest season for your mental health. Shorter days and colder temperatures can impact the way that you feel.

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Former Resident Spotlight: Nikki Dublin Turner

Nikki Dublin Turner, Arts Together dance instructor and preschool teacher, is a native of Raleigh, NC. Growing up in public housing, she started studying dance at age 5 and continued dancing through high school. Nikki turned towards academics earning a bachelor's degree in Business Administration at St. Augustine College. Her education and experience at a historically black college was invaluable and nurtured her love for African-American history and culture. After receiving her first degree, Nikki's love for dancing led to her pursue and receive a second bachelor's degree, this time in Dance at Meredith College.

Nikki currently is the principle dance instructor for Arts Together's SWAY program. She also teaches with Silver Shuffles, which offers dance, movement and performance opportunities for senior citizens, throughout the Triangle. Nikki currently dances with the Rainbow Dance Company where she has been a member for many years. In her free time, Nikki has enjoyed volunteer work including with Golden Oaks, an activist senior citizen group in Raleigh. Nikki is passionate about connecting with the community and loves outreach initiatives.

Whether or not you are feeling the effects of the season, there are some simple things you can do to improve your mental state:

- **Enjoy some sunshine each day.** Sunlight is important to help your serotonin production.
- **Make sure you are getting enough sleep.** Maintaining a good sleep schedule helps boost your mood.
- **Get moving.** Even gentle exercises like walking and yoga can help you feel better.
- **Smile.** It may not always be the easiest thing to do, but smiling can lower your heart rate and help calm you down.
- **Eat nutrient dense food.** It is important to stay healthy and keep from getting sick.
- **Talk with someone.** Reaching out to friends and loved ones can help you feel less isolated.
- **See a professional.** It's okay to ask a professional for help to improve your mental state. Please consider reaching out to the following providers if you think you need to:

ALLIANCE BEHAVIORAL HEALTH

(800) 510-9132

www.alliancehealthplan.org/

FERNANDEZ COMMUNITY CENTER

(919) 900-7438

<http://www.fernandezcommunitycenter.com/>

MOBILE CRISIS UNIT

(877) 626-1772

www.mytahome.com/mobile-crisis

SOUTHLIGHT HEALTHCARE

(919) 787-6131

www.southlight.org/

SUICIDE HOTLINE

(800) 273-8255

<https://suicidepreventionlifeline.org/>

WAKEBROOK

(984) 974-4800

www.uncmedicalcenter.org/uncmc/care-treatment/mental-health/unc-hospitals-at-wakebrook/

Rental Payments

All RHA rent payments are due on the first of each month. Rent is considered late if it's not received by 5pm on the fifth business day.

Residents can make rent payments both by check or certified funds and online with an eCheck or via VISA, MasterCard or Discover credit card.

Online payments are charged a small service fee per transaction. First time online users have to set up an account before making an online payment. Contact your Property Manager to receive an account number to start using the online rent payment service.

Residents not paying online must submit a check or money order with: your full name, address, correct amount, and signatures. Payments should be made payable to the "Raleigh Housing Authority". Personal checks must have valid dates and can't be written for future dates.

Please place these rent payments in any of RHA's office drop boxes. Do NOT place payments inside an envelope. Envelopes are not needed as long as you have provided the information on the check itself. Only Money Orders will be accepted after the fifth business day.

Residents can check rental balances by calling the rent status line at: (919) 508-1395.

Reporting Income and Household Changes

Residents are required to report all income and household changes to Property Managers year-round. Staff needs to be notified of these changes in writing within 30 days. This includes all increases or decreases in income and household members. Changes can also be submitted online through RHA's website here:

<https://www.rhaonline.com/public-housing/report-changes-interim-report/>

An interim report will be processed within 30 days once staff has received a notice of change.

In the event a rent adjustment is needed, the Housing Authority will mail or deliver a "Notice of Rent Adjustment" to you. If you fail to get a rent adjustment notification and/or your rent does not change, it is your responsibility to notify Management immediately.

Pest Control Prevention and Treatments

Common household pests are much easier to prevent than treat! Cockroaches, ants, and flies can be easily discouraged from entering units through simple cleaning efforts. Residents can help prevent these pests by doing the following:

- Keep your kitchen appliances clean and free of food debris.
- Clean out your cabinets and toss out old food.
- Make sure food stays within the kitchen and eating areas.
- Vacuum/sweep kitchen floors each night after dinner.
- Wipe down all countertops and food surfaces each night.

- Ensure that all food is secure and not easily accessed by pests.
- Secure your trash cans and empty them regularly.

Do not spray chemicals or try to treat pest problems on your own! RHA provides free pest control treatments to its residents. You should notify Maintenance through the work order line if you are experiencing pest problems within your unit.

Local Event Near You - Black History Month Bazaar

The Transfer Company Food Hall will be holding a black history month bazaar on Saturday, February 19th from 12pm to 5pm. This event is free to the public and will support local, black owned businesses. The Transfer Company Food Hall is located at 500 E. Davie Street, 27601. Join in the festivities if you can!

VAWA Housing Rights

The Violence against Women Act (VAWA) provides protections for victims of domestic violence, dating violence, stalking, and sexual assaults. These rights ensure that those who experience domestic violence will not be denied admission or lose housing assistance solely from being a victim. VAWA protections extend to all household members listed on a housing assistance application and Lease agreement.

Individuals and families experiencing domestic violence situations should contact *InterAct of Wake County*:

DOMESTIC VIOLENCE

(919) 828-7740
(866) 291-0855 toll-free

SEXUAL ASSAULT

(919) 828-3005
(866) 291-0853 toll-free

SPANISH

(844) 203-8896

MAIN OFFICE

(919) 828-7501
1012 Oberlin Road, Raleigh

ELECTRONICALLY

www.interactofwake.org/
info@interactofwake.org

Residents should notify Management of any domestic violence incidents in your household. Staff can work with you to see what options may be available.

Devereux Meadow Project

The City of Raleigh wants to hear from you! Please share your feedback on the Devereux Meadow Park draft concept plan.

The City of Raleigh Parks, Recreation and Cultural Resources Department is in the concept design phase for the proposed Devereux Meadow Park. This new urban park location is north of downtown Raleigh, near the intersection of Capital Boulevard and Peace Street. Starting on February 7th, the public is invited to review the draft concept plans.

The proposed Devereux Meadow Park is envisioned as a passive park with pathways and trails, gathering spaces, natural areas, and opportunities for public art and environmental and historical interpretation of the site. A key part of the proposed park design is the restoration of Pigeon House Branch, a stream currently in a straight, urbanized channel along West Street.

On February 7th, Raleigh Parks will post project videos and a public survey on the project website. All residents are invited to view the videos and take the survey until March 9th.

An open house will take place on Saturday, February 12th, from 10am - 2pm at Halifax Park, 1023 Halifax St., Parks staff and project consultants will be on hand to review the draft concept plan, answer questions, and take comments. The open house will be an outdoor event near the community center.

For project information, go to: <https://raleighnc.gov/projects/dever-eux-meadow-project>

Project videos and survey will be available on the website starting February 7th.

Smoke-Free Housing

Residents are reminded that all RHA residential and administrative properties are smoke-free. This means that smoking is not permitted in common areas or within 25 feet of all RHA buildings.

Smoke-free housing guidelines apply to all current and new residents, guests, employees, contractors and visitors. Residents found smoking inside of the smoke-free zones are violating the Lease and are subject to disciplinary actions.

Vehicles in the Community

Residents with personal vehicles should make sure to register vehicles with their Property Manager. This helps identify the vehicles on-site. All vehicles should be parked in designated parking areas only. Do not park vehicles on any lawns, landscaping, or in any fire lanes.

All cars must be properly registered and tagged according to state law. Boats, campers, trailers, buses, or commercial vehicles should not be parked, kept, or stored on the property without prior written approval from the Manager.

Improperly parked, tagged, inoperable and abandoned vehicles will be towed at the owner's expense.

Resident Services

We are fortunate to have partners offering services and programs to RHA residents. Questions about programs or other resources can be directed to RHA's Resident Services Coordinator, Dolores Cruz, by email at dcruz@rhaonline.com or by phone at (919) 508-1202.

Diaper Train

Diaper Train provides FREE diapers for those in need. The Diaper Train is found in the basement of Saint Saviour's Center located at 616 Tucker Street. Hours are Tuesdays and Thursdays, 9:30am-12:00pm.

RHA can provide resident referrals and monthly supplies may be set up on request. You can contact their staff at (919) 833-6400 or visit www.SaintSaviourCenter.org to learn about their other offerings.

Arts Together

Arts Together offers classes to RHA residents and wants YOU to join the fun!

Spring class options are *Hip Hop Tweens* for ages 11-14, *Moving with Parent & Tot* for walking- age 3 and a guardian, and *Beginning/ Intermediate Ballet* for ages 10-16!

Visit www.artstogether.org to see class schedules and get signed up. Enter the code "COMMUNITY" at checkout to register free of charge.

Revitalize Charter School

Revitalize Charter School is now accepting applications for the 2022 Fall Semester. This new school will be focusing on grades K-2 for its first year. Revitalize Charter School will be located at 2235 Garner Road.

Residents can enter a free lottery for a spot by applying to the school here: www.revitalizecharter.org/enroll/ Make sure to get your application in by March to be considered!

Youth Education and Advocacy Association

YEAA helps to ensure that students are afforded an equal education. This program helps by providing tutoring, in Math, Science, Social Studies, and English as a Second Language. These programs are student-centered and aim to engage students while effectively teaching the necessary material.

To take part in this completely free program, apply by February 7th here: www.tinyurl.com/eepestudents

Coming Soon - Desktop Computers

The City of Raleigh is partnering with AT&T, Kramden Institute and Citrix Inc. on a wonderful opportunity to provide desktop computers to residents who do not currently have a reliable computer in the home.

Volunteers will help setup the computers that residents receive. This opportunity will be offered to a few neighborhoods at a time, so make sure to keep an eye out for their flyers!

