



Resident Newsletter November 2022

KEEPING UP WITH CURRENT TOPICS

Winter Thermostat Recommendations

Is your family constantly arguing over thermostat settings? Well put the family feud over thermostat settings in colder months on ice.

Everyone reacts differently to the weather and changing of seasons. The temperature outside can play havoc on our moods and might urge us to adjust the temperature by cranking up the furnace and getting under a warm blanket.

The truth is heating your home throughout the winter takes a lot of energy. Many families may want to find a way to reduce heating costs while still keeping the family toasty warm.

The best way to save energy and lower your monthly heating bill is to properly set the thermostat to keep your home's temperature at the right comfort level this winter.

RHA recommends that residents consider the following when adjusting thermostats this winter:

Set your thermostat no higher than 68°Fahrenheit. This may seem low to some, but there are benefits to this setting.

Turn your thermostat to a lower temperature at night. According to medical experts, our body temperature drops at night and a lower temperature may improve sleep.

Keep the heat running in some capacity while away from your home. Don't shut your furnace off entirely while away. This strains the system, causes more frequent need for maintenance, and can cause moisture issues or burst pipes. Keep your fan on "auto" and set it to no less than 50°.

Lower Temperature Settings Gradually. Try lowering your temperature settings by one

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degree each week. Eventually, you will become more comfortable

with a lower setting and benefit from reduced costs.

Co-Developer Selected

RHA is excited to announce that a co-developer team for the Heritage Park community has been selected!

RHA began the process of looking for a co-developer in August 2021. After a careful selection process, Brinshore Development and Raleigh Raised Development have been selected. We are eager to work with these partners to improve and expand this community.

Heritage Park residents will be invited to participate in the redevelopment efforts starting in the next few months by participating in the master planning process. Resident feedback is critical to the success of this project!

Current residents should continue following all parts of the Lease. Residents should not begin planning to move until receiving written notification from RHA. RHA expects the planning and financing process to take at least 12-months.

All current residents of Heritage Park who are in good-standing with their Lease and continue to meet minimum qualifications will

have the right to return to the redeveloped site.

Cost of Living Adjustments

The Social Security Administration has announced that they will be providing a Cost of Living Adjustment, aka "COLA", increase for 2023.

Increased payments will be made to more than 7 million SSI beneficiaries will begin on December 30, 2022. An 8.7 percent COLA will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023.

Many RHA residents currently receive either Social Security, SSI benefits, or both. If you are receiving a COLA increase, you should provide your Management Office with a copy of your new award letter. HUD requires that RHA these benefits as income and adjust rents if needed.

Addiction Resources

Cold weather months can seem bleak and lead to an increase in mental health and addiction issues. Researchers estimate that alcohol abuse makes up the majority of substance abuse in the U.S. As much as 37% of the population struggles with illicit

drug use and 12% struggle with both alcohol and drug use.

Hope does exist for individuals facing addiction issues. RHA partners with several organizations that address mental health and addiction struggles like Alliance Behavioral Health, Fernandez Community Center, and Southlight Healthcare.

Life after addiction isn't just possible... It's the norm! Recovery rates aren't the same for all people. How the body and brain respond to alcohol and different drugs can affect recovery. Research suggests they often thrive in long-term recovery, reconnecting with family and enjoying economic success.

If you or someone you know is ready for addiction treatment, please reach out to one of these resources. Everyone deserves help.

ALLIANCE BEHAVIORAL HEALTH

(800) 510-9132

www.alliancehealthplan.org/

FERNANDEZ COMMUNITY CENTER

(919) 900-7438

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

SOUTHLIGHT HEALTHCARE

(919) 787-6131

www.southlight.org/

Searching for a CEO

RHA's Board of Commissioners is in the process of searching for a Chief Executive Officer or "CEO". So what does a CEO do? The CEO will lead, manage, and grow RHA as the largest provider of affordable housing in Wake County. They will directly report to the Board of Commissioners and will advise the Board on the agency's mission, vision, community partnerships, housing development, resident programs, as well as diversity, equity, and inclusion efforts. RHA hopes to bring on a new CEO in the coming months and will make sure to keep residents informed of any hirings.



Virtual Career Fair

Raleigh is holding a virtual job and career fair on Tuesday, November 29th from 11:00 AM – 2:00 PM. This event is being offered by DiversityX and is **FREE** for all job seekers.

Step 1: Visit the event site and *Reserve Your Spot*:

<https://www.eventbrite.com/e/raleigh-job-fair-raleigh-career-fair-tickets-372397971357?aff=ebdssbdestsearch>

You will receive an email with your login credentials for the event.

Step 2: Before the event, you can view participating companies and available jobs. Schedule an interview to save time.

Step 3: Interview from your computer, tablet, or mobile phone!

Q1: Why should I attend the virtual job fair?

A1: Virtual job fairs are a convenient and efficient way to interview and network with dozens of employers in 3 hours. Whether you are actively seeking a new job or just looking to explore new opportunities, job fairs are a great way to meet with hiring managers from the comfort of your home.

Q2: How does the virtual job fair work?

A2: The virtual job fair allows you to interview virtually with employers through video, audio, and/or text chat. Once the job fair begins, you will have 3-hours to speak with employers in attendance.

Q3: How do I join the virtual job fair?

A3: You can join the virtual job fair by signing in to your account through the link sent to your email.

Q4: Do I need to be actively job searching to attend?

A4: No, although the job fair revolves around recruiting, it's also a chance for passive job seekers to explore new opportunities.

Resident to Resident Aggression

RHA would like to remind residents that there is a *zero-tolerance* policy on violence and aggression.

Fighting, brawling, and physical aggression are not tolerated and will result in Lease termination.

Residents who find themselves in this type of situation should immediately remove themselves in order to de-escalate tension. Signs of physical violence or fighting on RHA property should be promptly reported to both RPD and Property Management.

Make sure to take actions that will help keep you safe at all times!

Holiday Cleaning Tips

Let's face it, the holidays can be a time for fun and relaxation, but they are also the source of a great deal of stress. You may already be dreading the annual holiday clean. A full holiday house clean may seem like such an ordeal that you don't know where to start.

Follow these holiday cleaning tips to avoid a last minute rush to get your home ready for friends and family.

- Start early and don't procrastinate.
- Do things in order of importance. That way, if you really do run out

of time, the big things have been done.

- Your entryway is the first point of contact for all your guests. Wipe down your door and scrub or vacuum your doormat.
- Focus on making the kitchen look and smell nice. Start by scrubbing your stovetops and oven because you'll likely be using them to prepare food for your guests when the time comes. Don't forget to dust the lights, wipe down the counters, and flush the sink drains.
- Scrub down your bathrooms. Wiping the surfaces is not enough; give your bathroom a deep scrub down with a stiff-bristled brush.
- If your windows are looking dirty, that's the next step. Mix vinegar and water in a spray bottle and wipe down with a cloth for a no-cost home remedy.
- Recruit others to help! Your kids, family members, and friends may be able to lend a hand in this process.

Read-a-New-Book Month

Does cold weather make the idea of curling up with a good book especially appealing? Well then you're in luck because December is Read-a-New-Book month!



How can you make the most of Read-a-New-Book Month?

- Try reading a type of book you don't normally read. If you usually choose detective fiction, try a biography. If you love travel books, read a fantasy or some science fiction.

- Challenge yourself by reading a book on a topic you may not know much about: sample a cookbook, peruse a gardening text, or tackle a “how-to” book on playing a sport or using a new type of technology or social media.
- Grab a book for a child or friend. Might a toddler you know enjoy a board book with bright, easy-to-turn pages? Is there a classic story you loved that you’d like to share with someone?

Wake County public library provides a wonderful array of books and other services for free. So consider checking out or listening to a new book during December.

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 a 25 foot perimeter outside of all buildings.

Smoke free housing guidelines apply to all current and new residents, guests, employees, contractors and visitors.



2023 Open Enrollment

Need healthcare for 2023? Check out www.healthcare.gov by January 15th to apply for new health coverage or change your health plan for 2023. Enroll by December 15th and coverage will start January 1st. Avoid a gap in coverage by acting quickly to find a plan that meets your household’s needs and budget.

Holiday Bark Recipe

Looking for a simple and easy holiday recipe to make for your loved ones this year? Well try this salty and sweet Holiday Bark recipe!

Ingredients

- Saltine crackers (about 1 sleeve) to line a baking sheet
- 2 sticks butter
- 1 1/2 cups packed light brown sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups chocolate chips

Instructions

1. Place a rack in the middle of the oven and heat to 350°F. Line a rimmed baking sheet with aluminum foil. Arrange the saltine crackers in a single layer on the baking sheet.
2. Place the butter, sugar, salt, and vanilla in a 2-quart saucepan and bring to a boil over medium-high heat. Reduce heat to medium and cook for 3 minutes, stirring occasionally.
3. Working quickly, pour the hot toffee mixture over the crackers, spreading it so most of the crackers are completely covered.
4. Bake until the toffee is bubbling and both the crackers and toffee are beginning to brown, about 15 minutes.
5. Remove the pan from the oven and immediately sprinkle with the chocolate chips. Let the chocolate melt for 5 minutes, then spread the chocolate into an even layer.
6. Top with any other goodies like candies, pretzels, nuts, peppermint and more. Get creative!

7. Set aside to cool for at least 2 hours before cutting into pieces.

Resident Services

We are fortunate to have partners offering services and programs to RHA residents.

A list of resources that may benefit our residents can be found in multiple places including on RHA’s website here:

<https://www.rhaonline.com/public-housing/resources-for-residents/>

Questions about programs or other resources can be directed to RHA’s Resident Services Coordinator by email at dcruz@rhaonline.com or by phone at (919) 508-1202.

Diaper Train

Diaper Train provides FREE diapers for those in need of all ages. 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.

Holiday Cheer Program

RHA will not be spearheading the Holiday Cheer/ Toys for Tots programs this year. Residents interested in receiving toys should contact partnering agencies.

Catholic Charities

(919) 790-8533

Pride for Parents Wake

<https://www.pfpwake.org/>

Salvation Army

(919) 834-6733