

## Resident Newsletter March 2023

### KEEPING UP WITH CURRENT TOPICS

#### Remembering Lottie Moore

In January, the RHA family lost one of its long-time residents and biggest supporters - Ms. Lottie Moore.

Ms. Lottie had been an RHA resident since the early 1990's, making RHA communities her home. She used her many talents and passion for residents to improve the lives of all she mentored.

Originally studying under Ms. Jessie Copeland, Ms. Lottie was incredibly active in resident affairs and acted as the long-time president of The Oaks community and the Inter-Community Council.

Lottie loved improving her surroundings and was an avid gardener. Her green thumb and

keen eye for plants can be seen around the Oaks community.

She had a passion for spending time with her loved ones and family. She had a way of making others feel seen and cherished. The loss of Ms. Lottie will be felt by those around her for a long time to come.

#### New CEO Announced

RHA is excited to announce Ashley Lommers-Johnson as its next leader. Mr. Lommers-Johnson comes to RHA after serving over 10 years at the Housing Authority of the City of Everett, Washington. He also spent time with the Housing Authority of Baltimore City, King County and Seattle Housing Authorities earlier in his career.

Mr. Lommers-Johnson is committed to working with nonprofit partners to support and

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expand their affordable housing portfolios, especially permanent supportive housing. Everett's largest nonprofit housing developer, Housing Hope,

recognized Ashley as its Partner of the Year in 2021.

Mr. Lommers-Johnson's first day with RHA will be April 17th. He looks forward to forging new partnerships to confront Raleigh's growing needs for housing that is affordable for families across a broad range of incomes.

## Unauthorized Occupants

RHA has seen an increase in unauthorized occupants who have set up residency without prior approval. Please remember that RHA must screen individuals wishing to reside within the unit prior to moving in.

Heads of households should give thought to whether they wish to add a new family member prior to allowing someone house space. If residency is set up, even without management approval, they will be allowed certain civil rights.

RHA may not be able to trespass someone who has established residency by bringing in clothing and receiving mail. In order to be removed, the unauthorized resident would have to be taken to court.

As the lease holder, your household would be at risk for eviction if an unauthorized occupant is determined to be living in your household. Make sure to protect yourself and your household from this difficult situation.

## Tax Time is Here!



This year's tax season is already underway! Here are key

programs to help you access FREE tax preparation services and resources.

### IRS Volunteer Income Tax Assistance (VITA) Program

offers free tax help to people who generally make less than \$60,000, persons with disabilities, the elderly and more who need assistance in preparing tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

Raleigh VITA locations include:

#### Centro Para Familias / The Hispanic Family Center

2013 N. Raleigh Blvd  
Raleigh, NC 27604

#### El Centro Hispano

421 Chapanoke Road, Suite 156  
Raleigh, NC 27603  
(984) 208-2158

### AARP Foundation Tax-Aide

provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Tax-Aide sites opened in early February. To ask for assistance, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 888-AARPNOW (888-227-7669).

## Heart Health Tips

Nearly 1 in 2 adults has high blood pressure yet only about 1 in 4 has

it under control. If left unchecked, high blood pressure can increase your risk for heart disease, stroke, heart failure, kidney disease, pregnancy complications, and cognitive decline.

Consider adding these heart health strategies in your life:

- **Learn your family health history** and let your doctor know about any risks.
- **Eat a healthy diet** filled with fruits, vegetables, whole grains and lean meats.
- **Move your body more** to keep up your strength and stamina.
- **Quit smoking.** Call 1-800-QUIT-NOW for free support.
- **Take medications as directed** and don't stop without talking to your doctor first.
- **Choose your drinks wisely** and try to minimize sugary, caffeinated and alcoholic beverages.
- **Monitor your blood pressure** and track your readings for future reference.

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

## Calling in Work Orders

Residents play an important part of identifying maintenance needs. RHA relies on residents to report all items observed that need repair. Residents should call the work order line at (919) 831-

6401 to report any known Maintenance work or needs.

When requesting a work order, make sure to clearly identify: who you are, your phone number, a detailed description of the issue, and the location of the issue. Residents only need to call once for each work order request.

If the call is placed after-hours due to emergency conditions, residents should stay at home and await for staff/plumber, etc. to arrive if safe to do so.

Residents being home allows someone to explain what happened and ensures staff and/or contractors have full access to the home after-hours.

RHA urges residents to use their best judgment and leave the unit if you feel it would be unsafe to stay in the home. If the item is a serious issue affecting health or safety, you should immediately report the issue to your Management Office as well.

## Developmental Disabilities Awareness Month

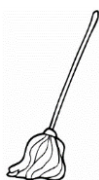
In February 1987, President Ronald Reagan officially declared March as National Developmental Disabilities Awareness Month (DDAM). This declaration was to help provide understanding, encouragement and opportunities for persons with disabilities.

Consider celebrating DDAM in a creative way including by:

- **Wearing orange**, the official color of DDAM.

- **Share images and stories on social media.** Help bring awareness to your social circle.
- **Read books** that feature main characters or authors with disabilities.
- **Attend or promote an event** that celebrates DDAM.

In March, we take extra steps to raise awareness about the supports and rights of the people with disabilities. Everyone deserves to be treated equally regardless of disability status.



## Housekeeping Importance

Safe and sanitary housekeeping are an important part of your home life. Residents should keep homes as clean as you are able. A clean home is a healthy home and benefits include:

- **Reduced stress and fatigue.** Keep your home clutter free and organized to reduce stress, fatigue and risk of illness.
- **Reduced allergy and asthma symptoms.** A cleaner home means better air quality.
- **Reduced safety hazards.** A clear walk way means less risk of tripping.
- **Reduced fire risks and hazards.** Clutter can act as a trip hazard, hasten the spread of fires, and limit rescuer's ability to get to you in the case of an emergency.
- **Reduced risk of spreading germs.** Aim to wipe down

surfaces daily and do a deep clean once a week.

- **Fewer bug and infestation issues.** Bugs can come from different places but are much harder to get rid of from messy homes.

Please remember that the Lease requires residents to report all known maintenance issues when they occur. Residents should not wait until inspection time to report an issue or request work orders.

**Make cleaning a family affair** by getting the kids involved! A clean and organized house is everyone's responsibility.

## Resident Resources

The following providers can be contacted by residents. Additional resources can be found at [www.rhaonline.com](http://www.rhaonline.com).

### Budgeting

*Consumer Education Services, Inc.*  
[www.cesisolutions.org](http://www.cesisolutions.org)

*Operation Hope*  
<https://operationhope.org/>

*Triangle Family Services*  
<https://tfsnc.org/>

### Diaper Assistance

*The Diaper Train*  
<https://www.saintsaviourcenter.org/get-help/diaper-train/>

### Domestic Violence Resources

*Interact of Wake County*  
<https://interactofwake.org/>

### Employment

*Jobs for Life*  
[www.jobsforlife.org](http://www.jobsforlife.org)

**NC Works**[www.ncworks.gov](http://www.ncworks.gov)**Raleigh Area Workforce Development**<https://capitalareancworks.com>**Step Up Ministries**<https://www.stepupministry.org/>**Food Resources****Wake County**<https://covid19.wakegov.com/food-resources/>**Friends of Wake Animals (pets)**<https://www.friendsofwakeanimals.org/no-empty-bowl-project>**Homeownership****DHIC Homeownership Center**<https://dhic.org/homeownership-center/>**Habitat for Humanity**<https://www.habitatwake.org/>**Mental Health****National Alliance on Mental Illness**<https://nami-wake.org/>**South Light**<https://www.southlight.org/>**Triangle Family Services**<https://tfsnc.org/>**Senior Citizens****Resources for Seniors**<http://www.resourcesforseniors.com/>**Utilities Assistance****Wake County Network of Care**<https://wake.nc.networkofcare.org/>**Wake County Schools Resources****Communities in Schools**<https://ciswake.org/>**Youth Programs****Saint Monica Teen Center**[www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)**Non-Discrimination**

RHA does not discriminate against any applicants, residents, employees, or contractors of its federally assisted programs and activities. Individuals will not be discriminated against due to protected class status (race, color, religion, sex, disability, familial status, or national origin).

RHA implements its nondiscrimination policy as required by the U.S. Department of Housing and Urban Development's (HUD) regulations and in accordance with Section 504.

Should you have any discrimination complaints in connection with RHA or its programs, they may be addressed by contacting Laura McCann, Special Assistant at:

Email: [lmccann@rhaonline.com](mailto:lmccann@rhaonline.com)

Phone: (919) 508-1304

Address: RHA, Care of Laura

McCann

900 Haynes Street

Raleigh, NC 27604

Furthermore, discrimination complaints may be filed directly with HUD.

**No Discriminación**

RHA no discrimina a los solicitantes, residentes, empleados o contratistas de sus programas y actividades con asistencia federal. Las personas no serán discriminadas debido a la protección de su estado de clase (raza, color, religión, sexo,

discapacidad, estado familiar u origen nacional).

RHA implementa su política de no discriminación según lo requerido por las regulaciones del Departamento de Vivienda y Desarrollo Urbano (HUD) de los EE. UU. Y de acuerdo con la Sección 504.

Si tiene alguna queja de discriminación en relación con RHA o sus programas, puede dirigirse a Laura McCann, Asistente Especial en: Correo electrónico: [lmccann@rhaonline.com](mailto:lmccann@rhaonline.com) Teléfono: (919) 508-1304 Dirección: Autoridad de Vivienda de Raleigh, Cuidado de Laura McCann

900 Haynes Street  
Raleigh, NC 27604

Además, las quejas de discriminación pueden presentarse directamente ante HUD.

**Coming Soon**

**SEEK Art Installations** will be coming soon to a few RHA properties. Residents will be involved in the process through the creation of the art. You may be asked to provide positive language, words, small images, etc. that will be compiled into pieces for display.

Arts Together teacher, Mr. Justin, will be leading the project titled "We ART a Village." Residents at installation communities should expect to get notices of art workshops in the coming months. We look forward to building community through visual arts!