

# The RHA IN FOCUS

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## HOW TO PROPERLY WEAR A FACEMASK

The CDC has recommended the general public to wear face coverings when in close contact with others or in public places. Wearing face coverings can help be a simple barrier for when the individual wearing the covering coughs, sneezes, talks, or raises their voice. These face coverings help reduce the spray of droplets when worn on the mouth and nose.

When wearing a face covering, make sure that it covers your nose and mouth area, wash your hands before putting on, make sure that it is secure under your chin, covers your nose and fits snug on the sides of your face. When taking off your covering untie the strings behind your head or remove strings from ears, hold only by the ear loops or ties, and fold outside corners together. Be cautious about touching your eyes, nose, and mouth during this and wash hands immediately after removing.

Cleaning your mask should be part of your new normal routine. You can wash it in the washing machine or by hand. When washing it in the machine, it's okay to include regular laundry and use regular laundry detergent. Make sure to look at the cloth type of the mask so you can choose the correct water temperature setting. If you decide to wash it by hand, follow these steps:

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- Prepare a bleach mix with 1/3rd cup of bleach per gallon of room temp water.
- Check the label to see if the bleach is marked for disinfection.
- Soak the face covering for 5 minutes.
- Rinse thoroughly with cold or room temp water.

For drying your face covering lay it flat to completely dry, do not put it in the dryer in case of shrinkage. If possible, place in sunlight.

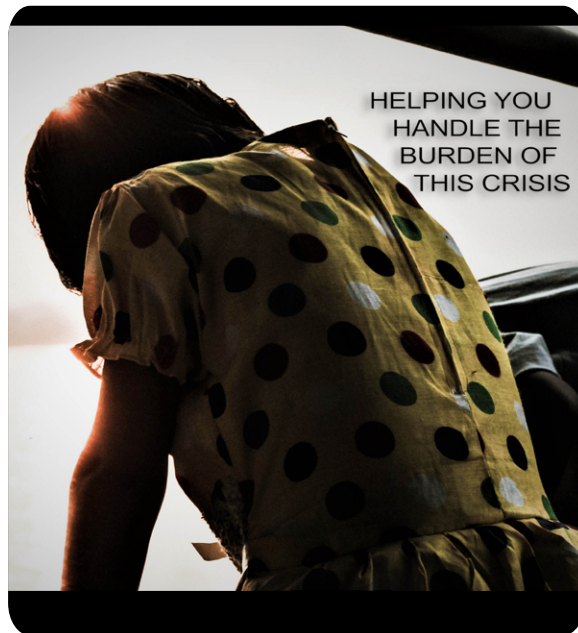
When choosing a mask make sure you measure it properly, here are some instructions:

1.Measure from the centerline of your face at your mouth to at least 1 inch (2.5 cm) past the outside corner of your mouth (you might want to ask a friend to assist you). The outer edge of the Mask should sit against your face at a minimum of 1 to 1.5 inches (2.5 to 3.8cm) outside the corner of your mouth. Make sure the mask covers your face from the bridge of your nose to below your chin. Your entire nose and mouth need to be covered.

2.Double the measurement you have taken and match to the best fit from the below:

LARGE-	5 inches (12.7 cm)	250lbs +
MEDIUM-	4.5 inches (11.4 cm)	150 to 249
SMALL	4 inches (10.2 cm)	100lbs to 145

Wearing a face covering is an essential factor in helping stop the spread of COVID-19. Individuals could have the virus and show no symptoms and still pass it on unknowingly while wearing the mask; you are protected from being infected and or spreading it. If we follow CDC guidelines and take social distancing and face coverings seriously, we can help end the pandemic of COVID 19.



## HELPING YOU HANDLE THE BURDEN OF THIS CRISIS

At this critical time, to protect your health, the health of your loved ones, and our staff, we will not be able to move out of RHA's Phase I plan at this time. For your well-being, and safety, The Rockford Housing Authority has committed resources to the creation of a Website page on the COVID-19 at the RHA website. We need your help to achieve this goal as we work to contain the spread of the novel coronavirus in our community.

Visit us at: <https://rockfordha.org/covid-19-resources/>

This is your important resource for help handling the burden of this crisis while we work together to lessen the burden on our families and friends. It includes links to resources that you may

need. These local and national resources provide information on the latest Covid19 updates, it also includes frequently asked questions, information for RHA human resources such as parenting, and counseling. We are eager to hear any additional suggestions from you about what would be helpful so we can add them to the site. You can email us on this page as well.

We appreciate your patience and cooperation during this difficult time for our agency and community. RHA offices will remain closed to the public at this time. However, all offices and development sites are fully staffed. Please contact your Property Management office with any issues, questions, or concerns.



## PLEASE NOTE:

All Emergency, Health & Safety issues will continue to be addressed for RHA residents.

In person meetings for RHA residents will be held on a case-by-case basis, upon request.

Our Human Services department will continue to deliver all services virtually and host any event outside, maintaining social distancing, and take all safety measures necessary to ensure suggested guidelines continue to be met.

Any meetings, or hearings that must take place in person, can be requested, and will be scheduled at the main office to allow for the proper safety precautions and/or measures.

The Rockford Housing Authority will continue to remain vigilant about the possible spread of this virus through person to person contact. The Rockford Housing Authority also believes that an informed person has power to make knowledgeable decisions. Our most powerful actions to remain afe as we move toward a new normal are to wear face masks, wash your hands frequently and practice physical distancing by maintaining 6 feet between yourself and others. We must also remember that there is a greater public health need. We are in this together, and together we can curb the spread of coronavirus.

**Please, stay safe and be well. Thank you, The RHA Leadership Team**



## DADDY DAUGHTER RUNWAY PROJECT, HUD STRONG FAMILIES

In light of the Strong Families Matter initiative with HUD, we would like to take some time to recognize all of the families in the Rockford Housing community, that take the role of raising children and providing a good life. Children are our future and deserve to have nurturing family's and neighborhoods. HUD has already had "Approximately 1,000 annual events hosted by Public Housing Agencies and Multi-family property owners." The impact of these events and this project helps "parents bond with their children while receiving impactful resources in a fun, festive atmosphere." RHA hosted the Daddy Daughter Project Runway Event that was on July 24th and 25th. We are focusing on the importance of the father-daughter relationship and creating an environment that makes lasting memories and builds a more reliable connection with the male role model in their life. HUD Strong families initiative is a mission to empower, strengthen, and improve families living in HUD-assisted housing communities.

## HUD STRONG FAMILIES CONSISTS OF THE FOLLOWING THREE PILLARS:

- Health: Nutrition, Fitness & Prevention; Mental Health & Addiction; Social Determinants of Health (Environment, Violence, etc.)
- Education: FAFSA & Post-Secondary Enrollment; STEAM & Digital Inclusion; Reading & Book Distribution
- Economic Empowerment: Job Training; Financial Literacy;
- Supportive Services.



## INTRODUCING THE RHA TV STATION

### RHA TV CHANNEL



RHA is excited to announce that we are launching new digital signage across our locations! This digital signage will be broadcasting breaking news, COVID-19 updates for our area, and weather advisories. The digital signage will deliver breaking RHA and community news, important RHA announcements in real-time.

The Rockford Housing Authority's digital signage goal is to engage more people with visual messages that are delivered instantly and reliably. This new approach to RHA communication which provides resident, guests, and staff viewers with relevant and essential up-to-date and timely RHA news content.

Effectively communicating health and safety protocols has proven lifesaving during this pandemic. Nothing is more important than keeping people safe. And in this case, keeping safe means staying informed.

One way that the RHA Leadership Team can both tackle casual transference and also make sure that staff and residents are kept aware of any changes in COVID-19 regulations or RHA company policy.

Why is RHA implementing digital signage? To help the way we live are new normal lives while still social distancing and staying healthy. This is a way that RHA can communicate with our residents, but still matins CDC guidelines. It is not just social distancing that needs to be maintained in the foreseeable future during RHA office hours -- the COVID-19 pandemic has also forced us to rethink our daily hygiene and made us more aware of touch and the potential spread of contagion.

The overarching goal is to transform the way RHA internally communicates, by running live, real-time data and RHA resident information that will help both residents and staff to react to important announcements and security alerts

Not only will this be showing news and weather updates, announcing board meetings, but also offering up to date resident services and opportunities, such as the Lifeorce Development Institute registration, and Family Self Sufficiency resources. We always want our residents in the know of what is going on in the community, and within RHA, the new TV Channel will help us better communicate with our residents, staff, and greater Rockford area. We are eager to share this new part of RHA with you and the community!

## RHA TV Channel

Breaking News  
and Updates

## FOURTH RHA DIRECTORS SPOTLIGHT WINNER 2020

DID YOU KNOW RHA SERVES  
MORE THAN 3000 YOUTH WITHIN  
OUR PORTFOLIO AND PROGRAMS.



The winner for July Director's Spotlight goes to Eunice Green! Eunice is an excellent asset to the RHA team; she is respectful, kind, and hardworking. Eunice is very dedicated to the Lifeorce Development Institute students and all the residents she comes in contact with. She is always ready to help the next resident, student, or co-worker that needs it. Ms. Green takes on any challenge and never complains. Eunice demonstrates all of the RHA core values and beliefs but exemplifies being resourceful and caring about her job and the people involved. Congratulations to Ms. Eunice Green!

### WHAT IS THE DIRECTOR'S SPOTLIGHT?

The Directors Spotlight is an essential way for folks in the greater Rockford area to learn about the fantastic work the RHA Team members perform daily. This acknowledgment involves recognizing something at the core of every employee: Their passion, which is the foundation of our Core Values.

### WHY IS THE DIRECTOR'S SPOTLIGHT IMPORTANT?

The Rockford Housing Authority Leadership Team believes in the genuine values of our organization. These values touch everything we do on a daily work basis. They consist of Ten Core Values, which are fundamental to us. They are the cornerstone of the Rockford Housing Authority. We put them at the forefront of every plan, event, and project we do, because we care about our employees, our residents, our strategic partners, and the greater Rockford community.

## FIFTH DIRECTORS SPOTLIGHT WINNER - TROY HADIE

Troy is a self-motivated and enthusiastic employee who holds himself accountable and instinctively recognizes the needs of our properties and clients and addresses those needs without hesitation. Throughout his 28-year career, Troy has served in several maintenance roles, but none more critical than that of the mentoring of our maintenance trainees.

Troy's overall maintenance knowledge, attention to detail, professionalism, and leadership skills make him the perfect coach and teacher to our maintenance team.

Through his guidance, our maintenance team has been elevated to a level rarely matched by others, providing the best quality unit and customer service to our clients.

We are proud to have Troy as a member of our team, and we look forward to his future at RHA.

TROY HADIE  
IMAGE HERE



## WHY DOES YOUR WASHING HANDS WITH SOAP FOR 20 SECONDS PROTECT YOU FROM COVID-19?

We heard it, we see it in the news, and wherever and whenever we use social media. Wash your hands! However, why and how does using soap or disinfectants in your home or office truly help protect us? The soaps we use contain a class of compounds or mixtures called surfactants, which can neutralize or counteract germs in our skin such as SARS-CoV-2 and other coronaviruses viruses. These really pry open the coronavirus particles. That is the cleaning power of soap and our weapon in fighting the illness. Detergent and soap are common cleaning agents made with surfactants that can prove to be our champion today. We all know that this virus is airborne and can fly out of an infected person from their nose and mouth, so that is why wearing a face mask covering your nose and your mouth is so important. Surfactants also dissolve the airborne particles ingrained on surfaces. Which then makes it really easy to wash off in 20 seconds or more. Are Soap and Detergent a Disinfectant? The Environmental Protection Agency (EPA) does not register soaps and detergents as a disinfectant. Although soap and detergent can inactivate some bacteria, they do not meet the requirement of killing 99.99% of germs to be considered a disinfectant.

As you may have already heard, the EPA has a list of approved disinfectants, sodium hypochlorite (bleach), isopropyl alcohol, or hydrogen peroxide. They are our partners to make our homes safe. This process is called denaturation. By denaturing the proteins in a living cell like this virus, it either disturbs cell activity or kills the cell completely. However, soap and detergent can breakdown the coronavirus species, including the novel COVID-19 virus and wash them away.

## HOW LONG CAN THE VIRUS LIVE ON VARIOUS SURFACES

Uncertainty about the ongoing COVID-19 pandemic overflows on social media, and misinformation and myths are increasing quickly. 'False' news about the virus is spreading more rapidly than the disease.

As you are fully aware, when someone who is infected coughs or sneezes, they send droplets containing the virus into the air, and a healthy person can then breathe in those droplets. However, as you may know, you can also catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes. This could be a contaminated roll of toilet paper, a doorknob, or even a plastic water bottle. Using a Nebulizer in an experiment, researchers puffed samples of the COVID-19 virus into the air and measured how long they could be detected in the air. The scientists found the virus could be detected for up to three hours in the air, and when it moves into an air exchange unit, it can progress rapidly about, as in the case of retail stores, bars and restaurants.

Continued research is ongoing into many aspects of COVID-19 and how we can protect ourselves and our loved ones. What many folks do not realize is how long it can live on various surfaces. The coronavirus can live for hours to days. Two critical studies have been published on this issue. Researchers tracked the virus' capability on different surfaces, discovering that its life covers a wide

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## HOW LONG DOES COVID-19 LAST ON SURFACES

1	Plastic		3-7 Days
2	Stainless Steel		3-7 Days
3	Copper		Up to 4 Hours
4	Paper		Up to 4 Days
5	Glass		Up to 4 Days
6	Card-board		24 Hours
7	Wood		Up to 2 Days

range of times. On copper, for instance, the virus survived just four hours.

## WHAT YOU CAN DO

To reduce your exposure to catching or spreading the virus, clean and disinfect common surfaces and objects in your home and office every day. This cleaning includes your countertops, tables, doorknobs, bathroom fixtures, phones, keyboards, remote controls, and toilets. The Lancet Clinic states that they detected a viable virus on stainless steel surfaces for up to 7 days. In this study, seven materials were tested, please see the infographic in this article. While there is no current study of the virus on food packaging, since many are plastic, paper, or cardboard, you may consider wiping them down with a disinfectant as well. Even restaurant take-out containers or grocery items, disinfect, and let them air dry. Once you get home, you can disinfect the soles of your shoes and avoid wearing them indoors.

## A KEY TAKEAWAY

All this being said, it takes time energy and patience during this pandemic. Patience is the key. Taking these kinds of actions will reduce stress levels and make you a happier, healthier person.

Be mindful and live in the moment. Finding hope in these uncertain times can be an empowering balance of the body, mind, and spirit. Be Safe, Be Well.

RHA Resources: for more information on COVID-19 safety. For the latest information, please visit the RHA Website.

EPA List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19) <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

The Lancet Clinic <https://www.thelancet.com/journals/lancet/home>

New coronavirus stable for hours on surfaces. The study [has been published](#) in The New England Journal of Medicine



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**LDI REGISTRATION** The Rockford Housing Authority is proud to support and recommend the Lifeforce Development Institute's Job/Career Readiness Skills-based training to both RHA Clients and Residents. The LDI Curriculum addresses the foundational skill gap in the workforce with a 12-week, hands-on learning program covering Job/Career Readiness Skills meeting the community's workforce goals. Registration is now open for the next semester! You can register at [Launchmyfuture.com](https://Launchmyfuture.com)



### NEW RHA BOARD OF COMMISSIONERS



**Commissioner Sandra Sigala** was born and raised in Rockford. She attended Boylan Catholic High School and Rock Valley College studying Art, Child Care, and Child Development. She worked many years in the banking industry and several with RPS 205. Currently, and for the last 15 years, Sandra has worked as a Journeyman Painter with Local 607. Sandra is an Executive Board member for Local 607 serving as Recording Secretary. She also serves as Secretary for Rockford Labor Day Committee and is a delegate for Rockford United Labor. Sandra serves as a Trustee for the regional chapter of LCLAA, Labor Council of Latin American Advancement. Sandra feels it is essential to be involved in the community and looks forward to her term as Commissioner on the RHA Board.



**Commissioner Jessica Wilson** is a born and raised Rockford native who also has strong family ties from Greenville, MS. Jessica is a graduate of Jefferson High School in 2005 and Rock Valley College in 2015. While attending Rock Valley College, she studied Criminal Justice and earned an Associate's in Applied Science Degree. She also obtained a Certified Nursing Assistant Certificate in 2009 at RVC and has served her community as a CNA for ten years. In July of 2017, Jessica moved on to become an employee for FurstStaffing Employment Agency. She worked as an Onboarding Specialist, where her job title was The Drug Test Administrator. She has worked for this company for the last three years learning many new skills. In Jessica's personal time, she enjoys spending time with her children and family. She loves to travel, watch a favorite TV show or movie, or enjoy a good book. She occasionally enjoys a night on the town and "Tuesday in the Gardens" at Anderson Japanese Gardens in Rockford.