

# Cedar Gardens Tenant Organization

*(A member of the Massachusetts Union of Public Housing Tenants – MUPHT)*

**November, 2020**

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**Sandra Green, President**

**Donna Denault, Secretary**

*REMINDER: Daylight Savings Time ends on Sunday, November 1, 2020,  
at 2:00 A.M. As we sleep, the clocks “fall back” one hour!*

## Holiday Wishes v5.0

We send our warm best wishes to all for a wonderful  
Thanksgiving and holiday season with family and friends.  
Or share the day with your neighbors.



## COVID 19 VIRUS PROTECTION

Please wear a mask when out and about in the community. You never know when someone you encounter might have tested positive. Wearing a mask protects you and others.



## FREE LUNCH!

The Natick Rotary Club is hosting a free box lunch for all Cedar Garden residents on Tuesday, November 10. Rotarians will personally deliver box lunches to your door observing social distance and mask regulations.

Please sign-up for a lunch delivery by November 5. Please call Jane at (774) 270-5059, and leave your name and unit number. You need to be home at time of delivery, between 11am and 12:30pm.



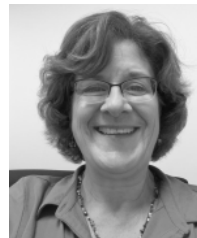
## FREE THANKSGIVING DINNER

A free traditional Thanksgiving dinner will be delivered on Thanksgiving Day (Thursday November 26) to every resident who signs up. Please make your reservation with Debbie Budd at (508) 647-6450. Sign-up by Nov. 5. You need to be home at time of delivery.



## **NEWSLETTER DISTRIBUTION NEEDS YOUR HELP**

We need volunteers to help with delivering the Newsletter. It's important that every resident has the opportunity to catch up on the latest community news. If you are able to help, please call Debi Henry at (508) 651-0256.



## **RESIDENT SERVICES COORDINATOR**

Jane Purser is our new Resident Services Coordinator. She is in the Housing Authority office on Mondays, Tuesdays, and Thursdays, and can be reached at (774) 270-5059. She recently sent out a list of updated Natick Resources. Jane will provide services to residents that can include assessment, and intervention if necessary; services for individuals to meet the resident's needs; and to assist and support the CGTO with programming, events, and learning/informative sessions. *NOTE:* Any discussions that a resident has with Jane will be kept strictly confidential.



## **COMMUNITY SENIOR CENTER**

Senior Center programs are available on TV or online by reservation only. Call the Center to reserve your spot at 508-647-6540. The Center sponsors the [Zoom Workout and Nutrition Program](#). It is available online.



## **EMERGENCY POWER AND LIGHTING**

At the NHA Board Meeting on October 8<sup>th</sup>, the need for Emergency Lighting Systems (ELS) for all buildings at Cedar Gardens and emergency generator power for some buildings where medical assistance is needed were brought up, and an update on these issues is expected at the next NHA Board meeting on November 12.

November 1 – All Saints Day  
November 2 – Deviled Eggs Day  
November 3 – Election Day  
November 4 – Common Sense Day

November 5 – Men Make Dinner Day  
November 6 – Saxophone Day  
November 7 – Chocolate Day  
November 8 – Tongue Twister Day



## PARKING

A Natick Housing Authority sticker is required to park your car anywhere in our community. If you don't have a sticker, you can obtain one at the Housing Authority office. Parking outside your door is permitted for a limited time. Example – to unload your groceries. This also applies to NO PARKING zones.



## RECYCLING

All recyclable material must be placed in approved recycling bins for pick-up. Recycling bins must be placed curbside no later than 7:00 AM on Mondays. (If Monday is a holiday, then Recycling is Tuesday.) Place bins curbside with the open end facing out, lid closed. There must be three feet of clearance on both sides and nine feet clearance above.

### Recycled Items Collected

- Paper: Newspaper, magazines, catalogs, junk mail, office paper, phonebooks, gift wrap (no foil wrap) and soft covered books.
- Waxed containers: such as juice and milk cartons.
- Cardboard: boxes and corrugated cardboard: cut up and flattened.
- Glass: bottles and jars.
- Steel/Tin: all cans bottle caps and lids.
- Aluminum: cans, foil, pie plates and food trays.
- Plastics: numbered 1 to 7 except Styrofoam. Look for the 1 to 7 symbols.
- **Prohibited**: Plastic bags, plastic wrap, hoses, wire, cables and other “tangles.”



## ISSUES FOR HOUSING BOARD MEETING

At the next NHA Board Meeting, CGTO President Sandra Green will bring up road conditions, sidewalks, and emergency power and lighting.

**“IN THESE TIMES” STRESS RELIEVER TIP #1 – BREATHE!**

You breathe every day. It may seem silly, but when we face anxiety, our body activates our sympathetic nervous system, which prepares us to fight, flee or freeze. Setting aside time to practice deep breathing - slow breaths in through the nose counting to four and exhaling for 4 counts - can be the easiest way to reduce stress. Intentional Breathing!



## **RECOGNITION**

Many thanks to the Maintenance staff for disinfecting the hallways on Tuesdays and Thursdays. When Maintenance does work for you, it would be appropriate to thank them. The men have responsibility for 480 units. They are understaffed and are only responding to emergencies. Other maintenance tasks will not be performed.

Thanks to Doug Street and Alan Ellman for maintaining the flower garden at the Community Center this summer.

Thanks to Debi Henry and Alan Ellman for their help composing the Newsletter.

## **MEMORANDUM OF UNDERSTANDING (MOU)**

A Memorandum of Understanding (MOU) was created for the Natick Housing Authority (NHA) and the Cedar Gardens Tenant Organization (CGTO) and was first officially signed by the NHA Executive Director, and the CGTO President in 2007. The "life" of this documents extends up to 5 years since the last signatures. The document "expires" in April 2021.

An MOU is a legal agreement between the NHA and the CGTO. Our MOU spells out the common understanding of the working relationship between the Cedar Gardens Tenant Organization and the Natick Housing Authority. The CGTO is financially supported by the NHA for their annual budget which is approved each year by the NHA Board. The MOU is an important document that helps build a working relationship and improves communication.

We are just beginning to put Team MOU together! Members of the team will individually review the current MOU noting comments, deleting text, re-writing suggestions, etc. All the comments and suggestions will come together and be assigned to 2 people who will deliver a working draft. Once all the information has been put together, the working draft will go back to the CGTO and the NHA.

After review, the tenant group and the NHA will come together by conference call and, with an agenda, negotiate the terms of the MOU. After changes, deletions, and additions, a review and approval of both the NHA and the CGTO will produce a final MOU that will be ready for signatures at the April 2021 NHA Board Meeting.

If you are interested in participating in the process to update our MOU, please contact Debi Henry, Cedar Gardens resident, at (508) 651-0256 by November 15, 2020.

*“Aging is an extraordinary process where you become the person you always should have been.” – David Bowie*

### **“IN THESE TIMES” STRESS RELIEVER TIP #2 – ACTS OF KINDNESS**

Now this may seem difficult in a time of social distancing or isolation, but it’s possible if you get creative. Email someone you know who may be alone and scared just to let them know you are thinking of them. Write thank you notes to the people who have helped you. Write positive messages on social media if you use it.

### **“IN THESE TIMES” STRESS RELIEVER TIP #3 – FIND A MANTRA!**

This is a short and powerful phrase that you relate to that you can easily think or say when anxiety spikes. Here are some good ones – and you can come up with some of your own!

- This is a marathon, not a sprint.
- Be where your feet are.
- I have endured (insert here... chemotherapy, brain surgery); I can weather this storm.
- Just for today - I’ll take things one day at a time.

And replace “but” with “and”... to shift negative self-statements:

- “But this is a terrible time” changes to “This is a terrible time, and we’ll get through it.”
- “But I’m so lonely” changes to “I am lonely, and I’m grateful for the connections I do have.”



**WHAT IN THE WORLD IS THIS?**

## WHAT IN THE WORLD IS THIS?



## JUST FOR FUN



**OK Cedar Gardens Residents! Here you go. Time for a little fun and some conversation on the phone. Even through COVID-19, conversations with another can help you not stress, and you can connect with them!**

### **The Great 8 “Would You Rather” (?) Questions**

1. Would you rather have 3 feet, or 3 hands?
2. Would you rather be able to only whisper, or be only able to shout?
3. Would you rather be able to freeze time, or be able to travel in time?
4. Would you rather live without music or without television?
5. Would you rather vacation in the mountains, or at the beach?
6. Would you rather invent a new gadget, or discover a new species?
7. Would you rather meet your favorite fictional character, or your favorite musician?
8. Would you rather be an unknown superhero, or a famous villain?

### **The Great 8 Questions about (?) YOU! (In case you are writing your autobiography!)**

**NOTE: Do not "overthink" these questions!**

1. Name 3 of your "pet peeves."
2. Do you have any skills or talents that most people don't know about?
3. If you could be anywhere other than here, right this minute, where would you be?
4. Go back to when you were 10-12 years old. What did you want to be when you grew up?
5. How do you want people to remember you?
6. Name 3 words that describe you.
7. What publications do you regularly read?
8. What are 3 causes that you care about?

### **The Great 8 Questions (?) To Learn More About You!**

1. Who is your hero?
2. What really makes you angry?
3. What is one (1) accomplishment that you are proud of?
4. What song would you sing on Karaoke night? (Yes, you have to. Pick one (1)!)!
5. Who is your favorite author?
6. Have you ever had a nickname? What is it?
7. If money was no object, what would you do all day?
8. If you could go back in time, what year would you travel to?