



NHA newsletter



February 2021

IN THIS ISSUE

Welcome to the NHA resident newsletter!

Our vision is for all residents to experience a sense of appreciation, security and a sense of belonging where they live and in their community. In our monthly newsletter we will share NHA news, resources, updates and important information.

Recertification Paperwork

Family Units/Forest Green

Please complete and send your recertification paperwork **immediately** to the main office if you haven't already done so.

Cedar Gardens Recertification

Please complete and send your recertification paperwork **by Feb. 16th**.

Please be advised - if your income changes throughout the year it must be reported to the office immediately.

Unemployment Verification

If you are collecting unemployment and or receive an enhancement check for \$300, you must declare it as income with the NHA. Please send

your documentation to the office. If your adult children are collecting unemployment this must be reported as income. **With holding income is a violation of your lease**



Introducing Rosse Arevalo

NHA, Maintenance Coordinator & Admin. Support



Rosse joined the NHA team in September. She is the new voice answering the phone when you call the office for work orders. All work order requests must be left on X200. Rosse's hours are 8:30am-1:00pm, Monday thru Thursday (508) 653-2971 x 200.

Vaccine Update

Residents and staff of public and private low income and affordable senior housing are included in the

first tier of Phase Two of vaccine deployment in the Commonwealth of Massachusetts, which is anticipated to begin mid to late February.

The Veterans hospital is currently giving out the COVID-19 Vaccine to veterans.

Executive Director's message

Hello to all Natick Housing Authority (NHA) residents! I am extremely excited about the launch of our NHA newsletter. We will be using this newsletter as a way to branch out and communicate with you better. My staff and I want to keep you posted with the most current changes in housing policies, regulations, community events and plenty of fun filled information. Our goal is to let you know what we know. So, stay healthy, stay safe and stay tuned! Thank you! *Randy Waters*

Boost your Grocery Budget

SNAP (formerly known as food stamps)



benefits allow you to purchase healthy food while stretching your grocery budget. As a SNAP participant, you will be enrolled in the Healthy Incentives

Program (HIP), which gives you back \$1 for each dollar you spend on eligible fruits and vegetables purchased from a HIP vendor (up to a monthly maximum). HIP authorized vendors are at the Natick Winter Farmers Market. Eligibility for SNAP is based on income, household size and certain expenses. Please call Debbie Budd at Natick Human Services, 508-647-6540, ext. 1906 with questions or to apply. "This institution is an equal opportunity provider".

Emergency Number

If you have a maintenance related emergency (i.e. flood, no hot water, no heat, toilet issue) Call **508-653-2971**, listen to the prompts and you will be directed to the correct message box. You may also call the after-business number: **508-270-7443**.

Lockouts are **NOT** considered emergencies; please consider making a lockout plan.

NHA Board Meeting

This month's Board Meeting will take place on Thursday, February 25th at 6:30pm. All residents are welcome to attend. The virtual meeting link is posted on the Town of Natick website.

President's Day

The Natick Housing Authority offices will be closed on Monday, February 15th in observance of President's Day.

Natick Rotary Pen Pals



The Natick Rotary and the Interact Middle School Youth Leadership Club

have offered to initiate a Pen Pal program with our residents. If you are interested in being a pen pal, via

email or regular mail, please contact Jane Purser jpurser@natickha.org or 774-270-5059

Winter Activities

Snow Removal Volunteers

Have trouble clearing snow off your car after a major snowstorm? You can now call either Nick or Pat, our two new volunteers, if you would like for either of them to clear your car of snow for **FREE**. Call Pat at **508-740-9949**.

****Residents are responsible for contacting volunteers for these services. There is no guarantee that the volunteers will be able to clean your car****

New NHA Website

Be sure to check out our new website. It has great resources and updated news. www.Natickha.org

Recipe of the month

Fast & Easy: Sheet Pan BBQ



Meatloaf Dinner

Prep Time
10 mins Cook
Time 35 mins

Servings: 2

Ingredients

VEGETABLES

- 1 sweet potato (about 1 lb.)
- 12 oz. frozen broccoli florets
- 2 Tbsp olive oil
- 1/2 tsp seasoning salt
- salt and pepper to taste

BBQ MEATLOAF

- 1/2 lb. ground beef
- 1 large egg
- 2 Tbsp breadcrumbs
- 3 Tbsp BBQ sauce, divided.
- 1/4 tsp smoked paprika
- 1/8 tsp garlic powder
- 1/4 tsp salt

Instructions

1. Preheat the oven to 400°F. Peel the sweet potato and cut it into 1/2 to 3/4" cubes. Place the sweet potatoes and frozen broccoli florets (no need to thaw) on a large baking sheet.
2. Drizzle the olive oil over the sweet potatoes and broccoli florets. Sprinkle the seasoning salt over the sweet potatoes and then season the broccoli florets with a pinch of salt and pepper. Use your hands to toss the vegetables until they are coated in oil and spices, keeping the sweet potatoes on one side of the baking sheet and the broccoli on the other.
3. Transfer the baking sheet to the preheated oven and roast the vegetables for 15 minutes.
4. While the vegetables are roasting, prepare the meatloaves. In a medium bowl combine the ground beef, egg, breadcrumbs, 1 Tbsp of the BBQ sauce, the smoked paprika, garlic powder, and salt. Work the ingredients together with your hands or a fork until they are well combined. Divide the meatloaf mixture in two and shape each half into a flattened oval.
5. After the vegetables have roasted for 15 minutes, remove the baking sheet and stir each of the vegetables. Push each off to the side a bit to make room for the meatloaves. Place the shaped meatloaves in the center and then spread 1 Tbsp of BBQ sauce over each loaf.
6. Return the baking sheet to the oven and roast for an additional 20 minutes, or until the internal temperature of the meatloaves has reached 160°F. Remove the baking sheet from the oven, plate up the meatloaves and vegetables, and serve immediately.

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