

Cedar Gardens Tenant Organization v1.1

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

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News You Want to Know – March 2021



The 2021 Natick Town Election is Tuesday, March 30. The last day to register to vote is Wednesday, March 10.



Annual Household Recertification. If you haven't yet filled out the forms, you are already late. Please complete them as soon as possible. When complete, drop them in the mail slot at the Natick Housing Administration Office or mail them to NHA, 4 Cottage St. Natick MA 01760. (Large envelopes will require additional postage.) Questions should be referred to the Natick Housing Administration office at 508-653-2971.



Don't forget to change your clocks on March 14! It's almost time to *Spring Forward* one hour! Daylight Savings Time begins Sunday, March 14 at 2 a.m. Set your clocks ahead one hour Saturday night before you go to bed. We "lose" one hour of sleep. If you remember the phrase, "*Spring forward, fall back,*" then you will be right on time!



All is well with our drinking water. Remember back in January when a "boil your water first" order was issued because of E.coli being detected in Natick's water supply? Natick officials say that the boil order issued on January 13 turned out to be the product of false-positive test results. Carry on, neighbors.



Happy Chinese New Year! The Year of the Ox! Although the Chinese New Year began February 12, it is said that for people born in the years 1913, 1925, 1937, 1949, 1961, 1983, 1985, 1997, 2009, and this year - 2021 will be a positive and productive year where they can reap the benefits of their hard work! 春节快乐



The COVID-19 virus is still with us. Remember these guidelines:

1. Wear a mask

2. Observe “social distancing” of at least 6 feet between you and others
3. Wash hands frequently for 20 seconds.
4. Exercise and look after your physical health
5. Reach out to others
6. Don't watch the news all day
7. Take moments during the day to breathe and relax



Snow-shoveling. Special thanks to residents who have helped their neighbors. Great job!



Community Center-Clubhouse Update. The situation is still fluid, because of the unknown course of the Covid-19 virus. For the time being, the previous rules will remain in effect:

- The Clubhouse is open from 9:00am to 4:30pm Monday thru Friday.
- The Clubhouse can only be used for the laundry card machine.
- No parties or events of any kind can be held there.
- The laundry is open at all times, day and night. (24/7).



Good news about Community Security.



- Security cameras have been installed in the Clubhouse.
- In the near future some parts of the complex will be getting additional outdoor lighting to fill in areas that are too dark at night.
- These improvements will increase security for all of us.



Laundry: Washers and Dryers. Please don't leave clothes in the machines after they are done. Other people want to use the machines. Each machine has a time-remaining display. Come back when your time is up. If you're not back on time, other tenants will have the right to remove your wash and place it on top of the machine.



Brain Healthy Nutrition (for computer users): Dr. Nancy Emerson Lombardo, in conjunction with the Boston University School of Medicine, shares important research-based information on foods that nourish both the body and mind. The video is now available on *YouTube*, or at her website <https://www.brainwellness.com>. There is also a PowerPoint presentation that can be downloaded at her site. Dr. Lombardo discusses food and dementia.

We end this month's Newsletter with a lovely poem by one of our neighbors.

Soon, Spring Arrives

By Phyllis Barrus

The air is "crispy fresh."
And clearly tuned for searching eyes.
Sun's rays now glint off melting snow;
Sunglasses, would be wise.
Each step I take, I sniff the air
In search of bud and bird.
I sense;— light-hearted, now,— I feel
As though,—somehow,—I've heard
A pressing message,— fed by pulsings,—
Callings from the earth,—
Affecting ev'ry living thing
And giving life rebirth!