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NHA newsletter



IN THIS ISSUE

Executive Director's message

Hello Everyone,

The spring is finally here for us all to enjoy. It feels good to be able to open the windows for some fresh air, take a carefree walk and look at the flowers and tree blooms. However, still have your mask available for the close or crowded encounter.

Things are starting to open-up little by little. That also means that the Housing courts will soon be holding eviction hearing for lack of non-payments. Please make all the effort to pay your outstanding balances and have your annual recertification in for processing. The Natick Housing Authority (NHA) runs/functions and operates from your rent payments. We understand that the past year has challenged us all. There are programs that might be able to help, so please reach out, our staff is here to assist. The NHA has no other option but to evict anyone for lack of payment as stated in your lease agreement. Our goal is to help and house people, let's work together.

Please join me on a virtual meeting Wednesday May 5, at 11:00 AM with an open forum to discuss any questions or concerns. Please join from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/809173933>

You can also dial in using your phone. United States (Toll Free): [1 866 899 4679](tel:18668994679). United States: [+1 \(571\) 317-3116](tel:+15713173116)

Access Code: 809-173-933

Thank you!

-Randy Waters



Happy Mother's Day to all moms everywhere, for everything you do!

Memorial Day - May 31st



Memorial Day
REMEMBER AND HONOR

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration on Day, it originated in the years following the Civil War and became an official federal holiday

in 1971. Unofficially, it marks the beginning of the summer season.

CEDAR GARDENS

Natick Board of Health – Blood Pressure Clinic in the Community Hall: 10AM-12:00PM, **Wednesday May 19th**. Sign-up sheet is on the bulletin board in the Community Hall or call Jane 508-653-2971 X 206 to make an appointment.

The Natick Rotary is hosting a **FREE Wegmans boxed Lunch** for all Cedar Garden & Coolidge residents **Saturday May 22nd 10:30AM-12:00PM**

Pick-up will be available outside the Community room or Rotarians will personally deliver boxed lunches to your unit. The sign-up sheet is on the bulletin board in the Community Hall or call Jane 508-653-2971 X 206 or Jpurser@natickha.org by **May 18th**. Please leave your name, address and pick-up or delivery choice. **Enjoy! Social distancing and masks are required.** Thank you **Natick Rotary!!**

Grab n Go Lunch: BayPath will provide a hot or cold Grab n Go lunch for pick up in the Cedar Garden Community Room, 2 days per week (Tuesday & Friday) from 11:30AM-12:00PM. A suggested voluntary donation of \$3.00 is requested, but not required. Applications are available in The Community Hall or call Jane Purser 508-653-2971 X 206

FAMILY UNITS

FREE FARM SHARES: *There are still a few shares available.* NHA is partnering with the Natick Community Organic Farm and providing 50 families with fresh, local and seasonal produce this summer. The shares will be available for pick-up on Wednesdays in the 4 Cottage Street parking lot. More details to follow. Please call Jane 508-653-2971 X 206 or email to sign up. jpurser@natickha.org

COOLIDGE GARDENS

Natick Board of Health – Blood Pressure Clinic in the Small Conference Room: 10:00AM-12:00PM, **Wednesday May 12th**. Sign-up sheet is on the bulletin board or call Jane 508-653-2971 X 206 to make an appointment.

The Natick Rotary is hosting a **FREE Wegmans boxed Lunch** for all Coolidge residents **Saturday May 22nd 12:00PM**. Pick up will be available outside the back door entrance or Rotarians will personally deliver boxed lunches to your door. The sign-up sheet is on the bulletin board or call Jane 508-653-2971 X 206 or [Jpurser@natickha.org](mailto:jpurser@natickha.org) by **May 18th**. Please leave your name, address and pick-up or delivery choice. *Enjoy!* Thank you **Natick Rotary!!**

NHA Community Raised Garden Beds – The 2 raised flower/vegetable beds behind the 72 S. Main Street building are ready for use. Residents from Coolidge are welcome to sign up for a share. Please contact Jane purser if you are interested.

Grab n Go Lunch: BayPath will provide a hot or cold Grab n Go lunch for pick up in the Front Sitting Room, 2 days per week (Monday & Thursday) starting May 10th from 11:30AM-12:00PM. A suggested voluntary donation of \$3.00 is requested, but

not required. Please drop your registration in the office mail slot.

Fire Safety Update

Just in case you are not aware, we have hired The Impact Fire Company to perform the annual inspections and maintenance services on all of the NHA's fire alarm systems. You may already have seen them on site in and around your apartment. The NHA takes your health and safety very seriously and will continue to make whatever changes necessary to provide a secured and safe environment. Please help and do your part. Please, **No smoking on NHA's property** and watch your food on the stove while cooking.

Unit Inspections

After a long hiatus due to COVID, inspections of all units will begin in July.

PREVENTION TIPS

The best way to keep drains clear is to limit what you put in them.

- Keep food, coffee grounds and grease out of kitchen drains.
- Put leftover food in the trash or compost heap, not the garbage disposal.
- Pour liquid grease into a sealable glass container or can. After it cools, put it in the trash.
- Keep hair and soap scum out of bathroom drains. Cover your tub and shower drains with a mesh screen or a perforated shower drain hair catcher. Either one will collect the hair and let the water run through.
- Brush your hair before you shower or take a bath. This process removes loose hair and keeps it from clogging the shower drain.
- Watch what you flush. Toilets are designed to handle human waste and toilet paper. Flushing dense,

stringy or bulky materials can cause a clog

- Dental floss, feminine hygiene products and other household waste should go in the trash instead.

Natick Service Council Food Pantry

The Natick Service Council's Food Pantry serves Natick residents who are clients of the Natick Service Council. Currently, the food pantry serves NSC clients by appointment only on Tuesday's from 10:00-1:00 and Wednesday and Thursday from 2:00-5:00. Each household can visit the pantry once per month, and the amount of food you will receive is based on your family size. The food pantry at the Natick Service Council is a choice pantry, which means you get to make food selections based on your dietary needs and preferences. During your monthly visit you can receive fresh fruits and vegetables, milk, butter and eggs, frozen meat, non-perishable goods as well as personal care items. If you are interested in using the pantry and are not yet a client, please call our office at 508-655-1791 to speak with a case manager. Case managers are available Monday-Thursday from 8:00-5:00

Let's Talk Natick

End of Life Planning

Any adult should have a Health Care Proxy designated in case of medical emergency. A HCP is the person you choose to make medical decisions on your behalf if ever a time comes where you are not able to speak for yourself. Who do you trust to make those decisions? Do they know what you want them to know? Please contact Lindsay at LQuillen@natickma.org

Natick Farmers Market every Saturday 9-1:00

The market is located either on the Natick Common or at the Common Street Spirituality Center (across the street from the southern side of the Common).

Natick Pharmacy Closed

All prescriptions transferred to CVS in Wellesley. Free mailing of prescriptions or \$8 same day delivery. 984 Worcester St (RT 9) (781) 235-3555. 7AM–10PM
Pharmacy: 8AM–8PM

Covid-19 Funeral Assistance

FEMA covering \$9000 of Funeral Costs for COVID-19 deaths

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. You can now call into the Funeral Assistance hotline to apply for the program.

844-684-6333

SNAP

Supplemental Nutrition Assistance Program (SNAP)

Eat Right Even When Money is Tight with the SNAP Program



A great way to stretch your budget and purchase the food you need

and enjoy is to sign up for the Supplemental Nutrition Assistance Program (SNAP). Eligibility is based primarily on income and certain household expenses. The recent stimulus payments and increase to unemployment benefits as a result of Covid are not counted in determining SNAP eligibility. Please call Debbie

Budd at (508) 647-6540 with questions or to schedule an appointment to complete an application.

SNAP – Supplemental Nutrition Assistance Program
"This institution is an equal opportunity provider"

Federal & State Tax Returns due May 17

This year taxpayers will have an extra month to file taxes. Instead of the usual **April 15** Tax Day, the Internal Revenue Service says taxpayers now have until 11:59 p.m. on May 17, 2021.

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

Recertification Paperwork

Family Units/Forest Green

If you have not already sent in your paperwork for recertification, please send it in **immediately**. Rents will be retroactive to April 1st.

Cedar Gardens Residents

Please send in your recertification paperwork **immediately**. New rent packages will go out the end of May, effective July 1st.

Unemployment Verification

If you are collecting unemployment including an enhancement check you must declare it as income with the NHA. Please send your documentation including a history of all new and reopened claims 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.**

Emergency Number

For maintenance emergencies (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** emergencies; please make a lockout plan.

NHA Board Meeting

Thursday, **May 13th** at **6:30pm**. All residents are welcome to attend. The virtual meeting link is posted on the Town of Natick website.

QUICK - Resource list

Natick Housing Authority: (508) 653-2971. www.natickna.org

Natick Service Council/Food Pantry: (508) 655-1791

www.natickservicecouncil.org

Natick Community Senior Center: 508-647-6540

Natick Health Department: (508) 647-6460

Natick Police Department: (508) 647-9500

Natick Fire Dept (508) 647-9550

Recipe of the month

Best Tuna Casserole



This is a tuna casserole that even picky eaters love! The potato chips give the casserole a

crunchy crust.

Prep: 15 mins **Cook:** 20 mins

Total: 35 mins **Servings:** 6

Ingredients:

- 1 (12 ounce) package egg noodles
- ¼ cup chopped onion
- 2 cups shredded Cheddar cheese
- 1 cup frozen green peas
- 2 (5 ounce) cans tuna, drained
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- ½ (4.5 ounce) can sliced mushrooms
- 1 cup crushed potato chips

Directions:

Step 1 Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.

Step 2 Preheat oven to 425 degrees F (220 degrees C).

Step 3 In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Step 4 Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

Nutrition Facts Per Serving:

595 calories; protein 32.1g; carbohydrates 58.1g; fat 26.1g; cholesterol 99.2mg; sodium 1061.1

www.allrecipes.com

Enjoy!

May Word Search Puzzle

I T H T W O R G I S U N C C H
 E R S Y A D E N O Y T R I H T
 Y A D Y A M T S A I N H N O N
 A W T H I E U M N O N T C H O
 D O F N Y R G M R A Y G O O M
 A T I Y U L N I O T S N D A H
 I E L A G N I T H G I N E M T
 R S T D E B M L T N A U M W F
 O T P S I T O S W I P R A O I
 T B A R B L O Y A N N R Y A F
 C M E E I D L M H E M A O F T
 I E R H M N B A I D A R O M A
 V N G T O D G D S R E W O L F
 M E M O R I A L D A Y E S S O
 F S E M E R A L D G P R I N G

BLOOMING

CINCO DE MAYO

EMERALD

FIFTH MONTH

FLOWERS

GARDENING

GEMINI

GROWTH

HAWTHORN

LILY

MAIA

MAYDAY

MEMORIAL DAY

MOTHER'S DAY

NIGHTINGALE

SPRING

TAURUS

THIRTY-ONE DAYS

VICTORIA DAY

WARM