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NHA newsletter



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JULY 4th FACTS

The Declaration of Independence Wasn't Actually Signed in July

On July 4, 1776, Congress officially adopted the Declaration of Independence, but it actually wasn't signed until almost a month later. When the declaration was officially approved on July 4, John Hancock and Charles Thompson (president and secretary of the Continental Congress) signed the draft that day. But the official copy wasn't signed by all 56 signers until August 2, 1776.

Fireworks Were John Adams' Idea

When John Adams wrote that letter predicting an annual Fourth of July celebration, he specifically called out one iconic tradition: fireworks. He wrote that the holiday would be celebrated "with illuminations from one end of this continent to the other from this time forward, forevermore." According to the American Pyrotechnics Association, Americans spend \$1 billion on fireworks each July. That's a lot of fireworks!!

The First Fourth of July Was Celebrated in 1777

When the Declaration of Independence was finalized in July of 1776, future president John Adams wrote a letter to his wife Abigail, saying he expected the date to become an annual celebration in America—and he was right. In 1777, the first Fourth of July was celebrated with fireworks and parades.

Massachusetts Was the First State to Declare July 4 an Official Holiday

Although the holiday wasn't made an official nation-wide holiday until 1870, the state of Massachusetts has recognized the holiday since 1781. Several months before America won the Revolutionary War, Massachusetts declared the Fourth of July an official state holiday.

CEDAR GARDENS

The Community Room is now open. Please protect yourself and others by continuing to wear a mask and safely distance from one another. Enjoy the open doors and take care of the community room.

Please do not to leave diapers and garbage in recycle bins. They should be placed in the trash.

Resident Services Coordinator Office Hours:

Jane Purser will be in the Cedar Gardens Community Room office on Tuesday mornings from 10AM-12:00PM to assist residents with connecting with local services. Stop in and say hello.

FAMILY UNITS



We hope our youth enjoyed the special ice-cream treat from the Ice Cream

Truck. It was fun seeing everyone. Happy Summer!

The Natick Rotary kindly built 2 "little Libraries" that will be placed in our neighborhoods.



A Little Free Library is a free book-sharing box where anyone may take a book or share a book. They function on the honor system. You do not need to share a book in order to take one. If you take a book or two from a little library, try to bring some to share to that same library, or another in your area, when you can.

COOLIDGE GARDENS

Natick Board of Health – Blood Pressure Clinic in the Small Conference Room: 9:30AM-11:30AM, **Thursday July 15th**. Sign-up sheet is on the bulletin board or call Jane 508-653-2971 X 206 to make an appointment.

NHA RESIDENT SURVEY

Please complete the survey included in the June newsletter and return it to the NHA office. This will help in planning and organizing events for our residents. Please be sure to indicate if you would like to help organize an event.

PARKING RULES

Please Park in designated spots (driveways and parking lots) not on the grass/lawn.

NO DRIVING IN FIRELANES or SIDEWALKS BEHIND BUILDINGS
This is illegal and dangerous.

MOBILE FARMER'S MARKET

The Natick Service Council (NSC) is pleased to announce the beginning of their **Mobile Farmer's Market** for their clients. They will be visiting various location in the van to distribute fresh fruits and vegetables, bread, eggs and milk. If you want to attend the market, please call the Natick Service Council (508-655-1791) to reserve a spot.

THE NSC is looking forward to visiting Cedar Gardens, Coolidge Gardens and Mill Street. They are providing this service to their clients. If you would like to be a client, please call and speak to a case manager". (508-655-1791)

PREVENTION TIPS

Please be aware of the number and type of items plugged into an outlet. Different appliances draw different amounts of power.

Plugging too many electrical items into one outlet can do more than just trip a breaker. There's actually a serious risk of an electrical fire if you overload a circuit with too many gadgets. Breakers and fuses detect the amount of current in the circuit and cut the connection if the current level gets too high.

SCAMS - BE AWARE

Scammers change their methods frequently. Please be aware and protect yourself. Here are a few SCAMS to be aware of:

Please all the Natick Police with any concerns. **(508) 647-9500**

- [Identity theft when people post a photo of their vaccination card on social media](#) - Don't post a photo of your vaccination card online. Scammers can see and steal your name, birthdate, and other personal information.
- [Charity scams](#) - Fake charities pop up during disasters. And scammers can also claim to be from real charities. Learn how to research charity claims and protect your money.
- [Checks from the government](#) - Scammers say they're from the IRS or another government agency. They ask for your personal information or try to charge you fake fees for getting your stimulus check or offer you a way to get the money early.
- [FDIC and banking](#) - People pretend to call from the Federal Deposit Insurance Corporation (FDIC) or your bank. They say

your bank account or your ability to get cash are in danger and ask for your personal information.

- [Grandparent and military service member scams](#) - A scammer pretends to be a grandchild or a military service member. They say they're sick or in trouble because of the coronavirus. They contact you asking to wire them money to pay for fake medical or travel expenses.
- [COVID-19 funeral assistance scam](#) - Scammers pretend to be from [FEMA's COVID-19 Funeral Assistance Program](#) and call to offer program registration to family members of people who have died from COVID-19. In this way, the scammers can steal the family
- [Prize scammers](#) try to get your money or personal information through fake lotteries, sweepstakes, or other contests. Many claim that you've won a prize but must pay a fee to collect it. Others require you to provide personal information to enter a "contest." These scams may reach you by postal mail, email, phone call, robocall, or text message
- [Phishing or spoofing](#) involves the usage of fake emails, text messages, or copycat websites to commit identity theft. Or, it can be used to steal personal information including credit card and bank account numbers, debit card PINs, and account passwords.
- **Security questions** are used to add an additional layer of security when validating a user's access to their accounts online. **In addition to authenticating the user, these questions can also be used to reset passwords and receive forgotten usernames.** Therefore, if a cybercriminal knows the

answer to a user's security questions, they will likely be able to access that account. Common security questions on websites may include personal details about the user (e.g., mother's maiden name, favorite color, or high school graduation year). To determine potential passwords or the answers to security questions, cybercriminals may research social media account information, online photos, or other publicly available information to discover information about the victim.

<https://www.usa.gov/online-safety>.

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

Recertification Paperwork

Family Units/Forest Green

For unresolved/signed April leases renewals, please send in your paperwork **immediately**. Rents will be retroactive to April 1st.

Cedar Gardens Residents

If you haven't sent in your signed and dated lease addendum, please do so as soon as possible. **Please sign and return all paperwork to the office.**

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.

NHA Board Meeting

Thursday, July 8th at 6:30pm. All residents are welcome to attend. The meeting will be in person in the Community Room at Coolidge Gardens.

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

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*

5 Tips to cope with 'reentry anxiety amid COVID-19

1. Decide what pandemic positives you want to hold onto

Though the pandemic caused enormous devastation on a global scale, it may have provided some insights into your personal life. Make a list of the positive things you've taken away from your

different lifestyle over the past year of the pandemic. What are some of the good changes and what do you want to maintain?"

2. Stay present and set boundaries
Along with starting small, mental health experts say to set boundaries focused on the areas of your life that you can control.

3. Start small

Allow yourself to reenter life slowly - with a dinner or social event here and there -- instead of jumping into a full calendar, experts advised. Focus on the present moment while cleaning, eating, walking or bathing. Focus on your breath and notice the sensations as you breathe in and out. The best way to keep our batteries charged is by fueling our brain through eating, sleeping and exercising.

Establish a structure that supports well-being includes boundaries, breaks and social connection."

4. Communicate what you're comfortable doing

Communication is so important because right now people are assuming about how you feel. Be respectful, set your boundaries and be clear about what feels comfortable for you and not," she said. You don't have to apologize for not being comfortable with something yet, you just have to be clear and respectful about it so you're not leaving them hanging.

5. Listen to and take care of your body

When you find yourself spiraling with anxiety, stop and listen to your body.

www.goodmonringamerica.com/wellness

RECIPE OF THE MONTH



TURKEY BURGERS

These are easy to make and delicious.

INGREDIENTS:

- 1 Tbsp Oil
- 2 Yellow Onions (peeled and finely sliced)
- 2 Apples (green)
- 1 Lb. Lean Ground Turkey
- 2 Tsp Dijon Mustard
- ½ Tsp Dried Thyme
- 1 Tsp salt
- ¼ Tsp Black Pepper

Directions:

1. Preheat oven to 350 degrees. Heat coconut oil in a large skillet over medium heat. Add onion and sauté for 30 minutes or until golden brown. If onion start to stock, add 1-2 tsp water and continue to sauté. Set aside when done.
2. Dice or shred apples into large mixing bowl.
3. Add Dijon mustard, thyme, salt and pepper in the mixing bowl and mix to combine. Then add your turkey and apple and mix well. Form into patties and place on a baking sheet lined with parchment paper.
4. Bake the burgers in the oven for about 10 minutes per side or until cooked to your liking.
5. Place burgers on a bed of lettuce or on a roll and top with caramelized onion.

ICE CREAM PIE



Very easy and a delicious summer dessert

INGREDIENTS:

- 1 Tbsp butter
- 1/3 cup chocolate chips
- 2 Cups Rice Krispies
- 4 cups (1 qt) any flavor ice cream

Directions:

1. Butter 9 in pie plate
2. Place chips in medium microwave-safe bowl. Microwave at medium (50%) 45 seconds or until hot; stir until smooth.
3. Add cereal to chocolate mixture, stirring until well coated; cool slightly.
4. Using back of spoon, press mixture evenly on bottom and up sides of prepared pie plate to form crust. Place in freezer for 15-20 minutes or until crust is firm.
5. Spread ice cream into crust. Cover and return to freezer until serving time. Enjoy