



WWW.NATICKHA.ORG

NHA newsletter



IN THIS ISSUE

From all of us in Natick Housing to all our residents: best wishes for a healthy and happy holiday season!

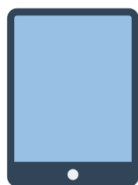
STAFFING UPDATES

Long time Elderly and Family Housing Coordinator Dot Wright is retiring at the end of December. Dot has worked with our residents for over 35 years. Dot's wealth of knowledge, caring heart and warm wisdom has touched many residents. Dot is a lifelong resident of Natick. She will be dearly missed. Please send cards or messages of appreciation to the office! We hope Dot will continue in the office part-time in a new role.



FREE COMPUTER TABLET

We hope to be able to distribute tablets by the end of December early January. Your name is still on



the list if you have expressed interest in the Tablets. They are coming soon! Please call Jane with any questions 508-653-2971 X206 or jpurser@natickha.org.

VACCINE BOOSTER CLINIC

Natick BOH will be hosting a booster clinic at Natick High Saturday 12/11. Pre-registration paperwork will be available in the Community Room on the bulletin board. No appointment necessary. Walk-ins welcome. The time of the clinic will be posted on the bulletin board when it is confirmed.

CEDAR GARDENS

We would like to connect with our Cedar Garden residents on **Dec. 14th at 11:00AM**. This is an opportunity to have an open dialog and ask the Director any questions. The meeting will be in the Community Room.

Caption Call informational meeting Dec. 13th. Cedar Gardens Community Room 1-2:30PM FREE CaptionCall phones are optimized for individuals with hearing loss. The unit uses voice-to-text technology, assisted by captioning agents and automated speech recognition, to transcribe your conversation so that other speakers'

words appear on your CaptionCall screen.

Tree removal will start on Dec. 13th. Many trees will be trimmed and cut down throughout Cedar Gardens. This is an ongoing project and will continue in the spring.

Washer/Dryer – Due to DHCD code violations we will be removing the washer/dryers from the units in Boiler rooms, Bldg. O, S and Y. The laundry room in the Community Center and across from the Maintenance Building will stay open. We are looking to provide additional laundry facilities onsite.

INSPECTIONS

You will receive notice a few weeks in advance with a list of regulations.

Inspection Schedule:

Building P and Q - December 14th

Resident Services Coordinator

Office Hours: Please stop in if you have questions about local services and or need support in any way. Jane Purser will be in the Cedar Gardens Community Room office on **NEW - Mondays, 1:00-2:30PM** and **Tuesdays, 10AM-12:00PM.**

FAMILY UNITS

We would like to connect with our Family residents through a call on **Dec. 16th at 11:00AM**. This is an

opportunity to have an open dialog and ask the Director any questions. We will talk about ways to save on your energy bills. If you would like to be added to the family email list, please send a message to Jane JPurser@natickha.org.

<https://global.gotomeeting.com/join/155493413>

You can also dial in using your phone. [1 877 309 2073](tel:18773092073)

COOLIDGE GARDENS

Inspection Schedule:

You will receive notice a few weeks in advance with a list of regulations.

January 11th and 18th

Holiday Party. If you are interested in joining others for some holiday cheer, please add your name to the sign-up sheet on the bulletin board.

Caption Call informational meeting Dec. 9th. Conference Room 11AM-12:00PM

FREE CaptionCall phones are optimized for individuals with hearing loss. The unit uses voice-to-text technology, assisted by captioning agents and automated speech recognition, to transcribe your conversation so that other speakers' words appear on your CaptionCall screen.

Parking Reminder

The 2-parking spots in the front of the building are for pick-up, drop off and short-term parking only.

There are plenty of spaces in the resident parking spot in the back of the building. Please be courteous to other Coolidge residents.

Resident Services Coordinator
Office Hours. **Thursdays, 10:00 - 11:30AM.**



GLOBAL FESTIVITIES IN DECEMBER

Take a look at the different celebrations taking place this month.

Hanukkah – Nov. 28-Dec. 6

The Jewish festival of lights typically falls during the month of December and commemorates the rededication of the Second Temple after it was looted by King Antiochus of Syria. It is celebrated for eight nights and days.

According to tradition, in the middle of the destruction, the people found enough oil to light the menorah, a candelabrum, but the supply lasted for eight days - enough time for more to be procured.

Bodhi Day - Dec 8

This is the Day of Enlightenment celebrating the day that the historical Buddha experienced enlightenment, while sitting under a tree. This date is celebrated by Buddhists across much of south-east Asia, including India, China and Vietnam.

Las Posadas - Dec 16

A celebration that takes place from December 16 to December 24, it re-enacts Mary and Joseph's journey to Bethlehem. It is celebrated chiefly in Latin America, Mexico, Guatemala, Cuba, Spain, and by Hispanics in the United States

Solstice - Dec 21

Officially the first day of winter in the astronomical calendar, the winter solstice is the day with the shortest period of daylight and longest night of the year.

Human Light - Dec 23

A humanist holiday, Human Light was first celebrated in 2001. It is designed to celebrate and express the positive human values of reason, compassion, humanity and hope.

Christmas - Dec 25

Christmas is a festive Christian season celebrating the Nativity of Jesus Christ, in most Western ecclesiastical traditions.

Kwanzaa - Dec 26

Celebrated from December 26 to January 1, it is a week of celebration held in the United States, honoring African heritage in African-American culture. Each of the days of the celebration is dedicated to one of the seven principles of Kwanzaa: unity (umoya), self-determination (kujichagulia), collective responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba), and faith (imani).

Boxing Day - Dec 26

Originating in the UK, Boxing Day is the day after Christmas Day. It started as a day to give gratitude for services rendered.

In Britain, it was a custom for tradespeople to collect "Christmas boxes" of money or presents on the first weekday after Christmas as thanks for good service throughout the year.

Hogmanay - Dec 31

The Scots word for the last day of the year is synonymous with the celebration of New Year. Hogmanay's origins go back to the celebration of the winter solstice among the Vikings with parties in late December. It normally lasts three days.

New Year's Eve - Dec 31

The last day of the Gregorian year is celebrated in the evening with social gatherings and festivities go past midnight into New Year's Day, January 1.

WATER SAVINGS

Please let the office know if you have a leaky faucet or toilet that continues to run. Constant running water is very expensive. Reducing the NHA water bill allows us to spend money in other areas of importance.

MOBILE FARMER'S MARKET

The Natick Service Council (NSC) Mobile Farmer's Market will be at Cedar Gardens on 12/20 (for Cedar Garden Residents) and at NSC on 12/6 (for households with family size 1-2) and 12/13 (for household with family size 3 or more) from 12-2:00PM to distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

January Dates: 1/24 (for Cedar Garden Residents) and at NSC on 1/3 (for households with family size 1-2) and 1/10 for household with family size 3 or more) from 12-2:00PM.

Pre-registration is required for one appointment per month to attend the market. Please call the Natick Service Council to make an appointment and or to become a client (508-655-1791).

LANGUAGE ACCESS POLICY

The Natick Housing Authority is committed to ensuring equal access to its programs and services by all residents, regardless of primary language spoken and English language fluency. We have contracted with International Translation Co. to provide language access for all our residents.

COVID BOOSTER

FDA authorized booster shots of the Covid-19 vaccine to all those age 18 and above who have received one shot of J&J at least 2 months ago or

two shots of Moderna/Pfizer COVID vaccine at least 6 months ago. To make an appointment, please call:

Walgreens 800-925-4733 to make an appointment.

Vaxfinder, the COVID-19 Vaccine Resource Line can help schedule appointments by **calling 2-1-1** and following the prompts for assistance (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM). The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available in approximately 100 additional languages.

Or visit vaxfinder.mass.gov for a full list of locations to receive a booster

WHAT ARE KIDNEY STONES?

Kidney stones are hard mineral and salt deposits that form in your kidneys. They can be as small as a grain of sand and you can pass it without even knowing. Or they could be as large enough to prevent a person from passing urine. Your kidneys are the main organ in your urinary tract and is responsible for creating urine.

Typically, there are natural chemicals within your kidney that dissolves salts and minerals. When there is a malfunction in the production of these natural chemicals, kidney stones can form.

While doctors are not completely sure what causes kidney stones, there are certain factors that can increase a person's risk for kidney stones.

1. **Lack of water.** Your kidneys need water to produce urine. If a person's water intake is low, this could lead to kidney stone formation.
2. Foods that are high in oxalate. In people who are prone to kidney stones, eating foods that are high in oxalate like rhubarb, spinach, beets, wheat germ and peanuts could increase the likelihood of kidney

stones. A doctor may thus advise that you restrict the intake of these foods.

3. Kidney stones can form in response to a urinary tract infection (UTI). If kidney stones are related to frequent UTIs, UTI monitoring pads may help
4. In some instances, there is a hereditary link to kidney stones. In these individuals there is usually an overproduction of the amino acid cysteine because of the disorder.
5. Obesity.
6. Digestive problems.

Symptoms of kidney stones in the elderly

The following symptoms are associated with the presence of kidney stones.

1. Sharp pains in the back, side, lower abdomen and groin
2. Pink, red or brown blood in urine
3. A constant need to urinate
4. Pain while urinating
5. Difficulty urinating
6. Cloudy or foul-smelling urine

In severe instances, these symptoms may be accompanied by

- nausea
- vomiting
- fever and
- chills

Any or a combination of these symptoms should be reported immediately to a medical professional or health facility.

It is especially important to note that if the kidney stones are being caused by an infection- usually indicated by cloudy or foul-smelling urine- not seeking medical attention could lead to sepsis.

Sepsis is a medical condition where an infection spreads into a person's blood stream.

Sepsis is especially difficult to treat and can lead to death.

<https://greentreehomecare.com/kidney-stones-elderly/>

COMMUNITY GARDENS

Apply now for a garden plot at the Erica Ball Gardens on the Coolidge Gardens property! There are 40 ADA accessible beds available. Apply online with Community Pass or in person at the Community and Senior Center at 117 E Central Street. Applications will also be available in the Resident Services Office. Low-cost beds are available for \$50. Gardening is from May 2022-September 2022. Please contact the Community Gardens Coordinator for more information 508-647-6400 ext. 2013.

RENT

Please be advised rent is due on the 1st of the month and late after the 7th. Please pay your rent on time.

VEHICLE/PARKING RULES

All vehicles should be registered, insured, operational and have a NHA sticker. If you need a sticker, please come to the office with your registration. Please advise your guests to not to park in resident designated parking spots. Guest parking is available near the community hall (center spots) and along Cedar Terrace near the Maintenance garage. Please be courteous to other residents.

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.

NHA Board Meeting

6:30pm Thursday, December 9th. All residents are welcome to attend. The meeting will be in person in the Coolidge Gardens Community Room. Masks required.

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 Police Department: (508) 647-9500

Natick Fire Dept (508) 647-9550
NHA 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. Be sure a neighbor or friend has an extra key.

RECIPE OF THE MONTH

BUTTERNUT SQUASH SOUP



DESCRIPTION

All-time favorite Butternut Squash Soup recipe! It's super-easy to make, naturally gluten-free and vegan, and so incredibly cozy and delicious.

INGREDIENTS

- 1 tablespoon olive oil
- 1 white onion, peeled and diced
- 4 cloves garlic, peeled and minced
- 2 cups vegetable broth
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3-4 lb) butternut squash, peeled, seeded and diced
- 1 sprig fresh sage

- 1/8 teaspoon cayenne
- pinch of ground cinnamon and nutmeg
- 1/2 cup unsweetened coconut milk
- salt and black pepper, to taste
- optional garnishes: extra coconut milk, smoked paprika, or see more ideas above

INSTRUCTIONS

1. **Sauté the onion and garlic.** Heat the olive oil in a large stockpot over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally, until softened and translucent. Add the garlic and sauté for 1 to 2 more minutes, stirring frequently, until fragrant.
2. **Simmer:** Add the vegetable broth, carrot, apple, butternut squash, sage, cayenne, cinnamon and nutmeg and stir to combine. Continue cooking until the soup reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. **Purée:** Use a blender to purée the soup until smooth
4. **Season and serve:** Taste and season the soup generously with salt and pepper as needed. Serve warm, topped with your desired garnishes, and enjoy!

www.gimmesomeoven.com



