



[WWW.NATICKHA.ORG](http://WWW.NATICKHA.ORG)

## NHA newsletter



### IN THIS ISSUE

## WELCOME



Please welcome, Yusuf!

I am very pleased to announce

that we have added a new member to our NHA team. Yusuf Mohamed joined the administration team as our new Housing Coordinator. Yusuf is responsible for leasing units, rent collections, annual recertification and tenant correspondence. Helping us serve you better! Yusuf is looking forward to meeting and working with you all. - Randy Waters, NHA Director



## Happy summer! NHA BARBEQUE

for ALL Residents

**5-7:00PM**

**Wed. June 22<sup>nd</sup>**

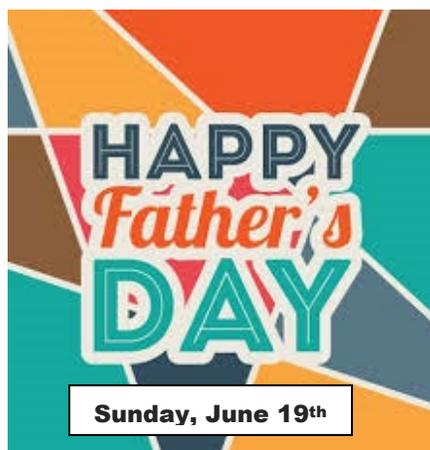
(Rain date June 24<sup>th</sup>)

**Outside Cedar Gardens  
Community Room,  
40 Cedar Ave.**

**The Natick Rotary will be grilling and serving. Come enjoy good food, music, ice cream truck and fun!**

**Please RSVP by 6/17.**

**Jpurser@natickha.org,  
sign up on community bulletin boards or call Jane, X206**



## COVID-19 Test Kits

**FREE** NHA has a limited supply of COVID-19 At Home Self-Test kits. Please stop by the office.

## Update-NHA OFFICE OPENING

The office reception area will be open to residents starting June 1<sup>st</sup> from 8:00AM to 4:30PM, Monday-Friday. Meetings with Housing

Coordinators are by appointment only. The drop box for all checks, mail and other documents will still be available 24/7.

## Please use PROPER TRASH BAGS

Warm weather is here. Please tie and close proper trash bags (not the thin vegetable bags). This will help keep the trash as clean and sanitary as possible. Thank you!

## COMMUNITY ROOMS OPEN

The Community Rooms at Cedar Gardens and Coolidge Gardens are now open for resident events. You must complete and submit to the NHA office an **Agreement Form**, (available on the NHA website and on the community, bulletin boards) along with a \$20 deposit. The NHA office will confirm availability of the requested date. No more than 20 people allowed. You are responsible for cleaning the room when finished.

## 12 THINGS TO ALWAYS REMEMBER

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time.

5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within.
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around comes around.

*Author unknown*

## CEDAR GARDENS Recertification

New rental amounts for 7/1/22 will be mailed out by June 1<sup>st</sup>. Please sign, date and return 1 copy of the lease addendum to NHA. You can mail or put in drop box. **Reminder.** If you haven't done so, please submit all annual recertification paperwork **immediately.**

**Mass Association for the Blind & Visually Impaired (MABVI) 10:30-11:30AM, June 7<sup>th</sup>** Community Room, Jerry Feliz, Access Technology Director will be sharing information on how to empower individuals to continue to lead full lives, whether you are experiencing vision loss or have been blind since youth. Vision rehabilitation, access technology training, volunteer help, counseling, and peer support services are comprehensive, cost-effective, high-quality services that are often life-altering.

### June Inspection Schedule:

All missed and reinspection's. You will receive notice a few weeks in advance with a list of regulations.

### Resident Services Coordinator

**Office Hours:** Mon., 1:00-2:30PM and Tues., 10AM-12:00PM.

Debbie Budd from Natick Human Services will be available on Tuesday,

June 14<sup>th</sup> during RSC office hours to answer any questions.

## COOLIDGE GARDENS

**Monthly Coffee Hour:** 9:30AM, June 6<sup>th</sup> **Pancakes!** Coolidge Garden residents - Let's get together for coffee and conversation in the Board Room.

**Coolidge Gardens Tenant/Director meeting** 11:00AM, June 9<sup>th</sup> in the Community Room. Please join us for a conversation and question time with the Director.

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

## FAMILY UNITS

**Please join us and celebrate the last day of school at the NHA Barbeque on June 22<sup>nd</sup>!**

## NATICK COMMUNITY



### Natick Commons Concerts Series

Each summer the Natick Recreation and Parks Department, along with local sponsors, hosts a series of concerts on the Natick Common. Grab a chair, pick up something to eat from one of our great restaurants and enjoy an evening with family and friends as the music plays.

### Thursdays from 7-9pm

June 30<sup>th</sup> - Eclipse  
July 7<sup>th</sup> - Classic Groove  
July 14<sup>th</sup> - Roy Scott Big Band  
July 21<sup>st</sup> - Los Goutos  
July 28<sup>th</sup> - Dose of Thunder  
August 4<sup>th</sup> - Southbound Train  
August 11<sup>th</sup> - 3 of a Kind

## Open Door is back!!

**New Location! Sons of Italy**  
37 Washington Ave. Natick

Every Thursday at 5 pm, starting April 7<sup>th</sup>. Free for Everyone!

Have dinner with friends and meet new ones. The MRTA bus will pickup residents and stop at the Sons of Italy on Thursdays. For questions call John or Joan 508-655-1708.



## MOBILE FARMERS' MARKET

Monday 6/6 at NSC (Households 1-2)  
Monday 6/13 at NSC (Households 3+)  
Monday 6/20 at Cedar Gardens to distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

**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).

### Brack Center: Excel and Word

**Classes:** You can find links to these videos on the Natick Service Council website:

[natickservicecouncil.org/brack-center-resources/](https://natickservicecouncil.org/brack-center-resources/)

If you would like to receive monthly emails with information about local job openings, career fairs, and more contact

[rvingsness@natickservicecouncil.org](mailto:rvingsness@natickservicecouncil.org)

### Harriet's Closet:

Spring and summer clothing are now stocked in the Natick Service Council clothing closet.

To make an appointment to shop at no cost to you call 508-655-1791

### School-Aged Parents:

Apply now for the free/ reduced price school lunch program. The current lunch program for all students will be ending for this school year and you have to apply in order for your

child(ren) to receive free/reduced lunch for the next school year.

## 10 TIPS FOR AN OLDER PERSON ABOUT PROMOTING A HEALTHY LIFESTYLE



1. Drinking water is a great way to make sure your body is receiving all the care it deserves!

**Stay hydrated.** As simple as this tip might seem, it's one of the most crucial. Every cell, organ, and tissue in your body is counting on water to help them work properly. In addition to drinking water, herbal tea and vegetable or fruit juices can supply a substantial amount of hydration. A simple start towards a healthy living for seniors!

1. **Read the nutrition facts labels.** Sometimes, food packaging can be deceiving. Make sure you take the extra time to look at the nutrition facts label at the grocery store when purchasing food. Pay attention to the serving size and how many servings you are eating. Also, if someone is sent to the grocery store on behalf of the senior, make sure they know of any dietary restrictions/recommendations that are specific to that person.
2. **Keep it colorful.** Have you ever been told that it's best to have more color on your plate? Think green, orange, red, and purple when it comes to veggies and fruit.
3. **Choose foods that are high in fiber.** To help control and

regulate the speed of digestion, choose the foods that are perfect companions in this area, such as: split peas, lentils, lima beans, black beans, artichokes, broccoli, peas, raspberries, brussels sprouts, avocados, blackberries, bran flakes, pears, pearled barley, whole-wheat pasta, and oatmeal. (You can also add flaxseed meal to smoothies, yogurt and baked goods to help with digestion).

4. **Remember to incorporate Vitamin D.** For aging adults, it's highly recommended to include Vitamin D in their diets, as it's important for muscle and bone function and preservation. It has been said that Vitamin D can assist in fall and osteoporotic fracture prevention, leading to less visits to the emergency room. Vitamin D can be obtained through supplements, food, and a little old-fashioned exposure to sunlight. Incorporating calcium-rich foods (including dairy, nuts, leafy greens and fish) into your diet helps to build and protect your bones.



5. **Limit sodium intake.** Hypertension (high blood pressure) can be lowered or avoided by consuming food that is lower in sodium, such as fresh or frozen fruits, dry beans, unsalted nuts, grains, brown rice, and oats. Be careful when eating out, as some restaurant-prepared meals can be loaded in sodium without you knowing it.
6. **Don't rush.** There are many studies that show eating slowly can be beneficial to the body. Think: smaller bites + slower

eating + more chewing = better digestion! Eating nutritious meals should be a marathon, not a sprint.

7. **Consider probiotics.** Gut health is important at any age. Some benefits of taking probiotics include increased levels of bifidobacteria, reduction of constipation, and enhanced immunity. Probiotics are available in foods, such as milk, juices, soy beverages and yogurt.
8. **Eat with a friend.** For seniors, it can be beneficial to combat malnutrition by eating with a friend or family member. In social settings, aging adults tend to eat more and make better food choices. Plus, laughter and conversation can make a meal much more enjoyable.
9. **Don't forget your Omega 3s.** Eating foods that are high in Omega-3s, such as fish and nuts, do wonders for the body. Not only is it known to decrease chances for heart disease and stroke, but they can improve general brain function, including memory and Parkinson's disease.

<https://www.thehelperbees.com/individuals/healthy-hive/healthy-living-for-seniors/>

**RENT** Please be advised rent is due on the 1<sup>st</sup> of the month and late after the 7<sup>th</sup>. 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 NHA office with your registration. Please advise your guests **to not 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 not on the grass/lawn. **NO DRIVING IN FIRELANES or SIDEWALKS BEHIND BUILDINGS** *This is illegal and dangerous.*

## NHA Board Meeting

6:30pm Thursday, June 9<sup>th</sup>. All residents are welcome to attend in person in the Coolidge Board Room.

## QUICK - Resource List

**Natick Housing Authority:** (508) 653-2971. [www.natickha.org](http://www.natickha.org)

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

[www.natickservicecouncil.org](http://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.

## RECIPE OF THE MONTH

### Strawberry Shortcake



This strawberry shortcake recipe is the classic, sweet biscuit-style shortcake - not the

pound cake variety. The cake is sliced in half and layered with juicy strawberries and whipped cream for a sensational summertime treat.

**Cook:** 20 mins **Total:** 50 mins

**Prep:** 30 mins **Servings:** 8

**Yield:** 1 8-inch round cake

### Ingredients

- 3 pints fresh strawberries
- ½ cup white sugar
- 2 ¼ cups all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons white sugar
- ¼ teaspoon salt
- ⅓ cup shortening
- 1 egg
- ⅔ cup milk
- 2 cups whipped heavy cream

### Directions

**Step 1** Slice the strawberries and toss them with 1/2 cup of white sugar. Set aside.

**Step 2** Preheat oven to 425 degrees F (220 degrees C). Grease and flour one 8 inch round cake pan.

**Step 3** In a medium bowl combine the flour, baking powder, 2 tablespoons white sugar and the salt. With a pastry blender cut in the shortening until the mixture resembles coarse crumbs. Make a well in the center and add the beaten egg and milk. Stir until just combined.

**Step 4** Spread the batter into the prepared pan. Bake at 425 degrees F (220 degrees C) for 15 to 20 minutes or until golden brown. Let cool partially in pan on wire rack.

**Step 5** Slice partially cooled cake in half, making two layers. Place half of the strawberries on one layer and top with the other layer. Top with remaining strawberries and cover with the whipped cream.

<https://www.allrecipes.com>

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ANTS  
 AUGUST  
 BARBECUE  
 BASEBALL  
 BEACH  
 BEES  
 BICYCLE  
 BLUE SKY  
 BOATING  
 BREEZE  
 CAMPING

FISHING  
 FLIES  
 FLOWERS  
 GARDENING  
 GOLF  
 GREEN GRASS  
 HAT  
 HIKING  
 HOLIDAYS  
 HOT  
 ICE CREAM

JULY  
 JUNE  
 MOSQUITOES  
 NO SCHOOL  
 PICNIC  
 ROLLER BLADES  
 SANDALS  
 SKATEBOARD  
 SOCCER  
 SOLSTICE  
 SPRINKLERS

SUNBURN  
 SUNGLASSES  
 SUNSCREEN  
 SUNSHINE  
 SUNTAN  
 SWEAT  
 SWIMMING  
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 WASPS  
 WATER FIGHTS  
 WATERMELON