



WWW.NATICKHA.ORG

NHA newsletter



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FUN FACTS ABOUT THANKSGIVING

- The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had a Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F.

Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.

- There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

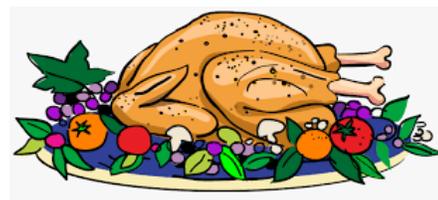


**Fall BBQ 12:00PM,
Saturday, Nov. 12th
Cedar Gardens
Community Room**

All residents are welcome!

The Natick Rotary, Spark Kindness, Keep Natick Beautiful and Amvets Natick volunteers are doing a fall leaf cleanup for the Natick Housing Authority properties. The BBQ will

follow the cleanup for the volunteers and our residents. The Natick Rotary will bring the grill trailer to cook and prepare food. Hamburgers/veggie burgers and hotdogs/rolls and chips. Please sign-up on bulletin board or call Jane 508-653-2971 X206.



Home Delivered Thanksgiving Dinner for Natick Seniors

Volunteers from Natick's Open Door and the Curtis family of Framingham will be offering home delivered Thanksgiving Dinners for **Natick Seniors**. If you would like a traditional Thanksgiving Dinner delivered to you, at no cost, on Thanksgiving Day, Nov. 24th, please contact Jane, 508-653-2971, ext. 206, by **Monday, Nov. 16th** to request your dinner.

Please note that you can request one dinner per household member with a limit of two meals per household, and you must be at home on Thanksgiving Day to receive the delivery.

SS/SSI Adjustments

Please save your SS/SSI Cost of Living Adjustment (COLA)

statement that will arrive in the next 1-2 months. This is needed for your next recertification. If you have other interim income changes always report it to the office, don't wait for recertification.

CEDAR GARDENS

Resident Services Coordinator

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

Tuesday Nov. 14th Debbie Budd from Natick Human Services will be available during office hours.

COOLIDGE GARDENS

Coolidge Potluck lunch. 12-1:30PM, Monday Nov. 21st Please bring a dish to share with your Coolidge neighbors and celebrate Thanksgiving. Signup on bulletin board. Please call Jane with questions. X206.

Resident Services Coordinator

Office Hours: Thurs. 10:00- 11:30AM.

FAMILY UNITS



It was great to see family members out for cider and donuts.

Family RSC Office hours: Thursdays 10AM-12:00PM in the Coolidge Small office. Jane is available to help families with local services and answer any questions.

WAYS TO WINTERIZE YOUR HOME ON A BUDGET

Keep the cold out, the heat in, and your energy bill down with these cost-effective tips for winterizing your home.

1. Remove window air-conditioner units and lock windows to prevent drafts.

Cost: 100% free if you do it yourself!

2. Clean Your Gutters

You've heard it before, but we can't stress this enough. Making sure that water can flow freely through your gutters now will help prevent icicles and ice dams from forming later.

Cost: 100% free if you do it yourself!

3. Clockwise Ceiling Fans

Ceiling fans are everyone's favorite summer budget-saver. But they can help in the winter as well! Have your ceiling fans move in a clockwise direction so they push hot air along the ceiling towards the floor. If they're going counterclockwise, they won't be as effective.

Cost: 100% free if you do it yourself!

4. Window Insulation Film

It may not be the most fashionable tip, but window insulation film can keep up to 70% of heat from leaking out of the windows. You won't mind the appearance when you're toasty warm in your house!

Cost: \$5 to \$15 per kit.

5. Draft Guards

In a drafty room, heat escapes under the door. When winterizing your house, place draft guards by the doors to prevent heat loss. It's a simple solution that keeps your house warm and saves you from wasting energy.

Cost: \$10 to \$20 or free if you place a rolled towel at the bottom of the door.

6. Replace Filters

Regularly changing the filters in your central air and heating system can significantly improve its efficiency and longevity, while easing the pressure on your wallet.

Cost: \$20 to \$35 for a pack of filters.

7. Weatherstrip Tape

Drafts and air leaks increase your heating costs, so make sure your windows and doors are sealed tight with weatherstripping. Simple, easy, and smart.

Cost: \$5 to \$10 per roll.

8. Just Caulk It

Any remaining gaps in siding, windows, or doors can be filled with caulk. For extra drafty windows and doors, caulk the inside too, pulling off moldings to fill all gaps in the insulation.

Cost: \$10 for a caulk gun and less than \$5 for a tube of caulk.

LEARN ABOUT LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Known commonly as Fuel Assistance, the Low-Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

The Low-Income Home Energy Assistance Program (LIHEAP) application is free. No fee is required to apply, and free help is available to complete applications. Beware of scams by people charging an "application fee". If you need help completing the application, contact your local service provider for free assistance. Weatherization Assistance Program.

SPARK Kindness is celebrating the fifth annual Kindness Week

Kindness Week

November 12-18, 2022



Join Us in Natick and Beyond!

Kindness has never been more important and Kindness Week is a time to shine a spotlight on the good that happens every day in our communities and to inspire people to SPARK Kindness through simple but powerful actions.

DOES Medicare pay for a new mattress?

In most cases mattresses Medicare will cover 80% of the cost of your new mattress and you will need to pay for the remaining 20%. The deductible will also apply, which is \$233 in 2022

Medicare considers prescribed adjustable beds, including hospital beds, as DME (durable medical equipment) and will cover the cost if a doctor certifies that a person needs the bed for use in their home.

However, there are different types of adjustable bed, and Medicare does not cover them all. For Medicare to consider an adjustable bed as DME, the bed must:

- be durable enough to withstand repeated use
- have a medical purpose
- be for use in a person's home
- have an expected lifetime of at least 3 years.

In general, doctors do not consider an adjustable bed useful or necessary for a person who is not sick or injured.

According to Medicare's definitions, lounge beds — whether manual or electrically powered — are not DME.

IMPORTANT UPDATES TO THE MONTHLY SENTINEL NEWSLETTER going digital in 2023

Starting with the January/February 2023 double issue, The CSC will begin emailing a digital version of the SENTINEL newsletter to all current members. They will continue to mail a printed copy to members **by request only**. Please call the Senior Center 508-647-6540 to request a paper copy or add your name to the sign-up sheet on the bulletin board.

NATICK COMMUNITY OPEN DOOR

Sons of Italy. 37 Washington Ave. Natick. Every Thursday at 5 pm, 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 508-655-1708.



MOBILE FARMERS' MARKET

NSC will distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

Mon., Nov. 7: Households 1-2 at NSC
 Mon., Nov. 14: Households 3+ at NSC
 Mon., Nov. 21: 12-1:30PM outside Cedar Gardens Community Room.

Natick Service Council schedules appointments one month in advance. Please call NSC the first week of November to make your December appointment; to have the best choice of days and times. (508-655-1791).

BRACK CENTER OPEN HOUSE Drop-in or make an appt to meet with a mentor to discuss your job search (resume, LinkedIn, interviews...) Open to all Natick residents at no cost!

NOV 17: 3-7

DEC 15: 11-3

NATICK SERVICE COUNCIL
 2 WEBSTER ST NATICK

For more information contact
 rvingsness@natickservicecouncil.org



10 Quick Stress Busters

from SPARK Kindness



Take a Deep Breath

Breathe in, and out



Superhero Pose

Stand with feet apart, fists on hips, chin up & tell yourself: "This is a challenge I can handle."



Name It To Tame It

Put words to feelings to make them more manageable (Dan Siegel)



Give Yourself a Hug

Cross your arms and squeeze (no one has to know!)



Take 5

Hold hand up, fingers apart

Trace fingers: breathe in going up, breathe out going down

Body Squeeze

Squeeze all your muscles as hard as you can, then relax



Triangle/Square Breathing

Trace the triangle: breathe in, hold, breathe out
 Trace the square: breathe in, hold, breathe out, hold

Wall Push-Up

Lean against a wall, lower body down & push up



Push Pull Dangle

Sit in a chair, hold sides of chair seat
 Push hard, pull hard, then let arms dangle

Nature

Go outside or look out a window

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, Nov. 10th

All residents are welcome to attend in person in the Coolidge Board Room.

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

QUICK - Resource List

Natick Housing Authority: (508)

653-2971. www.natickha.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.

RECIPE OF THE MONTH



Simple Pumpkin Pie

INGREDIENTS

- 1 (9 inch) unbaked pie crust
- 1 (16 ounce) can pumpkin puree
- 1 (14 ounce) can sweetened condensed milk
- 2 large eggs
- 1 teaspoon pumpkin pie spice or use ¾ teaspoon cinnamon and ¼ teaspoon ginger, allspice,

cloves or nutmeg, whatever you have! If you have two of the above spices, use ½ teaspoon cinnamon and ¼ teaspoon of whichever two spices you do have.

Directions

1. Preheat the oven to 425 degrees F (220 degrees C). Fit pie crust into a 9-inch pie dish and place it on a baking sheet.
2. Combine pumpkin puree, condensed milk, eggs, and pumpkin pie spice in a large bowl; mix until combined. Pour into the pie crust.

3. Bake in the preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue to bake until filling is set, 35 to 40 minutes.
4. Remove from the oven, set on a wire rack, and cool completely before serving. **Enjoy!**
5. <https://www.allrecipes.com/recipe/229932/simple-pumpkin-pie/>

H L E A V E S O X A W T L I O X N Z P K
 V J W L F E A S T M C E D Q T L A E F L
 Y H O O E Z N P Z E D T N I H Y C I E Y
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CELEBRATION
 FALL
 GOBBLE
 HOME
 NOVEMBER
 PILGRIM
 STUFFING
 TRADITION
 WISHBONE

CORN
 FAMILY
 GRATITUDE
 LEAVES
 PECAN
 PLYMOUTH
 THANKFULNESS
 TURKEY

CRANBERRIES
 FEAST
 HOLIDAY
 MAYFLOWER
 PIE
 PUMPKIN
 THANKSGIVING
 VOYAGE

