



WWW.NATICKHA.ORG

NHA newsletter



IN THIS ISSUE

FEBRUARY JOKES

1. When is the best outfit for February 2nd?
A tu-tu.
2. Can February march?
No, but April may.
3. Do you have a date for Valentine's day?
Yes, February 14th.
4. What month is the best for coffee?
Feb-BREW-ary
5. What is a frog's favorite month?
February. It has a Leap Year.
6. Which is the month in which a person would talk the least?
February, because it has the least number of days.
7. What's the difference between February 14th and July 4th to someone who is single?
There isn't any because they're both Independence Day.
8. What's for breakfast on really cold days in February?
Frosted Snowflakes.
9. What do you say on the last day of the second month?
February is ending today, but that's okay. We'll March on.
10. What month is the best month to tell a lie?
Fib ruary.
11. What do you say when someone dies between February 19 and March 20?
Rest in Pisces.

12. What is a ghost's favorite month?
Feb BOO uary.

Massachusetts Fair Market Rent for 2023

We understand it is hard to see your rent go up. NHA is one of the affordable rentals available. You must notify the office if your income goes up or down. Rent is based up on 28% - 30% of your household income. We are glad you are part of the NHA community. We hope you enjoy living here as well.

Massachusetts (MA) has the 3rd highest rent in the country out of 56 states and territories. The Fair Market Rent in Massachusetts ranges from \$1,223 for a 2-bedroom apartment in Springfield, MA HUD Metro FMR Area to \$2,635 for a 2-bedroom unit in Boston-Cambridge-Quincy, MA-NH HUD Metro FMR Area.

The average price for an apartment in Natick is as follows:

- Studio \$2025
- 1 BDR \$2,198
- 2 BDR \$2635
- 3 BDR \$3207
- 4 BDR \$3540



CEDAR GARDENS



Natick BOH will be administering home COVID Bivalent Booster shots
Tuesday, Feb. 7th, 1-4:00pm. Please call 508-647-6465 to book an appointment.

springwell KNOW YOUR OPTIONS

BEFORE YOU NEED THEM

Feb. 8th 1:00PM, Cedar Gardens Community Hall

Susan Cote, from Springwell Elder Services will be here to talk about:

- Services/resources/programs that support independent living in the community.
- The importance of making informed choices
- Benefit programs that can help with monthly costs.



Let's celebrate cultures from around the world. Please come and share food, traditions and or other items

representing your culture. Sign-up on the bulletin board to help at a table. **12:00-1:30PM, Feb. 15th**. Cedar Gardens Community Hall. Call Jane with any questions 508-653-2971 X 206.

FREE Grab n Go Lunch: **NEW PICK-UP TIME** Tuesday from **10:45AM-11:15AM**.

Cedar Gardens Recertification Packets
Please be sure to return your paperwork to the office by Feb. 17th

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

COOLIDGE GARDENS

For the safety of all our residents, if you are not expecting a delivery or visitor, please do not buzz open the door.

Valentine's Day Celebration with Judy Capone- 1:30-2:30PM, Monday, Feb. 13th Come enjoy a sweet and some music. Coolidge Board Room. Coffee and tea will be provided.



Resident Services Coordinator
 Office Hours: Thurs. 11:00-11:30AM

MassHealth Members visit www.mahealthconnector.org or call 1-877-623-773

Extra COVID Food Funds for Families ENDING March 2

Extra COVID Supplemental Nutrition Assistance Program (SNAP) benefits, known as SNAP Emergency Allotments, were created during the pandemic to help individuals and families buy food. These extra COVID benefits are the difference between a household's normal benefit amount and the maximum amount for their household size, with a minimum amount of \$95 a month. The benefits have been put on EBT cards at the beginning of each month. Since March 2020, Massachusetts has elected to utilize this temporary benefit program that was made available under the Families First Coronavirus Relief Act.

Recent action by the federal government (through the Congressional Consolidated Appropriations Act 2023) ends the extra COVID SNAP benefits as of February 2023. **This means that Massachusetts households will receive their last extra COVID SNAP payment on March 2, 2023.**

The state has **launched a new website: Mass.gov/ExtraCOVIDSNAP** to help residents plan for the end of these temporary federal benefits. Over the next several months, individuals and families should explore any optional expenses that may increase their normal SNAP benefits.

MassHealth members will soon need to renew their health coverage.



What you need to do now

- 1 Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.**
 If we are not able to contact you, your coverage may change or you may lose your coverage during your renewal.
- 2 Report any household changes. These include a new job, address, changes to your income, disability status, or pregnancy.**
 Update your information and report changes using your MA Login Account at www.mahix.org/ individual.

COMMUNITY news



CRAFT SWAP Event

FEBRUARY 7-9th

Drop off your extra/unused craft supplies at the library.

FEBRUARY 10-11th

"SHOP" for new free supplies

1. [How it works:](#)

- 1) Drop off any unused or unwanted craft items to the Morse Institute Library between Tuesday, February 7th and Thursday, February 9th.
- 2) Receive a ticket for early access to the Craft Swap (from 9-11 am on Friday, February 10th.)
- 3) Early access "shoppers" get first pick of what's available
- 4) At 11am the Craft Swap will open to the general public.

FAQ:

Do I have to donate a certain amount of stuff to get an early access ticket?

No, we don't judge. Drop off stuff, get a ticket! It's that easy.

Do I have to donate crafts in order to participate in the swap?

No, you will be able to "shop": from Friday February 10th at 11am through 4pm on Saturday, February 11th.

I have a couple of shoe boxes full of beads and metal wire. I don't have time to sort it all out. Can I just drop it off and be done with it?

We gently ask that all donated craft supplies have containers (i.e. please don't give us a handful of beads) and be clean and free of damage. These should be new or gently-used items you would like to find a home for.

Am I limited in how many craft supplies I can take?

No, there is no limit to the amount of free craft supplies you can take with you. The only thing we ask is to please be respectful to other folks who also might be interested in items, and to always be kind.

Will you have bags or containers on hand for me to put all my stuff in?

No, you will have to bring your own bags.

Mon., Feb. 13: Households 3+ at NSC
 Mon., Feb. 27: 12-1:30PM **outside Cedar Gardens Community Room.**
 Natick Service Council schedules appointments one month in advance.

Regular pantry hours Tuesday 10-2, Wednesday 2-5, Thursday 2-6.

Please Call NSC (508-655-1791) ASAP to book March Appointments!

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 Wednesday, Feb 15th
 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.

Please leave all general questions, work orders and emergencies during work hours on Ext. 200. Emergencies after hours, follow prompts to service.

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 Depart.: (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



Sloppy Joes Sandwich

 **Total Time**
 Prep/Total Time: 30 min.

 **Makes 4 servings**

- INGREDIENTS**
- 1 pound ground beef
 - 1 cup ketchup
 - 1/4 cup water
 - 2 tablespoons brown sugar
 - 2 teaspoons Worcestershire sauce
 - 2 teaspoons prepared mustard
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon salt
 - 4 hamburger buns, split

Directions

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the ketchup, water, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder and salt. Bring to a



MOBILE FARMERS' MARKET
 NSC will

distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.
 Mon., Feb. 6: Households 1-2 at NSC

boil. Reduce heat; cover and simmer for 15-20 minutes. Serve

<https://www.tasteofhome.com/recipe/sloppy-joes-sandwiches/>

HOMEMADE SLOPPY JOE TIPS

Do you drain the meat for sloppy joes?

We suggest draining the browned beef, because excess grease serves as a barrier to sloppy joe seasonings. You'll want the beef to absorb these wonderful flavors as it cooks.

How do you thicken sloppy joes?

If your meat mixture seems too thin after simmering for 15 to 20 minutes, cook, uncovered, until it reaches the desired consistency, stirring frequently. You could also try making a **thickening agent** by combining 1 tablespoon cornstarch and 1 tablespoon water. Stir into the filling towards the end of cooking time and simmer until thickened.

What can I add to sloppy joes?

1. Sloppy joes are excellent for sparking your creativity! Stir in chopped tomatoes, peppers, onions, green chilies or chipotle peppers in adobo sauce. You can even top the filling with pickles or a slice of melted cheese. To really ramp up your sloppy joe game, check out these **unique sloppy joe recipes** or any of these quick sloppy joe recipes.



Days/Events in February

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quarterback
interception
touchdown
boston cream
presidents day
genie
chocolate

valetines day
placekicker
maroon five
football
underwriters
oceanwide
affection

oscar night
defensive back
hugs
chinese new year
black history
rohit
cupid

george washington
national anthem
lemon meringue
groundhog day
super bowl
heartthrob