



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

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## DAYLIGHT SAVING

Daylight saving time will begin on Sunday, March 10 at 2

a.m. local time, when our clocks will **go ahead one hour**, part of the twice-annual time change.

## RECERTIFICATION PACKETS

Please return completed packets with **all** required paperwork to the office on a timely basis. Thank you to the residents who have already responded.

## 7 MYTHS ABOUT AGING & THE TRUTH BEHIND THEM

We all have thoughts about what it means to get older, but it turns out a lot of those ideas aren't really based on fact. These are a few of the myths about aging that we're glad to debunk.

### 1. Myth: You Can't Learn New Things as Well When You're Older

Yup, it's the old "you can't teach an old dog new tricks" adage, and it's so not true. In fact, learning new skills is one of the best ways to keep yourself in great shape cognitively as you get older. Whether it's taking a cooking class, playing a new board game, or

learning a whole new language, don't expect your ability to learn to slow down.

#### Fast Fact

Older people actually have better vocabularies than their younger counterparts. It's not just that they know more words (they do), but they also know how to use those words much more effectively in their communication.

### 2. Myth: Older Adults Should Avoid Working Out Too Much

As long as their doctor doesn't say otherwise, older adults can and should work out. In fact, it might be more important than ever.

The CDC recommends the same 150 minutes of moderate exercise and two days of strength training each week for adults over age 65 that it does for adults of any age.

#### Need to Know

Exercises to help improve balance as we age are important too, and can be an added goal to any regular workouts.

### 3. Myth: You Need Less Sleep as You Age

If your grandma was like mine, she could go to bed really late and get up really early and still manage to function well. Turns out that's the exception to the rule, though.

Most older adults need the same amount of sleep as adults of any age, but they may not get what they need.

This can lead to feeling less energetic and less joyful, so prioritizing sleep is crucial.

### 4. Myth: You Don't Need to Stay Busy as You Age

When you think about the stereotype of older people sitting in their rocking chairs and chilling, it seems like a hard-earned break after a lifetime of working in a career or the home. Not so fast (or slow).

Staying busy is actually associated with living longer and having a better quality of life. Whether it's through volunteering, caring for or spending time with grandkids, getting together with friends, or any other activity, keep some things on the schedule well after retirement to live your best life.

### 5. Myth: Older Adults Don't Care About Sex

One of the myths about aging is that older people don't have an interest in sex. While you don't see a lot of older adults hopping into bed together on TV shows or in movies, the real story is a lot more steamy. Two-thirds of adults over age 65 report being interested in sex, and over half of sexually active older adults have sex two to three times per month.

### 6. Myth: People Who Are Older Are Less Useful

As people age, there's no denying that their roles change. Retirement, kids getting older and leaving home, and life events can make older people feel

like they're not as useful when they're past a certain age. But the truth is, they're more useful than ever in so many ways. For example, almost a quarter of children under age five are regularly cared for by a grandparent. Add in volunteering, activism, mentoring, and more, and you've got a generation of crucially important people.

### 7. Myth: Everyone Gets Arthritis Eventually

While it's definitely true that the prevalence of osteoarthritis increases as you age, getting it is far from inevitable. Only about half of people over age 65 have osteoarthritis, and there's a lot you can do to minimize its impact if you do get it. Getting regular exercise (but changing up what you do to avoid repetitive stress) is a really good way to help avoid joint pain.

### Don't Listen to the Myths of Aging

The lesson here is that we really can't listen to the myths about aging when we're thinking about what it's like to get older. People do change and develop as they age (just look at how quickly kids grow up), but those don't have to be changes for the worse or even the changes we might expect. Today's older people are staying mentally and physically active. And though things might look a little different as we age, older adults are still a vibrant and crucial part of society.  
<https://www.lovetoknow.com/life/aging/myths-about-aging>

## CEDAR GARDENS

**Health & Wellness and Blood Pressure Clinic. Monday, March 11<sup>th</sup> 1:30-2:30pm**, Cedar Gardens Community Hall in the RSC Office. Come by and visit with Heidi Harper, Natick's Public Health Nurse. Sharps boxes are available for safely disposing of used needles. Dropoff full Sharps Box containers.



## CLOTHING BINS ACCEPT

**Located in the parking lot between S&W building on the hill and near the MWRTA shed by N building.**

**Clothes:** Pants, jeans, skirts, dresses, suits, shorts, shirts, tees

**Outerwear:** Coats, jackets, gloves, hats

**Footwear:** Shoes, boots, heels, sneakers, sandals

**Accessories:** Hats, belts, ties, scarves

**Please be sure all items are in bags.**

## CEDAR GARDENS TENANT ORGANIZATION (CGTO) ELECTION

**Thursday March 21<sup>st</sup>, 2-7:00pm**

**Cedar Garden Community Hall**

All residents are eligible to vote. If you prefer an absentee ballot, email

**Ben@massunion.org** by March 6<sup>th</sup>.

Voting will include President, Vice-President, Treasurer and Secretary positions.

The **CGTO Mission** seeks to be helpful and of service to all the residents as well as to the greater Natick community in general: to facilitate companionship, community and friendship among the residents to develop, organize and sponsor group events and activities: to build and maintain honest, positive, cooperative, non-judgmental, relaxed organization where all residents of

Cedar Gardens will find and express their common voice.

## Community Hall Library Coordinator

The CGTO is looking for a volunteer to straighten and organize the library in the Community Hall on a regular basis. If interested, please contact Sandra 508-907-7297.

**Memorial Service** will be scheduled to honor residents who have passed away over the last year. Date and time will be posted on the bulletin board.

## COOLIDGE GARDENS



### Coffee Hour

**9:30-10:30am Monday, March 18<sup>th</sup>.** Please sign up on the bulletin board.

## FAMILY NEWS

**COMING SOON Forest Ave Ext./Bennett Street neighborhood survey via email.** Please share your ideas regarding what you would like to see in the empty lot.

## COMMUNITY NEWS

### ELECTION DAY VOTING

The polls will be open on election day for the following hours:

- March 5, 2024: 7:00 AM- 8:00 PM, Presidential Primary
- March 26, 2024: 7:00 AM - 8:00 PM, Annual Town Election

<https://www.sec.state.ma.us/WhereDoIVoteMA/WhereDoIVote>

## AARP TAX PREP- FREE

**Feb. 8- April 4, 8:45am-2:30pm Natick Council on Aging Pre-registration required.**

IRS trained and certified AARP tax volunteers will be available to prepare your 2023 Federal and State Income Tax returns. Please call 508-647-6540 to make an appointment.

**Try Transit is ~~not~~ EXTENDED!**

MassDOT and the Legislature have reauthorized the *TriTransit Program for 2024!*

**MWRTA Fixed Route and Demand Response riders will have fare free options from January 1 - JUNE 30, 2024**

**Click here to learn how you can participate!**

*Catch Connect fares will remain \$2.00 per trip*

**OPEN DOOR** A community meal and social event at the Elks Lodge. 95 Speen Street, Natick (near Roche Bros.) This is on the MWRTA Route. Every **Monday** at 5pm. Free for Everyone! Donations welcome.



**Your hub for health and social services 1-844-528-6800**



Help with connecting you to the best

services for yourself or your family member.

- Mental Health
- Substance use
- Primary Health Care
- Social Services
- And more

To complete a form for more information go to:

[www.mwcareconnection.info](http://www.mwcareconnection.info)

Available in many languages.



**Natick Service Council**

Neighbors helping Neighbors

**2 Webster Street**

**MOBILE FARMERS' MARKET**

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

Mon., March 4<sup>th</sup>: Household 1-2 at NSC

Mon., March 11<sup>th</sup>: Households 3+ at NSC

Mon., March 18<sup>th</sup>: 12:30-1:30pm This pickup is outside Cedar Gardens Community Hall.

Natick Service Council schedules appointments one month in advance. (508-655-1791) Call ASAP to book the April farmers market and pantry appointments! You must be a client of NSC to access the mobile market.

**Regular pantry hours** Tuesday 10am-2pm, Wednesday 1-5pm, Thursday 2-6pm.

**Brack Career Development Center Walk-in Hours** – Thursday March 21<sup>st</sup> from 11am-3pm.

Drop-in or make an appointment to meet with a mentor to discuss your job search, resume and general employment goals. If you have a resume, make sure to bring that along. And don't worry if you don't have one!

**Notes from the Natick Service Council:**

Many of you may already be familiar with the Natick Service Council's services. In addition to the monthly Food Pantry (which includes the blue Natick trash bags, for those who have town pick up) and Mobile Market for fresh fruits and veggies, they also offer several other programs.

A few that may be of interest are:

- Fuel Assistance – NSC can help with the applications. Deadline to apply is April 30.
- Tutoring for kids – If your kids can use some extra help with tutoring, NSC can refer to Kids Connect for free tutoring.

- Birthday Program – For kids 10 and under, we will give a birthday present and party supplies
- Financial Aid for Natick Parks and Rec – It's camp sign up season and we do all the financial aid screening and can help you receive financial aid
- Financial Aid for several of the sports programs in Natick (Natick Soccer, Natick Little League, Natick Football & Cheering and more!)
- Referrals to other community services and government benefits

If you are already a client of the NSC then just contact your case manager for any of the above services. If you are not yet connected to the NSC, call and ask to speak to a case manager for a new intake. Our phone number is 508-655-1791. The NSC is a private non-profit, not connected with the town of Natick. All services are confidential.

**NHA Board Meeting**

**March TBD – The date will be posted on all Bulletin Boards.**

All residents are welcome to attend in person.

**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.**

**Please leave all general questions, work orders and emergencies during work hours on 508-653-2971, Ext. 200. For after-hours Emergencies (i.e., flood, no hot water, no heat, toilet issue) follow prompts to service.** Please do not ask the maintenance team directly. A work order needs to be generated to respond to requests.



## OFFICE STAFF

### Housing Coordinators

**Rob Johnson X 201**

Cedar Gardens Terrace Units 120-182  
Coolidge Gardens, Bennett, Forest St.  
and High St.

**New Hire X 203**

Cedar Gardens Ave Units 2-118  
West Hill Park, School Street and  
Scattered Sites

**Mike Kelleher, Housing Manager X  
202** Supervises Housing Coordinators.

## RSC OFFICE HOURS

**Jane Purser**

9am-3pm Monday, Tuesday and  
Thursday.

*All residents are welcome to call/visit  
at any time. 508-653-2971 X206*

### Coolidge Gardens Office

Mon. 9am-3pm

Tues. 12-3pm

Thurs. 9am -1pm

### Cedar Gardens Office

Tues. 10am-12pm

Thurs. 1-3pm

## 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: (508) 647-9500**

**Natick Fire Dept: (508) 647-9550**

## RECIPE OF THE MONTH



### CREAMY CHICKEN

### Casserole

### INGREDIENTS:

- 2 1/2 lbs chicken breasts, (4 to 5 large), cut into 1 -inch thick strips
- 1 1/2 tsp sea salt , plus more to taste
- 1/4 tsp black pepper, plus more to taste
- 1 cup all-purpose flour , to coat the chicken
- 6 Tbsp olive oil, divided

- 1 pound white mushrooms, thickly sliced

- 1 medium onion, finely diced

- 3 garlic cloves, minced

### INGREDIENTS FOR THE SAUCE:

- 3 Tbsp unsalted butter

- 3 Tbsp all-purpose flour, for the sauce

- 1 1/2 cups chicken broth

- 1 Tbsp lemon juice

- 1 cup half and half, or 1/2 cup milk + 1/2 cup heavy cream

**OR** Use 1 can Cream of Chicken Soup and 1 Can of Cream of Mushroom Soup

### Instructions

1. Season chicken with salt and pepper and dredge both sides in flour. Heat 3 Tbsp oil in a large skillet over medium/high heat. Once oil is hot, add chicken and sauté until golden.

Work in batches if needed so you don't crowd your pan. Don't worry about cooking the chicken through; it

still needs to go in the oven.

Transfer chicken to a 13x9 casserole baking dish.

2. Scrape off any debris from the skillet. Add 3 Tbsp oil along with sliced mushrooms and diced onions and sauté until soft and golden. Add garlic and sauté another 1-2 min. Spread mixture over the chicken.

3. In a medium saucepan (or in the same pan you've been using), melt 3 Tbsp butter. Whisk in 3 Tbsp flour until lightly golden (1-2 min).

4. Add 1 1/2 cups chicken broth, 1 Tbsp lemon juice, 1/4 tsp pepper, and whisk until smooth. Add 1 cup half & half and bring to a simmer. Season generously with salt and pepper to taste.

5. Pour sauce over the chicken and mushrooms. Cover with foil and bake at 350°F for 45 minutes. Serve warm or hot over mashed potatoes, pasta or rice.

<https://natashaskitchen.com>

## ST. PATRICK'S DAY WORD SEARCH

Find words across, down, and diagonal.



IRELAND

GREEN

CLOVER

SHAMROCK

LUCK

RAINBOW

GOLD

LEPRECHAUN

MARCH

IRISH

PATRICK

PARADE

SAINT

TREASURE

CELEBRATE

FUN

