



NHA newsletter



WWW.NATICKHA.ORG

IN THIS ISSUE

THANK YOU

NHA Board Update

We would like to thank Greg Bazaz for his years of service on the NHA Board. Please welcome new NHA Board member Deborah Doucette.

RECIPES PLEASE!



If you have any favorite recipes you'd like to submit for the newsletter, please send them to

Jane. JPurser@natickha.org or drop in the RSC mailbox at Cedar Gardens.



MassOptions connects older adults, individuals with disabilities and

their caregivers with agencies and organizations that can best meet their needs.

Caregivers receive or are linked to the following services:

- One-on-one counseling to assist with decision making, assessing options and solving problems.
- In-home services
- Respite
- Nutrition services
- Transportation services
- Caregiver training
- Support groups

- Financial counseling including linkages to Community Mainstream Program and SNAP eligibility.
 - Legal referrals
- Talk with a specialist today. 1-800-243-4636. Available Monday-Friday 9am-5pm

FUNDS FOR ACP PROGRAM ENDING

What's happening?

Due to a lack of additional funding from Congress, the FCC must start taking steps to wind down the Affordable Connectivity Program (ACP). Households enrolled in the ACP will continue to receive the discount on their internet service through April 2024.

What does this mean for me?

After the ACP ends, you will no longer get the monthly internet discount or save on a device.

What do I do now?

- Please contact your internet company if you have questions about how the end of the ACP will affect your monthly bill and to ask about the options available to you.
- Check your email to see if you received a notice to recertify your existing benefit. If so, complete the process so you can keep your benefit until the ACP ends. If you don't respond, you may lose your benefit before the funding runs out.

Can I still save on internet service even after the ACP ends?

Yes, you may still qualify for the **Lifeline Program** to save on internet service. Lifeline is another federal program that makes phone and internet service more affordable. If you qualify for Lifeline, you can get a monthly benefit of:

- Up to \$9.25 off the cost of phone, internet, or bundled services



3 LOW COST INTERNET

SOURCES FOR SENIORS

1. FCC's Lifeline program

Lifeline is a federal program that lowers the monthly cost of phone or internet services. Participants in Medicaid, SSI, SNAP, Veterans benefits, and other federal and state assistance programs are eligible. Eligible customers can get up to \$9.25 off the cost of phone, internet, or bundled services. **(800) 234-9473** www.lifelinesupport.org

2. Comcast/Xfinity

Eligible individuals can get home internet service for \$9.95/month, in-home Wifi, option to buy a discounted computer, access to free internet training classes, and access to Xfinity Wifi hotspots. **1-855-870-1311** www.xfinity.com

3. AT&T

Access from AT&T provides free or low-cost home internet service to qualifying households. Low-cost access is \$30/month or less based on the maximum speed available at the address. 844-610-0828 www.att.com.

12 FUN SPRING FACTS

1. April Fool's Day: The Calendar Confusion

The origin of April Fool's Day is a bit of a mystery, but one popular theory suggests it began in the 16th century when France switched from the Julian calendar to the Gregorian calendar. Those who failed to realize that the new year had moved to January 1st and who continued to celebrate during the end of March and April 1st became the target of pranks and jokes. **Source:** History.com

2. The Eiffel Tower Grows in Spring

Incredibly, the Eiffel Tower can expand by up to 6 inches in the warmer temperatures of spring. This is because iron expands when it heats up. Don't worry, it'll shrink back when the weather cools down. **Source:** Live SciencE

3. Day and Night are Almost Equal in Spring

During the spring equinox, day and night are almost equal in length, which is why the term "equinox" comes from Latin words meaning "equal night."

Source: National Aeronautics and Space Administration (NASA)

4. Monarch Butterflies Travel Thousands of Miles

Monarch butterflies undertake one of the longest insect migration routes. They travel thousands of miles from Mexico to the United States and Canada, arriving with the warmer weather in spring. **Source:** National Geographic

5. Arctic Terns: World Record Holders

Arctic Terns hold the record for the longest migratory journey in the animal kingdom. These birds can fly from the Arctic to the Antarctic and

back, covering around 25,000 miles in a single year. **Source:** Audubon Society

6. Gray Whales Make a Mammoth Journey

Gray whales make one of the longest migrations of any mammal, traveling up to 12,000 miles round-trip between Mexico and Alaska.

Source: National Marine Fisheries Service; "Gray Whale Migration"

7. Rainbows are Unique to Planet Earth.

Earth is the only planet in the solar system where rainbows occur.

8. Cinco de Mayo History

Contrary to popular belief, Cinco de Mayo is not Mexico's Independence Day but commemorates the Battle of Puebla on May 5, 1862. It's more widely celebrated in the United States than in Mexico. **Source:** History.com

9. A Tale of Two Hemispheres

While the Northern Hemisphere welcomes spring, the Southern Hemisphere is entering autumn. Different sides of the world, different seasons!

Source: Timeanddate.com

10. It's Not Just You: Spring Fever is Real

Ah, spring fever! That mix of restlessness and increased energy as the days get longer and the weather warms up. But did you know it's not just humans who experience this? Animals do too!

Spring fever is a biological reality caused by changes in hormones like serotonin, which affects mood and energy levels. For animals, it's a critical period for activities like hunting, mating, and preparing for the challenges of the year ahead. Scientific studies have documented that animals ranging from birds to mammals experience physiological changes that can be described as their version of 'spring fever.'

Source: National Institutes of Health

11. Ode to Spring

Spring has inspired poets for centuries. Robert Frost's "A Prayer in

Spring" and Emily Dickinson's "A Light exists in Spring" are just a couple of examples of poems that celebrate this season of renewal. **Source:** Poetry Foundation

12. Easter Eggs

The tradition of an Easter egg hunt has roots in the belief that finding eggs brings good luck and prosperity.

Source: Kids Britannica

CEDAR GARDENS

Health & Wellness and Blood Pressure Clinic. Monday, April 8th 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. Drop off full Sharps Box containers.



Friday, April 26th 2-4:00PM, Cedar Garden Community Hall. *Mark your calendar!* Come enjoy music by the

Golden Tone Chorus, a group of retired (but young-at-heart) people who love to sing. Coffee, tea and refreshments will be served. All residents are welcome to attend.

CEDAR GARDENS TENANT ORGANIZATION(CGTO)

Congratulations to the new CGTO Board.

President: Deborah Doucette

Vice-President: Alan Ellman

Treasurer: Mary Somers

Clerk: Beverly Doll

Thank you to all the residents of Cedar Gardens who voted.

A special thank you to Sandra Green for her years of service and dedication to the CGTO.



COOLIDGE GARDENS



Small Bites Lunch

Monday, April 22nd

12:00pm. Please bring an appetizer/finger food to share for lunch. NHA will provide sheet pizza. Sign up on the bulletin board.

FAMILY NEWS

Please send us your ideas for the empty lots in the Forest Ave Ext./Bennett Street neighborhood. Email: JPurser@Natickha.org.

We hope you enjoyed the **Easter Block Party!** Thank you, Milestone Church.

COMMUNITY NEWS



MAILBOX THEFT

Police are urging residents not to use outdoor blue Post Office mailboxes to drop off their mail and instead

bring their mail into an open post office to avoid an ongoing mailbox phishing scam.

There has been an increase in mail theft. Their target is checks, which they can "wash" clean and then change the name and amount of money on the check.

If you think you've been the victim of mail fraud, report the crime to the United States Postal Inspection Services.

COMMUNITY SHREDDING EVENT

Saturday, April 20th, 9:00am – 12:00pm. Natick High School Football Field Parking Lot

Natick Seniors are invited to shred up to 5 boxes or bags of sensitive document at no cost, at the DPW's spring paper shredding event. All paper will be shredded by ProShred.

PLANNING FOR MEDICARE

– Count Down to 65



Thursday, April 18th
5:30pm, Natick Council on Aging (COA)

A presentation to help you understand your Medicare health insurance options of your employer sponsored coverage, whether or not you are planning to retire.



DISPOSE OF UNUSED OR EXPIRED

PRESCRIPTION DRUGS

National TAKEBACK Day

Saturday, APRIL 27, 10:00AM-2:00PM

NATICK POLICE DEPT

A drop box is available 24/7 in the front lobby of the Natick Police Station. Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose and abuse. Please dispose of all medication properly.

REPAIR CAFÉ at the Natick

Senior Center Saturday, April 27th, 2:30-5:30pm. 117 E Central Street, Natick

This is an opportunity for people to bring a whole host of different items in need of repair. Volunteers with skills in different disciplines will do their best to fix your items for free.

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. Low-cost beds are available. Gardening is from May -September. Please contact the Community Gardens Coordinator for more information 508-647-65400 ext.

2013. Applications are available in the NHA Office and in the information bins outside the Cedar Gardens Hall RSC Office.

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

Available in many languages.



2Webster Street

MOBILE FARMERS' MARKET

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

Mon., April 1st: Household 1-2 at NSC
Mon., April 8th: Households 3+ at NSC
Mon., April 22nd: 12:00-1:30pm 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-3pm, Wednesday 12-5pm, Thursday 1-6pm.

Brack Career Development Center Walk-in Hours – Thursday, April 25th 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!

ADULT DAY HEALTH SERVICES

Dia Feliz Adult Day Health Center
Address: 63 Fountain Street, Framingham, MA

Phone: 508-270-1080

Email: diafelizadh@gmail.com

Website: www.diafelizadh.com/

Program Schedule: Monday – Saturday 7:30 a.m. – 4:30 p.m.

Note: Portuguese and Spanish speaking staff.

Zdorovie Adult Day Health Center
Address: 17 Strathmore Road, Natick, MA 01760

Phone: 508-650-0144

Email: maxmazaev@yahoo.com

Website: www.zdorovieadh.com/

Note: Russian Speaking Staff

Daybreak Adult Day Care and Caregiver Respite Program

Marlborough Senior Center
Address: 40 New Street, Marlborough, MA

Phone: 508-485-6492

Email: lbbazarian@gmail.com

Website: www.marlborough-ma.gov/council-aging

Program schedule: Wednesdays, 11:30 a.m.-2:30 p.m.

Cost: \$15 per day voluntary donation requested but not required.

NHA Board Meeting

APRIL 11th. 6:30pm Cedar Gardens Community Hall. All residents are welcome to attend in person.

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 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

Mike Kelleher, Housing Manager X 202

RSC OFFICE HOURS

Jane Purser

8am-3pm, Mon. Tues. and Thurs.

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

Z	V	X	W	C	L	E	A	N	I	N	G	Z	B	O	I	Z
B	N	E	B	A	W	A	K	E	N	I	N	G	S	S	X	N
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E	L	M	I	T	Z	P	C	R	V	C	W	Z	O	R	O	Y

April Fool	Awakening	Beginnings	Blossom	Bunny
Celebration	Chicks	Chocolate	Cleaning	Daffodils
Dancing	Easter	Lambs	May Day	Maypole
Ribbons	Showers	Snowdrop	Sprouting	Sun
Tulips				