



NHA newsletter



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operating factories, was third in the nation in the quantity of shoes produced.

**In 1874, a great fire in downtown Natick** demolished 18 business blocks, two shoe factories, the Town Hall, Natick's only fire engine house and the Congregational Church, as

well as many private homes. Though no lives were lost, the loss of property was greater in proportion to the town's wealth than the Great Chicago Fire of 1871. In 1875, Natick's new Central Fire Station was completed on Summer Street and opened with grand ceremony on the same city block where the great fire was first discovered. The Central Fire Station is now the home of a private non-profit community performing arts center called The Center for Arts in Natick (TCAN).

**NATICK FACTS**

Natick's population was 36,272 as of 2022. Natick was incorporated in 1781, but it was originally settled by a Puritan named John Eliot in 1651. The meaning of the name Natick comes from the Massachusetts Native American tribe and their native language, meaning "Place of Hills."



Henry Wilson, a U.S. senator who became the 18th Vice President of the United States (1873-1875), lived most of

his life in Natick as a shoemaker and schoolteacher known as the "Natick Cobbler" and is buried here. The business flourished and peaked by 1880, when Natick, with twenty-three

Natick is famous for being the "birthplace" of the game of baseball that all we know and love. The



wound core for a more resilient baseball was developed by John W. Walcott and combined with the figure-eight stitching devised by Col. William A. Cutler. It was manufactured by the firm of H. Harwood & Sons in their factory built in 1858 – the first plant in the world for the manufacture of baseballs. In 1988 the H. Harwood & Sons factory was converted into baseball factory condominiums

**Casey's Diner**

Casey's Diner was first established in 1890 with a 4-stool, horse drawn wagon that Fred Casey purchased from the Brooks family. The current diner was built in 1922 by the Worcester Lunch Car Company and has been in downtown Natick since 1927. It has passed from father to son for four generations. Famous for its steamed hotdogs, Casey's is a local landmark in



Natick, serving generations of families for more than a century. The Diner is listed on the National Register of Historic Places and is one of the oldest operating diners in Massachusetts (possibly even the United States!).

## MAINTENANCE REQUESTS

### NORMAL MAINTENANCE

**REQUESTS-** Call Housing Authority Office 508-653-2971 M-F 8:00am-4:00pm

Please do not ask the maintenance team directly. A work order needs to be generated to respond to requests.

### EMERGENCY WORK REQUESTS

**AFTER HOURS** - Call Answering Service 508-270-7443.

**List of Emergencies** - Emergencies are those conditions which are immediately threatening the life or safety of our residents, staff, or structures. The following is a list of typical conditions that warrant an emergency response. If there is an emergency condition whether or not enumerated on this list, please notify the office or answering service at the numbers listed above. If you have any questions regarding this list or other matters that may constitute an emergency, please contact the Natick Housing Authority main office.

### QUALIFYING EMERGENCY WORK REQUESTS

- Fires of any kind (Call 911)
- Gas leaks/ Gas odor (Call 911)
- No electric power in unit
- Electrical hazards, sparking outlets, broken water pipes, flood
- No water/ unsafe water
- Sewer or toilet blockage
- Roof leak
- Lock outs - Call the Natick Police (508) 647-9500
- No heat
- No hot water

- Dangerous structural defects
- Inoperable smoke/CO detectors, beeping or chirping
- Elevator stoppage or entrapment

## INSPECTIONS 2024

### ANNUAL INSPECTIONS

of all units will take place between May and November this year. A notice will go out to individual units prior to unit inspection dates.

### PERFORMANCE MANAGEMENT

**REVIEW (PMR)** will take place on **Friday, May 10<sup>th</sup>**. This is a state requirement. 10 random units will be chosen by the state and facility managers. Notices will go out to all the residents, however approximately only 10 units will be inspected.

## SAVE THE DATE

**Tuesday, June 18<sup>th</sup>**. Outside Cedar Garden Community Hall



All residents are welcome! The Natick Rotary will be here to help host the

annual BBQ. Watch for the signup on the bulletin board.

## CEDAR GARDENS

### PAVING UPDATE

April 22<sup>nd</sup> through the end of June. NHA started the repair/replacement of the asphalt walkways around all buildings. The repair job includes replacing walkways, concrete stairs, railings and road patching. The project will start at the upper level of Cedar Terrace and work its way down the hill to the bottom of Cedar Ave.

## OUTSIDE ITEMS

The NHA is responsible for maintaining the lawns and areas in and around the buildings. It is difficult

to perform maintenance with lawn furniture and other items.

**Cedar Garden Grounds are not part of the rental agreement and personal beautification must be confined to the interior space.**

- No lawn art or flags should be displayed.
- The outside space is **not a storage space** and needs to be always free and clear.
- All chairs and tables must be removeable and kept inside.
- **NO Tents, couches/furniture.**
- If guidelines are not followed residents will be asked to remove them.
- All balconies/fire escapes need to be clear at all times.

## EVENTS:

### Health & Wellness and Blood Pressure Clinic

**Thursday, Monday, May 13<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. Drop off full Sharps Box containers.

### Natick Human Service Study

**Thursday, May 16, 12-1:30pm**, Cedar Garden Community Hall  
The Town of Natick, in collaboration with researchers at UMass Boston, is conducting a Human Services Study to **help Natick become a better place to grow up and grow old. Ultimately, the Town of Natick wants to enhance its human services in a way that better meets the needs of the people who live here.** Please come and share your input. FREE box lunch will be served. Limited to 12 residents.

Please call Jane 508-653-2971 x 206 or [JPurser@Natickha.org](mailto:JPurser@Natickha.org) to reserve a spot.

## Don't Fall for SCAMS

**May 23<sup>rd</sup>, 1:00pm Cedar Garden Community Hall**

Join Security expert, Jim Caimano for an overview of common scams targeting seniors and how to avoid them. Learn to identify the warning signs, red flags and things NOT to do. No sign up required – please come.

## Curiosity to Culture

**Workshop, Thursday, May 30<sup>th</sup> 1:00pm. Cedar Garden Community Hall**

Are you interested in connecting with people whose cultural backgrounds, experiences and perspectives differ from yours? Consider attending a Curiosity to Culture workshop, where you'll talk with other residents and discover the many ways we are more alike than we are different.

Learn how to:

- Use a fast technique to reduce social anxiety.
- Practice questions to better understand someone else.
- Apply these new skills to better connect with other residents in your community.

Walk away with some helpful ideas and maybe make a new friend.

Please sign up on the bulletin board or call Jane 508-653-2971 X206

*Offered by Dia Feliz Adult Day Health Center, Framingham*

## NEW CGTO OFFICE HOURS

Stop in the CGTO Office in the Cedar Gardens Community Hall and visit the new CGTO Board. CGTO Office #: 508-907-7297

Monday 12-2:00pm, Beverly

Tuesday 12-3:00pm, Alan

Wednesday 9am-12:00pm, Mary

Thursday 2-5:00pm, Deborah

**The New CGTO Newsletter will be distributed starting in June.**

## COMMUNITY NEWS

**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.

## FREE COMMUNITY MEDICAL PROGRAMS



A free clinic located in Marlborough and Sudbury, MA. Providers are volunteers in the community, as well as a small team of clinical and administrative staff. Interpreters are available for your care. **General Medicine & Specialty Services 508-656-0740 (En) 508-656-0741 (POR + ES) Women's Health Clinic: 508-656-0834 Vision Clinic: 508-656-0885**

**Adult Medicine & Women's Health:** MetroWest Free Medical Program; 246 Maple Street Suite 1; Marlborough, MA 01752

**Vision:** Lexington Eye Associates FREE Vision exams 534 Boston Post Road Sudbury, MA 01776

Please contact MetroWest Free Medical Program directly to schedule your appointment.



**10 Pearl St Framingham**

**ADULT INTERNAL MEDICINE**

**SCHOOL PHYSICALS**

**CHILDHOOD IMMUNIZATIONS SERVICES**

- Currently accepting new patients that are uninsured or underinsured and have no primary care physician.
  - Phone lines in English, Spanish, and Portuguese
- CHRONIC**
- Hypertension

- Diabetes
  - Thyroid, Asthma/allergies.
- MENTAL HEALTH**
- Depression
  - Anxiety
- SCHOOL PHYSICALS**

Request an appointment through

**Website:** <https://gratishealth.org/>

**Email:** [gratishealthcare@gmail.co](mailto:gratishealthcare@gmail.com)

[m](mailto:gratishealthcare@gmail.com) or call (401) 647-6896



**2Webster Street**

## MOBILE FARMERS' MARKET

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

Mon., May 6<sup>th</sup>: Household 1-2 at NSC

Mon., May 13<sup>th</sup>: Households 3+ at NSC

Mon., May 20<sup>th</sup>: 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 June 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, May 16<sup>th</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!

## TECH WORKSHOP

Monday, May 6<sup>th</sup>, Tuesday June 18<sup>th</sup> 3:00pm, Natick Senior Center Is technology a pain to learn to maneuver? If the answer is yes, then you might be interested in coming to a technology workshop. Hosted

entirely by Natick students. Please bring your own device. The number of participants is limited, so you must pre-register. Call the COA 508-647-6540.

## NHA Board Meeting

**May 9<sup>th</sup>, 6:30pm** Coolidge Gardens. All residents are welcome to attend in person. Check the bulletin board to confirm the date.

**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.**

## 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

**RECIPE OF THE MONTH**  
**Swirl cookies:**



**Submitted by resident, Florinda M.**

### INGREDIENTS

- 500g or 4 cups flour
- 250g or 2 cups sugar
- 250g or 2 cups butter or margarine
- Pinch of salt
- 2-3 Oz. Milk
- 2 teaspoon cocoa

### INSTRUCTIONS

- Pre-heat the oven to (350 F).
1. Place the flour into a bowl, mixing in the sugar and pinch of salt.
  2. Add the butter previously melted then the milk and knead the dough with your hands until it is completely uniform and soft.
  3. Separate the dough into 2 pieces and add the cocoa to one. Mix the cocoa into the dough with your

7. Place in refrigerator or freezer for 30 minutes to chill.
8. Slice into ¼" thick pieces.
9. Place on greased cookie sheet.
10. Cook for 12-14 minutes. (check for doneness)
11. Take the sheet out of the oven and let it cool.

## RECIPES PLEASE!



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

send them to Jane.

[JPurser@natickha.org](mailto:JPurser@natickha.org) or drop in the RSC mailbox at Cedar Gardens.

E G O N L N I T G N I K A B O  
 D F K I I L C A S S E R O L E  
 T C I H K P I R E T A R G E N  
 U T L N K E G R E N E E S O I  
 C L I R K S T N G N M L P A K  
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FORK  
 GLASS  
 GRATER  
 GRILL  
 ICE CREAM SPOON  
 JUICER  
 KETTLE  
 MEASURING CUP  
 MIXER  
 OPENER  
 PEELER  
 PIE TIN  
 PLATE  
 ROLLING PIN  
 SCALES  
 SPATULA  
 STRAINER  
 TIN FOIL  
 WAFFLE IRON  
 WHISK

APPLE CORER  
 BAKING TIN  
 BREAD KNIFE

BRUSH  
 CASSEROLE  
 CHOPPING BOARD

COFFEE FILTER  
 CUTLERY  
 FISH PAN

- hands.
4. Flatten each dough.
  5. Place cocoa dough on top.
  6. Roll the 2 doughs together