



IN THIS ISSUE



**FUNNY SUMMER JOKES**

- What did the ocean say to the beach? Nothing. It just waved.
- Why aren't lobsters generous? Because they're shellfish
- Where do birds stay when they go on vacation? Someplace cheep.
- Did you hear about the ice cream truck accident? It crashed on a rocky road.
- Why don't seashells take baths? Because they wash up on the beach.
- What do you get when you cross an elephant and a fish? Swimming trunks.
- What happens when ice cream gets angry? It has a meltdown.
- Where do boats go when they're sick? To the dock.
- Why do bananas wear sunscreen? Because they peel.
- How do celebrities stay cool in the summer? They have many fans.
- What do fish use to buy groceries? Sand dollars.
- What happens to cows that get too much sun? They turn into evaporated milk.



**STAYING SAFE DURING EXTREME HEAT**

**Stay cool and stay hydrated.**

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

**Tenant meetings with the Director, Randy Waters**

Hello Everyone,  
 I would like to invite you to a meeting with me to have an open discussion and talk about policies, procedures and some of our future plans and any of your questions or concerns. Please join me in the **Cedar Gardens Community Hall**, Tuesday, August 20 at 11:00 AM. **Coolidge Gardens**, Wednesday, August 21 at 11:00AM. Looking forward to seeing you there!  
 Thank you,  
*Randy Waters*  
 Executive Director

**REMINDER**

**NHA SMOKE FREE POLICY**  
**EFFECTIVE JUNE 1, 2018,**  
**ALL NATICK HOUSING**  
**AUTHORITY PROPERTIES**  
**ARE ADOPTING SMOKE-FREE POLICY.**

THE SMOKE-FREE POLICY IS AS FOLLOWS.

TO INCLUDE BUT NOT LIMITED TO:  
 NO CIGARETTE SMOKING  
 NO ELECTRONIC/VAPE CIGARETTE SMOKING

NO CIGAR SMOKING

NO MARIJUANA SMOKING OF ANY KIND

ON ALL NHA PROPERTIES

A VIOLATION OF THE POLICY IS A LEASE VIOLATION AND IS SUBJECT TO POSSIBLE EVICTION

IF ANY RESIDENT HAS QUESTIONS REGARDING SMOKING CESSATION COUNSELING OR LOOKING FOR ASSISTANCE TO QUIT SMOKING PLEASE CONTACT THE NHA OFFICE FOR MORE INFORMATION.

## PROTECTIONS AGAINST UTILITY SHUT-OFFS

### Elderly households

#### Electric, Gas, Water and Telephone:

If you and all the adult members of your household are 65 years or older, it is very difficult for a company to shut off utility service—so difficult that it almost never happens. (If the elderly household is also low-income, the prohibition on terminating service is definite). The rules covering electric, gas, water, and telephone service shut-offs for elderly households require the following:

- Companies must establish procedures to identify households in which all adult members are 65 or older. To protect yourself, you should notify the utility company if every adult in your household is 65 or older.
- Companies must allow elderly households to identify a third-party contact person who can warn them if a utility company threatens to shut off service. To get this protection, contact your utility company and ask for a **Third Party Notification Form**. You can name a friend, relative, or home-care provider as a third party. After you give a company this form, the company must then notify your third party of all overdue bills and

shut-off notices. This third party is not legally responsible for paying your bill.

- Companies cannot shut off service to elderly households without written permission from the Department of Public Utilities (DPU). A hearing is required before the DPU can request permission to shut off service to elders.

## CEDAR GARDENS

The new walkways and paving project are complete at Cedar Gardens. We hope you are enjoying the smooth surfaces. Thank you for your patience during the work. Enjoy!

### New Air Conditioning

system has been installed in the Community Hall. Please visit -it is a comfortable cooling space.

## Pizza & MOVIE DAY,



Thurs. Aug. 29<sup>th</sup>  
Join us for Framingham Bakery Pizza 5:00pm, Movie 5:30pm

Cedar Gardens Community Hall  
*Mrs. Doubtfire* is a 1993 American comedy-drama movie. Starring Robin Williams as Daniel Hillard, a divorced actor who disguises himself as a nanny since he desperately wants to be with his children. Please sign up on the bulletin board.

Please let us know what movies/programs you would like to see.

If you would like to request programming in other languages, please contact Jane 508-653-2971 X206 or [JPurser@natickha.org](mailto:JPurser@natickha.org).



Join us as we watch HYBRID programming on the new large screen in

### the Cedar Gardens

#### Community Hall

#### WONDRUM GREAT COURSES-

Tuesdays 11:00am-noon

Join us for this weekly exploration of listening to and understanding opera.

- **August 6-** Introduction Words and Music part 1
- **August 13-** Introduction Words and Music part 2
- **August 20-**Vocal Expression in Music part 1
- **August 27-** Vocal Expression in Music part 2

#### MONDAYS AT A MUSEUM

Mondays, 3:00-4:00 pm

- Join us as we visit museums from around the world.
- **August 5-** Photography and the American South since 1845
- **August 12-** Sky & Sea: Understanding Climate Resilience and Innovation through Dutch Art
- **August 19-** Ancient Mesopotamian Cylinder Seals
- **August 26-** Turner: Forerunner

#### CULTURALLY CURIOUS

##### Downeast Connections: Artists Inspired by Maine

Wednesday, Aug. 21, 1:30-2:30pm

This program will survey the work of some of the most celebrated artists inspired by the state's distinct landscape and way of life, featuring work by artists including Winslow Homer, Andrew Wyeth, and Ashley.

#### Health & Wellness and Blood Pressure Clinic

Monday, August 12<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.

If you need a home visit – please contact Jane and she will schedule a home visit with Heidi before the clinic.

Sharps boxes are available for safely disposing of used needles and dropping off full Sharps Box containers.

**The Natick Health Dept. will be offering flu shots for all residents.**

Sept. 26<sup>th</sup>, 1:00-3:00pm at Cedar Gardens Community Hall.

Please sign up on the bulletin board or by calling Jane 508-653-2971 X206 or calling the Health dept. at 508-647-6460.

**COOLIDGE GARDENS**

Please look at the bulletin board for the August event.

**The Natick Health Dept. will be offering flu shots for all residents.**

Sept. 30<sup>th</sup>, 1:00-3:00pm at Coolidge Gardens.

Please sign up on the bulletin board or by calling Jane 508-653-2971 X206 or calling the Health dept. at 508-647-6460.

**FAMILIES**



This year the Natick Police Department, along with its many event sponsors and community partners, will participate in the nationwide, "41st Annual National Night Out" starting at 4pm at Memorial Field-92-108 West Street, Natick Ma. National Night Out is designed to: (1) Heighten crime and drug prevention awareness, (2)

Generate support for, and participation in, local anticrime efforts; (3) strengthen neighborhood spirit and police-community partnerships; and (4) Send a message to criminals letting them know our neighborhoods are organized and fighting back against crime.

From 4pm-8pm on August 6th, residents in neighborhoods throughout Natick and across the nation, are asked to lock their doors, turn on outside lights and spend the evening outside with their neighbors and police at this free event.

**OUTDOOR MOVIE NIGHT**

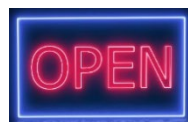
Thank you, Milestone Church, for a great outdoor movie night. It was so much fun.

**COMMUNITY NEWS**



August 1, 15, 29. 5-8:00 pm on the Natick Common. Stop by for food, shopping, music, and family-friendly fun!

**Multicultural Day** will be held on Saturday, August 24, from 11:00 am to 2:00 pm on the Natick Common. This event highlights the diversity and cultures in our community. Experience traditional and contemporary music, dance, and food from various cultures worldwide. Learn something new about your neighbors as we celebrate our community and its cultural diversity and vitality.



**OPEN DOOR**  
Is closed for the summer and will re-open in September.



**MOBILE FARMERS’ MARKET**

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

Mon., Aug. 5: Household 1-2 at NSC  
Mon., Aug. 12: Households 3+ at NSC  
Mon., Aug. 19: 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 September 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.

**NHA Board Meeting**

August 8<sup>th</sup>, 6:30pm Coolidge. 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.**

**QUICK - Resource List**

Natick Housing Authority: (508) 653-2971. [www.natickha.org](http://www.natickha.org) Natick Service Council/Food Pantry: (508) 655-1791  
[www.natickservicecouncil.org](http://www.natickservicecouncil.org)

**Natick Community Senior Center:**  
 508-647-6540  
**Natick Police:** (508) 647-9500  
**Natick Fire Dept:** (508) 647-9550

## OFFICE STAFF

**Rob Johnson X 201**  
**Mike Kelleher X 202**

## RSC OFFICE HOURS

**Jane Purser**  
 8:00am-3pm, Mon. Tues. and Thurs.  
*All residents are welcome to call/visit at any time. 508-653-2971 X206*

### Coolidge Gardens Office

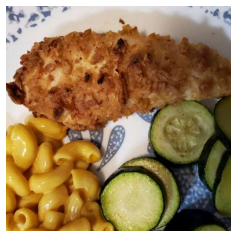
Mon. 9am-3pm  
 Tues. 12-3pm  
 Thurs. 9am -1pm

### Cedar Gardens Office

Tues. 10am-12pm  
 Thurs. 1-3pm

## RECIPE OF THE MONTH

### Crunchy French Onion



#### Chicken

Awesome crunchy baked French onion chicken that goes well with any side dish. It's

quick and easy too!

#### INGREDIENTS:

- 1 1/3 cups French-fried onions (onion rings), crushed
- 1 large egg, beaten
- 1 pound skinless, boneless chicken breast halves

#### INSTRUCTIONS

1. Gather all ingredients
2. Preheat the oven to 400 F.
3. Spread crushed onions in a shallow bowl. Pour egg into a separate shallow bowl.
4. Dip chicken into beaten egg, then press into crushed onions. Gently tap chicken to let loose pieces fall away. Place breaded chicken on a baking sheet.
5. Bake chicken until no longer pink in the center and the juices run clear, about 20 minutes. An

instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).  
[www.allrecipes.com](http://www.allrecipes.com)

## 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.

# Summer Fun

Z U K G T P G E C R P Y V L L H Y D S I O V U E  
 F J I Z O N C U D B Z T D Z K E P S U Y P J G L  
 U J W G J U D E P X G W Z A K Z Z Y N M R W A C  
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 T D T U Q S Y F B I F S H Z H X O G C T N S P S  
 V S D M J K G U Y M X Y P B E A C H R D E U S P  
 I O F B B V E E N I H S N U S S H H E H G K D O  
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 C S A N D C A S T L E N F B X N A S N A I G N Q  
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 S J Q S N T Q N R H S G O U N R E P I T K P B A  
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 M J J C I N X T Z O I P D D G B M S U U W I K X  
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 K F D L G X Q R T E X X Y Y S S P R I N K L E R  
 W R P G H E N O L E M R E T A W U W V Z N X P L

SANDCASTLE  
 SUNSCREEN  
 POPSICLE  
 COOKOUT  
 FRIENDS  
 SWEAT

SUNGLASSES  
 SPRINKLER  
 SUNSHINE  
 CAMPING  
 PICNIC  
 BIKE

HAMBURGERS  
 VACATION  
 ICECREAM  
 OUTSIDE  
 SUMMER  
 POOL

WATERMELON  
 SWIMSUIT  
 SWIMMING  
 HOTDOGS  
 BEACH  
 HOT