

NOVEMBER



NHA newsletter



IN THIS ISSUE



THANKSGIVING DINNERS

Volunteers from Natick's Open Door will be offering home delivered Thanksgiving Dinners for all Natick Housing Authority residents. If you would like a traditional Thanksgiving Dinner delivered to you, at no cost, on Thanksgiving Day, please sign up on the bulletin board, email Jane JPurser@natickha.org or call 508-653-2971 X206. Please leave your request with your name, address and phone number by **Monday, November 11th**. Please note that you must be at home on Thanksgiving Day to receive the delivery.

If you are a Cedar Gardens resident and would like your dinner delivered to the Community Hall to share the meal with others, please indicate on sign-up sheet.



A special thank you to all our NHA Veterans for your honorable service to our country.



NATICK VOTING LOCATIONS

Coolidge and Cedar Gardens voting location - Natick Community/Senior Center, 117 East Central St.

FREE COVID TESTS

All U.S. households may order up to four (4) additional COVID-19 test kits, at no charge, at www.COVIDTests.gov.

CEDAR GARDENS



NOTICE OUTDOOR CLEANUP

During the month of November, NHA maintenance will remove all items left outside units including all storage containers, water bottles, hammocks, furniture, junk, sporting equipment. **Please see mailed NHA notice with details.**

Thank you to everyone who has already cleaned up around their units!

TRASH PICKUP is every Wednesday. Please put all trash into a CLOSED trash bag. Please do not use small grocery bags. All trash must be placed in metal trash cans. If the trash cans are rusted through on the bottom, please call the office 508-653-2971 and leave a message on extension 200.



Please be considerate of your neighbor and be sure to **pick up after your dog**. It is the tenant's responsibility and a violation of your lease if you do not clean up after your pet and dispose of the waste properly.

Health & Wellness and Blood Pressure Clinic

Tuesday, Nov. 12th 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.



PAINT-RAKE-CONNECT
Sunday,
November 17th,
9:00am-12:00pm.

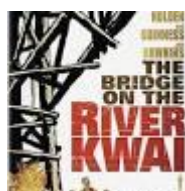
The Natick Rotary, Spark Kindness, AMVETS and Keep Natick Beautiful community volunteers are coming to do the BIG Rake, Door Painting & Connect at Cedar Gardens. Residents are encouraged to come outside and rake, visit with the volunteers and/or watch the action. **RAIN or SHINE.**



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

Cedar Gardens Community Hall. We are exploring different programming to see what residents are most interested in.

Cedar Gardens Community Hall Movies Saturday Nov. 9,



1:00pm. Our next movie is a classic. **The Bridge on the River Kwai** a 1957 epic war film directed by David Lean and based on the 1952 novel written

by Pierre Boulle. Boulle's novel and the film's screenplay are almost entirely fictional, but use the construction of the Burma Railway, in 1942–1943, as their historical setting.

Please sign up on the bulletin board. Lunch will be available.

MINDFULNESS

MEDITATION Thursday, Nov. 7, 14 and 21. 2:00-2:40pm. Join Sharon every Thursday for quiet sitting meditation and some guided meditation.

BEREAVEMENT SUPPORT

GROUP Nov. 19th, 11:00am This support group is facilitated by Malka Young, LICSW, of Jewish Family Services of MetroWest..

MONDAYS AT A MUSEUM

Mondays at 3:00pm
Nov. 4 - Frida Kahlo
Nov. 18 - Jamie Wyeth
Nov. 25 - Bierstadt and American Landscape Painting

LUNCH & LEARN NAVIGATING CONFLICT FOR SENIORS: EXPLORING ELDER MEDIATION

Lunch will be available at 12:30pm **Wednesday, Nov. 13**, the program begins at 1:00pm. Our elder care mediation offers an opportunity for seniors to address issues around future plans, current care, and familial responsibilities in a collaborative manner. In this workshop, attendees will learn essential conflict resolution skills tailored for working with elders and their families. Attendees will also learn about the various services available through MetroWest. **Please sign up on the bulletin board or call Jane 508-653-2971 X206.**

CULTURALLY CURIOUS

Wednesday Nov. 20th, 1:30pm, REMBRANDT AND VERMEER The Dutch Golden Age of Painting was ushered in by a prosperous middle class and a new demand for images like still lifes, portraits and genre scenes. The undisputed masters of the era were Rembrandt and Vermeer. This program provides an overview of the artists' careers and an

Join us for
Spark* KINDNESS **KINDNESS WEEK IN NATICK AND BEYOND...**
A CELEBRATION OF KINDNESS IN OUR COMMUNITY!

NOVEMBER 9–18, 2024

How would you like to
SPARK Kindness
this year?

WE INVITE YOU TO JOIN US AS WE

- ♥ Celebrate the big and small acts of kindness that happen each day.
- ♥ Inspire radical kindness in our community
- ♥ Connect community members through our *Seven Pillars of Kindness*:
 - ♥ Kindness to self
 - ♥ Kindness in our neighborhoods
 - ♥ Kindness in our schools
 - ♥ Kindness to community
 - ♥ Kindness to the earth (and all living creatures)
 - ♥ Kindness online
 - ♥ Kindness Committed to Justice



introduction to some of their most famous works.

FAMILIES

Do You Need Help Paying Your Heating Bills? Beginning November 1, households with limited income may be eligible for help with winter home heating bills through assistance programs at SMOC — South Middlesex Opportunity Council 508-872-4853 Natick Service Council 508-655-1791 or Natick Senior Center 508-647-6540. Or go to: <https://toapply.org/MassHEAP> Eligibility for the Low-Income Home Energy Assistance Program (LIHEAP) is based on the total gross annual income for an entire household. Eligibility limits for a family of four are \$94,608. Please check requirements for all family sizes. If you received SMOC Fuel Assistance last year, you should have received a renewal packet in the mail.

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.



Natick Service Council

Neighbors helping Neighbors

MOBILE FARMERS' MARKET

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

Mon., Nov. 4: Household 1-2 at NSC
Mon., Nov. 18: Households 3+ at NSC
Mon., Nov. 25: 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

November 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.

THRIVING THROUGH THE HOLIDAYS: SIX TIPS FOR OLDER ADULTS

Maintaining a focus on personal health and safety is especially important at this time of year. These six tips can help you have a more enjoyable, healthy, and injury-free holiday season.

Nourish Your Body:

Maintaining energy levels while nourishing our bodies requires a balance between indulgence and eating healthily. Portion management is key, as is eating only until you are satisfied rather than full. Vegetables, fruits, whole grains, healthy fats, and protein are essential parts of a balanced diet and should be consumed moderately during the holiday season. "Eat what you love in moderation," suggests Jody Engel, a nutritionist and registered dietitian at NIH.

Hydration Matters:

It's easy to lose track of how much water you are drinking during the busy holidays. Adequate hydration is essential for sustaining energy, increasing alertness, facilitating digestion, and protecting brain health. If you consume alcohol, drink plenty of water before, during, and after. According to Healthline, alcohol "causes your body to remove fluid at a much quicker rate than other liquids." [Healthline.gov](https://www.healthline.com)

Stay Active: Moving and staying active year-round is especially important during the colder months. Plan time for exercise, such as light yoga or strolling through the mall.

When venturing outdoors, protect yourself from the elements by layering your clothing, and keeping your mouth and nose covered. Be mindful of icy paths to avoid falls by wearing appropriate footwear with non-slip soles. Also, consider aids like a cane or walker when needed.

Relax and Recharge:

During this potentially stressful time of year, it's important to prioritize self-care and effective stress management for our mental and emotional well-being. Setting reasonable goals for the use of our resources (time, money, and energy) is crucial. We can decrease our stress by scheduling downtime and by practicing mindfulness including relaxation techniques like deep breathing and meditation and listening to music.

Mind Your Medications:

Our daily routines can easily be sidetracked during the busy holidays. It's important to remember to maintain your medication schedule and doses as prescribed by your doctor. Using a pillbox with compartments for each day provides a visual reminder to take medication and avoid taking two doses at once. Don't be afraid to ask for help from a family member or friend if needed.

Protect Yourself: Many infections spread more rapidly over the holiday season. Other health risks, such as COVID-19 concerns, can be addressed by encouraging vaccinations, practicing hand hygiene, staying home while sick, and avoiding close contact with others who are in your close space.

The key to a safe and enjoyable holiday is balancing fun with self-care. By following these six tips to stay healthy and safe over the holidays you will thrive and enjoy the season with peace of mind, knowing you are safeguarding your health and well-being.

Happy Holidays!
www.aarp.org

NHA Board Meeting
Thursday, November 13th, 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 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.

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

OFFICE STAFF
Rob Johnson X 201
Mike Kelleher X 202
Karen Cebrowski X 203
THE NHA OFFICE will be closed on Monday Nov. 11th for Veterans Day and Nov. 28-29 for Thanksgiving.

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
Creamy Skillet Ranch Chicken & Broccoli
INGREDIENTS



- 1 pound boneless, skinless chicken breast, trimmed and cut into bite-size pieces
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided, plus more for garnish
- 2 tablespoons extra-virgin olive oil, divided
- 4 cups bite-size broccoli florets
- 2 tablespoons water
- ½ cup heavy cream
- 2 tablespoons white-wine vinegar
- 2 tablespoons mayonnaise
- 1 teaspoon cornstarch
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ cup chopped mixed fresh herbs (chives, dill, tarragon, basil)

- INSTRUCTIONS**
1. Sprinkle chicken with 1/4 teaspoon each salt and pepper.
 2. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook, stirring occasionally, until browned and just cooked through, 5 to 7 minutes. Transfer to a plate.
 3. Add the remaining 1 tablespoon oil, broccoli and water to the pan. Cover and cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Transfer to the plate with the chicken.
 4. Whisk cream, vinegar, mayonnaise, cornstarch, onion powder, garlic powder and the remaining 1/4 teaspoon each salt and pepper in a measuring cup. Increase heat to medium-high and pour the cream mixture into the pan. Bring to a simmer and cook, stirring, until thickened, about 2 minutes. Return the chicken and broccoli to the pan and sprinkle with herbs; cook, stirring, until heated through, 1 to 2 minutes more. Garnish with pepper, if desired.

Thanksgiving Wordsearch

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HAM
CASSEROLE
FAMILY
BISCUITS
NOVEMBER
FOOTBALL
THANKSGIVING
STUFFING
TURKEY
SQUASH
POTATOES
MAC AND CHEESE
PUMPKIN PIE
DINNER
CORNUCOPIA