

february

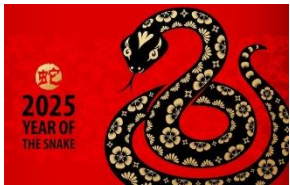
NHA newsletter



IN THIS ISSUE



Thank you to MUTUAL One Charitable Foundation for the generous grant. We greatly appreciate the support.



LUNAR NEW YEAR 2025

In 2025, the Chinese New Year begins January 29 – February 16 and ushers in the Year of the Wood Snake, a time associated with transformation, growth, and introspection. The Snake, the sixth animal in the Chinese zodiac, symbolizes traits like intuition and strategy.

LEASE RECERTIFICATION

Recertification time is coming up for many of our neighborhoods. Please be sure to hand in all your paperwork on time. Cedar Gardens is due Feb. 21st. Coolidge Gardens is overdue.

CONSUMER REPORTS SHOULD YOU WARM UP A CAR BEFORE DRIVING?

Consumer Reports' chief mechanic John Ibbotson, says that giving the engine a chance to run for a minute before driving on a cold day is smart but that there's no need to let it run longer beyond warming the cabin and defogging the windshield. And there's a real downside: wasting fuel and generating emissions. Cars have improved in technology to the point where your engine is fully lubricated within 20 to 30 seconds. By the time you get in, start the car, put on your seat belt, and get comfortable, the

engine might not be fully warm, but it's completely lubricated, and it's okay to drive at this point



SPACE HEATERS

Space heaters should be plugged directly into a wall outlet. Do not use extension cords or power strip. Many fires start because an extension cord overloaded after a homeowner used the device to operate a space heater.

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



*Symptoms may vary based on new COVID-19 variants and vaccination status.

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

COVID, FLU, COLD & NOROVIRUS

COVID-19, and RSV are surging across the United States, according to CDC data.

How do I know whether I have the cold, the flu, COVID-19 or something else?

Some symptoms are hard to distinguish among illnesses, especially with respiratory viruses. Others are unmistakable.

Norovirus is a foodborne illness that can spread through water and contaminated surfaces and can cause vomiting, diarrhea, nausea and stomach pain for about one to three days.

The Common Cold can be caused by several different types of viruses and can cause a runny nose, congestion, cough, sneezing, sore throat, headaches, body aches or low fever for less than a week.

The Flu, caused by influenza viruses that are always changing, leads to fever, chills, cough, sore throat, runny nose, body aches, headaches and feeling tired. Flu symptoms tend to hit more quickly than cold symptoms and can last anywhere from a few days to two weeks.

COVID-19 can cause fever, chills, cough, short of breath, sore throat, congestion, loss of smell or taste, fatigue, body aches, headache, nausea, or vomiting for several days.

RSV can cause a runny nose, congestion, coughing, sneezing, wheezing, fever and a loss of appetite for a week or two.

- Wash hands frequently. Consider wearing a well-fitting mask if you must be out and have significant concerns about getting sick. Masking remains highly effective.
- Avoiding large gatherings and staying home from work or school when sick is also important to limit the spread.
- Sanitizing gels, sprays and foams, can also help to inhibit the spread

of respiratory viruses, but they are far less effective against norovirus.

- Norovirus is a very hearty organism in terms of persisting in the environment, so the best thing is very thorough handwashing.

COMMUNITY HALL RENTAL

Do you need a little extra space to celebrate a special occasion? The Community Hall at Cedar Gardens and Coolidge Gardens is available to rent for **ALL** residents. A small deposit is required and returned after the event. Please call Rob 508-653-2971 X 201 RJohnson@Natickha.org to request an application and confirm a date.

CEDAR GARDENS

Health & Wellness and Blood Pressure Clinic

Monday Feb. 10, 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 (508)-358-2862 X 206 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.

Learn about the History of Eastern Wild Turkey and How to Co-Exist with them. Monday, Feb. 10th 2:00pm, Cedar Gardens Community Hall Robert Michelson will share information about how Eastern Wild Turkeys were re-introduced to the United States over 30 years ago. The population has now grown to the point these large upland game birds are everywhere, and in every neighborhood throughout their range. So much so that there are now

frequent encounters with people by aggressive turkey. Find out how we can better co-exist with these animals.

HYBRID PROGRAMMING

The following programs are on the large screen in the Cedar Gardens Community Hall.

NEW EXERCISE CLASS

9:30am Wed., Feb. 5, 12, 19 and 26 The SAIL (Stay Independent and Fit for Life) program is an evidence-based falls prevention program. It's a one-hour exercise class that starts with a warmup, involves strength training, some body weight aerobic exercise and ends with yoga style stretching. It can all be done either standing or seated. Weights and exercise balls are provided.



JOIN US and watch the NEW 2024 American musical fantasy film

WICKED, SATURDAY, FEBRUARY 8th 1:00PM

Sign up on the Bulletin Board in the Community Hall. Sandwiches will be provided

HARNESSING THE POWER OF AI FOR OLDER ADULTS Tuesday, February 11, 11:00am Artificial Intelligence is transforming the world around us, and older adults have a unique role to play in guiding this technology to better serve society. Dive into the AI interactive conversation with Rubin, Professor of Artificial Intelligence at MITP and discover how you can help shape this powerful tool for the future.

COOLIDGE GARDENS



PANCAKE BREAKFAST
9:30am, Thurs., Feb. 6th. Start your day off with pancakes,

fruit and coffee. Please sign up on bulletin board or call Jane 508-653-2971 X206. Minimum 12 residents.

FAMILIES

NATICK SERVICE COUNCIL NEWS
508-655-1791

Brack Career Center Walk in Hours:
Thurs Feb 27- 11:00-3:00 For help with your resume and job search you can stop by the Natick Service Council anytime during Walk In Hours. No appointment necessary.

Fuel Assistance: For families living in units where the heat is not included in your rental cost, there is assistance available to help with the cost of your winter heating bills. Please contact your Natick Service Council case manager for more information.

Natick Recreation & Parks: The new financial aid form for 2025 is available through the Natick Recreation Department. If you are signing up for camp for your children, please remember to complete this form prior to registration (camp registration will open sometime in February). For more information, please reach out to your case manager at the Natick Service Council or contact NSC for more information.

COMMUNITY NEWS

AARP TAX PREPARATION – Natick Residents only
Natick Senior Center

Mondays & Thursdays | February 10 - April 3rd Do you need help preparing your taxes? IRS trained and certified AARP tax volunteers will be available

(by appointment only - (508) 647-6540) to prepare your 2024 Federal and State Income Tax returns beginning on February 10th. There is no cost for this service. The program is designed to assist all people of low to middle income with special attention given to those age 60 and older. Prior to your appointment, you will receive a list of the documentation you will be asked to bring to your appointment, as it will be needed to complete your tax return. Call (508) 647-6540 to schedule your appointment.



Are You REAL ID Ready?

Beginning May 7, 2025, every air traveler 18 years of age and

older will need a REAL ID compliant driver's license or identification card, current passport or another TSA acceptable form of identification, for domestic air travel and to enter certain federal facilities. A REAL ID driver's license/ID: " Is a valid driver's license or identification card " Is valid as a form of federal ID " Requires an in-person visit " Has a **star** on it to indicate it is federally compliant You can upgrade to a REAL ID license any time, not just when your current license expires. The Registry of Motor Vehicles recommends that you register for a RMV appointment and gather the appropriate documents. You can even start your application online. For details, visit www.mass.gov/real-ID or call the dedicated appointment line at 857-368-8005.

SHINE COUNSELORS AVAILABLE

Mondays, Tuesdays & Wednesdays at the Natick Community Center Trained SHINE (Serving Health Information Needs of Everyone) counselors offer free, confidential

counseling on all aspects of health insurance to anyone on Medicare. They are available in person or over the phone, by appointment. Please call to schedule your appointment. (508) 647-6540.

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.



MOBILE FARMERS' MARKET

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

Mon., Feb. 3: Household 1-2 at NSC
 Mon., Feb. 10: Households 3+ at NSC
 Mon. Feb. 24: 12:00-2:00 **This pickup is outside Cedar Gardens Community Hall.** (appointment required)

Natick Service Council schedules appointments one month in advance. (508-655-1791) Call ASAP to book the March Farmers' Market and Pantry appointments! You must be a client of NSC to access the mobile market. *if you need to cancel any pantry appointments please call NSC with a 24 hour notice (if possible) so they can try to fill the appointment with someone on the waitlist.

Regular Pantry hours Tues. 10am-3pm, Wed. 12-5pm, Thurs. 1-6pm.

NHA Board Meeting

February Date is TBD. Coolidge Board Room. 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.

CUT this list out and put on refrigerator 

QUICK - Resource List

- Natick Housing Authority:**
(508) 653-2971. www.natickna.org
X200 for all Maintenance Issues
- Natick Service Council/Food Pantry:** (508) 655-1791
www.natickservicecouncil.org
- Natick Community Senior Center:** (508)-647-6540
- Natick Police Department:** (508) 647-9500
- Natick Fire Dept** (508) 647-9550
- NHA Emergency Number**
For maintenance emergencies (i.e. flood, no hot water, no heat, toilet issue) Call (508)-653-2971, listen to the prompts and you will be directed to the correct message box. You may also call the after-business number: (508)-270-7443.

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

Rob Johnson X 201
Mike Kelleher X 202
Karen Cebrowski X 203
THE NHA OFFICE will be closed Feb 17th for President’s Day.

RSC OFFICE HOURS

Jane Purser
8:00am-3pm, Mon. Tues. 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
Jane will be on vacation Feb. 18 & 20.



RECIPE OF THE MONTH
Cheeseburger Cups

This easy, 30-minute recipe for cheeseburger cups will please kids, adults and cheeseburger lovers everywhere.

Prep Time 15 min
Cook Time 15 min
Yield 10 servings

Ingredients

- 1 pound ground beef
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon prepared mustard

- 1-1/2 teaspoons Worcestershire sauce
- 2 tubes (10-1/2 ounces each) large, refrigerated buttermilk biscuits
- 1/2 cup cubed Velveeta

Directions

1. In a large skillet, cook beef over medium heat until no longer pink, breaking it into crumbles, drain. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce. Remove from the heat.
2. Press each biscuit onto the bottom and up the side of a greased muffin cup. Spoon beef mixture into cups; top with cheese cubes.
3. Step 3: Assemble the cheeseburger cups. Press each piece of canned biscuit into the bottom and up the sides of a greased muffin cup. Spoon the beef mixture evenly into the cups and then top evenly with the cubed cheese.
- Step 4: Bake and enjoy
Bake until the beefy biscuit cups are golden brown, 14 to 16 minutes.

X P I N K N H S N U O T G N L T
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G E N I T N E L A V U E O E H G
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K S W E E T H E A R T A F S I R

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|--------------|--------------|----------------|
| 1: HEART | 6: POEM | 11: FLOWERS |
| 2. CUPID | 7. CHOCOLATE | 12. PINK |
| 3. CARD | 8. CANDY | 13. SWEETHEART |
| 4. VALENTINE | 9. KISS | 14. GIFT |
| 5. LOVE | 10. ROSE | 15. HUG |