



NHA newsletter



IN THIS ISSUE



Mark your calendar!
ANNUAL BARBEQUE

Wednesday, June 18th 5:00pm
Cedar Garden Community Hall

All residents are welcome!

The Natick Rotary will be here to grill and serve a delicious Barbeque dinner. Please sign up on the bulletin board or call Jane Purser 508-653-2971 x206.

THANK YOU!



Thank you to **Milestone Church** for hosting the Easter Block Party for our families!



Thank you to **Fisk Church** for hosting 2 delicious SOUP SUPPERS during Lent.

Thank you to the **Natick Senior Center** for 6 months of hybrid programming on the Big Screen in the Cedar Gardens Community Hall.

COMMUNITY NEWS

EARTH DAY 2025

Let's all help and clean up any trash around our neighborhoods. EARTH DAY ALL AROUND NATICK, May 3-4

Earth-Friendly Fair on Natick Town Common, Saturday 9am-1pm, with **informational booths** and **activities for all ages!**



REPAIR CAFÉ

May 4th, 2 - 5:00 pm

Natick Senior Center. Sponsored by Natick Rotary, and as part of Earth Day All Around Natick. The Repair Cafe helps folks by fixing appliances, lamps, bicycles, etc that folks can bring in for free to be checked and hopefully repaired to keep them from being thrown away.



Natick's Holi Festival Returns!

Hosted by the Natick Center Cultural District

May 17 from 2:00-4:00 PM rain date of May 18 from 2:00-4:00 PM.

Middlesex Savings Bank Parking Lot along Rt. 135 & Washington St.

Come celebrate the vibrant multicultural spirit of our town during the Holi Festival! Holi (pronounced /holi/; Sanskrit: होली Holi) is a delightful spring festival that is joyfully celebrated in the Indian subcontinent. It is popularly known as the "festival of colors" or "festival of love." **FREE.**



2025 WooSox-Natick Town Takeover Friday

June 6th, 6:05pm

Visit <https://www.gofevo.com/event/Natick25> to buy your tickets!

For the third straight year, the WooSox (Red Sox Triple-A minor league affiliate) will host a number of MA towns and cities (~25 total) from across the Commonwealth at Polar Park for "Town Takeover" nights. Think of this event as a great night of minor league baseball, as well as surrounding events that make minor league baseball SO special... and all surrounding events will feature & celebrate Natick!

Event details:

- Friday June 6th, 2025 @ 6:05pm (first pitch)
- Polar Park (100 Madison St, Worcester, MA 01608)

Why you shouldn't miss it:

- Natick-ness (events centered on 01760!)
- Baseball (+ fireworks)
- Easy travel (MBTA to flex their schedule, details will be announced later)
- Pre/in game events featuring Natick youth (stand by for drawing/lottery details)

Tickets start at \$15 (not bad for 2025!)



FREE COMMUNITY MEAL

Every Monday at

5:00pm Come enjoy a community meal and social event at The Elks Lodge, 95 Speen Street, Natick (near Roche Bros.)

May is MENTAL HEALTH AWARENESS MONTH

Events are being held all month at The Morse Library, Community Senior Center and other locations. Go to bit.ly/mentalhealth_natick for more event information. Call 508-647-6540 to register

FOOD PANTRIES



➤ **HEART HEALTHY FOOD PANTRY**

➤ **BRACK CAREER CENTER**

➤ **CASE MANAGEMENT**

How to become a new client: Call (508-655-1791)

- 1 - Intake and assessment
- 2 - Make a plan together
- 3 - Refer to any of the NSC Programs
- 4 - Community Referrals
- 5 - Government Assistance Referrals
- 6 - Check in on progress and assess other ways NSC can help

MOBILE FARMERS' MARKET

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

Mon. May 5: Household 1-2 at NSC
Mon. May 12: Households 3+ at NSC
Mon. May 19: 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 **June 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.



A PLACE TO TURN Food Pantry

99 Hartford Street
Natick 508-655-8868

- Emergency food pantry for low-income families in need of food resources.
- Serving families/individuals.
- Families can visit the pantry every 30 days with proof of address (ex: utility bill, lease, credit card bill)

DIABETES WORKSHOP

Living Your Best Life Every Tuesday, June 17 - July 22 (5 weeks), 10:00 am, **Natick Senior Center**

Each week this workshop will cover a different topic including: **Nutrition 101**: components of a healthy diet and why it's important to manage your blood sugar; **Sugar, salt and fat** - how much is too much; **Why fiber is so important** - including sources and how much to consume; **Protein** - the types and its importance to your health; **Eating to prevent Type 2 diabetes** - how, what and when we eat matters; **Reading nutrition labels** and technology for managing diabetes. The focus of the workshop is on educating those with prediabetes and type 2 diabetes. Call to register 508-647-6540.

TOWING

NHA will be using **Framingham Towing** to remove all inoperable or unregistered cars from the property. Reminder: parking is only allowed for drop-off and pick-up in Fire Lanes. Cars parked in Fire Lanes are subject to towing.

CEDAR GARDENS

SPRING CLEAN-UP **During the month of MAY**

To meet MA State requirements, we will be conducting a cleanup of all outside items at Cedar Gardens. The Natick Housing Authority maintenance team will remove and dispose of all items that do not meet the requirements in the common areas.

- All personal items on Balconies/Fire escape must be removed. Only **chairs when in use** and brought back into the apartment are allowed. The balconies are emergency fire escapes and need to have clear access in case of an emergency. The balcony decks must remain clear at all times.
- All Personal items in the common hallways must be removed including shoe racks, plants, furniture, etc. All first-floor residents can have a small bistro table and 2 folding chairs outside of the unit. The chairs and tables must be furniture for outside use such as patios (loose glass tables are not allowed).
- All grills must be at least 10 feet away from buildings and neatly stored. Only gas grills are permitted.
- All personal items outside of the units must be removed except bikes, flower beds, and pots. All walkers and carts should be stored inside units.
- All pots need to be neatly stacked. No more than 4 pots (max size 5-gallon containers) per unit can be used. All working bikes need to be stored in the apartment or behind the building in a neat manor near the trash cans. Birdfeeders are not permitted as they attract rodents.
- All outside storage bins and tools must be maintained neat and clean, or they will be removed and discarded. No other containers permitted.

Thank you for your cooperation.

Randy Waters

Health & Wellness and Blood Pressure Clinic

Monday May 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.

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

COOLIDGE GARDENS

The new intercom system is complete and in use. Please stop in the office to pick up your new fob.

FAMILY

EARTH DAY CLEANUP May 3-4

Dumpsters will be placed at Forest Ave and West Hill Park. Please use this time to clean out any unused items.



FREE BOOK MOBILE

Coming to NHA Family Neighborhoods.

Wednesday, May 14 and 28, 2:30-3:30pm corner of Bennett and Forest Street Intersection.

Thursday, May 8 and 22, 2:30-3:30pm West Hill Park.

Bring your library card to check out books, audiobooks, bestseller speed reads, and DVDs for all ages. Don't have a library card? No problem! Sign up for your very own and unlock a world of reading - just bring your ID/proof of address.

HEALTH TIP

Constipation in Seniors: 6 Effective Home Remedies.

Written by Connie Chow, Daily Caring
Constipation is an issue that many older adults deal with on a regular basis. And this chronic digestive discomfort can seriously affect your life.

Why is chronic constipation in seniors common?

Older adults are more likely to have chronic constipation because of:

- Side effects from medications like *opiates for pain (Percocet, Oxycontin, Norco), antidepressants, anticonvulsants, and antihistamines*
- *Medical conditions like strictures, tumors, Parkinson's disease, or low thyroid*
- *Slowing or weakening of the digestive system due to aging or frailty*

What's the medical definition of constipation?

Contrary to popular belief, you don't have to have a bowel movement every day to be considered regular. But more than 3 days without a bowel movement is too long. And by then, stool has become harder and more difficult to pass.

Constipation symptoms include:

- Few bowel movements
- Trouble having a bowel movement (straining)
- Small or hard stools
- Feeling like everything didn't come out
- Swollen abdomen or abdominal pain
- Vomiting

6 effective home remedies for chronic constipation in seniors

Constipation can often be solved with these 6 simple home remedies. But if the situation doesn't improve soon, it's important to speak to their doctor in case constipation is a symptom of a more serious health condition.

1. Avoid constipating foods like:

- White rice and other refined grains
- Unripe bananas
- Tea
- Cheese
- Chocolate

2. Regularly eat (and drink) foods like:

- Beans
- Whole grains, especially bran
- Vegetables
- Fresh and dried fruit -prunes

- Nuts
- High-fiber foods
- Water — softens stool and stimulates the bowel

Important: If your doctor says that constipation is caused by a nerve or muscle problem, they may recommend that you eat less fiber and instead, use medication that adds water to the colon to soften stool.

3. Exercise regularly and as vigorously as possible

Exercise and regular physical activity is great for overall health, so it's no surprise that it also helps regulate the digestive system.

4. Establish a regular bathroom time and also respond immediately to the urge to go

It's a good idea to have a daily routine where you at least "try" to go at the same time every day.

But anytime you feel the urge, you should still go immediately.

5. Take a daily soluble fiber supplement

Add a soluble fiber supplement like Benefiber or Metamucil to beverages.

Today's formulas are easier to take because they dissolve completely, aren't gritty, and don't thicken beverages. They also come in flavorless options that can be added to any beverage.

6. Use laxatives properly

Dr. Wald's research showed that long-term use of stimulant laxatives like Senokot or Dulcolax shouldn't harm the colon or cause dependence if they're used in recommended amounts.

Of course, it's essential for your doctor to approve the laxative, recommend an appropriate dose, and continue to monitor as long as you're taking it.

When to see the doctor about constipation

Don't hesitate to discuss frequent or ongoing constipation with your doctor.

And if you’ve tried a combination of dietary changes, exercise, and over-the-counter remedies and you aren’t getting any relief, see the doctor to rule out other medical conditions.

COMMUNITY HALL RENTAL

Do you need a little extra space to celebrate a special occasion? The Community Hall at Cedar Gardens and Coolidge Gardens are 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.

NHA Board Meeting

Thursday, May 15th, 6:30pm.
Cedar Gardens Community Hall. 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.

QUICK - Resource List

Natick Housing Authority:
(508) 653-2971. www.natickha.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 May 26th for Memorial 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



RECIPE OF THE MONTH Kielbasa with onion, peppers and potatoes

An easy kielbasa recipe cooked with red and yellow peppers and potatoes.
Prep Time: 10 mins
Cook Time: 30 mins

Servings: 6
Ingredients:

- 1 tablespoon vegetable oil
- 1 (16ounce) package smoked kielbasa sausage, diced
- 6 medium red potatoes, diced
- 2 garlic cloves crushed
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 yellow onion, chopped

Directions

1. Gather the ingredients.
2. Heat oil in a pan over medium heat. Place kielbasa, onion and potatoes in the pan. Cover and cook, stirring occasionally, until potatoes are tender, about 25 minutes.
3. Mix bell peppers and garlic into the pan, and continue cooking until peppers are just tender, 5 minutes.
4. Serve and enjoy!

www.allrecipes.com

Memorial Day Word Search

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

AMERICAN COMMEMORATE FLAGS GRAVE HONOR OBSERVANCE SACRIFICE SOLDIERS	ANTHEM DECORATION FLOWERS HEROES MAY PATRIOTIC SALUTE VETERANS	CEMETERY FALLEN FREEDOM HOLIDAY MEMORIAL REMEMBRANCE SERVICE WAR
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