

MARCH

NHA newsletter



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TRASH TALK MATTRESS DISPOSAL

Please call the office before putting mattresses and boxes springs out for pick up. There is a \$35 fee for disposal of each. Maintenance will not pick up until the fee has been paid.

- card-swiping machine to copy card information.
- Phishing is where thieves use texts or phone calls to get you to share confidential information about your identity or card information.

The information is then used to make fake EBT cards. These are then used to steal money or SNAP from real accounts.

Skimming can happen anywhere you swipe your EBT card. Most of the time, that means EBT or Credit Card machines and ATMs.

To protect your benefits:

- Change your EBT card PIN before each time you get your DTA benefit. Call 800-997-2555.
- If you get TAFDC or EAEDC, you can call your case manager to ask about having your benefits deposited to your bank account
- Never provide your personal information, EBT card number, or Personal Identification Number (PIN) to unidentified callers, or to a link provided via text or email

If you think your card and benefits have been stolen, tell DTA right away and change your PIN. Learn how to report fraud go to <https://www.mass.gov/info-details/protect-your-benefits-from-scams>

CEDAR GARDENS



St. Patrick's Day Lunch
Tuesday, March 17th, 12:00pm
Cedar Garden Community Hall
All residents welcome

Enjoy a delicious lunch - corn beef & hash, finger sandwiches and salad prepared by TJ's Food & Spirits of Ashland and fun games! Wear something green and get a prize! Please sign on bulletin board or call Jane 508-653-2971 X 206 **by March 11th**. 20 residents minimum for event to run. **FREE**

BULK PICKUP

Place all bulk items out on Tuesday night for Wednesday pick up. Please put a note on the items so maintenance knows it is trash.

Health & Wellness and Blood Pressure Clinic

Monday, March 9th, 1:30-2:30pm, Cedar Gardens Community Hall in the RSC Office. Come by and visit with Heidi Harper, Natick's Public Health Nurse.

Stop by and see Jane anytime to swap out used for new sharps boxes.

SPRING IN BOSTON



PROTECT YOUR DTA BENEFITS

Your DTA benefits can be stolen through scams like skimming and phishing.

- Skimming is a type of theft where thieves put a device on a store's

COOLIDGE GARDENS

SOUP SUPPER hosted by

Milestone Church Wed., March 4th,

5:30pm Coolidge Gardens, Board

Room Come enjoy a delicious bowl (or 2) of homemade soup and fresh bread. FREE. Please sign up on bulletin board or call Jane 508-653-2971 X206.

ALL residents are welcome.

Health & Wellness and Blood Pressure Clinic

Tuesday, March 24th, 1:30-2:30pm,

Coolidge Board Room. Come by and visit with Heidi Harper, Natick's Public Health Nurse.

FAMILIES



Mark your calendars!

Easter Party

hosted by

Milestone Church. **April 4th. 1:00pm**,
Corner of Forest Ave. Ext and Bennett
Street. **Games, prizes and FUN!**

RETIREMENT HOBBIES THAT CAN EARN YOU MONEY

Boost your mind, body, and bank account with these enjoyable pastimes.



Work and retirement might seem like two things that shouldn't go together. But having a side gig in your best years can be a great way to earn a little extra cash and give your day some structure. When that side gig happens to be a hobby or activity you love doing, all the better. A hobby can be a great way to connect with like-minded people, keep your brain

sharp, and even protect your mental health. Research found that taking up a hobby can reduce risk of depression in older adults by as much as 30%. Retirement is a great time to explore some of the pastimes and passions you probably didn't have time for while working. Here are activities particularly well-suited for making extra cash.

Writing book reviews

If your nightstand is a leaning tower of paperbacks and you're a wordsmith to boot, you could get paid for writing book reviews. Outlets such as Kirkus and Booklist (part of the American Library Association) pay skilled writers to pen reviews.

Dog walking

This is a perfect post-retirement job opportunity: It's flexible, easy to start, and comes with all sorts of health benefits. For example, spending time caring for furry friends can lower both your blood pressure and feelings of loneliness, according to the Centers for Disease Control and Prevention (CDC).

Making art

If you're a whiz with a crochet hook, a woodworking wonder, or a master jewelry maker, consider selling your handmade art on sites such as eBay and Etsy. You might strike up a conversation with a local coffee shop, artisan or farmer's market, art gallery, or boutique owner to see if they'd be willing to display your art for sale or on consignment.

Assembling furniture

Few things strike as much fear into people's hearts as having to assemble a piece of furniture — which is why they'll pay a pretty penny to have you take that task off their hands. Word of mouth alone might be enough to get you started, but you can also join websites such as TaskRabbit, now owned by IKEA, that directly connect you with people looking for help. Consider all the marriages you might save!

Giving tours

Your love of art, architecture, or history can pay off — in more ways than one. Along the way, you're certain to meet loads of interesting people, which comes with its own brain boost. A University of Michigan study found that when people spent just 10 minutes getting to know someone, they performed better on a cognitive task.

Calligraphy

Fancy handwriting is still in hot demand when it comes to formal invitations. If you have lovely handwriting or have dabbled in calligraphy as a hobby over the years, this could be a chance to turn it into a moneymaking venture. Solicit business through friends and family (or an Etsy shop) for hand-addressing invitations to everything from baby showers to weddings to dinner parties. As you get more projects under your belt, you can create a portfolio of your work.

www.silversneakers.com

COMMUNITY NEWS



**New Location-405 Cochituate Road,
Framingham 508-868-9688**

Fallon Health offers The PACE model PACE (Program of All-Inclusive Care for the Elderly) PACE provides comprehensive medical care and social support to help older adults live at home and in the community instead of going to a nursing home. Enrollment in PACE is voluntary. Individuals enrolled in PACE receive both Medicare and Medicaid benefits as authorized through the PACE organization. However, you do not need to have Medicare and/or Medicaid to enroll in PACE.

You are eligible for PACE if you:

- Are age 55 or older
- Live in the PACE organization's service area

- Need a nursing home-level of care (as certified by your state)
- Are able to live safely in the community with help from the PACE organization

The Care Team

As a PACE participant, you have a team of health care and social services professionals, called the Care Team, to assess your needs, deliver and coordinate services and help you make health care decisions. Members of the Care Team may include:

- Primary care provider
- Nurse
- Social worker
- Physical therapist
- Occupational therapist
- Recreational therapist or activity coordinator
- Dietician
- PACE Center manager
- Home care coordinator
- Personal care attendants
- Transportation staff

FOR MORE INFORMATION

Contact Mindy Hogan 508-868-9688 or mindy.hogan@fallonhealth.org

MORSE INSTITUTE LIBRARY

FREE ENGLISH CLASSES

Do you want to improve your English? Volunteers at the library offer free, weekly conversation classes for adult English learners:

Thursdays: 10:00-11:30am

Fridays: 10:00-11:30am

Saturdays: 10:30am-12:00pm

For more information on how to join these classes, please email

fplmail4@minilib.net or ask a staff

member at the library.

MORSE INSTITUTE MOBILE

DIGITAL HELP Monday, March 16, 11:00am, Natick Senior Center.

Sign up for a 20-minute one-on-one session with a Morse Institute Librarian for help with your smartphone, tablet, or other devices. Bring your questions—and your

devices—and we'll work through them together. While you're here, browse a small selection of books from the Morse Institute Library's Bookmobile. You can even borrow a book on the spot with your library card, saving you a trip to the library. Call (508) 647-6520 to sign up.

JOINT REPLACEMENT

CLASS: A How To Guide Tuesday, March 24, 2:20pm, Natick Senior Center Considering or scheduled for a hip, knee, or shoulder replacement? Join our Pre-Operative Total Joint Seminar to learn how to prepare, what to expect before and after surgery, length of stay, equipment needs, discharge planning, post-surgical precautions, exercises, and hear firsthand from patients who've been through the process. To register call 508-647-6540 or go to www.natickma.gov/626/council-on-aging



Natick Service Council

Neighbors Helping Neighbors
To become a new client: Call (508-655-1791)

MOBILE FARMERS' MARKET

Natick Service Council (NSC) will distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.
Mon. **Mar. 2:** Households 1-2 at NSC
Mon. **Mar. 9:** Households 3+ at NSC
Mon. **Mar. 16:** 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 your next month 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-2pm, Wed. 1-4pm, Thurs. 3-6pm. (new hours)



NATICK COMMUNITY GARDENS

Interested residents can apply to rent a garden plot via Community Pass online or by filling out a Community Garden Application. Please call Jane 508653-2971 X206. Paper applications can be returned with payment to the Natick Recreation and Parks Department, 179 Boden Lane, Natick. Applications are received in **mid-March through early April for current plot holders and mid-April through early May for new gardeners.** Plots are \$50 for Natick Housing Authority residents.

OPEN DOOR COMMUNITY MEAL FREE



Every Monday
Doors open at 4:45pm, dinner is served at 5:30pm. Come enjoy a community meal

and social event at The Elks Lodge, 95 Speen Street, Natick (near Roche Bros.)

NHA BOARD MEETING

March meeting -TBD. Please 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/HOURS

508-653-2971

8am-4pm Mon.-Fri.

Rob Johnson X 201

Mike Kelleher X 202

Karen Cebrowski X 203

RSC OFFICE HOURS

Jane Purser X 206

8:00am-3pm, Mon. Tues. Thurs.

All residents are welcome to call/visit at any time.

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



Lemon Cream Cheese Bars

This lemon cream cheese bar recipe is easy and tastes divine.

Nothing brings a recipe to life like fresh lemons!

Ingredients

- cooking spray
- 2 (8 ounce) packages refrigerated crescent roll dough (such as Pillsbury Recipe Creations), divided
- 2 lemons, zested and juiced divided
- 2 (8 ounce) packages cream cheese, softened
- ½ cup white sugar
- 2 tablespoons butter, melted
- 3 tablespoons white sugar

Directions

1. Preheat the oven to 350 degrees (175 degrees C). Line a 9x13-inch baking dish with aluminum foil, leaving an overhang; coat with cooking spray.
2. Unroll 1 crescent roll dough: press into bottom of the prepared baking dish, stretching to edges.
3. Combine lemon juice and ¼ lemon

zest in a bowl. Beat cream cheese and ½ cup sugar into juice-zest mixture with an electric mixer until smooth and creamy; spread over crescent roll dough in the baking dish.

4. Unroll remaining 1 crescent roll dough: place over cream cheese mixture, stretching to edges. Brush dough with melted butter. Combine 3 tablespoons sugar and remaining ¼ lemon zest in a small bowl: sprinkle over top.

5. Bake in the preheated oven until top is golden brown, for about 30 minutes. Cool for about 20 minutes.

6. Lift dessert from baking dish using foil overhang; transfer to a cutting board. Cut into squares, leaving foil in place. Return bars to the baking dish; refrigerate until chilled, at least 1 hour.

<https://www.allrecipes.com/recipe/237181/lemon-cream-cheese-bars/>



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

- HORSESHOE
- CHARM
- GOLD
- PARTY
- MAGIC
- SAINT
- HOLIDAY
- IRISH
- SNEAKY
- TRICKY
- CELEBRATE
- PATRICK
- TRADITION
- PINCH
- LEPRECHAUN
- EMERALD
- IRELAND
- DUBLIN
- PARADE
- LUCKY
- GREEN
- CLOVER
- POT
- RAINBOW

