

APRIL

NHA newsletter



IN THIS ISSUE



NHA OFFICE NEWS

Dear Residents,
I would like to share that I will be leaving my role as Resident Service Coordinator at NHA effective May 1.

It has been a pleasure working with and supporting the residents of this community and I appreciate the connections made during my time here.

Please stop by and visit during office hours in April. The office is hosting a going-away coffee on **Tuesday, April 28th, 10:00-11:30am** at Cedar Gardens and I would really enjoy celebrating with all of you! Hope you can make it!

Thank you, and I wish you all the best.

😊
Warm regards,
-Jane

FAMILIES



Annual Easter Block Party

hosted by Milestone Church. **Saturday, April 4th. 1:00pm**, Corner of Forest Ave. Ext and Bennett Street. **Games, prizes, face paint, crafts, cotton candy and**

more! Chick-Fil-A served at 12:15pm. **FREE!**

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CEDAR GARDENS Health & Wellness and Blood Pressure Clinic

Monday, April 13th, 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.



TRASH TALK PLEASE HELP TAKE CARE OF YOUR NEIGHBORHOOD



NO TRASH, DOG POOP, or FOOD WASTE in RECYCLE BINS

Please do not throw food waste out behind the buildings. This is unsightly,

unsanitary and attracts wild animals.

Come learn about the YMCA's Blood Pressure Self-Monitoring Program (BPSMP) Thursday, April 16, 1-2:00pm. Cedar Gardens Community Hall



BPSM supports adults with hypertension in lowering and managing their blood pressure. Participants will get a take-home blood pressure cuff and get trained how to use them. The four-month program focuses on practicing home self-monitoring of blood pressure readings and improve blood pressure management. With the support of a trained Healthy Heart Ambassador (HHA), participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month with their HHA
- Attend monthly Nutrition Education Seminars

If interested, please sign up on the bulletin board or call Jane 508-653-2971 X206.

COOLIDGE GARDENS

Health & Wellness and Blood Pressure Clinic

Tuesday, April 14th, 1:30-2:30pm, Coolidge Board Room. Come by and visit with Heidi Harper, Natick's Public Health Nurse.

Thank you to Milestone Church for another delicious soup supper! It was more than soup!

COMMUNITY NEWS

BOSTON MARATHON NATICK

April 20th, 2026

7.52 Mi.....11.72Mi

ROAD CLOSURES

Approximately 7:30am to 2:45pm

TIMELINE THROUGH

TOWN CENTER (10Mi)

| | |
|------------------|----------|
| Wheelchair Men | 9:35am |
| Wheelchair Women | 9:42am |
| Pro Men | 10:23am |
| Pro Women | 10:38 am |

BEST PLACE TO WATCH

With Fisk Pond as a backdrop, crowds gather on both sides of the road to cheer on participants before they hit Natick Center. Spectators pack Natick Common on Center Street or take in beautiful views along Fisk Pond and Lake Cochituate.

Come cheer the runners on and join Natick's spirit!

LIBRARY OF THINGS at the

Morse Institute Library
Did you know you can borrow all kinds of things from the library for up to 2 weeks? The list of things is amazing, from home repair tools, craft tools, bubble machines, outdoor camp equipment and so much more! No need to purchase these items, borrow them from the library for FREE. Check it out when you have time.

<https://morseinstitute.libguides.com/library-of-things>
Here are the categories:

- Home Things
- Outside Things
- Tech Things
- Music Things
- Other things

NATICK EMERGENCY ALERTS

Town on Natick Emergency Alerts are urgent updates tied to an immediate Threat. These alerts are sent via a phone call (cell or landline) or text message, e.g. snow emergency, hazardous materials, or public safety incidents. Emergency alerts are managed by an external software vendor (Everbridge). Go to the Town of Natick Website

<https://www.natickma.gov> to signup or call Jane 508-653-2971 X206.



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. April 6: Households 1-2 at NSC
Mon. April 13: Households 3+ at NSC
Mon. April 26: 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's 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)

HARRIET'S CLOSET now has spring/summer clothing. NSC families will shop free of charge, by appointment, Monday through Thursday.

BRACK CENTER Walk-in Hours: Thursday, April 16th 11:00-3:00 (or by appointment contact Karyn Rosen 508-655-1791 x122)

If you receive a suspicious call:




- Hang up
- Don't believe them
- Don't trust your caller ID
- Don't give them money
- Don't give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM

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 508-653-2971 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.)

NATICK SHREDDING

EVENT Front parking lot at the Natick Community Senior Center
Saturday, April 11, 10:00am-12:00pm

Securely dispose of your personal documents. Limit of 4 boxes per resident.

Cannot Bring ❌

- Phone books
- Electronic media
- Metal objects
- Plastic
- Large binder clips and metal binders cannot be included in your paper

Can Bring ✅

- Checks/carbon copies of checks
- Bank statements
- Pay stubs
- Receipts
- Credit card offers
- Medical bills / medical information
- Bills
- Staples and paperclips can be included in your paper

RESIDENTS CELEBRATING ST. PATRICKS DAY at CEDAR GARENS.



SPRING TRIVIA QUESTIONS

1. What do we call the process when a caterpillar transforms into a butterfly?

Answer: Metamorphosis! This amazing transformation happens when caterpillars form a chrysalis and emerge as butterflies—often in spring!

2. Which striped insect becomes more active in spring and helps pollinate flowers?

Answer: Bees! Honeybees and bumblebees emerge in spring to collect nectar and pollinate plants.

3. True or False: Some animals wake up from hibernation in the spring.

Answer: True! Bears, groundhogs, and some bats wake up from their winter sleep when spring arrives.

4. What weather event happens when warm and cold air meet and often occurs in spring?

Answer: Thunderstorms. Spring is known for its rainy, stormy weather as temperatures change.

5. What appears in the sky after spring rain showers when sunlight shines through water droplets?

Answer: A rainbow! This beautiful natural phenomenon happens when light refracts through rain.

6. How many colors are in a rainbow?

Answer: Seven—red, orange, yellow, green, blue, indigo, and violet.

7. True or False: Days get longer in the spring.

Answer: True! As we move from winter to summer, we get more daylight hours each day.

8. What day celebrates Earth and environmental protection every April 22nd?

Answer: Earth Day! People around the world celebrate our planet and learn about protecting the environment.

9. True or False: May Day is celebrated on May 1st and often involves flowers and dancing around a maypole.

Answer: True. May Day is an ancient spring celebration that welcomes warmer weather.

10. What do maple trees produce in early spring that can be turned into syrup?

Answer: Sap! Maple sap is collected in late winter and early spring to make delicious maple syrup.

BOSTON SLANG

1. **Bang a Uey** - Quick U-turn, Boston style
2. **Beantown** - No one here calls it Beantown
3. **Bubblah**- Water fountain, but with flair
4. **Cah** - Car minus the "R"
5. **Clickah** - Remote control, couch lost relic
6. **Cuppa** - Coffee, probably from Dunks
7. **Frappe** - Milkshake with muscles
8. **Hahvard Yahd** - Harvard Yard, tourist trap
9. **Nor'eastah** - Intense storm, buckle up
10. **Kehd** - Used on anyone at any age
11. **Packie** - Liquor Store, beer stock up zone
12. **Pissah** - Awesome, like really awesome
13. **Rotary** - Traffic circle of doom
14. **Smaht** - Smart, usually used sarcastically
15. **Scrod** - Fresh white fish, local delicacy
16. **The T** - Subway, thrill ride included
17. **Triple Deckah** - 3 story house, Boston staple
18. **Tonic** - Soda, yes we know it is weird
19. **Townie**- Local resident, born and bred
20. **Wicked** - Very, A lot, Intensely



NHA BOARD MEETING

April 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

The NHA office will be closed on April 20th for Patriots Day.

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



Chocolate Rice Krispie Easter Egg Nests

A deliciously easy and lightened up no-bake dark chocolate treat for kids of all ages!

Prep: 20minutes mins

Cook: 20minutes mins

Total: 40minutes mins

Servings: 24

Ingredients

- 6 ounces good-quality dark chocolate, broken or chopped into small pieces (about 1 cup)
- 4-1/2 cups Rice Krispies cereal
- 72 Cadbury mini eggs (or other candy-coated mini chocolate eggs)

Instructions

Place the chocolate in a microwave safe container. Heat at 50% power for 1 minute. Remove and stir well.

If chocolate is not melted, return it to the microwave and continue heating, stopping to stir it every 10 to 20 seconds to avoid scorching. When only small lumps remain, remove and continue to stir until the chocolate is completely melted.

1. Add the Rice Krispies and stir to coat well with the chocolate.

2. Divide the mixture evenly among 24 paper baking muffin cups.

3. Flatten each "nest" a little to make a well in the center.

4. Fill each cup with 3 Cadbury mini eggs.

5. Let them set until firm.

Serve and enjoy!!

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

BEE

BIRD

BLOOM

BLOSSOM

BUD

BUTTERFLY

CATERPILLAR

FLOWER

GARDEN

GRASS

MARCH

MAY

NEST

PLANT

PUDDLE

RAIN

SPROUT

SUNSHINE

UMBRELLA