

## NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy

### A Message from the Executive Director

I would like to thank Representative Denise Garlick, on behalf of the Needham Housing Authority, for securing \$2.75million, earmarked for the NHA. Of this money, \$1.5 Million is from Partnership for Growth and \$1.25 million is from ARPA (American Rescue Plan Act).

I would also like to encourage all residents to join Representative Garlick in her Annual Report to the Community, where she will share her accomplishments from 2021 and her priorities for 2022. This event, which will be virtual, will be held on Tuesday, **February 15<sup>th</sup> from 7:00-7:30pm**. There will also be **a time of Q&A from 7:30-8:00pm**.

Please visit <https://repgarlick.com/report22> to register in order to receive the Zoom link. Or watch live on the Needham Channel. **Verizon: Channel 30, Comcast: Channel 99, and RCN: Channel 13.**

Sincerely,  
Angie Medeiros  
Executive Director

## MANAGEMENT

**Inspections:** During the week of **February 14<sup>th</sup>-February 18<sup>th</sup>**, the Needham Housing Authority, along with the McCright Inspection Company, will inspect all Federal Apartments located at **Seabeds Way, Capt. Robert Cook Dr., and High Rock**. Reminder notices will be sent out the week before the actual inspections.

**Laundry Rooms:** New machines are scheduled to be delivered & installed during the second week of February.

## PUBLIC SAFETY

### FBI Fraud Alert

#### Questions to Ask Yourself

In light of the increasing number of fraudulent scams being circulated throughout the world on a daily basis via the internet or mail the FBI has put together this excellent check list. If you can answer "yes" to any of the following questions, you could be involved in a fraud or about to be scammed!

- Are you receiving pay or a commission for facilitating money transfers through your account?
- Did you receive the check via an overnight delivery service?
- Did you respond to an email requesting you to confirm, update, or provide your account information?
- Have you been asked to pay money to receive a deposit from another country such as Canada, England, or Nigeria?
- Have you been informed that you were the winner of a lottery that you did not enter, such as:
  - Australian
  - Canadian
  - El Gordo
  - El Mundo
- Have you been instructed to either wire, send or ship money, as soon as possible, to a large U.S. city or to another country, such as Canada, England, or Nigeria?
- Is the amount of the check more than the item's selling price?
- Is the check connected to communicating with someone by email?
- Is the check drawn on a business or individual account that is different from the person buying your item or product?
- Is the check from an item you sold on the internet, such as a car, boat, jewelry, etc.?

## MAINTENANCE

On behalf of the Maintenance crew, thank you to all residents who cooperated in the snow removal process during this latest winter storm!

## RESIDENT SERVICES

**Coffee Hours:** 2<sup>nd</sup> & 4<sup>th</sup> week of each month.

Linden/Chambers: 2/8 & 2/22 @ 10:00am.

Seabeds Way: 2/10 & 2/22 @ 11:00am.

### Thursday News Brunch:

Meets every **Thursday morning at 10:00am** in the Linden/Chambers Community Room.

Come discuss what's going on in the Community and the world. Refreshments served. Please see **Ross Donald** for further information.

### Cooks After School Program:

The after-school program is tentatively scheduled to reopen on **Monday, February 14<sup>th</sup>**. (Please note that this date may change depending on Covid safety guidelines). Deondre Cabey will return as the Director. We are asking all parents and guardians to register their child(ren) prior to that date. Registration forms can be obtained at the NHA office,

### Blood Pressure Clinics:

**Linden/Chambers-February 3<sup>rd</sup>** (First Thursday of the month) @ 11:30am. **(New Program)**

**Seabeds Way- February 17<sup>th</sup>** (Third Thursday of the Month) @ 11:00am

**Free Covid Home Tests-** Residential households in the U.S. can order one set of 4 free at home tests from **USPS.com**. You may also **call the CDC @ 1 800-232-0233** for phone orders.

Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests.
- Orders will ship free starting in late January.

**DPH Covid Vaccine & Booster Shot Clinics:** for NHA Residents by the Needham DPH:

**Linden Chambers: Tuesday February 8<sup>th</sup> @ 10:00-11:00am in the Community Room.**

**Seabeds Way: Tuesday, February 8<sup>th</sup> @ 1:00-2:00pm in the Community Room.**

(The DPH will also be bringing a limited number of **KN 95 masks** during these clinics)

**Chair Yoga:** Fridays at 1:30 to 2:30pm in the Seabeds Way Community Room. No experience necessary. All residents are welcome.

### Tablets & Tutors

**Linden Chambers Community Room: Tuesday, February 15 at 11 AM.**

## **Seabeds Way Community Room: Thursday, February 17 at 11 AM.**

**February Topics:** Apps! Tour of Current apps, moving between them, grouping, and adding Apps.

### **Pet Safety**

Winter is upon us and with it comes freezing temperatures, snow and ice, that can endanger the well-being, safety, and the lives of the pets we love.

During extreme cold bursts, it's important to take cold-weather precautions to protect your pets:

#### **1. Keep outdoor trips quick**

For bathroom breaks or walks, make it short and sweet, and keep your pets indoors as much as possible.

#### **2. Check under the hood**

Cats love to warm up underneath the hood of a car, as the residual heat from the engine burns off. Unfortunately, this method of warming up can have dangerous consequences, such as severe burns and other grave injuries. Always pound on the hood of your vehicle and do a quick visual check before starting the engine.

#### **3. Never leave your dog alone in a cold car**

Many Massachusetts residents are aware that it's illegal to keep an animal in a hot car. But did you know... that under the same law it's ALSO illegal to keep your animal in a cold car? MA. Ch. 140, Section 174F states that a person shall not confine an animal in a motor vehicle in a manner that could reasonably be expected to threaten the health of the animal due to exposure to extreme heat or cold. When going out, leave your animals at home.

**Bottom line, if it's too cold for you to be outside, it's also too cold for your pet to be outside.**

**Did you know, Massachusetts has an anti-tethering statute?** This indicates that dogs cannot be confined outside when a weather advisory, warning, or watch is issued by local, state, or federal authority; or when environmental conditions such as extreme heat, cold, rain, snow, or hail pose as adverse risk to health or safety of the dog, based upon the dog's breed, age, or physical condition and unless tethered for less than 15 minutes.

### **SUPPORTIVE SERVICES**

**Capt. Robert Cook Tenant Association-** meets on the **second Tuesday of the month (2/15/22) at 6:30pm** in the Seabeds Way Community Room.

### **ANNOUNCEMENTS**

**NHA Board of Commissioners Meeting:** February 17<sup>th</sup> @ 7:30pm

(held on the 3<sup>rd</sup> Thursday of the month). To listen, view or participate from your computer, tablet, go to [www.zoom.us](http://www.zoom.us) and insert the Meeting ID number. For call in only, dial 1-669-900-9128 and insert the Meeting ID number. (There will be a ROBO call made the day of the meeting with the current Meeting ID #). Community Rooms are open to listen and view.

Dear Residents:

I am no longer dreaming of a “White Christmas,” (although as I write this, we are expecting a blizzard on 1/29). I think we could all agree that some warmer temps would be much appreciated. February can be one of the cruelest months of the year, despite being the shortest. Historically, many of our major snowstorms have occurred during this month. Think back to the Blizzard of 1978! However, there is a flip side to consider. This “little Month” is packed with powerful messages & events.

February is known as **American Heart Month**, a time when all people can focus on their cardiovascular health. And then there is **Valentine’s Day on February 14th** when we can focus on the emotional aspects of the heart! During February we also **celebrate Black History Month, Chinese New Year on February 1<sup>st</sup>, President’s Day on February 21<sup>st</sup> and National Love your Pet Day on February 20<sup>th</sup>**. And lest we not forget, **February 2<sup>nd</sup> is Ground Hog Day**. Here’s hoping he sees his shadow, which is believed to be a sign that spring will arrive early!

Sincerely,  
Debra Tambeau