

# NEEDHAM HOUSING NEWS/ NHN

## Special points of interest:

- Let Penny Kirk know your email address!!
- Remember to put trash and garbage in plastic bags and TIE them firmly before disposing of them!
- Do not leave large items near the trash cans. Call Maintenance for removal!

## Thinking about college?

Mass Bay Community College presents a Multicultural Information Session:

Thursday, April 14th

6:00PM-8:00PM

50 Oakland Street, Wellesley Hills, MA 02481

Info: 781-239-2441  
cortiz@massbay.edu

www.massbay.edu/  
rsvp

## IMPORTANT INFORMATION ABOUT MEDICINE AND DRUGS

Prescription medication plays an important role in our society, helping to treat diseases. But prescription medication should be taken, used and DISPOSED of with care. It's perhaps hard to believe, but last year about 15.3 MILLION people aged 12 or older use prescription drugs non-medically and 6.5 million did so in

the past **month**.

Here are some further statistics that should get your attention:

25% of teens report abusing or misusing prescription drugs at least once in their life.

1/3 of teens believe it is OK to take a prescription drug without a prescription for an injury or for pain.

73% of teens say it is easy to access prescription drugs from their parents' medicine cabinet.

Secure storage of prescription meds is vital to the health of the entire family. 55% of child-related calls to poison centers from emergency departments were a result of a child getting into prescription medications!



When finished with treatment, dispose of any left over meds and be sure to remove personal info from the label. Do not leave meds in the cabinet .

## NEW LIFE HOME FURNISHING

Several residents have found good solutions to their furnishing needs through this organization. NHF is now in their third year and encourage people in need of furniture to get in touch with, in our case, the Resident Services Coordinator,

Penny Kirk. If a resident prefers, his/her church can make the connection to make an order. Once the referral is made, the residents receive a call from the New Home Furnishing administrator and makes a date to come to the warehouse and

“shop” for the items they need.

It's a great organization helping people adjust to new surroundings which often times are smaller than their previous living arrangements.

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STILL NEED EMAIL ADDRESSES! SEND TO PKIRK@NEEDHAMHOUSING.ORG!!!

# NEEDHAM HOUSING NEWS/ NHN

## APRIL 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Afternoon of Joy: Library, April 10th, 2-4PM!!	Ilene Hoffman presents a Mothers' Day Photo and Gift Fair. Noon-4:30PM L/C	Needham Photography Club Meeting Sat., April 30th 5:30-6:30 PM L/C			1	2
3	4 11:30AM: Playgroup #42 CRC	5 12:30: Bingo L/C 4PM: Middlesex Bank/C.A.S	6 9-noon: Wellness Clinic L/C	7 9AM: Drop in Bridge Sr. Center	8 10:15AM: Quilting/Sr. Ctr.	9
10 Afternoon of Joy/ Library 2:00 Fashion Show/ Town Hall: 4:00	11 11:30AM: Playgroup CRC 1PM: Drop in Games/Sr. Center	12 12:30: Bingo L/C	13	14 9AM: Drop in Bridge Sr. Ctr. 10AM: Knitting/ Sr.Ctr.	15 10:15AM: Quilting/Sr.Ctr. 1PM: MahJong/ Scrabble/Sr. Ctr.	16
17	18 - Patriot's Day	19 12:30: Bingo L/C	20 1PM: Book Circle/ SBW	21 7:30PM: <b>Board Meeting SBW</b>	22 10:15AM: Quilting Sr. Ctr	23
24	25 11:30AM: Playgroup/ CRC 1PM: Drop in Games Sr. Ctr.	26 12:30: Bingo L/C	27	28 9AM: Drop in Bridge Sr. Ctr. 10AM: Knitting/ Sr.Ctr.	29	30 Photo and Gift Fair 12-40PM L/C

Next Board Meeting: Thursday, May 19, 7:30PM, Chambers.

All meetings are open to the public.

## Volume 8, issue 10

### Needham Parents Care/ New Group Providing Parent Tips

The Needham Coalition for Youth Substance Abuse Prevention has created a sub-group of parents who have children Kindergarten through high school. They came together last spring to discuss what Needham is doing to keep kids safe and healthy, particularly as it relates to underage substance use of alcohol and drugs. From these discussions they agreed that parents are the most powerful influence on our children's behavior.

The idea grew that parents

can empower other parents. Parents will talk to children about alcohol and drugs and work together to create a healthy environment for their children. The vision: Needham is a cohesive community that supports all of our youth to grow and develop to be substance free and healthy in mind, body and spirit.

The Goal: To provide easy-to-use prevention strategies for parents of youth in grades K-6. They will provide monthly emails to the parents of elementary

through middle school aged children and plan to include:

- Parent tips
- Evidence-based information
- Helpful links to access additional information.

For example, here is a 10-step guide for talking to your middle schooler about substance use:

<http://files.hria.org/files/SA1020.pdf>

#### ***Parent tip of the month:***

***It's not too early to talk about drinking. Some kids may try alcohol as early as 9 years old.***

## CRADLES TO CRAYONS ORDER FORM

Name of child \_\_\_\_\_

Age \_\_\_\_\_ Gender M F

1st/last name of care giver \_\_\_\_\_

Address \_\_\_\_\_

Tel. \_\_\_\_\_

More than one child? Make a copy!!

Pant Size \_\_\_\_\_

Shirt size \_\_\_\_\_

Shoe size \_\_\_\_\_

Other needs \_\_\_\_\_

\_\_\_\_\_

(no socks or underwear)

Cradles to Crayons supplies gently used clothing for ages 0-12.

**ORDER DEADLINE  
APRIL 15TH!!**



## Needham Housing Authority



28 Captain Robert Cook Drive  
Needham, MA 02494

*Improving quality of life*

Phone: 781-444-3011  
Fax: 781-444-1089  
E-mail:  
pkirk@needhamhousing.org

We're on the  
Web:  
needhamhousing  
.org



**Some pups  
will be so  
happy!**

## COOKS UPDATE

Communities United is offering two programs this spring : Raising a Reader is open to 15– 24 month aged children every Wednesday from 9:30-10:15AM at #42 Captain Cook Drive. On Mondays Megan Sharkey is doing a playgroup for children aged 0-5 11:30-12:30AM at the same location. Please come with your child and enjoy!

The spring semester is off to a good start. Several of the Cooks After School children are making woven pot-

holders which will be sewn together into a small blanket to be donated to the Animal Rescue League. They hope to get at least two finished by May.

The Celado family donated many of their younger children's books to the program. Thanks guys!

Victoria Preston of Olin College will be coming most Mondays to do science projects with the children.

The Middlesex Bank is coming in early April to de-

scribe how a savings account works and invite the children into the Polar Bear Club for people up to age 12. Prizes are given to those members who learn to bank regularly.

The program wants to thank the members of the First Parish Church and the Congregational Church who volunteered during March while Babson and Nobles were out on break. They kept us going and added another dimension to the lives of the children. **MANY THANKS!!!**