

Remembering Doctor King

Martin Luther King believed in our founding fathers' unique vision, that of a great nation that was reflected in a constitution for all of its citizens. He believed in the quote, "We hold these facts to be self-evident: that all men are created equal; that they are endowed by their creator with certain inalienable rights; that among these are life, and the pursuit of happiness." He wondered however, why these rights guaranteed by the constitution, didn't apply to African Americans.

He believed in the constitution so deeply he was willing to risk his life to fight for the rights the constitution guaranteed, to end the injustice of his people who had been suffering prior to the birth of this nation, being blatantly treated as if they were second class citizens, with the need to be separated from other citizens.

In the South, signs of exclusion and separation were everywhere, even though African-Americans had clearly shown their patriotism in World War II, where 2.5 million African-Americans enlisted. Their fighting prowess was portrayed in the famous movie "The Tuskegee Airmen Squadron".

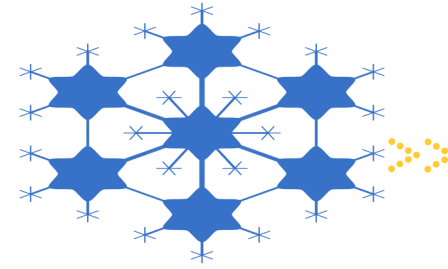
Martin Luther King believed effective social change could only come about through means of non-violence. In human history that had been demonstrated by Jesus Christ with the Romans and Mahatma Gandhi with the British. The vision in his "I Have a Dream" speech was truly remarkable:

"And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!"



We're on the web: Needhamhousing.org.

December 2018



Let's celebrate Martin Luther King day!

Reminder

- **No Coffee Hour until May** for Seabeds residents
- **No Trader Joe's** food delivery for Seabeds on 12/25 and 1/1/2018.
- **No smoking** allowed inside Needham Housing Authority apartments, buildings, or within 25 feet of the building.
- **NHA Board Meeting: Monday, Jan. 28, 5 Chambers**

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Needham Housing News

Hien Tran, Editor
htran@needhamhousing.org

A New Year's Resolution

Everyone should have at least one to start the New Year of 2019 and it will be wonderful if you make it happen! Below is the list of common New Year's resolutions that you may consider:

Give up smoking:

It is easier said than done! Take it as a challenge and involve yourself in smoking cessation program. Smoking will not only damage your health but can burn a hole through your wallet as well.

Becoming tidier:

It would be nice to have a clean house to come home to. A clutter or chaotic home may have a negative effect on productivity and even your mood. Take charge! Clear up the clutter and lead a tidier and more organized life. There is help available, just ask your Resident Services Coordinator.

Becoming more social:

We are wired to interact with one another whether through conversation or participating in activities. You will be amazed by attending events such as Coffee Hour that it can be fun, you can meet new people and find out interesting things from others.

Becoming more active:

Winter time can get you down and it is to sit in front of a screen and be a couch potato all day. This is not only leads to a potential weigh problem, but also negative effect on posture and health. So get up and move around throughout the day. It's even more fun if you can do things with friends and family!

Committed to the good healthy habits:

You have developed these good and healthy habits. It is important to maintain them until they just become part of who you are. It is a constant process of personal improvement.

Well, I hope this advice is helpful to you in the coming New Year and that you will make some long-term changes in you life. I am sure people have their own New Year's resolution and they should try to achieve them. Happy New Year!

Coffee Hour at Linden and Chambers Community Room

When: Every Monday except when there is a holiday.
Time : 9:30 am - 10:30 am

Needham Housing Authority Residents

Steve Lavoie, the Leased Housing Director is no longer with the NHA . We are looking for applicants to fill his position. If there are any questions please call the office.

Every one is welcome to a **free grocery tote bag** at our office
Captain Robert Cook Drive

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. Trader Joe's at Seabed at 9:30AM AM	2.	3.	4. 1 PM Movie At Senior Center	5.
6.	7. "Coffee Hour" Chambers/ Linden	8. Trader Joe's at Seabed at 9:30 AM	9.	10.	11. 1 PM Movie At Senior Center	12.
13.	14. "Coffee Hour" Chambers/ Linden 9:30am	15. Trader Joe's at Seabed at 9:30 AM	16.	17.M	18. 1 PM Movie At Senior Center	19.
20.	21. MLK HOLIDAY NHA CLOSED	22. Trader Joe's at Seabed at 9:30 AM	23.	24.	25. 1 PM Movie At Senior Center	26.
27.	28. NO "Coffee Hour" Chambers/ Linden 9:30am NHA BOARD MEETING 5 CHAMBERS 7:30PM	29. Trader Joe's at Seabed at 9:30 AM	30.	31.		

SCHEDULED BOARD MEETINGS

January 28, 2019 Monday/ Chambers
February 21, 2019 Thursday/Seabeds
March 21, 2019 Thursday/Chambers

ALL MEETINGS BEGIN PROMPTLY at 7:30 PM. IT IS ON 3RD THURSDAY OF EACH MONTH AND ARE OPEN TO THE PUBLIC

Staff Directory:

Bernie Kirstein -Executive Director (Interim)
Steve Lavoie- Director of Leased Housing
Sandra Amour-Office Manager/Leasing
Carol Capone-Bookkeeper
Marie Celestin-Receptionist
Hien Tran-Resident Services Coordinator