



21 Highland Circle, Suite 10 • Needham, MA 02494



## Apr/May/June 2024

### The Dish on Dandelions

Some see dandelions as unwelcome weeds, but this plant with its familiar bright yellow flower has many culinary uses. Its head, root and leaves are used in teas, soups, salads and jelly.

### Giving Back, Bit by Bit

Giving back to others doesn't have to take a lot of time or energy. Micro-volunteering refers to low-effort, short-term opportunities to do a good deed, and can include activities like filling out surveys, signing petitions, sharing social media posts or translating documents. With micro-volunteering on the rise, many nonprofits are offering multiple mini-sized ways to help make the world a better place.

### Lessons in Laughter

"You grow up the day you have your first real laugh at yourself." —Ethel Barrymore



### Signs of Summer

We've enjoyed sunny days and warm weather for weeks, but summer officially starts on June 21. It's the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.



### Site Improvements for Seabeds Way and Captain Robert Cook Drive

Starting this spring, site improvements will commence at Seabeds Way and Captain Robert Cook Drive. The project will upgrade the Captain Robert Cook Drive road and the circle around the playground. The work at Seabeds Way will involve improvements between buildings and to sidewalks.

During the project, there may be some inconveniences. We apologize in advance for any disruptions this may cause.

We will keep you updated on the progress of the paving work through various communication channels, including notices posted in common areas and community meetings.

### NEEDHAM HOUSING AUTHORITY BOARD OF COMMISSIONERS

- REGINALD FOSTER CHAIR
- ELEANOR EVANS VICE-CHAIR
- ED SCHEIDELER TREASURER
- PENNY KIRK COMMISSIONER
- JANICE BENNETT COMMISSIONER

### OFFICE HOURS

- MONDAY ..... 7:30 AM - 4:00 PM
- TUESDAY ..... 7:30 AM - 4:00 PM
- WEDNESDAY ..... 7:30 AM - 4:00 PM
- THURSDAY ..... 7:30 AM - 4:00 PM
- FRIDAY ..... 7:30 AM - 1:00 PM
- SATURDAY ..... CLOSED
- SUNDAY ..... CLOSED

12:00pm - 12:45pm closed for lunch

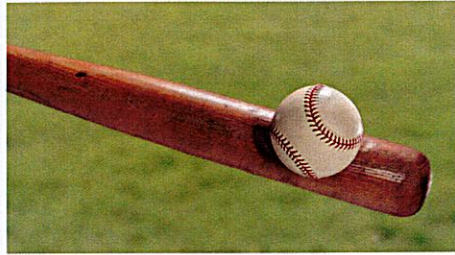
### OFFICE - 781-444-3011

- CHERYL GOSMON EXT. 212
- MARGARITA MORALES EXT. 211
- SALIM PILLAI EXT. 215
- BLAIR FETZER EXT. 213
- LAURIE BLAKE EXT. 216
- MARIE CELESTIN EXT. 210
- ELENA CHOY EXT. 218
- LIZ FAY

## Go Bananas!

Americans are all smiles when it comes to bananas. They are the most-consumed fruit in the country, with 96% of households buying bananas at least once a month. Enjoy this bunch of facts about the sunny yellow fruit:

- In the U.S., the average person eats nearly 27 pounds of bananas every year.
- Bananas don't actually grow on trees. They are massive herbs—the world's largest herbaceous plant—and can reach a full height of 30 feet.
- The fruits grow in large clusters called hands, and each single banana is a finger! One stalk containing multiple hands is called a bunch. The largest bunch on record weighed 287 pounds and had 473 individual bananas.
- Many parts of the world—including Africa, Southeast Asia and Central America—wrap food in banana leaves for cooking, making use of both their flavor and size. A single leaf can be a foot long or more.
- Of the 1,000-plus varieties, Cavendish is the most common banana sold in grocery stores.
- Known as a source of potassium, bananas are also high in fiber, vitamin B6 and vitamin C.
- Slipping on a banana peel is a traditional trope in comedies and cartoons. In 2014, a team of Japanese scientists earned an Ig Nobel Prize in Physics—awarded for "research that makes people laugh ... then think"—for their work measuring the friction of banana skin.
- Bring a banana on your next outdoor activity. The peel can relieve itching and swelling from bug bites!



## NEEDHAM PARK & RECREATION

- Financial assistance is available to Needham Residents.
- A recommendation of need is also needed for processing. Letters can come from school guidance, Youth & Family Services, Needham Food Pantry, Needham Community Council and others. If you have any questions, do not hesitate to contact Park & Rec at 781.455.7930.

- Register for all Park & Recreation programs online or in the office. Participants are accepted on a first-come, first-served basis.
- Pools at Rosemary will have a soft opening from June 15 - June 16. The Pools will then be closed from June 17 - June 21. The Pools will then have their grand opening on June 22 and will be open until at least August 11!
- Camp Registration Requirements  
**PLEASE NOTE: YOUR CHILD CANNOT ATTEND CAMP UNLESS YOU COMPLETE 100% OF THE REGISTRATION REQUIREMENTS**  
website:  
[www.needhamprograms.com](http://www.needhamprograms.com)

## ROSS (Resident Opportunity & Self-Sufficiency) Program

Ready to enroll or want more information?

You can email Liz Fay, the ROSS Coordinator, or call the office at (781) 444-3011.



## Support for Smokers Wanting to Quit

<https://www.lahey.org/>  
Beth Israel Lahey Health

- In-Person Counseling
- Telephone and Text Counseling
- Internet Programs
- Worksite Programs
- Spirituality and Smoking Cessation

For more information, contact: Liz Fay [efay@needhamhousing.org](mailto:efay@needhamhousing.org)  
Beth Israel Lahey Health:  
[www.lahey.org](http://www.lahey.org)





## From the Desk of...

The Family Self-Sufficiency Program (FSS) helps Housing Choice Voucher (HCV) and Federal Public Housing (PH) participants increase their earnings, develop financial capability and build assets. The FSS Program is a service program offered free of charge.

Once an eligible family is enrolled, the FSS participant will receive individualized case management and service coordination by a Family Self-Sufficiency Coordinator. Participation generally lasts five years, during which the participants identify career, educational, savings, homeownership and entrepreneurial goals, among others. Once households enroll in the FSS program, they will become eligible to build savings through the FSS Escrow Account. The FSS Escrow Account is a savings account that is maintained on behalf of the residents who have increased their earned income. Usually in HUD-assisted rental housing, as your income increases, your rent increases. Under the FSS program, the amount equal to the rent increase is deposited into a savings account that is yours at the end of your successful completion of the FSS program.

You can email Elena Choy, the FSS Coordinator, or call the office at (781) 444-3011.



## Neighborhood News

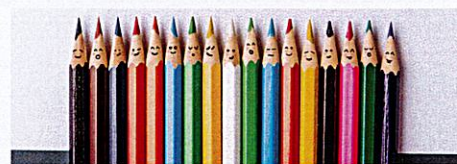
Dear Parents,

We are thrilled to announce that our after-school program will now include opportunities tailored specifically for middle and high school students! Building upon the success and positive feedback of our existing program, we are dedicated to providing enriching and engaging experiences for students of all ages.

Recognizing the unique needs and interests of middle and high school students, we will offer a diverse range of activities and workshops designed to cater to their academic, social and personal development. We understand the importance of academic success, especially during the crucial middle and high school years. Our program will provide dedicated tutoring sessions, homework assistance and academic enrichment activities to support students in their learning journey.

Beyond academics, we aim to offer a variety of enrichment opportunities, such as STEM (Science, Technology, Engineering and Mathematics) workshops, arts and crafts classes, music and drama clubs, sports teams and much more.

Our after-school program continues to prioritize the safety and well-being of all participants. Under the supervision of qualified staff members, students will have a supportive environment where they can learn, grow and thrive.



### Dear Residents of Seabeds Way, Captain Robert Cook Drive and High Rock Estates

Your voice and participation are crucial in shaping a vibrant and supportive environment for all residents. Now more than ever it is important to get involved with your resident association.

Your resident association plays a vital role in advocating for the needs and interests of everyone in your community. By joining, you'll have the opportunity to contribute ideas, share concerns and collaborate with fellow residents.

The resident association serves as a platform for residents to voice their opinions and concerns on various matters, including maintenance issues, safety concerns and amenities.

Getting involved with the resident association provides opportunities to connect with your neighbors, build relationships and foster a sense of belonging within our community.

By actively participating in the resident association, you can play a direct role in decision-making processes that affect the community's well-being, ensuring that your voice is heard and respected.

We understand that everyone's schedule and commitments vary, but even small contributions of time and effort can make a significant difference.

If you're interested in learning more about how you can get involved with the resident association, please don't hesitate to reach out to Jessica Reese, President of the CBTA. She will answer any questions you may have and help you take the first step toward making a positive impact in your community.

April 2024						
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May 2024						
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June 2024						
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30						

- 1 April Fools' Day  
Cancer Control Month  
Prevention of Animal Cruelty Month  
International Fun at Work Day
- 5 Helen Keller's Miracle (1887)
- 10 National Siblings Day
- 18 **NHA MONTHLY MEETING**  
5:00 PM Location TBD
- 23 National Picnic Day
- 30 International Jazz Day

- 1 Global Love Day  
May Day
- 8 National Coconut Cream Pie Day
- 16 **NHA MONTHLY MEETING and ANNUAL MEETING**  
5:00 PM Location TBD
- 27 Memorial Day
- 29 International Day of United Nations Peacekeepers

- 1 Say Something Nice Day  
Great Outdoors Month  
National Safety Month  
National Soul Food Month
- 4 National Hug Your Cat Day
- 11 Say Hi Day
- 19 Juneteenth
- 20 **NHA MONTHLY MEETING**  
5:00 PM Location TBD

