



21 Highland Circle, Suite 10 • Needham, MA 02494



Jan/Feb/Mar 2025

Dear Residents,

I am pleased to share some exciting news about our community's future. HUD has officially approved our application under the Rental Assistance Demonstration (RAD) program to convert assistance for 76 units to Project-Based Vouchers (PBVs).

This milestone marks a significant step in our efforts to enhance and preserve the quality of your homes and ensure long-term affordability.

We want you to know that we are committed to keeping you informed throughout this process and ensuring a seamless transition. In the coming weeks, we will schedule resident meetings to give you more details, answer your questions, and discuss what to expect as we move forward. Your feedback is invaluable, and we encourage your participation in these discussions.

Thank you for your continued trust and support.

HAPPY NEW YEAR

At Needham Housing Authority, we are committed to ensuring that every individual and family has access to a safe and supportive place to call home. This past year, we worked hard to enhance our programs and services, and in the year ahead, we are excited to continue building a brighter future together.

Our mission remains clear: to provide decent, safe, and affordable housing for low to moderate-income families and individuals and to offer programs and resources to improve the quality of life for residents, program participants, and the broader Needham community while respecting the rights and privacy of all. We will continue to serve, support, and uplift every member of our community. Please don't hesitate to reach out if there's anything we can do to better meet your needs in 2025. Your voices and experiences are at the heart of everything we do.

May this year bring new opportunities, lasting connections, and many reasons to celebrate. Here's to

a happy, healthy, and prosperous New Year for you and your loved ones.



**NO MATTER HOW HARD THE PAST, YOU CAN ALWAYS BEGIN AGAIN.
~ BUDDHA**



NEEDHAM HOUSING AUTHORITY BOARD OF COMMISSIONERS

- REGINALD FOSTER CHAIR
- JIM FLANAGAN 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
- TRACEY HUNTER EXT.
- SALIM PILLAI EXT. 215
- BLAIR FETZER EXT. 213
- Laurie Blake EXT. 216
- MARIE CELESTIN EXT. 210
- ELENA CHOY EXT. 218
- LIZ FAY

A Singular Valentine's Day
On Valentine's Day, the emphasis is on romance. However, a significant number of people remain single, either by choice or by circumstance. So what should you do when Feb. 14 rolls around and you are unattached? You can still have an excellent time celebrating the holiday. Here are some tips on how to enjoy it:

Go out with friends. Gather a group for a night on the town. Pick a nice place to go, but not somewhere that will be crowded with cooing couples.

Movie marathon. Choose some movies and watch them by yourself or with friends. Pop in a nice romantic comedy such as "Sleepless in Seattle," or shun romance altogether and opt for an action-packed adventure.

Don't lose confidence. Your relationship status does not define you. Being alone on Valentine's Day is nothing to be ashamed of, so revel in it.

Pamper yourself. Indulge yourself a little, but not too much. A big perk of being single is not having to buy costly presents!

Reason for the day. Valentine's Day is about love, but many types exist. So do not neglect friends and family to focus on romantic love. Celebrate the day by showing all your loved ones some affection.



Have a Happy Winter

Winter is a beautiful season, but it can also be full of challenges. We'll help you overcome them with this quick guide:

Warmth. Both indoors and out, wearing layers will keep you feeling cozy. If you get too toasty, simply shed a layer or two—a better option than wishing you'd dressed warmer. Bundling up in sweatshirts and thick socks can also help you keep the thermostat down in your home.

Cozy Container Gardens

Container gardens allow plant lovers to nurture their hobby all year long, no matter the size of their space or the changing of the seasons. When colder weather arrives, some plants must be moved indoors to survive, but there are lots of ways to care for containers in outdoor areas.

An easy first step is to move pots and planters as close to the building as possible. Surround more delicate plants with other containers to help protect them. Top plants off with soil and/or mulch to provide more insulation. You can also wrap pots in burlap to keep them extra cozy.

Keep in mind that terracotta, concrete and ceramic pots may crack or break when moisture in the pot freezes and expands, but pots made of metal, plastic, resin and wood should withstand winter temperatures. You may wish to move more fragile

Safety. When walking or driving in winter weather, go slow. Wear shoes or boots with nonskid soles, turn on your headlights and watch for slick spots on roads and sidewalks. Keep a blanket in your vehicle in case you get stuck.

Boredom. Colder and shorter days may keep you inside, but there are plenty of activities to stay entertained. Winter is the perfect time to tackle your reading list, work on puzzles or craft projects, play video or board games, and try new recipes.

Winter blues. Fewer daylight hours can lead to seasonal affective disorder, or SAD. Talk to a health care provider if you're feeling down. In addition to medication, SAD can be treated with light therapy and vitamin D supplements. When possible, try to spend a little time outdoors to enjoy the fresh air and sunshine.

containers inside or take extra caution in insulating them.

Root rot is more common in colder weather, since soil can take longer to dry out between waterings. Therefore, ensure both the soil and the containers themselves have good drainage, and water less often. This goes for indoor houseplants, too.

Another option for winter gardening is to plant cold-friendly species, such as ornamental kale, pansies and coral bells. Dwarf varieties of evergreen shrubs and trees also provide an attractive pop of green during the colder months.





Resources at a Glance

HOME ENERGY ASSISTANCE PROGRAM OPTIONS

Options on how or where to apply:

(A) If you have all documents ready to attach or upload, you may apply directly through

www.toapply.org/MassLIHEAP

(B) You can also bring documents and apply in person at the Community Action Agency that administers HEAP for Needham: Self Help, Inc., 45 Pearl Street; Brockton, MA 02301, Phone: (508) 588-0447

(C) Or you can reach out to Elena Choy, Family Self-Sufficiency Coordinator for Needham Housing Authority, at 781-444-3011 or echoy@needhamhousing.org.

The Massachusetts Home Energy Assistance Program (HEAP) helps income-eligible households pay a portion of winter heating bills.

The period covers from November 1st to April 30th, each winter season.

This coming season is considered Fiscal Year 2025 (November 1, 2024 – April 30, 2025).

Documents needed to apply:

1. Photo ID of applicant
2. Social Security numbers for all household members
3. Most recent heating and electric bills
4. Lease (for renters)
5. Income documents for all household members in last 30 days (over 18 years of age)



Life Enrichment Corner

RESIDENT OPPORTUNITY SELF-SUFFICIENCY (ROSS)

Needham Housing Authority, through the efforts of our ROSS Resident Service Coordinator, Liz Fay, has partnered with the community:

- TruVee LLC (English as a second language class)
- Creative Start (Affordable childcare)
- Operation Able (65+ employment options)
- Aries Foundation (Free Financial Advising)
- Needham YMCA
- Youth & Family Services (open office hours at 28 Captain Robert Cook Drive community room for NHA families to discuss any needs of their families)
- GED classes

If you want information on any or all of these items, please contact Liz Fay at 781-444-4011 or efay@needhamhousing.org.



Maintenance Moment: Frozen Pipes

As temperatures near freezing, the chance of pipes bursting and creating a maintenance emergency for you (and your neighbors!) increases. Please keep the following in mind when a freeze alert or warning is issued.

- Don't turn your heating system off. Keep your thermostat set at 55 degrees or higher.
- Open cupboard doors in the kitchen and bathroom to allow warm air to circulate around the pipes.
- If the temperature drops below zero, leave water taps on slightly so they drip continuously.

Walking in a Chilly Wonderland

Don't stop your daily walk around the block because the temperature dropped. Instead, prepare yourself for the winter weather by dressing properly for the outdoors. Wear layers of loose-fitting clothing when stepping outside. Cotton and wool trap warm air best and resist dampness. Also, because the head and neck lose heat fast, bring along a hat or scarf to keep in that warmth.

Give Yourself a Break

Self-care is important for your happiness and well-being, so make sure to notice the good in yourself. Take a moment to recognize any tough obstacles you have overcome. Try to see yourself through the eyes of those who love you. They don't see imperfections or mistakes. They see love, and you should, too.



January 2025						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 New Year's Day
- 16 NHA MONTHLY MEETING
- 20 Martin Luther King Jr. Day

February 2025						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	

- 14 Valentine's Day
- 17 Presidents Day
- 20 NHA MONTHLY MEETING

March 2025						
S	M	T	W	T	F	S
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30	31					

- 20 NHA MONTHLY MEETING