



21 Highland Circle, Suite 10 • Needham, MA 02494

Peppermint, Please

In candy, coffee and cosmetics, peppermint is the scent of the season.

- Peppermint is a perennial herb that grows to a height of about 3 feet. It has green leaves and light purple flowers.
- The plant grows throughout North America, Asia and Europe. The U.S. produces about 70% of the global peppermint crop.
- The herb has been used in cooking and herbal medicine for thousands of years. The Romans believed peppermint could boost intelligence and cure the hiccups.
- Research shows the scent of peppermint helps stimulate brain waves, improve concentration and reduce fatigue.
- Peppermint oil can soothe dry skin and is a common ingredient in lotions and lip balms.
- The fresh herb can be used in a variety of recipes for salads, desserts and beverages.
- Drinking peppermint tea is a popular remedy for relieving headaches and cold/flu symptoms.
- About 1.2 billion candy canes are made every year in the U.S., with 90% of them sold during November and December.
- The peppermint mocha at Starbucks is the coffee chain's No. 1 holiday drink, and is available year-round due to customer demand.
- Dec. 3 is National Peppermint Latte Day. You can mimic the flavor at home by adding milk or cream to black coffee and stirring it with a candy cane.

Dec/Jan/Feb 2023



HOLIDAY PARTIES!

LINDEN/CHAMBERS residents are invited to a Holiday Party in the Community Room on Wednesday, December 21, hosted by the NHA and Springwell, 1-3pm.

SEABEDS WAY residents are invited to a Holiday Party in the Community Room on Thursday, December 22, 1-3pm.

The Giving Tree gift distribution will take place during the party. The Giving Tree program is done with the help and coordination of the NHA, the High Rock School students and teachers, the Senior Center and local businesses! Come celebrate the season and maybe sing along with the carols of the season!

HAPPY
Holidays!

Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F.

In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds.

Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle. Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Top pancakes with chocolate syrup, marshmallow spread or pancake syrup.

*Find more recipes at
Culinary.net.*

Resident Services

Blood Pressure Clinics:

- Linden/Chambers Community Room on the first Thursday of the month at 11:30 am
- Seabeds Way Community Room on the third Thursday of the month at 11 am

Coffee Hour with the CATH:

- Linden/Chambers Community Room on the second Tuesday of the month at 10 am
- Seabeds Way Community Room on the second Thursday of the month at 11 am

The Craft Club:

- Second Thursday of the month, starting in September from 2 pm-4 pm: Please contact Helen at (239) 677-0659.

Garden Club Registration:

- Linden/Chambers Community Room on Jan. 13, 2023, at 4 pm: Please contact Helen at 239-677-0659 for more details.

The Needham Camera Club:

- To join the group, please visit their Facebook page.

The Thursday News Brunch:

- Linden/Chambers Community Room on Thursdays at 10 am: Please see Ross Donald for more info.

Photos From the Halloween Parties at Linden/Chambers & Seabeds



Note From Management

There is no smoking inside, on the balcony, or in front of any Needham Housing Authority properties, and any smoking must be 25 feet away from all entrances.

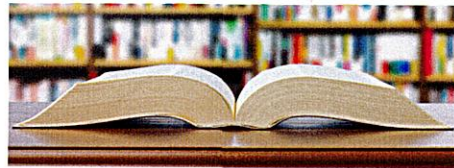
Secondhand smoke affects the health of others, who may already have compromised and existing health issues.

Violation of this policy could result in the eviction process.



Stay Safe From IRS Scams

With federal taxes due soon, it's prime time for phony calls from people pretending to be IRS employees. Don't be alarmed if you receive an unexpected phone call, voicemail or email demanding that you pay money. If the IRS needs to contact you, they will always mail you a letter first. Additionally, the IRS will never ask for payment details over the phone, or pressure you to pay tax bills with a prepaid debit card or gift card.



Needham Community Resources

Center at the Heights:

- The Center at the Heights promotes health and wellness by providing a place to socialize and offering a variety of ongoing recreational, health, educational, and informational programs and activities. Contact 781-455-7555 for a list of resources available to residents.

Food Pantry:

- Contact 781-444-2415 for more information.

Mobile Market for All:

- Robert Cook Drive, Tuesdays between 5-5:30pm
- Seabeds Way, Tuesdays between 5:30-6pm
- Linden/Chambers, Fridays between 3-3:30pm

Tech & Tutors:

- Contact Stacey Fallon, Community Council, at 781-444-2515 ext. 2120. Stacey can assist you in obtaining a fire tablet and training on how to use it.

YMCA:

- Contact Jill Barber at 781-675-3169 to receive a scholarship form.
- Guess what's coming, Coming Soon!



Health & Wellness

HOW ABOUT A WALK!

Please contact Laurie at (781) 444-3011, if you are interested in joining a walking club.



Office Hours

Monday 7:30am - 4:00pm
 Tuesday 7:30am - 4:00pm
 Wednesday 7:30am - 4:00pm
 Thursday 7:30am - 4:00pm
 Friday 7:30am - 1:00pm
 Saturday CLOSED
 Sunday CLOSED

Contact Numbers

Main Office 781-444-3011
 Fax 781-444-1089
 Steve Merritt Ext. 212
 Cheryl Gosmon Ext. 218
 Gary Kuphal Ext. 214
 Nayda Sanchez Ext. 211
 Blair Fetzer Ext. 213
 Curtis Rush Ext. 216
 Laurie Blake Ext. 219
 Springwell 617-926-4100
 CATH 781-455-7555

December 2022						
S	M	T	W	T	F	S
				1	2	3
4	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

January 2023						
S	M	T	W	T	F	S
1	2	3	4	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				

February 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

- 1 Blood Pressure Clinic, 11:30am At the Linden/Chambers Community Room
- 8 Coffee Hour, 11am At the Seabeds Community Room
- 13 Coffee Hour, 10am At the Linden/Chambers Community Room
- 15 Blood Pressure Clinic, 11am At the Seabeds Community Room
NHA Monthly Board Meeting
- 25 Christmas
- 26 Christmas (Observed): Office Closed

- 1 New Year's Day
- 2 New Year's Day (Observed): Office Closed
- 5 Blood Pressure Clinic, 11:30am At the Linden/Chambers Community Room
- 10 Coffee Hour, 10am At the Linden/Chambers Community Room
- 12 Coffee Hour, 11am At the Seabeds Community Room
- 16 MLK Day: Office Closed
- 19 Blood Pressure Clinic, 11am At the Seabeds Community Room
NHA Monthly Board Meeting

- 2 Blood Pressure Clinic, 11:30am At the Linden/Chambers Community Room
- 9 Coffee Hour, 11am At the Seabeds Community Room
- 14 Coffee Hour, 10am At the Linden/Chambers Community Room
- 16 Blood Pressure Clinic, 11am At the Seabeds Community Room
NHA Monthly Board Meeting
- 20 Presidents Day: Office Closed

NEEDHAM HOUSING AUTHORITY
21 HIGHLAND CIRCLE
NEEDHAM, MA 02494

