



21 Highland Circle, Suite 10 • Needham, MA 02494

## Oct/Nov/Dec 2025

### Needham Public Service Numbers

Emergency .....	911
Fire Department .....	781-444-0142
Police Department .....	781-455-7570
Town Clerk .....	781-455-7510
Public Health Dept .....	781-455-7500
Park & Rec .....	781-455-7521
Community Council .....	781-444-2415
Animal Control .....	781-444-1212
YMCA .....	781-444-6400

### Upcoming Family Events

Coming Soon to the Captain Robert Cook Drive and High Rock Estates Communities:

- Plugged-In Band Program
- Homework Club
- Gaming
- Halloween Parties

If families are in need of additional school supplies, email Malieka Brown, ROSS-SC at [mbrown@needhamhousing.org](mailto:mbrown@needhamhousing.org) or call the offices at 781-444-3011.

### BACK TO SCHOOL HELLO FALL

Dear Families,

As the crisp fall air begins to envelop us and the leaves start to change, we welcome the new school year with open arms. We hope that all of you had a delightful summer filled with relaxation and joyful moments with loved ones.

At Needham Housing Authority, we believe that education is a powerful tool that can open doors and shape the futures of our children. We are excited to support our families in this journey and to foster an environment where education thrives. Whether your child is beginning their first day of school or is gearing up for their graduation year, we are here to help you make this year successful and enriching.

We encourage you to explore the resources available in our community, such as tutoring programs, after-school activities, and workshops. These resources are designed to provide academic support and help children develop new skills. Our goal

is to ensure that every child has the opportunity to reach their full potential.

Your involvement is crucial to your child's success. We invite you to participate in school events, parent-teacher conferences, and other activities that bring our community together.

As we transition into fall, let's also prioritize the health and well-being of our families. Please ensure that your children are prepared for the school year with the necessary supplies and health checkups. Healthy children are better equipped to learn and thrive.

We are excited about the opportunities that this school year presents and look forward to working together to create a supportive and nurturing environment for our children. If you have any questions or need assistance, please don't hesitate to reach out to our office.

Wishing you and your family a fantastic start to the school year!

Warmest regards,  
Cheryl Gosmon



### NEEDHAM HOUSING AUTHORITY BOARD OF COMMISSIONERS

REGINALD FOSTER	CHAIR
JIM FLANAGAN	VICE-CHAIR
AMANDA BERMAN	TREASURER
GEOFF ENGLER	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
BLAIR FETZER	EXT. 213
TRACEY HUNTER	EXT.
SALIM PILLAI	EXT. 215
LAURIE BLAKE	EXT. 216
MARIE CELESTIN	EXT. 210
ELENA CHOY	EXT. 218

### Virtual Holiday Happenings

You can use the power of technology, along with holiday traditions, to celebrate the joy of the season.

Video chats and phone calls are key ways to stay connected with those you love, both near and far. Arrange these virtual visits during seasonal activities. From baking pies to decorating your home to raising a toast at Thanksgiving dinner, go digital and set up a laptop, tablet or smartphone to link with your loved ones while enjoying annual traditions.

Do you have favorite movies or TV specials that you watch during the holidays? Schedule a time with a relative or friend to watch it "together," but in your own homes, and send each other texts during memorable scenes.

Everyone loves to receive mail, and greeting cards are a classic way to stay in touch and show your care. Reach out to people in your life by sending season's greetings in the form of a card or letter. A cookie or craft exchange is a fun way to spread holiday cheer among a group.

Often, a holiday meal is followed by a board game or round of cards. If you can't play with the usual crowd in person this year, participate in an online version, or challenge family members to beat your scores in a video game that you all enjoy.

No matter who you're with or where you are, find little ways to make holiday celebrations special.



### FAMILY SELF-SUFFICIENCY (FSS) PROGRAM

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.

The program will assist the unemployed or underemployed who are eligible to receive assistance under the Housing Choice Voucher (HCV), and Federal Public Housing (PH) programs make the transition to gainful employment and financial self-sufficiency. This goal can be accomplished by the coordination of quality, comprehensive support services. Email Elena Choy, the FSS Coordinator, at [echoy@needhamhousing.org](mailto:echoy@needhamhousing.org) or call the office at (781) 444-3011.

### Resident Opportunity Self-Sufficiency Program

ROSS Service Coordinators link residents of public housing with supportive services and activities that enable them to make progress toward economic independence and housing self-sufficiency. ROSS Service Coordinators perform many functions, including:

- Recruiting program participants
- Conducting resident needs assessments
- Making referrals to services and programming
- Providing case management and coaching
- Establishing and maintaining partnerships with local service providers
- Tracking outcomes and reporting to HUD. Email Malieka Brown at [mbrown@needhamhousing.org](mailto:mbrown@needhamhousing.org) or call the office at 781-444-3011

### WHAT IS MINDFUL COMMUNITY?

A Mindful Community is Talking About Mental Health Together. It is a dedicated response to the mental health crisis among youth in our community and aims to empower the community to discuss mental health openly.

It is a collaboration with partners such as Needham Youth Services, Needham Public Schools, Riverside Community Care, William James College, Becca Schmill Foundation, and others.

The Community Council hosts a series of talks around youth mental health. All are welcome, especially those in front of youth, such as parents and guardians, grandparents, teachers, youth coaches, youth leaders, and neighbors.

**The Next Mindful event:  
Strategies and Solutions for Social**

### Anxiety in Tweens and Teens with ADHD is

**Wednesday, October 8, 2025,  
from 6:30–8:00 pm**

All are welcome, especially those in front of youth, such as parents and guardians, grandparents, teachers, youth coaches, youth leaders, and neighbors.



## The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes, including one version that had pumpkin and apple slices mixed with spices and stuffed inside pastry.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.



## Park and Recreation Fall 2025

### Community Events

- **Needham Harvest Fair:** A long-standing tradition with local businesses, community organizations, and activities like face painting, balloon artists, crafts, and a free pumpkin patch from Condon Realty
- **Fall Family Day:** This event typically includes activities such as a Spooky Walk for trick-or-treating, pumpkin decorating, a concert by a local band, and a petting zoo with New England Party Animals.
- **Needham Farmers Market:** Often held in conjunction with the Harvest Fair, this market offers fresh produce, local goods, and food from local restaurants.

### Town Recreation Programs

- **Spooky Walk:** A Halloween event where families can go "trick-or-treating" throughout the town center.
- **Pumpkin Decorating:** An opportunity for kids to decorate pumpkins with paint, markers, stickers, and other craft supplies.
- **Pumpkin Path:** A fun maze created by the Department of Public Works and Parks
- **Turkey Hunt:** A fall-themed program offered by the Parks and Recreation Department

### Other Family Activities

- **Needham Town Forest:** Enjoy hiking and nature walks on family-friendly trails.
- **Needham Public Library:** Check the library's calendar for any fall events and programs for families.
- **Outdoor Exploration:** Explore the various parks and trails in Needham, such as the Charles River Peninsula or Cutler Park, for some family outdoor fun.

## Thanksgiving's Most Unwanted

Mashed potatoes, mac and cheese and rolls—just kidding. Here are Thanksgiving's most disliked traditional dishes, according to a 2023 survey by "The Vacationer."

**Cranberry sauce.** More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute: homemade or canned?

**Sweet potatoes or yams.** Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

**Green bean casserole.** Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

**Turkey.** More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

**Stuffing or dressing.** Even the name of this food can be grounds for an argument! No matter what you call the breaded fare, more than 26% of survey respondents said no thanks to the signature side dish.



October 2025						
S	M	T	W	T	F	S
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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	

November 2025						
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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						

December 2025						
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			

13 Columbus Day

16 NHA & HRH MONTHLY BUSINESS MEETING 5:00 PM LOCATION TBD

11 Veterans Day

20 NHA & HRH MONTHLY BUSINESS MEETING

27 Thanksgiving Day

14 Hanukkah December 14 -22

18 NHA & HRH MONTHLY BUSINESS MEETING 5:00 PM LOCATION TBD

25 Christmas Day

*Our Warmest Wishes*

**Enjoy the Season!**

Merry Christmas! • Happy Hanukkah! • Happy Kwanzaa!  
We hope your holiday is filled with peace and joy!