

# Middleborough Housing Authority



## News You Can Use

MARCH/APRIL 2025



Welcome to Middleboro Housing's semi-monthly newsletter! "News You Can Use" has been developed to connect each MHA development: Archer Court, Nemasket, and Riverview. Tenant input is encouraged!

### In this edition

- From the Office
- Your Health
- Maintenance Corner
- Policy Reminders
- Scam Alert!
- Tenant's Circle
- March/April- MHA Happenings

Attention, Nemasket tenants! The parking area on Maple Ave. near building #30 now has additional lighting.



### FROM THE OFFICE

Recertifications just finished up for the Nemasket tenants! We kindly ask that if you didn't pay the correct amount of rent in March due to the adjustment, ensure it's paid in full before March 31<sup>st</sup> to avoid late charges. If you haven't signed your new lease, please stop by the office during business hours to sign it!

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Riverview annual recertification packets have been sent out and should be returned by April 30.

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Archer Court tenants: Look for the 2025 packet in early April. The continued occupancy form and documentation should be returned before May 10<sup>th</sup>.

### Tenants from Riverview!

MassHousing reevaluates the cost of apartments in Middleborough each year and adjusts the rent accordingly. Beginning in May, the contract rent has been increased from \$1,890 to \$1,964

**Tenant rents remain 30% of the gross household income.**

# YOUR HEALTH

The saying “you are what you eat” applies to your entire body, but it’s especially important for your immune system during flu season.

Here are eight foods that nutritionists recommend for flu season.

## 1. Green tea

**2. Sweet potatoes** are a great source of beta-carotene, a phytonutrient that helps your body make vitamin A.

**3. Berries** are a rich source of vitamin C, which stimulates the production of infection-fighting white blood cells,

**4. Beans** like chickpeas, black beans, and kidney beans – they’re all rich in [vitamin B12](#); beans are also high in zinc, which helps boost your body’s production of white blood cells,

**5. Nuts and seeds** are rich in vitamin E, which plays a key role in your immune system by supporting the growth of germ-fighting T-cells,

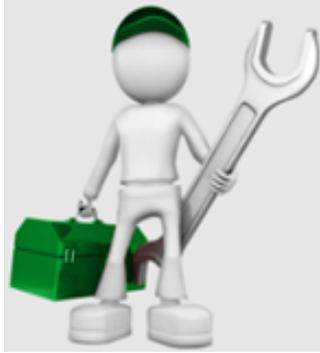
**6. Salmon** is one of the few foods that provides vitamin D, which plays a massive role in regulating your immune system,

**7. Garlic** is rich in a compound called alliin, which may be the source of its immune-boosting properties,

**8. Kefir** is a fermented milk product (made from cow, goat or sheep’s milk) that tastes like a drinkable yogurt. [Kefir’s](#) include high levels of vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, enzymes, and probiotics.

## Maintenance Corner

WE WANT TO WELCOME OUR NEW MAINTENANCE MAN, MIKE! KEEP AN EYE OUT AND MAKE SURE TO SAY HELLO!



ATTENTION TENANTS OF 25, 28 AND 30 MADDIGAN WAY!

NEW NUMBERS HAVE BEEN PUT ON THE BACK SIDE OF BUILDINGS 25 AND 30 MADDIGAN WAY AS WELL AS THE SIDE OF 28 MADDIGAN WAY!

### POLICY REMINDERS

#### KEY REPLACEMENT POLICY

ALL UNIT KEYS- There is a \$35 charge to replace a unit key

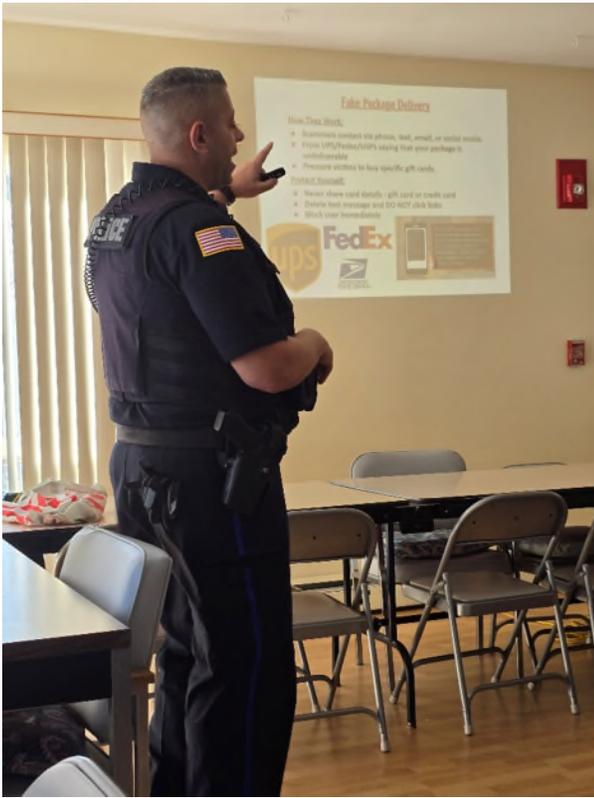
NEMASKET - \$35 charge to replace the Community Building or Maddigan Way laundry room

RIVERVIEW - \$35 charge to replace the Community Building key or the Mailbox key

ARCHER COURT - \$35 charge to replace a Mailbox key

MAILBOX DAMAGE—The Tenant shall pay the cost of materials reasonably necessary to repair or replace their unit mailbox. The maintenance department shall provide an estimate for the cost of materials. The tenant shall pay the labor cost at \$35 per hour.

The Board of Commissioners reviewed and approved this policy on May 15, 2024.



Thank you to Officer Valerio from the Middleborough Police Department for his presentation on scams. We were lucky enough to have him present at both Riverview and Nemasket. If you think you have been scammed, contact the Police Department!

## **FBI gives warning to iPhone and Android users over 'smishing' texts**

Scams have been happening over text messaging. Smishing is a combination of SMS and phishing.

Smishing attacks are [fraudulent](#) text messages sent via a phone's [SMS](#) (text) service. They are meant to trick recipients into revealing personal information, like their passwords.

According to cybersecurity experts, if someone receives a suspicious text, they should delete it immediately and never click on any links included in the message.

In one widespread smishing campaign, scammers have been sending texts claiming to be from the MassDOT saying they have unpaid tolls. The texts include a link to a form that looks like MassDOT.

If a recipient fills out the form, they're prompted to fill out a page with their personal information, including their full name, birthdate, zip code, email, and phone number. Using password reset and account recovery tools built into nearly all secure websites, they can use that information to access people's emails, bank accounts, or other sensitive accounts.

TENANTS CIRCLE

## CAKE! CAKE! AND MORE CAKE!

Tenants of Riverview had a birthday party to celebrate everyone's birthday! Watch out for flyers about future celebrations! It's an excellent opportunity to meet with neighbors, have birthday cake, and have fun!

BIRTHDAY FUN!



### Words of Wisdom

"None are so old as those who have outlived enthusiasm."

YOU MAY BE COOL BUT  
YOU WILL NEVER BE FROG  
CRUISING A TURTLE WITH  
A SNAIL HELMET COOL



“When something bad happens,  
you have three choices.  
You can either let it define you,  
let it destroy you,  
or you can let it strengthen  
you.”

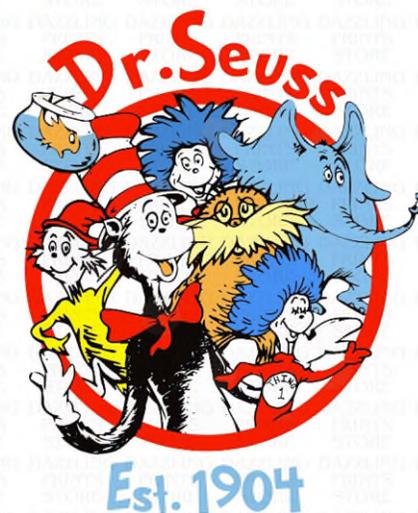
Dr. Seuss

Talking about our feelings  
makes them less overwhelming,  
less upsetting,  
and less scary.  
The people we trust with that  
important talk can help us know we're  
not alone.

Fred Rogers

Be who you are  
and say what you feel  
because those who mind don't matter,  
and those who matter don't mind.  
Don't cry because it's over.  
Smile because it happened.

Dr. Seuss



# MHA HAPPENINGS March/April



## March 17th

**HAPPY ST. PATRICK'S DAY!**

The March 17 celebration started in 1631, when the Church established a Feast Day honoring St. Patrick. Saint Patrick is the patron saint of Ireland and is known for bringing Christianity to the country.



March 17<sup>th</sup> **EVACUATION DAY!** Evacuation Day remembers the first major American military victory in the American Revolutionary War, when the British troops left Boston on March 17, 1776.

## April 1<sup>st</sup>

**HAPPY APRIL FOOL'S DAY**  
Wishing you a very happy, prosperous and joyful ALL FOOLS DAY



April 4<sup>th</sup> **2025 OPENING DAY** RED SOX OPENING DAY



April 15<sup>th</sup> **TAX DAY!**

MONDAY, APRIL 21<sup>ST</sup>,

**MHA OFFICES CLOSED FOR PATRIOT'S DAY**

## MONDAYS

Coffee Hour – 10 am at Nemasket



## TUESDAYS

Bible Study – 2 pm at Riverview

## WEDNESDAYS

Coffee Hour – 10 am at Riverview

Bingo – 1 pm at Riverview



When a lemon is sick, what do you do?

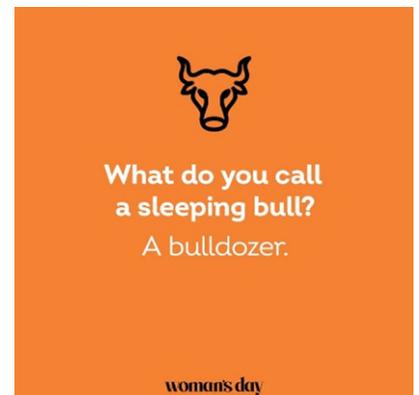
Give it lemon-aid.



TOPS Meeting – 3 pm at Riverview



Riverview Tenants Association Meeting –  
March 12<sup>th</sup> April 9<sup>th</sup> @ 11:00 am  
(no bingo or coffee hour)



womans day

*THE END*