

Middleborough Housing Authority

News You Can Use

MAY 2025



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

If you would like to contribute or have suggestions on how we can improve this newsletter, Let us know!

FROM THE OFFICE

The office will be closed on Monday, May 26, for Memorial Day

Archer Court Reminder!

Recertification packets are due by May 10th.

Riverview Reminder!

Recertification packets were due by April 30th

Rent Adjustment for Archer Court and Riverview goes into effect on JULY 1.

Check out the new website!

WWW.MIDDLEBOROHA.ORG

While wind chimes are beautiful, they can be loud and bothersome, particularly when it is windy. Please remove all wind chimes before May 12.

The Housing Authority will remove wind chimes that are left out after that date.



ADMINISTRATIVE REMINDERS

Smoking is not allowed on MHA properties.

Be considerate! Pick up after your pet.

All pets/service animals must be leashed when outside your apartment!





YOUR HEALTH

SEASONAL ALLERGIES: NIP THEM IN THE BUD!

Spring means flower buds and blooming trees – and if you're one of the millions of people with seasonal allergies, it also means sneezing, congestion, a runny nose, and other bothersome symptoms. Seasonal allergies can make you miserable. But before you settle for plastic flowers and artificial turf, learn what causes seasonal allergies and follow simple strategies to keep seasonal allergies under control.

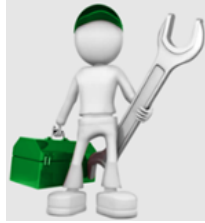
- Our allergies are due to plants that spread pollen by wind (anemophilous plants), which is how the pollen enters our eyes, noses, mouths, or skin.
- The plants are not showy or eye-catching because they do not need to be.
- The plants we typically notice are flowering plants that are pretty enough to attract pollinators like bees and other insects.
- The plant pollens are spread from plant to plant by the insects that visit them (entomophilous plants). For this reason, most of our pollen exposure is due to pollen in the air outdoors; thus, our allergies are to wind-pollinated plants.

To manage allergies, consider the following options:

- Go outside after a good rain; the rain helps clear pollen.
- Avoid gardening chores that stir up allergens.
- Remove clothes you've worn outside
- Rinse the pollen from your skin and hair.
- Don't hang laundry outside – pollen can stick to sheets and towels.
- Run your air conditioning to keep pollen outdoors.



Maintenance Corner



Call the Maintenance Work Order line at ext. 6 for all non-emergency work orders! Leave your name, address, and what needs to be done!

Don't wait to report the little things! The voicemail is checked throughout the day.

Work orders can also be requested through the tenant portal available through our website www.middleboroha.org

Non-emergency calls; 508-947-3824 ext. 6

Emergency calls; 508-802-3264

PARKING OVERVIEW

- All vehicles must be registered, insured, and have an up-to-date inspection sticker
- The registration must be in the name of the Authority's legal resident (listed on the lease).
- MHA assigns one parking space per unit at the time of move-in. All other family members or friends with vehicles must park in a visitor's spot. Parking spots with no numbers are considered visitor parking.
- Commercial vehicles over 6,000 lbs are not to be parked on MHA property
- Inoperable vehicles cannot be 'garaged' on MHA property.
- Residents with out-of-state vehicle registrations must register the car in Massachusetts.

POLICY REMINDERS

KEY REPLACEMENT

ALL UNIT KEYS- There is a \$35 charge to replace an apartment 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.

ARE YOU TIRED OF WRITING CHECKS?

Sign up for ACH (Automatic Withdrawal). Call Staci at ext. 5 for more information!



This month's scam alert...

You receive a text message from an unknown phone number that reads, "Hello." The message seems harmless, and you might think it's a genuine text meant for someone else. Because the message appears friendly, you may be tempted to respond.

However, this message is a text-based phishing scam known as a smishing attack. Scammers send thousands of these messages to random phone numbers, hoping for a reply.

If you respond to the text, the scammer confirms that your phone number is active and that they have contacted a real person. They will continue to text you to gain your trust so they can steal your data or financial information.

What you thought was an innocent text from a wrong number is a scam!

Follow these tips to avoid falling victim to a smishing scam:

- If you suspect you have received a smishing message, block the number and report the text as junk or spam on your smartphone.
- Never share personal or financial information in text messages, especially if you do not recognize the number!
- If you receive a text message from an unknown number, don't respond. It is not rude to protect yourself!

TENANTS CIRCLE

Hot dogs and beans

Third Saturday of every month at 4 pm.

Details will be posted in the Riverview laundry room each month!

Next dinner- May 17th at 4 pm

Nicotine Anonymous Support Group
Mondays, Wednesdays, and Fridays at 6 pm
Nemasket Community Building

"Nicotine Anonymous© ("NicA") is a fellowship of people helping each other to live lives free of nicotine. The only requirement for membership is a desire to stop using nicotine. The primary purpose is to offer support to those who are trying to gain freedom from nicotine. Join AnnMarie as she helps others in their journey to stop smoking!

All are welcome.

<https://www.nicotine-anonymous.org/introducing-nicotine-anonymous>

VINCENT VAN GOGH'S FAMILY TREE

JUST FOR FUN



- His Dizzy Aunt.....Verti Gogh
- The Brother Who Ate Prunes.....Gotta Gogh
- The Brother Who Worked a Convenience Store..... Stop N Gogh
- His Magician Uncle..... Where-Diddy-Gogh
- The Nephew Who Drove a Stage Coach..... Wells-Far-Gogh
- The Ballroom Dancing Aunt.....Tang Gogh
- An Aunt Who Taught Positive Thinking..... Way-To-Gogh
- The Little Bouncy Nephew.....Poe Gogh
- A Sister Who Loved Disco..... Go Gogh
- And His Niece Who Travels the Country in an RV.....Winnie Bay Gogh
- I Saw You Smiling.....There Ya Gogh





MHA HAPPENINGS

MONDAY, MAY 26TH, MHA OFFICES CLOSED (Memorial Day) **Memorial Day** is a federal holiday observed every year on the last Monday in May, honoring those who died serving in the United States military.

MONDAY

Coffee Hour – 10 am at Nemasket (weekly)

May 5th - HAPPY CINCO DE MAYO Potluck lunch
Noon @ the Nemasket Community Building


Thank you to everyone
who contributed to the
success of the Cinco de
Mayo potluck event!

TUESDAY

Bible Study – 2 pm at Riverview (weekly)

WEDNESDAY

Coffee Hour – 10 am at Riverview (weekly)

 Bingo – 1 pm at Riverview (weekly)

TOPS Meeting – 3 pm at Riverview (Weekly)

May 14th – 11 am; Riverview Tenants Association Meeting

May 15th – Game Day with lunch at noon - Riverview
*Play Left, Right, Center; Phase 10; Uno
Open to Everyone!!*



THURSDAY

May 29th – BINGO – 2 pm @ Nemasket Community Building (pay-to-play)
All are Welcome!



THE END