

Middleborough Housing Authority

News You Can Use

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JANUARY 2025

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

FROM THE OFFICE

New Year,
New beginnings!

MHA offices will be closed

Monday, January 20th

In observance of Martin Luther King Jr. Day



WINTER FUN!



Hot chocolate
snowmen!

Thanks to everyone
who came!



Keep an eye out for upcoming activities!
If you have ideas, let us know!!

YOUR HEALTH

Over 3,000 food products in the U.S. contain red dye No. 3.

Evidence shows pretty conclusively that when some kids eat foods with red dye, they will experience nervous system effects that look like ADHD.

Common foods ALLOWED IN THE U.S. that contain the color additive include:

- ✓ Hostess Ding Dongs
- ✓ Peeps
- ✓ Fruit by the Foot
- ✓ Dubble Bubble chewing gum
- ✓ Entenmann's Little Bites
- ✓ Dole Fruit Packs
- ✓ Brach's Candy Corn
- ✓ Jelly Belly candy
- ✓ Archer Farms Hand Decorated Sugar Cookies
- ✓ Blue Bunny Chocolate Donut Ice Cream
- ✓ Dippin' Dots Cotton Candy
- ✓ Duncan Hines Deliciously Moist Cake Mix
- ✓ Yoo-hoo Strawberry Drink
- ✓ Necco Wafers
- ✓ Pop Tarts Frosted Confetti Cake Bites.
- ✓ Froot Loops has a ton of artificial dyes in it – the same goes for Fruity Pebbles.

Many foods contain artificial dyes. For example, the dye in Froot Loops can inhibit nerve cell development. That's why Norway, Finland, Austria, France, and the U.K. have banned it from their countries. You may have to look elsewhere if you want your Froot Loop craving. Also, as a note, Fruity Pebbles are banned, so that's a no-go, too.

DID YOU KNOW? **Common additives in U.S. foods are banned in other countries!**

Banned in Japan and the European Union

- **Mountain Dew**
- **Fruit Loops, Honey Bunches of Oats, and other cereals,**
- **Farmer John Pork Breakfast Sausage Links**
- **'American' M & M's**
- **Chewing gum**

Banned in Norway and Austria

- **Little Debbie Swiss Rolls**

Banned in the United Kingdom, Japan, and several other European countries

- **Stove Top Stuffing**
- **Wheat Thins**
- **Kraft Macaroni & Cheese**
- **Maraschino cherries**

Must carry a warning label in the European Union, entirely banned in Norway and Austria

- **Gatorade,**
- **Skittles**
- **Raspberry Jell-o**
- **Lucky Charms**
- **Tostitos Salsa Con Queso Dip**
- **Sunkist Soda**

Banned in Europe

- **Fresca**

Partially prohibited in the European Union

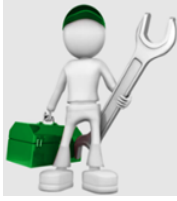
- **Pop-Tarts**

Restricted in the U.K. and some European countries

- **High Fructose corn syrup**

Maintenance Corner

The Maintenance Staff would like to wish everyone a healthy and Happy New Year!



Notice to Riverview tenants: Do NOT put cardboard in the recycling bin!!

POLICY REMINDERS

MHA GUEST POLICY



A resident may not have an overnight guest for over twenty-one (21) days in any twelve (12) month period without MHA's written approval.

- Twenty-one (21) nights shall also be considered twenty-one (21) days if the guest(s) sleep during the day.
- If a guest violates the tenant's obligations in the lease, MHA may require the tenant to ensure that the individual involved will not be a guest.
- All residents who have a complaint regarding another resident's guest(s) should report said complaint to the MHA office **IN WRITING**.
- If the complaint involves a disruption of peaceful enjoyment or a threat to health or safety, contact the police immediately.



PARK BETWEEN
THE LINES.
DO NOT TAKE UP
MORE THAN ONE SPOT!



THANK you!



What if my debt has gone to collections?

A collector has to give you “validation information.”

about the debt. They either have to do that during the collector’s first phone call with you or in writing within five days after first contacting you.

The collector has to tell you:

- ✓ How much money you owe
- ✓ The name of the creditor you owe it to
- ✓ How to get the name of the original creditor, and
- ✓ What to do if you don’t think it’s your debt

Collectors can’t harass you. For example, collectors

- ✓ Can’t threaten to hurt you
- ✓ May not use obscene or profane language
- ✓ Can’t repeatedly use the phone to annoy or harass you

Collectors can’t lie. For example, collectors

- ✓ Cannot tell you that you owe a different amount than what you owe
- ✓ May not pretend to be an attorney or from the government
- ✓ Can’t tell you that you’ll be arrested or claim they’ll take legal action against you if it’s not true

CARRYING CREDIT CARD DEBT?

Looking for ways to pay off credit card debt? Don’t get scammed!

Offers to help you cut down or wipe out your debt might sound like a perfect solution, but dishonest debt relief companies will take your money and do little or nothing to help.

So, how do you skip the scammers?

Spot scammy debt relief companies that make all kinds of promises to get your money upfront

Never pay anyone who tries to collect fees from you before they do anything to help you deal with your debt. That’s illegal.

Don’t share your financial or personal information with someone who calls unexpectedly to help you settle your debts. That’s probably a scammer.

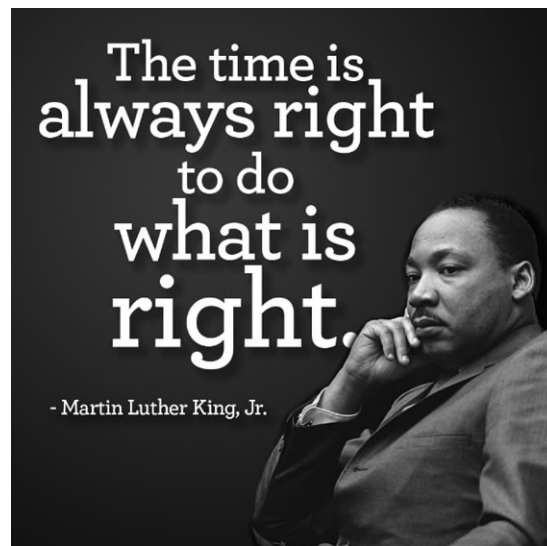
Don’t do business with anyone who guarantees you results from a “new government program” for a fee or tries to enroll you without first reviewing your financial situation.

Neighborhood Connections

TENANTS CIRCLE

Community is good, but isolation is unhealthy. Tenants tend to live within public housing developments. Housing can become a stage for daily drama and trauma, and bullying can drive individuals to live like hermits to escape the daily stress. One antidote can be to provide positive events; another can form connections with the surrounding community, and yet another can use the internet to connect with family, friends, and the wider world.

Words of Wisdom



Wherever there is a human being, there is an opportunity for kindness.

-Lucius Annaeus Seneca

Without a sense of caring, there can be no sense of community.

- Anthony J. D'angelo

MHA HAPPENINGS

January/February

MONDAY



Coffee Hour – 10 am at Nemasket
January 20th - OFFICE CLOSED-
Martin Luther King, Jr. Day
February 17th - OFFICE CLOSED
President's Day

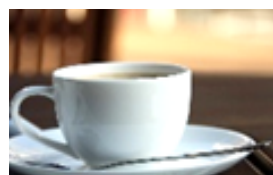
TUESDAY



Bible Study – 2 pm at Riverview

WEDNESDAY

Coffee Hour – 10 am at Riverview
TOPS Meeting – 3 pm at Riverview



 Bingo – 1 pm at Riverview

Nemasket/Riverview
Blood Pressure Clinic - January TBA
February TBA



Riverview Tenants Association Meeting –
(no bingo or coffee hour)

January 8th @ 11:00 am
February 12th at 11 am

Next Board of Commissioners Meeting –

February 26th at 5
(subject to change)
at Riverview CB



FRIDAY

February 14th! - Valentine's Day
Keep an eye out for Valentine's Day Activities



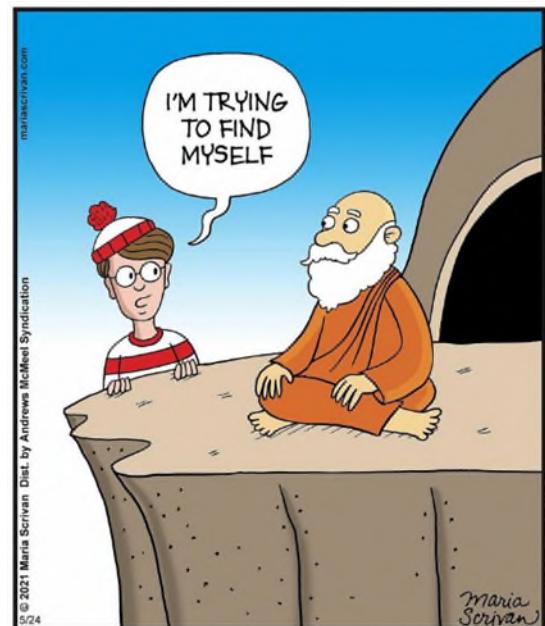
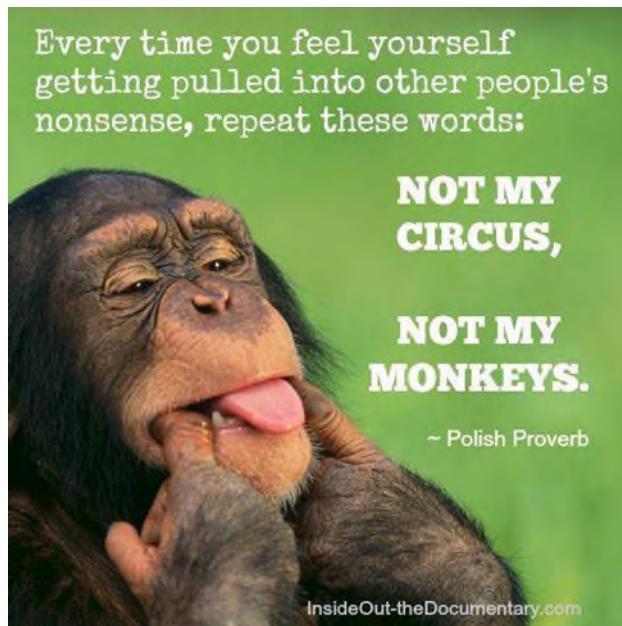
Laugh -verb

1 a: to show emotion (such as mirth, joy, or scorn) with a chuckle or explosive vocal sound

b: to find amusement or pleasure in something

2. a: to produce the sound or appearance of laughter

b: to be of a kind that inspires joy



THE END