

News You Can Use

Middleborough Housing Authority
September 2024

As of 8/28/24, Middleborough has been classified as

- **HIGH risk for EEE**
- **MODERATE risk for West Nile Virus (WNV)**

The Department of Public Health has said that as of 8/28, there have been 73 confirmed pools of mosquitos infected with EEE in the state, with the majority in Carver and parts of Middleborough.

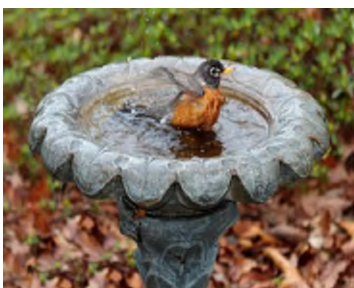


In Plymouth County, the Mosquito Control District has been conducting truck-based spraying during the season in response to EEE-infected mosquitoes. However, the risk continues to be elevated. Because of this ongoing risk, an aerial spray will supplement the work already performed in Plymouth County's high-risk regions.

As of 8/28/24, parts of Middleboro were included in aerial spraying. Our three developments were not included, although they may be added in the coming days. While these mosquito control sprays are necessary to reduce human risk from EEE, they will not eliminate it.

The DPH recommends the following precautions:

- Use repellents with an EPA-registered active ingredient, according to the instructions, any time you are outdoors;
- While outdoors, wear clothing that covers your skin;
- Reschedule outdoor activities to avoid the hours between dusk and dawn;
- Check screens and repair holes or replace those that do not fit tightly and
- Reduce areas of standing water where mosquitoes breed (e.g., removing containers that hold water).



Bird Baths are not allowed on Middleboro Housing Property. Tenants are advised to remove them from the property.

Maintenance Corner



Archer Court inspections are complete. Letters will be sent to outline the findings in your apartment.
LOOK OUT FOR INSPECTION DATES FOR YOUR DEVELOPMENT!

Deficiencies from previous years included

- Cracked or broken outlet and switch plate covers
- Pipe and faucet leaks
- Ripped or missing screens
- Housekeeping issues: odors, lack of cleanliness, clutter, hoarding, mildew in the tub

NEED A WORK ORDER? Work orders should be called into the office (508-947-3824 ext. 6). Unless it is an emergency, please don't flag maintenance staff down to do the repair. Work orders must be logged, so please let the office or Dave know. As always, be respectful of the maintenance staff!

We've had successful cookouts at Riverview and Archer Court this summer, with the Nemasket Cookout scheduled for 9/11. Thank you to everyone who attended!



Big thanks to the maintenance crew for all their hard work. None of the cookouts would be possible without them!!



Shout out to the Middleborough Fire Department for bringing the fire truck to the Archer Court Cookout!



Special thank you to Channell Homestead of Hanson for the Traveling Petting Zoo for the Archer Court Cookout!

FROM THE OFFICE

Please welcome our newest staff member CarolAnn. Her first day was August 27th.

She will be taking over the Section 8 program!

We're so happy to have her!

Welcome!

POLICY REMINDERS

Laundry

For tenants using the laundry room at Riverview or Nemasket

- Rinse soiled items before putting them in the washer.
- Clean out the lint before using the dryer.
- Do Not leave clothes in the laundry room for donation!
- Pet items should not be laundered in MHA's machines!

Animals

All animals, whether pets or service animals, must be registered with the Housing Authority. Pet/Service Animal applications and information are available at the office. Contact the front desk (ext. 5) if you want the application mailed or emailed.

Policy on Pets

Archer Court tenants are not permitted to have a pet. Nemasket and Riverview may have one pet with permission from the Housing Authority.

SCAM ALERT!

Tech support scams

Scammers know that most people fear getting hacked or having their computer or phone infected with viruses. In this scam, they trick you into thinking your device has been compromised and then pressure you into downloading software that gives them remote access to your computer.

How the scam works:

- Scammers send alarming phishing emails, text messages, or even pop-up ads declaring that your device has been hacked or infected.
- The tech support phone number provided in the alert is a direct line to the scammer. Once they get you on the phone, they request remote access to your device to “fix” the nonexistent problem.
- When they gain access, they install invasive malware, spyware, or even ransomware onto your device. They can also use hacking techniques to steal sensitive data from your hard drive — such as personal and financial information, usernames, and passwords.

How to stay safe:

If you get a troubling message from a tech support team, don't click on links or respond via any contact information listed in the message. Instead, contact Apple, Microsoft, or your antivirus provider using their official websites or phone numbers.

Safety First



Needle Collection at the Fire Station

Saturdays, 10 am – 2 pm

Get rid of your sharps!

“Children are likely to live up to what you believe of them.”

LADY BIRD JOHNSON

Back to School!
Middleborough Public Schools
September 4th!
Have a great year!



YOUR HEALTH

"I'm depressed." "I'm anxious." "I'm burnt out."

Few mental health conditions are as misunderstood or as mischaracterized as depression. The word "depressed" is often tossed about casually or is used synonymously with having a bad day, feeling bummed out, or experiencing temporary moments of sadness. It doesn't mean the experience of it is any less real. **Clinical depression** is often described as constant or frequent feelings of apathy, hopelessness, and

helplessness. Feeling so overwhelmed or disconnected from other people can make it difficult even to carry out day-to-day tasks or responsibilities. Sometimes, depression is described as feeling empty, numb, or hollow. Follow up with your doctor for different ways to treat depression.



DID YOU KNOW?

There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are toxic. Here are a few of the chemicals in tobacco smoke and other places they are found:

- Acetone—found in nail polish remover
- Arsenic—used in rat poison
- Benzene—found in rubber cement and gasoline
- Butane—used in lighter fluid
- Cadmium—active component in battery acid
- Formaldehyde—embalming fluid

If you or someone you know is struggling or in crisis, help is available.

Call 988

Text 988

Chat at 988lifeline.org

Do you want to quit smoking? That's half the battle.

Telephone 1-800-QUIT-NOW

What happens when I call 1-800-QUIT-NOW?

When a person calls the quitline, they will start with a brief, confidential interview that usually takes about 10 minutes. All caller information is strictly confidential and treated as protected health information.

Text messaging Text QUITNOW to 333888

Support through the National Texting Portal for on-demand help and support. (Message and data rates may apply.)

Smartphone app quitSTART app

Support with quitting smoking. The National Cancer Institute's [quitSTART](#) app offers tips, information, and games to keep app users engaged on their journey to quit.

September Happenings at MHA

Mondays

- Monday, September 2nd, Offices Closed for the Labor Day Holiday!
- Coffee Hour at 10 am in the Nemasket Community Building
All are welcome!
- September 9th, Farmer's Market at Archer Court (she'll be set up closer to Woodlawn Ave). 2– 3 pm, All are Welcome!
- September 16th, Farmer's Market, Riverview, 2 pm-3 pm, All are Welcome!

Tuesdays

- Bible Study at 2 pm in the Riverview Community Room

Wednesdays

- Coffee Hour at 10 am in the Riverview Community Room
All Are Welcome!
- TOPS meeting at 3 pm at Riverview
- Bingo at 1 pm at Riverview (call to confirm if interested)
- September 4th, 1st Day of School in Middleborough!
- September 11th, Riverview Tenant's Association Meeting at 11 am
- September 11th, Blood Pressure Clinic at Nemasket 11:30 am-12:30 pm,
Open to All!
- September 11th, Nemasket Cookout at NOON
- September 11th, Farmer's Market, Nemasket, 2 -3 pm, Open to All!

Thursdays

- September 5th, Art Hour, Nemasket, 1 pm, Open to All!
- September 19th, Art Hour, Nemasket, 1 pm, Open to All!
- September 26th, BINGO at Nemasket, 3 pm-4 pm