

Welcome to the Middleboro Housing newsletter, created to connect all MHA developments.

Archer Court

Nemasket

Riverview

2026



- In this edition
- From the Office
- Take Note...
- Winter Fun!
- Policy Reminders
- Scams
- Maintenance Corner
- Your Health
- Just for Fun
- Tenant Circle
- MHA Happenings

Check out our website!
Middleboroha.org



FROM THE OFFICE

There's no better time to start fresh than the first day of the New Year. May the next 365 days be filled with love, laughter, and good times.

As we hunker down for the cold and the snow, remember to dress for the weather: snow or rain boots, a hat, and gloves. For your safety, don't go out if it's icy!

Middleboro Housing provides barrels filled with a sand-and-salt mixture throughout its developments. MHA advises against walking or driving on icy surfaces, but it's available if you *must* leave before maintenance has sanded or salted your building.

At Riverview, buckets are placed outside each building's main entrance. At Nemasket, barrels have been replaced with more aesthetically pleasing buckets, one outside each laundry room and at both ends of every building. Barrels are also placed in areas at Archer Court.

ATTENTION RIVERVIEW RESIDENTS!

HUD inspectors will be here on January 13, 2026, to inspect all areas of the Riverview Development, including apartments, hallways, porches, and patios. Look for information about preparing for the inspection posted on the bulletin boards.

Annual Recertification Reminder for Nemasket tenants

The Continued Occupancy Form, along with all required verifications, is due by January 16. Make sure your application is complete, all signatures are in place, and verifications are included: Income information; Three (3) most recent bank statements; Asset information; Verification of any applicable deductions; and a pharmacy printout is required to verify co-pays.

Incomplete submissions may delay recertification.

Take note...

ICE & SNOW, TAKE IT SLOW

Each year in the U.S., there are over **1,000 deaths** and **100,000 injuries** due to vehicle crashes during winter weather.

DID YOU KNOW?



Clean off your vehicle before driving.
Flying snow from cars causes accidents.



Keep it slow, and don't use cruise control.
Roads can be slick even if they just look wet.



Leave extra distance between vehicles.
Stay especially far from snow plows.



weather.gov



WINTER FUN!

HOLIDAY PARTY 2025!



WHO WANTS COOKIES!

SNOW!



Thank you!



Courtesy of OCES!

POLICY REMINDERS

CANDLE/OPEN FLAME POLICY

Middleborough Housing Authority prohibits the use of candles or any open-flame device in residents' apartments, buildings, hallways, and all common areas of MHA housing developments. This includes (but isn't limited to) decorative oil lamps, incense, candelabras, dinner table candles (tapers), tea lights, and scented candles.

The policy is intended to reduce the risk of fires, injuries, and property damage.

SMOKE-FREE HOUSING POLICY

Our community has a smoke-free policy to promote the health and safety of all residents.

While we take this seriously and enforce it to the best of our ability, it does not guarantee that the property will be smoke-free at all times. Residents are expected to comply with the smoke-free policy as a condition of their lease. Violations of this policy are considered lease violations and may result in enforcement actions, including notices or eviction.

Unfortunately, some residents continue to ignore this policy, despite reminders.

If you observe a violation, please report it in writing and be specific-include the date, times, and locations of the incident. Detailed reports help MHA address violations promptly and effectively.

Thank you for helping keep our community safe and healthy.

Email Safety: Outsmarting AI Scammers



- **Too perfect? Be skeptical.**
Real humans make typos, forget formatting, and occasionally send emails from the Walmart parking lot. If it looks flawless, it might be AI.
- **Check the sender's address.**
"Amazon Customer Support" from [amazon-support@totallynoscams.biz](mailto:support@totallynoscams.biz) is not the deal you're looking for.
- **Watch for emotional manipulation.**
"CLICK NOW TO CLAIM YOUR URGENT REFUND!" If you didn't make a purchase, you don't receive a refund.
- **Hover before you click.**
If the link looks like
<https://Dealz-4-U.superdiscountz.ru/yikes>... shut the laptop and walk away.

Maintenance Corner



Dave sincerely thanks everyone who chipped in during the recent snowstorm on 12/27! Although everyone was bundled up against the cold and he couldn't thank each person directly, he wants to make sure you all know how much your help was truly appreciated!

Friendly Reminder! Please take your outdoor mats inside and store outdoor items to avoid blocking snow removal. As always, thanks for your cooperation!

YOUR HEALTH

Colds happen to the best of us. Some treatments may not help clear a stuffy nose or soothe a sore throat, but you're in luck — there are natural remedies that are scientifically proven to ease cold symptoms.

Chicken Soup

Scientists have confirmed what many grandmothers have long believed: chicken soup is good for a cold. Chicken contains amino acids that help loosen mucus and provide mild anti-inflammatory benefits. Hot liquids, such as chicken broth, help maintain hydration, ease nasal congestion, and soothe inflamed nasal and throat membranes. Additionally, folk remedies such as garlic, ginger, and chili peppers are thought to alleviate cold symptoms, so a spicy bowl of chicken soup could be just what you need to begin feeling better.

Salt Water

Salt water can be used as a gargle and nasal rinse during a cold. Nasal irrigation helps moisturize dry nasal passages and can naturally clear congestion. However, unboiled tap water is unsafe for nasal rinsing. To do it safely, use a prepackaged

saline solution or a mix of non-iodized salt with sterilized water or tap water that has been boiled for 3-5 minutes and cooled. Gargling with salt water offers temporary relief for sore, dry throats. Dissolve half a teaspoon of salt in eight ounces of warm water and gargle four times daily until symptoms improve.

Humid Air

Humidity can loosen congestion and soothe dry, inflamed nasal passages. Run a humidifier or vaporizer in the room where you sleep. Relax in a warm, scented bath during the day, or — if you aren't dizzy — take deep breaths while showering in a steamy bathroom to ease dryness and discomfort. Be sure to clean your humidifier often — dirty humidifiers may grow mold or collect bacteria, worsening allergies, asthma, and other conditions.

Menthol Balm

Although considered a folk remedy, studies now show that topically applied mentholated balms may help relieve pain and discomfort caused by congestion. Rub a small amount of the balm under (not in) your nose, massage it into your temples to relieve a headache, and apply a small amount to your chest and the soles of your feet at night to help alleviate congestion and reduce coughing.

Oil of Oregano

Oil of oregano has antiviral and antimicrobial properties that studies have shown help alleviate and shorten symptoms caused by influenza and rhinoviruses. Add a few drops of oil of oregano to water or juice to help dilute the taste. Aromatherapeutic sprays containing oregano, eucalyptus, peppermint, and rosemary can also temporarily relieve respiratory symptoms. Be sure to check the packaging and purchase oregano oil, not oregano essential oil. Oregano essential oil should never be ingested.



THE INVENTION OF ZIPPERS

From jeans to sofa covers, we've all used a "slide fastener." Elias Howe, who worked on the first sewing machine, is credited with the idea. He patented it in 1851 but didn't pursue it, focusing instead on promoting the sewing machine.

In 1893, Whitcomb L. Judson patented an automatic-closing device called the "Clasp Hooker," and in 1894, he founded a company to manufacture it. By 1904, they had improved the design, patented a machine for its manufacture, and used the slogan "A Pull, and It's Done."

In 1917, Swedish-American engineer Gideon Sundbeck invented a fastener similar to today's zipper, characterized by its metallic, hookless design. By 1923, B.F. Goodrich had integrated sliding fasteners into their rubber boots, branding the product as "zipper" and securing the name with a trademark. Although the boots fell out of favor during the Great Depression, the term "zipper" and the fastener's popularity persisted.

Following World War II, innovations led to the development of plastic zippers. Currently, sliding fasteners are expanding into new fields; for instance, medical zippers are now sometimes used instead of sutures. Notably, at the March 2017 Los Angeles Fashion Week, Talon showcased the world's longest zipper—spanning 3.1 miles.

Mafia Honey the Dog

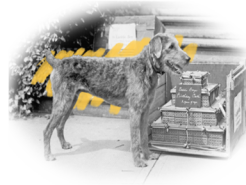


This fluffy little Maltese dog was gifted to Marilyn Monroe in 1960 by Frank Sinatra to console her after her split from playwright Arthur Miller.

Named for Sinatra's alleged ties to the mob and called "Maf" for short, the dog was Monroe's close companion for roughly the last two years of her life. He even slept on a fur coat Miller had given her. Following Monroe's death in 1962, Frank Sinatra's secretary Gloria Lovell cared for Maf until he died in 1974. But his fame didn't end there: Two Polaroids featuring Maf sold for more than \$220,000 in 1999.

"Beginnings are usually scary, and endings are usually sad, but it's everything in between that makes it all worth living."

-Bob Dillon



FAMOUS FIGURES

It isn't uncommon to see pets in Zoom meetings these days, as some cats and dogs can't help but be the center of attention. Even so, President Warren G. Harding's dog, Laddie Boy, sat in on Cabinet meetings. He's been called the White House's first celebrity dog and was an Airedale terrier whom the 29th president of the United States deeply adored. In addition to fetching the newspaper and joining the first lady at fundraisers, he had his own seat at Cabinet meetings.

of Presidents without pets

3

(Martin Van Buren, James K. Polk, Donald Trump)

of Presidents who have had dogs

31

For the health and safety of all users, please ensure that all laundry is free of fecal matter before using the machines.

Doing laundry may seem simple, but it's important to be mindful of others and to practice good laundry room hygiene and etiquette.

TENANTS CIRCLE

**LAUNDRY ROOM
ETIQUETTE**

DO'S

- Wipe the washing machine's drum and door after each use.
- Remove your clothes promptly from the washers and dryers.
- Clean the lint tray after each drying cycle.

DON'T'S

- Don't put items containing fecal matter or vomit in the washer or dryer.
- Don't overload machines.
- Don't make someone else clean up after you.

By following a few basic guidelines, you can ensure the laundry room is safe and sanitary for everyone.

Your cooperation is appreciated!

HAPPENINGS

MONDAY

Coffee Hour – 10 am at Nemasket (weekly)

Martin Luther King Jr. Day - January 19th (Office is Closed)



Groundhog Day – February 2nd

President's Day – February 16th (Office Closed)



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)

BLOOD PRESSURE CLINIC- RIVERVIEW - January 7th



THURSDAY

January 1st – New Year's Day (Office is Closed)

FRIDAY

January 2nd -OFFICE IS CLOSED!

Nemasket Annual Recertification paperwork due – January 16



Valentine's Day - Saturday, February 14th



**2026 is the year you follow through.
No more waiting for the 'right time.' Start now!**

THE END