

Billerica Housing

16 River Street • Billerica • MA • 01821 • Tel (978) 667-2175 • Fax (978) 667-1156

AUGUST 2025



NOTES & NEWS

Pack a Picnic

When the weather is nice, why eat inside? Pack up some sandwiches or other finger foods and enjoy an outdoor picnic!

Summer Song

"In summer, the song sings itself."
—William Carlos Williams

A Clean Sweep

When you're cleaning your home, don't forget about these often-overlooked areas: doorknobs and light switches, water bottles, the remote control and your phone. These items all see heavy use and (potentially) grubby handling, so add them to your regular routine to keep your household tidy and healthy.

An Ironclad Legend

"Old Ironsides" is the USS Constitution, a historic U.S. Navy warship. It earned its nickname during the War of 1812 when British cannonballs seemed to bounce off its sturdy oak sides, prompting a crewman to exclaim, "Her sides are made of iron!"

HIGHLIGHTS

OUR STAFF

Bob Correnti, Executive Director
Berlande Edouard, Tenant Selection Coord.
Debbie Souza, Administrative Asst.
Erica Miller, Finance Director
Tia Simolaris
John Simolaris, Maintenance
Mark Simolaris, Maintenance
David Manchester, Maintenance

TELEPHONE NUMBERS

BHA Office/Maintenance Emergency:
978-667-1661 & 978-667-2175
Ashley Monfet, Resident Service Coordinator: 978-852-7737
AgeSpan/Supportive Care
On-Call: 978-273-0362

On-call is available 24/7 to residents of 13 River, 16 River & 33 Talbot for non-life-threatening emergencies (not maintenance issues).

BHA Office Hours: Monday Through Thursday, 7:00 AM–3:00 PM
Fridays, 7:00 AM–12:30 PM

RSC Hours: Monday Through Friday
8:00 AM–4:00 PM
33 Talbot Ave, Tuesdays 1:00PM–4:00PM
13 River St, 1:00PM–4:00PM

Commissioner's Meeting: Thursday,
August 14, 2025, at 4:00 PM
16 River Street, Common Room.

Quarterly Tenant Meeting Schedule

October 21, 2025
10:30 am, Talbot, Common Room
1:00 pm, 16 River, Common Room
3:15 pm, 13 River, Common Room

BULLETIN BOARD

Egg-less Wonder

Whether you're looking to trim your budget or your calories, eggs can be replaced by a variety of things you may already have on hand. Baking brownies or cookies? Consider swapping 1/4 cup applesauce for each egg. Silken tofu can also be an egg replacement (again 1/4 cup for an egg) for creamy sauces or cakes.

'Shores' Is One

How many words can you spell from "sisterhood"?



IZ808YM

TRIVIA WHIZ

Learning Made Easy: For Dummies

The “*For Dummies*” book series has been a beloved staple in the world of self-help and educational literature since its inception more than 30 years ago. Launched in 1991 with the first title, “*DOS For Dummies*,” the series was created to demystify complex subjects and make learning accessible to everyone. The brainchild of John Kilcullen, these books quickly gained popularity for their straightforward, humorous and engaging approach to a wide range of topics. Check out some of these popular titles:

“*Windows For Dummies*.” This long-standing bestseller provides an intuitive introduction to the Windows operating system.

“*Small Business For Dummies*.” Get some guidance before starting your own business venture.

“*Calculus For Dummies*.” A must-read for anyone struggling to understand calculus concepts.

“*Chess For Dummies*.” Learn the basics and perfect your strategy in this beginner’s guide to playing chess.

“*Making Friends as an Adult For Dummies*.” This book helps adults make connections and foster friendships in the later stages of life.

“*Gut Health For Dummies*.” This trending health resource can help you restore and optimize your gut and its microbes for better overall health.

“*Houseplants and Succulents For Dummies*.” Become the best plant parent you can be and learn the proper way to care for your houseplants.

With the “*For Dummies*” book series, amateurs in everything from quilting to car repair can appear polished after just one read.

With more than 1,000 titles to choose from, the “*For Dummies*” series offers something for everyone.



Closing Time

When a hard day’s work is done, the last thing most folks want to do is clean. But implementing the “closing shift,” a 20-minute nighttime cleaning routine, can lighten your load both day and night. Modeled after a store’s closing shift checklist, a home closing shift typically consists of decluttering, light housekeeping and preparing for tomorrow’s morning rush. Here’s a breakdown of how a closing shift could work for you:

Set the mood. Starting a new habit is hard, especially when you’re at your most tired. Try donning comfortable slippers and listening to music or a podcast on your earbuds before you start working.

Food first. Take care of all the food-based mess first. Wash dishes, wipe countertops and sweep the crumbs away. After a few closing shifts in a row, you may notice the snowball

effect of this job getting easier as your counters stay cleaner.

Shutter the clutter. Toss junk mail, gather loose laundry and tidy any of the other mess that crops up during the day.

Tomorrow, tomorrow. Make future-you happy by packing the next day’s lunch, setting out your clothes and prepping your morning coffee, tea or meal.

Now, pause your podcast or playlist, and put your feet up for a restful evening in your clean, tidy home. The closing shift is clocking out.



Get Bready for an Easy Meal

August is National Sandwich Month. This popular, portable mainstay is a great way to repurpose leftovers, avoid food waste and keep it simple when you’ve got too much on your plate and not enough in your fridge. Lettuce check out a few ideas for how to upgrade the best thing in sliced bread.

BLAT. It’s time for a twist on the classic BLT of bacon, lettuce and tomato—just add avocado. The superfood is high in good fats and nutrients like potassium, which the U.S. Department of Health and Human Services says Americans do not generally get enough of. For an inexpensive,

more convenient alternative, try adding guacamole as a spread.

Chicken salad. This versatile combination relies on a base of mayonnaise, crunchy fruits and veggies and chicken, making it the perfect solution to a motley crew of leftovers. Leftover chicken, grapes, apples, cucumbers and celery make for an especially tasty meal before your next grocery run.

Grilled cheese. Looking for a way to add vegetables to your diet without breaking the bank? Next time you go for a grilled cheese, add sliced tomato. This seasonal favorite is rich in lycopene, an antioxidant linked to a decreased chance of disease, cancer, high blood pressure and high cholesterol. Bonus tip: Add black pepper to the tomatoes before you cook them with cheese in this delightful sandwich. The pepper and heat both enhance your body’s ability to absorb lycopene.



WIT & WISDOM



Carnival Competitions

Whether playing for prizes or bragging rights, summer fairgoers still relish these classic carnival games. Step right up to these festival favorites.

High Striker. Also known as Ring the Bell or a Strength Tester, this nearly century-old carnival game has a tower, a puck that runs up the tower and a bell at the top. Operators give players a sledgehammer and the task to hit the pad at the base of the tower hard enough to propel the puck to ring the bell, essentially testing their strength. In the 1930s, "Popular Mechanics" published an exposé of the frequent practice of operators rigging the high strikers and taunting young men eager to prove their strength to keep a steady stream of competitors and profits coming.

Spin Wheels. These wheels, each with a section of a prize and outcome, can be dated back to antiquity. The brightly colored game of chance was a quick hit in early American carnivals, and casinos later adopted the idea for their own thrill-seekers. Today, one of the most famous spinning wheels is the iconic Wheel of Fortune on the popular game show.

Ring Toss. Historians don't know who first thought to toss rings at festivals, but they date one version back to ancient Greece, where the rings represented eternity. Today, the friendly, accessible carnival staple is played across the world.

Featured Recipe

Maple Apple Grilled Cheese

Ingredients:

- 1/4 cup maple syrup
- 1/4 teaspoon apple pie spice
- 3 tablespoons butter
- 8 slices whole-wheat bread
- 8 slices sharp cheddar cheese (1-ounce slices)
- 1 medium Golden Delicious apple, cored and cut into 16 thin slices
- 4 slices cooked bacon, coarsely chopped

Directions:

Mix maple syrup and apple pie spice. Set aside.

Butter one side of each bread slice. Layer two slices of cheese and four slices of apple on each of four bread slices with buttered side down. Sprinkle with chopped bacon, then drizzle with maple syrup mixture. Top with remaining bread slices with buttered side up.

Place sandwiches in large skillet or griddle on medium-low heat. Cook 3 to 4 minutes per side, or until bread is browned and cheese is melted. Cook in batches, if necessary.

Find more recipes at www.McCormick.com.



"Let us dare to dream and shoot for the moon. Even if we don't fetch the moon, a million stars may fill us with wonder."

—**Erik Pevernagie**

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."

—**Albert Einstein**

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious."

—**Stephen Hawking**

"I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet."

—**Jack London**

"Let the waters settle and you will see the moon and stars mirrored in your own being."

—**Rumi**

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."

—**Marcus Aurelius**

"Those are the same stars, and that is the same moon, that look down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us, and each other."





—**Sojourner Truth**

"I see myself as a huge fiery comet, a shooting star. Everyone stops, points up and gasps, 'Oh, look at that!' Then, whoosh, and I'm gone ... and they'll never see anything like it ever again ... and they won't be able to forget me—ever."

—**Jim Morrison**



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST 					1	2
3	4	5	6		8	9
10	11	12 Traveling Chef: 33 Talbot 11:30AM	13	14	15	16
17		19	20	21	22	23
24/31	25	26	27	28	29	30

The following events are hosted each week by the incredible, hospitable residents of 13 River St. in the community room. They invite and welcome residents from 16 River St. and the Talbot to come join in the fun!

Tues: **Bingo** 11:30am-1:30pm

Wed: **Crafting** Bring your own craft to work on together: 1-3pm

Fri: **Buffalo Bingo** 12:30-3pm

Farmers Market 13 River St.: September 4th,
1PM- 2PM

Traveling Chef: August 12th, 11:30am, 33 Talbot.

Sign-ups for events are on your local bulletin board.

The **Mobile Market** (formerly Brown Bag) is distributed the fourth Tuesday of each month from the community room of each building. Preregistration is required.
