



BULLETIN BOARD

Monthly Celebrations

There is much more to celebrate in February than Valentine's Day and Presidents Day.

- Enjoy a sweet and nutritious treat in honor of National Cherry Month.
- Check out a local library during Library Lovers' Month.
- Make positive changes in your life as part of Plant the Seeds of Greatness Month.



Billerica Housing

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

FEBRUARY 2026



NOTES & NEWS

Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

Cute and Quick Valentines

A tiny treat paired with a cute message makes a great Valentine's Day gift for family, friends, neighbors, coworkers and classmates. Here are a few ideas:

- Gummy worms: "I dig you!"
- Stickers: "Let's stick together."
- Goldfish crackers: "You're a great catch!"
- Small flashlight: "You light up my world."
- Tootsie Rolls: "I like the way you roll."
- Pen or pencil: "You've got the write stuff!"

Make Passwords Hack-Proof

Create a hard-to-crack password by using a phrase, such as a random combination of four or more words. Or string together the first letters in the words from a line in your favorite song. Tech experts say short passwords are easier to hack.

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

Resident Service Coordinator, Merari

Andrades: 978-989-2078

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

Mon/Wed/Fri 7:30 AM - 3:30 PM

Tues/Thurs 8:00 AM - 4:00 PM

Quarterly Tenant Meetings

April 14th:

10:30 AM Talbot Street

1:00 PM 16 River Street

3:15 PM 13 River Street

Hosted in your community room.

You're Doing a Great Job

To improve your mood instantly, look in the mirror and give yourself a compliment.

TRIVIA WHIZ



A Landmark for Lincoln

The Lincoln Memorial on the National Mall in Washington, D.C., honors the 16th president of the United States, Abraham Lincoln. Born Feb. 12, 1809, Lincoln served from 1861 to 1865.

- The memorial's cornerstone was set in 1915. Daniel Chester French designed the statue, which was produced by a family of Italian marble carvers known as the Piccirilli Brothers. Architect Henry Bacon created the monument building using a classic Greek design.
- The building contains inscriptions of Lincoln's Gettysburg Address and his second inaugural address.
- Carved from 28 blocks of white Georgia marble, the statue of Abe is 19 feet tall.
- The memorial building also consists of Colorado Yule marble, Tennessee pink marble, Massachusetts granite and Indiana limestone.
- The Lincoln Memorial cost \$3 million to build in the early 1900s, equivalent to more than \$50 million today.
- The structure was dedicated on May 30, 1922. About 50,000 people attended the ceremonies, including hundreds of Civil War veterans and 78-year-old Robert Todd Lincoln, the president's son.
- Famous African American contralto Marian Anderson performed at the Lincoln Memorial in 1939 with the support of Eleanor Roosevelt. A generation later in 1963, Martin Luther King Jr. gave his "I Have a Dream" speech at the memorial, 100 years after the Emancipation Proclamation.
- The Lincoln Memorial is open to the public 24 hours a day. About 8 million people visit the site each year.

Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

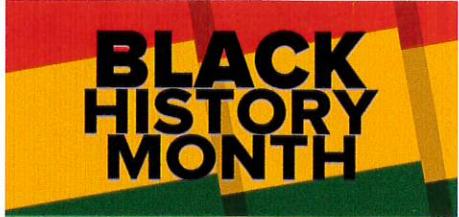
In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created

an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history.



BLACK HISTORY MONTH



Take Control of Documents

Most financial records fall into one of three categories: papers you need to keep for the calendar year; tax records, which you should save for three years; and papers to keep indefinitely.

The following time frames are general guidelines. If you are unsure about whether to keep a document, consult an accountant or tax specialist.

If any of these items listed are needed for tax purposes, physical

copies should be stored with tax returns and kept for three years after filing your returns.

Keep one year. Paycheck stubs, utility bills, canceled checks, bank statements and quarterly investment statements.

Keep three years. Income tax returns, medical bills, records of selling a house or stock, and business records, unless retention periods are specified to be longer.

Keep forever. Marriage licenses, birth certificates, wills and estate planning documents, adoption papers, divorce decrees, records of paid loans and military discharge papers.

When it's time to dispose of physical copies of financial records, consider storing digital copies on a secure device if you feel uneasy losing the information forever. The safest way to dispose of old financial documents, given that many may include sensitive information, is to shred them first.



Winter Olympics Preview

The Milano Cortina 2026

Winter Olympics—the 25th Winter Olympics—are scheduled to be held from Feb. 6-22. The games will be available to watch on NBC and Peacock, NBC's subscription streaming service. Here are some sports and stars to watch:

New kid on the ice block. Ski mountaineering, a combination of alpine skiing and mountain climbing, is making its debut at this year's games. Competitions include a sprint, which includes a three-stage ascent, as well as the descent. Sprints can take about 3.5 minutes. The mixed relay includes two ascents, two descents and a section on foot.

Comeback kids. After a 12-year Olympics hiatus, National Hockey League players are back to play ice hockey for their home countries. In the 2022 Beijing Winter Olympics, both the U.S. and Canada were eliminated in the quarterfinals, not having the NHL stars on their rosters. This year, Team USA is heavily favored to take home the gold.

Frozen fan favorites. Along with ice hockey, figure skating and snowboarding are some of the top-watched events for American viewers. Young snowboard stars to watch include gold medalists Chloe Kim and Red Gerard. Male figure skating star Ilya Malinin is expected to shine at the 2026 games. The 21-year-old is the only athlete in history to have landed the quadruple axel—the hardest jump in figure skating—during a competition.

Featured Recipe

Chocolate Cherry Thumbprints

Ingredients:

- 1 cup butter, softened
- 2 cups white sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 cup cocoa
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 (21-ounce) can cherry pie filling
- 1/2 cup chocolate chips

Directions:

Preheat oven to 350 F.

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll dough into 2-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place a spoonful of cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate chips according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in airtight container.

Find more recipes at www.LuckyLeaf.com.



WIT & WISDOM

"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"Love is sharing your popcorn."

—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."

—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"

—Lily Tomlin

"Love isn't something you find. Love is something that finds you."

—Loretta Young

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."

—Helen Keller

"Love is always bestowed as a gift—freely, willingly and without expectation. We don't love to be loved; we love to love."

—Leo Buscaglia

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done."

—Vincent Van Gogh

"To love and be loved is to feel the sun from both sides."

—David Viscott

"People think love is an emotion. Love is good sense."

—Ken Kesey

"At the touch of love everyone becomes a poet."

—Plato



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6 Coffee Hour 33 Talbot 1:00 PM	7
8	9 Traveling Librarian 1:00 PM 16 River Street	10	11 Coffee & Crafting 13 River 1:00 PM	12 Sound Healing With Betsy	13	14
15 Presidents Day	16 AgeSpan and BHA Closed	17 Merari Out of Office	18 Music With Bobby Mac 12:00 PM 33 Talbot	19 Traveling Chef 12:00 PM 13 River Street	20 33 Talbot Mind Body Spirit With Regina 12:00 PM	21
22	23 Music With Bobby Mac 12:00 PM 13 River 1:30 PM 16 River	24	25	26 Coffee Hour & Game 1:00 PM 16 River	27 33 Talbot Mind Body Spirit With Regina 12:00 PM	28

FEBRUARY

Events @ 16 River Street:

February 9, 1:00 PM Traveling Librarian
w/Refreshments

February 24, 1:30 PM Live Music with Bobby Mac

February 26, 1:00 PM Coffee Hour & Game

Events @ 13 River Street:

February 11, 1:00 PM Coffee Hour & Crafting

February 19, 12:00 PM Traveling Chef

February 24, 12:00 PM Live Music with Bobby Mac

Events @ 33 Talbot:

February 6, 1:00 PM Coffee Hour & Game

February 18, 12:00 PM Live Music with Bobby Mac

February 20 and 27, 12:00 PM

Mind Body Skills 8 Week Workshop with Regina

Schulman

Practice mindfulness, meditation and learn other skills with Regina. Once a week on Fridays at 12:00 PM.

**Due to privacy concerns, we are unable to continue
Listing Tenant Birthdays in the monthly newsletters.**

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

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