

Billerica Housing

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

MARCH 2026



NOTES & NEWS

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat."

—Laura Ingalls Wilder

Spring Break(time)

Need to increase your productivity, energy and creativity in just 15 minutes? Play hooky.

Taking a brief break from work to do something nonwork related can actually boost your overall productivity more than if you were to power through a slump in energy or a wave of stress.

When your energy lags, try a low-impact exercise or stretch while listening to music, watching a quick comedy routine or drawing. Make sure to be away from your workspace physically and digitally, if possible.

If you're feeling overwhelmed, read a poem, drink herbal tea while listening to nature sounds, write in a gratitude journal, meditate or try deep breathing exercises.

Turn Around, Bright Eyes

It's a total eclipse of the moon on March 3, starting at about 6 a.m. EST.

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.

BULLETIN BOARD

March Into Spring

Enjoy a new season of nature's renewal.

Longevity Coaching

In this rising wellness trend, longevity coaches advise folks of all ages how to lead longer, healthier lives using a variety of tools, including genetic testing, goal setting and lifestyle change suggestions. Make sure, as always, to check in with your doctor to see what's right for you.



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TRIVIA WHIZ

A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

Rainbow spring. In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. Bacteria that crave the spring's hot water, which can climb to over 180 F, give Grand Prismatic Spring its vibrant colors.

Rainbow trees. Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus, also known as painted gum trees, catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green. The tree is native to Southeast Asia but was transplanted in Hawaii. These colorful eucalyptus trees grow an average of 6 feet per year.

Rainbow mountains. Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow. Once the snow melted away to reveal Vinicunca's gorgeous stripes, tourism—which is still heavily regulated—skyrocketed.

Rainbow park. Peru doesn't have the world's only colorful peaks. The Zhangye Danxia Landform in the province of Gansu in north China is one of the country's most popular natural attractions. The vibrant patterns formed millions of years ago when layers of red sandstone and mineral deposits were pushed upward by colliding plates of the Earth's crust. Over time, erosion and weathering shaped the rocky formations and exposed the rainbow-hued layers.



Thrifty Thirties

Consider these 30-themed personal finance pro tips to work toward greater financial peace.

Shopping. If impulse buys blow your budget, consider trying the 30/30 rule from the documentary stars and authors known as "The Minimalists." According to their guidance, if it costs more than \$30, try waiting 30 hours before purchasing. For items over \$100, wait 30 days. Author Joshua Fields Millburn describes this approach as being about deliberation, not deprivation: "This extra time helps me assess whether or not this new thing will add value to my life."

The Happiest Place on Planet Earth

In honor of the International Day of Happiness on March 20, picture your happy place. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

Sisu. Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of adversity and taking risks even when failure seems imminent. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from the values of grit, willpower and resilience.

Sauna. There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside

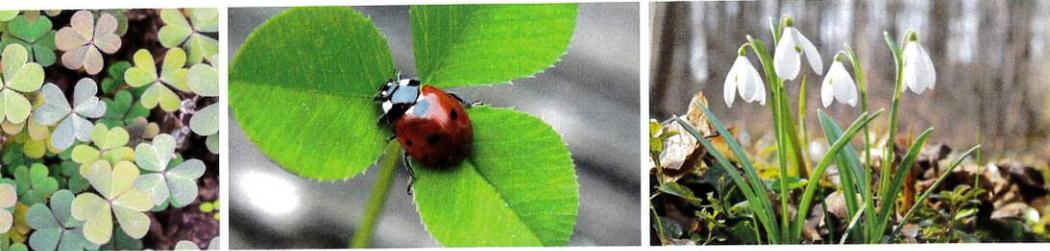
Spending. Do you know how much money you're spending where? Many experts recommend spending no more than 30% of your income on flexible "wants" like entertainment and dining out, as opposed to static need-based costs, such as housing, groceries and health care. Spend 30 days tracking how much of your money goes to wants. If, after this time period, want-based expenses exceeded 30% of your total income, plan on cutting back the next month. Use the saved difference to pay down debts by highest interest first (like credit cards) or add to your emergency fund.

Saving. Create a separate savings account and set up automated transfers from your checking to savings once a month. You don't need to set aside a huge amount: as little as \$30 per month adds up fast and could also waive any fees that may be associated with the savings account (depending on your individual bank).

the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower, or even a roll in the snow!

Scenery. Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.





WIT & WISDOM



Declutter and Donate

Spring cleaning this season? Experts recommend thoroughly decluttering before cleaning to improve mood and efficiency. Start your donation pile with more obvious items and work your way up to the clutter you've been clinging to with these suggestions.

Old bedding and office supplies. Animal shelters often accept bedsheets and old blankets, as well as towels and washcloths. Office supplies can also be welcome items, but check before you bring in that old filing cabinet.

Unused or outgrown kid and baby gear. Day cares and preschools near you may accept donations of toys, clothes, and baby items such as high chairs, strollers and play gyms that are clean and in good repair.

Digital devices. Several nonprofit organizations accept donations of old cell phones, chargers, tablets, laptops and gaming equipment to provide underserved populations with the digital access and resources they need to thrive in today's modern world.

Worn and torn fabrics. Planet Aid accepts clean clothing and bedding that other donation centers won't, including sleepings bags and torn and stained items, so long as the items are dry and clean. The organization has more than 10,000 bins located throughout the country for convenient drop-off.

Cheesy Irish Soda Bread

Irish soda bread gets a boost of savory flavor from cheddar cheese.

Ingredients:

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons caraway seeds
- 1 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 cup shredded Irish cheddar cheese, or any sharp cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Directions:

Preheat oven to 350 F. In a large bowl, mix flour, sugar, baking powder, baking soda, salt and seasonings. Stir in cheese. Set aside.

In a medium bowl, mix eggs and buttermilk. Add to dry ingredients and stir until well blended. Spread batter into a lightly greased 9-inch round cake pan.

Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan and let cool completely on wire rack.

Find more recipes at McCormick.com.



"Diligence is the mother of good luck."
—**Benjamin Franklin**

"If one is lucky, a solitary fantasy can totally transform one million realities."
—**Maya Angelou**

"Good luck beats early rising."
—**Irish proverb**

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."
—**Franklin D. Roosevelt**

"Luck is believing you're lucky."
—**Tennessee Williams**

"Luck is not chance; it's toil. Fortune's expensive smile is earned."
—**Emily Dickinson**

"Nothing is as obnoxious as other people's luck."
—**F. Scott Fitzgerald**

"People always call it luck when you've acted more sensibly than they have."
—**Anne Tyler**

"The day you decide to do it is your lucky day."
—**Japanese proverb**

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."
—**Steven Wright**

"The worst cynicism: a belief in luck."
—**Joyce Carol Oates**

"In the long run, you make your own luck—good, bad or indifferent."
—**Loretta Lynn**

"Luck is tenacity of purpose."
—**Elbert Hubbard**



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00 PM Chunky Yarn Knit Group 16 River	3	4 1:00 PM Game Day 16 River	5	6 12:00 PM Mind Body Skills Workshop 33 Talbot	7
8	9 1:00 PM Chunky Yarn Knit Group 16 River	10 Coffee Hour With Snacks 1:00 PM 13 River	11	12 Movie Screening & Luncheon 12:00 PM 13 River	13 12:00 PM Mind Body Skills Workshop 33 Talbot	14
15	16 1:00 PM Chunky Yarn Knit Group 16 River	17 Coffee Hour & Snacks 1:00 PM	18 	19 Luncheon & Movie Screening 33 Talbot	20 12:00 PM Mind Body Skills Workshop 33 Talbot	21
22	23 1:00 PM Chunky Yarn Knit Group 16 River	24	25 Memorial Lunch 12:00 PM 16 River	26 Movie Screening With Popcorn 16 River	27 12:00 PM Mind Body Skills Workshop 33 Talbot	28
29	30 1:00 PM Chunky Yarn Knit Group 16 River	31	<h1>March</h1>			

Events @ 16 River Street:

March 4th @ 1:00 PM, Game Day, residents choose a game to play!

Every Monday @ 1:00 PM, Learn to knit blankets with chunky yarn! No experience necessary. Sign-up required, please sign up on the bulletin board.

March 25th @ 12:00 PM, Memorial Lunch, Mr. Jack's Catering. Join together for a luncheon to honor residents who are no longer with us. Sign-up required, please sign up on the bulletin board.

March 26th @ 1:00 PM, Movie Screening with Popcorn

Events @ 13 River Street:

March 10th, 1:00 PM Coffee Hour & Snacks

March 12th, 12:00 PM Luncheon & Movie Screening.

Sign-up required, please sign up on the bulletin board.

Events @ 33 Talbot:

March 19, 12:00 PM Luncheon & Movie Screening.

Sign-up required, please sign up on the bulletin board.

March 17th, 1:00 PM Coffee Hour & Snacks

Every Friday in March at 12:00 PM Mind Body Skills 8-Week Workshop with Regina Schulman - refreshments served!

Practice mindfulness, meditation and learn other skills

with Regina. Once a week on Fridays at 12:00 PM.

Birthday sign-up sheets are posted in each community room. For those wishing to celebrate their Birthday, please write your name and the month/day of your birth.

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.
