

BULLETIN BOARD

A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight seconds.



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Billerica Housing

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

MAY 2025



NOTES & NEWS

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world."—*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!

Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.

A Hero

"I think of a hero as someone who understands the degree of responsibility that comes with his freedom." —Bob Dylan

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:
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Ashley Monfet, Resident Service Coordinator: 978-852-7737
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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 12:00PM–4:00PM
13 River St, 12:00PM–4:00PM

Commissioner's Meeting: Thursday, May 8, 2025, at 4:00 PM
16 River Street, Common Room.

Quarterly Tenant Meeting Schedule

July 15, 2025

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

TRIVIA WHIZ

Moms in the Movies

Some memorable mothers have made their marks on the movie screen. This Mother's Day, celebrate the maternal instinct found in the following characters.

Maria Portokalos. At the head of the overbearing yet lovable family in "My Big Fat Greek Wedding" is this feisty mother (Lainie Kazan), who supports her children with love, advice and fabulous cooking.

M'Lynn Eatenton. Sally Field earned a Golden Globe nomination for her emotional portrayal of this Southern mama, whose devotion to her grown daughter is a central theme of the beloved film "Steel Magnolias."

Elastigirl. Voiced by Holly Hunter, this flexible crime-fighting mom has to deal with three kids who have superpowers of their own. But villains don't stand a chance against the matriarch of "The Incredibles."

Tanya Anderson. In "Akeelah and the Bee," Angela Bassett plays a widowed mother who isn't very impressed with her daughter's desire to compete in a regional spelling bee. Tanya changes her tune even as Akeelah begins to lose motivation, and she supports and encourages Akeelah, who goes on to win the National Spelling Bee.

Rebecca Morgan. In the 1972 movie "Sounder," Cicely Tyson plays the mother of a Louisiana family struggling to survive during the Depression. Tyson was nominated for an Academy Award for her role in this box office hit.

Maria von Trapp. As the von Trapp children's governess and future stepmother, Fraulein Maria (Julie Andrews) offers the young brood a comforting maternal figure and teaches them to sing in "The Sound of Music."



Get Loud with Your Financial Goals

For literally centuries, etiquette experts have agreed that it's taboo to talk about money. Until now. At least, that's what the latest trend called "loud budgeting" hopes to debunk. In the world of personal finance, the concept is gaining traction as a proactive and intentional approach to money management.

Unlike traditional budgeting, which is often private and low-profile, loud budgeting places emphasis on transparency and accountability. It involves turning down social opportunities—like a night out on the

town or a weekend getaway—when they put a strain on or conflict with your financial goals, and then sharing that's the reason you're declining.

By openly prioritizing savings over spending, loud budgeting helps individuals achieve their goals without guilt. If this sounds like something you'd like to try, here are some tips to practice what you preach:

Offer an alternative. Just because you can't commit to a \$60 steak dinner doesn't mean you can't catch up over a \$6 latte.

Spend nothing. Commit to a no-spend weekend. When you've mastered a few days, work up to a week.

Set a limit. Decide the amount you want to spend on something, then stick to it.

Loud budgeting is a step toward greater transparency, responsibility and empowerment in personal financial decisions.

Plan Your Playtime

School's out soon, but summer fun isn't just for kids. Discover the joys of the season all over again by scheduling some fun in the sun during the next few months.

Be a sport. Sign up for a community softball team, play a pickup basketball game at the park, or meet friends for a game of bocce or Frisbee golf. Go for a bike ride or hike. Enjoy America's pastime with your favorite baseball team, whether it's Little League, Minor League or Major League.

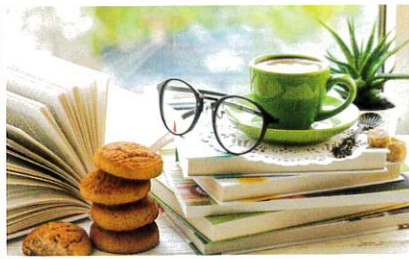
Make a splash. Hit the nearest water park to cool down with some big waves. For a more peaceful outing, choose a lake, river or pool and spend your time learning a new swimming stroke, floating and staring at the sky, or just lounging on the shore or deck with a good book and some breezy tunes.

Tour the town. Check a community calendar for special events such

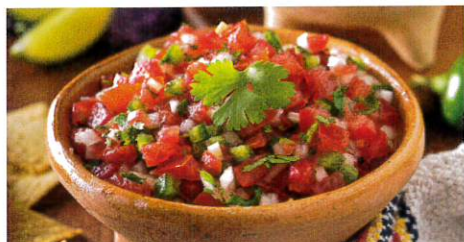
as art fairs, outdoor concerts and fireworks shows. Spend a few weekends hitting farmers' markets, art galleries or antique stores.

Hang out with Mother Nature. Grab some snacks and a blanket and enjoy a picnic at your favorite park. Bring along art supplies so you can sketch or paint the scenery. To do some stargazing, pick a clear night, find a quiet spot away from city lights, and use a telescope to pick out planets and constellations.





WIT & WISDOM



Getting Spicy with Salsa

Celebrating Cinco de Mayo this month means many people will be serving up some salsa. Did you know that the word "salsa" actually means "sauce" in Spanish? Take your taste buds on a spin and get ready to dip into these different salsa varieties.

Salsa roja. The classic red salsa is made with tomatoes, chili peppers, onions, garlic and cilantro. Blended and cooked, this salsa is perfect for dipping chips or topping tacos and enchiladas.

Salsa verde. Salsa verde is a green, tomatillo-based salsa. The tomatillo is the star of salsa verde, often lending the condiment a slightly tarter flavor than its red counterpart. Salsa verde goes great with grilled meats.

Pico de gallo. Also known as salsa fresca, pico de gallo is fresh salsa that is served uncooked. Chopped tomatoes, jalapenos, onions, cilantro and lime make salsa fresca the ultimate versatile topping for many dishes. For a fancy twist, other fresh ingredients can be substituted for tomatoes, such as cucumber or pineapple, to create a different flavor combination.

Avocado salsa. Avocado salsa is almost on its way to becoming guacamole, but instead of blending the avocados, they're left in chunks and mingled with tomatoes, onions, cilantro and lime. Avocado salsa is a creamy alternative that traditionally isn't known for heat.

Whether you choose a mild or fiery option, salsa is more than a condiment. It's a celebration of bold, vibrant flavors!

Meatless Cheesy Burrito Bake

Ingredients:

- 2 tablespoons canola oil
- 2 bell peppers, sliced
- 1 medium onion, sliced
- 1 teaspoon cumin
- 2 cups water
- 1 cup brown rice, uncooked
- 1 can (12 ounces) evaporated milk, divided
- 1 cup shredded cheddar cheese
- 1 can (4 ounces) diced green chiles, undrained
- 1 can (16 ounces) refried beans
- 6 wheat tortillas (8 inches)
- Salsa (optional)
- Guacamole (optional)

Directions:

Heat oven to 350°F.

In large skillet, heat canola oil. Cook peppers, onion and cumin until tender.

In saucepan, add water and brown rice. Cook 45 minutes.

In saucepan, add 1 1/4 cups evaporated milk, shredded cheese and green chilies. Cook over medium heat until cheese is melted and smooth. Stir 3/4 cheese mixture in with rice; set remaining cheese sauce aside.

In medium bowl, add refried beans and remaining evaporated milk. Microwave 3 to 4 minutes.

Lay out tortillas and layer refried bean mixture, rice mixture and pepper-onion mixture. Roll into burritos and place in baking pan. Top burritos with remaining cheese sauce. Bake 20-25 minutes.

Garnish with salsa and guacamole, if desired.

Find more recipes at
Culinary.net.



"The butterfly counts not months but moments, and has time enough."

—**Rabindranath Tagore**

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."

—**Alma Gluck**

"Float like a butterfly, sting like a bee."

—**Muhammad Ali**

"Literature and butterflies are the two sweetest passions known to man."

—**Vladimir Nabokov**

"Love is like a butterfly, a rare and gentle thing."

—**Dolly Parton**

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

—**Zhuang Zhou**

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

—**R. Buckminster Fuller**

"I only ask to be free. The butterflies are free."

—**Charles Dickens**

"To catch the butterflies and the rainbows of your dream, walk alone, keep faith in yourself, focus your energy and start the adventure."

—**Amit Ray**

"We are closer to the ants than to the butterflies. Very few people can endure much leisure."

—**Gerald Brenan**

"When a caterpillar bursts from its cocoon and discovers it has wings, it does not sit idly, hoping to one day turn back. It flies."

—**Kelseyleigh Reber**



May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MAY				1	2 16 River St 9:30am Coffee and Donuts	3
4	5	6 33 Talbot 1pm Coffee and Donuts	7	8 13 River St 1pm Coffee and Donuts	9	10
11 	12 Traveling Librarian: Egypt 1pm 16 River St	13 33 Talbot 1pm Family Feud	14	15 13 River St 1pm Family Feud	16	17
18	19	20	21 16 River St 1pm Family Feud	22 	23	24
25	26 Memorial Day	27	28	29	30	31

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

Traveling Librarian May 12th, 1pm, 16 River St

Sign-ups for Coffee and Donuts and Family Feud 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.

May Birthdays

Thomas Jacob 5/2

Constance Carbone 5/5

Laura Gallagher 5/23

Nancy Adams 5/15

Fouza Hanchi 5/22

Jean Thurston 5/28

Norman Picard Jr 5/11

Carolyn Healey 5/27

Richard Donovan 5/15

Mary Lou Bruno 5/25

Ronald Johnston 5/17

Nancy Santolucito 5/20

Doris Ann McAlary 5/12

Michael Shanahan 5/8

Kathryn Hale 5/17

Manuel Louro 5/16

Diane Landers 5/6

William Gleason 5/31

Carla Ciolfi 5/3