

Billerica Housing

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

NOVEMBER 2025

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
8:00 AM - 4:00 PM

NOTES & NEWS

Thankfulness

"What if today, we were just grateful for everything?" —Charlie Brown

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

Happy Birthday, Mickey!

Walt Disney's Mickey Mouse debuted on Nov. 18, 1928, in the cartoon "Steamboat Willie."

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

Topaz Tidbits

November's birthstone, the topaz, is a symbol of honor, strength, longevity and wisdom. The ancient Greeks believed wearing topaz could make you invisible. Impurities give the stone its color, with yellow and amber the traditional tones. The two most expensive types of the gem are precious topaz, which is an intense yellow and found mainly in Brazil, and imperial topaz, a red stone from Russia.

BULLETIN BOARD

Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

Deals for Veterans

On Veterans Day, many restaurants offer free food to active duty and retired military personnel as a way of showing appreciation for their service. Keep an eye out for ads, or go to www.Military.com for information.



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TRIVIA WHIZ

Aboard the International Space Station

This month, the International Space Station (ISS) celebrates its 25th anniversary of people living and working in space! The ISS, first launched in 1998, has been continuously occupied by international crews since November 2000. These astronauts and cosmonauts from countries all over the world call the ISS home while they orbit Earth during long-duration expeditions.

It takes a village. Five partner agencies from different countries operate the ISS, with each one responsible for managing and controlling the hardware it provides.

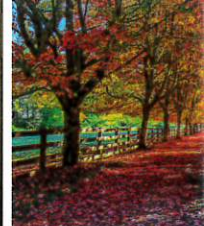
Their digs are out of this world. The ISS is a giant science lab flying around Earth at about 17,500 miles per hour. It orbits Earth every 90 minutes, so astronauts see 16 sunsets every day! The station is larger than an average six-bedroom house and has hosted more than 260 visitors from over 20 countries.

Spaced out lifestyle. Astronauts usually stay for about six months. Living in space is very different. Due to the reduced gravity and orbital speed, astronauts float around. They exercise daily for two hours to keep their muscles strong.

Exploration and more. Over the years, astronauts have done thousands of experiments to learn about space, medicine and technology.

Are we there yet? NASA astronaut Frank Rubio holds the record for the longest single spaceflight, spending 371 days in space during his ISS mission. Retired NASA astronaut and current Axiom Space commander Peggy Whitson has spent more than 660 total days in space over several missions.

The ISS is a shining model of teamwork and adventure beyond Earth.



Stress Less This Holiday Season

The American Psychological Association reports that more than 40% of adults experience increased stress during the holiday season. Consider these ideas to help keep the most wonderful time of year just that!

Get your head write. Keep a journal reflecting on any complicated or

difficult feelings that come up this time of year. If you get writer's block, start with a feelings checklist where you simply check the box by the emotion you're feeling.

Catch up over a walk. Do you find that long stretches of time with family sometimes lead to group screen time or awkward silence? Invite a relative you don't often see on a brief walk to reconnect. The time spent outside, as well as the exercise, will likely boost your mood in minutes and make the conversation or quiet time together more comfortable.

Giving back, not giving gifts. Are gift exchanges with friends draining your finances, time or energy? Consider suggesting that the squad skip the presents this year and instead schedule time to volunteer together at a charity. Serving others is linked to improved mental health, and you'll also have a chance to bond with your friends over a new shared experience.

Sustainable Feasting

Keep your post-feast trash bins from overflowing this season with these simple tips.

Farm to your table. Eco-friendly hosts and guests alike can make sustainable side dishes by shopping at a farmers' market (with reusable bags, of course). Not only will you limit the plastic packaging that can be challenging to recycle, you're also more likely to find local, seasonal produce that doesn't require as much energy to transport from the farmland to your table. If the grocery store is an easier option, opt for items in easily recyclable containers.

Ditch the disposables. Use your own dishes, cutlery and glasses. The space you'll save in your trash bins can make up for the extra minutes spent washing dishes. Make dishwashing an opportunity for connection by inviting a friend or family member to help and catch up over those sustainable suds.

Using your own dishes still not an option? Try a compostable alternative to plastic tableware.

No garbage guesswork. Clearly mark where guests should put their recycling and actual trash. No one wants to sort through things after the fact!

No leftovers behind. When arranging the logistics of your gathering, ask each guest to bring an empty container for leftovers. Guests who want to avoid cooking a little longer—or just want to savor the taste of a great meal—can go home with an extra meal or two, and no excessive leftovers are stuck in your fridge.





WIT & WISDOM



Think Before You Toss

From junk mail to junk food wrappers, the average American throws out 4.9 pounds of garbage each day. These 4.9 pounds a day—34 pounds per week—pile up quickly. Nov. 15 is America Recycles Day, and citizens from sea to shining sea are encouraged to lower their litter quota.

This month, try to identify ways to reuse and recycle your trash before it hits the waste stream. Read through the items that are eligible for recycling through different programs.

- Paper is usually an easily recyclable item.
- Many retailers will accept plastic shopping bags for recycling.
- Different municipalities may have special locations or days when hard-to-recycle items—like household cleaning products or specialty batteries—can be dropped off.

Think twice about where you throw your trash, and you can make a huge difference.

Specific retailers or brands can sometimes have their own recycling programs. M-A-C Cosmetics, for example, has the Back-To-M-A-C program, which recycles eligible items and converts what can't be recycled into energy. Walgreens has a medication disposal program that allows you to safely dispose of expired or unused medications.

If recycling isn't an option, explore your donation options! Clothing, bedding and household items are usually accepted at thrift shops, giving new life to items that would otherwise get dumped in our landfills.

Featured Recipe

Cook Up a Cranberry Treat

Apple and pumpkin are a couple of fruity favorites, but cranberry is another common ingredient that can be used to make a big statement. Mixed with walnuts, white chocolate chips and cake mix, these Cranberry Bars will leave family and friends begging for more. Because they're so easy to make, you can easily fulfill the requests.

Ingredients:

- 1 box white or yellow cake mix
- 2 eggs
- 1 stick melted butter
- 1 1/2 cups dried cranberries
- 1 1/2 cups chopped walnuts
- 2 cups chopped white chocolate chips, divided

Directions:

Heat oven to 350 F.

Mix cake mix, eggs, butter, cranberries, walnuts and 1 cup white chocolate chips.

Spread into 7-by-11-inch baking dish and bake 35-40 minutes until toothpick inserted in center comes out clean.

Let cool then melt remaining white chocolate chips and drizzle over bars.

Find more recipes at
Culinary.net.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"Start each day with a positive thought and a grateful heart."

—Roy T. Bennett

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

"A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"A person however learned and qualified in his life's work in whom gratitude is absent, is devoid of that beauty of character which makes personality fragrant."

—Hazrat Inayat Khan

