



BULLETIN BOARD

Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.



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Billerica Housing

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OCTOBER 2025



NOTES & NEWS

October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."
—Nathaniel Hawthorne

Popcorn Pick: 'The Birds'

The poster for this 1963 thriller features a menacing quote by its legendary director, Alfred Hitchcock: "It could be the most terrifying motion picture I have ever made." His film is based on a story by novelist Daphne du Maurier. Beautiful socialite Melanie Daniels (Tippi Hedren in her first acting role) visits a California seaside town, where, inexplicably, birds of all types begin attacking people. Along with Hitchcock's flair for suspense, movie historians note the special effects that used real and animated birds, plus a sinister soundtrack not made of music, but bird sounds.

Sip a Dark Roast

Drinking coffee has been linked to better brain health, and recent studies reveal that darker roasts may contain the most protective compounds.

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: Merari Andrades, Mon 8-2:30, Tues 8-1:30, Wed 8-1:30, Thurs 8-1

Starting 11/3/25 Merari will be full time at BHA.

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

TRIVIA WHIZ

'SNL' One-Liners

"Saturday Night Live" turns 50 this month! Celebrate five decades of late-night laughs with some of the variety show's most famous sketches and their comic catchphrases.

"I'm a soul man." The Blues Brothers, brought to life by Dan Aykroyd and John Belushi, crooned "Soul Man" to the audience in 1978. Both original "SNL" castmates Aykroyd and Belushi loved music, and Aykroyd owned a private blues club. "The Blues Brothers" hit the silver screen in 1980, and the screenplay was written in the very blues bar Aykroyd owned.

"Living in a van down by the river." In 1993, the legendary Chris Farley became Matt Foley, a motivational speaker hired by two parents to set their wayward teenagers on the right path. Foley is accidentally effective as an extra-caffeinated, intense personality constantly warning them against choices that lead to a fate like his, "living in a van down by the river."

"More cowbell!" In this 2000 sketch, Will Ferrell plays the cowbell player of the Blue Oyster Cult, and host Christopher Walken is music producer Bruce Dickinson. The band launches into "(Don't Fear) the Reaper," and Ferrell sweats to keep up as Walken calls for more to cure his cowbell fever. Ferrell wrote the sketch, which was feared to be a flop in rehearsal. Today, it's one of the most memorable "SNL" skits of all time.

"Wah-wah." In a 2004 episode, Rachel Dratch's Debbie Downer visits Disney World for a family reunion. While the gang eats breakfast, Debbie Downer finds something awkwardly tragic to say about absolutely everything in the Happiest Place on Earth, including warning Pluto about terrorist attacks and heatstroke. Dratch's fellow sketch members all broke character. One even wiped tears of laughter away with the set's waffles.



Simple Ways To Make Someone Smile

World Smile Day, the first Friday in October, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement or expressing

why you're proud of them. Sharing a silly joke often works, too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your home, workplace or community. Put a note in your mailbox saluting the letter carrier.

Your actions speak volumes. Do a chore without being asked to or offer to cook a meal. Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Drop off or mail a care package.

Tap into technology and upload some feel-good vibes. In a few minutes and with a few clicks, help a friend begin their day on a happy note by sending them a good morning text. Post a recommendation on a local business's social media site or reply to a post that brought you a smile.

Amp Up Your Smile

October is National Dental Hygiene Month, highlighting the importance of proper oral care. Besides keeping your smile looking its best (just in time for World Smile Day!), good dental health also contributes to overall health by ridding your mouth of harmful bacteria that can enter the bloodstream.

Good dental health is rooted in the basics of daily brushing and flossing, eating a proper diet and regular dental visits.

Brush your teeth and gums with fluoride toothpaste at least twice a day, giving your tongue a few gentle strokes to remove excess bacteria. Replace your toothbrush every few months; a good reminder is to get a new toothbrush with each new season of the year. Floss once per day to remove plaque and food particles from areas the toothbrush can't reach. Rinse with water after brushing or flossing.

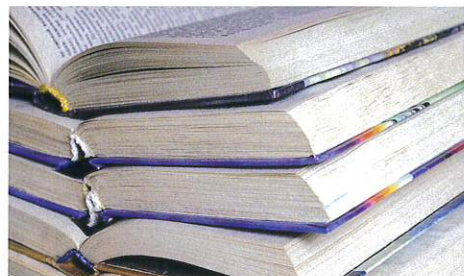
A proper diet also benefits dental health. Keep sugary snacks to a minimum, and brush after consuming them.

Visit your dentist every six months for professional cleanings and checkups. Also, see your dentist right away if you experience tooth pain, swollen gums or any sort of bleeding in the mouth.





WIT & WISDOM



A Page-Turning Party

If cooling fall temperatures have you thinking about indoor entertainment, take a page from the literary set with a fun and easy book swap party. This white elephant-style book exchange can entertain groups large or small. Here are some ideas for throwing your own book-based bash:

Prep. First, choose a theme: traditional or mystery. For a traditional book swap, each guest brings an unwrapped book, and they're given the chance to introduce themselves and their books. For a mystery swap, ask each guest to wrap their book ahead of time and attach a short, anonymous pitch or clue to their book. Regardless of which style party you choose, create numbered slips of paper—one for each guest—and place them in a hat or bowl for the party.

Fun. Now comes the good part! When guests arrive, ask them to place their books on a table, and each guest draws a numbered strip from a hat. Guest number one gets the first pick from the book pile, and each book can be stolen twice before it's off limits. If you're looking for extra entertainment other than the swap itself, set up craft stations to make bookmarks or coasters.

Finish. Chances are, at the end of the evening, you may have a book or two that didn't get adopted. That's OK! Book swap parties are also a great way to do a little good. Box up those leftover books and donate them to a local library or thrift store for someone else to enjoy.

Featured Recipe

Pumpkin Mac and Cheese

Ingredients:

- 8 ounces rotini or medium shell pasta
- 5 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 12-ounce can evaporated milk
- 1 cup milk
- 1/2 cup canned pumpkin
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 2 cups shredded Swiss or Gruyère cheese
- 1 cup shredded cheddar cheese
- 1/2 cup bread crumbs

Directions:

Cook pasta as package directs. Drain and set aside.

Heat oven to 375 F. Grease 2-quart baking dish. In 4-quart saucepan over medium heat, melt 3 tablespoons butter. Stir in flour; cook 1 minute. Gradually stir in evaporated milk and milk; cook until mixture is thickened and smooth. Stir in pumpkin, salt, pepper and nutmeg.

Remove from heat; whisk in cheeses until smooth. Stir in cooked pasta; toss to mix well. Spoon into baking dish.

Melt remaining 2 tablespoons butter; stir in bread crumbs. Sprinkle on top of casserole. Bake 30 minutes or until sauce is bubbly and mixture is golden.

Find more recipes at www.CansGetYouCooking.com.



"I often think that the night is more alive and more richly colored than the day."

—**Vincent Van Gogh**

"A man is a very small thing, and the night is very large and full of wonders."

—**Lord Dunsany**

"The night walked down the sky with the moon in her hand."

—**Frederic L. Knowles**

"The cloud shadows of midnight possess their own repose."

—**Percy Bysshe Shelley**

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."

—**Henry Wadsworth Longfellow**

"So the darkness shall be the light, and the stillness the dancing."

—**T.S. Eliot**

"To me, every hour of the day and night is an unspeakably perfect miracle."

—**Walt Whitman**

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."

—**Edgar Allan Poe**

"The moon looks upon many night flowers; the night flowers see but one moon."

—**Jean Ingelow**

"Give light, and the darkness will disappear of itself."

—**Desiderius Erasmus**



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Trivia @ 16 River Street 1:00 PM	7	8	9 Farmer's Market	10	11
12	Columbus Day 13	14	15	16 Coffee Hour @ 13 River Street 10:00 AM	17	18
19	20	21 Mobile Market	22 Traveling Chef 16 River Street 12:00 PM	23 Scattergories @ 33 Talbot Ave 1:00 PM	24	25
26	27	28	29	30 Farmer's Market	31 	

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

EVENTS:

Farmer's Market @ 13 River Street: October 9th and October 30th

Trivia @ 16 River Street

Monday, October 6th, 1:00 PM

Scattergories @ 33 Talbot

October 23rd, 1:00 PM

Coffee Hour @ 13 River Street

Thursday, October 16th, 10:00 AM

Traveling Chef @ 16 River Street

Wednesday, October 22nd, 12:00 PM ***SIGN UP OUTSIDE RSC OFFICE***

Merari Andrades has accepted the RSC position with Billerica Housing Authority! For the month of October, Merari will be assigned to BHA for 22.5 hours weekly, and starting November 3, 2025, Merari will work full time Mon - Fri.

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
