

# Billerica Housing

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

## SEPTEMBER 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,**

**VACANCY:** 978-852-7737

**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 will be  
providing floater coverage for BHA on  
Mondays and Tuesdays.

### Fall in Love With Fall

"There is something incredibly nostalgic  
and significant about the annual cascade of  
autumn leaves." —Joe L. Wheeler

### 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



## NOTES & NEWS

### Popcorn Pick: 'Paper Lion'

Those who can't play football, write about football, and then sometimes play anyway. The 1968 film "Paper Lion," based on the 1966 nonfiction book of the same name, charts the real-life adventure of participatory journalist George Plimpton as he sneaks his way through the Detroit Lions training camp. Alan Alda plays Plimpton and co-stars with the actual Lions coaching staff and players in this classic romp pitting the Harvard-educated intellectual against some of America's toughest professional athletes. During his colorful writing career, Plimpton also tried his hand at the New York Philharmonic, the circus trapeze and acting in a film starring John Wayne.

### The Longest Year

How many times has Neptune circled the sun since being discovered in September 1846?

Once. It takes Neptune almost 165 (Earth) years to orbit the sun.



## BULLETIN BOARD

### Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



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# TRIVIA WHIZ

## A Star-Studded Cast of New Names

If you've ever sent your favorite celebrity fan mail, there's a chance the post office delivered mail to them under a different name before they became famous. Turns out, many stars slipped into fame under stage names.

Take Demi Moore, for instance. Her sleek name fits a leading lady, but she was born Demetria Gene Guynes. Demi was an obvious shortening of her first name, and Moore came from her first husband, singer Freddy Moore.

Now let's look at Bruno Mars. He brings the funk, but he wasn't born with that stellar moniker: his birth name was Peter Gene Hernandez. "Bruno" was a nickname from his dad, and "Mars" was added to sound out-of-this-world. Ready for blast off!

Is she really Reese Witherspoon? Yes. Kind of. Her full given name is Laura Jeanne Reese Witherspoon, and at 14 years old, she chose to go by a shortened version for a sweet reason. Reese is her mother's maiden name.

Is the "California Gurl" really called Katy Perry? Nope. Her real name is Katheryn Hudson, but she chose to go by her mother's maiden name, too, to avoid being confused with already-famous Kate Hudson.

Natalie Portman? Elegant, poised—and originally Natalie Hershlag. The Israeli American actress adopted her grandmother's maiden name when she stepped into the spotlight.

And let's not forget Lady Gaga—born Stefani Joanne Angelina Germanotta. Her moniker was inspired by Queen's "Radio Ga Ga."

Behind every glittering marquee, there's often a name that never made it past the velvet rope. Turns out, reinvention is just another part of showbiz.



## Cracking the Case of the Clichés

The jury is out on when and where these common clichés were born and bred, but we're going the extra mile to take a hard look at their origins, for better or for worse.

*Spill the beans.* Many believe that this saying dates back to Ancient Greek elections. Voters secretly cast their ballots using white beans for "yes" and black beans

for "no." If someone knocked over the container of the beans, they revealed the secret results too early.

*Bite the bullet.* Field surgeons without painkillers on hand would give their patients a bullet to bite on when they operated, hoping to distract patients and keep them from screaming in pain.

*Put a sock in it.* Record players in the 1800s didn't have volume control, so users would quiet the music by putting a sock inside the machine's large horn.

*Read between the lines.* Before it became a figure of speech, letter readers would use tools to reveal hidden messages written in special ink between the lines.

*Over the top.* Soldiers in World War I first used this phrase to describe the brave and dangerous act of climbing out of the trenches to the "top" to charge the enemy on the battlefield.

## 100 Years of Floating Fun

The Goodyear Blimp turned 100 years old this year, and it's still one of the coolest flying objects around! You've probably seen it floating above big sports games or parades, showing off its bright blue and yellow colors for everyone to spot.

This giant airship can fly more than 70 miles per hour. That's as fast as your car on the highway! But usually, it moves slower so passengers can enjoy smooth, peaceful views from high in the sky.

The Goodyear Blimp can carry about 12 passengers at once. Most of the space inside is filled with helium gas to keep it floating, so only a small group can ride along in the gondola behind the pilots.

Can anyone just hop on for a ride? Not exactly. Flights are usually for special guests or charity events. But to celebrate 100 years, Goodyear held a sweepstakes where a few

lucky winners could take the trip of a lifetime.

If you do get to be one of those lucky few passengers, you needn't worry about trip duration. The blimp has everything you need for a comfortable ride: even a bathroom!

Over the last century, the blimp has changed a lot. Today, it's considered a "semi-rigid airship" with a frame inside to keep its shape. No matter what, the Goodyear Blimp remains a friendly giant of the skies, making memories for everyone who sees it fly by!



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## WIT & WISDOM

"Encouragement goes straight to the heart and is always available. Be an encourager. Always."

—Roy T. Bennett

"With verbal encouragement, we are trying to communicate, 'I know. I care. I am with you. How can I help?'"

—Gary Chapman

"Who do you spend time with?"

Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less."

—Steve Goodier

"Nine-tenths of education is encouragement."

—Anatole France

"When we encourage others With no personal motives, We raise high, very high, Humanity's progress-standard."

—Sri Chinmoy

"When you encourage others, you in the process are encouraged because you're making a commitment and difference in that person's life.

Encouragement really does make a difference."

—Zig Ziglar

"Encourage yourself, believe in yourself and love yourself. Never doubt who you are."

—Stephanie Lahart

"Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise."

—Robert Martin

"The essential support and encouragement comes from within, arising out of the mad notion that your society needs to know what only you can tell it."

—John Updike

### Egg Tot Muffins

Mornings for many families involve hurried breakfasts and mad dashes out the door. These Egg Tot Muffins can help take that grab-and-go breakfast to the next level. High in protein and flavor, they are a good way to get rid of early morning brain fog. Plus, you can make them ahead of time so all you have to do is pop them in the microwave and enjoy on the go.

#### Ingredients:

- Butter
- 36 thawed tater tots
- 10 eggs
- 1/2 cup heavy whipping cream or half-and-half
- 1/2 cup shredded cheese
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 package (2 1/2 ounces) real bacon pieces
- salt, to taste
- pepper, to taste

#### Directions:

Heat oven to 350 F.

Grease muffin tin with butter. Place three tots in each muffin hole and smash down.

In bowl, whisk eggs, cream, cheese, garlic powder, onion powder and bacon pieces. Season with salt and pepper, to taste. Fill each muffin hole completely with mixture.

Place cookie sheet under muffin tin to contain messes and bake 20-25 minutes.

Servings: 12

Find more recipes at  
"Cookin' Savvy."



### Honey Do List

Bears and bees have plenty to celebrate this September during National Honey Month. Comb through these alternatives to the ever-popular clover honey to find a new favorite.

**Tupelo.** Nicknamed the "champagne of honey," this rare treat can only be harvested after the tupelo trees bloom in the swamps of the Southeast U.S., which only lasts two to three weeks.

**Manuka.** Often described as creamy and nutty in taste, this popular product hails from New Zealand.

**Orange Blossom.** Honey lovers are in for citrus scents with this unique version, grown today mostly in Florida, Texas and California.

**Wildflower.** The busy bees who make this honey gather nectar from a range of local wildflowers, resulting in a rainbow of hues and flavors.

**Purple honey.** This honey has both beekeepers and scientists alike stumped on what causes the unusual hue. Because of its rarity, purple honey is typically only available from specific sources, which post it for sale as the bees work their mysterious magic.

All honey types have been linked to numerous health benefits when eaten in moderation as part of a balanced diet—including supporting heart, digestive and respiratory health—for individuals older than 1 year.







## September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Labor Day</b> 1	2	3	4 Farmers' Market 13 River Street 1:00 - 2:00 PM	5 	6
7	8	9 Trivia @ 16 River Street 10:00 AM	10	11	12	13
14	15	16	17	18	19	20
21	22 	23 Mobile Market Program	24	25	26	27
28	29 Coffee Hour - 33 Talbot 1:00 PM	30	<h1>September</h1>			

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

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

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### EVENTS:

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**Farmers' Market @ 13 River St.: September 4th,  
1PM- 2PM**

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**Trivia @ 16 River Street  
Tuesday, September 9, 10:00 AM**

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**Coffee Hour @ 33 Talbot  
Monday, September 29, 1:00 PM**

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Please note that the RSC position is currently vacant. Floater coverage is available on Mondays and Tuesdays during the vacancy. Programming will continue, but be limited due to staffing.

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While the RSC position is vacant, please reach out to Katie Houle, Housing Programs Manager, at 978-651-3098 for any needs you would typically bring to your RSC.

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