



# AT A GLANCE Resident News

**APRIL 2020**

## **OH MY, I have to what?! Self Quarantine & Isolation**

Sometimes we can be our own worst enemy. Why is it there are days we look forward to staying home and hiding from the world, but now that we're asked to stay home, we're climbing the walls? Life can be so unpredictable. Maybe it's because of the fear of the unknown and this darn virus.

Who in our lifetime would have thought we would have seen war, drought, fires, and now a virus? It's a scary time, but also a time for growth. This is the time we need to buckle-up, dig our heels in, and move forward. We have come up with a few ideas that you may want to consider - spring cleaning or de-cluttering, write letters to family or friends, organize your closet, organize your cabinets or closet, learn a new recipe, read a book, complete a puzzle, coloring is good for the soul. Listen to some good tunes or binge watch some favorite television episodes. Call a friend. If you have no one to talk with, reach out to your case manager for a good chat. They are still working hard to assist our residents. Please remember, safety first and this too shall pass.

## **CENSUS 2020**

The census shapes many different aspects of our community. Every single person is counted. You may have received a flyer or a form to fill out. Your response is required and important when you go to vote. It helps shape our future with the development of programs for all ages, more affordable housing, and many other programs to enhance the well being of all.

You are now able to fill out the form online. If you are having a difficult time completing the census form, just call your case manager and we can complete the form online for you, it takes two minutes. It asks your age, sex, ethnicity, number of people you reside with, and whether you rent or own your apartment/home. We will send a copy of the completed and submitted form to you. Don't be shy.

## Are You OK?

The Are You OK? Program is a free daily telephone reassurance program offered by the Norfolk County Sheriff's Office in partnership with Fallon Ambulance service. Each morning, enrolled seniors will receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff will notify their family and, if necessary, contact local police or emergency services. To date this program has resulted in over 150 individuals receiving emergency assistance for falls or other medical issues.

The program is provided 365 days a year for seniors and/or people with disabilities. Calls are placed from 6 to 10 AM daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. The monitoring of these calls is a great tool in determining the needs of an individual while at the same time allowing those living alone to have a sense of security knowing that a public safety professional is checking on their well-being.

People interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.

*"Do what you can,  
with what you have,  
where you are."*

*- Theodore Roosevelt*

## SHA Contact Information

### **SHA Administration Office Hours:**

Mon, Wed & Thurs—8:30 am to 4:00 pm.; Tues—8:30 am to 7:00 pm; Fri—8:00 am to 12 noon  
Administration: 781-344-6599 Maintenance: 781-344-6599

### **SHA Case Management & Property Management Phone Numbers:**

Ann Sullivan, Lead Case Manager: **508-824-0315**

Deana DeBarros, GOALS Family Life Coach: **774-409-0066**

Karen Cruz, Director of Resident Services: **508-822-0320**

Kristen Anderson, Elderly/Handicapped Property Manager: **508-823-6308, ext. 220**

Lindsey Bishop, Elderly/Handicapped Property Management Aide: **508-823-6308, ext. 208**

Victoria Henriques, Operations Manager: **781-344-6599, ext. 3**

Rosalind Texeira, Receptionist/Administrative Assistant: **781-344-6599, ext. 2**

## Word Finder

K	H	K	C	O	T	S	N	E	K	C	I	H	C
S	T	I	B	N	O	C	A	B	G	E	S	R	H
G	J	B	I	M	T	R	S	U	S	V	C	J	R
S	S	J	R	P	A	P	P	E	T	I	Z	E	R
C	I	A	V	E	A	R	E	Q	L	E	L	L	P
P	E	D	U	C	A	H	O	R	F	I	E	C	A
E	A	L	E	S	C	D	A	J	O	B	U	Z	R
P	H	H	E	D	A	G	C	R	R	B	A	O	S
P	T	C	M	R	I	G	B	R	E	A	R	K	L
E	E	A	Y	Y	Y	S	E	D	U	E	M	O	E
R	N	N	H	O	O	T	H	A	G	M	N	M	Y
O	D	I	T	X	T	A	F	A	X	I	B	D	X
N	E	P	W	U	M	F	N	P	O	B	O	S	X
I	R	S	B	B	R	O	W	N	E	D	F	I	Y

APPETIZER  
BACON BITS  
BAKE  
BREADCRUMBS  
BROILER  
BROWNED  
BUTTER  
CAPS  
CELERY  
CHEESE  
CHICKEN BROTH  
CUBED HAM  
GARLIC

MARJORAM  
ONION  
OREGANO  
PARSLEY  
PEPPERONI  
SAUSAGE  
SAUTEE  
SIDE DISH  
SPINACH  
TENDER  
THYME  
WINE

## Virtual Field Trips

Stuck in the house, but ready for adventure? Take a virtual field trip and any of these sites:

- **San Diego Zoo** - <https://kids.sandiegozoo.org/>
- **Yellowstone National Park Virtual Field Trip**  
- [www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm](http://www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm)
- **Explore Surface of Mars** - <https://experiments.withgoogle.com/access-mars>
- **Animal Cameras** - <https://zoo.sandiegozoo.org/live-cams>
- **Virtual Farm Tour** – [www.farmfood360.ca/](http://www.farmfood360.ca/)
- **Discovery Education Virtual Field Trips**  
- [www.discoveryeducation.com/learn/tandra-connections](http://www.discoveryeducation.com/learn/tandra-connections)
- **Boston Children's Museum**  
[www.bostonchildrensmuseum.org/museum-virtual-tour](http://www.bostonchildrensmuseum.org/museum-virtual-tour)



## Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Sort and tag your <a href="#">digital photos</a>   | <input type="checkbox"/> Write a <a href="#">poem or story</a>                   | <input type="checkbox"/> Join an <a href="#">online community</a> of likeminded people                       |
| <input type="checkbox"/> Make into a <a href="#">collage or poster</a>  | <input type="checkbox"/> Start a <a href="#">Journal</a> or <a href="#">Blog</a> | <input type="checkbox"/> <b>Reach out</b> to someone who lives alone or is feeling anxious                   |
| <input type="checkbox"/> Research your <b>next holiday</b>  | <input type="checkbox"/> Read <a href="#">the books</a> you never have time for  | <input type="checkbox"/> Host a Skype / Zoom <a href="#">dinner party</a>                                    |
| <input type="checkbox"/> Do a <a href="#">photography project</a>   | <input type="checkbox"/> <a href="#">Yoga</a> or <a href="#">exercise</a> class  | <input type="checkbox"/> Or a <a href="#">virtual support group</a>  |
| <input type="checkbox"/> Attend a <a href="#">Twitter Conference</a>  | <input type="checkbox"/> <a href="#">Spruce up your CV</a>                       | <input type="checkbox"/> Get <a href="#">some positivity</a> into your social media feed                     |
| <input type="checkbox"/> <a href="#">Declutter</a> . Baby steps.  | <input type="checkbox"/> Start your <a href="#">novel</a>                        | <input type="checkbox"/> Try <a href="#">positive psychology</a> activities                                  |
| <input type="checkbox"/> Research a <a href="#">charity</a> to support  | <input type="checkbox"/> Try an <a href="#">art project</a>                      | <input type="checkbox"/> Cook an <a href="#">amazing breakfast</a>   |
| <input type="checkbox"/> Prep and <a href="#">freeze some meals</a> for when you're sick or back at work  | <input type="checkbox"/> Binge on <a href="#">iView</a>                          | <input type="checkbox"/> Create an amazing <a href="#">treasure hunt</a> or clue-trail for a family member   |
| <input type="checkbox"/> Create a <a href="#">digital</a> scrapbook   | <input type="checkbox"/> Revamp your <a href="#">garden</a>                      | <input type="checkbox"/> Get familiar with <a href="#">online grocery shopping</a> : create favourites lists |
| <input type="checkbox"/> Start a <a href="#">gratitude journal</a>  | <input type="checkbox"/> Practice <a href="#">mindfulness</a>                    | <input type="checkbox"/> Or <a href="#">virtual dance party</a> : You dress up and groove to the same music  |
| <input type="checkbox"/> <b>Write letters of love or thanks</b> to your people. Post them.  | <input type="checkbox"/> Try an <a href="#">eLearning course</a>                 | <input type="checkbox"/> Organise your <a href="#">music playlist</a>  |
| <input type="checkbox"/> <b>Research something</b> you have always wondered about   | <input type="checkbox"/> Make a <a href="#">cook book</a>                        | <input type="checkbox"/> Reorganise your <a href="#">wardrobe</a>  |
| <input type="checkbox"/> Have a <a href="#">scented bubble bath</a> with candles and music  | <input type="checkbox"/> Create <a href="#">homemade gifts</a>                   | <input type="checkbox"/> Delete all the apps you don't use and <a href="#">discover some new ones</a>        |
| <input type="checkbox"/> Write an advice letter to the <b>teenager you were</b> . Write another to <b>yourself in 20 years</b> .  | <input type="checkbox"/> Phone <a href="#">old friends</a>                       | <input type="checkbox"/> Hold a family or street <a href="#">singalong</a>                                   |
| <input type="checkbox"/> <b>Learn a <a href="#">heritage skill</a></b> like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies. | <input type="checkbox"/> Play <a href="#">parlour games</a>                      | <input type="checkbox"/> Try some <a href="#">science experiments</a>  |
| <input type="checkbox"/> Draw an apple using a different <a href="#">style</a> each day, for a week.  | <input type="checkbox"/> <a href="#">Fix broken stuff</a>                        | <input type="checkbox"/> Deliver supplies to <b>those in need</b>  |
| <input type="checkbox"/> Attend a <a href="#">virtual symphony</a>  | <input type="checkbox"/> Design a <a href="#">dream home</a>                     | <input type="checkbox"/> <b>Rediscover</b> a dusty appliance, instrument or boardgame                        |
| <input type="checkbox"/> Catch up on <a href="#">great movies</a>   | <input type="checkbox"/> Practice <a href="#">forgiveness</a>                    | <input type="checkbox"/> Research <a href="#">training opportunities</a> for when the world reopens          |
| <input type="checkbox"/> Learn to say a favourite phrase or quote in <b>7 different languages</b>   | <input type="checkbox"/> Plan your <a href="#">next party</a>                    | <input type="checkbox"/> Build something amazing with <a href="#">Lego</a> (You know you want to)            |
| <input type="checkbox"/> Try <a href="#">Creatively Visualising</a> goals   | <input type="checkbox"/> Kick a <a href="#">bad habit</a>                        | <input type="checkbox"/> Brainstorm <a href="#">marketing ideas</a> for your business, club or charity       |
| <input type="checkbox"/> Create a detailed spreadsheet of how you would spend \$10 million  | <input type="checkbox"/> Try <a href="#">adult colouring in</a>                  | <input type="checkbox"/> <a href="#">Write to your MP</a> about an issue                                     |
|   | <input type="checkbox"/> Join a <a href="#">virtual bookclub</a>                 | <input type="checkbox"/> Create a list of " <a href="#">Things to be Happy About</a> ": add to it each day   |
|   | <input type="checkbox"/> Find <a href="#">great podcasts</a>                     |  |
|   | <input type="checkbox"/> Update your <a href="#">goals</a>                       |  |
|   | <input type="checkbox"/> <a href="#">Upcycle</a> something                       |  |
|   | <input type="checkbox"/> Build a <a href="#">free website</a>                    |  |
|   | <input type="checkbox"/> Re-arrange <a href="#">furniture</a>                    |  |
|   | <input type="checkbox"/> Start a <a href="#">dream journal</a>                   |  |
|   | <input type="checkbox"/> Binge <a href="#">TED Talks</a>                         |  |

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"Tough times

don't last.

Tough people do."

- Robert H.

Schuller





## STOUGHTON HOUSING AUTHORITY

136 Britton Avenue  
Stoughton, MA 02072  
Phone: 781-344-6599

WE'RE ON THE WEB:  
STOUGHTONHOUSING.COM



### Canned Corn, Canned Black Beans Black Bean Salsa– Serves 6

#### Ingredients

- 1 can drained black beans
- 1 can drained corn
- 1 (16 ounce) jar salsa
- 6 whole wheat tortillas or bag of tortilla chips

#### Directions:

1. Drain canned beans and corn.
2. In a large bowl mix all ingredients together.
3. Serve on tortillas or with chips.

#### Found on:

<http://www.northeastiofoodbank.org/wp-content/uploads/2015/06/The-Food-Pantry-Cookbook.pdf>

# Non-screen activities you can do at home

Pobble

25  
ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?



'Learning from home is fun'

Thanks!

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.