

BULLETIN BOARD

All-American Treat

Many of us have heard of George Washington's false teeth, but he apparently had a sweet tooth, as well. According to the International Dairy Foods Association, the records of a New York merchant show that the founding father spent almost \$200 on ice cream during the summer of 1790.

Brainteaser

Q. What is always coming but never arrives? (Hint: Annie loves it.)

A. Tomorrow.

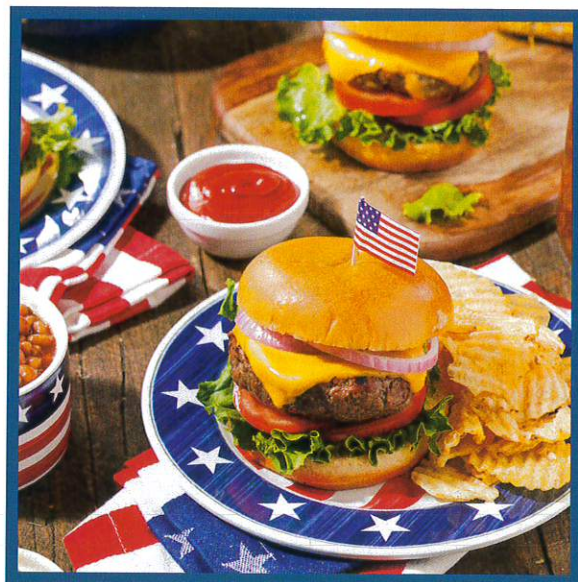


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Billerica Housing

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

JULY 2025



NOTES & NEWS

Happy Fourth!

Happy Independence Day to everyone! We hope you have a fun and festive holiday.

Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

Be Inspired by Books

Libraries across the country organize summer reading programs that encourage people of all ages to beat summertime boredom with a good book.

Serve Your Community

Mandela Day is July 18. Named for Nelson Mandela, the goal of the day is to encourage people to make a positive change in the world through service to their communities.

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

Ashley Monfet, Resident Service Coordinator: 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: Monday Through Friday
8:00 AM–4:00 PM

33 Talbot Ave, Tuesdays 1:00PM–4:00PM
13 River St, 1:00PM–4:00PM

Commissioner's Meeting: Thursday,
July 10, 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

Flag Facts

Our American flag has been flying for more than 240 years and has quite the story to tell. Here are just a few snippets from Old Glory's rich history.

Kid wonder. Our current version of the flag was created by a high school student for a history project. In 1958, Robert G. Heft designed the 50-star flag—a year before Alaska or Hawaii officially became states, though rumor was that they would both join the United States before long. Heft's teacher, however, gave him poor marks for counting and said Heft could save his grade if he could convince the government to accept his design. Two years later, Heft got a call from President Eisenhower: his flag was in. (And yes, his teacher did increase his grade, though by this time Heft had graduated!)

One long run. The current flag has been in use since 1960. Overall, the flag has had 27 variations throughout its history. Most changes, of course, resulted from the addition of stars and stripes as new states were added to the union.

Lunar legacy. Six American flags have been placed on the moon. An American astronaut has planted the flag for each of the six lunar missions, bringing the stars and stripes to space.

From battlefield to baseball field. Francis Scott Key wrote "The Star-Spangled Banner" in 1814 after witnessing the flag flying over Fort McHenry in Baltimore, Md., after surviving a British attack. The song gained popularity through the years and was named the national anthem in 1931.

The tried and true Red, White and Blue. Our pennant's colors are as symbolic as the numbers of stars and stripes. Red was chosen for valor and bravery, white for purity and innocence, and blue for vigilance, perseverance and justice.



Smells Like Summertime

As the days grow longer and the sun shines brighter, now is the perfect time to swap your home fragrance for a summertime scent and really savor the season—with all your senses! Here are some simple and effective ways to make your home smell like a sunny paradise:

Fragrant florals. Fill your home with some fresh flowers to lightly scent your space with sweet-smelling blooms. Some favorites include peonies, roses, gardenias and sweet peas. Bonus: they brighten your place and look pretty, too!

Beach vibes. Transport yourself to the tropics with air fresheners or diffusers scented with coconut, pineapple and mango. (These scents may cause you to put mini umbrellas in all your drinks!)

Simmer some citrus. Grab a large stockpot and gather the ingredients to make your home smell super refreshing with a citrus simmer pot. Thinly slice half of a grapefruit, 1 lemon and 1 orange; add 1 piece of fresh ginger, 3 or 4 sprigs of fresh thyme and 10 whole cardamom pods; then combine everything in a pot filled with water. Set to a gentle boil; then reduce heat to simmer as long as desired. Add additional water as needed. You can reuse this simmer pot a few times: just remove it from the stove and cover with a lid. Then top off with new water the next time. Remember to never leave a stove unattended.

Happy summer scenting!

Farmers' Market Finds

Savings are in season at the farmers' market. Follow these pro tips to get the most for your money at the market.

Season of saving. Peak-season produce is more plentiful from local growers, which means calendar-savvy cooks can find a good deal for a great meal. Plus, farmers' market produce often doesn't sit as long in transit as grocery store produce, so food can last longer in your fridge.

Time to save. If you're a whiz at creating savory dishes based on the ingredients available, consider a late trip to the market. As vendors prepare to close for the evening, they may be more likely to offer discounts to clear out their offerings.

Herb appeal. Favorite summer garnishes like basil, rosemary, parsley and cilantro can be pricey in grocery-store aisles, but market-goers can find heaps of the herbs for cheap when

they're in season. If you buy too much for your recipe, simply dry the leftover fresh herbs yourself to make your haul do double duty.

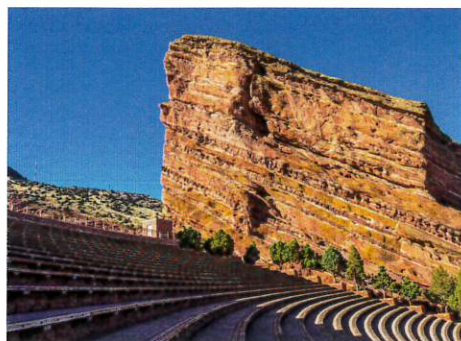
Beyond produce. Fruits and veggies aren't the only frugal finds at the market. Look for spices, eggs and baked goods from neighborhood businesses and restaurant wholesalers that may set up shop at the market. Local owners sometimes have fewer distribution and transportation costs, and that can benefit their communities and consumers.

More helpful tips. Use the USDA's online local food portal (usdalocalfoodportal.com) to find the nearest farmers' market.





WIT & WISDOM



Stages Under the Stars

Stage meets starlight in these world-famous open-air arenas:

Red Rocks Amphitheatre. Wedged between 300-foot-high prehistoric sandstone walls in Morrison, Colo., the amphitheater was created during the 1930s as part of a Depression-era jobs and conservation program. Since then, Red Rocks has hosted legends like The Beatles, Johnny Cash, Jimi Hendrix and Stevie Wonder.

Sydney Opera House. The iconic shell-shaped roof silhouetting the Sydney skyline has come to symbolize Australia itself. This UNESCO World Heritage site, which opened in 1973, has hosted a range of performances—including classical opera and world bodybuilding titles—as well as notables such as the Pope and Nelson Mandela.

Dalhalla. From prehistoric meteorite crater to limestone quarry to outdoor arena, Dalhalla is like a Swedish coliseum scooped into the dense surrounding forest. The stage itself is perched over a pool of crystalline water. Among its international repertoire of performers are musicians Dionne Warwick, Sting, The Beach Boys, Lauryn Hill and Kiss.

Theatre Antique d'Orange. This first-century Roman theater located in France has served several purposes in its nearly 2,000-year existence, including as a fort and prison. Today, the UNESCO World Heritage site has returned to its roots as a stage for performers including Hans Zimmer, The Police and David Guetta.

Featured Recipe

Blueberry Banana Smoothie

If you ever find yourself craving something healthy and easy to make, you're not alone. Maybe you are constantly on the go, chasing after little ones or just started a new job. Whether you're on the move or relaxing at home, smoothies are a simple way to add nutritious ingredients to your diet.

Ingredients:

- 1 cup spinach
- 1/2 cup water
- 2 tablespoons apple cider vinegar blend
- 1 tablespoon almond butter
- 1/2 cup bananas, frozen
- 1/2 cup blueberries, frozen
- 1 tablespoon chia seeds
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon minced ginger
- 1/2 cup berry yogurt
- fresh blueberries, for garnish (optional)

Directions:

In blender, blend spinach, water, apple cider vinegar, almond butter, frozen bananas, frozen blueberries, chia seeds, cinnamon, ginger and yogurt until smooth.

Pour into two glasses and garnish with fresh blueberries, if desired.

Find more recipes at
Culinary.net.



"Courage is not the absence of fear, but rather the assessment that something else is more important than fear."

—Franklin D. Roosevelt

"It takes a lot of courage to show your dreams to someone else."

—Erma Bombeck

"Courage isn't having the strength to go on—it is going on when you don't have strength."

—Napoleon Bonaparte

"But effort and courage are not enough without purpose and direction."

—John F. Kennedy

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

—Mary Anne Radmacher

"Courage is grace under pressure."

—Ernest Hemingway

"Creativity requires the courage to let go of certainties."

—Erich Fromm

"Courage is knowing what not to fear."

—Plato

"It takes courage to grow up and become who you really are."

—E.E. Cummings

"Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently."

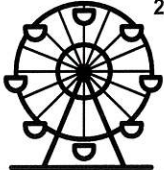
—Maya Angelou

"You'll never do a whole lot unless you're brave enough to try."

—Dolly Parton



July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 MedMinder Ice Cream Social 1PM 16 River St.	3 Red, White and Blue Waffles 11:30, 16 River St.	Independence Day 4	5
6	7 Marvelous Melodies 12:30PM, 16 River St.	8 Bingo 1PM, 33 Talbot	9	10 Red, White and Blue Waffles 1PM, 13 River St.	11	12
13	14	15 Red, White and Blue Waffles 1PM, 33 Talbot	16	17	18	19
20	21 Traveling Librarian: Thailand 1PM 16 River St.	22	23 	24 Bingo 1PM, 13 River St.	25	26
27	28 Bingo 1PM, 16 River St.	29	30	31	JULY	

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

Farmers Market 13 River St.: July 3rd, 10:30AM-11:30AM and July 31st 1PM- 2PM

Traveling Chef: Summer BBQ July 2nd, 12PM TBD, 16 River St.

Traveling Librarian: Thailand July 21st, 1PM, 16 River St.

MedMinder Ice Cream Social July 2nd, 1PM, 16 River St.

Sign-ups for Red, White and Blue Waffles, MedMinder Ice Cream Social and Bingo 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.

July Birthdays

Loretta Keefe 7/11

Darryl Harbarger 7/10

Michael Smith 7/14

Regina Beland 7/7

Dorothy Latwas 7/22

Brian Harlow 7/2

John Struzziero 7/27

Patricia Paolini 7/14

Andrea Sullivan 7/28

Frank Rosati 7/1

Kenneth Lee 7/20

Janet Morris 7/20

Jenine Thresher 7/7

Raquel Cabrera 7/13

Demon Curran 7/26

Rachida Najmi 7/7