Billerica Housing

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

NOVEMBER 2026

BULLETIN BOARD

Easy Budgeting

For folks who hate budgeting, these nontraditional personal finance planning strategies may be just what the accountant ordered:

Value-based budgeting. Start with what matters most to you and then budget your needs and lesser wants around your main value.

80/20 budgeting. Immediately save or invest 20% of your income and then spend the rest without minutely tracking the dollars of the remaining 80%.

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NOTES & NEWS

Dates to Save This Season

Here are just a few of the season's days to gather, show gratitude and give back:

- **Thanksgiving**, Nov. 26
- **Small Business Saturday**, Nov. 28
- **Giving Tuesday**, Dec. 1

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

Devilishly Good Eggs

Nov. 2 is National Deviled Egg Day! Experiment with this classic appetizer by finding recipes that incorporate pickles, soy sauce, jalapenos or smoked salmon.

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
Victor DiPrizio, 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
Mon/Wed/Fri 7:30 AM - 3:30 PM
Tues/Thurs 8:00 AM - 4:00 PM

Charity Accountability

Before donating during this season of giving, try an online charity rating system, which measures individual charity effectiveness. According to the Better Business Bureau Wise Giving Alliance, charitable commitments — the percent of a charity's total expense that goes directly to its charitable purpose — should be 65% or higher.

TRIVIA WHIZ

A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated. Macy's offered rewards to those who found a balloon and returned it to the store.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.

Stress-Free Celebrations

More than 40% of adults in the U.S. experience more stress during the holiday season than at other times of the year, according to a poll by the American Psychological Association. Keep the holidays more happy than harried with these practical tips.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Replenish your gift wrap stash, too, as well as bags, tags, bows and tape. Shop for presents early in the season, and wrap them as you buy them. Consider picking up a few extra items to cover last-minute invitations or guests.

Divide and conquer. Don't be shy about asking for help. Delegate cleaning, cooking and shopping tasks. For holiday dinners and parties, be open to buying baked goods, side dishes or even the main course instead of feeling obligated to make everything from scratch.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours. Solidify the plans by buying advance tickets to an afternoon movie or making a spa appointment.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Fresh Takes on Holiday Feasts

These themed twists on traditional holiday feasts can add excitement and ease to gatherings of all sizes.

Food truck feasting. Street food fare is quick to cook and easy to eat, making it a perfect theme for a potluck or a simple but satisfying dinner. To nod to a traditional Thanksgiving meal, try skewers loaded with cooked turkey and bite-sized sides like sweet potatoes and Brussels sprouts. Street food staples like sliders, tacos and more can be easily customized to include traditional feasting foods.

Global gratitude. "Variety is the spice of life," wrote poet William Cowper, and folks can bring the spice of life and different countries to the table. Encourage company to bring favorite dishes from different cultures, as well as the recipes and stories behind the food. Sharing new foods and old memories can help acquaintances and dear friends alike learn something new about each other and the world.

Meatless meal. If your party is interested in pardoning another turkey, try a plant-based potluck. Vegetarian pot pies and harvest bowls are hearty options for main dishes, and side dishes like sweet potato casseroles, soups, salads and roasted root vegetables get their chance to shine.

Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States. The 2,448-mile highway ran from Chicago, Ill., to Los Angeles, Calif., and passed through Missouri, Kansas, Oklahoma, Texas, New Mexico and Arizona.

As the nation's first paved highway, the road served as a major route from the Midwest to the West Coast, most notably during the Dust Bowl era. A fictional account of a family traveling west on Route 66 to escape the Dust Bowl is the central story of John Steinbeck's "The Grapes of Wrath."

Catering to travelers, businesses popped up along the highway, and towns grew and prospered. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66." A 1960s television series featured the highway.

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the route closed as the number of travelers dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers seeking to get their nostalgic "kicks" can still navigate about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

Easy Pumpkin Soup

Pumpkin is a classic fall flavor, and you can satisfy your craving for the comfort food with this simple soup.

Ingredients:

- 1 can (15 ounces) pure pumpkin
- 1/2 cup coconut cream
- 1 cup vegetable stock
- 1 tablespoon garlic paste or 1 teaspoon garlic powder
- 1 tablespoon ginger paste or 1 teaspoon ground ginger
- salt, to taste
- pepper, to taste
- coconut rice, for serving (optional)
- bread, for serving (optional)

Directions:

1. In saucepan over medium heat, combine pumpkin, coconut cream, vegetable stock, garlic, ginger and salt and pepper, to taste.
2. Stir until well incorporated.
3. Cook 10 minutes.
4. Serve over coconut rice or with bread, if desired.

Leftovers can be refrigerated up to 3 days or frozen up to 3 months. Thaw frozen coconut ginger pumpkin soup in fridge then reheat in microwave or saucepan on stovetop.

Notes: For an elegant garnish, top with toasted pepitas, pumpkin seeds or a swirl of coconut milk.

Find more recipes at GreenGiantVegetables.com.

WIT & WISDOM

"How important it is for us to recognize and celebrate our heroes and she-roes!"
—Maya Angelou

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."
—Arthur Ashe

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."
—Dan Lipinski

"Your determination, selflessness and courage have brought the freedom struggle towards its fulfillment."
—Gerry Adams

"A hero is someone who has given his or her life to something bigger than oneself."
—Joseph Campbell

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."
—Jeff Miller

"It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."
—Norman Schwarzkopf

"Honor to the soldier, and sailor everywhere, who bravely bears his country's cause."
—Abraham Lincoln

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Game Day 16 River Street 1:00 PM	4 Coffee & Crafts 13 River Street 12:00 PM	5	6 Coffee Hour 33 Talbot 10:00 AM	7
8	9 Crafting & Coffee 16 River Street 1:00 PM	10	**Veterans Day** 11 BHA Closed AgeSpan Closed Merari Out of Office	12 Luncheon 13 River Street 1:00 PM	13 Merari Out of Office	14
15	16 Crafting & Coffee 16 River Street 1:00 PM	17 Game Day 16 River Street 1:00 PM	18 Coffee & Crafts 13 River Street 12:00 PM	19 Luncheon 33 Talbot 12:00 PM	20 Coffee Hour 33 Talbot 10:00 AM	21
22	23 Crafting & Coffee 16 River Street 1:00 PM	24 Mobile Market	25 Luncheon 16 River 12:00 PM	**Thanksgiving** 26 BHA Closed AgeSpan Closed Merari Out of Office	27 Merari Out of Office	28
29	30	November				

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Events @ 16 River Street:

November 9th, 16th, 23rd @ 1:00 PM Crafting & Coffee

November 3rd, 17th @ 1:00 PM Game Day

November 25th, 12:00 PM Luncheon

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Events @ 13 River Street:

November 4th and 18th @ 12:00 PM Coffee & Crafts

November 12th @ 1:00 PM Luncheon

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Events @ 33 Talbot:

November 6th and 20th @ 10:00 AM Coffee Hour

November 19th @ 12:00 Luncheon

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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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Birthday sign-up sheets are posted in each community room. For those wishing to celebrate their Birthday, please write your name and the month/day of your birth.

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