

Wellesley HOUSING AUTHORITY

109 Barton Rd • Wellesley Hills, MA 02481

February 2021

COVID-19 Vaccination Update

Governor Baker announced on January 13, 2021, that residents and staff of public and private low-income and affordable senior housing are included in the first tier of Phase 2. When a plan has been worked out between the Wellesley Health Department and the Wellesley Housing Authority, all tenants will be made aware.

This will allow residents living at 41 River Street, 315 Weston Road, and 487-513 Washington Street to receive vaccinations in the first Tier of Phase 2. Residents include those in state and federal senior developments, regardless of age.

The Wellesley Health Department continues to receive questions about the COVID-19 vaccine, the tiered phases, and vaccination lists. The state sets the vaccine roll out. Wellesley Health officials currently DO NOT have doses of the COVID-19 vaccine available for public distribution and do not maintain any vaccination lists.

Community Room Drop-Box

The Wellesley Housing Authority administration team would like to remind all residents that there is a drop-box located in the laundry room at all of the senior developments. This drop-box allows residents to submit rent checks and paperwork for the office.

If possible, please use an envelope when submitting rent checks and paperwork. This will allow all rent checks and paperwork to remain separate from the other residents' checks and documents.

Thank you for your cooperation.

Phil's Full Name

Phil, that rodent in Pennsylvania that we look to every Feb. 2, is no ordinary groundhog, and he has the name to prove it. His full title is "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary."

Exercises To Ease Aches

Exercises that engage both the body and mind, such as yoga, tai chi and qi gong, are linked to better pain management. Their gentle, flowing movements and mindfulness practices can help those with lower back pain and arthritis aches, say doctors.

Year of the Ox

Chinese New Year begins Friday, Feb. 12, ushering in the Year of the Ox. The humble, hardworking animal is valued in Chinese culture as a symbol of honesty and loyalty.

Share a Connection

"Laughter is the shortest distance between two people." —Victor Borge

When can I get a COVID-19 vaccine in MA?

PHASE ONE In order of priority	PHASE TWO In order of priority	PHASE THREE Vaccine available to general public
<ul style="list-style-type: none"> Clinical and non-clinical healthcare workers doing direct and COVID-facing care Long term care facilities, rest homes and assisted living facilities First responders (EMS, Fire, Police) Congregate care settings (including corrections and shelters) Home-based healthcare workers Healthcare workers doing non-COVID-facing care 	<ul style="list-style-type: none"> Individuals with 2+ comorbidities (high risk for COVID-19 complications), individuals age 75+, and residents and staff of public and private low income and affordable housing Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers Adults 65+ Individuals with one comorbidity 	<p>7</p>
December - February	February - April	April - June

Estimated timeframes

For more information on vaccine distribution visit [Mass.gov/COVIDvaccine](https://www.mass.gov/COVIDvaccine)

Resources at a Glance

Local Resources Still in Place During the Pandemic

Although many offices continue to remain closed to the public, there is access to support throughout the Town of Wellesley. You are only a phone call or email away!

Listed below are some of the agencies you may find helpful to contact.

- Wellesley Food Pantry:
781-235-1188
www.wellesleyfoodpantry.org
- Wellesley Friendly Aid:
781-235-4172
www.wellesleyfriendlyaid.org
- Wellesley Health
Department: 781-235-0135
- Wellesley Police Department:
781-235-1212
- Wellesley Council on Aging:
781-235-3961
- Wellesley Fire Department:
781-235-1300



Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases:

Stop and smell the roses. This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, "Don't hurry. Don't worry. And be sure to smell the flowers along the way."

Everything's coming up roses. Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical "Gypsy," and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying "come up smelling like a rose," already in use, to convey that things are going well.

Rose-colored glasses. An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some favorites:

Chocolate samplers. They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts. "Be mine." "True love." "Marry me." It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses. These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Red Hots hearts. A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday.





A Guide to Grapefruit

Tangy and sweet, grapefruit is a favorite breakfast food and snack. Dig into the different types of the citrus fruit.

Pink. Pink grapefruit varieties are the most popular because they boast a perfect balance between sweetness and tartness. They are full of fiber, vitamin C and the antioxidants lycopene and beta carotene.

Red. Like pink grapefruits,

red varieties contain an impressive blend of nutrients, and their bright ruby flesh tends to be very sweet and juicy.

White. Both the rind and flesh of white grapefruit are pale yellow, and the flavor leans more sour than sweet. Because of this intense tartness, these varieties are used for making juices and syrups.

Pomelo. Grapefruit is actually a cross between the sweet orange and the pomelo, also called Chinese grapefruit. Often as big as melons, pomelos have light green skin and lemon-colored flesh. The fruit is featured in Lunar New Year celebrations, since its large, round shape resembles the full moon.

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."



Staff Directory

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- Vacant**, Housing Management Assistant, Ext. 0
- Bob Anderson**, Maintenance Supervisor
- Mike Bartlett**, Maintenance I
- Jopher Ramos**, Maintenance I
- Vacant**, Maintenance I

Word Search

Category: Months and Birthstones

Y S D F E R I H P P A S	A J Z L D B Y D D D	M D P A R N E D E D M A D M	O D T O C O T O O C O C O C O	L S S T S S S S S S S S S S	A G G G G G G G G G G G G G	R T D S R S R S R S R S R S R S R S	E D U Q G A G Y U L R A A P U R B E R R I B D U L E
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Word Search Solution:

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December
- Emerald
- Garnet
- Opal
- Pearl
- Ruby
- Sapphire
- Topaz
- Turquoise

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

5	4	3	8	1	6	7	9	2
7	2	6	5	9	4	3	1	8
1	9	8	7	3	2	6	5	4
3	8	2	9	7	5	4	6	1
6	1	7	3	4	8	5	2	9
9	5	4	2	6	1	8	3	7
2	7	1	6	8	3	9	4	5
8	6	5	4	2	9	1	7	3
4	3	9	1	5	7	2	8	6

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