

What's New?!? F.Y.I and Friendly Reminders

Working Together to Re-Open

Massachusetts has been one of the top four states hardest hit by COVID 19, with over 86,000 confirmed cases and 7,800 deaths through June 19, 2020. March 10 was when the state of emergency was first declared, March 23 all non-essential businesses were closed, now May 18 Governor Baker finally announced the re-opening of the state. However, until a treatment or vaccine for COVID-19 is available, life will still not return to "normal". We each have a collective responsibility to ensure that reopening proceeds smoothly and safely. Everyone must follow public health directives and use common sense to protect yourself, your family, your neighbors, and vulnerable populations across the Commonwealth.

Employers need to set new business practices that adhere to the mandatory workplace safety standards and sector-specific protocols established for your industry

Individuals should still be covering your face, washing your hands, socially distancing, be vigilant for symptoms and stay home if you feel sick!

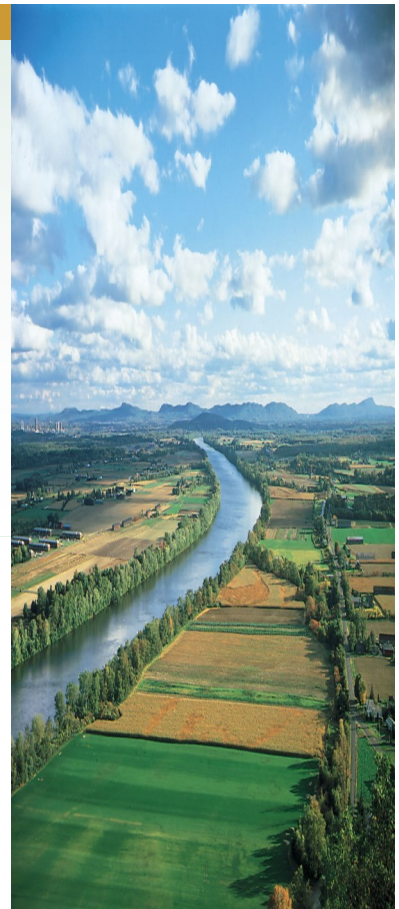
The healthcare system will monitor progression to ensure sufficient system capacity to meet needs.

Employees need to abide by their employer's practices that adhere to the mandatory safety standards and sector specific protocols.

The government will continue to set standards in the Interest of public health, invest in necessary capabilities, communicate to and educate the public, regularly track and report COVID-19 data, as well as continue to expand testing capacity .

Residents can still visit www.mass.gov/covid19 for the latest information, call 2-1-1 with questions and subscribe to text-alerts by texting "COVIDMA" or "COVIDMAESP" (for Spanish alerts) to 888-777.

SAFER AT HOME



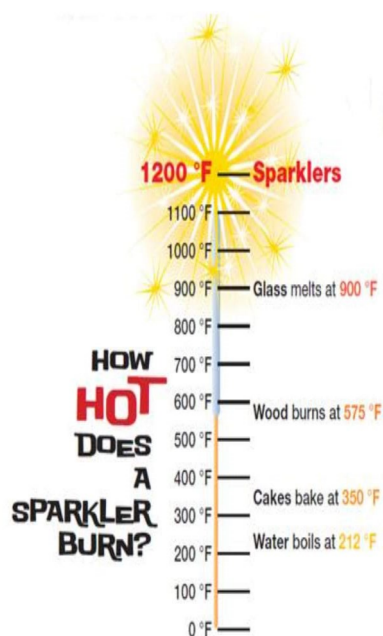
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Need HELP applying for programs, ordering grocery's or prescriptions online, making appointments and more?

Contact Rachel Ciosek
256.0206 ext. 311

The dangers of illegal fireworks



Source: National Fire Protection Association (with permission)

Help Lines

National Suicide Prevention Life-line: Call 1-800-273-8255 The life-line provides 24/4 free confidential support for people in crises

Elder Abuse & Neglect; Call 1-800-922-2275 – Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and most important self-neglect.

National Domestic Violence Hotline; Call 1-800-799-7299, TTY 1-800-787-787-3224, Chat: online at thehotline.org

Disabled Persons Protection Commission; call 1-800-426-9009 abuse of a person with disability under the age of 60.

Department of Family and Children; Reports of suspected child abuse or neglect must be phoned in to DCF. Please call immediately if you know of, or suspect, an incident of child abuse or neglect. During regular business hours (8:45 a.m.-5 p.m. M-F) call: DCF Springfield Area Office at 413-452-3200 or DCF Holyoke Area Office at 413-493-2600

Cooley Dickinson Community Call Center/COVID-19 Information Line: For community questions about coronavirus (COVID-19), referrals and questions

HEALTH SERVICES

MassHealth Information, 800-841-2900

PCA Consumers who have unfulfilled PCA hours and would like to be connected to a local Home Health Agency that can fill those hours, should call Mass Options at (1-844-422-6277) for live support.

Prescription services: MassHealth is allowing early refills and 90 day supplies. Contact your pharmacist to order medications.

Telehealth services are covered by MassHealth. Discuss with your provider for more information. Step-by-Step Guide to Using TeleMedicine MassHealth Telehealth Services for Behavioral Health General Health Related Information Health Coverage Helpline: 800-272-4232 Disability COVID-19 Healthcare Support Advocacy Hotline 800-626-4959

Mental Health Resources

- ◇ Franklin County Crisis Services: 413.774.5411 (CSO)
- ◇ Athol/North Quabbin Crisis Services: 978.249.3141 (CSO)
- ◇ Hampshire County Crisis Services: 413.586.5555 (CSO)
- ◇ Berkshire County Crisis Hotline: 1-800-252-0227 (Brien Ctr)

NAMI (National Alliance on Mental Health) Navigating a Crisis: You can find the ESP serving your area, by calling 1-877-382-1609 and entering your zip code

Food Pantries & Other Support

Food Bank of Western MA at 413-247-9738.

Extra SNAP Benefits: Congress approved special SNAP supplement benefits in response to the COVID-19 pandemic. Call 877-382-2363.

If you or your family is facing hunger right now, **Project Bread** wants to help. Call the Food Source Hotline at 1-800-645-8333

Do you need help paying your rent?

In this time of the COVID-19 coronavirus pandemic and a statewide emergency in Massachusetts, here are suggestions for resources tenants can use if they are concerned about being able to pay their rent or stay in their rental units. For more information and a list of agencies that may be able to help you pay your rent, see <https://www.masshousinginfo.org/regional-agencies>
OR contact Wayfinders @




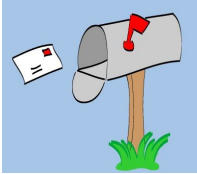


1780 Main Street, Springfield, MA 01103

267 High Street, Holyoke, MA 01040

- (413) 233-1600
 - (800) 332-9667
- Email: housingcenter@wayfindersma.org

There are additional resources for other issues that may arise, such as how to apply for Department of Transitional Assistance (DTA) benefits and unemployment, or where to find shelter for those who are already homeless. Please see, <https://www.mhp.net/news/2020/resources-for-tenants-during-covid-19-pandemic>.

WAYS TO PAY RENT!!!!

			 <p>ACH PAYMENT</p>
<p>Drop in the Rent Drop Off box located at your local housing office</p> <p>Check or money orders NO CASH</p>	<p>Mail your payment to your local housing office</p> <p>Check or money orders NO CASH</p>	<p>In person to your local housing office during OPEN* window hours</p> <p>Check, money order or CASH</p> <p><i>*Currently limited due to COVID-19</i></p>	<p>Set up payments to deduct automatically from your checking or savings account.</p> <p>No cost to participate. Save on money orders, checks and postage!</p> <p>Call your Property Manger for more details!</p>

Symptoms of COVID-19

Having one or more of these symptoms does NOT indicate that you are infected; multiple symptoms indicate that you should seek medical care

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- ◆ Fever, chills, repeated shaking with chills
- ◆ Muscle pain
- ◆ Headache
- ◆ Sore throat
- ◆ New lose of taste or smell

Children have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Reopening Massachusetts

Phase 2 - LHA Community Rooms REMAIN CLOSED

Face Mask

Distribution to ALL LHA Residents

The Department of Housing and Community Development has procured face masks for every resident of public housing in the Commonwealth.

Residents and occupants of Amherst, Belchertown and Hadley Housing Authorities will be receiving these mask with the delivery of this newsletter!

Please note that while the masks are labeled KN95 they DO NOT offer the same protections as a KN-95 or N-95 mask. Wearers should use them as if they were basic cloth mask and continue to maintain at least a six-foot distance from others. Elderly people and those with asthma or other respiratory issues should take particular care when using these masks as it can be more challenging to breathe through these masks than in open air. These masks can be used for 3-5 days, depending on how often used, before they should be discarded.

On June 6th, the Governor updated gathering order that went into effect on June 8th. Gatherings that bring together more than 10 persons in close physical proximity in confined indoor or outdoor locations. The updated **Order** does allow for outdoor activities of groups of more than 10 people in an unenclosed, outdoor space such as a park, backyard, athletic field, or parking lot, provided that everyone in attendance is able to maintain at least 6 feet social distancing from others in attendance.

Gatherings that are prohibited include: community, civic, public, leisure, sporting events, concerts, conferences, conventions, fundraisers, fairs, festivals, walk-a-thons, road and bike races and other organized athletic or recreational events.

Gatherings for purpose of political expression are permitted.

For more information on the Reopening of Massachusetts visit:

<https://www.mass.gov/info-details/reopening-when-can-my-business-reopen>

Class D, M, and DM Driver's Licenses and Mass IDs

All Class D and Class DM driver's licenses and ID cards, and Learner's Permits that have expired or are expiring between March 1, 2020 and August 31, 2020, will have an extension applied to the current expiration date and do not need to be renewed at this time.

The RMV is only allowing renewals **online**. For step by step instructions to renew your driver's license online, visit <https://atlas-myrmv.massdot.state.ma.us/myrmv/> You have the choice of obtaining a Standard license or ID card online now or waiting until after September 2020 to renew and obtain a REAL ID.

Driver's Licenses and IDs

- Driver's licenses and ID cards that expired or will expire in **March, April, and May 2020**, will now expire in **September 2020**.
- Driver's licenses and ID cards that will expire in **June** have been extended until **October 2020**.
- Driver's licenses and ID cards that will expire in **July** have been extended until **November 2020**.
- Driver's licenses and ID cards that will expire in **August** have been extended until **December 2020**.

The specific expiration date typically coincides with an individual's birth date.

Customers holding an RMV credential marked "Limited-Term" that has expired or will expire between March 1 and August 31, 2020 should refer to section below.

The RMV is not providing updated credentials to reflect the extended date.

Information provided by <https://www.mass.gov/info-details/rmv-covid-19-information>



Got Trash?!? Bulky items?!?

Please plan accordingly when getting a new (or new to you) mattress, couch, television, washer/dryer, lawnmower, bicycle or the like. Bulk items such as these cannot go into residential trash totters or dumpsters. Unfortunately the housing authority maintenance staff cannot assist with disposing of these items. Ask at the store your purchasing the item from about disposal of the old item, yes this cost money but all items cost money to dispose of with the exception of scrap metal that you can get paid for if you bring it to the scrap yard, or bring it to the town transfer station yourself. If you have difficulty navigating your options, please call the housing office and we'll help point you in the right direction!

All household trash must be bagged, boxes broken down, and placed in the appropriate dumpster **immediately** after it's left your unit. At NO time can it be left outside your unit. Do not leave your trash in the common hallways, lobbies, parking lots, walkways,

Safe Needle Disposal Program

Amherst residents may purchase "sharps" containers (for needles, etc.) at the Transfer Station or at the [Health Department](#) (by appointment). The fee for the container includes the disposal of the filled container with a licensed medical waste hauler. Simply return your filled container to the Transfer Station or the Health Department (in Bangs Community Center).

Belchertown residents can dispose of "sharps" at the Police Department
Hadley residents can dispose of "sharps" at the Senior Center

Work Orders

Work orders can be initiated 24/7 by email. Simply email what needs repair, your address and unit number and the best telephone number we can reach you at to:

ahaworkorders@amhersthousingauthority.org

Want to talk to a live person? All locations (Amherst, Belchertown and Hadley) should call our main number during regular office hours for all workorders.

413.256.0206

After hours this number is answered 24/7 by our live staffed answering service to assist with any emergency work orders or situations. They will reach out to our on call employees.

Spring Word Search



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

NEST
MAY
BEES
MARCH
CHICK
FLOWERS

SEASON
SUNSHINE
GREEN
PICNIC
WARM
TULIP

BUNNY
BLOSSOM
RAINBOW
SEEDS
GARDEN
APRIL

KITES
BUTTERFLY
EGGS
EASTER
BIRDS
SPRING



Five Ingredients or Less

Did the grocery store not have what you needed in stock? Not sure what to make for dinner? Try a new recipe using the food you already have in your house! The following free websites: <https://www.yummly.com> and <https://www.epicurious.com> allow you to search for recipes by entering what ingredients you already have on hand.

Here's a sample recipe!

TACO BAKE

Ingredients:

- (1) 8 oz can refrigerated crescent rolls
- 1 lb. lean ground beef (substitute with ground chicken or turkey or a 15 oz can of your favorite beans if you prefer)
- $\frac{3}{4}$ cup of your favorite variety of salsa
- 2 tablespoons taco seasoning mix
- 1 cup shredded Cheddar cheese (omit the cheese or substitute another variety if you prefer)



Directions:

- 1.) Heat oven to 375°F. Unroll dough. Place in ungreased 9-inch square pan or 10-inch pie plate; press over bottom and up sides to form crust
- 2.) In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salsa and taco seasoning mix; simmer 5 minutes (this is where you'd add the beans if using) Spoon mixture in crust-lined pan; sprinkle with cheese
- 3.) Bake 14 to 17 minutes or until crust is deep golden brown and cheese is melted. Top with lettuce and tomato, if desired. Enjoy!



Ground Rules

- ⇒ No fire pits
- ⇒ No swimming pools
- ⇒ No basketball hoops
- ⇒ No trampolines
- ⇒ No cutting down trees
- ⇒ No bird feeders
- ⇒ No food strewn on lawns for animals

ALL AUTHORITIES

Comcast

Amherst

Amherst residents Comcast has a program for Low income customers for a less expense internet. Please to go <https://www.internetessentials.com/> to apply the first two months is free and after this it is 9.99 a month.

You may qualify for Internet Essentials if:

A

You are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others.

B

You live in an area where Comcast Internet service is available.

C

You are not an existing Xfinity Internet customer and have not subscribed to Comcast Internet within the last 90 days.

D

You have no outstanding debt to Comcast that is less than one year old. Households with outstanding debt more than one year old may still be eligible.*

*Due to the Coronavirus emergency, households with outstanding debt owed to Comcast may be eligible for Internet Essentials. We are waiving this qualification if you apply and are approved by 6/30/20. After 6/30/20, standard eligibility rules apply.



Spring Word Search Answers

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



State Scattergories

Use your home state or select another state you're learning about. Choose a letter and write it in the first letter blank. Set the timer for 3 minutes. Players attempt to fill in their list before the time runs out. Write a word for each category that begins with the letter you chose. One point is awarded for each unique answer. Cross out answers that match another player's. The player with the highest score wins! You can play three times, using a new letter each time.

State:

Categories	Letter:	Letter:	Letter:
A city			
Famous landmark			
The name of a river or lake			
Someone you know there			
A food you've eaten there			
An item you've seen in the state			
A road or street name			
A place to shop or dine			
An animal you might see there			
A native plant or tree			



We're on the Web

Amherst:

www.amhersthousingauthority.org

Hadley

www.hadleyhousingauthority.org

Belchertown

www.belchertown.org

Once you navigate to the Town's web site, click on the Committee tab and scroll down to the Housing Authority



Office availability

Our offices are currently closed to in person traffic but **we're still available by phone and email during regular hours (Monday—Thursday 9-4, Friday 9-3)** We're doing our part and practicing social distancing. What does that mean for us and for you? We're staffing the reception window for a limited number of hours each week and rotating our administrative staff between hours in the office and working remotely at home.

Currently the reception window is open as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Amherst	9-1	12-4	9-1	12-4	9-1
Belchertown	1-5	C	C	C	8-12
Hadley	C	9-1	C	12-4	C

This schedule limits the amount of time the general public, and residents can come to the office. This will help keep our common area lobby's safer for all that pass through them and will allow additional employees to work in the office when those who normally staff the window are working from home.

Amherst Housing Authority

33 Kellogg Avenue, Suite 81
Amherst MA 01002
Phone: 413.256.0206

Belchertown Housing Authority

41 Everette Ave, Office 24
Belchertown MA 01007
Phone: 413.323.4064

Hadley Housing Authority

42 Golden Court
Hadley MA 01035
Phone: 413.584.3868

PLEASE
PLACE
STAMP
HERE