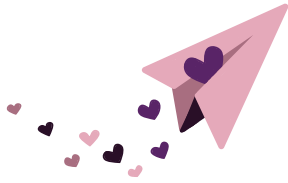


# COMMUNITY



# CONNECTION



## Board of Commissioners

- Ellen Connolly, Chairperson
- Charlie Harak, Commissioner
- Steven Douglas, Commissioner
- Dana LeWinter, Commissioner
- Doreen Breland, Commissioner
- Martin Corona, Executive Director

**EDITION #02**

**FEBRUARY 2025**

**OFFICE HOURS:**  
**MONDAY - THURSDAY**  
**8:00AM - 4:00PM**  
**FRIDAY**  
**8:00AM - 1:30PM**

## WHAT'S INSIDE

- 2 Celebrating Black History Month
- 2 Word Search
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- 4 Presidents' Day
- 5 Pet of the Month
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- 6 Community Resources
- 7 Community Spotlight
- 7 February Horoscopes
- 8 Meet the Staff

## TELEPHONE GUIDE

**MHA Main Number -24 Hours**  
 781-665-1622

### Mystic Valley Elder Services

Main Number: 781-324-7705  
 • McCarthy RSC: 781-388-4817  
 • Steele RSC: 781-388-2342

**Melrose Council on Aging**  
 781-665-4304



## **FEBRUARY: A TIME FOR LOVE (AND HOUSING!)**

As the month of February rolls in, we're reminded that love comes in all shapes and sizes. Whether you're celebrating Valentine's Day with someone special or simply enjoying the comfort of home, we hope you feel the warmth of community all around you. From friendly neighbors to cozy apartments, there's plenty to love this month—and we can't wait to celebrate it together!

## **OUR MISSION STATEMENT**

The Melrose Housing Authority is proud to provide safe, decent, and affordable housing to residents of Melrose. Under the leadership of our 5 member Board of Commissioners we currently assist over 550 households through our Public Housing, and Rental Assistance Programs.

## **A MESSAGE FROM THE EXECUTIVE DIRECTOR**

Let's take a moment to reflect on Black History Month, a time to recognize the achievements, resilience, and contributions of the Black community throughout American history. This month serves as an important reminder that Black history is American history, woven into the very fabric of our nation. I encourage each of you to learn more, engage in meaningful conversations, and celebrate the rich heritage and cultural impact of Black communities across the country. Together, we can build a more inclusive future, honoring the past while striving for progress.

## JULIAN STEELE - FIRST BLACK MODERATOR OF MASSACHUSETTS



Julian Denegal Steele (1906–1970) was a pioneering civic leader whose life bridged social work, civil rights, and public service. Born in Savannah, Georgia, he moved to Boston at age seven, graduated cum laude from Harvard, and devoted himself to community improvement. Early in his career, Steele directed Boston’s R.G. Shaw Settlement House until opposition arose to his interracial marriage to Mary (Polly) Bradley Dawes. Despite these trials, he pressed on—heading the Armstrong Hemenway Foundation, serving as president of Boston’s NAACP and Urban League, and championing affordable housing.

His leadership was recognized statewide: Steele was the first Black person to be appointed to the Massachusetts Parole Board, deputy administrator of the Housing and Home Finance Agency (New England and New York), and commissioner of the Massachusetts Department of Community Affairs. He also became the first Black Moderator of the Commonwealth’s Congregational Church. Steele settled in West Newbury in the 1940s, drawn by its welcoming countryside. There, he made history again in 1952, becoming the Town’s first Black Moderator—indeed, the first Black Moderator in Massachusetts. Highly esteemed by local and national figures alike, his compassion and dedication left a profound impact on the community. At his death, West Newbury honored him with a proclamation noting he had lived a life “worthy of emulation.” His own words endure as a call to action: “Human progress ... is measured largely in terms of acceptance of difference... I am convinced that we shall get through the present ... by the moral and spiritual forces ... that as yet have not been tapped.”



## FEBRUARY WORD SEARCH

- |               |                |
|---------------|----------------|
| AQUARIUS      | LOVE           |
| CANDLELIGHT   | MARDI GRAS     |
| CARNATION     | PINK           |
| CHOCOLATE     | PISCES         |
| COZY          | PRESIDENTS DAY |
| CUPID         | RED            |
| FEBRUARY      | ROMANCE        |
| FIREPLACE     | ROSES          |
| FRIENDSHIP    | SKIING         |
| GROUNDHOG DAY | SNOW           |
| HEART         | SWEETHEART     |
| HUG           | VALENTINE      |
| KISS          | WINTER         |
| LEAP YEAR     |                |

**INSPECTIONS**



Mark your calendars!  
February Annual Inspections

**McCarthy - Wednesday, February 19th**

**Steele - Thursday, February 20th**

Maintenance will be there between 9-3.  
You do not need to be present for this inspection.

**NARCAN TRAINING**

Narcan saves lives by reversing an opioid overdose. Learn how to use Narcan in a judgement-free space. Training takes 5-10 Participants will leave with free Narcan and resources. Hosted by Melrose HHS.

**WHEN?**

Wednesday, February 12th  
Between 1-2PM

**WHERE?**

McCarthy Building  
Community Room

**FURNITURE REMOVAL**

If you have furniture you no longer need, **please do not leave it in common areas.**

Instead, contact the office to arrange removal.

We also discourage the swapping of furniture between tenants to prevent any potential health or safety concerns. Thank you for helping us keep our community clean and comfortable for everyone.

**WORK ORDERS  
REGULAR BUSINESS HOURS**

Any resident requiring maintenance assistance should call the Melrose Housing Authority management office at **781-665-1622**. During weekends and holidays or if there are after-hour emergencies, please call **781-665-1622**. **An answering service will relay the message to maintenance staff.** A maintenance staff member qualified to handle the repair will respond to the call.

**AFTER HOURS EMERGENCY WORK  
ORDERS**



After Hours Emergency Work Orders  
When calling with a maintenance emergency after hours 781-665-1622. It is important to give the answering service the following information:

- Your Name
- Your Address
- A return phone number where you can be reached
- A description of the problem

**In the event of emergency such as a fire, call 911 immediately.**



**Laundry  
Reminder**

The only detergent to be used in our washing machines is **High Efficiency Liquid**.

No pods, powders or pellets can be used!

Please read the bottle for exact amounts.

Remember: more detergent doesn't mean cleaner clothes!



**SECTION 8  
February is Recertification Time!**

Erin Keating and Cynthia McIntire, who run the Section 8 Department, are heading into their busiest season handling annual recertifications. Each year, participants of the Section 8 program must update their household and income information to maintain the correct level of assistance. This process ensures that resources are allocated fairly and accurately to those who qualify.



Our office will be closed on Monday, February 17th

- Originally Washington’s Birthday: The federal holiday is officially called “Washington’s Birthday,” honoring George Washington’s birthdate on February 22. Over time, it became known as Presidents Day to also celebrate Abraham Lincoln (born on February 12) and other presidents.
- Always a Monday: The holiday takes place on the third Monday of February, thanks to the Uniform Monday Holiday Act of 1971, which was designed to give Americans more three-day weekends.
- State Variations: Some states officially honor only Washington, while others honor Washington and Lincoln together, or even multiple presidents.

Enjoy the day off (if you have one) and maybe take a moment to explore a bit of American history!

**AFFORDABLE WORKFORCE HOUSING PROGRAM**

The intent of the Melrose Affordable Housing Corporation is to provide affordable housing units to low and moderate income families and individuals who desire to reside in the City of Melrose.

Eligibility is based on income and a demonstrated ability to comply with all lease provisions through favorable past housing history and a credit check. As a standard, rent should not exceed 30 – 40% of an applicant household’s income, determination will be made on a case by case basis. Preferences are granted to persons who currently reside or work in Melrose.

Income Limits (effective 6/1/2024)		
Household Size	A 60% of Median Income:  All tenants must meet this standard range at initial occupancy	B “Over Income” Amounts:  Tenants whose income <u>at</u> recertification earn more than this amount can have <u>their</u> rent increased. See below bullets for further info.
1 Person	\$68,520	\$91,200
2 Persons	\$78,360	\$104,200
3 Persons	\$88,140	\$117,250
4 Persons	\$97,920	\$130,250
5 Persons	\$105,780	\$140,700
6 Persons	\$113,640	\$151,100
7 Persons	\$121,440	\$161,550
8 Persons	\$129,240	\$171,950

## PET OF THE MONTH

Meet Butters, a 9-year-old mini poodle with an impressive range of skills. He can retrieve a wallet, phone, socks, newspaper, keys, bottled water, a TV remote—practically anything asked of him! Beyond fetching items, Butters helps around the house by removing socks before bedtime and assisting with laundry.

In a remarkable instance, Butters once signaled that a neighbor needed help after a fall. As soon as the door was opened to investigate, Butters dashed to Dot’s apartment and waited outside until help arrived—truly demonstrating his alertness and devotion.



Scan for videos of Butters in action!

### WANT YOUR PET FEATURED?

EMAIL OR DROP OFF A PHOTO OF YOUR PET WITH A FEW DETAILS TO [TRACY@MELROSEHA.COM](mailto:TRACY@MELROSEHA.COM)

## MCCARTHY TENANTS’ ASSOCIATION

McCarthy Tenants’ Association (MTA) has been working to establish their office and better serve the community. They’re pleased to announce open office hours to assist residents:

**Monday 1-6, Tuesday 10-12 and 3-6, Wednesday 1-6, Thursday 10-12 and 1-3, and Friday 10-12 and 3-5.** Contact them at [MCTAOffice@melroseha.com](mailto:MCTAOffice@melroseha.com) or call

**(781)758-7980.** MTA welcomes their newly elected board member, Cynthia Roche, and invites everyone to a Valentine’s Day party on February 14th, from 6-8 pm, in the community room. Light refreshments and music will be provided, and bringing a snack to share is optional. We appreciate your support as they build a stronger tenant community.

## STEELE HOUSE COMMUNITY TENANT ASSOCIATION

Residents at the Steele have been enjoying a great start to the year. The community room recently became a hub of excitement by screening the NFL Playoffs, uniting neighbors to cheer on their favorite teams. The New Year’s Eve party drew an impressive turnout, filling the space with laughter and celebration. Chinese food, lively conversation, and smiles strengthened camaraderie among neighbors. Meanwhile, Leo introduced a fun new initiative: if he “catches” you wearing a “Make A Difference” pin you might get a chance to spin his ‘Let’s Make A Deal’ Prize Wheel. The first lucky winner was Pat Chase, who won a \$10 Dollar Tree gift card. More events are planned in the coming weeks, ensuring the community remains a warm, lively place for all..





What is a Congregate Meal? How Do They Benefit Older Adults?  
 Congregate meal programs provide hot, tasty, nutritious meals to older adults in accessible group settings at least once a day.  
 Congregate meals are available from 11am-1pm at the **Steele** and **McCarthy**. Lunches provided have no set fees, but a small donation (\$2.00) is encouraged to help support program costs.

CITY FRESH FOODS		Mystic Valley Elder Services February 2025		City Fresh Congregate Menu	
Monday	Tuesday	Wednesday	Thursday	Friday	
Menu Subject to Change					
Each meal include milk and margarine.					
3 Hot: Tuscan Chicken, Mashed Potatoes, Vegetable Medley, Wheat Bread, Pudding	4 Hot: Beef w/ Peppers & Onions, Orzo Carrots, Wheat Roll, Fruit	5 Hot: Teriyaki Salmon, White Rice, Broccoli, Wheat Roll, Cinnamon Apples	6 Hot: Chicken Anna Maria, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Fig Newton	7 Hot: Meatloaf w/ Gravy, Roasted Potatoes, Spinach & Peppers, Cornbread Loaf, Mandarin Orange Cup	
Cold: Turkey & Swiss Cheese Sandwich on Wheat Bread, Chickpea, Quinoa & Carrot Salad, Tomato-Cucumber Salad, Pudding, Mayonnaise	Cold: Chicken Salad, Wheat Bread, Artichoke, Feta & Roasted Pepper & Couscous Salad, Pea Salad, Fruit	Cold: Mediterranean Falafel & Quinoa Salad w/ Spinach, Tomatoes, & Cucumbers, Macaroni Salad, Mini Pitas, Fig Newton, Greek Dressing	Cold: Roast Beef & Swiss Cheese Sandwich w/ Lettuce, Wheat Bread, Broccoli Salad, Sweet Potato & Craisin Salad, Fruit, Mayo	Cold: Egg Salad Sandwich, Wheat Hamburger Bun, Primavera Pasta Salad, Carrot Raisin Salad, Fruit	
10 Hot: Pulled Pork Tacos w/ Lime Wedge, Brown Rice, Black Beans, Corn & Peppers, Mini Tortillas, Fruit	11 Hot: Chicken Picatta, Roasted Potatoes, Brussel Sprouts, Wheat Bread, Fruit	12 Hot: Tuscan White Fish, Rice Pilaf, Zucchini Squash, Wheat Bread, Pudding	13 Hot: Powerhouse Turkey Chili w/ Sweet Potatoes w/ Shredded Cheese, California Blend Vegetables, Cornbread, Mixed Fruit	14 <b>Valentine's Day Meal</b> Hot: Chicken Parmesan, Whole Grain Pasta, Broccoli, Dinner Roll, Pound Cake	
Cold: Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes, Brussel Sprout Salad, Dinner Roll, Pudding	Cold: Buffalo Chicken & Cheese Sandwich, Wheat Hamburger Bun, Potato Salad, Cucumber Salad, Fruit	Cold: Turkey & Cheese Sandwich, Wheat Hamburger Bun, Corn & Red Pepper Salad Beet Salad, Fruit, Mayo	Cold: Chicken Schwarma Bowl w/ Tzatziki and Rice, Tomato & Cucumber Salad, Zucchini Salad, Mini Pita Breads, Pound Cake	Cold: Whole Grain Tuna Pasta Salad w/ Green Peas, Cornbread Loaf, Chickpea, Craisin & Apple Salad, Fruit	
17 Presidents' Day	18 Hot: Beef Stew w/ Cornbread, Kale & Peppers, Fruit	19 Hot: Stewed Chicken Drumstick, Polenta, California Blend Vegetables, Wheat Dinner Roll, Chocolate Pudding	20 Hot: Shepherd's Pie (Beef) w/ Mashed Potatoes, Corn, Peas, Vegetable Medley Wheat Roll, Mandarin Cup	21 Hot: Potato Pollock, Vegetable Rice Pilaf, Carrots, Dinner Roll, Cinnamon Apples, Tartar Sauce	
24	25 Hot: Roast Turkey w/ Gravy, Mashed Sweet Potatoes, Green Peas, Wheat Roll, Oatmeal Cookie	26 Hot: BBQ Chicken, Baked Beans, Vegetable Medley, Wheat Bread, Fruit	27 Hot: Pork w/ Mushroom Cream Sauce, Rice Pilaf, Carrots, Wheat Roll, Shortbread Cookie	28 Hot: Creamy Garlic Salmon, Mashed Potatoes, Mixed Root Vegetables, Wheat Roll, Banana	
Cold: Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil, Beet Salad, Cornbread loaf, Fruit	Cold: Roast Beef & Swiss Cheese Sandwich w/ Lettuce Wheat Hamburger Bun, Cucumber Salad, Carrot Raisin Salad, Shortbread Cookie, Mustard	Cold: Waldorf Chicken Salad w/ Lettuce & Tomatoes, Wheat Hamburger Bun, Chickpea, Craisin & Apple Salad, Cole Slaw, Fruit	Cold: Tuna Salad Sandwich, w/ Tomato & Lettuce, Wheat Bun, Macaroni Salad, Broccoli Salad, Chocolate Pudding	Cold: Crispy Chicken over Romaine, Tomatoes, Cucumbers, Italian Pasta Salad, Wheat Roll, Fruit, Honey Mustard Dressing	



**AQUARIUS**

**(JANUARY 20–FEBRUARY 18)**

In 2025, Aquarius will experience a harmonious blend of energy and tranquility, especially from January due to the positive influence of the Sun and Venus. This period encourages personal and professional growth through supportive relationships. Mars will motivate Aquarians to pursue important projects, leading to significant advancements. Mid-year brings innovative social and political ideas, fostering community engagement. Career-wise, hard work will pay off, particularly for software engineers and government employees, but caution is advised regarding office politics and investments. Educationally, persistence is key, with opportunities for study abroad emerging later in the year. Overall as per Aquarius horoscope, a balanced approach will yield growth in various aspects of life.

**PISCES**

**FEBRUARY 19-MARCH 20**

If it's felt like you've had extra weight on your shoulders tied to responsibility and facing reality in recent years — don't think of it as a punishment, but rather as the universe's way to make you strong. This feeling may last until June and again after September, but the summer may give you a reprieve.

"The first several months of the year will bring delays and confusion around love, passion, children, work, money or the past," Thomas puts forth. Take advantage and use this slowed-down period to "pivot your plans forward" to find "fulfilling paths and closure."

The coming year will also "place emphasis on" and "bring change to" your home, family and domestic life from mid-summer until mid-autumn, predicts Thomas. The second half of the year is "sure to bring you happiness and fulfillment.

"True love, creativity and living in the moment could be top priorities."

**CRAFTING CONNECTIONS ACROSS OUR COMMUNITIES**



Both buildings have been bustling with creativity and community spirit!

At the McCarthy, residents made colorful scarves and enjoyed ice cream together while honoring Martin Luther King Jr. Day. Over at Steele, tenants got crafty by creating festive winter door hangers, bringing a cheerful touch to the hallways.



These gatherings not only showcased everyone's artistic talents but also fostered a warm sense of camaraderie. Great job to both communities for kicking off the year with fun and meaningful activities!

**WANT TO BE FEATURED? SUBMIT A PHOTO AND SOME FUN FACTS ABOUT YOURSELF TO [TRACY@MELROSEHA.COM](mailto:TRACY@MELROSEHA.COM)**



## MAINTENANCE

### MAINTENANCE DIRECTOR

Patrick Walsh

### THE GUYS

Anthony Cappuccio

Sam Sotirios

Tony Moniz



## MEET THE STAFF

### EXECUTIVE DIRECTOR

Martin Corona

- [martin@melroseha.com](mailto:martin@melroseha.com)

### CHAMP COORDINATOR

Susan Tuminelli

- [susan@melroseha.com](mailto:susan@melroseha.com)

### FINANCIAL DIRECTOR

Kathleen Marks

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### PUBLIC HOUSING COORDINATOR

Tracy Breedon

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### SECTION 8 & FSS

Erin Keating

- [erin@melroseha.com](mailto:erin@melroseha.com)

### HEAD CLERK

Cynthia McIntyre

- [cmm@melroseha.com](mailto:cmm@melroseha.com)



Make Online Payments



View Account Balance



Perform Recertifications



Send & Receive Documents



Submit Work Orders



Electronically Sign Documents

## Tenant Portal

Stay Connected with Our Tenant Portal

Last month, everyone received a Registration Code to sign up for our Tenant Portal. If you haven't registered yet, be sure to take advantage of this convenient way to stay informed, make online payments, and quickly submit maintenance requests. We want everyone to benefit from the new features, so if you need help signing up or using the portal, please reach out! Call Tracy at **781-665-1622** or email [tracy@melroseha.com](mailto:tracy@melroseha.com) for assistance. Don't miss this opportunity to stay connected and make life a little easier!