

After Hours Maintenance

Although most maintenance requests are completed during normal business hours, we do offer emergency maintenance for problems that require immediate attention. When reporting any service request, whether it is during office hours or after, please give a complete description of the problem, your name, unit number and telephone number. Having accurate and complete information will assist us in meeting your needs more quickly.

2020 Census Employment Opportunities

The Codman Square NDC will be a recruiting site at our Computer Learning Center, 108 Columbia Road. Registration began on Friday, October 25 and every Friday thereafter from 12-2pm. All applicants must apply online. Earn \$25 per hour. For more information contact Marilyn Forman at 617-825-4224 ext. 148.

CALLING ALL YOUTH – Act Up & Vote!

Youth Underground performs original plays that investigate social issues relevant to young people. This year's theme: Voting. Hear the voices of urban youth, plus their families, teachers, political leaders, and personal heroes as they share life stories, debate about whether their votes matter, and work to make a better world. **Tuesday, November 19** at 7pm at the Black Box Theatre Inside Codman Academy on Epping/Norfolk Street, Dorchester. Please RSVP to Marilyn Forman 617-825-4224 ext. 148. Time: 1 hour 30 minutes

Leadership Reboot Reunion

Join leaders past and present to discuss what has happened since leaders have put their skills into practice. Meet other leaders and guest speakers. Add more tools to your skill toolbox, and get the wheels turning. Morning snack and lunch will be provided. **Saturday, November 23.** For more information contact: Marilyn Forman at 617-825-4224-ext. 148 or email: marilyn@csndc.com.

Black Friday Tips

Get ready for busiest shopping day of the year! Get the best bang for your bucks with these tips:

- Your local Thanksgiving Day newspaper will be your number one source to local savings. It will let you know specific times for special savings.
- Research the products you want before you get them. Bad products are a bad buy, no matter the price.
- Check out Thanksgiving Eve online shopping. Many items can be ordered and picked up the next day at your local store.
- Know the store policies on returns. Many retailers are including restocking fees and also shorter return deadlines. Keep all receipts; get gift receipts for easy returns. Make a detailed plan of your day and have fun!

Take a Walk

The cooler temperatures and warm colors of fall make it a great time to take a walk. It's a great way to manage your weight, improve your mood and feel more energetic. It's also one of the cheapest ways to stay active, so grab your athletic shoes and go for a walk. Studies show that walking on a regular basis for 30 minutes a day can help reduce your risk of heart disease, stroke, high blood pressure and some types of cancers. It can also protect older adults from falls and bone fractures and helps control swelling and pain from arthritis. Try incorporating walking into your daily routine by parking farther away from entrances and taking the stairs instead of the elevator. If you have kids or grandkids at sports practices, walk around the field while watching them. Walk up and down hallways.

S	M	T	W	T	F	S	
November						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

Calendar Events


November 8
Neighborhood Council
Great Hall
7pm

November 12
Woman of Color
Gathering
Contact Yvette:
Yvette@csndc.com
Juice & Jazz Café
501B Washington Street
6-8pm

**November 13 &
November 27**
Brothers Building /
Support, Learn & Teach,
Heal and be Healed
Contact: James Mackey
857-500-2713
86 Southern Avenue
6-8pm

November 15
CSNDC Board Meeting
CSNDC Office
5-7pm

November 19
Act Up & Vote
Youth Production by
Youth Underground of
Cambridge
Black Box Theatre
7pm

 WinnResidential

 NeighborWorks®
CHARTERED MEMBER

 United Way
of Massachusetts Bay



CSNDC Community News

Office Closed

Our office will be closed on **Monday, November 11** for Veterans Day and **Thursday, November 28 and Friday, November 29** for Thanksgiving. We wish you and your family a very Happy Thanksgiving!

Fall Back

It's that time! Make sure you set your clocks back one hour on **Saturday evening/Sunday morning, November 3.**

Don't Forget to Vote!

It is your civic responsibility to vote on **Tuesday, November 5.**

Thanksgiving

On Thanksgiving Day, American families gather around tables laden with food and give thanks for their blessings of the past year. Although this custom was derived from the Pilgrims at Plymouth Rock, it is a custom that has been celebrated for years all around the world. Farmers would have a day of thanks featuring an elaborate feast to celebrate the final harvest. In 1863 Abraham Lincoln decided to declare Thanksgiving a legal holiday.

The theme of Thanksgiving has always been peace and plenty, health and happiness. To be truly observed, it involves not only "thanks" but "giving" too. It is a time for special generosity in remembering and helping the less fortunate.

Here Is Why We Are Thankful!

This holiday season we are filled with gratitude because you have chosen our community for your place to call home! Thank you for picking up any trash you see. Thank you for being kind and courteous to your neighbors. Thank you for not speeding and watching out for our kids. We're so glad you are here!

Rent Matters!

When your household income changes, it is critical to inform management as soon as possible. If a rent change or supportive services may be needed, it is important that you inform management immediately.

Remember to pay your rent on or before the first of each month. When making rent payments, please make sure your unit number and phone number are on your check or money order.

November 2019

**CODMAN SQUARE NDC
Owner's Office Hours**
Weekdays 8:30am - 5:00pm
587 Washington Street
Dorchester, MA 02124
617-825-4224

Homeownership Classes
Carolyn McGee at Ext. 127

Financial Coaching
Keyna Samuel at Ext. 134

Business Technical Assistance
Charlie Vlahakis at Ext. 124

Jobs Network
Jason Boyd at Ext. 140

Computer Learning Center
108 Columbia Road
Dorchester, MA 02121
Prince Charles at 617-606-7078

**WINN RESIDENTIAL
Management Office Hours**
Weekdays 9:00am - 4:00pm

702 Washington Street
Dorchester, MA 02124
617-825-8888

95B Washington Street
Dorchester, MA 02121
617-445-1412

173 Columbia Road
Dorchester, MA 02121
617-287-9580

193 Talbot Avenue
Dorchester, MA 02124
617-265-3200

232 Seaver Street
Dorchester, MA 02121
617-427-4278



November

There's a lot to celebrate in November!
LET'S PARTY!

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- NOVEMBER 11**
Veteran's Day
- NOVEMBER 13**
World Kindness Day
- NOVEMBER 21**
The Great American Smokeout
- NOVEMBER 27**
National Jukebox Day
- NOVEMBER 28**
Thanksgiving



- FRIDAY, NOVEMBER 29**
Black Friday
#BlackFriday
- SATURDAY, NOVEMBER 30**
Small Business Saturday
#ShopSmall
- MONDAY, DECEMBER 2**
Cyber Monday
#CyberMonday
- TUESDAY, DECEMBER 3**
Giving Tuesday
#GivingTuesday

Another way to make a difference while shopping Amazon online is to make sure you pick your favorite charity. Amazon will donate 0.5% of every eligible purchase. Every purchase adds up.



APPLE BREAD

- 1 can apple pie filling (*mashed*)
- 1 yellow cake mix
- 4 eggs slightly beaten
- 1 C. self rising flour
- 1 Tbs. cinnamon
- 1 Tsp. nutmeg
- 1 medium size apple (*chopped*)

Cinnamon & Sugar for sprinkling on top

Whisk all dry ingredients together. Add wet ingredients. Mix together well. Fold in apple. Grease two loaf pans and pour mixture in. Sprinkle cinnamon & sugar on top. Bake in 325 degree oven for 35 - 45 minutes. Cool completely. Keep one & share one with someone.



Thankful

TO START NEW TRADITIONS

We all know how stressful and demanding the holidays can be. How about we start out Thanksgiving Day by creating some traditions for you and your family.

- Relax with a leisurely breakfast—pancakes or waffles, eggs, coffee cake. Enjoy your morning before the craziness of the day.
- What can you do to create some “me” time? Go for a walk or run? Take a long, morning soak in the tub? Spend an hour reading your favorite book? Watch a holiday movie? Carve out some time for you even if you have to do a little bit of work the night before.
- Journaling your gratitude doesn't have to take long. Start with one thing you are thankful for on November 1 and work your way through the rest of the month. Spend a few moments on Thanksgiving morning looking through what you've written down.
- How about some games? Football, kickball, board games, charades are a great way to include everyone and you may just find this a tradition all look forward to in the future.
- Host a “Friendsgiving Day After.” Have them bring their leftover food and spend time eating, watching TV or playing games. You might even see who can create the best “leftover” dish.

THE GREAT AMERICAN SMOKEOUT



Thursday, November 21, is the day and 24 hours of no smoking is what they're asking for! Quitting smoking, even for a day, helps you take an important step towards a healthier life.

There are tools and support to help you through this process. Google “ways to stop smoking” and use any and all helps. Find an accountability partner and make a plan.

Quit smoking—save your life and save money!

NATIONAL JUKEBOX DAY



Who even knew? From its introduction in 1889, to the golden era in 1930's, to the digital revolution in 1998 (choosing from 750 songs), the jukebox goes mobile through the **TouchTunes** app which offers a wide variety of songs and jukebox lights on your phone. Check it out!

thanksgiving

FILL IN

6 LETTERS	7 LETTERS	8 LETTERS	9 LETTERS
Autumn	Harvest	Thankful	Blessings
Family	Pumpkin	November	Mayflower
Gather			Tradition

Fill in the crossword puzzle using the words provided.

We can't say it often enough, but “thank you” to all who have or are serving in our armed forces. We encourage you to take the opportunity on Veteran's Day to ensure our military personnel know how much we appreciate the sacrifices they have made for our freedoms.

Here are some practical ways to show your appreciation.

A handshake and a thank you are always welcome.

Pay for a veteran's meal. If there are several, give them \$20 and tell them to split it.

If they're with their family, thank them too. Many times the spouse and children also “serve” during times of deployment.

Attend a military event or better yet, volunteer.

Talk to a veteran and get to know them.

