

Plainville Housing Authority Monthly Buzz

November 2022



History of Election Day

Election Day is observed on the first Tuesday after the first Monday in November, taking place on November 8 this



year. This is the day we cast ballots to select public officials from local to the national government. Presidential elections are held every four years, in years divisible by four, while the elections to the United States House of Representatives and the United States Senate are held every two years. Other state and local government elections can be held in any year that is designated by the state.

Please remember if you don't vote you don't count.

Mackenzie's Holiday

Garlic Parmesan Roasted Potatoes

Ingredients needed:

7 to 8 medium sized potatoes, 4 tablespoons of melted butter, 1 cup parmesan cheese, ½ teaspoon fresh cracked pepper, 1 table spoon minced garlic, 1 table spoon paprika, 1teaspoon salt, 1 teaspoon Italian seasoning and parsley to garnish 😊

Directions

1 Pre-heat oven to 400 degrees, 2 cut a thin lengthwise slice off the bottom of each potato to make them more stable. Cut potatoes crosswise into thin slices being careful not to cut all the way through. 3 Poor melted butter on top of all potatoes and brush to coat between the slices. 4 In a bowl combine the spices and parmesan cheese mix well, sprinkle the mixture over the potatoes and between the slices. 5 Transfer to a baking dish. 6 Bake for 40 minutes to an hour until golden, sprinkle with parsley. 7 Serve while hot and enjoy.

Veterans Day Poem

On Veterans Day we honor all. Who answered
to a service call. Soldiers young, and Soldiers
old. Fought for freedom, brave and bold.

Some have lived, while others died. And all of them deserve our pride.
We're proud of all the soldiers who. Kept thinking of red, white and blue.
They fought for us and all our rights. They fought through many days and
nights. And though we may not know each name.

We thank All veterans just the same.

We Salute You !!



Dates Observed in November

11/1 - Diabetes Awareness Month

11/8 - Election Day

11/11 - Veterans Day

11/24 - Happy Thanksgiving

IN CASE OF A MAINTENANCE
EMERGENCY CALL

1-508-699-4212



Plainville Housing Authority
140 East Bacon Street
Plainville, MA 02762

Hours: Tue-Thurs 8am to 4pm
Wed: By Appointment

Phone: (508) 699-4212
Fax: (508) 699-7408
RSC@plainvilleha.org

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Facts about Diabetes

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream.

When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream.

Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease. There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help.



PHONE
BASICS



Coffee with a Twist



Scheduled for: Wednesday November 16, 2022 at 10:00am

Located at: 140 East Bacon Street In our Community Room

Your RSC will be doing a basic mobile phone course on how to

Use your apps and install them: DTA (SNAP), SSA Wage Reporting

And much more!!



All Maintenance Requests

Must be submitted through the main office of the Plainville Housing Authority at 140 East Bacon Street. Any office staff can take maintenance requests at 508-699-4212

Major events that happened in November 1988

Three decades ago, the Winter Olympics took place in Calgary and the Summer Olympics were held in Seoul, candidates Michael Dukakis and George Bush competed for the 1988 U.S. presidential election, the Soviet Union withdrew its troops from Afghanistan, NASA's Space Shuttle program resumed launches following the 1986 Challenger disaster, a passenger aircraft was brought down by a terrorist bomb over Lockerbie, Scotland.

1988