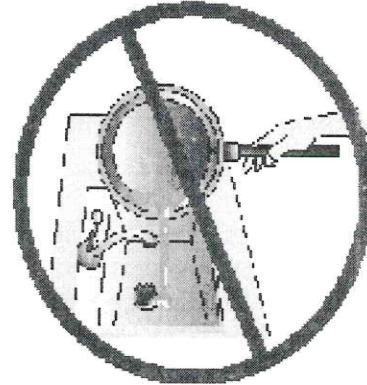


Wayland Housing
106 Main Street
Wayland, MA 01778
V/TTY: 508-655-6310

Memo



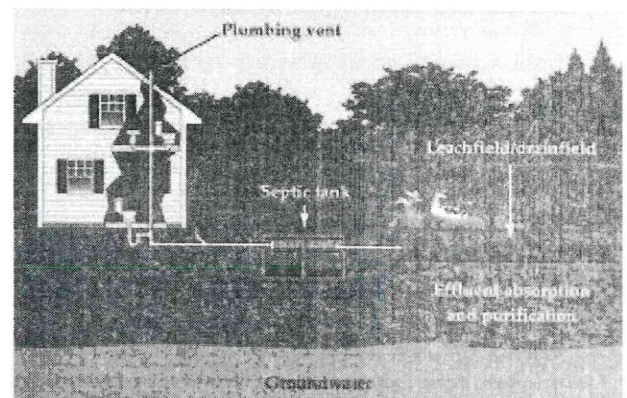
To: WHA Residents
From: Brian Boggia, Executive Director
Date: 2/9/2024
Re: Septic Care

As with virtually all homes in Wayland, WHA housing units use a septic system for the disposal of household sewage. Septic systems are very fragile, so they must be used and maintained very carefully to ensure a proper functioning and a long life. New systems and even repairs are very costly. Site conditions can make a repair impossible, potentially causing the loss of housing units.

Do not flush paper towels or any type of plastics. The only thing that should down the toilet is biodegradable toilet paper.

To protect septic systems, all WHA residents are responsible for the following:

- Conserve water.
- Don't put food or garbage down the drain.
- Put a strainer in the sink to catch food scraps.
- Drain oils and fats into a coffee can and dispose in the trash when solidified.
- Wipe off oils and fats before washing dishes.
- Do not flush plastic wrappers, tissues, tampons, diapers, paper towels, cigarette butts, hair, cooking oil, coffee grounds, or kitty litter down the toilet.
- Use white toilet paper, which is more biodegradable than dyed paper.
- Try to reduce your use of dishwasher and laundry detergent.
- Do not put additives or chemicals into the system. Bleach, medicines, paint, paint thinner, disinfectants, pesticides, "Draino," "Tidy Bowl" and acids will kill the bacteria needed to decompose organic matter.
- Do not drive over septic areas. Heavy weights or equipment can cause a collapse.



The WHA maintenance policy calls for routine inspections and pumping of septic systems every other year and on an emergency basis. Please contact the office if you have any questions.

There's More!

Although you may not realize it, your septic system works hard for you every day treating all the wastewater coming from your home. Every flush of the toilet, water flowing down the drain after a shower, or a load of laundry is treated by the hard-working microbes in your septic system. Septic tanks require a delicate balance of bacteria and enzymes to break down waste. In return, the bacterial action in the septic tank needs some regular care and maintenance to keep it healthy and in working order. However, you may be disrupting that delicate process by using harsh dishwashing detergents or laundry soaps.

The first way to care for your septic system is to pay close attention to the ingredients contained in the products that you send down the drains. Many products contain ingredients that are harmful to your septic system by encouraging algae growth, killing the good bacteria, and shortening the tank's useful life.

Powder Or Liquid?

Septic systems, just like pipes, can become clogged. Powdered detergents, particularly when used in large quantities, can clog your septic system and, in severe cases, block drains the same way sludge and debris can clog the water pipes in your home. Regardless of the brand, powder laundry detergents typically contain additives such as sodium as well as fillers that don't break down fully during the laundry process. When these materials enter your drain pipes and septic tank, they can settle to the sides and build up over time. Eventually, you will have a clog that requires professional removal. However, liquid detergents have far fewer supplemental and filler ingredients than dry detergents. Liquid laundry detergents will dissolve completely. If you take the time to read labels carefully, you will find some products are available that do not disturb the enzyme balance of your drain field.

Be Gentle With Your Septic Tank

Antibacterial soap is made to kill bacteria. While this may be great for cleaning, it is terrible for your septic system. By its very nature, antibacterial soaps also kill the bacteria inside your septic tank. However, inside your septic tank, bacteria is essential to breaking down the solid waste, and bacteria in your system's drain field destroy harmful pathogens. While a single use of antibacterial soap has little to no effect, using antibacterial products on a regular basis in your home can harm the bacteria living in your septic tank and will seriously affect their performance.

Phosphate-Free

Phosphorous is a common ingredient used in all types of detergents because it helps to clean and remove grime at the same time. Flushing phosphates into your septic tank can kill bacteria and enzymes that reside in your tank and are used to decompose waste. Phosphates can filter through your septic drain field, eventually, enter the surrounding soil, and transfer into nearby waterways, killing fish, plants, and other wildlife and even causing algae blooms. Detergent manufacturers do not usually list how much phosphate is in their product. If you read labels, you may find products that list they are free of phosphates.

Quality Over Quantity

By design, household cleaners are harsh and dangerous. They are intended to break down grease and dirt and kill germs. The more powerful and toxic the cleanser, the more harmful it can be to your septic system. Everything from toilet bowl cleaners and sink or bathtub sprays to hand soaps can contribute to the destruction of good bacteria in the septic tank. However, trying to find septic-safe products is not an easy task and can be confusing.

Using septic tank-friendly chemicals can prevent expensive repairs and avoid serious health problems. Most all-natural cleaners are septic safe. One of the best ways to ensure you are using septic-safe laundry soap and dishwashing liquids is to reference the US Environmental Protection Agency's (EPA) list of Safer Choice products. Non-chlorine, non-ammonia, non-antibacterial, non-toxic, and biodegradable cleaning products may not only be better for some members of your family as well as the environment, but they will also reduce the cleaning agents that enter the septic system. Keeping your septic tank healthy can extend its useful life saving you time, money, and headaches.

Marijuana

This policy clarification is issued by the Board of Commissioners to dispel any misconceptions about the impact of the 2016 vote to legalize the recreational use of marijuana in Massachusetts (Question 4, November 8, 2016 ballot; see <http://bit.ly/2jGZDKd> for text of ballot question).

As required by federal law and your lease, possession, use, or cultivation of marijuana is prohibited within WHA buildings and on WHA grounds. Possession, use, or cultivation of marijuana constitutes an enforceable lease violation that may result in termination of your tenancy and eviction from your unit.

Any person with a bona fide medical condition requiring possession and use of marijuana may submit a request for accommodation with appropriate documentation. Such use of marijuana, if found to be a reasonable accommodation, will be restricted to methods of ingestion that do not violate the WHA's policy that prohibits smoking inside WHA buildings and within 25 feet of any entrance.

Under no circumstances shall cultivation or sale of marijuana be permitted on WHA property. Please direct any questions to the WHA office.

ATTACHMENT B: LHA Notice to Tenants (No LTO)

Wayland Housing Authority

106 Main Street

Wayland, MA 01778

NOTICE OF OPEN TOWN APPOINTED TENANT BOARD MEMBER SEAT

January 5, 2024

[Click or tap here to enter Tenant address.](#)

Dear Tenant:

This Notice is to inform you that the Town of Wayland is soliciting names for consideration to fill the Town Appointed Tenant Board Member seat of the Wayland Housing Authority.

Pursuant to changes made to M.G.L. c. 121B, §§ 5 & 5A by Chapter 358 of the Acts of 2020, "An Act Enabling Partnerships for Growth," Towns are now required to appoint a tenant of the Local Housing Authority ("LHA") to the LHA Board. This position is known as the Town Appointed Tenant Board Member Seat.

The Board is the governing body of the LHA which is responsible for adopting policy, approving contracts, budgets and annual plans, and hiring and overseeing an executive director to run the day-to-day operation of the LHA. The Board acts by a majority votes which are cast by Board members at open meetings.

As a Tenant Member of the LHA Board, you will receive training provided by the Department of Housing and Community Development (DHCD) as well as other training that may be required for public officials by law. DHCD partners with the Mel King Institute which provides a comprehensive overview of the role of tenant board members and the operations of LHAs in a three-hour training. This is then followed up with the opportunity to participate in ongoing trainings throughout the year on topics such as:

- Role of LHA Board and DHCD
- LHA Budgets
- Capital Improvement Plan (CIP)
- Annual Plans
- Performance Management Reviews (PMR)
- State-wide online tenant selection system (CHAMP)

In addition, the Mel King Institute offers opportunities for Tenant Board members to connect with one another and share experiences and questions in unstructured peer-to-peer learning sessions.

If you or an adult authorized household member wishes to be considered for the Town Appointed Tenant Board Member Seat, you must fill out the attached "Notice of Intent to be Considered for Town Appointed Board Member Seat" and return it to the Wayland Town Clerk at the following address:

Trudy Reid

ATTACHMENT B: LHA Notice to Tenants (No LTO)

Wayland Town Building, 41 Cochituate Road
Wayland, MA 01778

PLEASE NOTE: In order to be considered for the LHA Town Appointed Board Member Seat, you must fill out the attached form and return it to the Town Clerk at the above address no later than [Click or tap here to choose date.](#)

If you have questions about this Notice, the accompanying Notice of Intent to be Considered for Town Appointed Tenant Board Member Seat, or the Town Appointed Tenant Board Member Seat generally, please contact the LHA with questions.

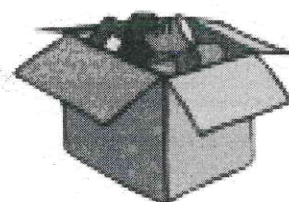
Sincerely,

Brian Boggia, Wayland Housing Authority

Enc. Notice of Intent to be Considered for Town Appointed Board Member Seat

BURIED IN TREASURES WORKSHOP
For People Who Struggle with Excessive Clutter
Beginning March 14, 2024

Information Session: Feb. 15, 2024, 11 a.m.
Natick Community Center
117 E. Central St., Natick



Do you avoid having friends or family over
because your home is excessively cluttered?

Do you have trouble getting rid of stuff? Do you buy more than
you need?

Wayland COA Outreach Coordinator Maura Snyder will co-lead a 16-week workshop for people who struggle with excessive clutter. Research shows that using the book *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* in a structured group is one of the most effective ways to address this disorder.

The group will meet on Thursdays from 11 a.m. to 1 p.m. starting March 14, 2024, at the Natick Community Center. Participants are required to have the book *Buried in Treasures* by David Tolin, Randy Frost, and Gail Steketee. Some copies may be available if cost is an issue.

To ask questions or register for the Information Session, call Natick COA Asst. Director Debbie Budd at 508-647-6540, ext. 1906.

Be SAFE on ICE

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that IWIF sees — especially during the winter months.

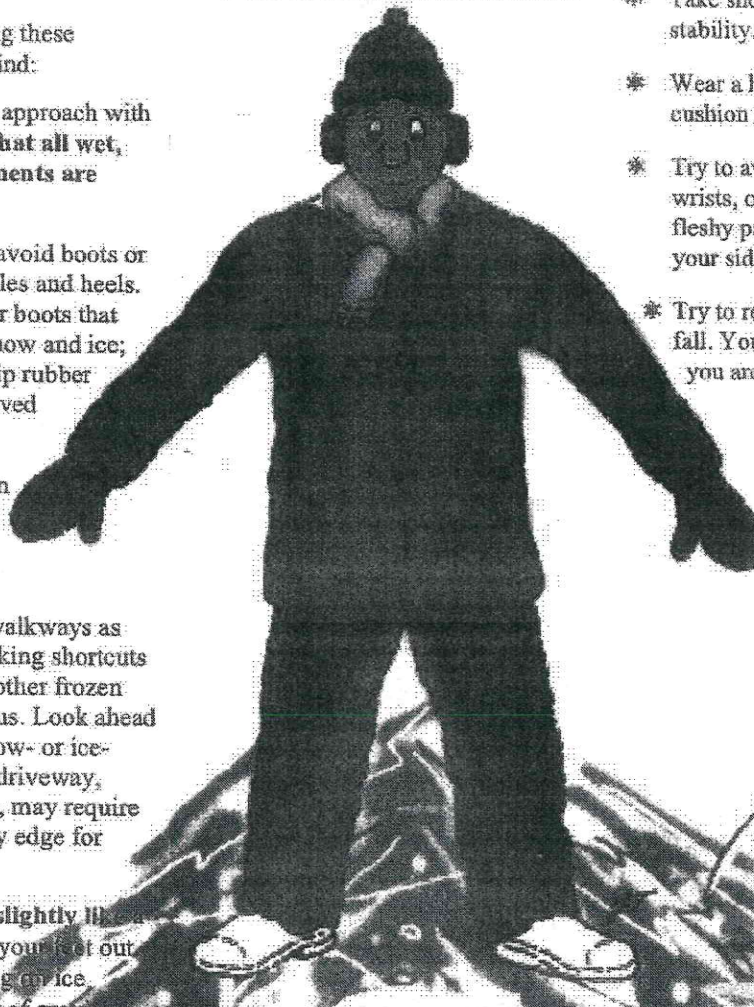
No matter how well the snow and ice is removed from parking lots or sidewalks, your employees will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

IWIF recommends keeping these important safety tips in mind:

- * In cold temperatures, approach with caution and **assume that all wet, dark areas on pavements are slippery and icy.**
- * During bad weather, avoid boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- * Use special care when entering and exiting vehicles; use the vehicle for support.
- * Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.
- * **Point your feet out slightly like a penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity.

www.iwif.com

Walking Safely Like a Penguin in a Winter Workplace Wonderland



- * Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- * Extend your arms out to your sides to maintain balance.
- * **Keep your hands out of your pockets.** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.
- * Watch where you are stepping and ... **GO S-L-O-W-L-Y!!**
- * Take short steps or shuffle for stability.
- * Wear a heavy, bulky coat that will cushion you if you should fall.
- * Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.
- * Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.

I think he's got it!

Do the Penguin Shuffle

SAFETY SAVES With IWIF



Cold Weather Safety Tips

Family Scattered Sites

We want all WHA residents to stay safe during extreme cold weather. We put together some safety tips for the winter season. When you know severely cold weather is coming, remember to take steps to prepare. Keep in mind that if you have an emergency, please dial 911.

If you lose electric power, please call your utility company to report any outages.

Eversource: 1-800-592-2000 **National Grid:** 1-800-322-3223

For extended power outages call WHA Maintenance Emergency: 508-655-6310 x18.

No heat or power

When the town of Wayland declares a winter weather emergency, the Bent Park and Cochituate Village Apartments Community Rooms are made available as warming centers. The Town of Wayland also has a shelter at the Wayland Middle School during community-wide emergencies.

In an extended outage situation, if the WHA cannot restore heat or electricity to your home, the WHA may move your household to a temporary shelter or motel until service can be restored. You may also consider staying with family or friends.

To prepare for power outage, stock up on batteries, flashlights, and canned goods. Make sure to have a battery-operated radio, extra medicine, blankets, and bottled water on hand. If you lose power, unplug all your appliances except one lamp to prevent power surge damage. Keep refrigerators closed as much as possible. Food will stay fresh for about 36-48 hours in a full fridge.

Keep your home safe

When you prepare for the storm, remember to create a family emergency plan. You should also maintain smoke alarms on every level of your home. Replace the batteries in your smoke detectors when you adjust your clock for Daylight Saving Time. If the smoke detector goes off, leave your home right away and call 911.

Your heating system

Gas Heat: The WHA pays for an annual maintenance plan for gas heated units. Please notify the WHA of any heat problems so we can keep a service log on your unit.

Oil Heat: Residents must choose a heating oil company at the beginning of the heating season and notify the WHA. You should ask your oil company for an annual maintenance plan application/renewal. The WHA pays for the maintenance plan. Service plans include preventive and emergency maintenance. Before the heating season begins, you should schedule preventive maintenance with your oil company to prevent "no heat" calls in the winter. You should contact your oil company for any emergency service problems. Also please notify the WHA of emergency maintenance so that we can keep a service log on your unit.

Fire Safety

NEVER use your oven for heat and NEVER bring charcoal or gas grills indoors. They are a carbon monoxide hazard. Liquid or gas-fired portable space heaters are illegal in Massachusetts.

Other heating tips

- Never leave candles unattended.
- Keep dryer vents clear of snow and ice.

Preventing frozen pipes

Keep your heat at a normal level or leave your faucets open with a slight drip to prevent your pipes from freezing. Check for open windows, air vents, and wind drafts near water pipes.

Leave kitchen and sink cabinet doors open if the pipes behind the doors can freeze. This allows heat to reach the pipes. Make sure to insulate pipes in unheated spaces like garages, basements, and crawl spaces.

If your pipes get frozen

Call WHA Maintenance immediately. When your pipes are frozen, there is often water available in at least one faucet. If there is no water coming through any of your taps, there may be a problem in your street or yard. Call the Wayland Water Department's 24-hour Emergency Assistance line at 508-358-4721.



Snow Blowers

If you have a snow blower, always start your snow blower in a well-ventilated area to avoid carbon monoxide poisoning. Follow the manufacturer's safety operating instructions.

Don't forget to Shovel

Please remember to shovel your driveway and the sidewalks next to your property.

Conserving Heat

- **Keep all windows closed and locked/sealed**
- **Remove all air conditioners from your window October 15th through April 15th**

Carbon monoxide

Carbon monoxide is odorless, tasteless, and colorless gas is created when fuel is burned. Carbon monoxide prevents your body from using oxygen. This can lead to damage to your heart, brain, and other organs. The gas can emit from:

- oil or gas furnaces
- water heaters
- stoves

Nichole's Law requires all homes and apartments with a potential source of gas to have a working alarm installed in each apartment, and on each occupied floor.

Carbon Monoxide poisoning

Every year, thousands of people are killed or seriously injured from breathing in carbon monoxide. People often don't realize they're exposed until they are seriously ill. Common early symptoms of poisoning are:

- fatigue (feeling drowsy)
- confusion
- headaches
- dizziness, and nausea.

If you think you or someone you know has been poisoned by carbon monoxide, call 911. You should also leave your home and call 911 if your carbon monoxide detector goes off in your home.

Sources of carbon monoxide

Make sure your gas and oil appliances and heating systems had preventative maintenance annually. If they are not, they can become sources of carbon monoxide exposure. Winter is a dangerous time for poisoning. Make sure your house's heater vent is clear of ice and snow.

Common sources of carbon monoxide include:

- gas stoves and ovens
- cars and trucks
- gas and oil heating systems.

Other carbon monoxide tips

- Replace your carbon monoxide detector's batteries when you adjust your clock for Daylight Saving Time.
- Never operate any combustion engine indoors, even if you leave the door open.
- Never leave a child or pet in a car with the motor running.
- Don't have windows open near running cars or trucks.
- The Wayland Fire Department has more information on carbon monoxide safety.

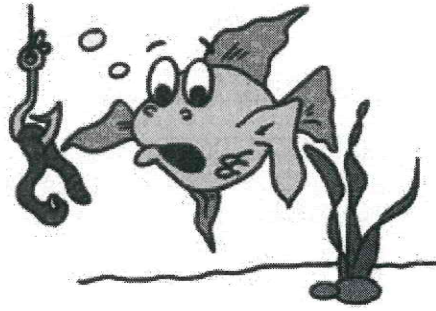
Winter driving and street parking

- Do not drive during winter storms unless absolutely necessary.
- The Town of Wayland Highway Departments reminds all residents that the winter on-street parking ban is in effect on Town roads from November 15th until April 1st. All illegally parked vehicles impeding snow and ice operations will be ticketed and towed at the owner's expense.
- State Law prohibits residents and private contractors from shoveling, blowing, plowing, or throwing snow onto public streets or sidewalks.

Personal safety

The WHA cannot guarantee the personal safety of each resident, especially in extreme weather. You are the only person who can guarantee your own safety. Residents are urged to use caution during adverse weather conditions. Please contact the office to report any problems or if you have any questions or concerns.





WAYLAND YOUTH FISHING DERBY

April 27, 2024

Mill Pond, Wayland

8:00 AM to 10:00 AM

ORGANIZED & SPONSORED BY

CARPENTRY by TOM ANTONELLIS

WITH SUPPORT FROM MANY LOCAL BUSINESSES

RAIN OR SHINE, THE FISH DON'T CARE IF IT RAINS

LIKE US ON FACEBOOK

WWW.WAYLANDFISHINGDERBY.COM

*WAYLAND YOUTH FISHING DERBY IS OPEN TO ALL WAYLAND CHILDREN TO GRADE 8

*NO ENTRY FEE TO FISH

*BRING YOUR OWN GEAR AND BAIT

*THE POND IS STOCKED WITH MANY TROUT INCLUDING TWO "SPECIAL FISH"

*COFFEE, DONUTS, HOT COCOA AND MORE

*RAFFLE FOR ADULTS AND CHILDREN

*PRIZES

*RIBBONS FOR ALL CHILDREN

ALL PROCEEDS FROM THE EVENT WILL BE DONATED TO



vitamin angels®