



**Needham Housing Authority
28 Captain Robert Cook Drive
Needham, Ma 02494
Tel (781) 444-3011**

NOVEMBER 2020 NEWSLETTER

Dear Residents:

I came across the following statement that I wanted to share with you: "Not every day is a good day, but there is good within each day." In light of all that is going on in the nation and world over this past year it is very easy to get caught up in the negative messages and energy that surrounds us on a daily basis. However, I sincerely urge you to spend some time each day identifying and acknowledging something positive or uplifting that occurred. Perhaps, it's a phone call or text message from a friend or family member, or the presence of something in nature, such as a beautifully colored tree, flower or a favorite photograph. What better time of year to begin this practice than now as Thanksgiving approaches. Although we may not be able to come together as in the past, I hope that we all will remember that the original feast was celebrated as a way of people from different cultures to help each other through the struggles of those times.

During this month we also acknowledge all those Veterans who served and/or gave their lives to protect us from oppression. We also have the opportunity to exercise our right to vote. Perhaps by the time you read this the election will be over. I hope we can make America not only great but kind as well!

If there is any one who is in need of a Thanksgiving meal or the fixings or may be struggling in any way please take advantage of the help that is being offered by the Town of Needham. You are also encouraged to contact me at the Office.

I wish you all a Happy Thanksgiving!

Sincerely,

Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program- due to the continued concerns regarding COVID 19 & social distancing we will not be running the after school/tutorial program on site @ 40 Capt. Robert Cook Dr., **However**, we will be offering remote tutorial and homework help in conjunction with the Needham Public Schools. Any family in need of help please contact Debra Tambeau at (781) 444-3011.

Communities United Inc outreach-. provides top quality licensed educational programs and childcare at low cost for children 4 months to 5 years of age. They are still accepting applications for the 2020-21 school year. Any interested families can fill out an online application @ www.communitiesunited.org//applynow.

Kate Girardi

Enrollment and Health Specialist
(617) 744-0036 ext. 223

Family Access Community Connections- offers free programs for parents & children (birth to 8 years old) at the Needham Public Library, which includes **Raising A Reader, Learn & Play Groups & a Literacy Group**. Check out their weekly calendar of events at: www.familyaccesscommunityconnections.com or contact Jodi Levin at (617) 969-5906 Ext. 114.

Smoking Cessation Program: Call the **Massachusetts Smokers' Helpline at 1-800-QUIT-NOW** for free support and advice to help you quit.

NUTRITIONAL SERVICES

Needham Community Council @ 570 Hillside Ave, Needham MA. In order to access any of the services you must sign up in advance by going to their website: www.needhamcommunitycouncil.org or by calling **781-444-2415**.

- **Food Pantry**- Is open **by appointment only** on **Mondays from 10:30am-1:00pm** and on **Wednesdays from 10:00am -1:00pm & 5:00pm-6:30pm** for curbside pickup. **Tuesday is set aside for deliveries between 1 & 4 pm.**
- **Outside tent Thrift Shop** is open on **Fridays from 10-2pm** depending on weather with plans to **return inside at the end of November.** (Donations to the thrift shop are by appointment only.)
- **Thanksgiving Dinners**-the Needham Community Council will be continuing the tradition of providing a free Thanksgiving Dinner to all Needham neighbors with the choice of either a professionally prepared Thanksgiving dinner delivered directly to their doors or the ability to pick up all the ingredients for a home cooked meal at the Food Pantry. With the help of the Needham Golf Club and the Rotary Club they are able to adjust their Thanksgiving Outreach and keep everyone safe during the pandemic. A big Thank you to the NCC and all their partners for helping us to continue the tradition. Hopefully, we will be back together next year!

Needham Public Schools Meals Program- Effective **September 1, 2020** lunches will no longer be delivered to NHA families. All children will receive meals at school during the weeks they are on site. During the weeks of remote learning, meals will be available for pick up at your child's school. Any changes will be addressed via the Superintendent's & Schools' Newsletters.

Springwell- Meals delivery will continue Monday-Friday, with the exception of holidays. If anyone needs assistance, please contact Springwell at (617) 972-5700.

AGING SERVICES

Center at The Heights- Program being offered by Center Staff:

- Daily Springwell Lunch Deliveries (Mon - Fri)
- Weekly Trader Joe's Goodie Bag of Groceries (\$20)
- Free Weekly Freshness Delivered (Fresh produce and vegetables)
- Free Mask Deliveries
- Phone Pal Program (A middle or high school student is set up with a senior to call on a regular basis so they can have community service hours and they benefit from making a social connection.)
- Social Services Appointments and Outreach
- SHINE appointments
- Remote Programming (To include exercise, health and wellness, education, technology - focused, finance and legal, social and entertainment, etc.)
- Surprises! (Mother's and Father's Day gifts, special desserts, toiletries and more)

Springwell:

Linden & Chambers Residents: Need additional assistance? Please contact Housing Care Coordinator **Isabella Carrasquillo @ 617-972-5630** Monday through Friday 9:00am to 5:00pm. For urgent requests after Isabella's work hours please contact Springwell's main number @ 617-926-4100.

RECREATIONAL SERVICES/ACTIVITIES:

Family Access Community Connections- "Funstruction: Tinker At Home Kits: This kit provides your child with an opportunity to practice creative problem solving and engineering skills to build 3D sculptures out of familiar objects, such as play doh, pipe cleaners & straws, which are included. For more information contact Deb Tambeau @ the NHA office or Jodi Levin @ (617) 969-5906 ext. 114.

Chair Yoga- Cathy Lunetta is offering Chair Yoga once again to **all NHA** residents at the Linden Chambers Community Room on **Wednesdays @ 4pm -5pm** Classes will be limited to no more than 10 participants. Social distancing & the wearing of masks is still required until further notice. Hand sanitizer will be on site and the room will be disinfected before and after each class.

Garden Club- If you are interested in joining, please contact Jill Rutherford @ (617) 901-6535 for information.

Coffee Hour- (The wearing of masks, social distancing & sanitization practices are still in effect)

- **Linden/Chambers: Wednesday November 18, from 10:00-11:00 inside** the Community Room (A representative from Springwell will also be in attendance).
- **Seabeds Way: Thursday, November 19 from 10:00-11:00 inside** the Community room.

Please note that **pastries** will be provided by the NHA. Please **bring a beverage** of your choice.

MEDICAL/HEALTH SERVICES & INFO

FLU Vaccines for NHA residents: Needham Public Health will hold influenza vaccination clinics for Needham Housing Residents **ages 8 yrs. and older**. November 18th from 11am-1pm at Linden and Chamber's Community Room and November 19th from 12-2pm at Seabeds Way. They will have 2 different vaccine types available, Fluzone Quadrivalent (regular flu vaccine, all ages) and Flublok Quadrivalent (3 times the amount of vaccine as the regular, **18 and over only**). Needham Public Health cannot guarantee preference as supply is limited on each. Masks are required and social distancing procedures will be in place. All insurances accepted, please bring your cards with you to fill out the form. If you do not have insurance that is ok, it will be covered. To sign up please contact Deb Tambeau at 781-444-3011."

Hebrew Senior Life-this agency offers personalized health care services for seniors at their nine Greater Boston locations and in their homes. They are located at 29 Newbridge Way in Dedham. Their phone number is (781) 234-9847.

COVID 19 Updates and Information-MASS.gov

Resources & hotlines Sign Up for text alert message alerts. Send COVIDMA to 888-777; Enter COVIDMAESP at 888-777; Call 2-1-1 or use live chat for nonemergency questions and help.

Get Connected Needham Resource Document: Town of Needham Website. A collaborative guide to all social services available during his pandemic, as well as on-going supportive services in Needham. Go to [http://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for COVID-19](http://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for-COVID-19).

SUPPORTIVE SERVICES

Transportation- for Lyft utilization/Transportation of Last Resort please contact the Needham Community Council (781 444-2415) if you are:

Having trouble getting to a medical appointment or other important appointment? Our Medical Appointment Ride Program is back, and we are available to help you get to your next medical appointment.

- Call the office to set up your ride at least 24 hours prior to your appointment
- Rides are offered M-F from 9 am to 3 pm
- All COVID safety protocol is in place - masks must be worn

Client must be able to get to and from the car and in and out of the car independently.

WiFi/Internet-It's easy to get affordable hi speed internet at home with Internet Essentials from Comcast for \$9.95 a month (plus)tax. Apply at <https://apply.internetessentials.com/apply>.

Public Safety Matters

Public Safety Department (PSD) – Unauthorized Occupants (UO)

The PSD has been very busy with investigations of unauthorized occupants (UO). Over the past several months, PSD has investigated several tenants with UO's in their units. The following are descriptions of actual cases that were investigated, and lease enforcement action taken:

- In one case, the unauthorized occupant's husband, who was the Head of Household (HoH), had died but the UO remained in the unit without being added or applying to be added to the lease.
- In another case, the HoH had a boyfriend who had been living in the unit for several years without being added to her lease.
- The third case was that of a former tenant who had been removed from the lease but he remained in the unit. When confronted by the investigator, the UO became verbally abusive and erroneously believed that because he had a child with the HoH, he could live or stay in the unit whenever he wanted.

The Needham Housing Authority (NHA) Public Safety Department has many resources to confirm the truth like surveillance, social media searches, access to wage data, etc.... When residents provide inaccurate information, the PSD is required to investigate the matter thoroughly and to report its findings to management for further action. Sometimes the action taken is the termination of housing benefits and eviction.

If you know a person who may be committing fraud, please call the NHA-Public Safety Department at (781) 444-3011. Your call is kept confidential.

How to avoid fraud:

- Make sure all information on your NHA forms is honest and complete;
- Report all new household income within ten days;
- Report any house guest to management.
- Report to the NHA if a household member vacates;
- Do the Add to Lease process **before** you allow someone to live in your unit.

Smoking:

The NHA also continues to receive and document reports of residents smoking in their apartments or within 25' of NHA property. Lease enforcement will be taken.

Disturbances- the NHA office is getting repeated calls that some of the children in the Capt. Robert Cook Dr. development are ringing doorbells and running off causing neighbors to be disturbed. Also, all children are expected to be respectful of other neighbors' yards.

MISCELLANEOUS

Furniture items-SOOZnPOPPS a father and daughter team who recondition small pieces of furniture to families in need. If interesting in receiving or donating small furniture items, please contact Susan Stevens at susanstevens7@att.net.

Medical Equipment-contact the Needham Community Council for **contactless** pick up.

Face Masks- If anyone needs an adult or child face mask please contact the office, we have them available to all NHA tenants.

NHA Office Hours -The NHA Admin Office remains closed to the public until further notice. However, staff is still available by phone. Please note that the office is open from **8:00am-4:00pm, Monday thru Friday**. We will be **closed on Veteran's Day, Wednesday 11/11; Thanksgiving Day, Thursday 11/26 11/26 & Friday 11/27**.

164 Linden St: The Executive Director would like to hear from residents any ideas or suggestions as to possible usage of this vacant facility. Please either submit your ideas on paper or email at dtambeau@needhamhousing.org

Parking- To all NHA residents: If you have visitors please make sure that they do not park in other tenants' assigned spots.

Trash-To all NHA residents: The barrels outside of buildings should not be used for disposal of household items such as, furniture, mattresses, etc.