

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

MONTHLY THOUGHTS

Message from Deb Tambeau

Dear Residents:

The Fourth of July, which is also referred to as Independence Day, is our annual celebration of nationhood. The time when Americans could throw off the chains of oppression from England and enjoy the freedom of establishing its own rules and regulations. This year marks the United States’ 245th birthday. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. In the early days of the republic, Independence Day was celebrated with parades, oratory and toasting in ceremonies that celebrated the existence of a new nation. Initially, these rites played an important role in our evolving political system and was thus thought of as a “political holiday.” With growth and diversification of American society, the 4th of July came to be seen as a “patriotic” tradition, resplendent with American flags, parades, and fireworks. Over the centuries and with the pursuit of “leisure” it is also now seen as a major summer holiday and a time for family cookouts.

Throughout its evolution, one theme has remained constant and that is our desire for freedom. Perhaps this Fourth of July will have a greater impact on the concept of freedom. With the advances in combatting COVID-19, we now have the freedom to no longer have to shelter in place. We can get together with family, friends and even strangers. And for the most part we can now shed our masks and really see each other.

I truly hope that we can begin to come together as a nation, recognizing our personal desire for freedom and yet respectful of the original intention of becoming a place of freedom and refuge for all.

I wish you a Happy & Safe 4th of July and summer!

Sincerely,
Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program- Closed for the Summer. Will reopen in September 2021. The NHA along with the Needham Public Schools and Town agencies will be working together to expand upon the scope of services/activities for our families. A meeting will be held with representatives from the School Department on **Wednesday July 21, 2021 @ 6pm** in the CRC Center for all families to share their input.

COMMUNITY CONNECTIONS VIRTUAL SUMMER PROGRAMS on zoom



FAMILY LEARN & PLAY Tuesdays at 10:00 – 10:30 am JULY 13 – AUGUST 17

For parents/caregivers with their **children ages 0 – 5**

Fun and engaging circle time, stories, songs, and activities that support cognitive, physical, and social emotional growth and development appropriate for a range of ages. 6 weeks

READY FOR K LEARN & PLAY Wednesdays at 10:00 – 10:45 am July 14 – AUGUST 18

Our READY FOR K group is for children entering Kindergarten in September 2021. The focus will be on routine building and K ready skills including Social Emotional skills. Ready for K materials will be provided to use in conjunction with materials from home for this 6-week session. **Limit 10.**

SPANISH READY FOR K LEARN & PLAY/PREPARÉMONOS PARA EL KINDER

Martes & Jueves 10:00 am – 10:45 July 13,15, 20, 22, 27, 29/ Julio 13,15, 20, 22, 27, 29

for Spanish Speaking Families with children starting Kindergarten in September '21

3 semanas de actividades, lectura y aprendizaje para preparar a nuestros niños para


kindergarten. comunicarse con *Jackie Herrera* jherrera@familyaccess.org o 781-330-4111

Limite 10.

PRESCHOOL LEARN & PLAY Thursdays at 10:00 – 10:30 am JULY 15 – JULY 19

Fun and engaging Circle Time, Stories, Songs and Activities that support cognitive, physical and social-emotional growth and development, and support school readiness for preschool aged **children 3 – 5 years with a parent/caregiver**. 6 weeks

REGISTER HERE FOR SUMMER LEARN & PLAYS <https://bit.ly/3uWQSiO> starting June 1st

Sponsored by Family ACCESS Community Connections, through a CFCE grant from the
 MA Department of Early Education and Care

Visit our website: www.familyaccesscommunityconnections.com click on **Programming**.

Needham Community Council/Tablets & Tutors Program- will be holding **bi-weekly community room hours** during which people can ask for technical assistance either with their tablets and/or other computer issues. In addition to helping residents with their tablets, coffee will be provided by the NCC.

- **Tablets and Tutors**

Linden/Chambers Community Room-**1st and 3rd Tuesdays @ 11:00am**

Seabeds Way Community Room- **1st and 3rd Thursdays@ 11:00am**

For more information please contact:

Stacey Fallon

Tablets & Tutors Manager

781-444-2415

sfallon@needhamcouncil.org

NUTRITIONAL SERVICES

- **Needham Mobile Farmer's Market**-will begin delivering fresh fruit & produce twice weekly to NHA residents from **June-October**. Delivery locations, days & times are as follows:

Capt. Robert Cook: Tuesdays @ 5:00-5:530pm.

Seabeds Way: Tuesdays @ 5:30-6:00pm

Linden/Chambers: Fridays @3:00-4:00pm

- **Springwell, Inc** - With the restrictions put in place due to COVID-19, meals were no longer available in the Linden/Chambers Community Room. **However**, residents of Linden/Chambers are still able to get the **"to go" meals**. If interested, please contact **Isabella Carrasquillo @ (617) 972-5630**.

RECREATIONAL SERVICES/ACTIVITIES

Chair Yoga- New Location: Seabeds Way Community Room on Thursdays @ 4:15 - 5pm. Classes will be limited to no more than 10 participants.

Garden Club- All spring/summer planting is completed. If you are interested in joining for fall/winter planting, please contact Jill Rutherford @ (617) 901-6535 for information.

Craft Club- Will begin meeting on the **1st Thursday of the Month** from **3-4pm in the Linden/Chambers Community Room.** For more information contact Helen Giragosian @ (239) 677-0659

Coffee Hours: We will be meeting the **2nd and 4th weeks** of the month. In addition to regular meetings, we will also be providing guest speakers, and activities. All ideas and suggestions are welcomed.

Linden/Chambers: will meet on the **2nd & 4th Tuesday of the month from 11:00am-12:00pm.**

Seabeds Way: will meet on the **2nd & 4th Thursday of the month from 11:00am-12:00pm.**

MEDICAL/HEALTH SERVICES & INFO

COVID 19 Info-People aged 12 and older who live, work, or study in Massachusetts can get vaccinated against COVID-19. People ages 12-17 can only get the Pfizer vaccine. People aged 18 and older can get any vaccine. The vaccine is safe and effective. You do not need an ID or insurance to get it. Visit www.mass.gov/COVIDvaccine.

Effective May 29, all industries will be permitted to open. With the exception of remaining face-covering requirements for public and private transportation systems and facilities housing vulnerable populations, all industry restrictions will be lifted, and capacity will increase to 100% for all industries. The gathering limit will be rescinded.

Springwell, Inc- will be resuming office hours and activities again for the **full 20 hours starting in July** (with restrictions on # of participants). For further information please contact:

Cristina Bryant, LICSW
Care Connections Program Manager
Springwell, INC.
307 Waverley Oaks Rd. Suite 205
Waltham, MA 02452
P: 617-972-5632

Blood Pressure Clinics

- **Seabeds Way Community Room** – the DPH will offer free blood pressure clinics on the **3rd Thursday of the month**, beginning on **July 15, 2021**.
- **Linden/Chambers Community Room**- day & time to be determined by by Springwell, Inc.

The Needham Health and Human Services Division is offering *Youth Mental Health First Aid* on **July 22**, from 9am-3pm, for **parents and any adults in the community who interact with youth**. **The training is free and virtual**. Please register at least two weeks ahead. For more information about the course and how to register please contact:

Sara Shine, Director, LICSW
Needham Youth & Family Services
SShine@needhamma.gov
(781) 898-5132
Registration Form: www.Needhamma.gov/youth

SUPPORTIVE SERVICES

Center At the Heights- will be **reopening on July 6th** for both hybrid and zoom classes.

- Café Continental Breakfast
- Open Game Room (Pool and Ping Pong)/Library/Computer Room/Roof Deck
- Stephen and Lisa Cardigan’s Programs will be at the Center and VIA Zoom depending on the day. The rest are VIA Zoom.
- Social Work Appointments are by appointment.
- SHINE Appointments will start being scheduled in – person and over the phone on July 19th (That being said – you can schedule a phone appointment now – don't go without SHINE!!!)
- Lunch Delivery will remain as is until further notice. (Freshness Delivered, Trader Joe’s Delivery and Sunday Supper Clube will end next week.)
- Van rides will be to and from the Center by appointment. Please contact **Stephan @ (781) 343-1258**.

Please email Aicha Kelley: akelley@needhamma.gov or call Katie at the Center @ **781-855-3629** for help.

Cook’ s Bridge Tenants Association

Every 2nd Tuesday of the month via Zoom until further notice.

Information is on the monthly flyer.

Please email needhamcbta@gmail.com for suggestions, questions, and concerns.

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For more information please contact:

Stacey Fallon

Tablets & Tutors Manager

Needham Community Council

570 Hillside Ave.

Needham, MA 02494

781-444-2415

sfallon@needhamcouncil.org

www.needhamcouncil.org

PUBLIC SAFETY MATTERS

- Fireworks on NHA property are not allowed.
- Outdoor grilling allowed 10 feet away from the buildings. No grilling on porches, decks, or balconies.

MISCELLANEOUS

The NHA Board of Commissioners Meeting will be virtual and scheduled for **Thursday, July 15th @ 6:00pm.**

To listen, view and participate on your phone, computer, laptop, or tablet go to www.zoom.us. and enter the meeting ID number, which will be provided via RoBo call on the day before the meeting.

For audio dial in only call **1 669-900-9128** and enter the Meeting ID number.

RECOGNITION

The Needham Housing Authority would like to both recognize and congratulate the following graduates, for their hard work and successful completion of school during the 2020-2021 Academic Year. It was by no means an easy task to keep up with the online and on-site schedules as a result of the Pandemic. Congratulations also to the parents/guardian, who helped their children navigate this new educational experience!

From the John Eliot School to the High Rock School

- **Anthony Snyder**, 59 Capt. Robert Cook Dr.
- **Katherine Reese**, 56 Captain Robert Cook Dr.

From the Newman School to High Rock

- **Samantha Armand**, 46 Yurick Rd.

From the Pollard Middle School to Needham High School

- **Sydni Reese**, 56 Capt. Robert Cook Dr.
- **Sopheah Avalo**, 31 Capt. Robert Cook Dr.
- **Farida Imakaeva**, 49 Capt. Robert Cook Dr.

From Needham High School

- **Lydia Mcmann**, 48 Capt. Robert Cook Dr.
- **Alejandro Celado**, 31 Capt. Robert Cook Dr.
- **Satsita Baiev**, 47 Capt. Robert Cook Dr.
- **Juvenus Cleophat**, 64 Capt. Robert Cook Dr.
- **Alexander Rieser**, 46 Capt. Robert Cook Dr. (**Williams College**)
- **Andrea O'Connell**, 83 Fairview Rd. (**ACE Award winner. Salem State University**)
- **Giovanni Armand**, 46 Yurick Rd. (**UMASS Amherst**)
- **John Tenaglia**, 114 Fairview Rd. (**Boulder Colorado**)

NHA Summer Office Hours: June 1, 2021 – 9/5/2021:

Monday – Thursday 8:00 am-4:30pm.

Friday- 8:00am-1:30pm

We will be closed on Monday, July 5th in observance of Independence Day.