

APRIL 2020 Newsletter

Dear Residents:

I hope that you are all staying safe & healthy during the COVID19 pandemic! These are extremely difficult times to navigate since most of what is happening is unprecedented, despite past epidemics & pandemics. We here at the NHA are doing our utmost to keep you both informed and safe. Although the office is closed to visitors please note that we are available by phone.

As your Resident Services Coordinator, I wish I could bring news of NHA & Community Events & Activities. However, due to social distancing, all events are either postponed, cancelled or taking place remotely. Because it is important that we stay healthy physically, emotionally & mentally I would like to share with you information about the virus and sites that you may access during this time.

I would also like to take the opportunity to invite you to share any information, thoughts, or musings that I can pass along.

FREQUENTLY ASKED QUESTIONS

HOW CAN I BEST PREPARE TO NOT GET COVID-19

- Avoid close contact with people who are sick. Maintain at least a 6 foot distance from others.
- Stay home when you are sick, except to get medical help
- Cover your coughs and sneezes with a tissue or the inside of your arm
- Wash your hands with soap and water for at least 20 seconds and avoid touching your mouth, eyes & nose
- If soap and water are not available use a hand sanitizer with at least 60% alcohol
- Clean and disinfect frequently touched surfaces and objects, such as door knobs, tables, countertops, light switches & cabinet handles
- Avoid touching frequently touched items outside the home such as, door knobs, railings, elevator buttons, etc.
- The wearing of a face mask and/or gloves when outside the home is recommended

WHAT ARE THE SYMPTOMS OF COVID-19?

Reported illnesses have ranged from mild to severe to fatal. These symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

If you experience or develop any emergency warning signs for COVID-19 get medical attention immediately.

These severe signs/symptoms may include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Be sure to consult your medical provider for any other symptoms that are severe or concerning.

WHERE CAN I GET OFFICIAL INFORMATION ABOUT THE VIRUS?

- [Mass.gov/coronavirus](https://www.mass.gov/coronavirus)
- Sign up for text alerts. Text COVIDMA to 888-777
- Info hotline-dial 211
- Mass Public Health: <https://www.mass.gov/org/department-of-public-health>
- Needham Public Health: <https://www.needhamma.gov/4853/Daily-Updates> Or phone 781-455-7500. (New updates are made at 5pm daily).

WHERE CAN I GET FOOD, MEDICAL OR SOCIAL SERVICES AT THIS TIME?

- Needham Community Council-Food Pantry. Please contact them at 781-444-2415. (No NHA referrals are necessary at this time).
- Center at the Heights. Please contact them at the following number 781-855-3629. Social Workers are available to speak to. They are also offering many online programs & suggestions to help get through these times.
- Needham Public Schools-Grab & Go bags containing breakfast & lunch for any child or teen in Needham. Free meals will contain a variety of breakfast & lunch items. Meals will be available in a drive through format on Tuesdays & Fridays between 11:00am-1:00pm at High Rock School. Contact Ruth.griffin@needham.k12.ma.us or phone at 781-455-0400 ext 11216.
- Neighborhood brigade. Contact Polly@neighborhoodbrigade.org
- Meals on Wheels. Contact them @ 781 769-9061.
- Travelin Meals in Needham. Contact them @ 781-455-7500 ext. 257.
- Volante Farms-limited curbside service. Contact them at 781 444-2351.
- Springwell Boxed Home Lunch Delivery.
- Needham General Store Toiletry Delivery.
- Heart To Home Meals.

I would also like to offer the following suggestions to help you get through the day and overcome the loneliness that isolation can bring.

- **Read a book or write that one you always talked about doing.**

- **Phone a friend or take part in the Phone Pal Program offered at the Center at the Heights**
- **Do a jigsaw puzzle.**
- **Paint or draw.**
- **Watch some old movies or comedy shows.**
- **Check out youtube. They have programs that range from arts & crafts to zumba, and everything in between!**

PLEASE REMEMBER THAT EVEN THOUGH YOU ARE STAYING IN YOUR APARTMENTS PLEASE REFRAIN FROM SMOKING INSIDE.

In closing, I want to share this interesting fact from history: "In 1665, "social distancing" orders emptied campuses throughout England as the Bubonic Plague raged, killing 100,000 people in just 18 months. At that time Sir Isaac Newton was 24 years old and a student at Trinity College in Cambridge. He was forced to leave campus and return home. During his away years and without the usual distractions he discovered differential and integral calculus, formulated a theory of universal gravitation, and explored optics, experimenting with prisms and light. The discoveries he made became some of the greatest scientific breakthroughs."

This is a trying time for all of us, but perhaps this could be a time for self reflection and/or discovery. I urge you to use this time to grow and to see the good that is going on all around us. True heroes, such as first responders, nurses and doctors are being recognized & applauded. We also have a new level of heroes-those essential personnel, such as truck drivers, mechanics, store employees, who are showing up to help us all survive.

I truly hope that this will be over soon, and that we find a new appreciation of life.

Be Well!

Debra Tambeau