

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

MONTHLY THOUGHTS

Message from Deb Tambeau

“Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.” Rumi

Dear Residents:

The above quote is part of a poem written by Jalal ad-Din Muhammad Rumi, a Persian poet and philosopher who lived in Turkey during the 13th Century. He believed passionately in the use of music, poetry, and dance as a path for reaching God/Enlightenment. He was credited with writing over 30,000 verses during his lifetime. Rumi’s philosophy towards life was that people of all religions and backgrounds can live together in peace and harmony. Although his roots and early popularity were in the Middle East, he is considered one of the most influential poets in the United States and the world in general.

As I reflected on this particular quotation, I realized that even though this was written many centuries ago, the message is still important, especially today. We hear that the world is changing, and not for the better. We demand change from our government, our legal and criminal justice systems, our medical and mental health facilities, yet the truest answer is that the real change must come from within each individual. Be the change you want to see in your homes, neighborhoods, state, country, and the world. In closing, I have included in this newsletter, some of the changes in services and programs that we will be offering now that COVID-19 is not as prevalent as well as the fact that we are heading into the Summer season.

As always, I welcome suggestions and input from all.

Sincerely,
Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program- The Center is open Monday-Thursdays from 3:00-5:30pm for School/Homework help. We are currently working with the Needham Public School system and other Town agencies to expand this program. We are hoping to provide in addition to educational support, other activities such as recreation/sports, art, music, and field trips. We are also hoping to offer these services and activities throughout the year. Please contact Deb @ 781-444-3011 for further information.

Newton Watertown Creative Start. They are a nonprofit Head Start preschool offering free early education to children who qualify based on income. They provide early education and support services to children living in Newton, Watertown, Waltham, Wellesley, and other surrounding towns including Needham. They are currently accepting applications for the 2021-22 school year and would like to make their program visible to as many families as possible. If you are interested, I have attached a flyer to this email, which gives some basic information for interested families about their program. If needed I can also email you applications for perspective families as well.

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 Wednesdays @ 4:15 - 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- Vegetable planting time has started in the raised bed areas at Linden/Chambers. Two additional garden beds have been assembled for flowers. If you are interested in joining, 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: The NHA has resumed providing coffee and...during meetings. 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.

The Baker-Polito Administration announced on 5/17/21 that the Commonwealth is on track to meet the goal of vaccinating 4.1 million residents by the first week of June and all remaining COVID-19 restrictions will be lifted on May 29.

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- is looking at 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- Springwell & the DPH have agreed to resume BP clinics at the Linden/Chambers & Seabeds Way Community Rooms. Dates and times to be determined. Notices will be posted so that all residents will be aware of these services.

SUPPORTIVE SERVICES

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.

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**

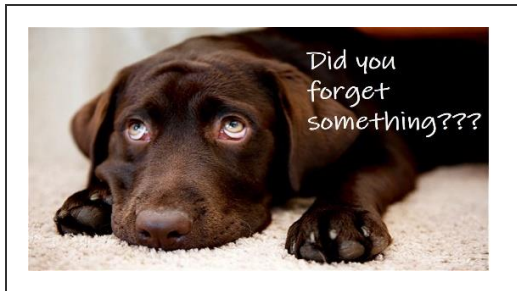
Seabeds Way Community Room- **1st and 3rd Thursdays@ 11:00am**

For more information please contact:

Stacey Fallon
Tablets & Tutors Manager
Needham Community Council
570 Hillside Ave.
Needham, MA 02494
781-444-2415
sfallon@needhamcouncil.org
www.needhamcouncil.org

PUBLIC SAFETY MATTERS

Reminder Dog Licenses



All dogs need to be licensed by April 30th.....

If your dog has not been licensed for 2021. Massachusetts General Laws Chapter 140 and the Town of Needham's General By-Laws, Section 4.1.4 and, provides a \$50 fine for unlicensed dogs.

This is the "**Warning**" to owners of unlicensed dogs as of April 30th. The unlicensed dog fine will be issued to ALL unlicensed dogs on May 15th. License your dog online at [www.needhamma.gov/online bill payments/dog registration](http://www.needhamma.gov/online_bill_payments/dog_registration), By mail, or at the Town Clerks Office 1471 Highland Avenue, Needham, MA 02492. (8:30 AM – 5:00 PM) Phone # 781-455-7500 (X 216, 217, 218, 219 or 252)

COST: \$20 per dog IF neutered or spayed. \$25 per dog – not neutered or spayed.

Kennels: 1-4 dogs - \$50 5-10 dogs - \$75 Over 10 dogs - \$150

MISCELLANEOUS

The NHA (Virtual) Board of Commissioners Meeting will be held on **Thursday, June 17th
@ 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.

A/C Maintenance Tip: Submitted by Helen Giragosian

Residents Window AC not blowing as hard or cold even after filter cleaned?

Solution: Nu-Calgon NO RINSE EVAPORATOR COIL CLEANER

Just unplug unit & remove filter and front panel. Spray Nu-Calgon coil cleanser, in ventilated room, onto coils.

Let foam dry.

Gently brush vac coils without too much pressure.

Results: You will get more powerful cool air, and unit's room intake will not have to work as hard. Giving you longer AC unit life. Saving you money!

Also, when **winterizing** you can cover the inside grate with a thick packing foam sheet. Use blue wallpaper tape to hold down. Then put your fabric cover over it.

RECOGNITION

The NHA would like to thank the Beth Israel Lahey Health Hospital for coordinating with a generous, anonymous donor, who wanted to help local restaurants and NHA families. As a result, meals were delivered to Seabeds Way and Captain Robert Cook residents on three consecutive Wednesdays during the month of May. These delicious meals were made and delivered from **Cook Needham, Hearth Pizzeria** and **Mandarin Cuisine Restaurants**.

The NHA would also like to thank Les "Eagle Wind" and Audrey "Butterfly Heart" Lambert for the wonderful Drumming Circle held on 5/25/21 during the Linden/Chambers Coffee hour. All participants were provided with Native American instruments to play, were treated to listening to the beautiful sounds of Native American flute music as well as information on Native American folklore.

A big thanks to the Kalmia Floral Club for weeding and planting flowers on Linden Chambers property.

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

Monday – Thursday 8:00 am-4:30pm

Fridays- 8:00-2:00pm (By appointment only)