

NEEDHAM HOUSING AUTHORITY

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February 2020 NEWSLETTER

Dear Needham Housing Residents:

During the month of February, we celebrate two special holidays: President's Day on February 17th. This holiday was originally known as Washington's Day, in recognition of our first President George Washington's birthday. (He was actually born on February 22, 1763). Another famous president, Abraham Lincoln, was also born in February. Today, we celebrate the third Monday of February, not only in recognition of Washington & Lincoln, but as a way to honor all of this country's Presidents. Since it is now recognized as a legal holiday by the Federal Government many people celebrate by having the day off from work or school. So please note that the NHA office will be closed that day.

The other special day during this month is Valentine's Day, which is always celebrated on February 14. The origins of this holiday, which was originally called St. Valentine's Day, is shrouded in mystery. Around the third century ancient Romans celebrated the festival of Lupercalia, which celebrated the coming of spring and included fertility rites and the pairing off of men and women. By the 5th Century this "pagan" holiday of Lupercalia was replaced by St. Valentine's Day. However, who St. Valentine was is a mystery. According to ancient lore there were at least three martyrs named Valentine. It is believed that these martyrs died because they defied Roman orders forbidding soldiers to marry and to offset the festival of Lupercalia thus becoming a love focused holiday. Regardless of what really happened in the past, Valentine's Day, is a way to express our love & affection to friends & family.

This month in honor of Valentine's Day, Exec. Director Angie Medeiros and I will be preparing a breakfast on February 19th, during coffee hour at Linden Chambers, and on February 20th during Coffee Hour at Seabeds Way. Flyers & signup sheets will be posted in the Community Rooms.

Sincerely,

Debra Tambeau
Resident Services Coordinator.

LINDEN /CHAMBERS & HIGH ROCK

HEALTH & SAFETY

- **No smoking** in the units or within 25 feet of a building.
- **Springwell- NEW urgent care telephone number is 617 926-4100.**
Blood pressure screening are held on the 2nd Thursday of the month at 1 pm.
Free Breakfasts are held every Saturday, Sunday & Holidays @ 9:30 am in the Community Room. Reservations required & must be made by the Wednesday preceding the weekend by calling 617-972 5700 & pressing 3.
- **Dept. of Public Health- offering free flu shots. Call 781 455-7940 x 217.**
- **United Health Care-**offers free supplemental insurance if you are on Mass Health (Standard) or Medicare. They cover costs for medical, dental, vision, hearing, prescriptions, durable medical equipment, and transportation. If you are interested contact **Nancy Ventura @ 617 816-1534.**

SOCIAL/RECREATIONAL EVENTS & ACTIVITIES

- **Coffee Hour:** meets the first & third Wednesday of the month from 10-11am in the community room.
- **Craft Club-** will begin meeting on **Saturdays from 11am-1pm** starting in **February.**
- **Chair Yoga-**meets on Wednesdays from 4:15-5:15pm.

EDUCATIONAL

- **The Cooks After School program-** continues to run Monday- Thursday from 3:15-5:30pm at 42 Capt. Robert Cook Dr. The focus of this program is to offer tutoring & homework assistance to our children. We have volunteer staff & students from Babson College and Nobles & Greenough High School. The NHA is also partnering with the Needham Public Schools to coordinate in school & after schoolwork & activities.
- **Dept. of Public Health-**will be offering a **Smoking Cessation Workshop on Feb. 5 at 6pm** in the Community Room. Flyers & signup sheets will be posted. Interested participants will be able to take the full 6-week program for free
- **Family Access Community Connections** is offering the following programs:
Raising A Reader-A free program of interactive playtime, songs and a shared book experience with parents/caregivers & their children ages 3-5 years old. This program will be offered at the Needham Public Library on Fridays from 9:30am-10:15am.

Learn & Play Group-A free play group for children ages birth-5 years old and their parents/caregivers will be held on **Friday 1/27 & 1/31/20** and on **2/7, 3/6 & 3/20/20** from 10:30am-11:15am at the Needham Public Library, 1139 Highland St. This program is sponsored by Family ACCESS Community Connections

Literacy Group- A free program for families with children from 0-8 years of age. It is aimed at helping to build literacy rich homes by supporting parents/caregivers in understanding their child's development, and to provide opportunities to engage with other families in the community.

For more information or to sign up please contact Jodi Levin at jlevin@familyaccess.org or by phone at (617) 969-5906 ext. 114.

- **Let's Build Engineering/Fun for Kids**- is an afterschool program for children in the Needham Public Schools K-5th grade. For more info contact Elizabeth Lee at info@letsbuildengineering.org. You can visit their website at **www.letsbuildengineering.org**

New:

- **Garden Club**- The NHA is working in conjunction with the Needham Farm Council to increase the number of raised beds & provide seeds & plants for vegetable gardens. Flyers & sign up sheets will be posted in the Community rooms. If interested, please see resident Jill Rutherford.
- **Movie nights**- come while away the winter nights (and/or afternoons) at the Community Room & enjoy a movie & a bowl of popcorn. **Signup sheets will be posted in the community room or Contact the RSC if interested.** Dates & times to be determined based on resident input.
- **Game nights**- another great afternoon or evening activity to be held in the Community Room. **Signup sheets will be posted in the community room or contact the RSC if interested.** Date & times to be determined based on resident input.
- **Music night**- we are looking for all musicians to come "jam" with us or to just "groove" along to the different styles of music. **Signup sheets will be posted in the community rooms or contact the RSC if interested.** Dates & times to be determined based on resident interest.

CAPTAIN ROBERT COOK DR. RESIDENTS

HEALTH & SAFETY

- **No Smoking** in units or within 25 feet of the building.

- **Dept of Public Health- Free Blood Pressure screenings** will be held on the **first Wednesday of the month from 1-2pm** in the Seabeds Community Room beginning on **Feb 5th**. **No appointment necessary.**
Free Flu Shots are also available to all residents. Please **call 781-455 7940 X 217** to schedule.

SOCIAL/RECREATIONAL ACTIVITIES:

Current:

- **“Coffee Hour”** is held **twice a month** on the **first & third Thursday** from **10:00-11:00 am** at the Seabeds Community room.

EDUCATIONAL ACTIVITIES

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SEABEDS WAY RESIDENTS

HEALTH & SAFETY

- **No smoking** in the units or within 25 feet of a building.
- **The Dept of Public Health** will be providing a nurse to do free **blood pressure screenings** in the Seabeds Comm. Room on the **first Wednesday** of the month from **1-2pm beginning on Feb 5.**

SOCIAL/RECREATIONAL ACTIVITIES:

Current:

- **“Coffee Hour”** is held **twice a month** on the **first & third Thursday** from **10:00-11:00 am** at the Seabeds Community room.
- **Food Pantry**-is held every Tuesday starting **at 9:30am**. All food is provided by Trader Joes and is distributed by NHA staff.

New:

- **Music night**- we are looking for all musicians to come “jam” with us or to just “groove” along to the different styles of music. Signup sheets will be posted in the community room or contact the RSC if interested. Dates & times to be determined based upon resident response.
- **Library**- books are now available to be borrowed. They are located in the bookcase in the Community Room. For more info please contact NHA resident Carol Gardenshire.

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Educational Activities:

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PUBLIC SAFETY MATTERS

Over the past several months, the NHA has been receiving numerous reports of smoking violations in and around the buildings. As stated in previous newsletters, we take these complaints & concerns seriously. As a tenant you have been made aware that there is a NO Smoking Policy in effect on a state & federal level. Because of this law and our concerns for

enforcing it as well as concerns of health & safety we are taking the following actions:

- Anyone caught smoking in violation of this rule will be fined.
- Subsequent offenses will result in lease enforcement and/or eviction proceedings.
- There will be designated outside smoking areas marked by a sign.

OTHER SERVICES & EVENTS

The Council on Aging-will be offering a presentation on **Recognizing Scams & Fraud on 2/12/20 @ 10am in the Linden Chambers Community Room.** They will also offer a presentation on **Veterans' Benefits on 2/26/20 @ 10 am in the Seabeds Way Community Room.** All NHA residents are welcome to attend.

“Clutter Club”- some NHA residents have expressed a desire to become more organized. As a result we are inviting anyone who would like more information to contact the Resident Services Coordinator.

Anton's Cleaners of Framingham through its connection with Caring Partners Inc. has donated clean winter coats/jackets for NHA adults & children. Please contact the office to schedule a time to come by.

ANNOUNCEMENTS & POSTINGS- Please be aware that any flyers that the NHA receives will be posted on the bulletin boards in the following locations: Seabeds Community Room, Chambers Community Room and the Linden outside community board

WORK OPPORTUNITY- ATTENTION HIGH SCHOOL STUDENTS! Some of the residents of Seabeds Way will be looking for someone to shovel out their vehicles this winter. If you are interested contact the RSC (Deb Tambeau) at the office 781-444-3011.

IN MEMORIAM

I would like to take this opportunity to note the passing in January of long time NHA resident Mary Smith of Chambers St. She was described to me as being a friend to all, especially those in need. On behalf of the NHA we offer our condolences to all who have lost the pleasure of her friendship. May she Rest in Peace.

