

NHA MONTHLY NEWSLETTER

Message from Deb Tambeau

Dear Residents:

I hope you are all doing well and have begun to adjust to life under the new Presidential Administration. My hope is that regardless of political party affiliation, we can come together as a nation and work together as “residents” of this Country.

There is much to be done to improve our quality of life. Hopefully, we will see an upswing in our economic and employment factors and continue to bridge the gap in racial equality & justice. However, it is my opinion that the biggest challenge we face and need to overcome is the devastation caused by the COVID-19 Pandemic. The number of people affected, as well as the number of deaths nationwide and worldwide from this disease, is staggering. Thankfully, our scientists and medical personnel have worked tirelessly to come up with safety protocols and a vaccine. And the good news is that all NHA residents living in senior housing will be in the next wave beginning this month.

As a result, I am devoting most of this newsletter to the Vaccination efforts that are under way. I have included the latest info from DHCD and Mass.gov. I am also pleased to announce that the Needham Department of Public Health has agreed to use the NHA Community Rooms at Seabeds Way and Linden Chambers as a vaccination site. We are still awaiting exact dates & times for distribution. The NHA staff will provide updates to all residents as the vaccination process plays out.

During this month, we also celebrate Black History. It is an annual observance originating in the United States, where it is also known as African American History Month. It has also received recognition in Canada, Ireland, the Netherlands, and the United Kingdom. It began as a way of remembering important people and events in the history of the African people who were dispersed from their indigenous territories. When it comes to pioneers in African American History, names like Dr. Martin Luther King Jr., Rosa Parks, Harriet Tubman, and Maya Angelou often come to mind. I would encourage you to read about their lives and contributions. And on that note, I would strongly suggest becoming familiar with Youth Poet Laureate Amanda Gorman, whose poem “The Hill We Climb,” was perhaps the highlight of the recent Inauguration.

In closing, I wish you all a very happy Valentine’s Day! Be kind and thoughtful to yourself and others. Also, in commemoration of President’s Day the NHA office will be closed on Monday February 15.

Sincerely,

Debra Tambeau



Updated Materials on COVID-19 Vaccination

Monday's (1/25/21) press conference highlighted the start of Phase 2, beginning with vaccines for people aged 75 and older. Public and private low income and affordable senior housing are still prioritized in Phase 2, along with people 65+ and those with two or more co-morbidities, anticipating roll out later in February. The guidance posted earlier regarding prioritizing clinics for affordable [senior housing](#) still stands. The graphic on Mass.gov was changed for the purposes of simplification, knowing that residents of age restricted public and private affordable housing would be included in that demographic. Staff and residents younger than 65 are also still included in the senior housing roll out. For more details on the rollout for the 75+ population, please see attached fact sheet.

Phase 2

(February-March 2021)

Listed in order of priority:

- Individuals age 75+
- Individuals age 65+, individuals with 2+ [comorbidities](#) (only those conditions listed as at increased risk for severe illness), and/or residents and staff of low income and affordable senior housing.

Additionally, the Commonwealth has substantially updated the materials at the [COVID-19 Vaccinations for Senior Housing Settings | Mass.gov](#) . This now includes a [Frequently Asked Questions](#) on setting up an on-site clinic in senior affordable housing, talking points for staff to use with residents and other staff on the benefits and safety of the vaccines, and a variety of educational materials that can be shared with residents. We encourage all LHAs to review the updated website, which is also linked through the Commonwealth's [Vaccine Distribution Timeline](#).

COVID-19 Vaccinations for Senior Housing Settings

Residents and staff of public and private low income and affordable senior housing are included in the [Phase Two of vaccine deployment](#) in the Commonwealth of Massachusetts, which we anticipate to begin in February.

Public and private low income and affordable senior housing *is defined as any residential premises available for lease by older or disabled individuals which is financed or subsidized in whole or in part by state or federal housing programs established primarily to furnish housing rather than housing and personal services.* Specifically, this includes the following types of age-restricted housing properties:

- Public housing properties designated primarily for older adults that are owned/operated by Local Housing Authorities. This includes those public housing properties owned by a Housing Authority but managed by a private company.
- Privately owned rental properties designated for older adults that are financed in whole or part through resources made available from DHCD, MassHousing, or the U.S. Department of Housing and Urban Development (HUD), and in which the majority of units are restricted to residents earning less than 80% of Area Median Income.

“Residents” include those household members currently on the lease for a rental unit in public and private low income and affordable senior housing.

“Staff” includes all persons, paid or unpaid, working or volunteering at each of the qualified housing locations, who have the potential for exposure to residents or to infectious materials, contaminated environmental surfaces, or contaminated air.

To learn more about the currently available COVID-19 vaccines, please visit the CDC websites on the [Moderna](#) and [Pfizer](#) vaccines. Both vaccines require two doses for an individual to be fully vaccinated. It is critical that the second dose be the same as the first dose. Individuals must receive their second dose within a specified time frame and from the same location that they received their first dose.

MEDICAL/HEALTH SERVICES & INFO

COVID -19 INFO

Covid-19 Alert: Cases, hospitalizations and deaths across the United States are rising. As cold weather moves in, people spend more time indoors. As the holidays approach, take steps to slow the spread of COVID-19.

Wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands often and avoid touching your nose mouth and eyes.

Masks should be used as part of a comprehensive strategy to suppress the transmission of COVID-19, and to help in possibly saving the life of the wearer or others. Make wearing a mask part of your daily routine when outside or in contact with others. In an effort to make them as effective as possible, please adhere to the following recommendations:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers your nose, mouth, and chin.
- Store the mask in a clean plastic bag after you take it off, and every day either wash it if it's a Fabric mask or dispose if a medical mask.
- Do not use masks with valves.

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.

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.

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).

ADDITIONAL SUPPORTIVE SERVICES

Center at The Heights- For information on programs being offered by Center Staff contact:: Aicha Kelley, Program Director, by phone @ (781) 855-3629 or via email at: akelley@needhamma.gov for further information and/or to register.

TAXI SERVICE

UPDATED ON 1/26/21

**The Center at The Heights wants to let everyone know about their NEEDHAM TAXI SERVICE that is through an emergency grant from MAPC.
This is for anyone age 18 and over.**

Please complete this form: [NeedhamTaxiRide](#) to request taxi service.

If you are unable to complete this form online or have any questions regarding your ride, please call 781-343-1258 Monday-Friday 9:00 AM – 4:00 PM, excluding weekends and holidays

- Rides **MUST** be requested by 12 pm (noon) the **BUSINESS** day before.
- Available for Needham residents to travel within a 35-mile radius from your Needham address.
- Upon completing your form, we will reach out to confirm your ride.
- If you have any questions or concerns, you may call 781-343-1258 or email taxiride@needhamma.gov.

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 contact free curbside pickup. **Tuesday is set aside for deliveries between 10 & 12.**
- **Thrift Shop**- is now closed. The NCC is in the process of establishing a website for online sales. Further information will be provided.

Springwell- Meals delivery will continue Monday-Friday, with the exception of holidays. If anyone needs assistance, please contact Springwell at (617) 972-5700. **Please make sure you pick up your deliveries as we have been getting calls about lunches being left out for days at a time.**

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.

MISCELLANEOUS

NHA Board of Commissioners Meeting- will be held on **Thursday February 18th @ 6pm**. A ROBO call will be made two days before the scheduled event with instructions and Meeting ID information.

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.

Face Masks- If anyone needs an adult or child face mask please contact the office, we have them available to all NHA tenants. (Please refer to the info in this newsletter as to the proper use and care of face masks).

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**.

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.