

## MAY 2020 Newsletter

Dear Residents:

As we continue to navigate through these extraordinary times, I hope that you are staying well and safe. I had truly hoped that come May, I would be able to share exciting news of renewed NHA events and activities. As we all now know that is not the case. However, I have included in this newsletter a list of new & ongoing programs and support services being offered by the Community. You will find them listed below. I have also again included information on COVID 19 Precautions & Symptoms.

Despite the disturbing news of continued COVID 19 related deaths, high unemployment rates and isolation, there is a “new normal” emerging. I see people reaching out to others despite the social distancing. There is recognition and appreciation for all workers regardless of titles or degrees. Families are becoming reacquainted and sharing activities right under their own roofs or in their own backyards. In some ways there is a return to a less hectic way of life. (I for one, am extremely thankful for less traffic as I travel the Pike to work.)

Perhaps, as Spring is upon us, it will be a good time for us all to “stop & smell the roses,” and be grateful for the things that we do have. And speaking of Roses, the Kalmia Floral Club will be coming out this month to plant flowers in the Linden Chambers area. I have also been contacted by Theresa Strichla of Needham Mobile Farmer’s market that they will be providing fresh fruits & vegetables to NHA residents beginning in June. Dates & times will be posted.

I would also like to take this opportunity to wish all Mothers, Grandmothers, God Mothers, Pet Mothers & Special Aunts a very Happy Mother’s Day. Also during the Month of May, we will observe Armed Forces Day on the 16th followed by Memorial Day on the 25th. Two special days in which we can remember all those who gave their lives defending freedom and to those whom we have lost, especially during this pandemic.

It is the hope of the Needham Housing Authority that we can keep all of our residents safe & informed. To that end, we are continuing twice daily sanitization of buildings. We are working in conjunction with the Town of Needham and its agencies and businesses to ensure that everyone has food, medicine, supportive services and accurate information and updates. The irony in all this is that, despite the social gathering restrictions and stay at home mandates, the only way we can get through this is to work together! When you wear a mask or stand in the designated 6 feet boxes, you are doing this not only for yourself but for others as well. I ask that each of us becomes part of the solution and not the problem.

Be Well!

Debra Tambeau  
Resident Services Coordinator

### **TIPS TO AVOID GETTING THE VIRUS**

- 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 doorknobs, tables, countertops, light switches & cabinet handles.
- Avoid touching frequently touched items outside the home such as, doorknobs, railings, elevator buttons, etc.
- The wearing of a face mask and/or gloves when outside the home is now Mandatory!

### **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 TO FIND 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/departments-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).
- Rep. Denise Garelick, MA State House, RM 238, Boston, MA 02133, 617 722-2380, or email [Denise.Garelick@mahouse.gov](mailto:Denise.Garelick@mahouse.gov).

### **SUPPORTIVE SERVICES:**

- **Be Kind Needham** - A volunteer group of Needham residents who are making and providing face masks for Needham residents & employees.

- **Getting Connected Needham Resource Document/Website**- a collaborative effort by Needham Social Service providers to centralize information and resources available during this time. **The NHA was involved in collaborating with other Needham agencies on this valuable resource.**
- **Needham Community Council-Food (no 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 Aging Services COVID 19 Resource Page for updates on new programs or resources. Go to <https://www.needhamma.gov/DocumentCenter/View/21063/COVID-19-Rsources->**
- **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. Meals are also being delivered on the same days to our Capt. Robert Cook families. Contact [Ruth.griffin@needham.k12.ma.us](mailto:Ruth.griffin@needham.k12.ma.us) or phone at 781-455-0400 ext 11216.**
- **Neighborhood brigade. Contact [Polly@neighborhoodbrigade.org](mailto:Polly@neighborhoodbrigade.org)**
- **Meals on Wheels. Contact them @ 781 769-9061.**
- **Traveling 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. Located at 399 Great Plain Ave.**
- **Heart To Home Meals.- [www.hearttohomemeals.com](http://www.hearttohomemeals.com)**
- **Community Connections Activities- offers a calendar of virtual learn & play groups for families in Needham and surrounding towns. Go to [www.familyaccesscommunityconnections.com](http://www.familyaccesscommunityconnections.com)**
- **Community Health Training Guide-<https://docs.google.com>**

**SPOTLIGHT:** I would like to acknowledge and give a shout out to the following NHA residents who volunteered to deliver donated face masks from **Be Kind Needham** to Seabeds Way and Linden/Chambers residents: **Beth Soren, Janice Bennett, Virgil Barber, Sue Biasizzo, Lisa Roberts and Jessica Reese.** If anyone is still in need of a face mask, please contact the office @ 781-444-3011.

**IN MEMORIAM:** I was informed that two former Linden Chambers residents passed away recently: **Dan**, who was a disabled veteran and **Lev.** Condolences to their families & all those who knew them as neighbors.

## **PUBLIC SAFETY MATTERS**

**SMOKING ISSUES-** The NHA is receiving numerous phone calls regarding residents smoking inside their apartments. **PLEASE REMEMBER THAT EVEN THOUGH YOU ARE STAYING IN YOUR APARTMENTS PLEASE REFRAIN FROM SMOKING INSIDE. IT IS ALSO IMPORTANT TO PRACTICE SOCIAL DISTANCING EVEN WHEN YOU ARE SMOKING OUTSIDE.**

**SIGN IN LOGS-** All non NHA visitors/guests are required to sign in and out of the buildings. All NHA residents who go to other buildings should also sign in. Please inform your visitors even if they are providers. By doing so we will have a method of tracking should anyone bring the virus into a building.

**FACE MASKS-** as of May 1st all Needham residents were mandated by the Town to wear face masks in all buildings & work sites. On May 6th the Governor extended that order to include the wearing of face masks out in public places. Failure to do so may result in a \$300.00 fine.

**All calls and information directed to Public Safety are documented. Anyone reporting Information will remain anonymous.**