

NEEDHAM HOUSING AUTHORITY

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March 2020 NEWSLETTER

LINDEN /CHAMBERS & HIGH ROCK

HEALTH & SAFETY

Current:

- **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.**

NEW:

- A second **SMOKING CESSATION WORKSHOP** will be held on Wednesday, March 25th at 6:00pm at the Seabeds Way Community Room. Sign up is required. Dinner will be provided.

SOCIAL/RECREATIONAL EVENTS & ACTIVITIES

Current:

- **Coffee Hour:** meets the first & third Wednesday of the month from 10-11am in the community room. **On 3/18/20** during Coffee Hour, **La Tanya Steele** from the **Council on Aging** will be joining us for a presentation.
- **Chair Yoga**-meets on Wednesdays from 4:15-5:15pm.

New:

- **Craft Club-** will now be meeting on the 1st Saturday of the month from 11am-1pm beginning in March – May 2020. There will be no meetings during the summer months. Meetings will resume in September 2020.

EDUCATIONAL

- **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, 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**
- **Communities United, Inc.-**

New:

- **“Cops Coffee Hour”-** Ofc. Kate McCullough from the Needham PD will be coming to the Linden/Chambers & Seabeds Way Coffee hours every other month to meet with residents to pass along information and to address resident safety concerns. The first session will be held on Thursday, March 26 @ 10:00am at the Seabeds Way Community Room.
- **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 **10:00-11:00am** in the **Seabeds Way Community Room.**

New:

- **“Cops Coffee Hour”**- Ofc. Kate McCullough from the Needham PD will be coming to the Linden/Chambers & Seabeds Way Coffee hours every other month to meet with residents to pass along information and to address resident safety concerns. The first session will be held on Thursday, March 26 @ 10:00am at the Seabeds Way Community Room.
- **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 & signup sheets are posted in the Community rooms. If interested, please see resident Jill Rutherford.

EDUCATIONAL ACTIVITIES

Current:

- **Cooks After School Program**- continues to run Monday -Thursdays from 3:15 to 5:30pm under the direction of Deondre Cabey and volunteer help from Babson College and Noble & Greenough School. In addition to tutoring and homework help, the children have been going on field trips to such places as the Frog Pond in Boston for skating; the MIT Museum, the Library & to the Escape Room. In March they will be traveling to the State House & Freedom Trail in Boston and to the Coit Observatory at Boston University.
- **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, 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
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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

SEABEDS WAY RESIDENTS

HEALTH & SAFETY

Current:

- **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. On 3/18/20 during Coffee Hour, La Tanya Steele from the Council on Aging will be joining us for a presentation.
- **Food Pantry**-is held every Tuesday starting **at 9:30am**. All food is provided by Trader Joes and is distributed by NHA staff.

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- **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:

- **Dept. of Public Health**-will be offering a **Smoking Cessation Workshop on Wednesday 3/25/20 @ 6pm in the Seabeds Way Community Room. Dinner will be provided. Sign up sheets will be posted in the Community Room or contact RSC Debra Tambeau if interested.**

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 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.

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

