



28 Captain Robert Cook Drive
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Tel (781) 444-3011

OCTOBER 2020 NEWSLETTER

Dear Residents:

Autumn is upon us! And with it comes beautifully colored leaves, crisp cooler temperatures, apple picking, hot cider, pumpkin pies and Jack O Lanterns. One of my favorite things to do as a child growing up was to press a brightly colored maple leaf between 2 sheets of wax paper as a way to preserve it. And of course, there was dressing up in costumes and trick or treating through the neighborhood. However, I am pretty sure that many of us are sick & tired of wearing masks in general. As for Trick or Treating, the town of Needham has not made any announcement yet as to allowing this event to take place. There are however State guidelines and suggestions of alternative and safer activities. Please check with the local Board of Health for more information.

Autumn is also a time to harvest what we planted and begin to turn inward as we prepare for Winter. With that in mind, I realize that we are living at a time when many of the joys and pleasures of being outside during the Fall may not be possible or even practical due to the COVID Pandemic. My hope though is that all of us can find some beauty & comfort during this Season. I also hope that you will take advantage of the bountiful programs & services that Needham has to offer. And as always if you have any questions or concerns please contact me at the Office.

Sincerely,

Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program: due to the continued concerns regarding COVID 19 & social distancing we will not be running the after school/tutorial on site. **However**, the NHA is working with the Needham Public School Dept. to recruit High School Seniors to assist families with virtual homework help. We will also have Deondre Cabey back to supervise. Notices will be sent to all families when we are up and running.

Communities United Inc. Outreach: is accepting online applications for their Head Start programs at their centers in Woburn, Waltham, and Newton. Their families are currently enrolled in either center-based learning or distance learning. They are currently providing center-based learning for 4-year olds and distance learning for all students under 4 years, depending upon the center. If you are interested please go onto their website at <https://www.communitiesunitedinc.org/applynow> and submit an application. For further information please contact **Kate Girardi**, Enrollment and Health Specialist, at (617) 744-0036 ext. 223.

Family Access Community Connections: offers free programs for parents & children (birth to 8 years old) at the Needham Public Library, which includes **Raising A Reader, Learn & Play Groups & a Literacy Group**. Check out their weekly calendar of events at: www.familyaccesscommunityconnections.com or contact Jodi Levin at (617) 969-5906 Ext. 114.

Smoking Cessation Program: Call the **Massachusetts Smokers' Helpline at 1-800-QUIT-NOW** for free support and advice to help you quit.

NCE Adult Programs: Fall/Early Winter Offerings

Needham Continuing Education services invites you to learn, make, move, play, improve, explore, taste and more, while engaging with others, in an NCE Adult Fall/Early Winter program. View the listing of online and outdoor, socially distanced classes on the NCE website: www.needham.k12.ma.us/community-ed. Register online at www.schoolpay.com/link/nceadultfy21.

There are classes to appeal to all interests, including: walking tours, virtual travel, fine arts and crafts, exercise, meditation, wellness, parenting, cooking, wine tasting, technology, home and garden, civics series, movie and music appreciation, book club, investing and planning, foreign languages, Canasta, Mah Jong, bridge, and music lessons.

If you have questions or need assistance registering, please email **NCE Program Director, Amy Goldman: amy_goldman@needham.k12.ma.us or 781-455-0400 x11214.**

SALSA Club: (Students Advocating Life without Substance Abuse) – is a program offered through the Needham Public schools to teach students in the Needham Public Schools how to say no to drugs & alcohol. Student advocates are in grades 9-12. If interested in joining or for more information, go to <http://spanneedham.org>

At My Neighbor's Table : The Neighbor's Table works to bring together a wide range of individuals to discuss issues that advance diversity and enhance equity. On Sunday October 18th, from 5:00-6:30pm a virtual event will be held. The October **housing event** will include conversation following a presentation by Jennifer Raitt, who is the Director of Planning for the Town of Arlington. She has served local, regional, state and national housing, community development, and planning organizations. For more information go to their website and register online @ <http://amnthousing.eventbrite.com>

NUTRITIONAL SERVICES

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 curbside pickup. For those without means of transportation the NCC will deliver on Tuesdays between 10:30am and 12:00pm.

Needham Council on Aging: Free Meat Delivery:

- *We will be delivering free boxes of precooked meat from Springwell to the first 50 people that sign up. The meat will be delivered on Monday, September 14. Each box will be 10 pounds and include 5 pounds of pork franks, 4 pounds of pork sausage, and 2 pounds of chicken sausage! Please contact Katie at (781) 855-3629.*

Sayer HALAL Supermarket: offers vegetarian and Middle Eastern foods in accordance with Islamic Law regarding the butchering of beef. They are located at 568 Providence Highway (Route 1) in Norwood.

Springwell: Meals delivery will continue Monday-Friday, with the exception of holidays. If anyone needs assistance please contact Springwell at (617) 972-5700.

AGING SERVICES

Center at The Heights: Program being offered by Center Staff:

- Daily Springwell Lunch Deliveries (Mon - Fri)
- Weekly Trader Joe's Goodie Bag of Groceries (\$20)
- Free Weekly Freshness Delivered (Fresh produce and vegetables)
- Free Mask Deliveries
- Phone Pal Program (A middle or high school student is set up with a senior to call on a regular basis so they can have community service hours and they benefit from making a social connection.)
- Social Services Appointments and Outreach
- SHINE appointments
- Remote Programming (To include exercise, health and wellness, education, technology - focused, finance and legal, social and entertainment, etc.)
- Surprises! (Mother's and Father's Day gifts, special desserts, toiletries and more)
- ***Wonderful Wednesdays-*** *The first 50 people who register for this will receive a surprise treat bags of fun items to make you happy! The first one will be delivered on Wednesday, September 16. One week they will include games and entertainment, another week a spa bag and another week more surprises. You will need to register each week. These treat bags were sponsored by Briarwood, Needham Rotary, Temple Beth Shalom, Dedham Savings Bank, and the Exchange Club.*

Springwell:

- **Linden & Chambers Residents:** Need additional assistance? Please contact Housing Care Coordinator **Isabella Carrasquillo @ 617-972-5630** Monday through Friday 9:00am to 5:00pm. For urgent requests after Isabella's work hours please contact Springwell's main number @ 617-926-4100.

MEDICAL/HEALTH INFO & SERVICES

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. Phone number is (781) 234-9847)

[COVID-19 Updates and Information | Mass.gov](#)

Resources & hotlines Sign up for text message alerts. Send COVIDMA to 888-777; Enter COVIDMAESP at 888-777; Call 2-1-1 or use live chat for non-emergency questions and help; Email the Governor's Office or call (617) 725-4005; Abuse & assault. Domestic violence and sexual assault:

www.mass.gov

Get Connected Needham Resource Document: Town of Needham Website. A collaborative guide to all social services available during this pandemic, as well as on going supportive services in Needham. Go to: <https://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for-COVID-19>.

Senior Discounts - Business & Services

Restaurants:

- **Applebee's:** 10-15% off
- **Ben & Jerry's:** 10% off for seniors (60+)
- **Boston Market:** discount varies by location (65+)
- **Burger King:** 10% off (60+) plus additional discounts on coffee and soft drinks
- **Carrabba's Italian Grill:** 15% off entire meal for AARP Members
- **Chart House:** 10% off for AARP members
- **Chick-Fil-A:** 10% off or free small drink or coffee (55+)
- **Chili's:** 10% off (55+)
- **Dairy Queen:** 10% off for seniors
- **Dunkin' Donuts:** Free Donut with L or XL Beverage for AARP members or 10% off
- **Einstein's Bagels:** 10% off (60+)
- **Friendly's Restaurants:** 10% off meal w/ free coffee at breakfast or free small Sundae during non-breakfast hours verified
- **Fuddruckers's:** 10% off any senior platter (55+)
- **IHOP:** 10% off (55+)
- **McCormick & Schmick's:** 10% off for AARP members
- **McDonald's:** daily coffee discounts (55+)
- **Mrs. Fields:** 10% off at participating locations (60+)
- **Outback Steakhouse:** 15% off for AARP members

- **Rocky Mountain Chocolate Factory:** up to 20% off (65+)
- **Sonic Drive In:** 10% off (60+)
- **Sweet Frog Premium Frozen Yogurt:** 15% for AARP members
- **Wendy's:** 10% off (55+)

Stores:

- **Jo-Ann Fabrics:** About every 3 months, there is a [Senior Citizen Discount Day](#), where you can get 20% off their in-store purchases(60+)
- **Kohls:** 15% off on Wednesdays (55+)
- **Michaels Craft Store:** Varies by location
- **Rite Aid:** 20% off the first Wednesday of the month (with a Rite Aid shopping card (65+)
- **UPS Store:** 15% off for AARP members
- **Walgreens:** 20% off on "[Senior Day](#), (the 1st Tuesday of the month) (55+ and AARP)
- Entertainment
- **AMC Theaters:** Those 55 years and older can get up to 30% off their movie tickets every Tuesday.
- **Regal Cinemas:** Seniors 55+ can get movie tickets for up to 30% off at select theaters.
- **Ocean State Job lot-** offers a once a year senior discount week. Check with local outlets.

Here are a few other ways to save as you age: Once you're **62**, you are eligible for a lifetime [Senior Pass](#) that allows free admission to National Parks and other recreational areas. And a 50% discount on camping fees, fishing licenses, etc. And there are lots of National Parks in Massachusetts. There's a one-time \$10 fee, but you will make that up the first time you use it.

RECREATIONAL SERVICES/ACTIVITIES:

Charles River Y/Teen Programming: There are three programs running, Yard Games, Field Games and Beginning Running Club, for youth ages 11-14 from 2:30-4:00pm October 8 to November 8. You can register at 863 Great Plain Ave or contact Kfrost@ymcaboston.org or 781-465-2575.

Chair Yoga- Cathy Lunetta is offering Chair Yoga once again to all NHA residents. The classes will take place at Linden Chambers Community Room on **Wednesdays @ 4pm -5pm** starting on **September 2, 2020**. 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: If you are interested in joining, please contact Jill Rutherford @ (617) 901-6535 for information.

Coffee Hour:

- **Linden/Chambers: Wednesday October 14 from 10:00-11:00 inside** the Community Room. (A representative from Springwell will be in attendance).
- **Seabeds Way: Thursday October 15 from 10:00-11:00 inside** the Community room. (Refreshments will be provided)

SUPPORTIVE SERVICES

Family Promise Metrowest of Natick: offers help in transforming the lives of families with children who are homeless by mobilizing a diverse community to provide shelter. Visit www.familypromisemetrowest.org

NCC Outside Tent Thrift Shop: is open on **Tuesdays & Thursdays from 10:00am -1:00pm through the end of October.** If you have any items that you wish to donate, please call the Center first.

LYFT RIDES: now available through the Needham Community Council.

PUBLIC SAFETY MATTERS

Smoking: The office is receiving many complaints of people smoking in their units or within 25 feet of a NHA Building. Please note that we take this issue very seriously since smoking affects all residents. Management is compiling a list of complaints and will be addressing each one. This is a violation of your lease and enforcement will be taken. For the health & safety of all, we are asking that everyone comply with the NO Smoking Policy.

Face Masks: We have also been receiving complaints that not all residents are complying with the Governor's mandate to wear face masks in public buildings or within 6 feet of others. This practice is for the safety of all.

Sign In Sheets: this is another measure of protection requiring all non NHA residents who come into any of our buildings to sign in. The sign in sheets are found at all entrances & exits. It has been brought to the attention of NHA staff that this practice is not occurring and that someone is taking down the sign in sheets & Public Health warnings. Not only is this a risk to the safety of all, but it also requires staff to keep addressing this issue which can interfere with other more pressing NHA needs.

MISCELLANEOUS

Lost & Found: a women's silver ring was found in the area of 40 Chambers St. Please contact Deb Tambeau for more information.

Memorial Bench: A special thank you to NHA resident Nancy Lee Mauger who beautifully painted the bench in front of the Linden Chambers Community Room in memory of former NHA resident Laura Shifrina. If you have a chance, stop by to see it, or visit the NHA website to view. The beautifully colored flowers are sure to bring a smile to your face.

In Memoriam:

Associate Justice Ruth Bader Ginsburg. Justice Ginsburg served on the U.S. Supreme Court from 1983 until her death on September 18, 2020. She was known as a “demure firebrand” who into her 80’s was known as a legal, cultural and feminist icon. She was perhaps most well known for her legal fight for women’s rights in the 1970’s. She will be remembered as a tireless and resolute champion of justice for all.

Representative John Lewis. John Robert Lewis was an American Statesman and civil rights leader who served in the United States House of Representatives for Georgia’s 5th Congressional district from 1987 until his death in 2020. He was a leader and staunch supporter of Civil Rights.

Vote By Mail applications: have been sent out to all registered voters. If you would like to vote in the **November 3rd election**, please follow the instructions on the post card. It is recommended that you **submit your application no later than October 20th**. For your vote to count it must be postmarked no later than November 3rd and reach your local election office by November 6th. You may still vote in person. However, the deadline to register as a voter is **October 24th**.

164 Linden St: The Executive Director would like to hear from residents any ideas or suggestions as to possible usage of this vacant facility. Please either submit your ideas on paper or email at dtambeau@needhamhousing.org

Columbus Day/Indigenous People’s Day: October 12th. Please note that there will be no staff in the Office however, emergency maintenance services will still be available.