

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

MONTHLY THOUGHTS

Message from Angie Medeiros

“Let go of the past or you’ll strangle the future” Holding onto hurt words or traumatic experiences will keep you from living your best life, letting go of what consumes you emotionally will give you freedom of whatever has held you captive internally.

COVID-19 UPDATES

State Announces Easing of Outdoor Mask Requirement, Other Reopening Steps

Governor Baker announced that starting Friday, April 30th, face coverings will no longer be required to be worn outdoors in Massachusetts, except for situations where it is not possible to maintain social distance and when required by business-specific guidelines. The CDC today also announced that masks are no longer necessary outdoors for fully vaccinated people when distance can be maintained.

Face coverings will still be required at all times in indoor public spaces in Massachusetts. Face coverings will also continue to be required at all times at events, whether held indoors or outdoors and whether held in a public space or private home, except for when eating or drinking.

Re-Opening Guidance

In addition to relaxing the outdoor mask rules, the Governor announced the timeline for reopening businesses and expanding gathering limits as follows:

May 10, 2021

- Large venues such as indoor and outdoor stadiums, arenas, and ballparks currently open as part of Phase 4, Step 1 at 12% will be permitted to increase capacity to 25%.
- Phase 4, Step 2 industries including amusement parks, theme parks and outdoor water parks that will be permitted to operate at a 50% capacity after submitting safety plans to the Department of Public Health.

- Road races and other large, outdoor organized amateur or professional group athletic events will be permitted to take place with staggered starts after submitting safety plans to a local board of health or the DPH.
- Youth and adult amateur sports tournaments will be allowed for moderate and high risk sports.
- Singing will also be permitted indoors with strict distancing requirements at performance venues, restaurants, event venues and other businesses.

May 29, 2021

Subject to public health and vaccination data:

- Gathering limits will increase to 200 people indoors and 250 people outdoors for event venues, public settings, and private settings.
- Street festivals, parades and agricultural festivals can occur, at 50% of their previous capacity and after submitting safety plans to the local board of health.
- Bars, beer gardens, breweries, wineries, and distilleries can re-open, will be subject to restaurant rules with seated service only, a 90-minute limit and no dance floors.
- Restaurant guidance will be updated to eliminate the requirement that food be served with alcohol and to increase the maximum table size to 10.

August 1, 2021

Subject to public health and vaccination data:

- Dance clubs, and nightclubs can re-open
- Saunas, hot-tubs, steam rooms at fitness centers, health clubs and other facilities can re-open
- Indoor water parks can re-open
- Ball pits can re-open

All industry restrictions will be lifted at that time, and capacity will increase to 100% for all industries, with businesses encouraged to continue following best practices. The gathering limit will be rescinded.

For more information, visit mass.gov/reopening.

COVID-19 SCAMS

WE ARE CURRENTLY LIVING IN UNPRECEDENTED TIMES, AND THIS PROVIDES AMPLE OPPORTUNITY FOR SCAMMERS TO COME UP WITH NEW WAYS TO TAKE ADVANTAGE OF UNSUSPECTING PEOPLE. THESE SCAMS ARE OFTEN TARGETED AT THE ELDERLY, AND IT IS ESSENTIAL THAT WE ARE AWARE OF THE TYPES OF SCAMS THESE INDIVIDUALS WILL TRY.

RIGHT NOW, THERE ARE TWO MAJOR SCAMS THAT ARE HAPPENING: CONTACT TRACING SCAMS AND COVID-19 TESTING SCAMS.

WHAT IS CONTACT TRACING?

CONTACT TRACING IS THE PROCESS OF IDENTIFYING AND CONTACTING PEOPLE WHO HAVE BEEN IN CONTACT WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19. CONTACT TRACERS WILL WORK WITH SOMEONE WHO IS POSITIVE TO COLLECT THE NAMES AND NUMBERS OF ANYONE THEY HAVE BEEN IN CLOSE CONTACT WITH WHILE INFECTIOUS.

SPOTTING THE SCAM

CONTACT TRACERS MIGHT BEGIN BY SENDING YOU A TEXT MESSAGE. THEY ALSO MIGHT REACH OUT WITH A PHONE CALL, BUT THERE ARE SEVERAL THINGS THEY WILL NOT DO.

CONTACT TRACERS:

- WILL NOT ASK FOR MONEY – CONTRACT TRACERS WILL NEVER ASK YOU FOR PAYMENT, WHETHER THAT IS THROUGH CASH, CARD, GIFT CARD, OR ANY OTHER FORM OF PAYMENT. DO NOT NEED YOUR BANK ACCOUNT OR CREDIT CARD NUMBER – THEY DO NOT NEED THIS INFORMATION. A GOOD RULE OF THUMB IS TO NEVER GIVE THIS INFORMATION TO ANYONE WHO CONTACTS YOU AND ASKS FOR IT. DO NOT NEED YOUR SOCIAL SECURITY NUMBER – THEY WILL ALSO NOT NEED YOUR SOCIAL SECURITY NUMBER, EVEN THE LAST 4-DIGITS.
- DO NOT NEED YOUR MEDICARE NUMBER – CONTRACT TRACERS WILL NEVER ASK FOR YOUR MEDICARE NUMBER.
- IMMIGRATION STATUS DOES NOT MATTER – IF CONTRACT TRACERS ARE ASKING FOR THIS INFORMATION, THEY ARE NOT LEGITIMATE, AND THIS IS A SCAM.
- WILL NOT SEND LINKS THROUGH EMAIL OR TEXT – CONTRACT TRACERS WILL NOT SEND YOU ANY LINKS THROUGH TEXT OR EMAIL. CLICKING ON THESE LINKS COULD DOWNLOAD MALWARE TO YOUR COMPUTER OR PHONE.

TESTING SITES

SOME SCAMMERS ARE CONTACTING RECIPIENTS OF MEDICARE AND OFFERING FREE COVID-19 TESTING OR TESTING SUPPLIES FOR THEM.

WHAT TO LOOK OUT FOR

- SOCIAL MEDIA – BE WARY OF ADVERTISEMENTS ON SOCIAL MEDIA FOR COVID-19 TESTS OR SUPPLIES. MAKE SURE THAT ANY APPOINTMENTS YOU MAKE ARE AT ACTUAL LOCATIONS
- DO NOT OPEN LINKS – DO NOT RESPOND TO OR OPEN LINKS SENT TO YOU THROUGH TEXT MESSAGES FROM UNKNOWN SOURCES
- MEDICARE AND MEDICAID WILL NOT CALL ASKING FOR YOUR NUMBER – MEDICARE AND MEDICAID WILL NOT CALL BENEFICIARIES TO OFFER COVID-19 TESTING OR PRODUCTS. IF YOU RECEIVE A CALL FROM THEM, THIS IS LIKELY A SCAM.

HOW DO I MAKE SURE A TESTING SITE IS LEGIT?

THE BEST THING YOU CAN DO IS GET A REFERRAL FROM YOUR DOCTOR FOR A COVID-19 TEST. YOU CAN ALSO CONTACT YOUR LOCAL POLICE OR SHERIFF'S OFFICE TO SEE IF THE TESTING SITE IS LEGITIMATE.

THE FEDERAL COMMUNICATIONS COMMISSION OFFERS A [SCAM GLOSSARY](#) THAT YOU CAN LOOK AT TO SEE THE MANY TYPES OF SCAMS THAT INDIVIDUALS WILL TRY.

WHAT TO DO IF A SCAMMER CONTACTS YOU

ONCE YOU REALIZE THAT THIS MIGHT BE A SCAM, HANG UP THE PHONE. IF A SCAMMER HAS CONTACTED YOU OR IF YOU SUSPECT THAT SOMEONE HAS ATTEMPTED TO SCAM YOU, [REPORT IT ONLINE WITH THE OFFICE OF INSPECTOR GENERAL](#) OR BY CALLING [1-800-HHS-TIPS \(1-800-447-8477\)](#).

NUTRITIONAL

- Needham Mobile Farmer's Market- will begin delivering fresh fruit & produce twice weekly to NHA residents from June-October. Delivery locations, days and times are as follows:
Capt. Robert Cook: Tuesdays @ 5:00-5:30pm
Seabeds Way: Tuesdays @ 5:30-6:00pm
Linden/ Chambers: Fridays @3:00-4:00pm

RECREATIONAL/SOCIAL

- **Needham Community Council- Tent Sale** is back! **Opening May 4th**. Hours of operation are **Tuesdays & Thursdays from 10:00-4:00pm** and **Fridays from 10:00am-2:00pm**. Please note: There will be a limit of 15 shoppers at a time. Masks and social distancing required. No outside bags allowed in the tent.
- **Cook's Bridge Tenants Association** -- Every 2nd Tuesday of the month via Zoom until further notice. Information is on the monthly flyer. Email needhamcbta@gmail.com
- **Kalmia Garden Club**-members of the Kalmia Garden Club are planning to work at the Linden Chambers gardens on **Saturday, May 15th** in the morning, with a **rain date on Sunday, May 16th** in the afternoon.
This year, they plan to change some of the plantings, so they will be digging up and potting selected perennials from both gardens. They are hoping to make some of these plants available to residents by leaving them by the front door of the Community Center with a sign indicating that they are free for planting in other garden areas in the community.
Later in the month, they will be planting in the planter boxes at the entrances to each building. They are aware that some of the boxes have some rust damage or need new legs and are hoping this fall to talk about a plan to either repair or replace boxes that need work.
- **NHA Garden Club**- Spring planting time has started. There will be two additional 4'x12' raised beds for flowers at Linden/Chambers, which are being generously donated & constructed by Needham Rotary Club. The first meeting will be held on Tuesday, May 11th at 12:15pm in the Linden Chambers Community Room. If you are interested in joining, please contact **Jill Rutherford @ (617) 901-6535** for more information.
- **Resiliency Gardening**- the Community Equity Group in Needham is looking to offer more raised bed gardens to all residents of Needham. If you are interested, please contact Ellen Fine @ (781)824-0154.
- **Coffee Hours**: We are once again meeting for coffee hour in the Linden/Chambers and Seabeds Way Community Rooms. We had our first get together in April at both locations. As part of the discussion we agreed upon days & times to meet as well as providing activities, and inviting guest speakers/presenters on occasion.
Linden/Chambers will meet on the **2nd & 4th Tuesday** of the month from **11:00am-12:00pm**.
Seabeds Way-will meet on the **2nd & 4th Thursday** of the month from **11:00am-12:00pm**

On Tuesday **May 25th at 11:00am** we will be holding a **Drumming Circle** during coffee hour time@ the Linden /Chambers Community Room. There will be two presenters on Native American drumming. We will have some drums and other Native American instruments will be available for use, or bring your own if you have any!

EDUCATIONAL

- **Captain Robert Cook After School Program** -the NHA was recently awarded a \$5000.00 grant from Beth Israel Deaconess/Lahey Hospital in support of the After School Program! The NHA is also partnering with the Needham Public Schools to expand services and programs. All families, with school aged children living within Captain Robert Cook Dr. are encouraged to participate.

For more information, please contact the Program Director, **Deondre Cabey** at the Center, **Monday-Thursdays from 3:00-5:30pm** or call Deb Tambeau at the office @ 781 444-3011.

- **Community Connections Parent Programs-** is offering a program on **Transitions**. Join Rhonda Stollerman, Early Childhood Mental Health Consultant, to look at the range of transitions parents with young children experience, and the impacts those feelings have on feelings of stability. This program will be held on **Tuesday May 11 @ 7:00pm** on Zoom. Go to www.familyaccesscommunityconnections.com to explore and register for programs or you may also contact Jodi Levin at (617) 969-5906 Ext. 114.

EMPLOYEE RECOGNITION

The Needham Housing Authority has implemented the **Employee of the Quarter Program** that kicked off in April of 2021. Leadership is recognizing and appreciating the staff for all their hard work and dedication to the organization. I believe to operate a successful organization implementing programs for employees is important in maintaining great communication amongst the residents and their teammates. This program recognizes an employee each quarter that goes "above and beyond" their regular duties to accomplish something exceptional. The NHA Employees of the Quarter should continuously exhibit the NHA organizational values of Truth, Respect, Excellence, Teamwork, and Integrity. The winners get a luncheon with the Executive Director and a gift card which is given at the luncheon.

I am happy to announce that the first co-recipients of this new Program are Debra Tambeau, Resident Services Coordinator and Greg Gillis, Maintenance Staff. Angie Medeiros.



I would like to thank them and all NHA staff for their dedication and hard work!

NHA Board Meeting-will be held via Zoom, on **Thursday May 20th at 6:00pm**. You may access this meeting by laptop, iPhone, tablet, or computer by going to www.zoom.us or for dial in only **call 1-669-900-6833**. You will be required to enter the Meeting ID #, which will be provided in advance of the meeting via RoBo call.

