

NEEDHAM HOUSING AUTHORITY

28 Capt. Robert Cook Drive • Needham, Massachusetts 02494-3155
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JANUARY 2020 NEWSLETTER

Dear Needham Housing Residents:

For anyone who has ever had an eye examination, you are probably aware that the term 20/20 vision is used to express normal visual acuity (the clarity or sharpness of vision) at a distance of 20 feet. It is the standard for “normal vision.” From this term we also get the expression 20/20 hindsight. This phrase translates to one now being able to see in hindsight things that were not obvious from the outset. As a result, one is able to evaluate past choices more clearly now than at the time of the choice. It implies wisdom after the event.

Perhaps, as you reflect & review this past year, you may find that you are looking to make some healthy choices on a physical, and/or emotional level going into the new year. If you are struggling with loss and sadness, then please come to the presentation on Dealing with Grief & Bereavement. Or if you would like to be free from the addiction of smoking, I invite you to take part in the Smoking Cessation Program being offered by the Department of Public Health. (Please refer to further information contained in this newsletter).

As we now head into the year 2020, the second decade of the 21st Century, I hope that you all will be able to develop the ability to look back over the past year and “see” all the good and positive events in your life, and to also bring that wisdom into viewing all that life brings in the New Year.

As I look back and reflect on 2019, I can say with honesty & clarity that it has been a pleasure getting to know and work with so many of you and I look forward to continuing as your Resident Services Coordinator in 2020.

Happy New Year,

Debra Tambeau
Resident Services Coordinator.

LINDEN /CHAMBERS & HIGH ROCK

HEALTH & SAFETY

- **No Smoking in units or within 25 feet of the building-** The NHA has been receiving numerous reports of residents smoking in their apartments or within 25 feet of the building. We are taking this seriously, not only because it is a law, but also because of the potential danger of secondhand smoke to other residents, as well as potential fire risks. Please note that we will be enforcing the No Smoking Policy which could result in fines and/or lease enforcement. We would also like to offer a potential solution: **a SMOKING CESSATION Program will be offered in January of 2020 sponsored by the Dept. of Public Health. Sign up sheets will be posted in the Community Room.**
- **Springwell-** will continue to provide a nurse on the second Thursday of the month at 1pm for Blood Pressure checks. (See attached calendar). A copy of their monthly Lunch Menu is also posted in the Community Room.
- **VNA- Peace & Harmony Home Health Care,** LLC is a Nursing Agency established & managed by nurses. They provide care for their patients in the convenience of their own home. They provide skilled nursing care, certified home health aides, medical social services, Physical, Occupational, Speech Therapy, Respite care & Psychiatric & Mental Health Nursing. Office hours are M-F 8:00am- 5:00pm. After hours, weekends & holiday contact the on-call Nurse is available (24/7). Please call (774) 215-5468. Medicare/Medicaid Certified. Most insurances are acceptable.

SOCIAL/RECREATIONAL EVENTS & ACTIVITIES

Current:

- **Coffee Hour:** meets the first & third Wednesday of the month from 10-11am in the Community Room. **(Please note that due to New Year's Day falling on a Wednesday, the Coffee hours will be held for this month on 1/8 & 1/15)** In addition to occasional guests & presentations the Executive Director, Angie Medeiros will also be attending regularly. Refreshments provided.
- **Craft Club-** meets from 2-4pm on Thursdays in the Community Room.
- **Chair Yoga-**meets on Wednesdays from 4:15-5:15pm.

EDUCATIONAL

- **Council on Aging-** is offering a presentation on **Dealing with Grief & Bereavement** on **1/8/20 @ 11:00am** in the L/C Community Room.
 - **Dept. of Public Health-**will be offering a presentation on **Smoking Cessation** in late January. Flyers & sign up sheets will be posted with date & times.
 - **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 1/27 & 1/31/20** and on **2/7, 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**

New:

- **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 & sign up sheets will be posted in the Community rooms. If interested, please see resident Jill Rutherford.
- **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

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- The Dept of Public Health will be providing a nurse to do blood pressure checks in the Seabeds Comm. Room, beginning in January 2020. **(Exact date & time will be posted in the Community room).**

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. In addition to occasional guests & presentations, the Exec. Dir. Angie Medeiros, will be attending regularly. Everybody is welcome to attend. Refreshments will be provided by the NHA.

EDUCATION/RECREATIONAL ACTIVITIES:

- The **Cooks After School program-** continues to run Monday- Thursday from 3:15- 5:30pm at 42 Capt. Robert Cook Dr. The focus of this program is to offer tutoring & homework assistance to our children. We have volunteer staff & students from Babson College and Nobles & Greenough High School. The NHA is also working with area grammar & middle schools to increase educational experiences for all our children. We are also looking to expand offerings to include, recreational activities & field trips. Deondre Cabey is the Director.
- **Council on Aging-** is offering a presentation on **Dealing with Grief & Bereavement** on **1/22/20 @ 11:00am** in the Seabeds Way Community Room.

- **Dept. of Public Health**-will be offering a presentation on **Smoking Cessation** in late January. Flyers & signup sheets will be posted with date & times.
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SEABEDS WAY RESIDENTS

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- **Food Pantry**-is held every Tuesday starting **at 9:30am**. All food is provided by Trader Joes and is distributed by NHA staff.

Educational Activities:

- **Council on Aging:** beginning in January 2020 the COA will be conducting workshops & presentations in the Community Room. The first is scheduled for **1/22/20 on Grief & Bereavement**. Flyers will be posted.
- **Dept. of Public Health**-will be offering a presentation on **Smoking Cessation** in late January. Flyers & signup sheets will be posted with date & times.

New:

- **Music night**- we are looking for all musicians to come “jam” with us or to just “groove” along to the different styles of music. Sign up sheets will be posted in the community room or contact the RSC if interested. Dates & times to be determined based upon resident response.
- **Library:** we are looking to start a book exchange program in the Community Room. Please bring in any books you would like to donate and feel free to pick up a new book.

PUBLIC SAFETY MATTERS

In addition to concerns of smoking, the NHA has been receiving reports of neighbor disputes. It is our policy that all residents feel safe in and around their apartments. If you are experiencing problems of this nature, please do not hesitate to let the Office know. As your Public Safety Officer, I also want to share the following with you if you are experiencing neighbor difficulty and do not know what to do to improve the atmosphere:

1. Noise, yelling, banging, swearing- call the Needham PD @ (781) 455-7570, especially if you are in fear for your safety or that of another resident.
2. Contact the NHA office @ 781 444 3011 via phone or write a statement and send it to the Office attn: Debra Tambeau. All info received will be kept confidential.
3. Request mediation. This can be arranged through Resident Services.

OTHER SERVICES & EVENTS

YMCA of Greater Boston- donated 6 brand new bicycles to the NHA. They were raffled off on 11/26/19. Thank you to the Y and congrats to the winners!

Anton's Cleaners of Framingham through its connection with Caring Partners Inc. has donated clean winter coats/jackets for NHA adults & children. Please contact the office to schedule a time to come by.

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

WORK OPPORTUNITY- ATTENTION HIGH SCHOOL STUDENTS! Some of the residents of Seabeds Way will be looking for someone to shovel out their vehicles this winter. If you are interested contact the RSC (Deb Tambeau) at the office 781-444-3011.

RESIDENT RECOGNITION

I would like to take this time to offer a shout out NHA resident **Helen Giragosian** for organizing & hosting the Holiday Party at Linden Chambers. Over 30 people attended and were provided with delicious food, beverages, music, games & prizes. A thank you too to all those "elves" who assisted her.

I would also like to acknowledge & thank NHA resident **Juliet Marquez** for the Holiday festivities at Seabeds Way and who, along with members of the Filipino Church, sang Christmas Carols for the residents of Linden Chambers as well as Seabeds Way.

I received the following item from NHA resident Sheila Clark and wanted to share it with all of you who call New England home.

Information on Boston and the surrounding area: "There's no school on School St, no court on Court St., no dock on Dock Sq., no water on Water St.

Back Bay streets are in alphabetical order, (also pronounced “oddah.”) (e.g. Arlington, Berkeley, Clarendon, Dartmouth, etc). So are South Boston Streets! If the streets are named after trees (e.g. Walnut Chestnut, Cedar), you are on Beacon Hill. If they are named after poets, (e.g. Tennyson, Emerson, Kipling) you are on Poets Corner in Wellesley.

Massachusetts Ave is called Mass Ave. Commonwealth Ave is called Comm Ave. South Boston is Southie, The North End is east of the former West End. The West End and Scollay Square are no more, a guy named Rappaport got rid of them one night. Roxbury is the Bury and Jamaica Plain is J.P.

Route 128 is also 1-95 South. It’s also I-93 North. Most people live here all their life and still don’t know what the h**l is going on with this one.

May 2020 bring HEALTH & HAPPINESS TO ALL!!!

