

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

MONTHLY THOUGHTS Message from Deb Tambeau

Dear Residents:

As I sit here composing this newsletter and my thoughts, I am listening to the howling wind and feeling the effects of this Artic blast we have been experiencing all week! Hard to believe that Spring is just a few weeks away. For us “seasoned” New Englanders we get it. My thoughts and prayers however go out to all those dealing with freezing temperatures, and violent storms in places like Texas and Mississippi, where this is not typical. I think it is fair to say that we, not only as Americans, but as global citizens, have seen our fair share of “out of the ordinary” happening and events. But hope springs eternal! And speaking of spring we will celebrate the Vernal Equinox on Saturday, March 20th. And with Spring comes the return of green grass, colorful flowers, and fresh fruits & vegetables! You will find in this newsletter more information on gardening opportunities both on site and through the Needham Farm Community. We also welcome the arrival of longer days. So, don’t forget to set your clocks ahead on Sunday, March 14th as Daylight Savings Time begins. Go green on March 17th in honor of St. Patrick’s Day. And to all who observe the religious holidays, Passover begins on Saturday March 27th and Palm Sunday is celebrated on March 28th.

And lastly, but of equal importance, I am happy to report that our first COVID vaccination clinic held on March 6th was a great success! A heartfelt thanks to all who participated and to the staff & volunteers of the Needham Department of Public Health who provided vaccinations on site for the NHA. The second round of vaccinations will take place on Saturday, April 3rd. NHA staff will be following up.

In closing, I look forward to the return of warmer weather and the hope that we will emerge from the isolation and devastation of this pandemic to once again enjoy time both indoors and outdoors with neighbors, friends & family!

Sincerely,

Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program- The Center reopened on 1/11/21 on a limited basis, due to COVID restrictions, for After School/Homework help. The hours of operation are Monday-Thursday from 3:00-4:30pm. If anyone is interested please contact the Program Director, Deondre Cabey at the Center or call Deb Tambeau at the office @ 781 444-3011.

Communities United Inc outreach- provides top quality licensed educational programs and childcare at low cost for children 4 months to 5 years of age. They are still accepting applications for the 2020-21 school year. Any interested families can fill out an online application @ www.communitiesunited.org//applynow

Kate Girardi
Enrollment and Health Specialist
(617) 744-0036 ext. 223

Family Access Community Connections- offers free programs for parents & children (birth to 8 years old). Their website is www.familyaccesscommunityconnections.com to explore and register for programs or you may also 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.

Vaping Cessation Program- this Program is available to all Needham High School Students. Hybrid & Remote. (See attached Flyer).

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 **contact free curbside pickup.** **Tuesday is set aside for deliveries between 10 & 12.**
- **Thrift Shop**- is now closed. The NCC is in the process of establishing a website for online sales. Further information will be provided.

Springwell- Meals delivery will continue Monday-Friday, with the exception of holidays. If anyone needs assistance, please contact Springwell at (617) 972-5700. **Please make sure you pick up your deliveries as we have been getting calls about lunches being left out for days at a time.**

AGING SERVICES

Center at The Heights- Programs 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) (Cost is \$5).
- 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)
- Remote Garden Club- A plant will be delivered monthly for the first 25 people who register. A Zoom meeting discussion will follow.
- Wonderful Wednesdays- The CATH will deliver a surprise “goody bag” every Wednesday to the first 50 people who register.
- **Sunday Suppers-** via zoom, every Sunday starting at 5:30 pm. You must preregister by the preceding Thursday and will receive a frozen meal delivered on Friday. It is open to the first 25 registrants. Cost is \$5.00.
- **AARP Tax Services-** Income tax appointments are now being scheduled for assistance in filing your returns. You can contact Aicha Kelley, via email, or contact Stefan @ 781-343-1258.

Please contact Aicha Kelley, Program Director, by phone @ (781) 855-3629 or via email at: akelley@needhamma.gov for further information and/or to register.

Center at The Heights- NEEDHAM TAXI SERVICE:

The CATH is happy to announce their new Taxi Service that has been made possible through an emergency grant for MAPC. This is for anyone **age 18 and over**.

- Rides **MUST** be requested by **12 pm (noon) the BUSINESS day before**.
- Available for Needham residents to travel within a **35-mile** radius from your Needham address.
- Please complete the online [Needham Taxi Ride](#) form to request taxi service.
- Upon completing your form, we will reach out to confirm your ride

*If you are unable to complete this form online or have any questions regarding your ride, please call 781-343-1258 Monday-Friday 9:00 AM – 4:00 PM, excluding weekends and holidays or email: akelley@needhamma.gov or taxiride@needhamma.gov

* Please note that this service is made possible through a grant from MAPC and does NOT include gratuity.

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.

RECREATIONAL SERVICES/ACTIVITIES

Chair Yoga- Classes on hold until further notice.

Garden Club- Spring planting time has started. We are also looking at adding additional raised beds at Linden/Chambers. If you are interested in joining, please contact Jill Rutherford @ (617) 901-6535 for information.

Needham Community Farm- Gardening Classes with Full Scholarships available. (See Attached Flyer)

Coffee Hour- Suspended until further notice due to COVID-19 concerns.

MEDICAL/HEALTH SERVICES & INFO

COVID 19 Updates and Information-MASS.gov

Resources & hotlines Sign Up for text alert message alerts. Send COVIDMA to 888-777; Enter COVIDMAESP at 888-777; Call 2-1-1 or use live chat for nonemergency questions and help.

Wear a mask, stay at least 6 feet apart, avoid crowds, wash your hands often and avoid touching your nose mouth and eyes.

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. Their phone number is (781) 234-9847.

Get Connected Needham Resource Document: Town of Needham Website. A collaborative guide to all social services available during his pandemic, as well as on-going supportive services in Needham. Go to [http://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for COVID-19](http://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for-COVID-19).

SUPPORTIVE SERVICES

Transportation- for Lyft utilization/Transportation of Last Resort please contact **the Needham Community Council (781 444-2415) if you are:**

Having trouble getting to a medical appointment or other important appointment? Our **Medical Appointment Ride Program** is back, and we are available to help you get to your next medical appointment.

- Call the office to set up your ride at least 24 hours prior to your appointment
- Rides are offered M-F from 9 am to 3 pm
- All COVID safety protocol is in place - masks must be worn
- Client must be able to get to and from the car and in and out of the car independently.

Veterans Northeast Outreach Center, Inc- Founded in 1985, this agency offers financial assistance for qualifying Veterans and families who are at risk of becoming homeless or already homeless. They also have a National Service Officer who can assist with:

- Vocational Rehabilitation
- GI Bill Benefits
- Referral for PTSD treatment.

If you are a veteran of any of the Armed Forces and in need of assistance please contact SSG (Ret.) Marc Massey, Case Manager at (978) 907-0659.

Cook' s Bridge Tenants Association

Every 2nd Tuesday of the month via Zoom until further notice.

Information is on the monthly flyer.

Please email needhamcbta@gmail.com for suggestions, questions, and concerns.

PUBLIC SAFETY MATTERS

Elder Fraud- If you or someone you know has been the victim of elder fraud, help is standing by at the **National Elder Fraud Hotline**. You can call **833-FRAUD-11** or **833-372-8311**. **Every day, 6:00am-11:00pm eastern time. English/Spanish/Other languages available.**

What to expect when you call:

Your call will be answered within three rings.

You will be assigned a case manager, who will remain your point of contact.

You will always be treated with understanding and respect.

Registry of Motor Vehicles Cybersecurity REAL ID Text scams: The RMV wants to remind you that the agency would never request personal information via text messaging. The American Association of Motor Vehicle Administrators (AAMVA) is reporting several states have experienced customers receiving unsolicited text messages from numbers claiming to be other state government agencies with links or information about REAL ID and updating their licenses. These messages are SPAM-customers should not click on the link and should delete the message. Massachusetts is not among the states impacted by the scam (at this time). Sharing this information is critical in an effort to keep customer information safe and secure every day.

Should you experience this, or any other scam related to RMV issues, please report them to the **FBI's scam and Safety Office @ 857-386-2000**.

Smoke Alarms- Please do not ignore the “chirping” sounds that the smoke alarms emit when batteries are low! Although the majority of times it is the result of low battery levels, it can also signal a potential hazard, such as a fire or electrical issue. Under no circumstances should you disconnect or disable the unit. If you are not able to remedy the situation, please contact maintenance.

MISCELLANEOUS

Parking- To all NHA residents: If you have visitors please make sure that they do not park in other tenants' assigned spots. **Also, there is No Parking in the areas designated as Fire Lanes.**

Trash- To all NHA residents: The barrels outside of buildings should not be used for disposal of household items such as, furniture, mattresses, etc. Also, trash barrels should not be placed against a building as it can attract rodents and other unwanted critters.

NHA Board Meeting- will be held on **Thursday, March 18 @ 6:00pm**. To listen, view, and participate in this virtual meeting on your phone, computer, laptop or tablet you may go to the following site for access: www.zoom.us and enter the Meeting ID number, which is posted on the agenda OR for audio dial in only: Dial 1669 900 6833 and enter the Zoom Meeting ID number followed by the #sign. Information regarding the NHA meetings is posted on the NHA website as well as via a ROBO call notice.

Announcements- The NHA works diligently to make sure that all tenants are aware of events, services, programs, etc. via mailings, direct phone calls, as well as ROBO calls. Prior to COVID there were postings on all Community Room bulletin boards and mailbox centers. We are now in the process of implementing weatherproof message boards at outside locations in Seabeds Way, Captain Robert Cook Dr., Chambers and Linden St.

Stimulus Package Info- If you're one of the millions of Americans struggling financially because of the coronavirus pandemic, more relief is on the way.

Included in the \$1.9 trillion stimulus package working its way through Congress and expected to be signed into law by mid-March will likely be direct payments of up to \$1,400, an extension of unemployment checks, more than \$20 billion in rental assistance and enhanced food benefits.

For more information go to the following link: <https://cnb.cx/3efNhqU>

NHA Resident Input- A special thanks to all who contact me or the office with information, ideas or suggestions for the newsletter!

UPCOMING PLANS/EVENTS

Free Tablets/WiFi: The NHA is currently working with the Needham Community Council and the Council on Aging in getting free tablets & wi-fi connections for our senior population through the generosity of these two agencies. More information to follow.