

## JUNE 2020 NEWSLETTER

Dear Residents:

We are halfway through 2020 and what a time it has been! Although we are not necessarily “out of the woods” yet with the COVID 19 pandemic, we are seeing a decrease in numbers of cases and deaths. As a result, the Governor has allowed the opening of more businesses and recreational/outdoor activities and events. However, it is important to remember that safety guidelines are still in effect. Masks should be worn upon entering buildings & businesses, as well as maintaining social distancing practices. Now that the warm weather is upon us and summer season officially begins on the 20th it is a good time to get out in nature and relax and enjoy being outside but do so with safety for yourselves and others in mind. I hope you also get a chance to stop & smell the flowers being planted by the NHA and a collaborative effort between the Garden Club and Kalmia Garden Group as we work to unify and beautify the grounds in the Linden/Chambers area.

It has been a long time since we have been able to offer activities & events to share in as a community. With that in mind I am proposing that we reinstate “Coffee Hours” as a way to regroup and recoup. I have set aside potential dates of Wednesday June 25<sup>th</sup> from 10:00am-11am at Linden/Chambers and Thursday June 25<sup>th</sup> at Seabeds Way. We will gather outside the Community Room areas and provide properly distanced seating. If you are interested in attending please show up, coffee or tea in hand. In the event of inclement weather, I will put out a Robo call should we need to cancel.

During the month of June, we celebrate Flag Day on the 14<sup>th</sup>. I can remember as a child in school, starting each day facing the flag, hand over heart and reciting the Pledge of Allegiance. With all that is going on politically, civilly and economically, I hope we can find a way to become united again.

I would also like to take this opportunity to wish all Fathers, Grandfathers, God Fathers, Pet Fathers, and Uncles a very happy Father’s Day which is being celebrated on June 21<sup>st</sup>.

In closing, the NHA is continuing to work with local agencies to provide information relative to COVID 19 Medical & Policy updates, as well as the Agencies & Services available to all Needham residents. In the past two newsletters I have provided you with a list of all Supportive Services. In this month’s newsletter I have included a list of new or expanded services. As always if you have questions or information to share please call the Office.

Be Well!

Debra Tambeau  
Resident Services Coordinator

## EDUCATIONAL SERVICES

### Communities United Inc outreach:

As our centers are closed through June 29th, I am reaching out to inform you that we are still accepting applications for our 2020-21 school year. Please direct any interested families to our website where they can fill out an online application here: <https://www.communitiesunitedinc.org/applynow>

### **Kate Girardi**

Enrollment and Health Specialist  
Communities United Inc.  
Creative Start Children's Centers  
(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](http://www.familyaccesscommunityconnections.com) or contact Jodi Levin at (617) 969-5906 Ext. 114.

## NUTRITIONAL SERVICES

### **NEEDHAM Public Schools:**

- **School Lunches** are being distributed BY NHA & NPS Staff every **Tuesday & Friday** to Capt. Robert Cook Families starting at 11:30 am. Please be advised that if someone is not home, we cannot leave the food as it is perishable. Distribution will continue through June 2020.
- **The Fruit and Vegetable Box distribution program** is moving from the High School to the **NEWMAN SCHOOL @ 1155 Central Ave**. Starting this Friday, June 5th, 2020 the boxes will be given out from 3:00-4:00 at the Newman School auditorium entrance, off the parking lot. This will continue to be the location for the **next four Friday's - June 5, 12, 19 and 26th**. These produce boxes are **FREE** to any Needham resident, no income restrictions. Please follow the direction of the Needham Police Officer for lining up your car upon arrival at Newman School. There will be **NO IDLING** allowed in line so plan your arrival accordingly. If it is a hot day, you will be sitting in your car without air conditioning. We have a limited supply of produce boxes to distribute and they did go fast last week. If you arrive and no one is there, that means we have handed out all the boxes already. We are hopeful that we will receive more boxes to distribute in future weeks, so it is worth the effort to keep trying each Friday. We are so happy that so many people are benefiting and enjoying this program and are working hard to receive more produce to satisfy the demand. Residents having access to healthy foods is very important to us!
- **Needham Mobile Farmer's Market** will be providing fresh fruits and vegetables weekly during the month of June to NHA residents **on Tuesdays @ 5pm at Capt. Robert Cook Dr and @ 5:30 at Seabeds Way**. They will be at the **Linden/Chambers** area on **Fridays from 3-4 pm**.

## AGING SERVICES

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

- Daily Springwell Lunch Deliveries (Mon - Fri)
- Weekly Trader Joe's Goodie Bags of Groceries Deliveries
- **NEW**-Freshness Delivered (Friday deliveries of 10 lbs. of fresh produce).
- Mask Deliveries
- Remote Programs
- Phone Pal Program (Middle & high school students - who need community service hours - are calling seniors to chat and make connections.)
- Outreach Calls
- Social Work Services
- Surprises!
- Anything you need - call the Center Line and talk to Katie @ **781-855-3629** or **email me**.

### **Let Your Voice Be Heard! CATH Survey:**

The Town of Needham's Aging Services Division and Center at the Heights (CATH) has partnered with the University of Massachusetts Boston Gerontology Institute to conduct a community assessment of Needham's older adult population, focusing on CATH programs and services. The assessment will inform planning for programs and facilities for Needham's older residents. As part of the assessment, we are conducting a survey to hear from the Needham community, and we want to hear from you! **Please complete the survey by June 12<sup>th</sup>.**

**CLICK HERE TO ACCESS THE SURVEY:** [https://www.surveymonkey.com/r/Needham\\_CATH](https://www.surveymonkey.com/r/Needham_CATH)

## RECREATIONAL SERVICES/ACTIVITIES

**Activity Boxes-** The NHA is partnering with the Needham Public School and the Parks & Recreation Dept. to provide families with children between the ages of birth to 12 years of age with Summer Activity Boxes aimed at providing educational, and recreational activities for Captain Robert Cook and High Rocks families to take part in. It will be free of cost and will contain such items hula hoops, chalk, arts & crafts materials, books, balls, hackysacks, etc. If you are interested in taking part, please contact the office.

## COVID 19/HEALTH SERVICES

### [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](http://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 Testing**-Needham Public Health was able to partner with BID-Needham to get testing swabs that can be used to test residents who do not have the means (no car) to be able to get tested. They have put a protocol in place with the Council on Aging Social Workers. This will be an at-home testing and will be done preferably outside but can do inside if the resident is unable to go outside.

At this time, they do not have a robust ability to test all residents so they have some specifics that will need to be met before they can test the resident. Here is the protocol that they have established:

- “A resident must have no access to transportation, or for any extenuating circumstance cannot leave their house (ex: caring for a loved one and cannot leave).
- A resident must have spoken to their provider and the provider has stated that they need testing.
  - o This is needed so we can keep the provider in the loop and because nursing cannot diagnose so a medical provider needs to make the determination.
- If someone needs access to testing, please refer them to the Council on Aging Social Workers. They can call the Center at the Heights at 781-855-3629 to speak with one of the Social Workers.
- The social workers will call them and fill out a qualification form. They will forward the form to me at [tzike@needhamma.gov](mailto:tzike@needhamma.gov)
- Once I receive the form, I will call the resident and set up an appointment/time to get them tested. The goal will be within 48 hours, but it could be circumstance specific.
  - o I will ask the resident for their insurance information and their PCP name and number (I will not call them, but BID will need it to keep the provider in the loop). If they do not have insurance, we will figure something out, so please continue to refer them to us.
- When I speak with them, we will set-up a time and date to get tested. It will be either a Public Health Nurse or MRC Volunteer (RN or EMT) that does the testing. We will wear all appropriate PPE and will set up a place to do it. Ideally it will be done outside but if a resident is unable to come outside, we will take extra precautions to make a safe space within their home.
- Once the testing is complete, we will send it to BID and they will have Quest Diagnostics run the test. It will be close to a 2-3 day turn around.
- Once we get the results, we will notify the resident and let them know.

We hope that this will help get some of our residents tested who need it and who may not otherwise have been able to get there. “

#### **SPOTLIGHT**

- Congratulations are in order to the following NHA High School Seniors who graduated this year: We wish you well in this next chapter of your lives!

**Gabriela (Gabby) Quezada**

**Erin Dardinski**

**Ken Roc**

- The NHA would also like to extend a big THANK YOU to **Chef Mike’s Restaurant at 73 Highland Ave., Needham**, who donated 650 meals to NHA Residents!

