

# NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

## MONTHLY THOUGHTS Message from Deb Tambeau

Dear Residents:

Happy Spring! Without a doubt, this is my favorite season of the year. I love to see the green grass, colorful flowers and trees blossom again. I enjoy the warm (not hot) temperatures, blue skies and seeing the birds return. Historically and Spiritually, Spring has been seen as a time of regrowth and renewal as we emerge from the winter’s hibernation. I think we can all agree that we have been through a very long & unexpected time of hibernation and isolation due to the Corona Virus. However, as vaccines are being developed and administered there is the hope and promise that we can once again step into the world and enjoy the gifts of nature and fellowship. With the second COVID-19 vaccination administered on April 3rd, we will have completed the majority of residents and staff being vaccinated. And I am happy to report that the Community Rooms will once again be opened. We will still be following safety protocols of wearing masks and social distancing. There will be sign in sheets and hand sanitizer available. For now, the limit is 20 people. I am also happy to announce that both Community Rooms are Wi-Fi accessible. With the opening of the Community Rooms comes the return of Coffee Hour and activities such as Chair Yoga. Please refer to the newsletter for more information.

You will also notice in this edition that I have included a Directory of Services & Events page that you should keep handy as a guide to all that is being offered. I will include a section in upcoming newsletters for new services, events & opportunities.

During this month, Ramadan begins on April 12<sup>th</sup>. Patriot’s Day, which was usually celebrated during April, has now been moved to September 11. I hope that all who celebrate Easter had a blessed day!

Sincerely,

Debra Tambeau

## **MANAGEMENT**

Community Room Office Hours for Linden and Chambers Street -**Tuesday and Thursday 10:00am – 12:00pm.**

If you need help completing your annual recertification or have questions regarding your recertification, rent, or a notice from Needham Housing Authority, I will be available to assist you during office hours. By appointment, please call the office to schedule.

## **MAINTENANCE**

[The Blue Bins](#) at Linden/Chambers are for Recycle only. Please do not put trash in them.

## **PUBLIC SAFETY MATTERS**

Remember to keep all doors locked in your apartments, homes & vehicles to prevent break-ins.

Please report any criminal activity to the Needham Police Department first and then notify the NHA.

## **MISCELLANEOUS**

Please feel free to send in any information or articles to share with all residents.

# DIRECTORY OF ONGOING SERVICES/PROGRAMS

## AGING

- **Center at The Heights** -- Contact Aicha Kelley, Program Director, by phone @ (781) 855-3629 or via email at: [akelley@needhamma.gov](mailto:akelley@needhamma.gov) for further information about programs and/or to register.
- **Springwell- Linden & Chambers Residents** -- 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.
- **Center At The Heights- Needham Taxi Service** -- Rides MUST be requested by **12 pm (noon)** the **BUSINESS** day before.
  - Available for Needham residents to travel within a 20-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](mailto:akelley@needhamma.gov) or [taxiride@needhamma.gov](mailto:taxiride@needhamma.gov)

## EDUCATIONAL

- **Captain Robert Cook After School Program** -- Monday- Thursdays from 3:15-5:30pm. Contact the Program Director, Deondre Cabey at the Center or call Deb Tambeau at the office @ 781 444-3011.
- **Communities United Inc outreach** -- Any interested families can fill out an online application @ [www.communitiesunited.org//applynow](http://www.communitiesunited.org//applynow) Kate Girardi, Enrollment and Health Specialist at (617) 744-0036 ext. 223
- **Family Access Community Connections** -- [www.familyaccesscommunityconnections.com](http://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.

## 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.

- **Hebrew Senior Life** -- 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).

## NUTRITIONAL

- **Needham Community Council** -- At 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](http://www.needhamcommunitycouncil.org) or by calling 781-444-2415.
- **Springwell** -- Meals delivery will continue Monday-Friday, with the exception of holidays. If anyone needs assistance, please contact Springwell at (617) 972-5700.

## RECREATIONL ACTIVITIES

### Chair Yoga-

- Will be held on **Thursdays at 4:15 pm @ the Linden Chambers Community Room**. Cathy Lunetta is returning as the instructor.
- **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 @ Pine Street location.

**Beginners Gardening Class: Mondays April 12<sup>th</sup>-July 26<sup>th</sup> @ 6:00-7:30pm.**

**Intermediate Gardening Class- Wednesdays from April 14<sup>th</sup>-July 28<sup>th</sup> @ 6:00-7:30pm.**

**Vegetable Gardening Class-Thursdays from April 15<sup>th</sup> -June 24<sup>th</sup> @ 7:00-8:00pm**

**Mobile Market -will be returning twice weekly beginning in May-October.** (More info to follow).

Contact **Liz Perkus**, Farm Manager @ [lperkus@needhamfarm.org](mailto:lperkus@needhamfarm.org). Phone # 774 286-9049.

### Coffee Hour-

- **Linden/Chambers Community Room:** will be held on the **2<sup>nd</sup> and 4<sup>th</sup> Tuesday** of the month from **10:00-11:30am**. The first coffee hour will take place on 4/27.
- **Seabeds Way Community Room:** will be held on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday** of the month from **10:00-11:30am**. The first coffee hour will be held on 4/28.

**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.

## SUPPORTIVE

- **Transportation** -- Lyft utilization/Transportation of Last Resort please contact the Needham Community Council (781 444-2415) 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.
- **Veterans Northeast Outreach Center, Inc** -- 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. Email [needhamcbta@gmail.com](mailto:needhamcbta@gmail.com)