

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

MONTHLY THOUGHTS Message from Deb Tambeau

Dear Residents:

Although 2020 is now behind us, I am sure that the impact of the events of this past year will linger for a long time. But with the advent of a new year, comes the promise and hope of a new start! Even though the news continues to announce the surge in new COVID cases, we now have vaccines that look promising. We are not back to” business as usual,” however; it is remarkable to see the creativity that individuals, businesses & even governments have shown to keep us safe & healthy.

If there is a takeaway lesson from all we have been through, for me it is to be grateful for all those things we take for granted every day, such as seeing family & friends regularly, going to a movie or shopping in crowds. My resolution for 2021 is to develop an attitude of gratitude for not only the big, but “little” things as well.

On behalf of the staff at the NHA I wish that we will have a Happy & Safe New Year!

Sincerely,

Debra Tambeau

EDUCATIONAL SERVICES

Captain Robert Cook After School Program- The Center will reopen on **1/11/21** on a limited basis for School/Homework help. The hours of operation will be **Monday-Thursday from 3:00-4:30pm** and every other **week with additional hours of 1:30-3:00pm**. We are taking names of families that are interested in getting school help for their child. Please contact Deb @ 781-444-3011 for further information.

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 current program wraps up this month, but please visit their website at: www.familyaccesscommunityconnections.com to explore and register for upcoming Programs in January 2021, including: **Baby, Toddler, Preschool, K Ready, STEAM Learn & Play, and interactive Story Times.** 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.

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)
- 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.

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 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 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- Cathy Lunetta is offering Chair Yoga once again to **all NHA** residents at the Linden Chambers Community Room on **Wednesdays @ 4pm -5pm** Classes will be limited to no more than 10 participants. Social distancing & the wearing of masks is still required until further notice. Hand sanitizer will be on site and the room will be disinfected before and after each class.

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.

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

MEDICAL/HEALTH SERVICES & INFO

COVID -19 INFO

Covid-19 Alert: Cases, hospitalizations and deaths across the United States are rising. As cold weather moves in, people spend more time indoors. As the holidays approach, take steps to slow the spread of COVID-19.

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

Masks should be used as part of a comprehensive strategy to suppress the transmission of COVID-19, and to help in possibly saving the life of the wearer or others. Make wearing a mask part of you daily routine when outside or in contact with others. In an effort to make them as effective as possible, please adhere to the following recommendations:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers your nose, mouth, and chin.
- Store the mask in a clean plastic bag after you take it off, and every day either wash it if it's a Fabric mask or dispose of a medical mask.
- Do not use masks with valves.

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-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

NHA Tenant Parking Policy- The Needham Housing Authority (NHA) policy is to provide, to the extent possible, parking access for NHA residents. Subject to availability, NHA residents, who own a properly registered automobile, may receive a parking permit.

NHA residents who own automobiles must provide a copy of their vehicle registration and driver's license to the NHA management office before a parking permit is issued.

With the exception of Chambers St., there are no assigned parking spaces in NHA developments, Handicapped parking is also first come first serve. A handicap placard must be displayed. Parking is available on a first-come, first-serve basis.

Please follow the below rules and make your visitors aware of them.

Illegally Parked Vehicles- The Needham Housing Authority (NHA) policy is to provide, to the extent possible, parking access for NHA residents. Subject to availability, NHA residents, who own a properly registered automobile, may receive a parking permit.

NHA residents who own automobiles must provide a copy of their vehicle registration and driver's license to the NHA management office before a parking permit is issued.

- No unregistered vehicles may be parked on NHA property.
- No inoperable vehicles may be parked on NHA property.
- Visitors are to park only in designated visitors parking area. The tenant's responsibility is to direct their visitors to park in the appropriately signed "Visitors Parking" spaces.
- Visitor vehicles are only allowed to park on the property while visiting tenants. Any other vehicle left on the property will be towed as an abandoned vehicle.
- Visitor's spaces are for the visitors only. They are not to be used by residents.
- Illegally parked vehicles that are not moved will be subject to towing at the owner's expense.

NHA BOARD RECOGNITION



The NHA Board of Directors awarded the NHA Maintenance Staff a Certificate for Outstanding Service in recognition of their efforts in sanitizing and maintaining all buildings during the Covid-19 Pandemic.

Pictured above: Maintenance worker: Gregg Gillis

MISCELLANEOUS

Furniture items-SOOZnPOPPS a father and daughter team who recondition small pieces of furniture to families in need. If interesting in receiving or donating small furniture items, please contact Susan Stevens at susanstevens7@att.net.

Medical Equipment-contact the Needham Community Council for **contactless** pick up.

Face Masks- If anyone needs an adult or child face mask please contact the office, we have them available to all NHA tenants. (Please refer to the info in this newsletter as to the proper use and care of face masks).

NHA Office Hours -The NHA Admin Office remains closed to the public until further notice. However, staff is still available by phone. Please note that the office is open from **8:00am-4:00pm, Monday thru Friday**. We will be closed on **Monday 1/18/2021** in recognition of **Dr. Martin Luther King, Jr.**

Parking- To all NHA residents: If you have visitors please make sure that they do not park in other tenants' assigned spots.

Snow Removal- Maintenance will begin cleaning up after the accumulation of 3 inches of snow and will continue until it stops.

Trash-To all NHA residents: The barrels outside of buildings should not be used for disposal of household items such as, furniture, mattresses, etc.

Winter Coats/Jackets-Clean, gently used items were donated by Anton's Cleaners of Framingham. If anyone in need of these items, please contact the NHA office.