

NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

“The heat of autumn/ is different from the heat of summer/One ripens apples, the other turns them to cider.”

By Jane Hirshfield

ON-GOING SERVICES

AGING SERVICES

Center at The Heights- Programs being offered daily in person & online. 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.

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. Isabella is in the office at the Linden Chambers Community Room on Mondays, Wednesdays, and Fridays. For urgent requests after Isabella's work hours please contact Springwell's main number @ 617-926-4100.

EDUCATIONAL SERVICES/PROGRAMS

Captain Robert Cook After School Program- Remains closed until further notice.

Family ACCESS Community Connections- Preschool Learn & Play. For children aged 3-5 with a parent/caregiver. **Website:** www.familyaccesscommunityconnections.com.

Communities United, Inc.- The Newton-Watertown Creative Start Program is accepting applications for children (ages 3-5 years old) for school year 2021-2022. If interested please contact: Liz Saffer, Education and Family Support Specialist, 124 Watertown St., Suite 1C, Watertown, MA 02472 or call (617) 527-6689.

NCC/Tablet & Tutors Program- for technical assistance with tablets and/or computer issues. **Linden/Chambers Community Room: 1st and 3rd Tuesday** of the month (10/5 & 10/19) @11:00am.

Seabeds Way Community Room: 1st & 3rd Thursday of the month (10/7 & 10/21) @ 11:00am. This program will run through the end of October 2021

MEDICAL/HEALTH SERVICES

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.

Get Connected Needham Resource Document: Town of Needham Website. A collaborative guide to all social services available, 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).

Blood Pressure Clinic- will be offered by the Dept. of Public Health on the **third Thursday** of the month at **11:00am** in the **Seabeds Way Community Room**. (Date for October: 10/10.

MedMinder Smart Pharmacy-this program offers pre-organized medications trays delivered to your home in a complimentary SMART Pill Dispenser. For further information go to www.medminder.pharmacy. You may also contact Jessica Giguere, Regional Account manager @ 978-493-2014. Flyers will be available in the Community Rooms.

NUTRITIONAL SERVICES

Needham Community Council/Food Pantry- at 570 Hillside Ave, Needham MA. In order to access any of the services you must sign up in advance by going to their **new** website: www.needhamcouncil.org or by calling **781-444-2415**.

Springwell- Meal deliveries will continue Monday-Friday, with the exception of holidays. If anyone needs assistance, please contact Springwell at **(617) 972-5700**.

Needham Mobile Farmer's Market-fresh fruits & vegetables **thru October 2021**.

Capt. Robert Cook Dr.: Tuesdays @5:00-5:30pm

Seabeds Way: Tuesdays @ 5:30-6pm

Linden Chambers: Fridays @ 12:30-1:00pm

PUBLIC SAFETY

Needham Police Community Meeting- The next meeting will be held on **Wednesday, October 6 @ 5pm** in the Seabeds Way Community Room and is open to all residents of Seabeds Way and Capt. Robert Cook. Dr. This event will be sponsored by the Needham PD and will be led by Ofc. David Forte. Flyers will be posted in Community Rooms and collective mailbox areas with more information on the agenda.
The Needham PD is also interested in bringing AA meetings on site.

RECREATIONAL ACTIVITIES/EVENTS

Coffee Hour- Coffee & donuts provided.

Linden/Chambers meets the on the **2nd and 4th Tuesday** of the month @ 10:00am (October 12th & 26th).

Seabeds Way meets on the **2nd and 4th Thursday** of the month @ **11:00am** (October 14th & 28th)

SUPPORTIVE SERVICES

Capt. Robert Cook Tenant Association- meets on the second Tuesday of the month (10/12) at 6:30pm in the Seabeds Way Community Room.

Care Dimensions Grief Groups- For more information on the types of Bereavement groups go to CareDimensions.org/calendars; email: grief@CareDimensions.org or call 855744-5100.

Emergency Broadband Services- You may be eligible for \$50 off your monthly internet bill and a one-time discount of up to \$100 for a laptop, tablet, or desktop computer as you get SNAP benefits. This is through a new federal program called the Emergency Broadband Benefit. Learn more & apply: <https://GetEmergencyBroadband.org>

WHAT'S NEW

NHA (Virtual) Board Meeting- Thursday, **October 21st** @ 7:30pm. (There will be a ROBO call made with the Meeting ID number).

NHA Office Hours- Year round

Monday – Thursdays: 8:00-4:30 pm (Closed from 12pm-1pm for lunch.)

Fridays- 8:00-2:00pm (Closed from 12:00-12:30pm for lunch).

The office will be closed on Monday 10/11/21 in observance of the holiday.

Flu Vaccination- the DPH will hold two vaccination clinics for NHA residents.

October 5th from 12:00-2:00pm @ Linden Chambers Community Room.

October 7th from 12:00-2:00pm @ Seabeds Way Community Room.

They will have approximately 50 vaccines available at each site. You can preregister by going to the following link: <https://home.color.com/vaccine/register/needham> and selecting the flu vaccine site.

You may also call the DPH for help in registering. They can be reached at **(781) 455-7940 ext. 218**. **You may also receive the vaccine at the Center At The Heights.**

COVID-19 Booster Vaccines- Needham Public Health will be providing Pfizer boosters shots for those who qualify. You should only get a Pfizer booster if you received Pfizer for your primary series and it must have been at least 6 months since your second dose. Pre-registration is required by using the following link:

<https://home.color.com/vaccine/register/needham>. If you need help registering, please call Needham Public Health and ask to speak with one of the nurses. If you leave a message, you will get a call back. 781-455-7940.

They will hold clinics starting on 10/4/21 at Rosemary Recreation Complex.

- Mondays 5pm-7pm
- Thursdays 5pm-7pm
- Fridays 10am-12pm

They will hold clinics starting on 10/12/21 at Center At The Heights.

- Tuesdays 10am-12pm

Transportation Services- the Council on Aging will be offering (limited) transportation services for shopping and trips back & forth to the Center at The Heights. Tentative hours are 8:30 -1:30 for pick up & drop off. If interested, please call **Stephan at (781) 455-7555 ext. 204**

“Simple Comforts” Craft Club- will be held on the **1st Thursday of the month**, beginning on **October 7th, from 2:30-4:00pm** at the Linden/Chambers Community Room. This month will be a pumpkin decorating event. Pumpkins and decorating items will be provided. (Limited

to 10 participants for this event). Refreshments will also be served. If interested contact Helen Giragosian @ (239) 677-0659.

Chair Yoga- will be held on **Fridays from 1:30-2:30pm** at the **Seabeds Way Community Room**. The new instructor, Nicole Flynt, has over 25 years' experience in doing & teaching yoga. The classes will start on **October 15, 2021**, and run through **December 16th**. All residents are welcome. No experience necessary.

Garden Club- Will begin again in January 2022 under the direction of Helen Giragosian. There will be an informational meeting on **Thursday November 4th at 4:00pm** in the Linden/Chambers Community Room for all interested residents.

**The American Red Cross has an emergency blood shortage.
National blood inventory is the lowest it's been at this time of
year since 2015.
Less than a day's supply of certain blood types in recent weeks.**

Please schedule your appointment today!

Needham Community Blood Drives

Wednesday, October 6th

**The Village Club, 83 Morton Street
10am-3pm**

Friday, October 22

**The Center at the Heights, 300 Hillside Ave
1pm-6pm**

Visit RedCrossBlood.org.

Download the Blood Donor App.

Call 1-800-RED CROSS (733-2767)

ANNOUNCEMENTS

**** Due to the increase in COVID 19 and Delta Variant cases, the Executive Director is requesting that all residents wear face masks while in the Community Rooms. It is also requested to maintain social distancing.**

**** The NHA in conjunction with Springwell will be reorganizing the closets in the Linden Chambers Community Room. If any resident has personal items stored there, please have them removed by October 20th. There will be further dialogue as to the use of these closets.**