

## NHA MONTHLY NEWSLETTER

“Gratitude is the Gateway to Joy!”

Message from Deb Tambeau

Dear Residents:

I hope you all have had the chance to enjoy this summer season, despite the mostly rainy month of July. I'm holding out hope that August will prove to be a better month weatherwise and otherwise.

With the appearance of the Delta Variant, COVID 19 concerns are on the rise. However, the availability and ease of getting the vaccinations along with the large numbers of people getting the shot is encouraging. I would caution people, especially the elderly and those with compromised immune systems, to still be cautious and mask up when in large or unfamiliar settings. It is the hope of the NHA staff that we can continue to keep all residents safe and informed, not only relating to COVID concerns, but to be able to pass along information regarding events & services in Needham and the surrounding towns. And speaking of events! Please note that the NHA will be having a Summer Cookout on Thursday, August 28 from 12-3pm for Capt. Robert Cook, Seabeds & High Rock residents and on Friday August 28<sup>th</sup> from 12-3pm for Linden/Chambers residents. (See enclosed flyer).

In an effort to continue bringing you pertinent and concise information I will be listing contact information for the various agencies already offering **On-Going** services. All new services and events will be listed under **What's New**. Also, in an effort to cut back on mailing costs, the newsletter will no longer be mailed out in bulk. For those who have access to computers and the internet we will continue to post a copy on our website: [www.needhamhousing.org](http://www.needhamhousing.org). If you would like to receive an email version or a mailed version, please let the office know and we will put you on the appropriate list. Going forward, I will be leaving some printed copies in the office and at the Linden/Chambers and Seabeds Way Community Rooms.

As always, I welcome any information that you, as the residents, would like to see included.

Sincerely,  
Debra Tambeau

## **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](mailto: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. 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-** Closed for the Summer. Tentative date to reopen in September 2021.

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

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

### **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.

**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, 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 Wednesday of the month at 11:00am in the Seabeds Way Community Room.

### **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 website: [www.needhamcommunitycouncil.org](http://www.needhamcommunitycouncil.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 - **New time will be determined for August-October.**

### **PUBLIC SAFETY**

**Needham Police Community Meeting**- August 11, 2021 @ 5pm in the Linden Chambers Community Room. 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.

### **SUPPORTIVE SERVICES**

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

### **WHAT'S NEW**

**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>

**Jobseeker Resource Webinar**- MassHire Department of Career Services (MDCS) and the Department of Unemployment Assistance (DUA) invite all jobseekers to join them on Thursdays at 10:00am for an informative virtual session about the services and resources available to help you find your next career opportunity. (Webinars will run through September 2021).

**Important:** When you register on Eventbrite, your Eventbrite\* email confirmation will have a link to the Webex virtual drop-in that you will use on the date and time that you plan to attend. You may need to check your SPAM folder if you do not receive a confirmation email.

**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](http://www.medminder.pharmacy). You may also contact Jessica Giguere, Regional Account manager @ 978-493-2014. Flyers will be available in the Community Rooms.

**Care Dimensions Grief Groups**- For more information on the types of Bereavement groups go to [CareDimensions.org/calendars](http://CareDimensions.org/calendars); email: [grief@CareDimensions.org](mailto:grief@CareDimensions.org) or call 855-744-5100.