



21 Highland Circle, Suite 10 • Needham, MA 02494

Mar/Apr/May 2024

Resident Council

Nominations for the formation of a Local Tenant Organization end March 11, 2024. Nominations can be dropped off at the Linden Chambers Community in the drop box formerly known as the suggestion box.

The duty of helping one's self in the highest sense involves the helping of one's neighbors.

Samuel Smiles



Hello March



CARIBBEAN VIBE WARMS UP A COLD AFTERNOON

The world-wide known Caribbean Vibe steel drum group came to Needham Housing on 1/21/2024 for some hot, rhythmical music. The two performers played Reggae, Soca, Latin and North American music. Some dancing took place along with much clapping and singing. Thanks to a grant from the Needham Arts Council, 25 residents of NHA plus other town residents were able to enjoy a cold afternoon accompanied by several snack offerings.



December Holiday Party 2023

Thank you to all the residents who attended our December Holiday Party at Linden/Chambers and Seabeds, and a special thank you to Greg for dressing up as Santa!



Activities

Arts & Crafts with Laurie

- Linden/Chambers Community Room, every Wednesday between 1-2pm

Board Games with Laurie

- Linden/Chambers Community Room, every Thursday between 1-2pm

Coffee Hour with the CATH

- Linden/Chambers Community Room on the second Tuesday of the month at 10am
- Seabeds Way Community Room on the second Thursday of the month at 11am

Tech & Tablets has been cancelled until further notice.



Resident Birthdays

Every month we will have a celebration for residents whose birthdays fall in that current month. All residents are invited to participate. Dates are as follows:

- Linden/Chambers Community Room - Wed, 3/20 from 12-1pm; Wed, 4/24 from 12-1pm; Wed, 5/22 from 12-1pm
- Seabeds Community Room - Tues, 3/19 from 1-2pm; Tues, 4/23 from 1-2pm; Tues, 5/21 from 1-2pm.

Health & Wellness

The Blood Pressure Clinic will now occur quarterly and will be combined with an education element:

- Linden/Chambers Community Room on Thursday, March 7th at 11:30am

Chair Yoga with Nicole:

- Linden/Chambers Community Room, every Friday between 12-1pm
- Seabeds Way Community Room, every Friday between 1:30-2:30pm

Walking Club with Laurie:

- Linden/Chambers Community Room, every Tuesday between 11-12pm

Afternoon Tea

Thank you to all the residents who joined us for afternoon tea last month at Linden/Chambers and Seabeds. We will schedule another afternoon tea party soon.



Save the Date



Shine Program Presentations

Are you having trouble paying for medical expenses and prescription drugs?

Do you understand your Medicare coverage options?

Join us for a live presentation where we explain how you can get the most out of your Medicare benefits and possibly save money!

Tuesday, March 19th from 11:30am-12:30pm in the

Linden/Chambers Community Room

Wednesday, March 20th from 11:30am-12:30pm in the Seabeds Community Room

Consult with a SHINE counselor following the presentation.

The SHINE program offers free, unbiased and confidential counseling on all aspects of Medicare and related health insurance programs.



Manager's Corner

Dear Residents,

Please be aware that pets are only allowed with WRITTEN PERMISSION from the NHA. If you have a pet or are considering getting a pet, please contact the office to fill out a pet application. If you have not received written permission from the NHA, you are in violation of your lease.



Staff Directory

Main Office (781) 444-3011
Fax (781) 444-1089
Cheryl Gosmon Ext. 212
Margarita Morales Ext. 211
Salim Pillai Ext. 215
Blair Fetzer Ext. 213
Laurie Blake Ext. 219
Elena Choy Ext. 218
Liz Fay Ext. 214
Marie Celestin Ext. 210

Office Hours

Monday 7:30am - 4:00pm
Tuesday 7:30am - 4:00pm
Wednesday 7:30am - 4:00pm
Thursday 7:30am - 4:00pm
Friday 7:30am - 1:00pm
Saturday CLOSED
Sunday CLOSED

Resources at a Glance

Center at the Heights:

- The Center at the Heights promotes health and wellness by providing a place to socialize and offering a variety of ongoing recreational, health, educational and informational programs and activities. Contact 781-455-7555 for a list of resources available to residents.

Food Pantry:

- Contact 781-444-2415 for more information.

New Life Furniture Bank:

- Contact Blair at 781-444-3011 if you need a referral for free, gently used furniture.

REquipment:

- They are a durable medical equipment (DME) re-use program offering free refurbished wheelchairs, scooters and shower chairs. <https://dmerequipment.org/>

Springwell:

- Springwell is a private, non-profit organization that provides a wide range of elder services. Please contact their office at 617-926-4100 for more information.

YMCA:

- Contact Jill Barber at 781-675-3169 to receive a scholarship form.

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 21 NHA Monthly Board Meeting,
7:30 PM L/C Community Room
- 31 Don't Miss It! Last Day to Pay Rent
Before Late Fees Begin!

April 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 15 Patriots Day - Office Is Closed
- 18 NHA Monthly Board Meeting,
7:30 PM Seabeds Way Community
Room
- 30 Don't Miss It! Last Day to Pay Rent
Before Late Fees Begin!

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 16 NHA Monthly Board Meeting &
Annual Meeting, 7:30 PM
L/C Community Room
- 27 Memorial Day - Office Is Closed
- 31 Don't Miss It! Last Day to Pay Rent
Before Late Fees Begin!

Needham Housing Authority
21 Highland Circle, Suite 10
Needham, MA 02494

