



springwell

Linden/Chambers

NEWSLETTER

OCTOBER



Office Hours:

Mon. 8am to 3:30pm

Wed. 8am to 3:30pm

Fri. 8am to 2:30pm

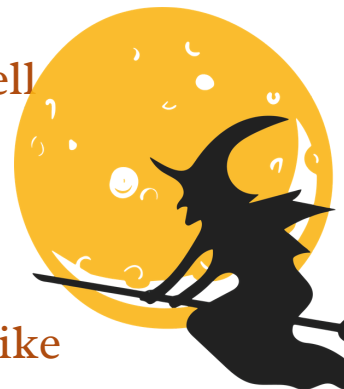
Polina Wing, Care Coordinator at Springwell

can be contacted via email

pwing@springwell.com or by calling

617-972-5602.

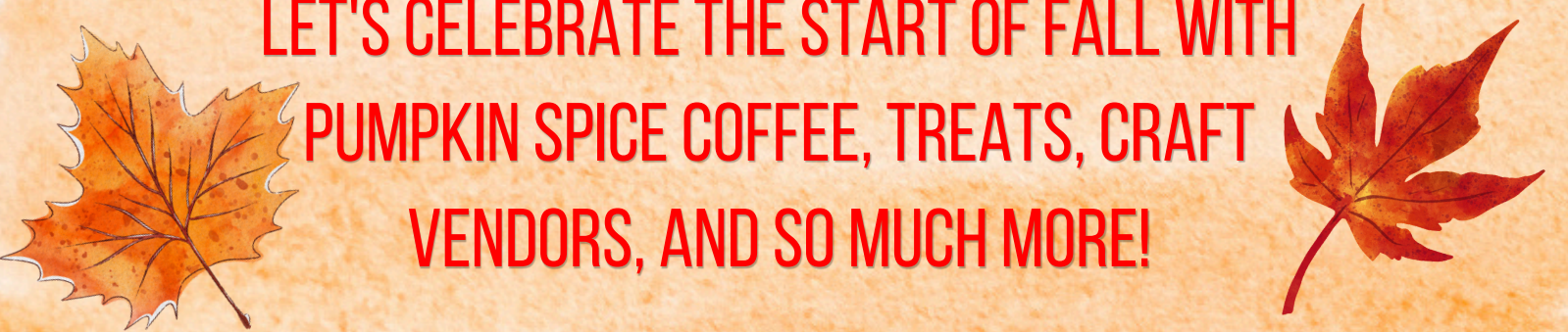
- Need immediate assistance with things like picking up groceries or medications?
Please call the 24/7 Urgent On Call
at 781-795-2194 for assistance.
- If Polina Wing is unavailable and you need assistance, please call 617-926-4100 and ask to speak with the case manager on call.





WELCOME TO Fall FAIR

LET'S CELEBRATE THE START OF FALL WITH
PUMPKIN SPICE COFFEE, TREATS, CRAFT
VENDORS, AND SO MUCH MORE!



Wednesday, October 28
11:30am to 1:30pm

Community Room
5 Chambers St
Needham



Music and
✧ **Movement** ✧
with
Jose Soto

**FRIDAY,
OCTOBER 16 AT 2:30PM**

**Community Room
5 Chambers St
Needham**





COME AND JOIN OUR
**PUMPKIN
DECORATING**

Bring your best pumpkin
ideas, and join us for an
hour of decorating,
featuring music, treats,
and prizes for the
scariest, funniest, and
most creative pumpkins.

**OCTOBER 30TH
FROM 1PM TO 2PM**

Community Room 5 Chambers St Needham

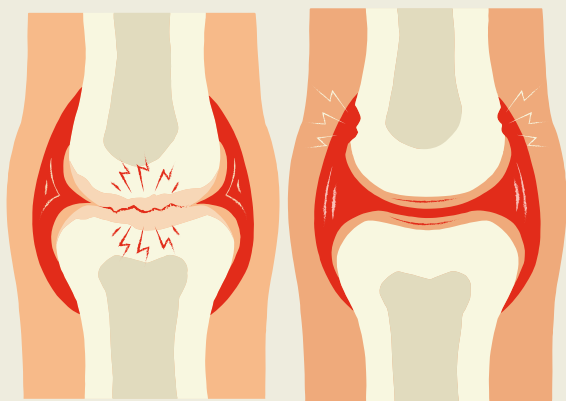
Total Knee Replacement

Topics that will be discussed:

- *What to expect from a total knee replacement procedure.*
- *How to best prepare, including things to consider and how to avoid infection.*
- *Planning for discharge from the hospital.*

**YOU ARE INVITED TO
A PRESENTATION BY KATELYN LEITH,
Rehab Director at the Reservoir Center**

MONDAY,
OCTOBER 19TH
11AM TO 12PM

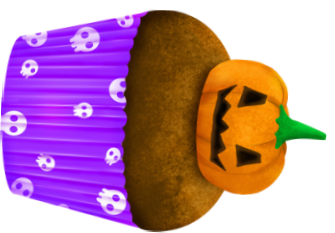


For more information, email to:
pwing@springwell.com
Polina Wing, Care Coordinator at
Springwell



SPRINGWELL WILL BE SENDING OUT RESIDENT SATISFACTION SURVEYS IN OCTOBER. IT MAY FEEL LIKE YOU JUST DID THESE AND THAT'S BECAUSE YOU DID A FEW MONTHS AGO; WE ARE MOVING WHEN WE DISTRIBUTE THE SURVEYS FROM THE SPRING TO THE FALL. THANK YOU FOR YOUR PATIENCE AS WE MAKE THIS SHIFT! PLEASE KEEP A LOOKOUT IN YOUR MAILBOX AND COMPLETE IT AT YOUR EARLIEST CONVENIENCE. THE INFORMATION GATHERED FROM THE SURVEYS IS USED TO HELP ENCHANCE SERVICES AND ACTIVITIES. RESIDENTS THAT COMPLETE AND RETURN THE SURVEY WITH THE PROVIDED RAFFLE TICKET WILL BE ENTERED INTO A DRAWING TO WIN A GIFT CARD TO A LOCAL GROCERY STORE. PLEASE REACH OUT TO CARE COORDINATOR, POLINA WING IF YOU HAVE ANY QUESTIONS.

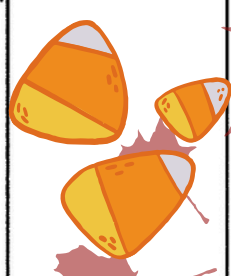
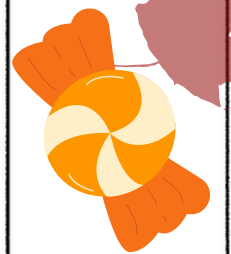


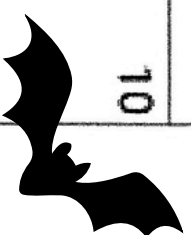


October



Springwell Nutrition : LUNCH MENU – OCTOBER 2026 – Linden & Chambers 15 Chambers Street, Needham, MA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MONTHLY MENU AT WWW.SPRINGWELL.COM			1 Southwest Corn Chowder Chicken with Mojo Sauce Yellow Rice Mixed Vegetables Whole Grain Bread Chocolate Pudding Calories: 1111 / Sodium: 677 mg	2 American Chop Suey Garlic Knot Cauliflower Fruit Cup Calories: 753 / Sodium: 910 mg
5 Beef & Broccoli Rice Dinner Roll Fresh Pear Calories: 472 / Sodium: 436 mg	6 Minestrone Soup Southwest Chicken w/ Sauce Seasoned Cabbage Yellow Rice Whole Grain Bread Jell-O Calories: 630 / Sodium: 990 mg	7 Stuffed Shells with Sauce Green Beans Whole Grain Bread Applesauce Cup Calories: 608 / Sodium: 860 mg	8 Cranberry Chicken Broccoli Roasted Potato Multi Grain Roll Fresh Apple Calories: 908 / Sodium: 456 mg	9 Pasta Bolognese Sautéed Spinach Garlic Knot Vanilla Pudding Calories: 899 / Sodium: 819 mg
12 HOLIDAY NO MEAL DELIVERY	13 Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Chocolate Pudding Calories: 551 / Sodium: 495 mg	14 Meatloaf with Gravy Stewed Tomatoes Mashed Potatoes Multi Grain Roll Applesauce Cup Calories: 712 / Sodium: 762 mg	15 Tomato Soup Chicken Marsala Penne Broccoli Whole Grain Bread Fresh Orange Calories: 736 / Sodium: 497 mg	16 Shepherds Pie Peas and Carrots Multi Grain Roll Sugar Cookie Calories: 638 / Sodium: 796 mg
19 Mac n Cheese Sautéed Spinach Whole Grain Bread Fresh Pear Calories: 607 / Sodium: 719 mg	20 Butternut Squash Soup Creamy Chicken & Rice Casserole Mixed Vegetables Fruit Cup Whole Grain Bread Calories: 589 / Sodium: 1147 mg	21 Beef Enchilada Stack Pinto Beans Peppers and Onions Whole Wheat Tortilla Apple Sauce Calories: 874 / Sodium: 615 mg	22 German Style Roast Chicken Seasoned Cabbage Potato Dumpling Mustard Pretzel Bites Chocolate Chocolate Chip Cookies Calories: 1203 / Sodium: 509 mg	23 Boston Baked Scrod Brown Rice Fiesta Corn Dinner Roll Blueberry Crumble Calories: 673 / Sodium: 531 mg
26 Chicken Cacciatore Pasta with Sauce Broccoli Garlic Knot Chocolate Chip Cookie Calories: 966 / Sodium: 689 mg	27 Fish with Lemon Dill Sauce Brown Rice Pilaf Sweet Potato Multi Grain Roll Fresh Pear Calories: 821 / Sodium: 637 mg	28 Chicken Cordon Bleu Steamed Kale Rosemary Garlic Mashed Potatoes Dinner Roll Apple Sauce Calories: 619 / Sodium: 622 mg	29 Black Bean & Vegetable Sausage with Peppers and Rice Whole Grain Sliced Bread Fresh Apple Calories: 1091 / Sodium: 1214 mg	30 Beef Meatballs Pasta with Sauce Mixed Vegetables Whole Grain Bread Apple Crisp Calories: 946 / Sodium: 557 mg



A cartoon illustration of a witch with orange hair, wearing a purple robe and a tall purple hat with three orange stars. She is holding a large orange jack-o'-lantern with a carved face. They are positioned over a calendar grid showing the dates 17 and 24.



HAPPY HALLOWEEN

Nutrition Jeopardy: Learning Made Fun!

JOIN US

FOR A PRESENTATION WITH TRACY

FROM SPRINGWELL!

**PUT YOUR NUTRITION
KNOWLEDGE TO THE TEST
AND ENJOY A LITTLE
FRIENDLY COMPETITION
WITH A FUN,
INTERACTIVE GAME OF
NUTRITION JEOPARDY.**

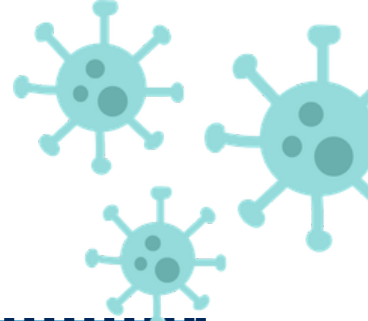


MONDAY, OCTOBER 5 2:30PM

**Community Room
5 Chambers St
Needham**



Needham Housing Authority Flu Clinics!



Community members **6 months and older** are eligible for a flu shot!

High-dose flu available for 65+ years!

Linden/Chambers

Wednesday, October 14th
11:30am to 12:30pm
Community Room

If you are a resident of the Linden/Chambers and you are homebound and need to get a Flu Shot in your home, please contact Needham Public Nurse, Ginnie at (781) 474-0237 to schedule.

Walk-in only.

For any questions, please contact Needham Public Health Nurse, Ginnie, at (781) 474-0237.

COVID-19 vaccines are subject to availability.



**Needham Public
Health Division**
Prevent. Promote. Protect.