



21 Highland Circle, Suite 10 • Needham, MA 02494

# What's New?

## **Taxi Program For Senior Residents Is Back at the Center of the Heights**

Needham residents aged 60 and older are eligible for one round-trip ride per week for medical appointments. This includes appointments to Boston hospitals.

- Rides are available Monday through Friday, 9am-4pm. Rides are not available on weekends or holidays.
- Rides are on a first-come, first-served basis and can be booked up to three weeks in advance.
- Rides must be requested by 12pm and at least one business day prior to your appointment.
- If you need special assistance, you must call at least one week prior to your appointment to ensure availability of a wheelchair-lift vehicle.

To book a ride, please call (781) 343-1258. A staff member will confirm if your request can be accommodated.

Riders are encouraged to have a working cell phone accessible for ease of communication during trips. Please have the phone turned on and ringer volume turned to the maximum level.

June/July/Aug 2023

### **Dear Residents**

My name is Cheryl Gosmon, and I am honored to introduce myself as the new Executive Director of Needham Housing Authority. I am excited to join this wonderful community and work alongside each of you to ensure a safe, comfortable, and thriving living environment for all our residents.

First and foremost, I want to express my gratitude for the warm welcome I have received since starting. I am committed to building upon the existing strengths of this organization to serve you better.

I have worked closely with residents, community leaders, and other stakeholders to address housing challenges, enhance resident services, and advocate for equitable housing opportunities. My ultimate goal is to ensure that our public housing agency becomes a place where every resident feels supported, empowered, and proud to call home.

As the Executive Director, I recognize the importance of open communication and collaboration. I am committed to listening to your concerns, suggestions, and to promote a sense of belonging within our housing development.

My door is always open for individual meetings, and I am available to address any questions or concerns you may have.

I firmly believe that we are stronger when we work together, and I am dedicated to fostering a culture of transparency, respect, and collaboration. I am genuinely excited about the possibilities and look forward to getting to know each of you.

Thank you, and I am excited about our journey ahead. Let's embark on this together and create positive change. :) *Cheryl*



Thank you to all the residents who attended the Fiesta del Norte Concert on May 6th, and a special thank you to Penny Kirk for organizing the event.

## 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

### The Needham Camera Club:

- To join the group, please visit their Facebook page.

### Tech & Tablets with Stacy

### Fallon from the Needham Community Council:

- Linden/Chambers Community Room on the first Wednesday of the month between 11-12pm
- Seabeds Way Community Room on the second Wednesday of the month between 11-12pm

### The Thursday News Brunch:

- Linden/Chambers Community Room on Thursdays at 10am. Please see Ross Donald for more info.

### Blood Pressure Clinics:

- Linden/Chambers Community Room on the first Thursday of the month at 11:30am
- Seabeds Way Community Room on the third Thursday of the month at 11am

### 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.

## What's Cooking

Cooking Demonstration with Stop & Shop Nutrition Partners. Join us to learn (and taste) simple and nutritious recipes using kitchen staples in unique ways.

Linden/Chambers Community Room on Tuesday, June 20th, at 1pm. To RSVP, please call the office by June 16th.



## Resident Meeting

### BH+A Conceptual Design - Resident Meeting



There was a resident meeting on May 11th at the Linden/-

Chambers Community Room to present the conceptual designs for the redevelopment project.

The design proposal is Phase 1A and Phase 1B, 140 all new one-bedroom apartments in 3 story buildings, Phase II 109 all new one-bedroom apartments. Phase 1B. Phase 1A will take

about two years to build. These buildings would also include amenity spaces, elevators and a central air system.

There were two options for Phase 2 that have not been decided yet. The Schematic Design Phase is very preliminary and there will be continued opportunities for resident feedback.



## 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.

### Mobile Market for All:

- Robert Cook Drive, Tuesdays between 5-5:30pm
- Seabeds Way, Tuesdays between 5:30-6pm
- Linden/Chambers, Fridays between 3-3:30pm

### 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/>

### YMCA:

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



## Manager's Corner

This is a reminder to not leave food out for the local wildlife. Rodents have been seen in the area, and food has also been seen being left out on the grounds. Wild animals who depend on people for food can cause injuries or spread disease.



## Thank You

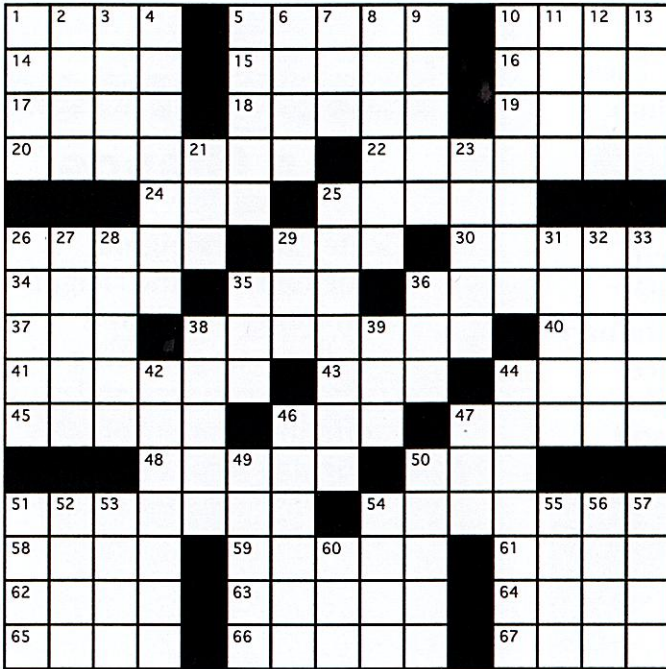
### Office Hours

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

### Contact Numbers

Main Office 781-444-3011  
 Fax 781-444-1089  
 Cheryl Gosmon Ext. 212  
 Nayda Sanchez Ext. 211  
 Blair Fetzer Ext. 213  
 Curtis Rush Ext. 216  
 Laurie Blake Ext. 219  
 Springwell 617-926-4100  
 CATH 781-455-7555

# Crossword Puzzle



## ACROSS

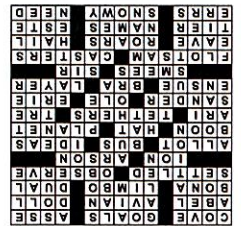
1. Sheltered nook
5. Orr's scores
10. South African fox
14. Adam's boy
15. Of birds
16. Little girl's toy
17. \_\_\_ fide
18. West Indies dance
19. Twofold
20. Unmoving
22. Watch
24. Charged particle
25. Firebug's crime
26. Distribute
29. Means of transportation
30. Thoughts
34. Timely blessing
35. Chaplin's accessory
36. Mars, for one
37. Jackie's second
38. Secures with a rope
40. Three, in Italy
41. Smoothing device
43. Cheer
44. Canal built in 1825
45. Follow
46. Chest covering
47. Part of a cake
48. Pintail ducks
50. Polite person's word
51. Floating wreckage

54. Furniture wheels
58. Overhanging edge
59. Becomes furious
61. Weather forecast
62. Bleachers level
63. Appoints
64. This: Sp.
65. Goofs
66. Weather forecast
67. Have to have

## DOWN

1. Items hailed
2. Musical instrument
3. Opening
4. Great happiness
5. 2nd-century Greek physician
6. Ancient Roman poet
7. Purpose
8. Works
9. Haughty ones
10. Supplemental lists
11. Word with puss or ball
12. Pole, for one
13. She: Fr.
21. Piece of land
23. Dirties
25. Kipling and Dickens
26. Lower in rank
27. Navigation system
28. Pork cuts
29. Night flier

31. Gate
32. Eagle's nest
33. Beef source
35. That woman
36. Prefix for paid or occupied
38. Abounds
39. Guido's high note
42. Short housecoats
44. Made of clay
46. Lament
47. Fleur-de-\_\_
49. Deserves
50. Disrespectful
51. Celebration
52. Wild animal's home
53. Finished
54. Group of workers
55. Let up
56. Ceremony
57. Toboggan
60. I love: Lat.



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**21 HIGHLAND CIRCLE**  
**NEEDHAM, MA 02494**