



springwell

LINDEN/CHAMBERS

September

Newsletter



OFFICE HOURS

MON. 8AM - 3:30PM

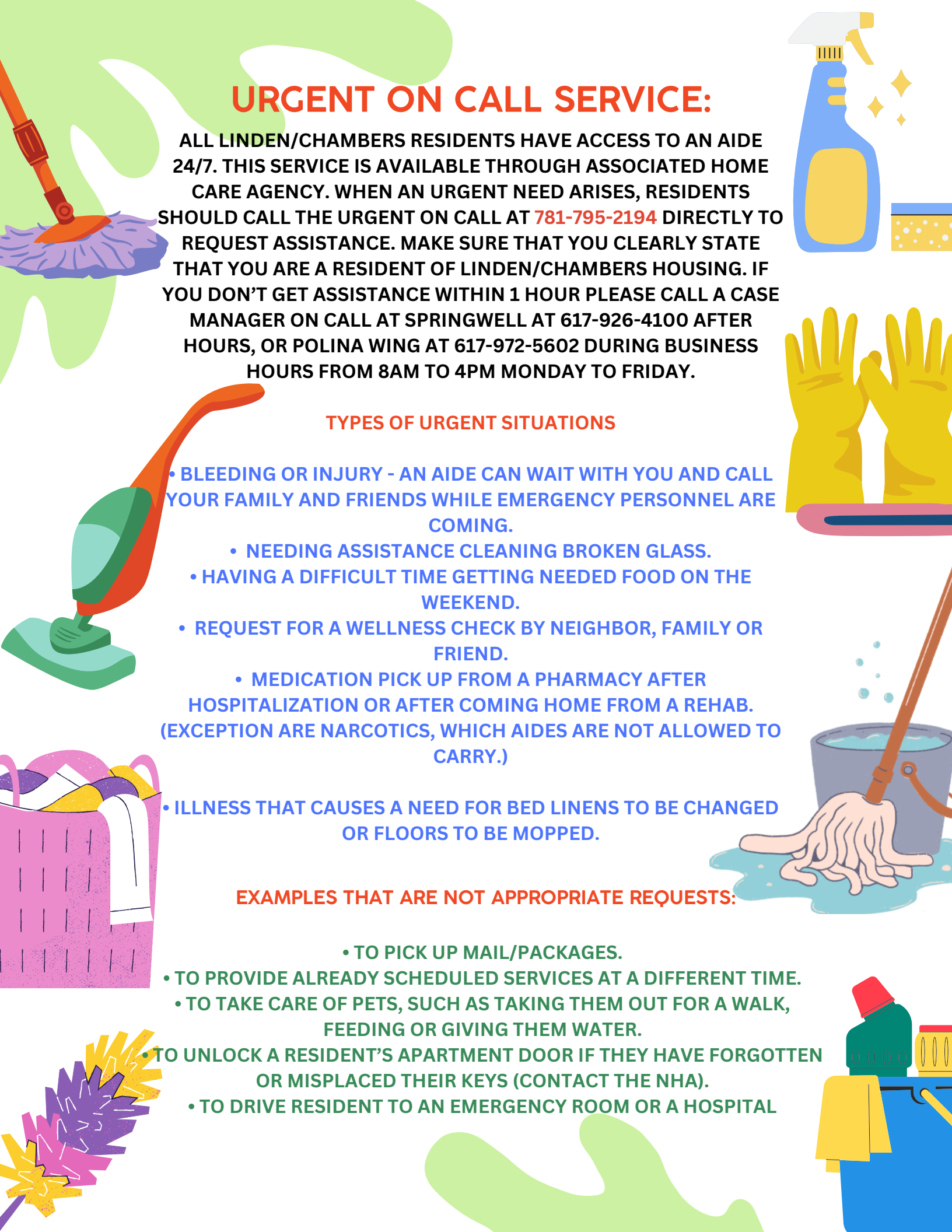
WED. 8AM - 3:30PM

FRI. 8AM - 2:30PM

Polina Wing, Care Coordinator

tel. 617-972-5602

email: pwing@springwell.com



URGENT ON CALL SERVICE:

ALL LINDEN/CHAMBERS RESIDENTS HAVE ACCESS TO AN AIDE 24/7. THIS SERVICE IS AVAILABLE THROUGH ASSOCIATED HOME CARE AGENCY. WHEN AN URGENT NEED ARISES, RESIDENTS SHOULD CALL THE URGENT ON CALL AT **781-795-2194** DIRECTLY TO REQUEST ASSISTANCE. MAKE SURE THAT YOU CLEARLY STATE THAT YOU ARE A RESIDENT OF LINDEN/CHAMBERS HOUSING. IF YOU DON'T GET ASSISTANCE WITHIN 1 HOUR PLEASE CALL A CASE MANAGER ON CALL AT SPRINGWELL AT 617-926-4100 AFTER HOURS, OR POLINA WING AT 617-972-5602 DURING BUSINESS HOURS FROM 8AM TO 4PM MONDAY TO FRIDAY.

TYPES OF URGENT SITUATIONS

- BLEEDING OR INJURY - AN AIDE CAN WAIT WITH YOU AND CALL YOUR FAMILY AND FRIENDS WHILE EMERGENCY PERSONNEL ARE COMING.
- NEEDING ASSISTANCE CLEANING BROKEN GLASS.
- HAVING A DIFFICULT TIME GETTING NEEDED FOOD ON THE WEEKEND.
- REQUEST FOR A WELLNESS CHECK BY NEIGHBOR, FAMILY OR FRIEND.
- MEDICATION PICK UP FROM A PHARMACY AFTER HOSPITALIZATION OR AFTER COMING HOME FROM A REHAB. (EXCEPTION ARE NARCOTICS, WHICH AIDES ARE NOT ALLOWED TO CARRY.)
- ILLNESS THAT CAUSES A NEED FOR BED LINENS TO BE CHANGED OR FLOORS TO BE MOPPED.

EXAMPLES THAT ARE NOT APPROPRIATE REQUESTS:

- TO PICK UP MAIL/PACKAGES.
- TO PROVIDE ALREADY SCHEDULED SERVICES AT A DIFFERENT TIME.
- TO TAKE CARE OF PETS, SUCH AS TAKING THEM OUT FOR A WALK, FEEDING OR GIVING THEM WATER.
- TO UNLOCK A RESIDENT'S APARTMENT DOOR IF THEY HAVE FORGOTTEN OR MISPLACED THEIR KEYS (CONTACT THE NHA).
- TO DRIVE RESIDENT TO AN EMERGENCY ROOM OR A HOSPITAL

Walk & Talk

Mental Health
Awareness



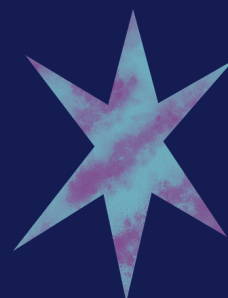
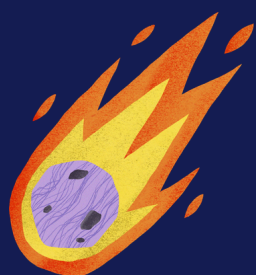
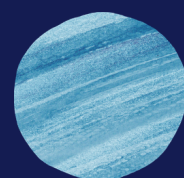
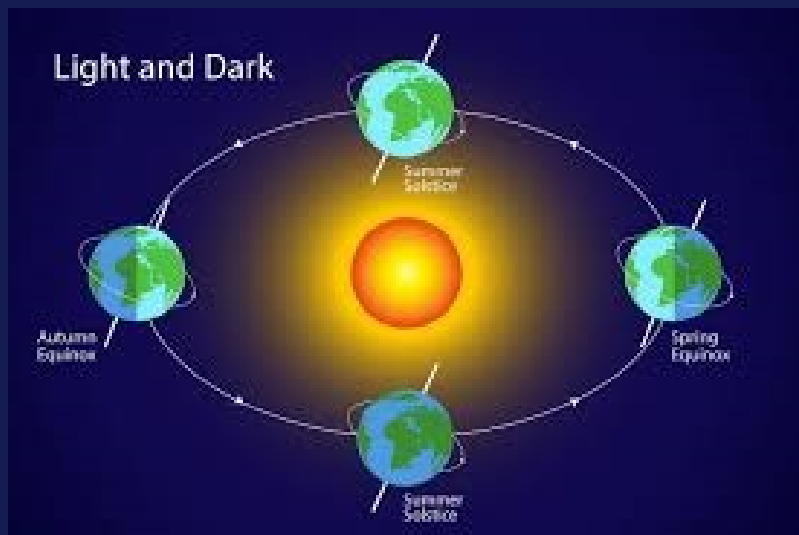
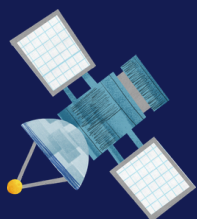
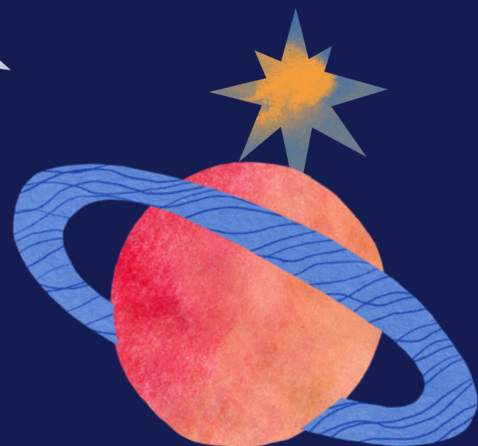
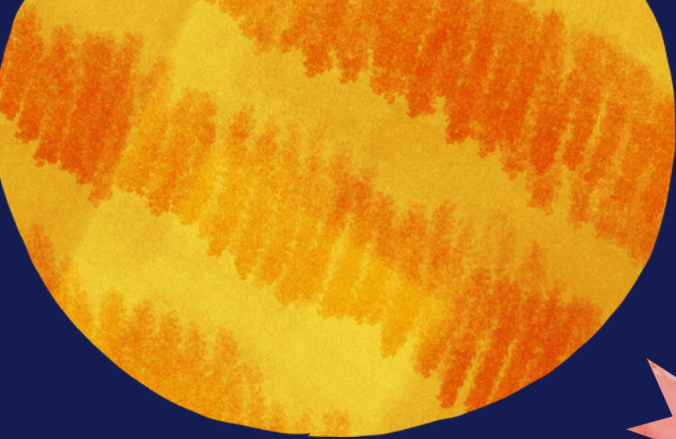
**Every Friday,
from 8:30 am to
9:30am**

Meet in the front lawn
of the Community
Room at 5 Chambers
St Needham

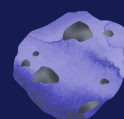
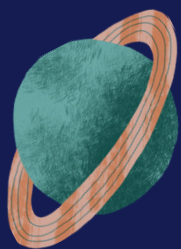
What to expect

Meet residents of
Linden/Chambers, enjoy
the outdoors, and support
mental well-being together.

Everyone welcome!



2026 September equinox occurs on Tuesday, September 22, 2026, at 5:05 p.m. PDT (00:05 UTC on September 23). This exact moment marks the astronomical start of autumn in the Northern Hemisphere and the beginning of spring in the Southern Hemisphere. The September equinox marks the exact moment the Sun crosses directly above Earth's equator, moving from north to south.



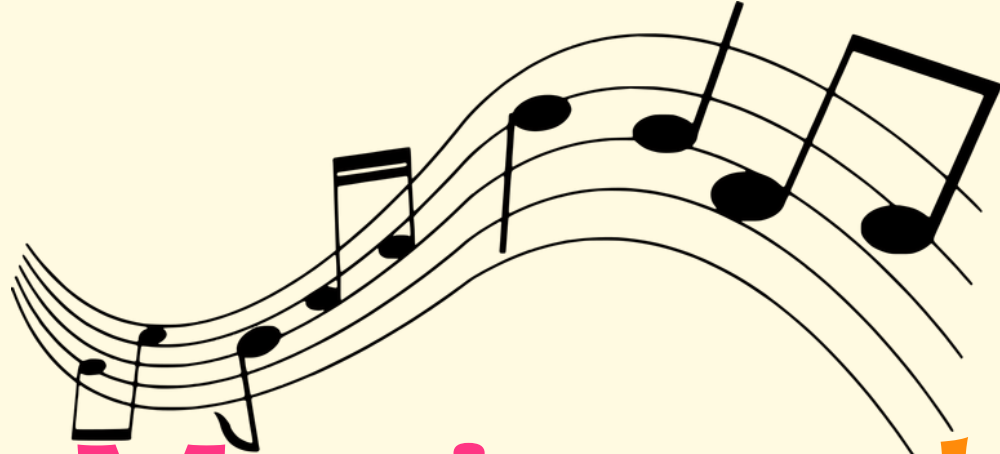
SPRINGWELL'S COFFEE HOUR



EVERY WEDNESDAY  
FROM 10:30AM TO 11:30AM

"Fuel up with our delicious morning bites."

Community Room 5 Chambers St Needham



Music and Movement with



Jose Soto



**FRIDAY,
SEPTEMBER 4TH AT
1:30PM**

**Community Room
5 Chambers St
Needham**



LUNCH MENU

SEPTEMBER 2026

LINDEN/CHAMBERS, Needham

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Marsala Penne Broccoli Chocolate Pudding Calories: 608 / Sodium: 480mg	2 Meatloaf with Gravy Stewed Tomatoes Whole Grain Bun Mashed Potatoes Apple Sauce Calories: 776/ Sodium: 825mg	3 Chicken Caesar Wrap Chilled Cucumber Dill Soup Tomato Pesto Pasta Salad Calories: 602/ Sodium: 679mg	4 Beef Hot Dog on Bun Sugar Cookie Baked Beans Cauliflower Calories: 705/ Sodium: 1030mg
7 NO MEAL DELIVERY LABOR DAY HOLIDAY	8 Creamy Chicken & Rice Tomato Soup Mixed Vegetables Fresh Apple Whole Grain Sliced Bread Calories: 634/ Sodium: 1142mg	9 Lemon Rosemary Chicken Parsley Potatoes Maple Carrots Multi Grain Roll Pear Cobbler Calories: 1068/ Sodium: 358mg	10 Boston Baked Fish Brown Rice Broccoli Chocolate Pudding Whole Grain Sliced Bread Calories: 447/ Sodium: 436mg	11 Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Apple Sauce Calories: 813/ Sodium: 667 mg
14 Chicken Cacciatore Pasta with Sauce Fruit Cup Broccoli Garlic Knot Calories: 815/ Sodium: 619mg	15 Fish with Lemon Dill Sauce Brown Rice Pilaf Sweet Potato Fresh Apple Multi Grain Roll Calories: 777/ Sodium: 377mg	16 Chicken Cordon Bleu Steamed Kale Dinner Roll Rosemary Garlic Mashed Potatoes Peach & Blueberry Crumble Calories: 740/ Sodium: 700mg	17 Black Bean & Vegetable Soup Sausage with Peppers & Onions Rice Whole Grain Sliced Bread Calories: 675/ Sodium: 825mg	18 Beef Meatballs Pasta with Sauce Mixed Vegetables Whole Grain Sliced Bread Apple Sauce Calories: 817/ Sodium: 483mg
21 General Tso's Chicken Bok Choy & Shredded Cabbage White Rice Multi Grain Roll Chocolate Chip Cookie Calories: 732/ Sodium: 702mg	22 Cheeseburger with WG Bun Minestrone Soup Sweet Potato Fries Fiesta Corn Whole Grain Sliced Bread Calories: 918/ Sodium: 934mg	23 Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce Apple Blueberry Crisp Calories: 671/ Sodium: 541mg	24 Arroz con Pollo Yellow Rice and Beans Peppers and Onions Calories: 1070/ Sodium: 410mg	25 Cheese Tortellini w/ Sauce Broccoli & Cauliflower Margarine Garlic Knot Apple Sauce Calories: 794/ Sodium: 693mg
28 Lentil Stew Peach & Blueberry Crumble Couscous Carrots Whole Grain Sliced Bread Calories: 969/ Sodium: 981mg	29 Mac n Cheese Broccoli Whole Grain Sliced Bread Calories: 682/ Sodium: 654mg	30 Beef Picadillo Herbed Rice Cuban Black Beans Plantains Apple Sauce Whole Grain Sliced Bread Calories: 1361/ Sodium: 720mg	MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM	

SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
			coffee hour 10:30		walking club 8:30 Music & Movement 1:30pm	
6	7	8	9	10	11	12
	Labor Day Springwell's office is closed		coffee hour 10:30		walking club 8:30	
13	14	15	16	17	18	19
			coffee hour 10:30		walking club 8:30	
20	21	22	23	24	25	26
			coffee hour 10:30		walking club 8:30	
27	28	29	30			
			coffee hour 10:30			

NEEDHAM HOUSING
AUTHORITY
PRESENTS

JOIN US ON
THURSDAY SEPT. 10TH
FOR OUR ANNUAL

End of Summer BBQ

SPONSERED BY
THE NEEDHAM ROTARY CLUB

12:30 TO 2:30

RSVP TO 781-401-0799

LIVE ENTERTAINMENT

*BURGERS*DOGS*POTATO SALAD*WATERMELLON*

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