



springwell

Linden / Chambers

August

Newsletter

office hours

Mon. 8am to 3pm

Wed. 8am to 3pm

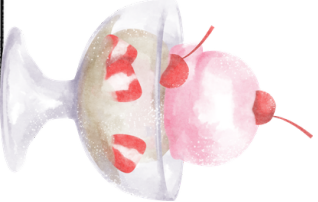
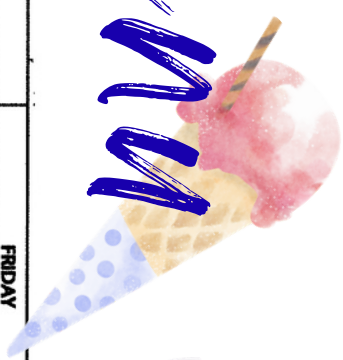
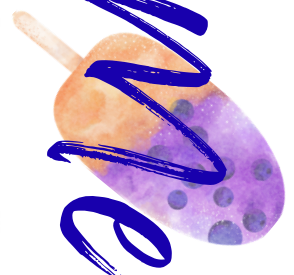
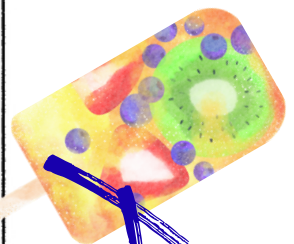
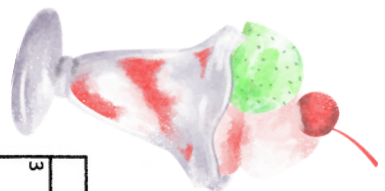
Fri. 8am to 2pm

Contact: Polina Wing, Care Coordinator

tel.617-972-5602

email: pwing@springwell.com

August Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GG / DI		GG / DI		GG / DI		GG / DI		GG / DI	
3	Chicken Cacciatore Pasta w/ Sauce Broccoli Dinner Roll Fruit Cup Calories: 755 / Sodium: 474 mg	4	Fish w/ Lemon Dill Sauce Brown Rice Pilaf Sweet Potato Fresh Apple Dinner Roll Calories: 837 / Sodium: 452 mg	5	Chicken Cordon Bleu Rosemary Garlic Mashed Potatoes Steamed Kale Dinner Roll Peach & Blueberry Crumble Calories: 740 / Sodium: 700 mg	6	Sausage & Peppers Chilled Black Bean & Vegetable Rice Mixed Vegetables Whole-Grain Sliced Bread Assorted Fresh Fruit Choice Calories: 744 / Sodium: 860 mg	7	Summer Veggie Chicken Pita Tomato Pesto Pasta Salad Vanilla Pudding Calories: 658 / Sodium: 1212 mg
10	General Tso's Chicken White Rice Multi-Grain Roll Bok Choy & Shredded Cabbage Chocolate Chip Cookie Calories: 732 / Sodium: 702 mg	11	Chilled Cucumber Dill Soup Cheeseburger w/ WG Bun Sweet Potato Fries Fiesta Corn Whole-Grain Honey Grahams Whole-Grain Sliced Bread Calories: 851 / Sodium: 724 mg	12	Salmon Cake w/ Tartar Sauce Orzo Vegetable Squash Blend Apple Blueberry Crisp Whole-Grain Bread Calories: 671 / Sodium: 541 mg	13	Chicken Taco Salad Tortilla Chips Fresh Apple Calories: 429 / Sodium: 685 mg	14	Cheese Tortellini w/ Tomato Broccoli & Cauliflower Garlic Knot Fruit Cup Calories: 746 / Sodium: 963 mg
17	Chili Cheese Hot Dog Fiesta Corn Peach & Blueberry Crumble Calories: 733 / Sodium: 1116 mg	18	Chicken Lo Mein Lo Mein Noodle Asian Stir Fry Veggies Fresh Apple Whole-Grain Sliced Bread Calories: 945 / Sodium: 1211 mg	19	Beef Picadillo Herbed Rice Cuban Black Beans Plantains Churro Calories: 569 / Sodium: 492 mg	20	Southwest Chicken w/ Sauce Chilled Corn Soup Rice Carrots Apple Sauce Cup Whole-Grain Sliced Bread Calories: 726 / Sodium: 864 mg	21	American Chop Suey Garlic Knot Broccoli Fruit Cup Calories: 754 / Sodium: 925 mg
24	Beef & Broccoli Rice Fresh Apple Dinner Roll Calories: 503 / Sodium: 436 mg	25	Chicken w/ Mojo Sauce Chilled Beet Soup Yellow Rice Seasoned Cabbage Whole-Grain Bread Calories: 667 / Sodium: 529 mg	26	Stuffed Shells w/ Tomato Sauce Green Beans Fresh Orange Whole-Grain Bread Calories: 611 / Sodium: 862 mg	27	BBQ Chicken Mac n Cheese Broccoli Apple Sauce Cup Whole-Grain Sliced Bread Calories: 826 / Sodium: 637 mg	28	Pasta Bolognese Garlic Spinach Garlic Knot Vanilla Pudding Calories: 899 / Sodium: 819 mg
31	Baked Fish in Garlic Sauce Brown rice Pilaf Vegetable Squash Blend Whole-Grain Sliced Bread Fresh Apple Calories: 747 / Sodium: 602 mg								

YOU CAN OBTAIN A COPY OF YOUR
MONTHLY MENU AT
WWW.SPRINGWELL.COM

MENU IS SUBJECT TO CHANGE

August

2026

Mon

Tue

Wed

Thu

Fri

Sat

Sun

03

04

05 coffee hour
10:30
FM distribution 11:30

06

07 walking club
8:30

08

09

10 NCC
presentation
2:00

11

12 coffee hour
10:30

13

14 walking club
8:30

15

16

17

18

19

20

21

22

23

24

25

26 coffee hour
10:30
concert 2:30

27

28 walking club
8:30

29

30

31



Summer Music Concert

MINDFUL MUSICIANS

VENUE :

Community Room
5 Chambers St.
Needham

SAVE THE DATE

August 26th
2:30pm to 3:30pm

Сердечно приглашаем
вас на концерт юных
музыкантов.

诚邀您参加青少年音乐会。

YOU ARE INVITED
TO THE CONCERT of
"MIDNFUL MUSICIANS"
who will perform a medley
of classical music to enjoy!



**DEAR RESIDENTS OF LINDEN/CHAMBERS
HOUSING**

**ATTACHED TO THE NEWSLETTER IS A
RESIDENT INFORMATION FORM THAT WE
ARE ASKING ALL RESIDENTS TO PLEASE
COMPLETE. THIS INFORMATION WILL BE
KEPT CONFIDENTIAL AND WILL BE USED
FOR REPORTING PURPOSES ONLY. THE
INFORMATION HELPS US TO BETTER
UNDERSTAND ALL RESIDENTS. PLEASE
RETURN IT TO THE CARE COORDINATOR,
POLINA WING, AT YOUR EARLIEST
CONVENIENCE.
THANK YOU!**

Housing Resident Information Form

Name: _____ Address: _____ Apt#: _____

Phone#: _____ Email address: _____

DOB: _____

CIRCLE ALL THAT APPLY

GENDER:

Male

Female

Male to Female (MTF/Transgender Female/Trans Woman)

Female to Male (FT/Transgender Male/Trans Man)

Chose not to answer

Other Gender Category

RACE AND ETHNICITY:

Asian

American Indian or Alaska Native

Black or African –American

Native Hawaiian or Pacific Islander

Hispanic or Latino

White

Multi-Racial

DISABILITIES:

Cognitive Impairment/Dementia/Alzheimer's

Visual or Auditory Impairment

Diagnosed Serious Mental Illness

Intellectual/ Developmental Disability

Past or Current Substance Abuse Disorder

Physical Impairment (Requiring Wheelchair)

Physical Impairment (No wheelchair)

Other

SERVICES:

Adult Day Health (ADH)

Personal Care Attendant (PCA)

Group Adult Foster Care (GAFC)

Program for the All-Inclusive Care of the Elderly (PACE)

Senior Care Options (SCO)

One Care

Dept. of Developmental Services (DDS)

Dept. of Mental Health (DMH)

Mass Rehabilitation Commission (MRC)

Veterans Affairs (VA)

Receives no Services

Other

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

**FRIDAY,
AUGUST 21 AT 2:30PM**

**Community Room
5 Chambers St
Needham**



ATTENTION



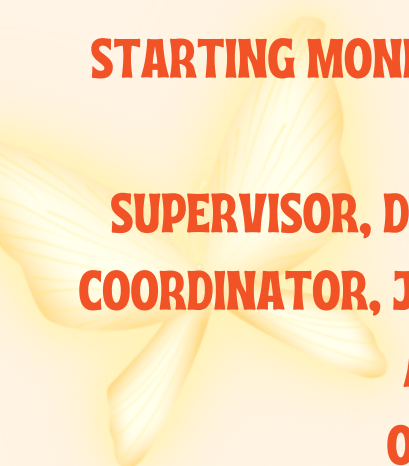
ATTENTION

**CARE COORDINATOR, POLINA WING, WILL BE AWAY FROM THE OFFICE AT 186
B LINDEN ST. IN NEEDHAM**

STARTING MONDAY, AUGUST 17 AND RETURNING WEDNESDAY, AUGUST 26.

SHE WILL BE COVERED BY

**SUPERVISOR, DOUG FLYNN, ON MONDAY, 8/17 FROM 1 P.M – 5 P.M., CARE
COORDINATOR, JENNA TRUDEL, ON WEDNESDAY, 8/19 FROM 9 A.M – 5 P.M.,
AND CARE COORDINATOR, TAYLOR URSINO,
ON FRIDAY, 8/21 FROM 8:30 A.M. – 4:30 P.M.**



**IF YOU NEED ASSISTANCE DURING POLINA WING'S ABSENCE, PLEASE STOP BY
THE OFFICE TO SEE THE COVERING STAFF OR CALL SPRINGWELL'S MAIN
TELEPHONE NUMBER AT 617-926-4100 AND ASK FOR A CASE MANAGER ON-
CALL. THANK YOU.**

Полина Винг будет отсутствовать в офисе с 17 по 26 августа.
Если вам требуется немедленная помощь, пожалуйста, позвоните
дежурному специалисту по работе с клиентами по номеру 617-926-4100.

If you need assistance during Polina Wing's absence
please stop by the office to see the covering staff or call
Springwell's main telephone number at 617-926-4100
and ask for a Case Manager on Call.

Thank you.

如果 Polina Wing 暂时不在期间您需要协助，
请前往办公室联系代理工作人员，或致电 Springwell 总机（电话：617-926-4100）
并要求与值班个案经理（Case Manager on Call）通话。
谢谢。



AUG. 5 AT 11:30AM

WEDNESDAY,

FARMERS' MARKET COUPONS

Farmers Market Coupon Programs in Massachusetts help low-income individuals and families access fresh, local produce at farmers markets. Due to high demand for the farmers market coupons, it's important to come **in person on Wednesday, August 5, at 11:30am.**

Farmers Market Coupons will be distributed on a first come first serve basis and are not guaranteed.

Location: community room
5 Chambers St in Needham.



Приходите

лично – в среду, 5 августа, в 11:30.

Купоны на посещение фермерского рынка будут выдаваться в порядке живой очереди; их получение не гарантируется.

请于8月5日星期三上午11:30亲自前来。
农贸市场优惠券将按先到先得的原则发放，不保证人人都能领到。

**MONDAY,
AUGUST 10TH
AT 2:00 PM**



**NEEDHAM
COMMUNITY
COUNCIL**

**PRESENTATION BY
STEPHANIE KNOCH,
NCC PROGRAM MANAGER**

THE DEMENTIA CARE PARTNERS SUPPORT PROGRAM OVERVIEW OFFERED THROUGH THE NEEDHAM COMMUNITY COUNCIL IS AN EDUCATIONAL PRESENTATION THAT PROVIDES A PRACTICAL INTRODUCTION TO DEMENTIA AND THE RESOURCES AVAILABLE TO SUPPORT INDIVIDUALS LIVING WITH DEMENTIA AND THEIR CARE PARTNERS. PARTICIPANTS LEARN ABOUT THE SIGNS AND PROGRESSION OF DEMENTIA, EFFECTIVE COMMUNICATION STRATEGIES, AND APPROACHES TO CREATING POSITIVE, MEANINGFUL INTERACTIONS. THE PRESENTATION ALSO HIGHLIGHTS THE SERVICES OFFERED THROUGH THE DEMENTIA CARE PARTNERS SUPPORT PROGRAM, INCLUDING THE MEMORY CAFÉ, CARE PARTNER CONSULTATIONS, YOGA AND MEDITATION FOR CARE PARTNERS, AND THE CARE PARTNERS SUPPORT GRANT PROGRAM, WHICH HELPS OFFSET THE COST OF RESPIRE CARE AND OTHER DEMENTIA-RELATED SUPPORTS. IN ADDITION, ATTENDEES RECEIVE INFORMATION ABOUT LOCAL AND NATIONAL RESOURCES, EDUCATIONAL MATERIALS, AND COMMUNITY SERVICES DESIGNED TO HELP CARE PARTNERS NAVIGATE THEIR CAREGIVING JOURNEY WITH CONFIDENCE AND SUPPORT.

SNACKS AND REFRESHMENTS WILL BE AVAILABLE

