



# Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging  
978-456-4120  
Monday through Friday, 9 am to 3 pm

FEBRUARY 2021

## Director's Message

We are getting lots of questions from our seniors regarding the rollout of the COVID vaccine so below is the schedule set up by the Massachusetts Department of Public Health. Keep in mind this is the ESTIMATED timeline, so be patient and know that we will all eventually have the opportunity to be vaccinated. We are working hard to support you, so ask us if you need something, and we will do our best to help in any way we can. **Please remember to wear a mask, stop the spread, save lives.** Debbie

The Baker-Polito Administration and the Department of Public Health developed a vaccine distribution timeline after extensive consultation with the [Massachusetts Vaccine Advisory Group](#), made up of leaders from health care, the faith community, community organizations, local government, and others.

The timeline reflects several priorities: protecting our most vulnerable, maintaining health care system capacity, and addressing inequities in health care access and COVID-19 burden. For up-to-date information on the COVID vaccine, you can go to the following website which is updated weekly: <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>



This Harvard Sentinel is supported by the Friends of Harvard Council on Aging

# FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9 Aerobics 10:15 Line dance	<b>2</b> 9:30 Yoga 10 Tai Chi <b>1 Card Creations</b>	<b>3</b> 9 Men's coffee 9 Aerobics	<b>4</b> 1 Fiber Art	<b>5</b> 9:30 Yoga 10 Women's coffee <b>1 Senior Housing</b>	<b>6</b>
<b>7</b>	<b>8</b> 9 Aerobics 10:15 Line dance	<b>9</b> <b>9 Vet Café</b> 9:30 Yoga 10 Tai Chi	<b>10</b> 9 Men's coffee 9 Aerobics	<b>11</b> 1 Fiber Art	<b>12</b> 9:30 Yoga 10 Women's coffee	<b>13</b>
<b>14</b> 	<b>15</b> <b>President's Day Closed</b>	<b>16</b> 9:30 Yoga 10 Tai chi <b>4 COA Board</b>	<b>17</b> 9 Men's coffee 9 Aerobics <b>1 Grab &amp; Go</b> <b>4 Stress relief yoga</b>	<b>18</b> 1 Fiber Art	<b>19</b> 9:30 Yoga 10 Women's coffee <b>11:30 Computer Cybersecurity</b>	<b>20</b>
<b>21</b>	<b>22</b> 9 Aerobics 10:15 Line dance	<b>23</b> 9:30 Yoga 10 Tai Chi	<b>24</b> 9 Men's coffee 9 Aerobics <b>4 Medicare</b>	<b>25</b> 1 Fiber Art <b>1 Story Slam Harvard Press</b>	<b>26</b> 9:30 Yoga 10 Women's coffee	<b>27</b>
<b>28</b>					<b>Call the COA to reserve your spot for zoom classes and events</b>  <b>(978)-456-4120</b>	

## Events and Information

**Call for the link to join us on Zoom !**

### **Women's Coffee & Conversation** **Fridays 10am-12pm**



An informal drop-in for coffee and conversation.

### **Men's Coffee** **Wednesdays 9am**

Enjoy the company of your neighbors. All are welcome!

### **Vet Café 2nd Tuesday** **9-10am**



Join fellow Veterans for coffee and conversation. Call if you want to sign up for the month's café!

### **Story Slam Special Day** **Thursday, Feb. 25 1pm**



Harvard Press was named 2019 Citizen of Note and for good reason. They have been able to work the magic of producing a weekly local newspaper for the love of community for many years. Join us as we hear from a panel comprised of: editors, publishers, and photographers and includes sharing special historic photos from years past. Sign up!

### **Harvard Public Library:** **Books at Home**

If you are homebound and need books delivered to your home due to a health issue, call the library at 978-456-4114 and ask for Jill. She can have someone bring the library to YOU! You can also email them at:

reference@harvardpubliclibrary.org.

### **Prepare for Winter Emergencies**

Here are some tips to being prepared for weather-related emergencies, including power outages.



- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - Battery-operated devices, such as a flashlight, a small radio, and lamps;
  - Extra batteries; First-aid kit and extra medicine;
  - Baby and pet items; and cat litter or sand for icy walkways.
  - Protect your family from carbon monoxide (CO) by having CO detectors in your home. If CO detectors sound, leave your home immediately (do not open windows and keep door closed) and call 911 from outside of your home.
  - Keep grills, camp stoves, and generators out of the house, basement and garage.
  - Locate generators at least 20 feet from the house.

If you lose power, you can have someone with power check for you on the National Grid power outage map to see when your power is estimated to be restored.

<https://outagemap.ma.nationalgridus.com/>

### **COA special Programs:**

**Adopt a Senior.**

**Meals on Wheels delivery.**

**Outreach Check-in calls.**

**Van Transportation.**

**Loaves and Fishes delivery.**

**Soup for Seniors program.**

**Sand Buckets**





## For Your Mind, Body, and Soul

***We are all in this together.***

**All fitness classes are being offered online. Call to be put on the list for the Zoom invitation!**



### **Weight Strengthening /Aerobics** **Monday and Wednesday 9-10am**

Instructor: Katrina Rotondi.

### **Line Dancing, Monday 10:15-11:15 am**

Instructor: Katrina Rotondi.

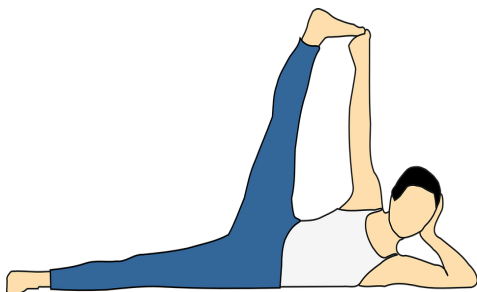
### **Zumba Gold Wednesday 10am**

Instructor: Deb Oliva.  
Class with the Bolton COA

### **Stretch and Tone Yoga** **Tuesday and Friday 9:30am**

Instructor: Nancy Webber certified yoga teacher.

**Please contact the COA to find out more about our fitness classes. 978-456-4120**



**Tuesdays and Thursdays**  
***We offer a delicious meal packed and delivered by our wonderful volunteers.***

**12 noon**

**Donation: \$2.00**

**Lunch packed at Hildreth House**  
**meals come with milk, bread and dessert**

#### **Tuesday**

- 2nd Grilled chicken, Francaise sauce, Yukon gold potatoes, creamed spinach wheat bread
- 9th Potato pollock, tartar sauce, macaroni & cheese, broccoli, wheat bread
- 16th Beef & lentil chili, brown rice, mixed vegetables, corn bread
- 23rd Philly steak with provolone cheese, onion & peppers, potato wedges, grinder roll

#### **Thursday**

- 4th Roast pork, cider glaze, sour cream & chive mashed potatoes, Brussels sprouts, multigrain bread
- 11th Pot roast, Jardiniere gravy, Rosemary roasted red potatoes, California vegetable blend, wheat roll
- 18th Grilled chicken, Marsala sauce, garlic mashed potatoes, Capri vegetable blend, multigrain bread
- 25th Roast turkey, tarragon gravy, bread stuffing, peas & pearl onions, wheat dinner roll





## Notes from the Outreach Office

*Maria Holland & Charlotte Winchell, Outreach Coordinators*

### **Stress Reduction/ Meditation in Movement Yoga with Barbara Rich Wednesday, February 17, 4pm**



Join Barbara again as she will offer another free stress-reduction/meditation in movement class which focuses on mindful breathing, easy stretching, and useful strategies for accepting who and where we are.

We will enjoy this from home, on Zoom, and notice what we hear, smell, see, sense, and think. We'll do some gentle breathing, leaning into our body-wisdom, stretching toward our resilience.

You don't have to be a pretzel to benefit from this workshop. All that is required is willingness and curiosity. Leave the self-judgment behind. Call the COA to sign up.

### **Fuel Assistance Winter of 20/21**



The 2020-2021 heating season is here and the applications for the state fuel assistance program can be made at any time until April 2021. The state **gross** annual income limits for fuel assistance are as follows: for a household of one, \$39,105; for a household of two, \$51,137. Harvard also offers a HEAT (Harvard Energy Assistance Team) program that begins November 1st. If you are concerned about paying your heating bill, let us know. Call 978-456-4120.

### **Winter Tips from AAA keep your car safe for winter driving**



#### **Tires:**

In preparation for winter, you should always make sure that there is adequate tread on your tires. Take your car to your auto dealer or repair shop and have them go over the car for safety.

#### **Windshield Washer and Wipers:**

Inspect the windshield washer fluid and make sure you top it off during inclement weather as you will use the washer more frequently to wash the windshield. The recommended fluid to purchase is one that is antifreeze/deicing since the temperatures drop below freezing.

#### **Stock your vehicle:**

Carry items in your vehicle to prepare for winter driving and supplies for an emergency including:

- Shovel, broom, ice scraper
- Sand or kitty litter if you get stuck in the snow
- Jumper cables, flashlight, flares, and emergency markers
- Blankets for protection from the cold
- Cell phone with charger, water, food, medication if needed.

Always have your emergency numbers handy in the case you need them.

### **Is Senior Housing right for you?**

### **Tour of Shirley Meadows by Christina Andersen Friday, February 5, 1pm**



If you have wondered if senior housing is right for you, please join us as we hear from Christina Andersen who will describe the new complex managed by CHOICE, Inc. in Devens. Shirley Meadows is senior housing for those 62 years old or older and is designed to address the immediate and long-term needs of seniors and to allow seniors to age in place. They offer supportive services and the option to be part of a brand new community that welcomes resident involvement. This presentation is offered through Zoom, so call or email and we will send the Zoom link to you.

Program Coordinator, *Jen Schoenberg*

**OUR PROGRAMS ARE SET UP ON ZOOM !!**

***WEAR A MASK, STOP THE SPREAD, SAVE LIVES***

**Planning for Medicare - Countdown to 65**  
**Wednesday, February 24, 4pm**



If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

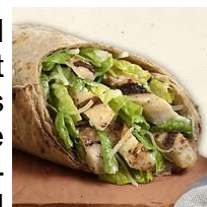
This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Call the COA for the link to this important program.

**Grab & Go**  
**by Rivercourt Residences**  
**Wednesday, February 17, 1pm**

Join us for a grab & go meal sponsored by The Rivercourt Residences from Groton. This local assisted living residence has been a supporter of the Harvard COA for many years and they are happy to be able to join us in greeting you with this delicious lunch.



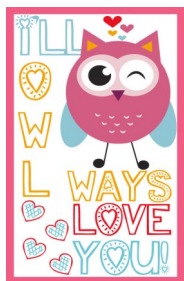
The menu will be a chicken Caesar wrap sandwich, a bag of Smart food popcorn, a flavored seltzer, and dessert.

Our Bromfield students will also be here to help deliver the meals to your cars, so it should be a great opportunity to visit staff and students. We have a limit, so you **MUST** sign up for this meal by February 12th to make sure you get on the list.



**Sand Buckets**

We want everyone to stay safe this winter and slipping on ice is a real threat. The COA will have buckets of sand to bring to seniors this year. If you would like a bucket, please give us a call and we can get one out to you. Call 978-456-4120



**Card Creations**  
**Tuesday, February 2, 1pm**  
**with Heidi Siegrist**

We are starting a monthly greeting card making club in February. The idea is to come together (on zoom), see our friends (virtually), and have conversation while making cards. You can mail your completed card to anyone who you think could use a little cheer in their life. Heidi Siegrist will be leading the group as she shares her many creative ways of spreading joy through the postal service to friends, family and neighbors.

Please contact Jen by Friday, January 29 at the COA to join the February Valentine's card-making class. We will provide a monthly kit for each participant but you will need to have a pair of scissors prior to the first meeting. Remember to contact Jennifer via email or call the COA to sign up. [jschoenberg@harvard.ma.us](mailto:jschoenberg@harvard.ma.us)

Together we can get through this long winter. Join us on Tuesday, February 2 at 1pm.

Adam and Doug are available for one-on-one sessions via Zoom. They have assisted a number of seniors during the pandemic since we're unable to meet in person. We do these workshops for you and your input and inspiration are vital. If you have any ideas of possible topics please don't be bashful and let us know. Chances are you aren't the only one. They also have created an online computer resource center which has lots of useful information. Access it from your home computer by typing the following website:

[sites.google.com/view/hcoa-lab](https://sites.google.com/view/hcoa-lab)



### **Cybersecurity computer workshop** **Friday, February 19, 11:30 am**



It has become increasingly important to know how to stay safe on the Internet. Come join us from the comfort of your home as our computer volunteers present ways to protect yourself from malware, scams, etc. The focus will be how to stay safe when using computers (Windows and Mac), but we will touch upon staying safe with smartphones and tablets as well.

This presentation will take place via Zoom. All you need is a desktop, laptop, chromebook, tablet, or smartphone with the Zoom app installed to attend this workshop. A Zoom account is NOT needed. Please call the COA at 978-456-4120 to sign up.

### **COA VAN TRANSPORTATION GUIDELINES**

**There is a nominal fee for the use of the van. Fee is expected at time of ride and please use exact change.**

**To schedule COA van rides call: 978-456-4120.**

**IF YOU HAVE SYMPTOMS OF ANY VIRUS, HAVE TRAVELED OUT OF THE STATE RECENTLY, OR BEEN WITH SOMEONE WHO HAS TRAVELED/HAD SYMPTOMS, YOU ARE NOT PERMITTED TO RIDE ON THE VAN FOR A PERIOD OF AT LEAST 14 DAYS.**

**The van is disinfected daily and between riders. No more than one client is permitted in the van at a time (aide is allowed if needed). Both driver and riders are required to use hand sanitizer and wear a mask PRIOR to boarding the van.**

♦



♦ *Please give the COA 48 hours' notice – more is better.*

**If you are having a procedure that requires sedation or dilation of eyes, etc. please make sure you have a friend or family member escort you home. Asking the driver to make unscheduled stops along the way is not allowed. Please schedule any stops you need when you call.**

## Friends of the Harvard Council on Aging

Friends of the Harvard Council on Aging (FCOA) is the fundraising arm of the COA. We are a 501(c)(3) organization. Any donations made to the Friends are tax-deductible. As you look into your charitable giving plans, please consider making a cash, stock, or mutual funds donation to the FCOA.



### **Friends Board of Directors**

**Co-Chairs:** Sue Barber, Sharon Briggs, Heidi Siegrist

**Treasurer:** Hank Fitek

**Members:** Pat Cooper, Mina Femino, and Barbara Cerva, Bruce Dolimount, Carol Lee Tonge

Friends Website address: [https:// fhcoa.wordpress.com](https://fhcoa.wordpress.com)

## COA in the Media!



Don't miss our series "**Senior Spotlight**" every morning at 9:30 am on Channel 192. Enjoy the show with a cup of coffee before you start your day. You can also watch programs offered by the COA on HCTV Channel 192. For the schedule, go to [www.harvardcabletv.com](http://www.harvardcabletv.com). You can find us on Facebook at: [www.facebook.com/harvardcoa](http://www.facebook.com/harvardcoa)

## HARVARD COA MISSION STATEMENT

The mission of the Council on Aging is to enhance the lives of Harvard residents age 60 and above. The Council identifies and addresses the ongoing social, recreational, educational, vocational, financial, transportation, and therapeutic needs of Harvard's senior population. This is accomplished through program development, advocacy, legislative awareness and involvement, and community linkages.

### COUNCIL ON AGING STAFF

**Director: Deborah Thompson, MS, LSW**

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**Program Coordinator: Jen Schoenberg**

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**Administrative Assistant/Van: Lisa Rosen**

E-mail: [lrosen@harvard.ma.us](mailto:lrosen@harvard.ma.us)

### COUNCIL ON AGING VAN DRIVERS

**Scott Dinsmore**

**Pamela McInnis, Peter Tenneson**

**Phone: 978-456-4120**

Offices: Hildreth House

Address: 13 Ayer Rd., Harvard MA 01451

Up the hill from Town Hall

Hours 9am—3pm

### COUNCIL ON AGING BOARD OF DIRECTORS

**Chair: Beth Williams; Treasurer: Cathy Walker; Members: Guy Oliva, Fran Maiore, Carl Sciple, Chet Hooper, Kim Schwarz, Lynne Musto-Pesa, and Nancy Webber**

**Recorder/Alternate: Connie Larrabee**