



## Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging

978-456-4120

Monday through Friday, 9 am to 3 pm

MARCH 2021

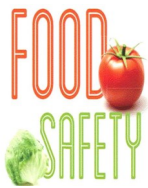
### Director's Message

The state has notified us that as of March 1st, the local boards of health will no longer receive vaccine to provide first doses to their residents. That means that Our Board of Health will not be able to set up any more local clinics for our seniors. If you received your first dose at a clinic, however, you will still receive your second dose at the same clinic. This is a blow to us all but we will continue to do all we can to help our seniors find clinics for their vaccines. We will also try to find volunteers to drive if you need it.

***Please remember to wear a mask, stop the spread, save lives.***

*Debbie*

### **Are you keeping your food safe?** **Monday, March 8, 1pm**



Why is food safety important? How do we safely prepare, store, and cook food in the home? How often should we check expiration dates on our food, whether it is in the refrigerator, or in the cabinet.

Denise Mercury, the registered dietitian nutritionist from Minuteman Senior Services will join us to talk about basic food safety in the home.

Call 978-456-4120 to sign up and get the Zoom information.

### **St. Patrick's Day Grab & Go** **Corned Beef Dinner** **Wednesday, March 24th 12 noon**

Again this year we will offer a delicious corned beef dinner with all the fixins' prepared by Chef Bill Ference and served with Irish soda bread provided by the Girl Scouts. Due to the ongoing pandemic we will need to offer this as a Grab & Go option so plan to come at 12 noon to pick up this delicious offering.



Drive up to pick up your meal and get a chance to say HI to your hard-working COA staff members. We will need an accurate count to order the food, so you MUST sign up by March 19th. Call us at 978-456-4120.

### **A Year of COVID: Checking in on the pandemic's effects on the mind and body Tuesday, March 9, 12-1pm**

Over the past year, COVID-19 has changed the way we all function on a daily basis and which has, in some cases, affected our mental and physical health.

Join a moderated Q&A, sponsored by the auxiliary and corporators of Emerson Hospital, where health care clinicians will discuss topics like anxiety and grief, addiction support, sleep management and self-care. Learn more about managing and living during the time of COVID-19 and have your questions answered about how to fight the mental and physical fatigue. To register for this discussion go to:

<http://bit.ly/ConnectEffect3> and you will be sent the link to join.



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

# MARCH 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 Spring door hanging</b>	<b>6</b>
<b>7</b>	<b>8</b> 9 Aerobics 10:15 Line dance <b>1 Keeping your food safe</b>	<b>9</b> <b>9 Vet Café</b> 9:30 Yoga 10 Tai Chi <b>12 Year of COVID</b>	<b>10</b> 9 Men's coffee 9 Aerobics <b>4 Stress relief yoga</b>	<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> 9 Aerobics 10:15 Line dance	<b>16</b> 9:30 Yoga 10 Tai chi <b>4 COA Board</b>	<b>17</b> 9 Men's coffee 9 Aerobics 	<b>18</b> 1 Fiber Art	<b>19</b> 9:30 Yoga 10 Women's coffee	<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>12 Grab &amp; Go</b>	<b>25</b> 1 Fiber Art	<b>26</b> 9:30 Yoga 10 Women's coffee	<b>27</b>
<b>28</b>	<b>29</b> 9 Aerobics 10:15 Line dance	<b>30</b> 9:30 Yoga 10 Tai Chi <b>1 Story Slam</b>	<b>31</b> 9 Men's coffee 9 Aerobics <b>4 Stress relief yoga</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/Time** **Tuesday, March 30, 1pm**

We hope you can join us to hear stories from inside the walls. Join us as Prudy Horne, daughter of Harvard resident Prudence Horne, talks about her experience teaching art classes in two high security men's state prisons in southern California. She is a professional artist, from Winchester, MA, now living in San Diego. She also is an adjunct professor in the community college system. She was offered an opportunity to work for a non-profit called "Project Paint", easy money she was told... Ha! Many lessons were learned, especially the fact that nothing is easy in prison. Join us on this special day to hear her fascinating stories.

We would love to hear from YOU and help you share your story in the coming months. Call and ask for Jen 978-456-4120. <https://harvardcabletv.com/council-on-aging/>

### **Tips from SHINE!**

Did you know that if you have a Medicare Advantage (MA) plan and want to change, you can? You have until March 31 to change to another MA plan or back to Medicare A & B with a drug plan. Call SHINE to learn more about your Medicare Advantage plan options at 1-800-243-4636.

Did you know that in 2021 more people qualify for help to pay for Medicare B and more through the Medicare Savings Program? If your individual income is under \$1,755/month and assets under \$15,940 you may qualify. Call SHINE for more information on programs that can save you money at 1-800-243-4636.

And lastly, the COVID vaccine is free. Insurance information may be asked for by those administering the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. **If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM.** Hang up and report the call to your local police department. To find out more about when and where you can get vaccinated, visit [www.mass.gov/covidvaccinephases](http://www.mass.gov/covidvaccinephases)

Everyone in Phase 1, individuals 65+ and those with co-morbidities can get the COVID-19 vaccine. The vaccine is safe, effective, and free. **Due to high demand and limited supply, it may take several weeks to get an appointment.**

If you need help with your insurance plan, call the COA and we can set you up with a SHINE counselor to help, or you can call SHINE at 1-800-243-4636 to speak with a SHINE counselor.

### **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.

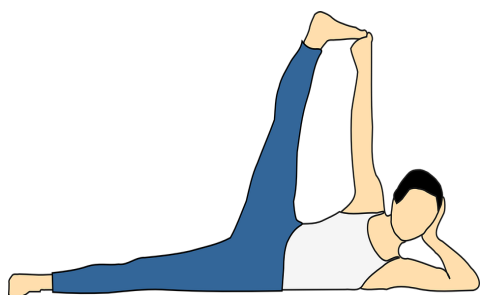
### **Zumba Gold Wednesday 10am**

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**

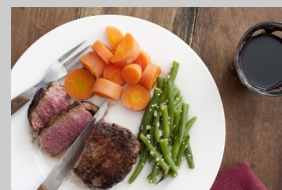
**Lunch packed at Hildreth House**  
**meals come with milk, bread and dessert**

#### **Tuesday**

- 2nd Grilled chicken, coq au vin, Yukon gold potatoes, green beans, multigrain bread
- 9th Sloppy Joe, potato wedges, broccoli, hamburger bun, dessert
- 16th Corned beef hash, braised cabbage, herbed carrots, dinner roll, dessert
- 23rd Beef & broccoli teriyaki, white rice, wheat bread, dessert
- 30th Grilled chicken, Florentine sauce, mashed sweet potatoes, mixed vegetables, multigrain bread, dessert

#### **Thursday**

- 4th Meatloaf, onion gravy, mashed potatoes, Scandinavian blend vegetables, roll, dessert
- 11th Chicken meatballs, cacciatore sauce, tri-color rotini, mixed vegetables, Italian bread, dessert
- 18th Roast pork, herb gravy, bread stuffing, butternut squash, wheat roll, dessert
- 25th Chicken kielbasa pepper & onion medley, O'Brien potatoes, hot dog roll, dessert





## Notes from the Outreach Office

*Maria Holland & Charlotte Winchell, Outreach Coordinators*

### **Having trouble focusing? You are not alone** **Article from the Boston Globe 1/17/2021**

An informal poll taken by the Globe found that the only thing people can concentrate on right now is their inability to concentrate.

Are you wandering from room to room and not getting anything done? Do you work out and meditate and still have trouble getting through your emails? Are you forgetting birthdays and meeting deadlines for work? Are you worried that you are slipping?

"The human brain was not built to process this much information constantly for this long," said Barbara Kamholz, an associate professor of psychiatry at the Boston University School of Medicine. Kamholz says the surprising thing is not that people aren't functioning well. It's that despite the fact that we're dealing with multiple major crises, many people don't fully grasp the impact that external events are having on their mood states and ability to focus. "That results in this additional layer of self-doubt," she said.

There's also shame. Most people suffering from BRAIN FOG-21 think they're the only ones stricken. But they are not alone. Some are having a problem keeping their mind on a single thing for more than a nanosecond. People are distracted; they search for something on the Web and by the time they get to the search engine they have forgotten what they were searching for.

Rev. Fred Small, executive director of an environmental justice organization says: "A pandemic, climate crisis, and insurrection on top of systemic inequity and racism are not conducive to mental concentration," he tweeted. In a phone call, Small used a slightly exaggerated example to highlight the challenge of staying focused. "Imagine you're tapping away at your computer, doing your work, and you look out the window and see someone being chased by a mob, and you say, 'OK, I'm going to get back to work now.' "We're not seeing a mob out the window," he said, "but we do see it online."

Anim Awch, a licensed independent clinical social worker in Brighton, says anxiety is the reason people can't focus. It's fueled by major ongoing stressors — the pandemic, racial injustice and violence. "People are scared to go to work, scared to walk to their cars," she said. "Their minds are in a million places."

If you are having some of these feelings please give us a call. You are not alone...

### **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.

### **Harvard Non-Emergency Numbers**

(978)456-8276	(Police Department office)
(978)456-1212	(Devens Dispatcher)
(978)456-3648	(Fire Department)
(978)456-4110	(Ambulance)

### **Emergency Dial 911**

**Program Coordinator, Jen Schoenberg**

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

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

**Stress Reduction/  
Meditation in Movement Yoga  
with Barbara Rich  
Wednesday,  
March 10 and 31, 4pm**

This free class is so popular we have set it up for two dates in March. Join us as we enjoy another free stress-reduction/meditation in movement class with Barbara. This class 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.

**Learn to play online games**

Interested in connecting with friends and family over a fun game? Have you been looking for ways to spend quality time with your children? Consider joining the online gaming program



where you will be able to participate in a selection of virtual activities such as bingo, cards, trivia, and board games! Join as a group or yourself and meet new people over both classic and contemporary games.

This program will be largely led by Bromfield student Catherine Zhou and will be held over Zoom with a variety of third-party websites. In order to familiarize participants with the different applications, we will be hosting tutorial meetings with individuals or small groups on Zoom.

IF this piques your interest, consider booking a tutorial meeting with some friends or family by contacting Catherine directly at:

22czhou@psharvard.org



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

We had a successful first month and there's still room to join. If you're new and would like to join this monthly group you are welcome. This month we'll be working on a spring-themed card creation. You can pick up your supplies from the front porch of the COA on Tuesday March 2nd from 9am until noon.

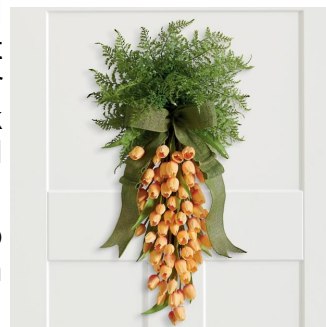
Please contact Jen by Friday, February 26 at the COA to join the card-making class. We will provide a monthly kit for each participant but you will need to have a pair of scissors prior to the first meeting.

Remember to contact Jennifer via email or call the COA to sign up. 978-456-4120  
[jschoenberg@harvard.ma.us](mailto:jschoenberg@harvard.ma.us)

**Spring Door Hanging  
Friday, March 5, 1pm**

Pat Cooper and Carol Lee Tonge will guide us making a wonderful Spring Door hanging project as a Zoom class. This is a Carrot Themed project and will look beautiful on display as we celebrate the coming of spring! Cost for this project is \$10.00 per participant. Class size is limited to 10 participants and you will be added to the list when payment is received at the Hildreth House. Just call 978-456-4120 prior to dropping off your check made out to Harvard Council on Aging.

Supplies can be picked up on Friday, March 5th from 9-12. Sign up ASAP



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)



### **Harvard Lions Club Citrus Sale (2021)**

Treat your family to great fruit while at the same time benefiting Lions charities and families in need!

**You can order: Royal Ruby Red grapefruit & Valencia oranges.**

Available in 20 lb. boxes for \$30 each as well as a 'mixed' 20 lb. box available for \$30. The fruit will arrive just in time for this year's sale and be sold on a 'cash and carry' basis from March 6 – 14. The Harvard Lions will be selling at Town Center.



You can also order online **NOW** and have the fruit delivered to your home by a Harvard Lion starting March 6. Also new this year are other offerings. Go to [harvardlions.org](https://harvardlions.org) for details on home delivery or gift boxes. If you have questions please contact [harvardlionsclub@gmail.com](mailto:harvardlionsclub@gmail.com).

### **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**

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

**Outreach Coordinator: Maria Holland**

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**Outreach Coordinator: Charlotte Winchell LCSW**

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**Program Coordinator: Jen Schoenberg**

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

**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**