



## Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging

978-456-4120

Monday through Friday, 9 am to 3 pm

APRIL 2021

### Director's Message

#### **THANK YOU TO OUR COVID SUPPORT VOLUNTEERS!**

The COVID-19 global pandemic is something that none of us have ever seen in our lifetime, and hope we never see again. While it has been difficult for all, our most vulnerable seniors have suffered the greatest loss. They have been locked up in their homes for fear of catching this dreaded virus. They have lost friends and relatives to it or have suffered with it themselves. Even for those who did not lose a loved one, they have not been able to socialize, go shopping, visit friends, and most of all - visit their families for an entire year. This is a **THANK YOU** to all of our wonderful volunteers who have stepped up and helped our seniors get through this past year with patience, understanding, and kindness.



Our "Adopt a Senior" volunteers have checked in with those they are assigned to, giving them a cheery voice to speak with on the phone, and have gone shopping for supplies and food when the elders have been requested to stay in and stay safe. They have delivered groceries and medications, taken the trash out for them, even brought their seniors little gifts to brighten their day.

Our "Soup for Seniors" volunteers have picked up soups and other homemade food by our own Chef Paul and delivered to our homebound seniors to help support their nutritional needs. The soups have been a great addition to the meals on wheels and the cost has been covered by the Harvard Lions Club.

The "Meals on Wheels" volunteers have definitely stepped up their game and added a number of clients to their list as well. Any of the seniors who came to Hildreth House for lunches were added to the delivery list when the State shut down, so there were many more meals to deliver.

We were happy to also add a number of students from Bromfield to our volunteer list. When the school went to a hybrid model, a number of students came to us with an offer to help in any way they could. So, those with driver's licenses, became part of our meals delivery force, and others helped doing yard work for seniors, and helping around the building here. Some baked cookies, others delivered sand buckets to help seniors stay safe on slippery steps, and our local Girl Scout troops delivered turkey dinners and other treats to our homebound seniors. A few students researched and acquired items for an emergency preparedness kit and delivered to many of our eligible seniors.

ALL of our volunteers followed strict COVID-19 protocols of wearing masks, washing hands, wearing gloves, no-contact delivery, and disinfecting their cars.


The town Fire, EMS, Police, and DPW have all generously contributed their time and worked collaboratively with the Council on Aging to support the entire community of Harvard.

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

***Debbie***

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

# APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Call the COA to reserve your spot for zoom classes and events</b>  <b>(978)-456-4120</b>			<b>1</b> 1 Fiber Art	<b>2</b> 9:30 Yoga 10 Women's coffee	<b>3</b>
<b>4</b>	<b>5</b> 9 Aerobics 10:15 Line dance	<b>6</b> 9:30 Yoga 10 Tai Chi <b>1 Card Creations</b>	<b>7</b> 9 Men's coffee 9 Aerobics <b>1 REAL ID</b>	<b>8</b> 1 Fiber Art	<b>9</b> 9:30 Yoga 10 Women's coffee	<b>10</b>
<b>11</b>	<b>12</b> 9 Aerobics 10:15 Line dance	<b>13</b> <b>9 Vet Café</b> 9:30 Yoga 10 Tai chi <b>1 Story Slam</b>	<b>14</b> 9 Men's coffee 9 Aerobics <b>4 Stress relief yoga</b>	<b>15</b> 1 Fiber Art	<b>16</b> 9:30 Yoga 10 Women's coffee <b>11:30 Computer Class Excel 1</b>	<b>17</b>
<b>18</b>	<b>Patriot's Day</b>  <b>COA Closed</b>	<b>20</b> 9:30 Yoga 10 Tai Chi <b>4 COA Board</b>	<b>21</b> 9 Men's coffee 9 Aerobics	<b>22</b> 1 Fiber Art	<b>23</b> 9:30 Yoga 10 Women's coffee <b>11:30 Computer Class Excel 2</b>	<b>24</b>
<b>25</b>	<b>26</b> 9 Aerobics 10:15 Line dance	<b>27</b> 9:30 Yoga 10 Tai Chi	<b>28</b> 9 Men's coffee 9 Aerobics	<b>29</b> 1 Fiber Art	<b>30</b> 9:30 Yoga 10 Women's coffee	

## Events and Information

**We are still meeting for our classes through Zoom, but stay tuned for an announcement of when we can resume meetings on the PORCH!**

### **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** **Tuesday, April 13** **1pm**

We would love to hear from YOU and help you share your story in the coming months.

Your stories and memories can be captured by our Harvard Cable TV to be preserved for generations to come. Call and ask for Jen 978-456-4120. If you haven't had a chance to see any, you can go to the Harvard Cable TV website to watch from home.

<https://harvardcabletv.com/council-on-aging/>

### **News from SHINE**

(Serving the Health Information Needs of Everyone)

### **Medicare Savings Programs (MSP)**

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? ***The Medicare Savings Program*** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit:

<https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

\* Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940

\* Couples with incomes between \$1888 and \$2396 with assets less than \$23,920

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call the Harvard COA at 978-456-4120 and we can put you in touch.

### **EDTA**

### **Elderly and Disabled Tax Aid Committee**

The EDTA is set up to assist elderly and disabled residents defray the costs of their property taxes. The funds consists totally of private donations. They are distributed in accordance with established guidelines and are designed to support those who are unable to pay their taxes without hardships. The funds are disbursed based on need, and vary from year to year.

Applications are available through the Harvard town website, the COA, or the town treasurer's office. [www.harvard.ma.us](http://www.harvard.ma.us),

**Applications are DUE TO THE TREASURER'S OFFICE BY MONDAY MAY 24TH.**

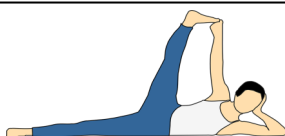
Donations are accepted at any time during the year and are tax-deductible. If you have questions, feel free to call the COA at 978-456-4120 and speak to Debbie, or the treasurer at 978-456-4100, X318, and speak to Lindsay.



## For Your Mind, Body, and Soul

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

All fitness classes are still being offered online with Zoom, but stay tuned for when our instructors can meet in person!



### **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.

### **Pilates** **Wednesday, 2pm**

We will be starting up our Pilates classes again so give us a call to sign up.  
The first two months are **FREE**



**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**

- 6th Cheese omelet, pork sausage patty, potatoes O'Brien, spinach, wheat bread
- 13th Chicken jambalaya, brown rice, mixed vegetables, wheat bread
- 20th Baked Pollock, Mediterranean sauce, herb roasted potatoes, Brussels sprouts, wheat roll
- 27th Breaded chicken drumstick, Chantilly potato, Capri blend vegetables, wheat roll

### **Thursday**

- 1st Sweet & sour chicken meatballs, brown rice, Asian blend vegetables, multigrain bread
- 8th Roast turkey, tarragon gravy, sweet potato, Brussels sprouts, rye bread
- 15th Broccoli stuffed chicken breast, Yukon gold potato, Italian blend vegetables, wheat roll
- 22nd Chicken kielbasa peppers & onions, home fries, hot dog bun
- 29th Teriyaki pork, fried rice, Asian blend vegetables, multigrain bread, fortune cookie





## Notes from the Outreach Office

*Maria Holland & Charlotte Winchell, Outreach Coordinators*

### CDC Guidelines for those who have received their COVID-19 vaccine



According to the CDC People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine. If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are **NOT** fully protected. Keep taking all prevention steps until you are fully vaccinated.

If you've been fully vaccinated you should still take steps to protect yourself and others whenever you are in public or gathering with people from more than one other household or visiting with an unvaccinated person:

- 1) Wear a mask.
- 2) Stay at least 6 feet apart from others.
- 3) Avoid crowds and poorly ventilated spaces.
- 4) Avoid medium or large-sized gatherings.
- 5) You should still delay domestic and international travel, but if you do travel, follow CDC requirements and recommendations.
- 6) Watch out for symptoms of COVID-19 and get tested and stay home and away from others if you have symptoms.

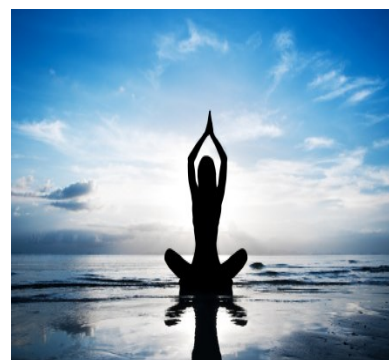
Remember you will still need to follow guidance at your workplace. We are still in a pandemic.

### Stress Reduction/ Meditation in Movement Yoga with Barbara Rich Wednesday, April 14, 4pm

This free class is so popular we have set it up for date in April. 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.



### Fuel Assistance Winter of 20/21



April is the last month to apply for the 2020-2021 heating season. 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. 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**

**WE ARE PLANNING TO OPEN UP ON THE PORCH STARTING IN MAY!**

**Will your driver license fly?**  
**Wednesday, April 7, 1pm**

Did you know that beginning October 21, 2021 you will need a REAL ID or other acceptable ID such as a valid passport to fly within the U.S? Do you have yours? Join us on Wednesday, April 7 at 1pm for a virtual presentation and Q & A by the Registry of Motor Vehicles on license renewal and REAL ID for residents.

Some of the questions covered will be:

- What is the difference between Standard and Real ID compliant driver's licenses and Identification (ID) cards;
- How to renew a Driver's License or ID Card; and
- What are the new federal and state requirements for renewing a Driver's License or ID card
- How the global pandemic has changed the way the RMV operates to issue licenses.



**Story Slam - Robert Curran**  
**Tuesday, April 13, 1pm**

This month Robert Curran will be sharing stories from his involvement in just about every type of film and television production throughout his 40 plus year extensive career: feature films, television series, educational programming, TV movies, news and live sports just to name a few.



He has traveled the world producing programs in the Middle East and North Africa. While at MGM he was in charge of TV series including Stargate SG-1, The Magnificent Seven and the Outer Limits. At the Pittsburgh Film Office he was involved with films including Silence of the Lambs, Hoffa and several others.

Don't miss this exciting program! Call the COA to sign up for the zoom link.



**Card Creations**  
**Tuesday, April 6, 1pm**  
**with Heidi Siegrist**

We've had great success in the first two months and there's still room to join the class if you're interested. Heidi Siegrist will be leading the class in creating 3 handmade cards. You can pick up your supplies from the front porch of the COA on Tuesday April 6th from 9:30am until noon.

Please contact Jen by Friday, April 2 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 handy.

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)

**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 led by Bromfield student Catherine Zhou and will be held over Zoom with a variety of third-party websites. There is still room to join this instructional program by contacting Catherine directly at:

[22czhou@psharvard.org](mailto:22czhou@psharvard.org)

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. 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)



**Computer Classes for April with Doug and Adam**  
**all classes are on Fridays at 11:30am. Call to sign up**

***April 16 – Excel-1***

If you've always wanted to learn how to create a budget, plan for a grandchild's education or keep track of expenses join us as we walk you through the process. In this first segment learn how to navigate around the worksheet, enter data, add extra worksheets and create simple equations.

***April 23 – Excel-2***

This is a continuation of the first Excel session where you will learn how to copy functions, create a budget, transfer your data into a chart as well as formatting the worksheet. If you have a specific goal, we can explore that and hopefully help you create a solution.

***May 7 - Organizing files / Windows***

***May 14 - Organizing files/ Mac***

If you have trouble finding a file when you need it, if your desktop is cluttered with icons or if you don't know what to do with your Download folder you will be surprised how easy it can be to organize your files. We will have live demonstrations and walk you through various options.

**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.

#### **The DUCKY WUCKY RACE IS ON! This is a big fundraiser for the FCOA and the Rotary**

The race is run on the Nashua River and will be held on Saturday May 15, 2021. Due to the pandemic there will be no spectators. Each rubber duck has a number imprinted on it that corresponds to a ticket number. A \$40 ticket for example, will be assigned to 13 ducks. The Grand Prize is "Dinner for Two Anywhere in the World!" This includes airfare, two-night hotel stay and dinner for two (alcohol not included). The winner has two years to book their trip. For more information go to [www.DuckyWucky.org](http://www.DuckyWucky.org) or email the *Friends* Heidi at: [hhsiegrist@yahoo.com](mailto:hhsiegrist@yahoo.com) or *Rotary* Joan at: [jpena@mediapowerinc.com](mailto:jpena@mediapowerinc.com).

**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**

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

**Outreach Coordinator: Charlotte Winchell LCSW**

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

**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**