



## Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging

978-456-4120

Monday through Friday, 9 am to 3 pm

MAY 2021

### Director's Message

With the weather turning warmer, we are opening up our porch for small social gatherings. Although we will be able to meet, we still need to follow the CDC guidelines to keep ourselves and others safe until this pandemic is truly over. Please see the regulations for the use of the porch in this newsletter. **Debbie**



### "Communities of Strength"

May is older Americans month and this year we show ourselves as a "community of strength". There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive.

The most important is to connect with others. It plays a vital role in our health and well-being for us personally, and for our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

*Connect with the COA by joining us for some of our great programs and let's help each other reengage!*

### Annual Town meeting Saturday, May 15, 12 noon



The Town Meeting is being held Saturday, May 15th outdoors again on the field hockey field in front of the library and Bromfield School. The meeting will start at 12pm. Please arrive earlier to check in. You can find the warrant and the Finance Committee recommendations on the town website at [Harvard.ma.us](http://Harvard.ma.us). All of the COVID safety guidelines are to be followed: Masks, 6-feet distance, and use of hand sanitizer. Separate entrance and exit will be observed.

The COA van will be available as a shuttle service. **Call by May 13, 2pm to schedule.**

### House Numbering Project

Seconds count in an emergency. Protect yourself and your property by having your driveway properly numbered. Members of the police, ambulance and fire departments will find you faster when your driveway is clearly posted at the road. Mutual aid from surrounding towns may also respond to your emergency and it is important that your driveway is marked and visible from both directions. For those who live on a shared driveway, you need additional signage to distinguish yourself from your "driveway neighbors."

The Harvard Fire Department is offering **number signs** to homeowners at no cost to Harvard residents who do not already have well marked driveways. These reflective durable aluminum signs will be installed on your mailbox (as long as it is at the base of your driveway) or on a metal stake in the event you do not have a mailbox or the mailbox is not at the base of your driveway. Members from the Fire Department (with assistance from high school students) will install the sign for you.



This is a very important program and we hope that you will help us help you by making it easier for emergency personnel to reach you during all hours of the day or night.

Call Jen at the COA or email: [jschoenberg@harvard.ma.us](mailto:jschoenberg@harvard.ma.us) to sign up for this free service.



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

# MAY 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>					1
2	<b>3</b> 9 Aerobics 10:15 Line dance	<b>4</b> 9:30 Yoga  <b>11:15 Walking/workout</b>  <b>1 Card Creations</b>	<b>5</b> 9 Men's coffee 9 Aerobics  <b>2 Pilates</b>	<b>6</b> 1 Fiber Art	<b>7</b> 9:30 Yoga 10 Women's coffee  <b>11:30 Computer Class Windows</b>	8
<b>9</b>  <b>Mother's Day</b>	<b>10</b> 9 Aerobics 10:15 Line dance	<b>11</b> <b>9 Vet Café</b> 9:30 Yoga  <b>11:15 Walking/workout</b>	<b>12</b> 9 Men's coffee 9 Aerobics  <b>2 Pilates</b>  <b>4 Stress reduction yoga</b>	<b>13</b> 1 Fiber Art	<b>14</b> 9:30 Yoga 10 Women's coffee <b>11:30 Computer Class MAC</b>	<b>15</b> <b>Town Meeting 12</b>
16	<b>17</b> 9 Aerobics 10:15 Line dance	<b>18</b> 9:30 Yoga  <b>11:15 Walking/workout</b>	<b>19</b> 9 Men's coffee 9 Aerobics  <b>2 Pilates</b>	<b>20</b> 1 Fiber Art	<b>21</b> 9:30 Yoga 10 Women's coffee	22
<b>23</b>  ----- <b>30</b>	<b>24</b> 9 Aerobics 10:15 Line dance <b>9 Podiatry</b> ----- <b>31 Memorial Day</b> <b>COA CLOSED</b>	<b>25</b> 9:30 Yoga  <b>11:15 Walking/workout</b>	<b>26</b> 9 Men's coffee 9 Aerobics  <b>2 Pilates</b>  <b>3 Hip Hop Dance Chair Class</b>	<b>27</b> 1 Fiber Art  <b>1 Story Slam special day</b>	<b>28</b> 9:30 Yoga 10 Women's coffee	29

## Events and Information

**Now that the warm weather is here, join us for small groups 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 Special Day! Thursday, May 27 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 comprising editors, publishers, and photographers and includes sharing special historic photos from years past. This is on Zoom so call to sign up!

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

### Podiatry Clinic is BACK! Monday, May 24, 9-12

Call the COA to schedule your appointment with Dr. Gregorian. Fee is \$35.

**IF YOU HAVE SYMPTOMS OF ANY VIRUS, PLEASE STAY HOME.**



### Hip Hop Dance Chair Exercise for Seniors Wednesday, May 26, 3pm

Did you know that physical activity can slow down the decline of cognitive disabilities and may improve the quality of life?



Join us as we are treated to a Hip Hop Dance for seniors. Travel through time and space on the "Soul Train" and chair dance to clean hip hop music.

*This program is brought to you by a grant provided by your local cultural council, a local agency which is supported by the Mass Cultural Council, a state agency.*

### Weekly Grocery Shopping

We will be starting up our weekly trips to the grocery store. Only 2 people allowed in the van at one time.

Call the COA 978-456-4120 to reserve a place on the van. There is a \$2 van fee. Space is limited to 2 persons at the same time on the van. All COVID guidelines will be followed.

### 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 and speak to Debbie, or the town 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.  
Online class with the Bolton COA

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

Instructor: Nancy Webber certified yoga teacher.

### **Walking and Workout Class** **Tuesday 11:15am** **McCurdy Track**

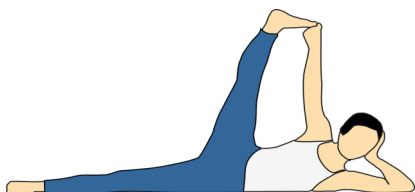
Instructor: Nancy Webber  
Call COA to sign up

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

Call COA to sign up.  
April and May 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**

4th Tuna salad, macaroni salad, coleslaw, wheat dinner roll

11th Grilled chicken breast, honey mustard sauce, potatoes O'Brien, mixed vegetables, multigrain bread

18th Macaroni & cheese, spinach, wheat dinner roll

25th Grilled chicken breast, Florentine sauce, brown rice, mixed vegetables, wheat bread

#### **Thursday**

6th Beef stew, mixed vegetables, Italian bread

13th Chicken fajita, red & green peppers, corn, flour tortilla

20th Roast turkey, herb gravy, whipped potatoes, green beans, multigrain bread

27th Roast pork, cran-orange sauce, whipped sweet potatoes, Brussels sprouts, multigrain bread





## Notes from the Outreach Office

*Maria Holland & Charlotte Winchell, Outreach Coordinators*

### **Importance of proper nourishment**

from: Abbott Nutrition Health Institute;  
Healthline.com



During times like these we should give our bodies the best chance to fight illness by nourishing ourselves with healthy foods.

Broccoli is super-charged with vitamins and minerals and is one of the healthiest foods you can put on your plate. Here are some other priority nutrients for good immune health.

Vitamin A is an antioxidant found in orange-colored fruits and vegetables like carrots, sweet potatoes and cantaloupe.

Vitamin D helps regulate the immune system and boosts the body's natural defenses against disease. Good sources include salmon, tuna, fortified milk, yogurt and sunshine.

Vitamin C increases the production of white blood cells, which are key to fighting infections. Choose citrus fruits like oranges, lemons and limes as well as spinach, Brussel sprouts, strawberries, papaya, kiwi and red bell pepper.

Vitamin E regulates and maintains immune system function. Choose nuts and nut butters, sunflower seeds, avocados and dark leafy greens.

Protein is essential for overall health and includes lean meat, low fat dairy, nuts, and legumes. Zinc is an important mineral found in seafood such as oysters or crabs, baked beans, yogurt and chickpeas.

**Daily exercise** and adequate sleep helps too!

### **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**

### **Stress Reduction/ Meditation in Movement Yoga with Barbara Rich Wednesday, May 12, 4pm**

This free class is so popular we have set it up for May. 12. 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 be a Zoom class again. 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.

### **Spring Into Action Virtual 5K to benefit Loaves & Fishes Food Pantry!**

Saturday, May 1st. Go to [lfwalk.org](http://lfwalk.org) to register as an individual or a team or find a team to sponsor! Help the 1 in 6 Massachusetts residents in our area struggling with food insecurity.

Challenge yourself to walk, run, bike, or hike 5k. Challenge your friends, family, co-workers and social network to sponsor you. All proceeds will benefit Loaves & Fishes Food pantry and help support our neighbors in need.

The idea is to get outdoors to enjoy the spring weather after a long winter and share your favorite outdoor activity. Remember to social distance and be safe!

The top fundraiser will receive a \$200 gift certificate to Forge & Vine in Groton, MA.

Program Coordinator, *Jen Schoenberg*

**WE ARE SLOWLY OPENING UP ON THE PORCH STARTING IN MAY  
FOR SMALL GROUPS ONLY!**

### **NEW Walking and Workout Class**

**Tuesdays 11:15am to Noon**

**Instructor Nancy Webber**

Enjoy a safe socially distanced workout for 55 and over.

Please join us at the  
McCurdy Track, 35  
Lancaster County Road

This is a 45- minute session of stretching, strengthening and a gentle cardio walking workout. It is designed for you to enjoy fresh air; it is easily adaptable to your personal needs; it's endlessly expandable to a growing group, and affordable and fun!

Fee: 4 weeks for \$ 25.00

All shapes and sizes welcome!

Please sign up early as space is limited.



### **REGULATIONS FOR USE OF HILDRETH HOUSE PORCH**

We are planning to start opening up this month, so we need to keep in mind that the pandemic is still NOT over. Therefore, we need to continue with the CDC guidelines in order to keep everyone safe. Here are the guidelines we must follow:

- 1) Masks are to be worn at all times (except when eating & drinking)
- 2) Seats must remain 6 feet apart for safety – do not move chairs
- 3) Enter the building only by the wheelchair entrance, and only to use the bathroom. (Masks must be worn)
- 4) Each person is expected to wipe down all surfaces in the bathroom (Disinfectant wipes will be made available)
- 5) Each person must bring their own snacks. Coffee will be available.

***Let's all work together to make  
this happen!***



### **Card Creations** **Tuesday, May 4, 1pm** **with Heidi Siegrist**



Heidi Siegrist will be leading the class in creating beautiful hand-made cards. You can pick up your supplies from the front porch

of the COA on Tuesday May 4th from 9:30am until noon.

Please contact Jen by Friday, April 30 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)

### **Bonsai Basics Workshop - with Fivesparks** **May 19, 7-9pm**

Join Harvard's own Miki Fitzgibbons, of Country-side Bonsai, for this hands-on introduction to the art of bonsai design. This 2-hour **online workshop**

will allow you to create your very own bonsai plant, as well as learn all you need to know to maintain and care for it. All plant materials will be provided in advance of the class, so that all you'll need to do is join the Zoom session and enjoy!

**\$75 per participant**, includes all materials.

You **MUST** register through **Fivesparks** for this class. <https://www.fivesparks.org/event/bonsai-basics-workshop/>



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

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

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.



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

Same program as above - for the MAC.

**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 two clients are permitted in the van at a time (aide is allowed if needed). Clients will be separated from each other. Both driver and riders are required to use hand sanitizer and wear a mask.**



♦ *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 Club**

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 Heidi at: [hhsiegrist@yahoo.com](mailto:hhsiegrist@yahoo.com) or Rotarian Joan Pena 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**

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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, Julio Valladares**

### ***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**