



Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging

978-456-4120

Monday through Friday, 9 am to 3 pm

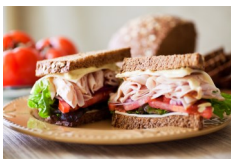
JUNE 2021

Director's Message

It is finally time to open up our porch for bigger events and we can't wait! Please see page 6 for instructions on use of face coverings at Hildreth House.

Debbie

Luncheon by RiverCourt Residences Wednesday, June 23, 12 noon.



Join us for a meal sponsored by 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.

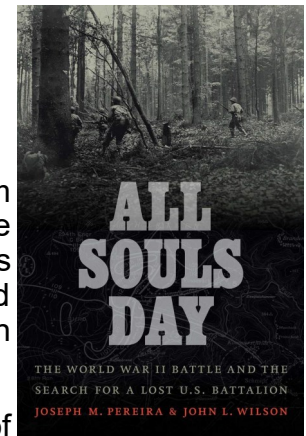
They will bring sandwiches and chips, and we will have drinks and dessert.

The meals will all be wrapped and packed separately, so those who want to stay and eat can sit outside on our porch, and those who would rather take them home can do that as well. There is a limit, so you **MUST** sign up for this meal by **June 18**.

Story Slam Tuesday, June 8, 1pm Jack Wilson

This month we will hear from author Jack Wilson, as he discusses the story behind his book "All Souls Day: The World War II Battle and the Search for a Lost U.S. Battalion".

This is a personal account of how Jack went to great lengths to bring home the remains of his uncle Staff Sgt. John J. Farrell and other US soldiers from a battlefield in Germany during WWII. We will hold this event on the porch at Hildreth House. Seating will be limited so you must call to reserve a seat. HCTV will record it and the program will be on their website at a later date.



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

Ice Cream Social Wednesday, June 16, 3pm




Come have a delicious ice cream sundae, enjoy the sunshine, and visit with friends old and new. Celebrate spring and the coming of summer with this long overdue event on our beautiful Hildreth House covered porch.

Doug and Dee Lee will lead the ice cream brigade while "Side Effects" (Debbie's band) serenades us as we slurp up the last of our chocolate sauce and whipped cream. This free event is for all Harvard seniors and volunteers.

You **MUST SIGN UP** by **June 11**! Call 978-456-4120.

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

JUNE 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Call the COA to reserve your spot for zoom classes and events (978)-456-4120	1 9:30 Yoga 1 Card Creations	2 9 Men's coffee 9 Aerobics	3 9 Tai Chi 1 Fiber Art 1 Mahjong	4 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee	5
6	7 9 Aerobics 10 Art Group 10:15 Line dance	8 9 Vet Café 9:30 Yoga 1 Story Slam	9 9 Men's coffee 9 Aerobics 4 Stress reduction yoga	10 9 Tai Chi 1 Fiber Art 1 Mahjong	11 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee 12 Home Workforce	12
13	14 9 Aerobics 10 Art Group 10:15 Line dance	15 9:30 Yoga 4 COA Board	16 9 Men's coffee 9 Aerobics 3 Ice Cream Social	17 9 Tai Chi 1 Fiber Art 1 Mahjong	18 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee	19
20 Father's Day	21 9 Aerobics 10 Art Group 10:15 Line dance	22 9:30 Yoga	23 9 Men's coffee 9 Aerobics 12 Lunch by RiverCourt	24 9 Tai Chi 1 Fiber Art 1 Mahjong	25 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee	26
27	28 9 Aerobics 10 Art Group 10:15 Line dance	29 9:30 Yoga	30 9 Men's coffee 9 Aerobics			

Events and Information

Now that the warm weather is here, join us 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 2nd Tuesday of the month, 1pm



Each month we hear from local residents who have an interesting story to tell. You may not think it is, but others might find it fascinating!

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.

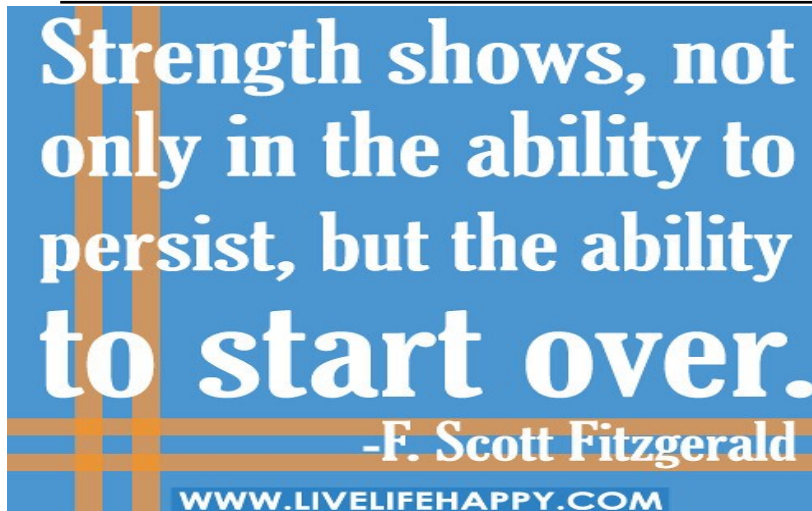
<https://harvardcabletv.com/council-on-aging/>

Weekly Grocery Shopping Friday

9:30 and 10:30 pickup times

Call the COA at **978-456-4120** to reserve a place on the van. There is a \$2 fee per person.

Van is disinfected daily and between rides. **All riders are required to wear masks while on the van.**



House Numbering Project

Seconds count in an emergency. Protect yourself and your property by having your driveway properly numbered.

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 an ongoing program and thank you to those who have already signed up - we will reach out once we have everything in place.

To sign up for this free service:

Call Jen at the COA 978-456-4120
or email: jschoenberg@harvard.ma.us



For Your Mind, Body, and Soul

We are all in this together.

**Fitness classes are being offered
online via Zoom, and in person.
See what *your* class is doing!**

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

Instructor: **Katrina Rotondi.**
Fee \$30 per 12 class session

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

Instructor: **Katrina Rotondi.** Fee \$3 per class

Zumba Gold Wednesday 10am

Instructor: **Deb Oliva.**
Class with the Bolton COA

**Stretch and Tone Yoga - Zoom
Tuesday and Friday 9:30am**

Instructor: **Nancy Webber** certified yoga teacher.
Fee \$56 per 7 class session

**Tai Chi Thursday, 9am
In-person at Hildreth House**

Instructor: **Jeff Cote**
Class is FREE June through August

Call COA to sign up.

**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

- 1st Veal roulade/Francais sauce, garlic mashed potatoes, Capri vegetable blend, multigrain bread
- 8th Grilled chicken/honey ginger glaze, wild rice pilaf, broccoli, wheat bread
- 15th Potato pollock/tartar sauce, scalloped potatoes, Italian vegetable blend, marble rye bread
- 22nd Breaded chicken drumstick, cinnamon sweet potatoes, peas & carrots, wheat bread
- 29th Philly steak & cheese, mixed pepper & onion medley, potatoes O'Brien, sub roll

Thursday

- 3rd Baked cod/lemon dill sauce, au gratin potatoes, broccoli, multigrain bread
- 10th Roast pork/herb gravy, butternut squash, peas & pearl onions, wheat bread
- 17th Chicken jambalaya, brown rice, corn, multigrain bread
- 24th Chicken a-la-vodka, penne pasta, Italian vegetable blend, Italian bread



Notes from the Outreach Office

Maria Holland & Charlotte Winchell, Outreach Coordinators

Talking with Your Doctor

It's been a long-time common practice for folks to take a "doctor knows best" approach to health care. Many go to their appointments with the confidence that the doctor will have all of the answers and cure what ails them. However, there are many things that you can do to make the doctor's job easier, as well as enable you to have more control over your own health care.

Prior to going to the doctor, make a list of questions and concerns that you might have. If you have any symptoms at all, be sure to tell your doctor. It's important that he/she has all of the facts before making the proper treatment decisions. The more information you give your doctor, the better he/she can diagnose the problem. This is especially true when having a "virtual" appointment.

Always carry a list of the medications including vitamins you are taking, and be sure that your doctor is aware of everything. Many times patients are seeing more than one doctor, each prescribing medications. Your doctor should be aware of all medications you are currently taking, to prevent any interactions with new medications being prescribed.

Don't be afraid to ask the doctor questions, especially if you do not understand something. It is important that you understand what your diagnosis is, what treatment your doctor is prescribing, and what, if any, tests will be done. Consider asking a close friend or family member go to your appointment with you. Sometimes another person in the room will hear something that you might miss.



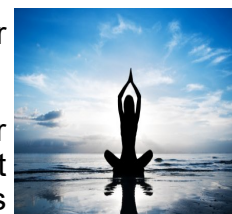
Harvard Non-Emergency Numbers

(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, June 9, 4pm

This free class is so popular we have set it up for June 9.



Join us as we enjoy another free 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.

Outreach Programs Offered:

- ◆ Home Delivered Meals
- ◆ Friendly Visits
- ◆ Home Visits
- ◆ Phone & Wellness checks
- ◆ Social Services (fuel assistance, SNAP)
- ◆ Intergenerational chore groups, handy-man
- ◆ Information and referral
- ◆ Assessment/case management and special programs



Call 978-456-4120 for services.

All information is kept strictly confidential

Program Coordinator, *Jen Schoenberg*

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

**Home Workforce reengaging
with Healthy Habit Suggestions
by Connections Physical Therapy
Friday, June 11, 12 noon**

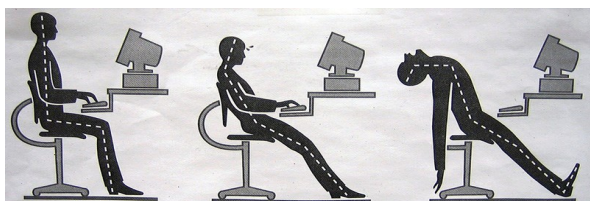
The pandemic has forced many people to shift from working long hours at their office to working in an inadequate home office space. Perhaps the isolation of not being around co-workers has taken its toll.

This program is designed to bring together those 55 and older who spend long hours working yet rarely leave their home due to their new work situation.

Join us as we bring in a physical therapist from Connections Physical Therapy and learn new ways to set up your home office and incorporate light stretches and exercises throughout the day to help alleviate strain due to poor posture.

Come and meet fellow community members working from home and learn from our physical therapist how to correct improper body mechanics while at the computer.

We will offer a pizza party on the porch following the presentation. This event is free but you **MUST** call the COA to sign up so we can plan on enough pizza for all.



**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.

**Guidelines for use of
FACE COVERINGS
at Hildreth House**



These are the instructions set by the Baker-Polito administration to lift COVID restrictions by May 29.

- 1) All **fully vaccinated** individuals (2 weeks after their second shot) no longer need to wear a face covering or social distance indoors or outdoors except for in certain situations.
- 2) **Non-vaccinated** individuals are advised to continue wearing face masks and to continue distancing in most settings.
- 3) **Face coverings** will still be required for all individuals on public and private transportation (including rideshares, livery, taxi, ferries, MBTA, the COA vans, commuter rail and transportation stations), healthcare facilities and providers, congregate care settings and health and rehabilitative day services.

**Community Art Group
Vincent Van Gogh Inspired
Join us Mondays at 10am**

Can you paint by numbers? Can you crochet? Can you create a masterpiece out of cardboard?



Anyone interested in all art forms are invited to join our Community Art Group. All levels and abilities are encouraged to attend and learn more about this fun interactive Vincent Van Gogh-inspired group.

Bring your own project to start and see where you can go with a little bit of encouragement.

We meet every Monday at 10 am on the porch. There are some good ideas on making a collaborative piece of work. Call the COA to sign up or if you have any questions. This really is an art group for ALL levels.

Computer Lab opening in June with Doug and Adam

Adam and Doug are available for one-on-one sessions via Zoom or in person **with an appointment**. They have continued to assist seniors even during the pandemic, and are now able to meet with people either way.

They are ready to set up more classes as well, so if you have any ideas of possible topics please don't be bashful and let us know.



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 web-site:

sites.google.com/view/hcoa-lab

Benefits of Tai Chi for seniors

1. Relieves physical effects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's



Join our in-person Tai Chi class starting June 3 and continuing on Thursday mornings at 9am

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.

Face coverings are still required for all individuals on public and private transportation (including rideshares, livery, taxi, ferries, MBTA, and the COA vans).



The van is disinfected daily and between riders. 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. 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, Barbara Cerva, Bruce Dolimount, and 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.

You can find us on Facebook at: 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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Administrative Assistant/Van: Lisa Rosen

E-mail: 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