



Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging

978-456-4120

Monday through Friday, 9 am to 3 pm

JULY 2021

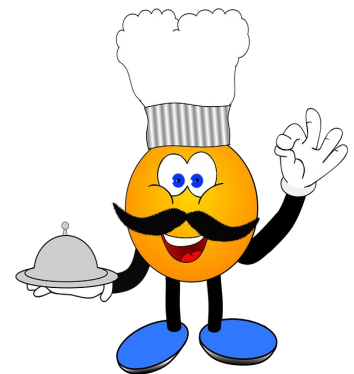
Director's Message

You will notice that the COA is closed for the week following the 4th of July. There will be no programs, meals, or transportation that entire week. Our outreach staff will make sure and contact our most frail elders to see that they have services in place. If you have any specific needs or are concerned about being alone that week, please give us a call and let us know. **Debbie**

Cooking with Anton Wednesday, July 21, 11am

Join us at Hildreth House as we have another culinary demonstration with our own cooking aficionados, Anton and Peggy Chernoff. Interested in learning some new tricks in the kitchen or trying a new recipe? If so please join us on Wednesday, July 21 in the dining room at Hildreth House. Anton and Peggy will be cooking up a delicious Tex-Mex dish that we can learn to make ourselves, then we can enjoy the lunch together afterward!

Our presenters have requested that all participants are fully vaccinated to join us. You **MUST** sign up to reserve a spot so we buy enough food. Limited to 10 participants.



A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles Hildreth House, July 29, 1pm

The Beatles are the most influential band in history. In 1964, their breakout moment was on *The Ed Sullivan Show*, where an estimated 73 million viewers tuned in to see the "Lads from Liverpool" in their first live American television performance. On April 4, 1964, they became the only artists to ever occupy the top five spots of the *Billboard Hot 100* chart simultaneously. With landmark albums like *Revolver* and *Sgt. Pepper's Lonely Hearts Club Band*, they consistently broke musical barriers. They have sold more than one billion records. As a testament to their longevity and popularity, their album titled *1*, containing all their #1 hits, was the best-selling album of the 2000s. Their music is timeless and appeals to fans in every generation.




This performance combines live music with a multi-media presentation to explore, not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. The presenter, Fran Hart, is the founding member of the Beatles Tribute Band 4EverFab. Space is limited, you **MUST** call and sign up 978-456-4120.

This program is supported in part by a grant from the Harvard Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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

JULY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>Call the COA to reserve your spot for zoom classes and events</i></p> <p><i>(978)-456-4120</i></p>			<p>1</p> <p>9 Tai Chi</p> <p>1 Fiber Art 1 Mahjong</p>	<p>2</p> <p>9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee 11:30 Computer Class</p>	<p>3</p>
4	<p>5</p> <p>Happy 4th of July!</p> <p>COA Closed</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
		<p>COA is CLOSED for the week of Independence Day. No programs, meals, or transportation.</p>				
11	<p>12</p> <p>9 Aerobics 10 Art Group 10:15 Line dance</p>	<p>13</p> <p>9 Vet Café 9:30 Yoga</p>	<p>14</p> <p>9 Men's coffee 9 Aerobics</p>	<p>15</p> <p>9 Tai Chi</p> <p>1 Fiber Art 1 Mahjong</p>	<p>16</p> <p>9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee</p>	<p>17</p>
18	<p>19</p> <p>9 Aerobics 10 Art Group 10:15 Line dance</p>	<p>20</p> <p>9:30 Yoga 4 COA Board</p>	<p>21</p> <p>9 Men's coffee 9 Aerobics 11 Cooking with Anton</p>	<p>22</p> <p>9 Tai Chi</p> <p>1 Fiber Art 1 Mahjong</p>	<p>23</p> <p>9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee</p>	<p>24</p>
25	<p>26</p> <p>9 Aerobics 10 Art Group 10:15 Line dance</p>	<p>27</p> <p>9:30 Yoga</p>	<p>28</p> <p>9 Men's coffee 9 Aerobics</p>	<p>29</p> <p>9 Tai Chi</p> <p>1 Fiber Art 1 Mahjong 1 The Beatles</p>	<p>30</p> <p>9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee 11:30 Computer Class</p>	<p>31</p>

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!



MAHJONG Thursdays in the parlor 1pm

Join in the fun! Call to sign up.

MEN'S BRIDGE Thursdays 7:30pm in the parlor

Join your neighbors for some evening bridge. Call to sign up.



Podiatry Clinic Monday, August 9, 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.**

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.**

Congregate meals resume in September

For those who have been receiving meals because you used to come for congregate lunches, we will be discontinuing our delivery of those meals. We will be planning summer programs for July and August, and will welcome everyone back into our dining room for lunches starting early September.



If you are in need of a delivered lunchtime meal, we can refer you to Minuteman Senior Services, and through them they can deliver those meals to you. Some of you may need not only meals delivered, but home care or other services that we can make referrals for.

As always, if you have any questions or need any help with services, our outreach coordinators are happy to help you with your needs. Call 978-456-4120

A special THANK YOU!

This month is the beginning of the new fiscal year and we want to thank our outgoing board member Beth Williams for her dedicated service to the COA.



Thank You !!
😊

Beth has been with the board for six years and during her tenure we have expanded programs and services including outreach and transportation. With her superb leadership we have moved forward toward Phase 2 - our quest to acquire a building that has enough space to have all of our programs under one roof. Although she will not be a board member she will remain a volunteer and we will continue to see her around.

Beth, many thanks for being there when needed, you will be missed.



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 In-person**

**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** July and August

Call COA to sign up.

Please contact the COA to find out more about our fitness classes.

978-456-4120



Tuesdays and Thursdays

Meals are for meals on wheels clients and are delivered by our wonderful volunteers between 11:30 - 12:30

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

Tuesday

13th Beef hot dog, baked beans, mixed vegetables, hot dog roll, dessert

20th Grilled chicken breast, apricot glaze, Israeli couscous, parmesan broccoli, multigrain bread, dessert

27th Beef & broccoli stir fry, white rice, wheat bread, dessert

Thursday

1st Roast turkey/tarragon gravy, bread stuffing, Brussels sprouts, wheat dinner roll, dessert

15th Chicken and rice bake, spinach, wheat bread, dessert

22nd Honey mustard roast pork, mashed sweet potatoes, herbed cauliflower, multigrain bread, dessert

29th Baked pollock, lemon vinaigrette, spinach & orzo pilaf, carrots, wheat dinner roll, dessert



Notes from the Outreach Office

Maria Holland & Charlotte Winchell, Outreach Coordinators

Prepare for Summer Heat

The summer heat is upon us and the forecast is for a possibly long hot one. Here are some tips on staying safe in the heat. Also remember Hildreth House is air-conditioned, so join us for some programs and get out of the heat!

- Drink plenty of water or other non-alcoholic beverages. **Don't** wait until you're thirsty to drink. If you are on fluid restrictions, consult with your doctor.
- Wear lightweight, loose-fitting clothing that is light in color.
- Reduce strenuous activities or do them during the cooler parts of the day, and avoid being outside between 11 and 2
- Apply sunscreen and lip balm with a SPF of 15 or greater.
- Watch for heat cramps, heat exhaustion, and heat stroke
- NEVER leave people or pets in a closed car



Stay safe in the summer heat!

Food safety is important in summer: Cook meat, poultry, and seafood thoroughly; Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before touching another food product; Don't forget to refrigerate leftovers promptly.

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

Simple Tick Tips

In fields, forests and yards from Maine to Virginia, this tick season is anticipated to be one of the worst in years. With this expected heavy tick season, comes the dangers of tick-borne diseases. The best thing for this is prevention, so here are some tips:

- Use insect repellent that contains 20-30% DEET.
- Shower within 3 hours of being exposed to ticks; as long as they're not imbedded, ticks will be washed off with soap.
- Put clothes worn in tick areas in dryer for 10 minutes; heat kills ticks.



- Wear clothing treated with permethrin.

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 OPENING UP ON THE PORCH
FOR SMALL AND LARGE GROUPS. JOIN US!

Story Slam

We will take a break for the summer and will not have a story slam in July. Let us know if you want to be part of the fun!



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/>



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.

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 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

Computer classes in July will be LIVE inside Hildreth House and start at 11:30am

Friday, July 2 at 11:30 Backing up your computer

Explore the several strategies for backing up your computer and how easy it can be. Think of it like insurance, you hope you never need it, but like insurance, it can be a lifesaver. This workshop addresses both Windows and Mac computers. If there is interest, we will offer a follow-on workshop where you bring in your laptop along with the backup device (or we provide) and we will help you configure your laptop, so you have a functional backup system when you leave. **Limited to 10 participants.**

Friday, July 30 at 11:30 What's new with the iPhone

We will give you a walk-through of some of the new features of the iPhone and iOS 14.6. Most of the workshop will be live demonstrations to highlight some of the recent enhancements and how to navigate around the iPhone. If you have specific questions this would be a great opportunity to find a solution. You will also leave with a link to a phenomenal learning tool from Apple. **Limited to 10 participants.**

Call the COA (978) 456-4120 to register.

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 required for all individuals on public and private transportation (including rideshares, livery, taxi, ferries, MBTA, and the COA vans). This is for vaccinated and non-vaccinated individuals.



**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, 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)

We wish to thank Sharon Briggs as she leaves the board of the Friends group. During her tenure, she has led the Friends well in their support of the COA. Besides other supports, she has increased the bank account for the Friends as well as initiated the purchase of a COA van that is owned outright by the town. Sharon dedicated herself to supporting the COA as a COA board member, and then as a chair of the Friends of the Harvard COA. Thank you for all you have done to support the COA.



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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Outreach Coordinator: Maria Holland

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Outreach Coordinator: Charlotte Winchell LCSW

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Administrative Assistant/Van: Lisa Rosen

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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

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

Recorder: Connie Larrabee