



Harvard Sentinel Hildreth House Newsletter

Harvard Council on Aging
978-456-4120
Monday through Friday, 9 am to 3 pm

AUGUST 2021

Director's Message

August is the last month of the summer, and after many months of socially isolating in our homes, we are all eager to get out and go places. While you make your travel plans, keep in mind that although you may be vaccinated, you may feel safer keeping your mask on. Make sure you keep yourself healthy and safe travels!

Debbie

Healthy Heart Nutrition Discussion Tuesday, August 3, 1pm Hildreth House



Join us as we learn about how our diet affects heart health.

Healthy You Avery Burns, the nutrition intern from Minute-man Senior Services, will talk about a heart-healthy diet. General healthful nutrition will be discussed along with foods that should be limited and lifestyle recommendations for optimal heart health. Space is limited, so call to sign up.

Trip to Groton Farmers' Market Friday, August 27 Van leaves Hildreth House 3:30pm

Join us for our trip to the Groton Farmers' Market. The market is held on Friday afternoons in the summer at the historic Williams Barn (160 Chicopee Row, Groton). Fresh vegetables, fruits, baked and canned goods await as you peruse the offerings there.

You will also get to hear Debbie's band "Side Effects" serenade you as you shop. Space is limited, call 978-456-4120 to sign up for the van, or feel free to meet us there.



Clear Path for Veterans in Devens Thursday, August 26, 11:30am, van leaves at 11am

Clear Path for Veterans New England (Clear Path NE) is a 501(c)3 established in 2017 with one mission - to build a safe, supportive and respectful place for veterans to seek the help and resources they need in order to successfully integrate into their communities.




They offer wonderful programs to serve our veterans including lunches on Thursdays and a program for training service dogs to support our veterans.

Join us as we travel to the facility, have a tour and enjoy one of their lunches. They will also explain how the training program works, and have one of their trained service dogs to introduce to you

This trip has limited space and will fill quickly, so you **MUST** sign up early. Call 978-456-4120 to sign up. Van leaves Hildreth House 11am.

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

AUGUST 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------|
| 1 | 2 9 Aerobics 10 Art Group 10:15 Line dance | 3 9:30 Yoga 1 Nutrition discussion | 4 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 5 9 Tai Chi 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 6 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee | 7 |
| 8 | 9 9 No Aerobics 9 Podiatry 10 Art Group 10:15 No Line dance | 10 9 Vet Café 9:30 Yoga | 11 9 Men's coffee 9 No Aerobics 12:30 Woman's Club bridge | 12 9 Tai Chi 12 Story Slam at Carlson's 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 13 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee | 14 |
| 15 | 16 9 Aerobics 10 Art Group 10:15 Line dance | 17 9:30 Yoga 4 COA Board | 18 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 19 9 Tai Chi 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 20 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee | 21 |
| 22 | 23 9 Aerobics 10 Art Group 10:15 Line dance | 24 9:30 Yoga | 25 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 26 9 Tai Chi 11:30 Clear Path Tour 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 27 9:30 Yoga 9:30-11:30 MB Shopping 10 Women's coffee 3:30 Farmers' Market trip | 28 |
| 29 | 30 9 Aerobics 10 Art Group 11 Movie 10:15 Line dance | 31 9:30 Yoga |  | | Call the COA to reserve your spot for zoom classes and events (978)-456-4120 | |

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.



Fiber Arts/Knitting Thursdays 1pm

All are welcome

Woman's Club Bridge Wednesdays 12:30-3:30pm

Join fellow Woman's Club members for



MEN'S BRIDGE Thursdays 7:30pm

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

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

We are still delivering meals to our qualified meals on wheels participants during the month of 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, which can arrange delivery 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



Help from Prescription Advantage

***I'm in the "donut hole".
What can I do??***

If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help.

For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program.

Call 978-456-4120 to connect with our SHINE counselor or for more information at 1-800-243-4636. You can also learn more online at www.prescriptionadvantagemma.org



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** in 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

- 3rd Breaded chicken drumstick, butternut squash, broccoli, multigrain bread
- 10th Beef & lentil chili, brown rice, Brussels sprouts, corn bread
- 17th Chicken meatballs, sweet & sour sauce, brown rice, Asian vegetable blend, wheat bread, fortune cookies
- 24th Shepherd's pie, mixed vegetables, pumpernickel bread
- 31st Grilled chicken breast, tarragon gravy, Chantilly potatoes, Capri vegetable blend, multigrain bread

Thursday

- 5th Chicken meatballs, Swedish sauce, parslied egg noodles, California vegetable blend, rye bread
- 12th Roast turkey, herb gravy, whipped potatoes, glazed carrots, multigrain bread
- 19th Meatloaf, beef gravy, whipped potatoes, carrots, rye bread
- 26th Lasagna roll, meat sauce, squash blend, multigrain bread



Notes from the Outreach Office

Maria Holland & Charlotte Winchell, Outreach Coordinators

This month we would like to thank Charlotte Winchell, our outgoing outreach coordinator, for her years of service here. For over 4 years she has been a staunch supporter of our town seniors. She used her passion for health and fitness to bring new and innovative outreach programs to us.



Some of her innovative programs have been intergenerational and have involved two or even three generations of family members caring for each other. Charlotte took the initiative to coordinate with a Pilates studio to bring more fitness offerings to our elders. She expanded the meals on wheels program and advocated for some of our most frail elders. Her willingness to support each and every senior came through in all of the dealings she had with the community.

We will miss Charlotte's bright smile and her unending energy as a team member of the COA and supportive partner in outreach. We wish her the best in her new endeavors.

When you see her around town, make sure and say "Hi!"

Eastern Equine Encephalitis (EEE)

EEE is a rare but serious disease caused by a virus that is spread through the bite of an infected mosquito. In Massachusetts it is most often identified in mosquitoes found in and around fresh water and hardwood swamps. The best treatment for this virus is **PREVENTION**. Below are some tips from the Harvard Board of Health about preventing mosquito bites:

- 1) Use insect repellent when outdoors
- 2) Wear long-sleeved clothing
- 3) Avoid being outdoors at dusk and dawn—peak mosquito activity
- 4) Remove standing water around your house
- 5) Repair broken window/door screens



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

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

"The happiest people don't necessarily have the best of everything; they just make the best of everything they have..."

Author unknown...

Program Coordinator, Jen Schoenberg
Sign up for programs, classes and trips 978-456-4120

Story Slam

Special Day, Special Place and Time

Carlson's Cider Barn

Thursday August 12, 12 noon



This month come listen to stories from our very own Chef Paul. Our community has been so fortunate to have had Chef Paul serve meals to our children and seniors for many years, cooking up healthy nutritious food from locally sourced farms. His stories are always entertaining and we'll hear from him how he got into the business of making hard cider. He's funny, approachable, and is always smiling. Join us for some Carlson's pizza, compliments of the COA, and spend some time with this remarkable man. You must sign up for this free event if you're having pizza so we can order enough for the participants. Call 978-456-4120 to sign up. For more story slams, you can find them here:

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



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

- 1) All **fully vaccinated** individuals no longer need to wear a face covering or social distance indoors or outdoors except in certain situations. You may, however, still wear a mask if you feel more comfortable with it.
- 2) **Non-vaccinated** individuals are advised to continue wearing face masks and to continue distancing in most settings.

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.

SAVE THE DATE!

East Passage Express Cruise

Wednesday, September 8th leaving Hildreth House 9:30am

East Passage Express is a great cruise to get a comprehensive overview of Newport's waterfront and history of the points of interest on Narragansett Bay. Rum Runner II was built in the 1920s as an original rum smuggler during the height of prohibition. While back in the 1920s and '30s she was outrunning the Coast Guard, today she is a Coast Guard inspected vessel that will take you on a safe and scenic passage on our local waters. The East Passage Express is approximately 75 minutes in length and includes a formally narrated tour. We will take you up close along the shore for some breathtaking views of Newport's estates, Fort Adams and some of the largest private yachts that make Newport their summer port of call.

We will depart Hildreth House at 9:30am, lunch on your own in Newport, board the Rum Runner at 1:30pm and cruise until 3pm. Return to Hildreth House around 5pm. Cost is \$40. Seating is limited. You must call COA to register and **payment is due upon registration.**



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

Coming in September we will have an “All about Windows” class useful for all Windows users. Check the September newsletter for more information and to sign up.

Let's go to the Movies at Hildreth House! Monday, August 30, 11-1

The movie theme this month is the life of Vincent Van Gogh so come and enjoy with us. It will be memorable.



Bring your lunch. Popcorn and drinks will be supplied. Call to sign up.

Remembering those we lost

This past 18 months have been the most challenging in our lifetimes: a worldwide pandemic, lockdowns, changing of our work places and times, violence in the US, runs on grocery stores for toilet paper, and the loss of so many lives to not only the virus, but other illnesses.



We all feel the pain, and we have all seen many losses. In order to start the healing process, the COA has a “Memory Book” at Hildreth House so we can take the opportunity to write the names of those we lost in the last year and a half. Not just to COVID, but to all manners of illness. It will be in the living room, and all are welcome to view and write in it.

We are all in this together.

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)

Thanks to all who worked hard and those who purchased tickets to the Ducky Wucky race! Our Friends group made lots of money and by supporting them, you support us! We look forward to working with our Friends to offer programs and events at 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

E-mail: dthompson@harvard.ma.us

Outreach Coordinator: Maria Holland

E-mail: mholland@harvard.ma.us

Outreach Coordinator:

Program Coordinator: Jen Schoenberg

E-mail: jschoenberg@harvard.ma.us

Administrative Assistant/Van: Lisa Rosen

E-mail: lrosen@harvard.ma.us

COUNCIL ON AGING VAN DRIVERS

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