



Harvard Sentinel Hildreth House Newsletter

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

SEPTEMBER 2021

Director's Message

The COA is moving forward to find an appropriate building that will FINALLY give us the space we need to properly serve our seniors. The Permanent Building Committee has chosen a property on Lancaster County Road that will serve our purpose well. They are working with architects and will be bringing this to town meeting on October 16th. Please stay tuned for much more information to come. You are welcome to keep checking the town website for more information. <https://www.harvard-ma.gov/> As always, please feel free to give us a call if you have any questions or suggestions. **Debbie**

Nashoba Nursing Services Monthly Wellness Clinic starts Tuesday, September 21 12:30pm



On the third Tuesday of every month from **12:30 to 1:30 pm**, come see our town nurse for blood pressure checks. No appointment needed. If you need a ride, call (978) 456-4120.



Nashoba Park Assisted Living Thursday, September 2, 12 noon Luncheon on the Porch

Join us for a meal sponsored by Nashoba Park from Ayer. This local assisted living residence will be happy to join us in greeting you with this delicious lunch. They will bring wraps, sides, and dessert, and we will have drinks. Plan to sit outside on our porch, and visit with neighbors and friends. Space is limited, so you **MUST** sign up for this meal by **August 31**. We will also offer subs from Sorrento's on September 9 at 12 noon. **This is NOT a grab & go.** Plan to stay for lunch.

Fabulous 50's Tuesday, September 28, 1pm presenter, Michael Elliot

"The past, which is not recoverable in any other way, is embedded, as if in amber, in the music, and people can regain a sense of identity by listening to the music that shaped their pasts." — Oliver Sacks, noted neurologist.


Take a walk with us down *Memory Lane* and see if you have flashbacks of the great music and memories of the 50's. Wouldn't you want to go back in time and relive those precious life moments all over again? The memories are intact, regardless of our age, but remain locked away until awakened by the right stimulus.

Music has the ability to not only reawaken the brain, but to boost mood. Mood elevation (happiness) creates a feedback loop throughout the brain, which has been shown to improve intelligence, reduce blood pressure, lower anxiety, guard against depression, reduce feelings of regret, improve immune functions, and reduce pain. Space is limited, so sign up early. Call 978-456-4120.



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

SEPTEMBER 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|---|----------------------------------|
|  | | | 1 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 2 9 Tai Chi 12 Lunch Nashoba Park 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 3 9:30 <i>Stretching 101</i> 9:30-11:30 MB Shopping 10 Women's coffee | 4 |
| 5 | 6 Labor Day COA Closed | 7 9:30 <i>Stretching 101</i> | 8 9 Men's coffee 9 Aerobics 9:30 Cruise 12:30 Woman's Club bridge | 9 9 Tai Chi 12 Lunch Subs 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 10 9:30 <i>Stretching 101</i> 9:30-11:30 MB Shopping 10 Women's coffee | 11 |
| 12 Dusty & Donuts @ General | 13 9 Aerobics 10 Art Group 10:15 Line dance | 14 9 Vet Café 9:30 <i>Stretching 101</i> 1 Story Slam | 15 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 16 9 Tai Chi 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 17 9:30 <i>Stretching 101</i> 9:30-11:30 MB Shopping 10 Women's coffee | 18 Harvard Fire Muster |
| 19 | 20 9 Aerobics 10 Art Group 10:15 Line dance | 21 9:30 <i>Stretching 101</i> 12:30 <i>Wellness clinic</i> | 22 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge 4 Meditation in Motion | 23 9 Tai Chi 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | 24 9:30 <i>Stretching 101</i> 9:30-11:30 MB Shopping 10 Women's coffee 11:30 Computer Class | 25 |
| 26 | 27 9 Aerobics 10 Art Group 10:15 Line dance | 28 9:30 <i>Stretching 101</i> 1 Fabulous 50's | 29 9 Men's coffee 9 Aerobics 12:30 Woman's Club bridge | 30 9 Tai Chi 1 Fiber Art 1 Mahjong 7:30pm Men's bridge | Call the COA to reserve your spot for zoom classes and events (978)-456-4120 | |

Events and Information

Enjoy the beautiful fall weather
with us on the
PORCH for safety!

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 Bridge. Call to sign up.



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.**

What are Meals on Wheels?

Meals on Wheels is a service provided by Minuteman Senior Services and the Harvard COA. The meals are packaged at Hildreth House and volunteers deliver them to our homebound elders between 11:30 and 12:30. This provides a low-salt meal delivered by a friendly volunteer who will offer a smile and "hello" to our seniors on Tuesday and Thursdays.



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 for which we can make referrals.

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

MASKS MUST BE WORN IN THE BUILDING

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**

**Stretching 101 NEW CLASS - Zoom
Tuesday and Friday 9:30am**

Instructor: **Nancy Webber** certified yoga teacher. Fee is **FREE** for September

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

Instructor: **Jeff Cote**
Fee is \$25 per month

Call COA to sign up.

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

978-456-4120



Tuesdays and Thursdays

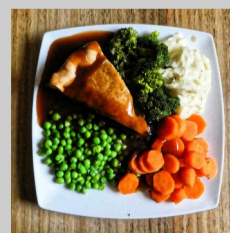
Meals are for meals on wheels clients and are delivered by our wonderful volunteers between 11:30am - 12:30pm
Lunch packed at Hildreth House
meals come with milk, bread and dessert

Tuesday

- 7th BBQ chicken, macaroni & cheese, broccoli & cauliflower, wheat dinner roll
- 14th Grilled chicken, Marsala sauce, egg noodles, spinach, multigrain bread
- 21st Beef & lentil chili, brown rice, broccoli, wheat bread
- 28th Chicken teriyaki, vegetable fried rice, Asian vegetable blend, multigrain bread, fortune cookie

Thursday

- 2nd Roast pork/apple gravy, cinnamon sweet potatoes, mixed vegetables, rye bread
- 9th Beef stew, Brussels sprouts, cornbread
- 16th Chicken jambalaya, brown rice, mixed vegetables, dinner roll
- 23rd COLD PLATE: Salmon, mixed greens, Israeli couscous salad, cauliflower & red pepper salad, marble rye bread
- 30th Grilled chicken, lemon piccata sauce, Chantilly potatoes, glazed carrots, whole wheat roll



Notes from the Outreach Office

Maria Holland & Jen Schoenberg, Outreach Coordinators

Falls Prevention Tips

The coronavirus pandemic has changed a lot of things. But one thing that's still the same: Falling is **not** a normal part of aging. Falls threaten the safety and independence for older Americans and can create a heavy economic and personal burden.

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans aged 65+ falls each year. Falls have also resulted in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths.

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable.

Stay safe with these 6 tips to prevent a fall!

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Contact the COA for programs. Find a program you like and take a friend.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Answer these 12 questions online to learn more about falls prevention tips.

Check your risk for falling:

<https://www.ncoa.org/article/falls-free-checkup>



Stretching 101 new class with Nancy Webber

Everyone can learn to stretch, regardless of age or flexibility. The methods are gentle and easy to follow.

Stretching relaxes the mind and tunes up the body. Stretching helps to increase range of motion and prevent injuries and it simply feels good.

Whether you spend hours at a desk or you are an active exerciser, Stretching 101 will provide a great foundation for all kinds of activities. Each class is 45 minutes including a 15 minute bonus sequence changing each week. The bonus sequences will include:

Desk Jockey (Tech Neck), Golf, Pickle-Ball or Tennis, Gardening, Bowling & Bocce, and Traveler's Stretches.....to name a few.

Stretching routines help to address muscular tension and the tightness created by everyday life.

Nancy Webber is a certified yoga instructor and specializes in fall prevention techniques. She offers this class on Zoom Tuesday and Friday mornings at 9:30am.

We will offer Nancy's class **FREE** for the months of September and October, so join us and see how much better you feel!

Call the COA to sign up for this class.

Harvard Non-Emergency Numbers

| | |
|---------------|-----------------------|
| (978)456-8276 | (Police Dept. Office) |
| (978)456-1212 | (Devens Dispatcher) |
| (978)456-3648 | (Fire Department) |
| (978)456-4110 | (Ambulance) |

Emergency Dial 911

Program Coordinator

Sign up for programs, classes and trips 978-456-4120

MASKS MUST BE WORN IN THE BUILDING

Stress Reduction/ Meditation in Movement Yoga with Barbara Rich Wednesday, September 22, 4pm

We have decided to offer this class again, so join us as we enjoy a 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.



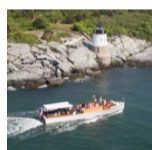
You don't have to be a pretzel to benefit from this workshop. All that is required is willingness and curiosity. Leave the self-judgment behind. Call the COA to sign up and get the link.



Guidelines for use of FACE COVERINGS at Hildreth House

Effective **Monday August 23, 2021**, in accord with the Center for Disease Control and Prevention's updated guidance for Worcester County, all Town employees (regardless of vaccination status) **and all visitors** (regardless of vaccination status) **are required to wear masks when inside** of public spaces in municipal buildings.

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



We will depart Hildreth House at 9:30am, board the Rum Runner at 1:30pm and cruise until 3pm. Return to Hildreth House around 5pm. **This trip is full**, but if you want to get on the wait list, call 978-456-4120

MASKS MUST BE WORN ON THE VAN



"Growing up Hildreth" Story Slam with Virginia Hildreth Tuesday, September 14, 1pm Hildreth House Living Room

Join us as we hear from someone who grew up as a member of the Hildreth family and remembers what it was like back when Hildreth House was a home-long before it was a senior center. Don't miss this opportunity to hear stories and pictures from when Virginia was a young girl.

"Dodo was our source for stepping back in time, although we didn't realize it at the time, and glimpsing a world I would love to share with you as I recount my memories of family gems: Hillcrest, Hildreth, and Dodo."

"There were seven of us, siblings and cousins. We all grew up running barefoot through the slate piles on Pin Hill, through the woods, and up to Dodo's house to relax in the hammock...or to see if we could surprise her enough to get a loudly exclaimed "Mercy!!!" that would set us into gales of laughter. "

Space is limited, so call 978-456-4120 to sign up.



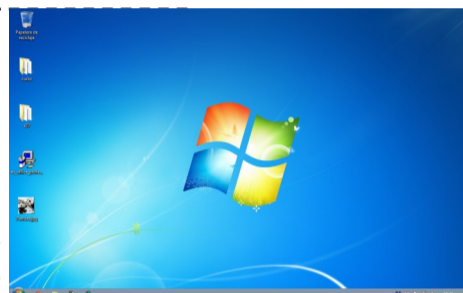
Adam and Doug are available for one-on-one sessions via Zoom or in person **with an appointment**. They have continued to assist seniors even during the pandemic, and are now able to meet with people either way.

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

Microsoft Windows Workshop
Friday, September 24, 11:30am
Zoom class

Is your computer running Windows? Then this class is for you! Come learn a brief history of recent Windows versions, take a tour of the current Windows 10, learn some Windows tips & tricks as well as some very useful built-in tools, and learn how to navigate Windows in general.



Finally, get a sneak peek at the upcoming Windows 11! Be sure to bring your Windows-related questions to this class. Please note that while all concepts will be demonstrated with Windows 10, many concepts are also applicable to older Windows versions as well.

This workshop will be offered on Zoom and is exclusively for Windows users.

Please call **978-456-4120** to sign up with your e-mail address. The Zoom link will be sent by e-mail 1 or 2 days before the class.

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 and 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)

With a COA building chosen, the Friends will be busy planning fund-raising events. Watch for mail and informational articles, and join us at **Carlson's Cider Barn on Sunday, October 10 from 2:30 to 5:30** for live music and a chance to make your pledges.

Please come to the October 16 town meeting and vote to support YOUR 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

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E-mail:

Administrative Assistant/Van: Lisa Rosen

E-mail: lrosen@harvard-ma.gov

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

Chair: Guy Oliva, Treasurer: Cathy Walker;

Members: Fran Maiore, Carl Sciple, Chet Hooper, Kim Schwarz, Lynne Musto-Pesa, and Nancy Webber

**Welcome to our newest board member:
Margaret Murphy**

Recorder: Nancy Webber