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WWW.NEEDHAMMA.GOV/COA

PHONE:

781-855-3629

**CATH BUILDING
CLOSED UNTIL
FURTHER NOTICE**

Phone Hours:

Monday - Thursday
8:30AM - 5:00PM

Fridays

8:30AM - 12PM

SENIOR NEWSLETTER THE CENTER AT THE HEIGHTS

September and October, 2020



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Your Will Does Not Avoid Probate Court!

Families often think having a will protects their family from the burden of probate. It doesn't. Why would you want to avoid probate for your loved ones? Because it's expensive and slow. Even if your will makes designations, families can lose about 5% of the assets in court/lawyer fees. In addition, your family will end up waiting months if not years for courts to make final decisions.

Many people believe a Living Trust is for extremely wealthy families, but this is not the case. In fact, it's a gift to your heirs and a way to maintain control decisions during your lifetime. Planning your estate with a living trust costs a fraction of the cost of probate. Putting your plan in place, saves time, expense, and heartache. Ultimately setting your family up for success and giving you peace of mind.

Many misunderstand how a Last Will and Testament works. They think having a Will means their heirs won't have to file a probate in court. However, a Will doesn't automatically transfer assets to heirs. A Will's instructions state what you want to happen and who's in charge of your estate. During the probate process, the court will formally appoint your selected "executor." Without the court's approval, this person you selected to oversee the estate cannot act. Probate's time consuming and expensive. It requires constant communication with the court and offer no privacy. The process is public, so that anyone can view your Will, and see the details of your estate.

Probate is avoidable with a good estate plan, specifically a Revocable Living Trust. Couples typically already own property jointly, but when the remaining spouse dies, the children/other heirs must settle the estate. Your home and life savings might be sold or transferred, but not without the burden of Probate Court. The Estate Planning & Asset Protection Law Center of Dennis Sullivan & Associates has been helping families avoid probate for over 26 years. We offer a free estate planning design meeting to help people achieve their goals. Please contact our firm to discuss this process (781) 237-2815.

A Revocable Living Trust has significant value, avoiding the time and expense of probate. With a Trust, assets are titled to you as trustee, which avoids probate. While alive and competent, you manage assets, receive income, pay bills, buy/sell property, etc. When you pass on or if you become unable to speak for yourself, the successor trustee of your choosing takes over, thus bypassing the entire probate process.



PUBLIC HEALTH UPDATE

AN UPDATE FROM NEEDHAM PUBLIC HEALTH:

Needham Public Health is urging all resident to get their flu shot this year but not get it too early. The Advisory Committee on Immunization Practices (the guiding committee for the CDC on immunizations) gives the recommendations about how, when, and what vaccinations to get. The 2020-2021 immunization recommendations have not been given yet but “CDC does not anticipate a major change in the recommendation on timing of vaccination. Getting vaccinated in July or August is too early, especially for older people, because of the likelihood of reduced protection against flu infection later in the flu season. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.” This answer and more questions can be found here on the [Frequently Asked Influenza \(Flu\) Questions: 2020-2021 Season](#).

Education is key with the upcoming 2020-2021 influenza season and our continued vigilance with COVID-19.

Here is some key information to know about Influenza and COVID-19:

	Influenza	COVID-19
Signs and Symptoms Similarities	Fever or feeling feverish/chills Cough Shortness of breath or difficulty breathing Fatigue (tiredness) Sore throat Runny or stuffy nose Muscle pain or body aches Headache Some people may have vomiting and diarrhea, though this is more common in children than adults	
Signs and Symptoms Differences	No differences from above	Loss of taste and/or smell
Symptoms Appear after exposure	Typically 1-4 days	Typically 5 days but can be anywhere between 1-14 days
How Long is Someone Infectious	Most are contagious for about 1 day before symptoms . Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days . Infants and people with weakened immune systems can be contagious for even longer.	It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared . If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.
How it Spreads	Both COVID-19 and flu can spread between people who are in close contact with one another (within about 6 feet) . Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk . These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu.	
People at Higher Risk	Older adults, People with certain underlying medical conditions, Pregnant people. Infants and children with underlying medical conditions are at increased risk for both flu and COVID-19.	
Children at Risk	Risk of complications for healthy children is higher for flu. Infants and children with underlying medical conditions are at increased risk for both flu and COVID-19.	Infants and children with underlying medical conditions are at increased risk for both flu and COVID-19.
Treatments/Vaccines	Yes . Antivirals for treatment and Vaccines available	No current medication treatment or vaccine approved by the FDA at this time



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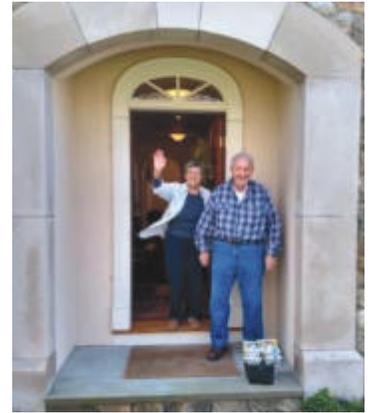
Laurence R. Eaton • David E. Eaton • Kevin J. Greene



CATH COVID-19 SUPPORT

Lunch Delivery:

Needham seniors, aged 60 and older or residing in income based housing supported by Springwell Elder Services can sign up to receive lunch delivered daily Monday thru Friday. Council on Aging drivers will keep their social distance and leave your meal at your doorstep. To sign up call us at **781-855-3629** or email jmoss@needhamma.gov



Grocery Delivery:

With the help of Trader Joe's, we have distributed nearly 1,000 bags of groceries! Call the Center and receive a weekly bag of staple items from Trader Joe's. Items such as milk, eggs, meat, and more may be included. The bag will be delivered to your doorstep by Council on Aging drivers once a week. Please note, we are unable to accommodate specific requests or substitutions. Call for info or to sign up at **781-855-3629** or email jmoss@needhamma.gov

Do not need groceries, but would like to help? Donate \$20 and sponsor a Needham Senior's groceries! Checks must be made payable to 'The Town of Needham' with "Trader Joes Donation" in the subject line.

Mask Delivery:

Needham seniors can sign up to receive a mask donated by Rafi Nova and Be Kind Needham delivered to their home. Council on Aging drivers will keep their social distance and drop you mask in your mailbox. But, if you catch our CATH Chief Transportation Officer, Stephan, in person he may just make you laugh! To sign up, call **781-855-3629** or email akelley@needhamma.gov



Phone-Pals:

The CATH has partnered with Youth and Family Services enabling student volunteers an opportunity to reach out and chat with older adults to minimize their feelings of isolation and build community connection while earning their community service hours. Please call us to help out Needham's Youth at **781-855-3629** akelley@needhamma.gov

CATH COVID-19 SUPPORT

COVID-19 CATH SUPPORT PROGRAMS

Daily Highlights Emails:

Our hard working, ever caring, Assistant Director, Aicha Kelley produces a daily email that is chock full of valuable supports. Many have commented that it is their lifeline during this difficult period! Aicha includes everything from health updates, links our remote classes and videos to exercise your mind, body and funny bones! Please note that Zoom ID's to our remote programs are subject to change so the daily highlight emails are the best way to stay connected to the Center. To subscribe to Daily Highlights, call the CATH and/or use instructions included in this newsletter.

Hire-A-Teen

The COA has partnered with Youth and Family Services to offer a list of Needham's teens looking for work. We are happy to share this list with you and then you can reach out to the teen to negotiate the details. Jobs that may be considered include but are not limited to yard work, snow shoveling, moving, and more. For questions or to request a copy of the list, call us at **781-855-3629**.



PLEASE NOTE:

If you would like to sign up for any of the support programs on this page or have questions for anyone at the CATH, please call us at **781-855-3629** while the building is closed.

We will notify everyone when the CATH doors reopen and our phones lines return to service. In the interim, please use the number above during business hours.

THANK YOU!

Since this pandemic has taken a financial toll on the community—anyone wanting to donate to the Center:

DONATIONS

Please make checks payable to "Friends"

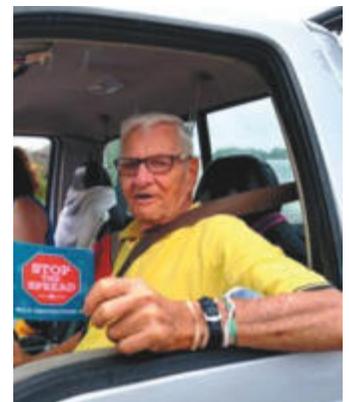
And mail to:
Center at the Heights

300 Hillside Avenue
Needham, MA

Library:

Looking for new reading material?

- Librarians are available to take requests from 9 am—5pm Monday—Friday.
- Have your Library Card ready.
- Call 781-455-7559
- Choose ext. 502 for adult requests
- Limit of 5 items per library card.



CATH COVID-19 SUPPORT

CARING FOR YOUR MIND & SPIRIT

"Strength does not come from physical capacity. It comes from an indomitable will."
- Mahatma Gandhi

ARE YOU A CAREGIVER?

Caregiver Support Group

Time: Mondays, September 14, October 12, November 9, December 14 at 4PM

Email Kerrie to Receive Zoom Invite: kcusack@needhamma.gov

This group offers the opportunity for members to share experiences, information and encouragement. Caregiving can be a lonely and isolating experience but, this group helps to connect individuals with others facing similar challenges. Group members share new perspectives, tools and approaches related to the caregiving journey. Guest speakers will also be invited to attend intermittently to provide information on local resources. Take time for yourself; caregivers need support too



CATH SOCIAL WORK SERVICES

781-855-3629—Our team is happy to provide Needham residents with counseling, support and information and referral services on a variety of issues including, but not limited to: housing, transportation, traveling meals, SNAP benefits, unemployment benefits assistance, mental health counseling, long term care planning with families, caregiver resources, and health insurance benefits counseling.

CATH COVID-19 TELE-THERAPY PROGRAM

The Social Workers at the Center at the Heights are here to help. In addition to our ongoing services, we are offering a new free **8-week Tele-Therapy Program to help individuals 60 and older develop coping strategies in response to the COVID-19 pandemic.** If you are interested in learning more or signing up for the program, please contact Kerrie Cusack, LICSW at 781-855-3629.

RIVERSIDE COMMUNITY CARE

Outpatient Care: You and a Riverside clinician can participate in virtual therapy or psychiatry appointments using secure, easy-to-use video-conferencing technology. There are many benefits to this type of therapy (flexibility, reduces transportation issues) and results have been proven to be comparable to in-person therapy.

Emergency Services: 800-529-5077 –Provides 24/7 mental health and substance use evaluations to people in crisis. Instead of going to the emergency room, services can be provided to you over the phone, in your home, at school, or in another community setting

INTERFACE

Looking for a Mental Health Provider? Call the INTERFACE Referral Helpline 888-244-6843 (toll free) Monday-Friday, 9am-5pm - This is a free, confidential mental health outpatient referral service for children, adults, and families in Needham

NAMI Helpline

Monday – Friday 10am-6pm, 800-950-6264. The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

TECH TIPS AND TRICKS

To receive Aicha's COA Daily Highlight emails use the following steps to subscribe or re-subscribe:

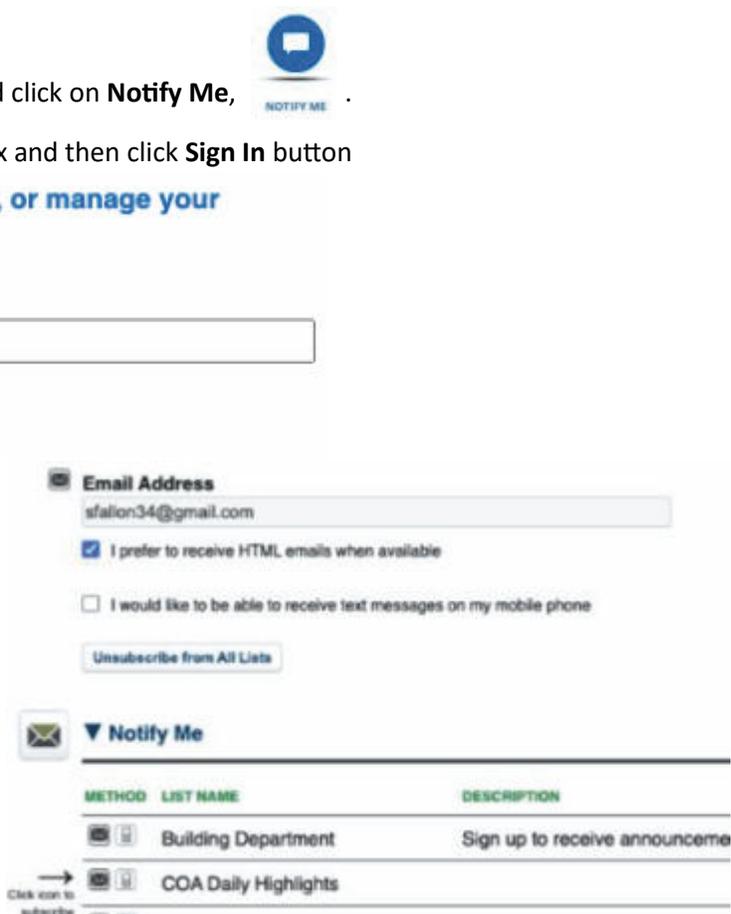
1. Go to the Needham website: Needhamma.gov and click on **Notify Me**,
3. Type your email address into the Email Address box and then click **Sign In** button

Please sign in to subscribe, unsubscribe, or manage your subscriptions

Email Address

Sign In

4. In the subsequent screen, you will see your email address. Leave the check mark next to **I prefer to receive HTML**, and click on the envelope icon next to COA Daily Highlights.



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Email Address
sfalon34@gmail.com

I prefer to receive HTML emails when available

I would like to be able to receive text messages on my mobile phone

[Unsubscribe from All Lists](#)

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METHOD	LIST NAME	DESCRIPTION
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	COA Daily Highlights	

Click here to subscribe

5. A “**Just one more step**” window will appear, click on **OK** button.
6. Now, go into your email account, and open the email entitled “**COA Daily Highlights.**” Click on the link in blue.

Please confirm your new subscription

Your subscription to the list below has not yet been confirmed. Please click on this link to verify your email address.

<http://www.needhamma.gov/list.aspx?mode=Subscribe&code=f54a408b-df6e-4564-a445-252b91d4a1c2>

If clicking the link doesn't work, please copy and paste the link into your browser.

Unconfirmed List:

COA Daily Highlights

7. You are successfully added if you see this image :

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1. Type your email address in the box and select **Sign In**.
2. If you want to receive text messages enter your phone number and select **Save**.
3. To subscribe or unsubscribe click and/or next to the lists to which you wish to subscribe/unsubscribe.

You will now receive emails from the following list:
COA Daily Highlights

****Please note that the Daily Highlights contain the most up to date Zoom ID and class links.**

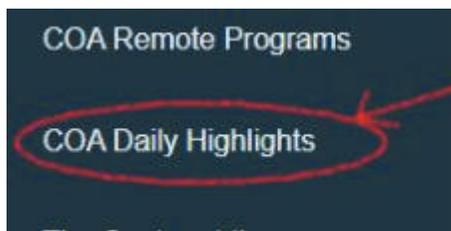
TECH TIPS AND TRICKS

If you were receiving the COA Daily Highlight emails and then suddenly find that you are no longer receiving them, it may mean that your email software has safeguards blocking them. **No worries we would never leave you disconnected!!**

We have created a way for your to COA Daily Highlights yourself - Whew! Just follow the steps below:

To access a list of Daily Highlights:

1. Go to the Needham town website. In your website search browser (i.e. Google, Internet Explorer, etc.), type **needhamma.gov**.
2. Click on **Town Departments**.
3. In the menu on the left, click on **Departments A-L**, and click on **Council on Aging**.
4. Click on **COA Daily Highlights** in left menu.



5. In the subsequent screen, you can click on any underlined title to access the email for that date:
6. A new tab will appear with the email document. You can print or you can click on any of the links just as you would if you opened it from within your email

COA Daily Highlights

COVID-19 Daily Highlight Emails

- [Daily Highlights Wednesday 6.24.2020](#)
- [Daily Highlights Tuesday 6/23/2020](#)
- [Daily Highlights - Monday - 6/22/2020](#)

To use the Senior Center Calendar:

1. Follow **steps 1-3** above.
2. Click on **COA Remote Programs** from the menu.
3. The calendar will appear (see right) and you can select any underlined title for course time and Zoom link. Or, you can select a date on the calendar to see a list for that day and choose more details for any class (see below).

COA Remote Programs

- Click on the class titles below for Zoom information and class details.
- To see a "week at a glance," choose the View All Events button at the bottom of the CALENDAR listings.

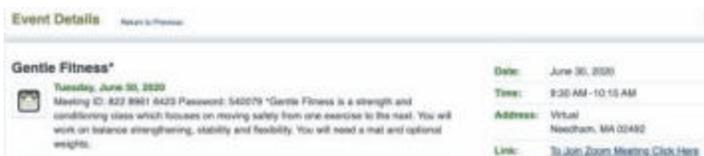
CALENDAR

JUNE 2020						
SU	M	TU	W	TH	F	SA
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04

THU, JUN 25
[ARTHRITIS CLASS WITH](#)

FRI, JUN 26
[FRESHNESS DELIVERED](#)

TUE, JUN 30
[DRUMS ALIVE](#)



****Please note that the Daily Highlights contain the most up to date Zoom ID and class links.**

TECH TIPS

Zoom is a popular video chat platform. Although it's often associated with businesses, Zoom is becoming more popular in many settings. It's increasingly used to virtually attend conferences, talks, and events! There are multiple ways to access zoom meetings. The easiest way to do it, is to click on the links in our Daily Highlight emails or in Needham's Senior Center calendar.

To access ZOOM classes from Daily Highlights:

1. Open Daily Highlights from your email or from the Needham Website (see previous page)

MONDAY

Topic: Sandra Levy's Yoga* (thru August)

Time: Monday, June 22, 2020 @ 9:00 AM

To join Zoom Meeting [Click here](#)

Meeting ID: 846 7080 2329

*Sandra has such a following that her class always ends up with how wonderful her yoga program is. No wait list on Zoom!

2. Scroll to find the class you want to attend (i.e., Tai Chi with Scotty.)

3. Make a note of the Meeting ID and Password associated with that class.

Meeting ID: 886 4116 3165

Password: 842363

*So Scotty came back last week

Topic: Tai Chi with Scotty (thru August)

Time: Monday, June 29, 2020 @ 10:00 AM

To Join Zoom Meeting [Click here](#)

Meeting ID: 886 4116 3165

Password: 842363

*So Scotty came back last week and was a hit! (as we know he moving meditative exercise for relaxation and health. Scott has

4. Then, click on the [Click here.](#)

To Join Zoom Meeting [Click here](#)

To access Zoom classes from the Senior Center Calendar:

1. Go to the Needham town website. Click on **Town Departments**.
2. In the menu on the left, click on **Departments A-L**. and click on **Council on Aging**.
3. Click on **COA Remote Programs** from the menu.
4. Select any underlined title for course time and Zoom link.
Or, you can select a date on the calendar to see a list for that day.

T'ai Chi with Scotty

June 29, 2020, 10:00 AM - 11:00 AM

Meeting ID: 886 4116 3165 Password: 842363 *So Scotty came back last week and was a hit! (as we know he would be!) T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

[More Details](#)

Strength Training with Pearl*

5. Choose **More Details** for any class.

6. Make a Note of the **Meeting ID and Password**. And click on the Zoom link, **Click Here**.

7. Follow the Zoom prompts. Click **Open Zoom Meetings** or **launch meeting** if you have the app.

8. You can select "Join from the **Browser**" if you don't have the app.

9. Enter your name. and click **I'm not a robot** (unless you are a robot HAHA!)

Tai Chi with Scotty

Monday, June 29, 2020

Meeting ID: 886 4116 3165 Password: 842363 *So Scotty came back last week and was a hit! (as we know he would be!) T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

Make a Note of these.

Date: June 29, 2020

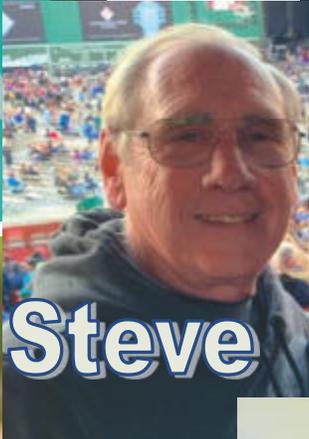
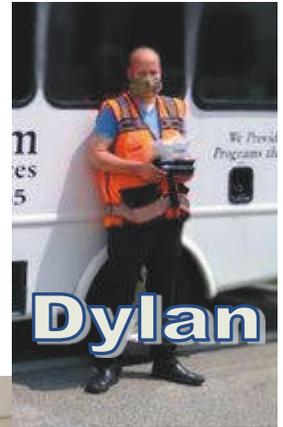
Time: 10:00 AM - 11:00 AM

Address: Needham, MA 02452

Link: [To Join Zoom Meeting Click Here](#)

Zoom link - click to jump to zoom!

MEET THE STAFF



HEALTH & WELLNESS

WOMEN! EMPOWERED HEALTH

Celebrate women's health and well being by joining in on this series. Self care is not selfish! Please call the Center to pre-register!

Thurs. Oct. 1st at 7:00PM: Self-care during COVID-19: Prioritizing your health in challenging times

Thurs. Oct. 8th at 7:00 PM: Updates in breast cancer screening

Thurs. Oct. 15th at 7:00 PM: Virtual cooking class: Self care through mindful cooking and eating

WOMEN'S HEALTH FORUM *

Wed., Sept. 16th & Oct. 21st at 2:00 PM

Meeting ID: 831 0857 0762

*Now - more than ever our health is of the utmost importance! We want our CATH Ladies healthy and we have such a great resource with Lisa Cadigan, we de-

cidated to make a women's - focused health program. Women too often are taking care of 1000 things, yet not themselves. Each month will have a new topic, new speakers and time for questions and answers. There are a lot of confusing messages out there. Join us to get to the truth and get focused and motivated.

MEN'S HEALTH FORUM * Wed., Sept. 9th & Oct. 14th at 2:00 PM

Meeting ID: 831 4707 3717

*Men typically don't make their health a priority and now, more than ever, it has to be a priority! It's time to change that. Men statistically are more stubborn about discussing, learning, taking care of their health. The program was spearheaded by our own, Stephen Cadigan and is ALL about men's health. Bring your Q & A's!

Did you know?

August 1st - New State Travel Restrictions in Place
State officials announced today that beginning August 1st, all travelers arriving in Massachusetts from any place other than New York, New Jersey, Maine, New Hampshire, Vermont, Connecticut or Hawaii must quarantine for 14 days or have a negative COVID test no more than 72 hours before arriving in MA. This order pertains to residents returning home to Massachusetts as well as out-of-state residents.
highly recommends!)

An Update from the Massachusetts Department of Public Health:

EEE Prevention

Eastern equine encephalitis (EEE) is a rare but serious disease caused by a virus that is spread through the bite of an infected mosquito. Here is how to protect yourself and your family.

- Apply insect repellent when outdoors.
- Avoid peak mosquito hours. The hours from dusk to dawn are peak biting times for many mosquitos. Consider rescheduling outdoor activities
- Wear long-sleeves, long pants, and socks when outdoors.
- Mosquito proof your home. Drain standing water and install or repair screens on windows.



THANK YOU!



During this challenging COVID - 19 crisis, the Center at the Heights has relied on our staff, volunteers and community more than ever. We have been operating in an all hands-on-deck mode. Our mission to keep our most vulnerable senior population safe and connected at home has involved the efforts of so many partnerships and we are forever grateful for their support and help.

Special thanks to:

Be Kind Needham

Briarwood Rehabilitation & Healthcare Center

Boylston Place

Cafe Fresh

Dedham Savings Bank

Deutsches Altenheim, Edelweiss Village, German Center

Hebrew Senior Living

Hsiu-Hui (Showway) Chen

Jason Hecht (Spirit Dinosaur)

MRC Volunteers

Maplewood Senior Living at Weston

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Temple Beth Shalom

Trader Joe's

Volante Farms

Wegman's

Whitney Place

Wingate Chestnut Hill

Wingate Way & Wingate Residences in Needham

WEEKLY REMOTE CLASSES

During our building closure, we are continuing to provide virtual classes delivered remotely from our instructor's homes right to your home via your computer, tablet or smartphone.

Below you will find the classes that are held each week, using Zoom web conferencing technology. Sounds fancy right? Well it is and it is much less complicated than it sounds! Please note that the Zoom information below is subject to change Daily Highlights have the most recent information. **Please reference our daily emails for up to date information or go to <http://www.needhamma.gov/4940/COA-Daily-Highlights> to see a list of daily highlight links**

MONDAY

YOGA

Time: 9 AM | Meeting ID: 867 4173 4234

Instructor: Sandi Levy

*Sandi's has such a following that her class always ends up with a lengthy waitlist. Now you can all see how wonderful her yoga program is. No wait list on Zoom!

TAI CHI & QIGONG

Time: 10 AM | Meeting ID: 897 6396 8005

Password: 609523

Instructor: Scott Brumit

Tai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

DRUMS ALIVE!!

Monday - Friday, 9 AM

T/Th at 9 AM and Friday at 9 AM

Please email akelley@needhamma.gov for signup information. Drums Alive is a cardio drumming program! Classes are for everyone: people living with chronic illness/pain, people living with a

disability, etc. Drums Alive is a FANTASTIC brain-body exercise program. Drums Alive provides physical and cognitive benefits within a very socially engaging activity. The rhythmic patterns increase brain wave activity which in turn provides an endorphin rush (happy feelings) and improves mental awareness and physical well-being.

***NEW* MOVIE MATINEES WITH PERKINS LIBRARY**

10 AM

To pre-register contact Beth p. 617-972-7241 or email her at Elizabeth.White@perkins.org

STRENGTH TRAINING

10:30 AM | Meeting ID: 872 3869 8176

Password: 8119

Instructor: Pearl Pressman

This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This seated class includes a thorough warm-up, strength training exercises using light hand weights, and gentle stretching to increase flexibility and reduce muscle tension.

MONDAY MEDITATION WITH KERRIE

11 AM | Meeting ID: 137 719 908

Password: 713980 | Instructor: Kerrie Cusack

*We can't be in the cozy library, but Kerrie always finds a cozy spot in her new home to have us all relax and rid ourselves of anxiety. Even if you have never meditated before, now is the time to give it a try. You won't regret it - especially when Kerrie runs it.

WEEKLY REMOTE CLASSES

MONDAY (CONT'D)

RON'S HISTORICAL MOVIE & DISCUSSION

Time: 1:00 PM

Meeting ID: 848 1408 7723

Password: 881305

Another of Ron's fun history courses! Every week you will watch a movie at your leisure. Then we will all ZOOM together on Monday at 1PM. We will be looking at the movie's historical competency. Were they accurate? Are they propaganda? What is good propaganda? He will not only discuss the historical relevance but he will discuss the plot, the characters, the cinematography and more. So watch the movie and then join the group to discuss on Monday afternoon. Ron wrote, "After our Opinion History Classes, I look forward to lively discussions." Ron has three graduate degrees in history and taught in three local colleges.

CLUTTER SUPPORT GROUP*

Time: 1:00 PM

Meeting ID: 865 6904 4770

*Our friend, Paul will be facilitating his regularly scheduled program Clutter Support Group via Zoom. Here is what Paul shared, "The Clutter Support Group is a gathering of men and women who meet weekly in order to solve their common problems of hoarding, cluttering and procrastinating. The only requirement to attend is the desire to change these negative habits and help one another. Our mission is to help to provide members with the tools and skills needed to live a clutter free life. We offer understanding, trust and hope in a caring, compassionate and discreet environment. With support, our desire is to help our members live a better life physically and emotionally.

Need a ride?

The Needham Community Council has resumed their free medical rides. Rides will be available Mon-Thurs between 9 am - 3 pm. Riders must be healthy and wearing a mask. Please call the office to request a ride 781-444-2415 .

TUESDAY

GENTLE FITNESS*

Time: 9:30 AM

Meeting ID: 853 9928 6741

Password: 797598

*Lisa (our fabulous barre and Pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

METROWEST LEGAL CLINIC*

Tuesday, Sept. 8th & Oct. 13th at

9:30/10:00/10:30/11:00/11:30 AM

To join Meeting: Email Aicha and she will

schedule the appointment *Leah, from

MetroWest Legal Services is back!! She will do her Legal Clinics over the phone so register today.

GENTLE MAT YOGA WITH MICHELLE*

NEW TIME

Time: 10:00 AM

Meeting ID: 443 604 7877

Password: 0DbGrY

*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

CURRENT EVENTS DISCUSSION GROUP*

Time: 10:30 AM

To signup and obtain zoom information, email gerrykoss@gmail.com

*Current Events provides participants with the opportunity to hear a concise update of the past week's news (local, national and international as appropriate), as well as the opportunity to bring up topics of current interest to themselves. The option to speak or just listen is up to you. The demeanor is always respectful.

WEEKLY REMOTE CLASSES

TUESDAY (CONT'D)

TRAIN THE BRAIN

Time: 11:30 AM

Instructor: Stephen Cadigan

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Please have the following items ready and available to use during the class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

- 1) 1 small Bean Bag or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - Baseball or Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, ANY item you choose that is small and non-breakable.

FOLK, COUNTRY AND ROCK MUSIC APPRECIATION! *NEW*

Time: 1:00 PM

Meeting ID: 880 3250 3991

Passcode: MUSIC

*Join this weekly group to listen to old & new music. We will learn trivia, song meanings and interpretations, and more. Send Aicha any requests and she will research and play on the day of the class. Hopefully this will lead to reminiscing and discussion about the song or musicians.

MINDFULNESS WITH NEIL MOTENKO*

Time: 1:30 | Sept. 8th & 22nd & Oct. 29th at 1:30 PM | Meeting ID: 89599505698

**Meeting the challenges that arise in our world and in our lives with skill and wisdom involves a recognition that, although we cannot control the

course of events, we can cultivate the ability to control how we "meet the challenge." A Series on Mindfulness with Neil Motenko will teach you how mindfulness can cultivate qualities such as clarity, patience, equanimity and compassion that can help us navigate our way through these challenges. The sessions will be interactive, include guided practices, and cover basic mindfulness principles. We gratefully acknowledge the sponsorship of Wingate Chestnut Hill.

FINANCIAL CLINIC WITH GALINA*

Time: 2:00 pm & 2:30 PM

For appointment : Email

akelley@needhamma.gov

*Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past.

Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham. In the spirit of Quarantine, she will conduct it on-line. Pre-registration is required. Feel free to sign up for a Tuesday afternoon 2 pm session with Galina"

ARTHRITIS CLASS WITH STEPHEN*

Time: 3:00 PM

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination.

SINGING SONGS OF THE 70S

Sept. 8th and Oct. 13th at 7:00 PM

To Join Zoom Meeting: Stay Tuned

Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings the songs of James Taylor, Carole King, Carly Simon, and Joni Mitchell to life, on guitar, vocals, and piano. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs.

WEEKLY REMOTE CLASSES

WEDNESDAY

CATH COFFEE HOUR*

Time: 9:00 AM

Meeting ID: 409 252 1447

Password: 12345

*Join our Kristen for a time to socialize, catch up, see familiar and new faces and just talk. Anything is up for discussion in this friendly Coffee Hour! Pour a cup and join us!

WAKE UP AND DRUM WITH JOE!

Wednesdays Sept. 2nd and Oct. 7th at 9:00 AM

Meeting ID: 4050865832

Password: 5TnSmM

Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

DANCEFITNESS CLASS WITH SHOWWAY*

Time: 9:20 AM

Meeting ID: 862 2160 7229

*Look who's back! Showway! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. Please bring water and set up a chair for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

WORD GAMES WITH VAL*

Time: 10:00 AM

Meeting ID: 823 9027 8244

*Back due to popular demand, welcome to Word Games with Val. Every Wednesday, we will learn new words as well as explore the history of old words and new word trends. Ideally, our word fun will spark your brain and memory, and maybe bring out a few laughs.

OPINION HISTORY WITH RON

Time: 11:00 AM

Meeting ID: 861 2520 8844

Password: 672425

*Look who's back!! Ron! Did you have a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different for three reasons. First, there are no right answers. Second, there are only your opinions. Third, Ron is the moderator. He wants to hear your thoughts and help to sharpen your opinions'

WORDS OF WISDOM DISCUSSION GROUP*

Time: 12:00 PM | Meeting ID: 409 252 1447

Password: 12345

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

EXERCISE WITH EASE

Time: 1:00 PM | Meeting ID: 254 025 0890

Password: 443362

*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

PIIT (PERSONALIZED - INTENSITY INTERVAL TRAINING)*

Time: 1:00 PM

Meeting ID: 859 4613 1521

*One of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance.

WEEKLY REMOTE CLASSES

ZOOM BINGO *NEW*

Time: 3:00 PM

Meeting ID: 899 6834 0358

Passcode: 083419

*How much fun is this going to be?! Zoom Bingo! All you have to do is email me or call Katie at the Center and we will register you to receive 5 Bingo Cards. Then, on Wednesdays at 3PM, click on the link above and let the fun begin! We will tally up the daily winner of the most games and get a surprise sent his/her way! Tell your friends!

DIAL-A-LAWYER: FREE LEGAL ADVICE BY PHONE FOR ELDERS*

Wednesday, Sept. 2nd & Oct. 7th from 5:30 - 7:30PM

To talk to lawyers: Call (617) 338-0610 or (877) 686-0711

*The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call their hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. Attorneys are available to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and mor

LET'S LAUGH TODAY ZOOM LAUGHTER CLUB*

Time: 7:30 - 8:15PM

Meeting ID: 426885926

Password: 014657

*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love!

IMPORTANT PHONE NUMBERS!

POLICE DEPARTMENT: (781) 455-7570

FIRE DEPARTMENT: (781) 455-7580

TOWN HALL: (781) 455-7500

PUBLIC SERVICES ADMINISTRATION

BUILDING: (781) 455-7550

RECYCLING & TRANSFER STATION:

(781) 455-7568

NEEDHAM PUBLIC LIBRARY: (781) 455-7559

NEEHAM COMMUNITY COUNCIL: (781) 444-2415

THURSDAY

BEREAVEMENT CIRCLE WITH NIKKI*

Time: 9:00 AM and 10:00 AM

To join: Email akelley@needhamma.gov

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - knowing you are not alone can help.

BARRE WITH LISA*

Time: 9:30 AM

Meeting ID: 832 3378 6121

Password: 2yC5Or

*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. . Lisa is looking forward to seeing everyone tomorrow.

TAI CHI WITH SCOTTY*

Time: 10:00 AM

Meeting ID: 841 2153 1726

Password: 56947

See description on page 14 for details.

WEEKLY REMOTE CLASSES

THURSDAY (CONT'D)

PILATES WITH LISA*

Time: 10:30 am

Meeting ID: 899 9086 2700

Password: 029133

*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you!

TALK THE WALK DISCUSSION GROUP

Time: 11:00 AM

Meeting ID: 844 9177 4337

Passcode: WALK

No one can walk in someone else's shoes, so let's investigate and learn. Let's have discussions to move forward with a better understanding of many things involved in diversity. They may be uncomfortable, but the more we have them, we believe it will get easier for many. Once a week we will read an article or watch a TED talk and that is what will begin the discussion. The rules are: respect, manners, time limits for having the floor. If anyone has any articles, talks or speakers which they think would benefit the group send to Aicha. Sept. 3rd item to read: "*I'm black and my mom is white. This is the talk we had to have about George Floyd's killing.*" by Kimberly Miller for Huffington Post

LET'S GET SOCIAL FROM A DISTANCE*

Time: 11:00 AM

Meeting ID: 691 892 6899

Our focus is on meeting new people and having fun interacting with each other. We have and will continue to talk about our backgrounds, interests, the new classes we've been trying on Zoom (thank you Aicha and the team for such great programming!) Please join us each week on Zoom (or whenever you can!) Looking forward to connecting with you.

TRAIN THE BRAIN WITH STEPHEN*

Time: 11:30 AM

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, toe-toe body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! Please have the items listed under the Tuesday listing for this class.

GENTLE YOGA WITH MICHELLE*

Time: Thursdays @ 1:00PM

Meeting ID: 443 604 7877

Password: 0DbGrY

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

LISTENING LIBRARY HOUR WITH PERKINS LIBRARY *NEW*

Time: 2:30 PM

To pre-register contact Beth p. 617-972-7241 or email Elizabeth at Elizabeth.White@perkins.org

ARTHRITIS CLASS WITH STEPHEN*

Time: 3:00 PM

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination.

LIFE TRANSITION BINDER PRESENTATION WITH SANDRA BATRA

Thurs. Sept. 3rd, Fri. Oct. 9th & 23rd at 1:00 PM

Meeting ID: 755 9730 3811

Password: life

Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency.

WEEKLY REMOTE CLASSES

FRIDAY

BALANCE, POSTURE, CORE AND MORE*

Time: 9:30 AM

Meeting ID: 722 0848 3215

Password: 0ReAjR

*Laila is back! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the components of good balance and will train you on how to improve it through a variety of exercises for core and leg strengthening, posture awareness and stretches for greater flexibility.

COMFORT CREW COFFEE HOUR*

Time: 10:00 AM

Meeting ID: 827 9871 2533

Password: 12345

*Comfort Crew is a program for families impacted by Alzheimer's/Dementia at varying levels. This is a virtual group for people experiencing Alzheimer's/Dementia and their caregivers intended to increase connectedness and provide families with comfort. Please join us this week for a coffee hour. Bring your favorite beverage and join for a morning chat with the CATH social work staff.

CREATIVE WRITING WITH BETH*

Time: (First and Third Fridays) 10:00 AM

Meeting ID: 836 1068 9044

**Beth Knaus, owner of That's a Spade Writing Services, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.)

STRENGTH TRAINING WITH PEARL*

Time: 10:30AM

Meeting ID: 872 3896 8176

Passcode: 8119

*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension

CENTER SHORT STORY DISCUSSION GROUP*

Time: 12:00 PM

Meeting ID: 853 0520 9804

Password: 623397

*During an earlier meeting the Book Group decided to create a Short Story Group as this will make it less pressure to read a full book and make it more social. For anyone who wants to join in, the short stories will be revealed in our Daily Highlight Emails.

TECHIE TO THE RESCUE TECH TALK*

Time: 1:30PM

Meeting ID: 892 3752 3276

Password: 025127

Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have!

Don't forget to vote!

The Town of Needham has a brand new, shiny red secure drop box for your "mail-in" ballots. Needham voters can drop off their mail-in ballot applications and completed mail-in ballots here rather than using the US mail. It is on the far right side of Town Hall, across from Walgreens!





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SPECIAL REMOTE EVENTS

WISH YOU COULD ZOOM? MAJORIE CAN HELP...REMOTELY!

Time: Anytime you schedule (Appointments are limited so sign up today)

Email Marjorie at mfreundlich@gmail.com to sign up

How would you like to try Zoom with a patient and cheerful coach?

- to help you one step at a time
- to practice with you
- to teach you to use Zoom independently

About Marjorie: She helps folks in their 80's and 90's to use computers for three years, and has worked with older adults for eight years. It's been fun!

TECHIE TO THE RESCUE: ONE-ON-ONE TECHNICAL ASSISTANCE*

Time: Anytime you schedule

*Our Techie To the Rescue, Avrom is now offering one-on-one help with all things technical. As his nickname suggests, he is well-rounded in technology know-how, but if he doesn't know the answer to your question he will research, learn and teach! This is a paid program that you and Avrom will work out together.

ONE - ON - ONE SESSIONS WITH A PERSONAL TRAINER*

Time: Monday - Friday 7AM - 7PM

To Schedule: Email akelley@needhamma.gov or call the Center Line at 781-855-3629

Cost: **\$50 per hour** (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.) We are now offering **Personal Training Sessions with Stephen and Lisa Cadigan** - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in-person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

TELEFUN CALLS WITH PERKINS LIBRARY *NEW*

Time: M/W/Fri, 1pm

To pre-register, contact Beth: 617-872-7241 or email Elizabeth at Elizabeth.White@perkins.org

The Perkins Library is proud to present 'TeleFun Calls.' These are weekly scheduled programs. Patrons call a toll free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like...trivia, name that song, and family feud!

NEEDHAM CATH VIRTUAL OPEN HOUSE Monday, Sept. 14th & Oct. 5th at 10 am

Meeting ID: 815 8041 3653 | Password: CATH

*It's been awhile since we have seen many of you so we thought it would be a good idea to catch up. Also, some of you are new and want to put a face to a name. It will also be good to hear from you all about programs, new ideas, needs, etc. We hope to see you all there.

HOSPITAL 2 HOME-DEMENTIA CAPABLE CARE TRANSITIONS: BETTER CARE, BETTER OUTCOMES*

Tuesday, Sept. 15, 1-2 PM | To Preregister: Email akelley@needhamma.gov or call the Center Line at 781-855-3629

*People with cognitive impairment and their care partners experience daunting challenges receiving dementia capable healthcare and related community-based transition services during and after a hospital stay. As many as 25% of elderly hospital patients may have dementia, often without a recorded diagnosis. Best practices in hospital-to-home care transitions have been shown to reduce readmission rates, as well as mitigate the potential for poor outcomes. This presentation will introduce participants to Hospital2Home, a highly successful care transitions model for people living with dementia with a hospital readmission rate of less than 1%.

Presenter: Jeffrey Klein, President/CEO of Nevada Senior Services Inc.



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SPECIAL REMOTE EVENTS

FIDDLER ON THE ROOF-FAMILY RELATIONSHIPS

Wed. Sept 2nd at 4:00 PM

Meeting ID: 831 4278 5328

Passcode: 265886

There have been 5 Broadway revivals of *Fiddler on the Roof* and a recent successful

off-Broadway production of it in Yiddish. Although the story is about a poor Jewish dairyman and his family, the theme is universal. Tevye, represents every parent with a point of view on intergenerational conflict otherwise known as the “generation gap.”

In *Fiddler on the Roof*, we meet three of Tevye’s five daughters – each one’s choice of husband moves their papa further away from his tradition and beliefs. Fiddler also addresses change of a way of life, a theme we can certainly relate to today. In addition, we will discuss the history, the collaboration, the scenes and songs that comprise the 1964 production of *Fiddler on the Roof*.

FOCUS ON FIXED INCOME SEMINAR

Turs. Sept. 3rd at 4:30 PM

To Join Meeting email Aicha at akelley@needhamma.gov

Financial Workshop for Women Investors Series fourth program “Focus on Fixed Income” is a 45-minute educational program geared to people who are interested in creating a reliable income stream. Focus on Fixed Income covers bond characteristics and features as well as key strategies to get the most out of your investments.

CBD-MYTHS, TRUTHS AND BENEFITS

Wed. Sept 9th at 10: 00 AM

Meeting ID: 740 7785 4818

Anna Schickel, owner of Your CBD Store in Needham, will give a talk on the history of hemp and the myths vs. facts of hemp-derived CBD, also known as cannabidiol.

FAMED PHOTOGRAPHER, LOU JONES AND COVID-19 THROUGH THE LENS OF A CAMERA

Thurs. Sept. 10th at 2:00 PM

Meeting ID: 864 2866 0949

Passcode: Jones

Lou is presenting a moving photo-documentary look at how people have been dealing with the pandemic both creatively, bizarrely and isolated.

MARY CURLEW PROGRAM

Monday Sept. 14th at 2:00 PM

To Join Zoom Meeting: Stay Tuned

LAWRENCE OF ARABIA

Tuesday, Sept. 15th at 1:00 PM

To Join Zoom Meeting: Stay Tuned

A little over 100 years ago, the world was engulfed in a struggle of WWI. Both sides were trying to enlist the support of the Arabs. The Arabs would align themselves with England, in part due to the efforts of an archeology student, T.E. Lawrence. This is a tale of false diplomacy and broken promises.

FLASH FICTION READING WITH ZVI & HIS CREW

Wed. Sept 16th at 4:00 PM

Meeting ID: 845 7989 9701

Passcode: FLASH

COFFEE with the PRESIDENT OF BID-NEEDHAM JOHN FOGARTY

Wed. Sept. 16th at 10:00 AM

Meeting ID: 862 0758 9781

Passcode: BIDMC

John will speak to the hospital’s response to COVID-19, recovery after shutdown of non-essential services, and plans for the future.

HEARING AID 101 *NEW*

Thurs. Sept. 17th at 1:00 PM

To Join Zoom Meeting: Stay Tuned

Tune into this presentation on tips on how best to care for your hearing aids.

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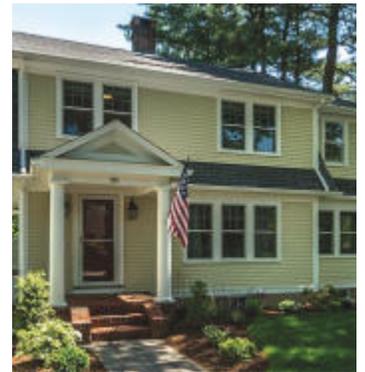
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SPECIAL REMOTE EVENTS

COVID-19 AND YOUR ESTATE PLAN WITH ATTORNEY DENISE MCCARTHY

Fri. Sept. 18th at 10:00 AM

To Join Zoom Meeting: Stay Tuned

Denise will be able to discuss topics such as the healthcare proxy and durable power of attorney.

HOW TO TALK TO YOUR DOCTOR & BE YOUR OWN ADVOCATE

Mon., Sept. 21st at 2:00 PM

To Join Zoom Meeting: Stay Tuned

*In healthcare, patients must learn to become their own advocate. Lynn Croft is a Professional Healthcare Advocate. Her program not only educates with the keys to better communication, but includes useful handouts. Her goal is to educate the public for better outcomes from their physician visits!

BEYOND BIG BEND

Thurs. Sept. 24th at 2:00PM

Meeting ID: 864 3709 9361 | Passcode: 958044

Southwestern Texas is known for wide open spaces, cattle ranches and even a well known National Park, but just outside the borders of Big Bend there are still many things to see in the Chihuahuas Mountains and nearby. Summer rains bring life to the desert as flowers seem to pop out everywhere. In the hills and lowlands, wild animals of all sizes can be found. From mountain sheep to hummingbirds, big cats and wild javelina, there is much to see beyond Big Bend.

This program is available to our participants due to the wonderful generosity of Whitney Place. Thanks, Ellen and Whitney Place Staff!

COFFEE WITH COPS

Friday Sept. 25th at 11:00 AM

To Join Zoom Meeting: Stay Tuned

Let's join our favorite women and men in blue to discuss how things are going in Needham. Bring your questions as they have the answers!

ARTIST APPRECIATION: PAUL KLEE

Thurs. Oct. 1st at 1:00 PM

Meeting ID: 840 5941 6701

Explore the life and career of Swiss/German artist Paul Klee with research librarian Michele Marram. Klee was a great admirer of children's art and used ink, oil, tempera and watercolor in his own works. Following the presentation we will have a chance to create our own Klee-inspired works. (but you don't have to participate in this part.)

MATERIALS: White or blue paper, cereal box, scissors, ruler, pencil, black marker, colored pencils or crayons.

MARK WEST PIANO CONCERT

Mon. Oct. 5th at 1:00 PM

To Join Zoom Meeting: Stay Tuned

While relaxing in the comfort of your living room, sit back and enjoy the very talented classically trained pianist Mark West.

THE WORLD LOOKED AWAY:-VIETNAM AFTER THE WAR, AUTHOR DAVID BUSHY TALK

Mon., Oct. 5th at 2 PM

Meeting ID: 883 8698 4762 | Password: 195992

This is the story of what happened in Vietnam after the war ended on April 30, 1975. It is told through the experiences of Quoc Pham, his wife Kim-Cuong and their family. Quoc was a South Vietnamese naval officer who struggled with the decision to escape from the country before the country's fall. He ultimately decided to stay for the sake of his family, and was sent to a Reeducation Camp within weeks of the war's end. Tune in for more....

COVID-19 TESTING SITES:

Beth Israel Deaconess Hospital Needham

Hospital · 148 Chestnut St · (781) 453-3000

Appointment & referral required

CareWell Urgent Care Needham

Urgent care center · 922 Highland Ave · (800) 659-5411

Appointment nor referral required

Newton Wellesley Hospital

Hospital · 2014 Washington St · (617) 724-7000

Appointment & referral required

SPECIAL REMOTE EVENTS

KNOW THE 10 SIGNS OF ALZHEIMERS

Tuesday, Oct. 6th at 1:00 PM

Meeting ID: 812 2545 5298

Password: Signs

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

RIVALRY OF BETTE DAVIS AND JOAN CRAWFORD

Wed. Oct 7th at 4:00 PM

To Join Zoom Meeting: Stay Tuned

FAMED PHOTOGRAPHER, LOU JONES: TRAVEL PHOTOGRAPHY FROM AROUND THE WORLD

Thurs. Oct. 8th at 2:00 PM

Meeting ID: 864 8213 9210

Passcode: Jones 3

Now that we have experience with how talented Jones is, let's travel around the world with him. Let's examine and hear about photography examples of how the world looks & looked internationally from over 60 countries while Jones was on assignment.

POETRY READING WITH SOMERVILLE BAGEL BARDS

Wednesday Oct. 14th at 4:00 PM

Meeting ID: 848 8886 6324

Password: Poetry

Join Zvi Sesling (Brookline's Poet Laureate) talented crew as they make us laugh, cry, think, and react to their poems.

COFFEE HOUR WITH NEEDHAM HOUSING AUTHORITY

Mon. Oct. 19th at 2:00 PM

To Join Zoom Meeting: Stay Tuned

Please join Deb Tambeau to learn all things Needham Housing.

A GREAT SONGWRITERS ASONISHING STORY PRESENTED BY FRANK KING

Wednesdays Oct. 21st at 4:00 PM

Meeting ID: 848 3861 8088

Password: 696750

Frank King will tell the heartbreaking story of an unknown composer (we are keeping it a mystery!), who fought crippling adversity to become one of our most prolific and celebrated songwriters. Also included: the story behind 3 big hits from 1953; one of the most infamous moments in the history of American broadcasting, featuring Arthur Godfrey and Julius LaRosa; a lovely "September Song" medley; the beautiful "lost" ballad from "Peter Pan"; and more.

This program is available to our participants due to the wonderful generosity of One Wingate Way and Wingate Residences. Thanks, Amy and Wingate Staff!

THE RESCUE OF THE SQUALUS AS PRESENTED BY BOB BEGIN

Tuesday Oct. 20th at 1:00 PM

To Join Zoom Meeting: Stay Tuned

WALES: CASTLES, BUTTERFLIES AND MORE

Thurs. Oct. 22nd at 2:00PM

Meeting ID: 820 4295 5425

Passcode: 040709

Although part of the present day United Kingdom, Wales is a country of ancient origins and wild lands. Stone monuments from its pre-historic past still can be found across parts of the country today, along with ancient castles, remains of magnificent abbeys and even Roman ruins. The wild nature of this land can also be found in abundance. Join us for a journey across Wales. **This program is available to our participants due to the wonderful generosity of Whitney Place.** Thanks, Ellen and Whitney Place Staff!

A REVERSE MORTGAGE IS A FINANCIAL TOOL-LEARN THE FACTS

Monday, Oct. 26th at 1:00 PM

To Join Zoom Meeting: Stay Tuned

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Dear Friends,

Autumn is quickly approaching. We now look forward to cooler temperatures. The colors leaves turn resemble an artist with a paint brush using the shades of yellow, orange and red on his/her paint palette.

We greatly appreciate the donations that you have sent to the Center at the Heights (CATH) for the COVID-19 Operational Support. This is so important to help the CATH to meet the needs of our participants for lunches, produce, grocery bag deliveries, zoom programs and services.

We thank Aicha, Katie and Stacey for creating the Daily Needham Highlights and responding to the phone calls to the CATH. We also thank Jessica for coordinating food deliveries and working with our wonderful Social Services Department. In addition, thank you to Stephan for organizing the routes for the drivers. We have a wonderful team of drivers who make the deliveries.

Thank you to all who bring the CATH to our homes during the Pandemic.

Gratefully, Carol and Pat

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The mission of **The Needham Council on Aging** is to respond to 'its older residents' needs by providing a welcoming, inclusive, & secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.



Medicare Open Enrollment

SHINE is still available to help - by phone! Call soon to schedule your phone appointment for any time from October 15 through December 7.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call **781-855-3629**. For other SHINE related matters, call 781-453-8076. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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