



COUNCIL  
ON AGING  
Needham

7/9/2020

## Hi Everyone!

Today was a good day! I went to the Center to drop off masks and I got to see Stephan, Danielle, Yustil, Dylan and MaryAnn!!! They are all working very hard to make deliveries.

Today was also a good day because we got spoiled by **Boylston Place!!** Our friend and director, **Joanne Ottlinger**, delivered cookies to go in the lunch deliveries. We are so lucky to have such a great relationship with **Boylston Place!** Anyone who wants to send a thank you note: the address is 615 Heath Street, Chestnut Hill, MA 02467.

I heard from our friend, Fern and she raved about the Phone Pal Program! She was and will be again a regular of our Bridging the Gap Dinner and a Movie and she loves intergenerational programs. She said of the Phone Pal Program, "***I so look forward to hearing from my Phone Pal. She is a breath of fresh air and I love connecting with her with each call. I hope to meet her in person one day. I recommend every one get a Pal!***" Thanks, Fern!

Please remember the Center Staff is here for you! Please email me or call the Center Line @ 781-855-3629 for Katie and we will help you.

Now for some highlights.

## NEWS/UPDATES

Here are some interesting updates on the vaccine trails and more.

[NIH: National Institute of Allergy and Infectious Diseases | Leading research to understand, treat, and prevent infectious, immunologic, and allergic diseases](#)

Testimonials from Healthy Volunteers. Lara Miller I have been very impressed with the care and compassion of the VRC clinical staff. They take the time and energy to get to know the volunteers on a personal level, so that when I walk through their door, it is a welcoming environment.

[www.niaid.nih.gov](http://www.niaid.nih.gov)

Farmer's Markets are opening up and we want you to be safe. (to be very safe you could sing up for Freshness Delivered!) Here are some tips.



## Nutrition & Recipes: Tips for Shopping Farmers' Markets | LPi Seniors

How can you make the most of your weekly trip to the farmers' market? We have a few tips to help you master the market.

[www.lpiseniors.com](http://www.lpiseniors.com)

## REMOTE PROGRAMMING

**I want to remind everyone that when you are joining a Zoom program - please use the latest link as some have changed.**

### **NEW!**

Topic: **One - on - One Sessions with a Personal Trainer\***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: **Email me 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** and - our trusted trainers and Michelle Lawlor - our trusted fitness trainer and yoga instructor. They 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!

## **Topic: DRUMS ALIVE**

Time: **M/W at 9:00 T/TH at 9:00 T/TH at 11:00 F at 9:00 (standing/chair supported)**

Drum Alive is back Daily! Kelly has been given the opportunity to provide Drums Alive classes at home for people of ALL AGES. The classes are being sponsored by Blue Cross Blue Shield and are FREE to all participants while we are in Stay At Home orders. Please email Aicha with any questions. Let's get you started:

Here is a link to a signup page: <https://mailchi.mp/ec3713c85d88/drumsalivecoa>

Once you fill out your contact info, I will send you more information to get going with classes at home.

1. Kelly will be sending out an ONLINE WAIVER Form you to sign. You can fill this out electronically. There are four spots for you to complete: Location (your location will be your COA or Other), First and Last Name; Date; and Signature. Your signature is electronic. You just have to "click" in the signature box and type your name. You will see a choice of fonts you can use for your "signature" and you are done. If you have any questions about it, please let me know. [ksipe@bylfitandrec.org](mailto:ksipe@bylfitandrec.org).
2. When you have submitted it, Kelly will send you the complete schedule of classes and you will be able to join any (or all) of them you choose.
  - o The Drums Alive classes are M-F at 9:00 AM and T/TH at 2:00 PM (the FRI 9:00 classes is a seated/standing class but open to everyone)

## **Topic: Techie to the Rescue: One-on-One Technical Assistance\***

Time: **Anytime you schedule**

To Book an Appointment: [Click here](#)

\*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.

## **FRIDAY**

### **Topic: Balance, Posture, Core and More Class\***

Time: **Fridays, 2020 @ 9:30 AM**

To Join Zoom Meeting: [Click here](#)

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. *\*Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.*

### **Topic: Comfort Crew Coffee Hour\***

Time: **Fridays, at 10:00am**

To Join Zoom Meeting  
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 and other group members.***

**Topic:** Needham Creative Writing with Beth\*

**Time:** Friday, July 3 & 17 / August 7 & 21 2020 @ 10:00 AM

**To Join Zoom Meeting** [Click here](#)

**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.) Always looking for new participants. Beth shared some prompts but your own are great too. Here are some prompts for your writing pleasure: ***Write about the full moon / He/ She asked you to dance / Driving a rented truck***

**Topic:** Strength Training with Pearl\*

**Time** Fridays, 2020 @ 10:30am **(Through August)**

**To join Zoom Meeting** [Click here](#)

**Meeting ID:** 872 3869 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.

**Topic:** Center Short Story Discussion Group\*

**Time:** Fridays, 12:00 PM

**To Join Zoom Meeting** [Click here](#)

**Meeting ID:** 853 0520 9804

**Password:** 623397

\*We met last week and decided to make our Book Group 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 story we will discuss on July 10 is "A Shinagawa Monkey" by Haruki Murakami which is the "prequel" to the June 19th story "Confessions of a Shinagawa Monkey."

<https://www.newyorker.com/magazine/2006/02/13/a-shinagawa-monkey>



## [A Shinagawa Monkey | The New Yorker](#)

The counsellor, whose name was Tetsuko Sakaki, was a pleasant, heavyset woman in her late forties. Her short hair was dyed a light brown, her broad face wreathed in an amiable smile.

[www.newyorker.com](http://www.newyorker.com)

## **TUESDAY**

Topic: **Metrowest Legal Clinic\***

Time: **Tuesday, Jul. 14 @ 9:30/10:30/11/11:30AM**

**To join Meeting:** Email Aicha and she will schedule the appointment (First come, first served)

\*Leah, from Metrowest Legal Services is back!! She will do her Legal Clinics over the phone so register today. She is such a great resource and we are glad she is back!

Topic: **Dementia Caregiving at Home**

Time: **Tuesday, July 14 @ 1:30-2:45 PM**

**To Pre-Register: [Click here](#)**

\*Managing care for a loved one with Alzheimer's Disease or other dementia-related illness became more complicated during the COVID-19 shut down. Many outside supports were suddenly unavailable, causing changes in routines, longer hours of hands-on care at home, and social isolation.

Join Community VNA for a discussion among caregivers. Get tips and strategies from their Alzheimer's Assistance Program, and activities to engage loved ones living with dementia.

Join us to discover ideas that could make a big difference in your day!

Topic: **Financial Clinic with Galina\***

Time: **Tuesdays, 2020 @ 2:00 PM & 2:30PM**

**To Join Meeting :** Email me and I will connect you with an appointment

\*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.

Galina is resuming her Financial Clinic every Tuesday at 2 pm. 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"

**You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such**

**participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.**

## **ENTERTAINING/INTERESTING**

I have heard that the dairy industry is struggling because there are so many different kinds of milk (which aren't really milk) such as oat milk and almond milk. So wanted to head to a dairy farm as I love cows! Let's head to Pennsylvania! It says it's for high school students but I learned a lot!



### High School Virtual Farm Tour of a North East Dairy

High school classrooms from across the Northeast connected for a LIVE Virtual Farm Tour of JoBo Holsteins in Gettysburg, Pennsylvania, hosted by Farmer Joy and the American Dairy Association North East on Oct. 29, 2019.

[www.youtube.com](http://www.youtube.com)

So now let's head to the Netherlands to look at another farm - tulips!! A year in the life of a tulip!



### One Year at a Tulip Farm | Planting to Harvest | Dogterom Flowerbulbs | Colors of the Netherlands

This video contains a year round compilation of the tulip cultivation at Dogterom FlowerBulbs in the south west of Holland. This company has more than 100 hectares of tulips. The tulips are grown for the bulbs not for the flowers. The flowers are topped so that the plant is putting all his energy into the development of the bulbs. The bulbs are ...

[www.youtube.com](http://www.youtube.com)

Let's have a look at one more spot very near and dear to our hearts - Fenway! I love the floor plan!



## Fenway Farms | Boston Red Sox - MLB.com

In the spring of 2015, Fenway Farms was planted, a rooftop garden on the third base side of the ballpark, above Jersey Street. Produce and herbs grown in "Fenway Farms," presented by Pennington, Orsted, Sage Fruit, and Fenway Park concessionaire Aramark, will be used in food products prepared at the ballpark this season, including the restaurant in the Dell EMC Club.

[www.mlb.com](http://www.mlb.com)

Here is more information from the group that runs the Fenway Farm. The Green City Growers!

## Green City Growers | Urban Farming | Fenway Farms

Green City Growers is proudly working with the Boston Red Sox and Fenway Park to bring Fenway Farms to Red Sox Nation! Installed and launched for opening day of the 2015 season, Fenway Farms provides fresh, organically grown vegetables and fruit to Red Sox fans dining at Fenway Park's Dell/EMC Club restaurant along with use in concessions throughout the park.

[greencitygrowers.com](http://greencitygrowers.com)

Let's read up on some of the best Farm to Table restaurants. Yummy!

## Our Favorite Farm-To-Table Restaurants Across The USA That Celebrate Local & Seasonal Food

Cuisine | Multi-course New American, French. Eco & Ethics | At Chez Panisse, everything is done as it would be at a dinner party in your home; attention to detail, warmth, and generosity are of the utmost importance during the reservation-only coursed meal. This neighborhood bistro, owned and operated by award-winning chef, author, and food activist, Alice Waters, believes the best tasting food ...

[www.thegoodtrade.com](http://www.thegoodtrade.com)

Our Center How - To is what to do with a recycled milk carton.

## 17 Creative Ways to Reuse Milk Cartons



In today's post we are featuring ways to reuse milk cartons. Empty milk cartons are handy for a variety of craft projects and uses around the home. The best part of creating amazing stuff from milk cartons is that you don't need to pay for them. I mean, they're trash! -----  
----- WELCOME TO HOME ...

[www.youtube.com](http://www.youtube.com)

Here is some Green Acres Farm Trivia!



## 8 Things You Didn't Know About 'Green Acres'

Here's eight things you probably didn't know about the iconic show "Green Acres" and the residents of the TV town of Hooterville.

[www.wideopencountry.com](http://www.wideopencountry.com)

And now to see how it all started. Our Comic Relief Clip of the Day is Season 1 Episode 1. I love Eval!!!



## Green Acres Season 1 Episode 1

Green Acres Season 1 Episode 1 Green Acres Season 1

<https://bit.ly/2Xp6Sef> Green Acres Season 2

<https://bit.ly/3g1Ou3n> Green Acres Season 3

<https://bit.ly/2YiwRV2> Green Acres Season 4

<https://bit.ly/2YeEZWB>

[www.youtube.com](http://www.youtube.com)

Our MAFA Song of the Day is from Ella Fitzgerald! What a voice! This isn't your preschool version!



## Ella Fitzgerald - Old McDonald

Ella Fitzgerald - Old McDonald - Viena 1981

[www.youtube.com](http://www.youtube.com)

Our Center Quote of the Day is ***"When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization."*** ~ Daniel Webster

**Have a great night everyone and we'll chat tomorrow! ~Aicha**