

# NHA RESOURCES

*Services and resources you can access during COVID-19 through the Resident Services Department*

1



**FOOD DELIVERY AND  
OTHER HOME-  
DELIVERED  
RESOURCES**

2



**REDUCING  
LONLINESS AND  
FEELINGS OF  
ISOLATION**

3



**HEALTHY THINGS  
TO DO AT HOME**

## A MESSAGE FROM RESIDENT SERVICES

The Resident Services Department remains committed to providing necessary services and resources to residents in Newton Housing Authority's programs. While COVID-19 has brought drastic changes to our department's current recreation programming and clinical services, below are some services and resources that can specifically support your health and wellness during this crisis.

We are thinking of each of you and hoping you stay safe and healthy--

Rebecca and Cipher

# 1



## FOOD DELIVERY

Based on recommendations from public health officials, residents over the age of 62 or those with underlying health conditions are encouraged to stay home and reduce physical interaction with people outside the household. Below are ways that the Resident Services Department can help support your social distancing when it comes to food shopping:

- In coordination with the Centre Street Food Pantry and Newton Food Pantry, we are able to deliver pre-bagged groceries to NHA residents. These deliveries happen on **Tuesdays and Wednesdays**. To request a delivery, call: 781-486-3346
- In collaboration with local restaurants, we are working to receive donations of pre-cooked meals like soup. If you are interested in receiving one of these meals, please call: 781-486-3346
- If you are interested in continuing to shop for yourself, please note that **Whole Foods** is open at 8:00 A.M. FOR AGES 60 AND OLDER and **Stop and Shop** is open 6:00 A.M. – 7:30 A.M. for older residents and persons with underlying health conditions) 6:00 to 7:30 a.m. daily, **Star Market** is open Tuesdays and Thursdays to senior residents from 7:00am-9:00am.



# 2

## REDUCING LONELINESS AND FEELINGS OF ISOLATION

We have heard from residents that the experience of social distancing and isolation from regular activities, friends, and family has been incredibly challenging. Here are some resources to help you through COVID-19 social distancing, quarantine, and general isolation:

- Rebecca Camargo and Cipher Sun are licensed certified social workers and are available for remote check-in sessions. If you want to schedule a **therapeutic check-in session**, please call: 781-486-3346
- If you are feeling overwhelmed, anxious, or need someone to talk to during this time, **Samaritans** runs a 24/7 warm-line. You can call or text: **877-870-4673**
- If you are interested in being partnered with a **Phone Pal**--the Resident Services Department has connected with other Newton Residents that are interested in participating in a phone-pal exchange. Phone Pals would call and check-in with each other through this COVID-19 crisis.



# 3



## HEALTHY THINGS TO DO AT HOME

As social and physical activities are cancelled, here are some ways that you can access healthy activities at home.

- If you have a computer, laptop, i-pad, or smartphone, you can go to <http://www.newtonseniors.org/> and click the "**our programs**" tab on the left menu to watch exercise, meditation, and other videos uploaded by local Tai Chi and fitness instructors in the city.
- Check out some of the inserted step-by-step chair yoga materials that you can practice at home!
  - Use a stable chair.
  - Hold each position for 8-15 seconds
  - Make sure to take deep breaths in and out as you hold each position.