

Elliot House

A SERVICE OF RIVERSIDE COMMUNITY CARE

255 Highland Avenue, Needham, MA 02494

Phone: 781- 449 -1212 - E-mail: elliothousebuzz@gmail.com

ELLIOT HOUSE WEEKLY TIMES

Monday, September 21 - Saturday, September 26



Last Minute Closing Procedures

Update from Alison your Director

We are all very happy to have our members back at the Clubhouse, but we are focused on not spreading this virus throughout Elliot House. This is our reason for doing such extensive screenings and requiring anyone to stay home if they experience any sort of symptom. We recognize those symptoms may not be Covid-19 but due to the chance they could, we are asking you to stay home if you have any symptom outside of your norm. Anyone includes our staff.

Due to the chance that numerous staff will experience symptoms around the same time, we have developed a plan for staff coverage and potential last minute closure. When possible, staff will come in on alternate days in order to try and remain open. If too many staff are out, Elliot House will have to close for the day and potentially some days to follow. Members will be notified before 8am on their assigned day of any program closures. A message will also be left on the Elliot House phone line. If no one is able, food deliveries will be cancelled for that day as well and those members will be notified. A plan will be created for the following days and members will be contacted and informed. Most likely, our remote services will continue in some fashion. If staff have mild symptoms, they will have the option to work from home.

If members and staff are not coming in sick, we will not infect each other, and the Clubhouse will more likely be able to remain open. I want to stress to everyone the importance of this and to take your symptoms seriously.

**ELLIOT HOUSE
VIRTUAL BINGO
IS BACK!
JOIN US
AFTER FORUM**

BINGO

12	18	★	48	66
14	27	40	51	75
9	23	37	60	70

Wednesday, Sept. 30th
2:00-3:00 PM

To play, Zoom call before 2 pm (follow same instructions for forum). **PRIZES** for everyone that wins! **GRAND PRIZE: \$5 CVS GIFT CARD!!!** New Bingo packets will be distributed in meal delivery. If you do not get meal delivery and would like one, call the Clubhouse. **JOIN IN and have FUN!!!**



Members are continually working on developing their skills even through this Covid-19 pandemic. **Good luck to our members and Congratulations from our community!**

BABS - Completed a food handler essential course, which gave her a Certificate for State Food Safety in 08-2020 and is good for 3 years

Claire G. - Passed her Public Health exam and has obtained her Certificate from the National Board of Public Health Examiners. This allows her to pursue a career in politics with local government, health departments, research and nonprofits.

Robert C. and **Josh M.K.** Recently graduated from their training at CVS.

Protect you, your colleagues, family, friends & neighbors from getting sick by following these steps

1. Use face coverings



and try not to touch your face.

2. Social distance and

stay at least 6 feet



apart or more.

3. Wash your hands often.



4. Sanitize frequently.



5. Take your temperature and stay home if you feel sick.



More about your health and wellness, as the Occupational Therapy Students are back from Regis College via Zoom!

Julia and Erin will be with us for the next 2 weeks and will continue to concentrate on the 8 dimensions of wellness through a series of sensory exercises. This past Thursday, September 17, at

1:00pm the students focused on another activity where members created a Weighted Lap Pillow from rice and duct tape.

See Mary on the right proudly displaying her completed Pillow.



Weighted pillows have been known to reduce feelings of anxiety, stress, improve mental and physical health; and are calming to the body like weighted blankets, but smaller.

Next week **September 24th, at 1:00pm** members will be able to join in another sensory activity using just pen and paper. We look forward to another experiential hour with you all.



TUESDAYS at 3 pm Meditation via Zoom [E @ gQi | |](#)

WEDNESDAYS at 2pm (after Forum) fun activities via Zoom.

Here's what's coming up for the remainder of **September**.



Wed. Sept. 23 at 2pm - Name that Tune with Bob. Join the **fun** guessing songs with a chance to win a prize!



Wed. Sept. 30 at 2pm - %1 * 2 with Rita. Join the **fun** and win prizes!

[3XEOLF 2XWLQJV 6XPPHU 6RFLDOV](#)



Last week's outing was held at Waltham Commons. We had a nice group of regular members who attended the social. It's been a wonderful opportunity to connect with those individuals. All of us love seeing your faces so please join us this week.

Every Friday at 3pm we have a social event somewhere in the community. Our next social is **Friday, Sept. 25th at 3 pm at Town Hall Park, 1471 Highland Ave. in Needham.**

Look for Robin with the Elliot House Banner.

If it's **raining** between **2PM** and **4PM**, **the event is cancelled.** In order to attend any of these events, **remember the protocols and policies below MUST BE MET!**

- **Pre-screening questions. If you have any of the following, YOU CANNOT ATTEND.**
 - Take your own **temperature** at home the morning/day of the gathering. **If you have a temperature of 100.4** or higher. Please talk with us if you do not have your own thermometer.
 - **If you are feeling ill.**
 - If you have been **around anyone who has COVID-19.**
- Members and staff are required to get to the location on their own.
- Everyone must keep at least a **6 foot distance** the entire time.
- Everyone must **wear a mask** during the gathering.
- Everyone is encouraged to bring their own lawn chair or blanket to sit on.
- Food and drinks cannot be shared but you are encouraged to bring your own snacks.
- Activities are limited to only activities that allow for a six foot distance.
- All members and staff will be **pre-screened via phone** prior to attending the gathering.

Upcoming socials

Friday October 2nd - Newton Center, Across from Panera, 1241 Ctr St, Newton

Friday October 9th - Artesani Park, 1255 Soldiers Field Rd, Boston

Friday October 16th - Waltham Commons, 6110 Main Street, Waltham.

Friday October 23rd - Town Hall Park, 1471 Highland Ave. Needham

Our **FANTASTIC** staff and members are cooking up some good food this week!
Got an idea for a meal? Join us via **Zoom** for **meal planning** every **Monday at 1 pm**. Follow the forum instructions to join the conversation

This Week's Menu:

Ratatouille - Peanut Butter and Jelly Sandwiches - Chicken Lo Mein

Food Delivery Schedule

Mon-September 21 Allston, Boston, Brighton, Brookline - Norwood, Quincy Sharon, Walpole	Tues-September 22 Dedham, Framingham, Natick, Needham, Wellesley - West Roxbury	Wed-September 23 Newton: Nonantum, Waltham, Watertown	Thurs-September 24 Newton: Chestnut Hill, Oak Hill, Waban, Centre, Highlands, Upper and Lower Falls	Fri-September 25 Newton: Auburndale, Newton Corner, Newtonville, West Newton
---	---	--	---	---

Forum Highlights: From Wednesday, September 16th



- Alison gave the group more updates on our Clubhouse reopening, specifically regarding closings. See Alison's update on the cover page.
- Donna updated the group on our Wednesday Zoom social events which will be held at 2pm directly after Forum. Members would take turns hosting their events, for example: Bingo with Rita, will now be once a month along with Bob's Name that Tune etc.
- Zak reported on The Salvation Army, as an update from last week. Although The Salvation Army is going to do their holiday bell ringing this year. Riverside will not participate due to the pandemic.
- Because of scheduling issues DRA is now back on Mondays 3:30pm to 4:30pm
- Alison told members that our scheduled days most likely would not increase soon because of Covid 19 possibly lingering through the fall and winter seasons.
- Members are allowed to be reassessed for reentry into the Clubhouse. Talk to staff if you are interested.

- We will start our backup list procedure next week. We have twelve spots per day for staff and members combined.
- Alison reported that in an effort to keep up with technology, we will get more computers
- Alison informed the community that though lunch is free now, we will eventually go back to our old routine where lunch is purchased.



Thanks to our Clubhouse members for their dedication and contribution to the publication of this document. We appreciate you all for your support, especially in these difficult times. Bob B., [ÓÉÓ f28/° 2%f29/°ÉÓ8f20É 20 f20 ó0 f2Q/ ó0;Ó 2? f2T°//V0} f3 Z °/Vz f2} á°z f2• @° 7 f2%6°ÉV f f2c° Ó3°2 f2c° Óó° f](#)

: RXG \ RX QNH VR FRQCFWZLVK RVKHU P HP EHV DQG I UHQGV I URP VKH &OEKRXVH LQ VKH HYHQJ" -

&KIFN RXWKH PHPEHU @DGHYHQJ SKRQH FDOVFKHGXI & D ~~425~~ **436-6328**, DFFHV V ~~201883~~ #

:HGQHVG D\ V DMRV VPIG E\ 'HEELH *

6XQGD\ V DWKR VWHG E\ 'HERUDK *

BBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBB

&RQCFWZLVK RVKHU P HP EHV DQG I UHQGV I URP VKH &OEKRXVH-

-RLQ 1LFN * RU **using Forum connection info.**

)ULGD\ V DW KR VWHG E\ 1LFN * 'HERUDK * URWDLWL

7KDNV VR ' HEL DQG 1 LFN I RU KRMIQJ -

BBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBB-

=RRP LQ ZLVK 6WYH * RQ 7XMGD V DW SP I RU VRP H P XMFDOI XQ ZLVK NDURN-

1 H W. DURNH PHMIQJ 7XMGD 6HSP EHU DW SP-

6 KRUVFXW ELWQ) X=XE6 HQYHU LQ EURZ VHU DGGUHV EDU NHHS FDSLVDQJ DMRQ-

=RRP 0 HMIQJ , ' -

3DWFRGH NDURN-

7 H0SKRQH 3DWFRGH -

Want to know what's going on at the Clubhouse? Join us for **FORUM on Wednesdays at 1 pm**. Follow these instructions for **Zoom Video Calls** now for **all our daytime conference calls** using a **phone** or via **computer/smart-phone**.

CALL in by 3+21(Use the link through &20387(5 or 60\$573+21(
1. Dial +1 646 558 8656	1. Click https://zoom.us/j/8708772971
2. When prompted by the automated voice, enter this Number: 870 877 2971	2. You can run the application or download the app.
3. If calling from a smartphone with a camera, you can switch on your video!	3. Type in your name when prompted. If using a computer with speakers/headphones, you may need to select "Use Device Audio" to hear everyone properly.


The group conference calls every week have been very beneficial to members. We encourage all members who need support to join the conversations! **Now those calls will be Zoom Calls and are Monday to Friday at 11 am to 1 pm, Saturdays at 1 pm**



Our evening Zoom Call is on **Fridays at 7:30 pm**
 Call **425-436-6328**, access code **201683#**

Topics for our Weekly Group ZOOM Calls and

<p>1:00 pm Meal Planning Zoom Video Calls</p> <p>3:30-4:30 pm DRA</p>	<p>1:00 pm Job Club Zoom Video Calls</p> <p>3:00 pm Counseling</p>	<p>1:00 pm Forum Zoom Video Calls</p> <p>2:00 pm Support Group</p>	<p>1:00 pm Health & Wellness Zoom Video Calls</p>	<p>1:00 pm Housing Zoom Video Call</p> <p>3:00 pm Counseling</p>
---	--	--	---	--



) LDCQHV) XQQHV-
 4 XHMRQ : KDMUDH D WXGHQV I DYRLVH ZRUGV'-
 \$QZHU - XQH - X0 DQG \$XJXWAF

... of our members celebrating their birthdays this week:

