

July 2022

McNamara House

210 Everett Street Allston, MA
(617) 783-5490

Deborah Hendrix- Rental Manager
Junior Davis - Maintenance Manager
Lydia McCloud - Resident Serv. Coordinator
Zulhay Garcia - Events Coordinator

Office will be closed Monday July 04
For all work orders, please
call the rental office.



Happy
4TH OF
July

Mark your Calendar for
Friday August 05th
McNamara Annual Cookout

HAPPY
BIRTHDAY

Kitty	07/04	(506)
Yevgeny	07/06	(308)
Mei	07/09	(405)
Lucy	07/10	(406)
Olga	07/12	(007)
Alex	07/16	(006)
Nino	07/31	(302)

"May this birthday bring lots of
special things...

Joy, friends and surprises the best of
wishes from near and dear filled with
fun and cheer."

Reminders

**Don't lose your
apartment**

for a *Puff!*



Remember that McNamara House is a smoke-free property. There is a designated area outside of our building that you may use to smoke. Don't forget that you are responsible for your visitors and you must ensure they are following all the rules otherwise you will be responsible for any violations.

Freedom!

"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."
- Nelson Mandela

THE SIGNS OF HEAT EXHAUSTION AND HEAT STROKE.

Is a very serious medical issues that can be very dangerous for seniors. Please look for these signs:

Tiredness, weakness, or dizziness, Red and flushed skin, Rapid heartbeat, Fainting, Headache, Nausea, Confusion

If you start to experience any of these symptoms, you should find a cool or shady place to sit down immediately. Drink cold water. If your symptoms don't get better, seek medical care right away.

HAVE ALL YOUR DOCUMENTS READY FOR LEASE RENEWAL

In an effort to provide better parking we need to Identify Residents vehicles, we are distributing a Corcoran decal sticker. Please see Lydia to get your sticker and confirm your parking space. If we can't identify you; your vehicle will be towed.

If you need help with any of
this services make an
appointment with Lydia or
Walk in any

Thursday 10am-3:00pm

- Rent Payment Assistance
- Free Phone
- Free Internet
- Homemaker Assistance
- Bill Payment
- Copies and Letters
- More..



Savings . Insurance . Investment. Retirement . State Planning



On June 1st Nicholas Josey talked to us about preparing for the unexpected and how to have healthy finances as a senior.

Savings:

Make a Budget and Visualize Your Spending. Take advantage of all the seniors' discounts.

Insurance: If you are already retired life insurance is most likely not needed at this point since it will be very expensive. Josey recommends that we all no matter how old start a relationship with a funeral home and begin to pay for our future funeral service. This will guarantee the best rate and will lock our services to the current market price. Therefore even if you die 20 years from now you will pay the lock price for the package you selected and only have to pay any remaining balance if there is any.

Investment: At 65 , you are your best investment. Take care of yourself and enjoy your life as you see fit.

Retirement: Adjust your lifestyle to fit your budget and make a meal plan. For some of us, retirement means living alone and this can bring some extra spending like dining out and paying for deliveries that can become a financial burden.

State Planning: The preparation of tasks that serve to manage an individual's asset base in the event of their incapacitation or death. The State Planning includes the following documents:

- **A Durable Power of Attorney:** This legal document gives another person the right to do certain things on your behalf in case you are not able to do it. Like managing your finance, insurance, and state benefits. It is essential to give this document only to a person that you truly trust.
- **Health Care Proxy:** This names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you can't.
- **Final Arrangements:** the arrangements you make for everything you want to happen directly after you pass away. This is your final will and you can write it yourself in your own handwriting, to legalize the document all you need is to notarize it.

Life is full of surprises, are you ready?

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Freedom</i> I think is to act, think, love, respect, laugh, and cry whenever you choose, and to understand that everyone is entitled to the same freedom.						
3	4 Happy 4th Office Closed	5 Stretch, Relax, and Breathe, 11:00 am Bingo 5:00 pm	6 Coffee Hour 10:30 am	7 Dottie keep it moving Chair Yoga DVD 11:00am	1 Spirit of Boston 9:30 am	2 Bingo 5:30 pm
10	11 Dance class w lisa 11:00 am	12 Walk Jamaica pond 10:00 am Bingo 5:00 pm	13 Coffee Hour & Guest Speaker 10:30 am	14 Need help: RSC Walking Hours 10:00am-3:00pm	15 Walmart Framingham 10:30 am	16 Bingo 5:30 pm
17	18 Chair Massage 2-4pm	19 Stretch, Relax, and Breathe 1:30 pm Bingo 5:00 pm	20 Coffee Hour 10:30 am	21 Dottie keep it moving Chair Yoga DVD 11:00am	22	23 Bingo 5:30 pm
24	25 Self healing Massage & stress reduction 3:00pm	26 Revere Beach Day 11:00 am-3:00pm Bingo 5:00 pm	27 Coffee Hour 10:30 am	28 Need help: RSC Walking Hours 10:00am-3:00pm	29 Latin Dance with Emily 11:00am	30 Bingo 5:30 pm
31	I think freedom is.....					