

JANUARY
2012



33 Shattuck Street
Littleton, MA 01460

Phone: 978-540-2470
Fax: 978-952-2363

www.littletonma.org

COA Office Hours: Monday - Friday 8:30 a.m. to 4:30 p.m.
COA Outreach Hours: Monday - Thursday 9:00 a.m. to 3:00 p.m.

Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still a few changes you can make, if you qualify.

For those with a **Medicare Advantage Plan:**

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.

For those with a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:**

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. 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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Norman Harlow, MART Driver
George Ogilvie, MART Driver
Gayle Dalton, Meal Site Manager 978-540-2474

The Board meets the 2nd Monday of each month at 1:30 p.m. in Room 230

Day Trips Coordinators: Lois Soule and Joyce Newman

Broadcaster Editor: Rosemarie DiBacco

ENRICHING THE SENIOR COMMUNITY

LITTLETON SENIOR
BROADCASTER

INFORMATION & OUTREACH INFORMATION

ALZHEIMER CAREGIVER SUPPORT GROUPS

Life Care Center of Nashoba Valley

191 Foster Street, Littleton
5:30 –7:30 p.m. 1st Wednesday of every month.
Liz Lenkauskas (978) 486-3512.

Alzheimer's Association Helpline

Available for calls 7 days a week, 24 hours a day.
1-800-548-2111.

Evening Support Group

The Inn at Robbins Brook, Acton/Westford
The 4th Tuesday Of each month at 6:00 p.m.
For information, call **Judy Ramirez (978)-399-2305.**

Monthly morning Caregivers Support Group

Concord Park Assisted Living Residence in W. Concord.

3rd Tuesday of the month at 10:30 a.m.

Call Mary Baum (978) 369-4728.

Meg Candilore 978-369-6889

Concord Cooperative Elder Services, Inc.

Adult Day Health and Alzheimer's Care
Program in Concord . Please call **Social Services
Department at (978) 318-0046.**

The **Salvation Army Good Neighbor Energy Fund** will take emergency assistance applications now and regular fuel assistance applications after January 2, 2012. The maximum benefit level is up to \$350.00 and the guidelines can be found by going to www.magoodneighbor.org.

The program is designed for households who are not financially eligible for SMOC fuel assistance program and fall between 60-80% of the state median income. Example: 1 person household must have a gross annual income between \$31,218-\$41,624.

Call the Outreach office for an appt. at 978-540-2472.

Outreach Coordinator

Tina Maeder, LSW

978- 540-2472

Room #232

LIVING ALONE SUPPORT GROUP

The Living Alone Support Group will meet on Thursday, **January 19, 2011** from 10:30-11:30 in Room 230. We are always looking for new members, so please call to say you will join us....978-540-2472.



BLOOD PRESSURE CLINIC

Tuesday, January 10 from 11:00 to 12 noon in the Littleton Senior Diner with Tamara Bedard, Nashoba Nurses.



PODIATRY CLINIC

The next Podiatry Clinic will be held on **January 10** in Room 233 with Dr. Gregorian from 9:30 – 2:00. The cost is \$25.

Please call the COA for an appointment.
978-540-2470.

COA - WELLNESS PROGRAM

- ♥ Blood Pressure screenings are conducted every
- ♥ Tuesday at the Littleton Council on Aging, Shattuck Street, Room 230 from 10:00 - 12:00 except
- ♥ for the 2nd Tuesday of each month, when it is
- ♥ conducted by Nashoba Nursing Service from
- ♥ 11:00 - 12:00 at the Senior Diner.
- ♥ All screenings are conducted by registered nurses.
- ♥ Medication, dietary and wellness counseling is
- ♥ available at all clinics.

MASSACHUSETTS SENIOR LEGAL HELPLINE 1-866-778-0939

The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law.



COA DAY TRIPS

We will not be scheduling any trips in January or February. Keep an eye out for trips being planned for the Spring! Thanks to the folks who have gone on the trips we have been on so far and hope they had an enjoyable time.

SCHOLARSHIPS FOR TRIPS

We have a limited number of scholarships available for folks who would like to go on one of the trips but financially are unable to pay. Information will be held confidential. See Janice or Tina.

NEW PROGRAM!

January 25th at 10:00 Caregiver and Loved One's Social/Support Group Information Session

Are you a caregiver? Would you like to come to the Senior Center and meet other caregivers? We are starting a new program that will meet once a month which will offer to caregivers a chance to come to the Center **with** their loved one, and enjoy some socialization and gain information while we offer an activity in another area specifically designed for your loved one.

We are collaborating with local agencies on this project. We would love input from the community as to what your needs are. Please contact Janice if you are interested in participating in this program. We are also looking for volunteers (especially men) to assist with the activity. For more information Contact Jan at 978-540-2470.



NEIGHBORHOOD SUPPER

The Neighborhood Supper continues to serve a free, nutritious meal every Tuesday evening from 5:30 - 6:30 p.m. at the Congregational Church, 330 King St., Littleton. All are welcome

Wednesday, January 11th at 11:00

"Healthy Me" Group. No Excuses! Exercising (body and mind) Is **Key to Staying Young!** We will be discussing GOALS and why they are important. RSVP by January 9 - 978-540-2470.

Thursday, January 19th at 3:00 pm

Lunch Ladies and Gentlemen meet at Tre Amici, 529 King Street, Littleton. Dinner specials (chicken, pasta, fish) \$9. RSVP by January 13 - 978-540-2470.

Monday, January 23rd at 1:00

The Tools For A Successful Future: Be Organized-Be Prepared Don't find yourself unprepared and leave your family overwhelmed when a catastrophic event occurs. Attend this **free** seminar and learn how easy it is to be organized and prepared for whatever the future brings. At this seminar Attorney Nick Kalties and/or Donna Ostiguy will review their **Be Organized-Be Prepared and Long Term Planning Kits** and answer any questions you may have. These kits (free to attendees) are important tools to help you organize your affairs and achieve effective long term planning. This will be a repeat (at the request of several folks who missed the first one) of the seminar given last September with additional information being provided as well - so even if you came last time feel free to attend this session. RSVP by January 18 - 978-540-2471. Sponsored by **Elder & Disability Law Advocates.**

Monday, January 30th at 9:00

Breakfast with the Director. Come hungry -I am known for cooking a "mean" breakfast! RSVP by January 26 - 978-540-2470.

BINGO

AT THE SENIOR DINER

Friday afternoons from 1:00 - 2:30.

Please join us



SENIOR BOWLING

Monday through Thursday 9:00-5:00

Friday 9:00-2:00

2 Games and Shoes - \$6.00, 1 Game & Shoes - \$4.00. Socialize while you exercise! Complimentary Coffee!

Acton Bowladrome - 978-263-7638



INDIAN HILL MUSIC

'BACH'S LUNCH' CONCERT: Indian Hill Music School's free monthly faculty series presents hits from the American songbook and great jazz tunes with vocalist Suzanne Cabot, pianist Pamela Hines, and bassist Justin Meyer: TWO SHOWS - Thursday, **January 19** at 11 am and 1:30 pm, 36 King Street. Coffee, tea and cookies served; bring your lunch. FREE admission. Reserve a table at (978) 486-9524 x116. Learn more at www.indianhillmusic.org.

ST. ANNE PARISH Sunshine Club Bingo

On the third Thursday of every month, St. Anne Church on King Street in Littleton holds **Free** Bingo games for Seniors. The Bingo starts at 1:00 p.m. downstairs in the Church Hall. All seniors are welcome.

If you need transportation please call Denise Gibbons at 978-501-0681 and we will be happy to arrange it. Come and join the fun and make new friends.

VOLUNTEER OPPORTUNITIES

- Do you have an interest, hobby, or skill that you would like to share? We are looking for folks to run different workshops, programs, and events.
- Meals on Wheels Drivers
- Nutrition Site Help - Wednesdays

See Jan if you are interested in volunteering.

ROSEMARIE'S RECIPE CORNER DATE AND NUT BREAD

Ingredients:

1 ½ cups Boiling Water
1 cup chopped Dates
1 tsp. Baking Soda
1 tsp. Salt
1 Egg
1 ½ cups Brown Sugar
4 Tbsp. Softened Butter
1 tsp. Vanilla
2 ½ c. Flour
1 tsp. Baking Powder
1 cup chopped Walnuts

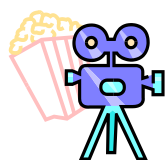


Directions:

Mix Boiling Water, Dates, Baking Soda and Salt in a bowl and let stand until cool.

In another bowl, beat Egg, Brown Sugar and Butter. Add vanilla. Alternately mix in the Flour and Date mixture. Add Walnuts

Pour into greased and floured loaf pan and bake 350 deg. 50 -60 minutes.



MOVIE OF THE MONTH

There will be no movie scheduled for the month of January.



BIRTHDAY LUNCHEON

January 11

HAPPY BIRTHDAY!

Your lunch will be paid for by Minuteman Senior Services. Cake provided by COA. Make reservations by calling 978-540-2474. All are welcome. Bring a friend.

LADIES' BREAKFAST

January 12 - 7:30 a.m. to 9:00 a.m.



MEN'S BREAKFAST

January 18 - 7:30 a.m. to 9:00 a.m.

Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$2.00 donation will be given to the Friends of the COA to support Friends/COA programs

Need a ride? **Call: 978-540-2470 - COA VAN**

EMERGENCY INFORMATION

In order to better serve the community in case of emergency, we are asking **all** residents to complete the **Community Notification Enrollment** Form located on Littleton's Electric Light and Water Department's website www.lclwd.com. If you would prefer, you may contact Kevin Goddard at Littleton Electric Light and Water Department, Monday-Thursday at 978-540-2222 and he will assist you. Also, you may call the Office of Elder and Human Services, 978-540-2470, and we would be happy to help you register as well. In case of emergency situations or critical community alerts you can be notified on your landline, cell phone, or work number- you may add up to five numbers to be notified. What a great service this is! We learned from the recent snow storm that it is critical that you register all of your numbers (especially your cell phone number) so you can receive vital information to help keep you safe.

Veteran's Office

Open every Monday and Thursday 9:00 a.m. to noon in Room 222. For appointment call: 978-540-2485.

ZUMBA GOLD AND STRETCH

Zumba Gold takes the excitement of the original Zumba program and brings it to the beginner, active older adult, and all participants needing modifications for a successful class. These explosive programs are designed so that anyone can do them! Zumba is the "exercise" for those that want to have fun, get fit, dance, and Join the Party! Stretching is also incorporated into this class. Participants should wear sneakers (old, worn-treads are best), bring water and a smile! (no class 2/1)

Session 1:

6 Wednesdays, 1/4-2/15, 10:00a-10:45a (#105313G)

Session 2:

6 Wednesdays, 3/7-4/11, 10:00a-10:45a (#105313GG)

\$60/resident, \$63/non-resident, **\$30 for seniors 60+**

Location: Littleton Town Hall, Multi-Purpose Room



FREE DRESS REHEARSALS AT CANNON THEATRE

The Cannon Theatre is offering free admission to Littleton seniors to their dress rehearsals.

The Cannon Theatre, 410 Great Road, Littleton

Please call 978-540-2470 for more information

**** MART TRANSPORTATION ****

- Please schedule your appointments at least two business days ahead. We cannot accommodate same day appointments. If you know that you have an appointment, please call 978-540-2470 from 9:00 a.m. to 2:00 p.m. Monday through Friday, except holidays, to schedule your ride as soon as possible.
- When scheduling your appointment you **MUST** have the **EXACT** street, number and town of where you are going, as well as a pick up time at your home and when you are finished with your appointment.
- Be ready at least one half hour before your pick up time and expect to wait at least one half hour for your pick up. **Time for appointments must be between 9 a.m. and return to Littleton by 3 p.m.**
- In order to serve you better, when making a reservation for transportation, please **DO NOT** leave your requests on the answering machine.

Please Note:

- *If you have someone accompany you on the ride, they also will have to pay.*
- *Due to the increase in volume of rides, it is possible that you will have to be picked up earlier than your requested pickup time for your appointment or that you will have to wait on your return trip. All efforts are being made to accommodate everyone.*

**LITTLETON COA MART VAN CHARGES
(Van service for Seniors and the disabled)**

If the MART Van departure and return to Littleton is 15 miles or greater, your cost is \$7.00, except as noted below:

<u>Monday-Friday 9 a.m.-3 p.m.</u>	<u>Each Way</u>
Medical appointments in Town	\$1.50
Shopping in Town	\$1.50
Medical appointments *out of Town	\$2.00
Shopping *out of Town	\$2.00
*Medical & Shopping out of Town " ONLY " to: Harvard, Ayer, Groton, Westford, Acton and Concord. \$2.00	
<u>2nd Wednesday of month</u>	
WALMART (N. Chelmsford only)	10 am - 2 pm
Round Trip \$5.00	<u>(Special Rate)</u>
<u>4th Wednesday of month</u>	
PHEASANT LANE MALL (NH)	10 am - 2 pm
Round Trip \$7.00	<u>(Special Rate)</u>
<u>Mondays:</u>	
Shopping at MARKET BASKET	10 am - 2:00 pm
Shopping at DONELAN'S	10 am - 2:00 pm
<u>Men's and Ladies' Monthly Breakfasts</u>	Roundtrip \$2.00
	<u>(Special Rate)</u>

REMINDER

If you use the van on a weekly basis, please call 48 hours in advance EVERY week. Other-
wise, you will not get on the list.

LITTLETON COUNCIL ON AGING
P. O. BOX 1305
33 SHATTUCK ST., ROOM 231
LITTLETON, MA 01460
RETURN SERVICE REQUESTED

BULK RATE
US POSTAGE
PAID
LITTLETON, MA
PERMIT NO. 19