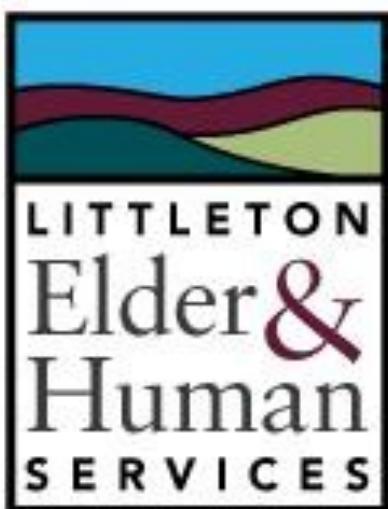


The Broadcaster



Holiday Frauds

FRAUD ALERT

The holidays are right around the corner. Are you armed with vital information to keep yourself safe from scammers? Call **978-540-2470** to reserve your seat for a discussion of this topic, to be held on **Wednesday, October 4th, at 10:30 am in Room 230, Town House**. For more information see the article on page 9.



Affordable Housing for Littleton – Meetings to Discuss

Members of the Council on Aging Board have been working diligently in conjunction with the Littleton Planning Board to create new by-laws that will provide opportunities for senior and affordable housing in Littleton.

At the **Town Meeting October 30th**, two by-laws will be proposed to address this issue. We will be holding meetings at the COA to discuss what these by-laws cover and how they will benefit seniors and others in town.

The meetings will be held on **Thursday, October 5th, and Thursday, October 12th**, each starting at 10:30 am in Room 233 at Town House. Below is a brief summary of the proposed by-laws. For more in-depth information, please come to one of our meetings, or to the Public Hearing that the Planning Board will hold on **Thursday, October 5th**, in the evening. Call **978-540-2470** to reserve a seat.

Senior Residential Development By-law: Allows, through special permit, the building of high-density housing that has specific requirements designed for senior residents. Also permits assisted and independent living facilities.

Affordable Housing Provision: For developments of more than six units (or houses), requires developers to provide 10% as affordable units, or pay into the Affordable Housing Trust Fund.

Do you know someone who is struggling with utility or food bills? Have them contact our office: 978-540-2470.

~ Pamela

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Happenings—October 2017

(These are just a few of our events—look inside The Broadcaster for more)

- Oct 2, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- Oct 4, Wed at 10:30, **Holiday Frauds Discussion** (P9)
- Oct 5 & 12, Thurs at 10:30, **Affordable Housing in Littleton** (P1 & 9)
- Oct 6, 13, 20 & 27, Fridays at 11:00, **Brains & Balance Class** (P4)
- Oct 6, Fri at 7:30 pm, **Littleton Lyceum-Guy Van Duser & Billy Novick** (P9)
- Oct 10, Tues from 10:00-Noon, **Flu Clinic** (P4)
- Oct 18, Wed at 10:30, **Medicare Changes Presentation** (P10)
- Oct 19, Thurs at 11:00 and 1:30, **Indian Hill Bach's Lunch** (P8)
- Oct 19, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Oct 25, Wed, **AARP Smart Driver Course** (P10)
- Oct 25, Wed from 8:00-9:00, **Veterans Breakfast** (P8)
- Oct 25, Wed at 1:00, **Crafts at the Council** (P8)
- Oct 25, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Oct 26, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Oct 26, Thurs at 1:00, **Movie of the Month** (P8)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner

Ongoing Exercise Programs (P4):

- Tues and Thurs, from 9:00-10:00, **Fit-4-LIFE with Phyllis**
- Tues and Thurs, from 11:15-12:15, **Stretch and Flex with Carol Winge**
- Wed from 9:30-10:30, **Gentle Flow Yoga**
- Mon and Sat, from 11:00-12:00, and Mon evenings at 6:00 pm, **Tai Chi-Qi Gong**.

HOLIDAY CLOSING—COA AND DINER CLOSED



Monday, October 9: Columbus Day

Bill Vales' Internet & Computer Classes

Classes are held on Thursdays from 10:30 – 11:30 am in Room 230. (We linger until noon.)



- Oct 5 – Basics of security; keeping your system and your information safe.
- Oct 12 – Social engineering. Safe internet practices for accessing information.
- Oct 19 – Email systems. Email clients, webmail, changing email systems.
- Oct 26 – The cloud. What it is, where it is? How do we use it safely?

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Pamela Campbell, Director
 Tina Maeder, Outreach Coordinator
 Helen Bailey, MART Driver
 Neil Campbell, MART Driver
 Richard Kent, MART Driver
 Gina Monahan, MART Driver
 William Monahan, MART Driver
 Sam Palmer, MART Driver
 Paul Tokmakian, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 Nancy Levine, Vice President
 Tony Jesensky, Treasurer
 Dottie Ruiz, Secretary
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33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460

Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 8:30 am- 4:30 pm

COA Outreach Hours:
 Monday-Friday
 9:00 am-3:00 pm

Broadcaster by Email and Online!!
 You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up for Town Notifications," and enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

Flu Clinic At Town Hall



Mark your calendar! Get your flu shot on **Tuesday, October 10th**, in Room 103 at Town Hall. Shots will be given from **10:00 am until 12 noon**. No signup is needed. Bring your insurance or Medicare card. \$20 if you are not insured.

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Tamara Bedard from Nasheba Nursing Service joins us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching.

The LFD will also take your blood pressure on **Thursdays at noon** in the Senior Diner.

We are having an Alzheimer's program, "Dementia Conversations", on **Monday, November 6th** from **6:30-7:30 pm** in room 230. This workshop will offer tips on making legal and financial plans, driving concerns and working with your doctor. Registration is required and we need a minimum of 10 for the program to run, so please pre-register at **1-800-272-3900**.



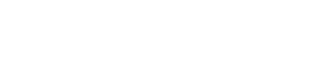
Losing your balance and losing your mental capacity are no longer inevitable parts of the aging process! Research shows that you can work to keep your body AND your mind sharp. Brains and Balance classes will be held on **Fridays, October 6th, 13th, 20th and 27th at 11:00 am**, in the Multi-Purpose Room. The series runs every Friday for 10 weeks. The cost is \$25, paid in advance. You will come away stronger and better prepared to stay upright. **Call the COA office at 978-540-2470 or come in to sign up.**

All classes below are in the Multi-Purpose Room. Call **978-540-2470** to register.

FIT-4-LIFE with Phyllis
Tuesday and Thursday, 9:00 to 10:00
 Intermediate to Advanced.
 \$2 per session.



STRETCH AND FLEX with Carol Winge
Tuesday and Thursday, 11:15-12:15
 Designed for all fitness levels. \$2 per session.



Gentle Flow Yoga
 Join the Gentle Yoga group which meets on **Wednesdays from 9:30-10:30 am** led by Carol Winge. \$3.



Tai Chi-Qi Gong

Tai Chi-Qi Gong is offered on **Mon and Sat from 11:00 am to 12:00 noon** in the MultiPurpose Room. Tai Chi also meets on **Monday evenings at 6:00 pm** in the Multi-Purpose Room. Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

Coloring, Coffee and Conversation



The next meeting will be **Monday, October 2nd at 2:00 pm in Room 230**. No charge – coloring blanks and books available. Bring your pencils and pens. Group normally meets the first Monday of the month.

Friends of the Council on Aging

The Friends of the Council on Aging started the 2017-2018 season with a luncheon catered by **IL Forno** the newest restaurant in town. Selectmen Chuck DeCoste, Cindy Napoli and Joe Knox were our guests for a question and answer session with our seniors. Thank you to our Selectmen and **IL Forno** for helping to make it a success. **October is Oktoberfest** time and we will celebrate by hosting our monthly luncheon, at the Shattuck St. multi-purpose room, in October with our typical meal of knockwurst and bockwurst, sauerkraut, and German potato salad. Date to be set soon.

Mark your calendars for the **November 8th, Veteran's lunch**.

Join us every month for this social time with friends and neighbors. Sign up at the COA office for these special events. Call: **978-540-2470**

THRIFT SHOP



The Friends Thrift Shop is open for business with all new merchandise. Come in and browse around; we might have all you will need for your winter wardrobe. Prices have not changed, just the clothes. Thanks to our volunteers: Marilyn Fedele, Deliea Protasowicki, Ellen Araujo, Gail Mitrano, Sharon Corbin, Pamela Frattalloni, Patti Hannon, Margaret Kelleher, Liz Vincent, Nancy Friday, Bev Cyr and Bev Rigoli, for the work they do. Also thanks to all who helped to re-do the Thrift Shop for the winter sales.

The Thrift Shop is open **Monday through Friday, 10:00 am to 3:00 pm**.



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by your donations to the Friends of the COA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Picatta Couscous Roman Blend Vegetables Pumpernickel Bread Blueberry Pomegranate Bars	3 Swedish Meatballs Bowtie Pasta Scandinavian Vegetables Whole Wheat Bread Strawberries/Whip.Topping	4 Egg Frittata O'Brien Potatoes Stewed Tomatoes Marble Rye Bread Fresh Fruit	5 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Italian Bread Yogurt	6 Roast Turkey w/ Gravy Mashed Sweet Potatoes Cranberry Stuffing Green Beans Marble Rye Bread Peaches
9 Columbus Day Holiday NO MEALS SERVED 	10 Pork Rib B Que Macaroni & Cheese Side Corn Niblets Hamburger Bun Mandarin Oranges	11 **High Sodium** Sloppy Joe* Potato Wedges Mixed Vegetables Sandwich Roll Fruit Cocktail	12 Vegetarian Vegetable Soup Buttermilk Chicken Sour Cream & Chive Potatoes Marble Rye Bread Fresh Fruit	13 Catch of the Day Wild Rice Spinach Pumpernickel Bread Brownie
16 Macaroni & Cheese Stewed Tomatoes Green Beans Italian Bread Fresh Fruit	17 Stuffed Pepper Casserole Mashed Potatoes Garden Salad Whole Wheat Bread Tapioca	18 Garlic Herbed Chicken Potatoes Au Gratin Tuscany Vegetables Pumpernickel Bread Peach Streusel Cake	19 Beef with Pearl Onions Rice Pilaf Peas and Carrots Whole Wheat Bread Pineapple	20 Breaded Fish Potato Wedges Jardinere Vegetables Sandwich Roll Mandarin Oranges Tartar Sauce
23 Beef Burgundy Brown Rice Winter Mix Vegetables French Bread Apple Cinnamon Grahams	24 **High Sodium** Hot Dog* Baked Beans Coleslaw Hot dog bun Fresh Fruit	25 American Chop Suey Broccoli & Red Peppers Corn French Bread Cranberry Apple Crisp	26 Chicken Pesto Gemilli Pasta Brussel Sprouts Pumpernickel Bread Birthday Cake	27 Beef and Bean Chili w/ Cheese Baked Potato Mixed Vegetables Corn Bread Mixed Fruit
30 Cream of Carrot Soup Ranch Chicken Red Bliss Potatoes Marble Rye Bread Fresh Fruit	31 Beef with Onions & Peppers Potato Wedges Mixed Vegetables Sandwich Roll Pumpkin Spiced Mousse	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee and Conversation 6:00 pm Tai Chi	3 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Social Anxiety Grp 1:00 -3:00 Mah-Jongg	4 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Holiday Frauds Discussion Noon Lunch 1:00 Friends of the COA Board Meeting 1:00-3:00 SHINE	5 9:00-10:00 Fit 4 Life Class 10:30 Affordable Housing Mtg 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	6 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
9  Columbus Day	10 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 10:00-12:00 Flu Shot Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00 -3:00 Mah-Jongg	11 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	12 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30 Affordable Housing Mtg 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	13 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
16 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Mtg 6:00 pm Tai Chi	17 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-2:30 Social Anxiety Grp 1:00-3:00 Mah-Jongg	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Medicare Changes Presentation Noon Lunch 1:00-3:00 SHINE	19 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check Noon Lunch 1:00 Scrabble 1:00-2:30 Bereavement Grp	20 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
23 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	24 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg	25 8:00-9:00 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Crafts at the Council 1:00-3:00 SHINE 6:30-8:00 pm Caregivers Meeting AARP Smart Driver Course	26 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:45-11:45 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00 Movie of the Month	27 10:00 Wii 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
30 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	31 9:00-10:0 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg			

IS YOUR BIRTHDAY THIS MONTH? Free Lunch Wed, October 11th HAPPY BIRTHDAY!



Your lunch will be paid for by Minuteman Senior Services. Lunch will be served in the newly-renovated Senior Diner. Cake provided by COA. **Make reservations by October 9th** by calling **978-540-2474**. All are welcome. Bring a friend.

Get a FREE Class

As a reward for attendance, get a coupon for a **FREE** class when you attend 6 or more classes in the previous month (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg or Scrabble – you choose the six to attend. We will track you through the attendance sheets. Pick up your coupon after the first of the month in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

LADIES' BREAKFAST



October 12th - 7:30 am to 9:00 am



MEN'S BREAKFAST



October 18th - 7:30 am to 9:00 am

Senior Diner - Shattuck Street

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

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs



ELDER ABUSE? If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services** at **781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.

New York City Shopping!

Y**NY** Saturday, December 2nd. Departs from Littleton at **6:00 am** with stops at Rockefeller Center and Macy's. Shopping or sightseeing on your own with departure from New York at **6:00 pm**. Cost is \$69 – contact Littleton Park and Rec **978-540-2490** for reservations or more details.

Boston Pops Holiday Concert

 Thursday, December 14th. Departs from Littleton in the am with lunch at the Venezia Restaurant overlooking the harbor. Attend the 4:00 pm matinee performance from First Balcony seats. Arrive home at approximately 7:00 pm. Contact Littleton Park and Rec **978-540-2490** for reservations or more details. Planning a day trip? Consider buying Trip Insurance- talk with Park and Rec about cost and conditions.

Get to Know Your COA Board

The COA Board is made up of 9 town residents who volunteer to address the issues of elders in our community. Board meetings are open to all and are held on the **2nd Monday of each month at 1:30 pm**, in Room 307 of Town Hall. They are also televised.

Maureen Donnelly, COA Board Member



Littleton is my home. Having lived here since 1960, I have a vested interest in seeing the town grow but still stay the same - welcoming and friendly. I have been involved with the Emblem Club, a national community service-based organization for over 43 years. Helping others as well as serving our veterans, promoting scholarship, drug awareness and literacy are just some of the things we do. I hope that by being a member of the COA board I can bring these same principles to assist our seniors.



The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socio-economic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

FIND THE DELIBERATE ERROR



Find the 'error' we have inserted in this month's Broadcaster and you win a coupon entitling you to a free class or meal. Come in and show us the error and we'll give you your coupon. Happy hunting!

Crafts at the Council



Wednesday October 25th at 1:00 pm in the Multi-Purpose room. The long awaited introduction to tole painting will be led by 3 talented artists: Ann Marie, Joyce and Ginnie. You will have a variety of choices to paint, such as wooden boxes, slate, plaques, etc. So come and enjoy this technique of tole painting. Please call **978-540-2470** to register for this class. \$3.



Loving Stitches



Knit or crochet to help others. Items that are made are then donated to various charities. Yarn and needles are available. Every **Monday, 12 noon-2:00 pm** in Room 233.

Call **978-540-2470** for more information.

Looking for Scrabble Players-All Levels



The Scrabble group will meet on **Thursdays at 1:00 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call Carolyn Harlow **978-486-8589** for more information.

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday October 25th (last Wednesday of the month)**, Senior Diner at Town Hall, 8:00-9:00 am.

Veteran Services

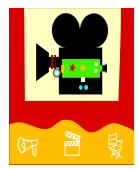


Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call John Boroski at **978-540-2485**.

Come Join the Fun!!



Line Dancing	Mondays at 9:00 am. MultiPurpose Room – no sign up needed.
Mah Jongg	Tuesdays from 1:00-3:00 pm in Room 230.
Bingo	Friday afternoons from 1:00 - 2:30 pm in the Senior Diner



Movie of the Month

Thursday, October 26th at 1:00 pm, "Wonder Woman" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call 978-540-2470.



Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

Senior Bingo Afternoon



Come join us on **Thursday, October 12th, from 1:00 to 3:30 pm**, at the Congregational Church for an afternoon of Bingo, prizes and refreshments! It's "free" so bring along a friend to enjoy some fun with you. Any questions call Jane Lyons, **978-486-3436**.

Bingo at St. Anne's Church



The Sunshine Club at St. Anne's Church (75 King Street) will meet on **Thursday, October 19th**, (the third Thursday of October). Come play BINGO. We start at **1:00 pm** and generally end around **3:00 pm**. It's **FREE**, and winners get small prizes. Refreshments are served after the games. The group is non-denominational. This year we will meet in the Conference Room, which is below the Rectory. From the parking lot use the single glass door (closest door to the garage). Go down the stairs - door on the right at foot of the stairs is the Conference Room. For more information contact Topsy Hunt at **978-486-3783**.

SENIOR BOWLING

Monday through Friday 10:00-1:00
3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638**.



INDIAN HILL MUSIC



Indian Hill Music School presents the Sounds of the Renaissance featuring Berit Strong (guitar) and Aldo Abreu (recorder): **TWO SHOWS - Thursday, October 19 at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups at **(978) 486-9524** (press 0). Learn more at www.indianhillmusic.org.

Call to reserve tables for groups of five or more. **Please do not make reservations via email.** Thank you!

Disclaimer: Some announcements and advertisements in this Broadcaster are not sponsored by the LCOA.

Littleton Lyceum

Established 1829

Guy Van Duser and Billy Novick Friday, October 6th, 2017, 7:30 pm



If you enjoy the rich legacy of the classic jazz age, be sure to come out to hear some of the most elegant and soulful music by acoustic guitarist and clarinetist [Guy Van Duser and Billy Novick](#). This duo can play any piece from their huge repertoire - an obscure Ellington tune, a Gershwin classic, a complex Jelly Roll Morton arrangement, or perhaps one of their originals and immediately have it sound their own. You will be treated to a joyously entertaining and musically enchanting show that, indeed, has already stood the test of time. Programs take place at the Littleton High School Performing Arts Center. Purchase tickets [online](#) at [littletonlyceum.org](#).

Senior and Affordable Housing in Littleton



Get your questions answered about the proposals for senior and affordable housing in Littleton. There will be zoning by-law changes coming **before Town Meeting October 30**. Join us on Thursday October 5th or on Thursday October 12th at 10:30 am for discussion. Both meetings will be held in Room 233 of Town House. Call **978-540-2470** to reserve your seat.

Need Help with Your “Device”?



Let the Tiger Tech Help Desk team help **you** with problems with your iPhone, iMac, Android phone, Chromebook, Facebook, Skype, photos, Windows, and with searching the web. Littleton High School students are ready and able to help you with your problems.

Call the COA at 978-540-2470 to sign up for a “help session”. Students meet with seniors on **Monday afternoons** at the High School Library. You must have an appointment. This is a free service.

Senior Legal Hotline



The Volunteer Lawyers Project (**VLP**) of the Boston Bar Association operates a Senior Legal Helpline that provides free legal information and referral services to Massachusetts residents who are 60 years old or older.

The helpline telephone number is **800-342-5297** and is open Monday through Friday 9:00 am to 12:00 pm.

Meals on Wheels for Homebound Seniors



Littleton Elder and Human Services, through Minuteman Senior Services, provides home-delivered hot meals to frail elders and homebound seniors. With advance request, frozen meals for evenings and weekends can also be delivered with the noon hot meal. Each meal meets 1/3 of the Recommended Dietary Allowances for adults and is appropriate for a ‘no added salt’ diet. Therapeutic diet meals are available with a physician’s prescription. You must be 60+yo and homebound. Requested donation is \$2 per meal. To sign up: Call Minuteman Senior Services **888-222-6171** and ask for Meals on Wheels.

Holiday Frauds

FRAUD ALERT

The holidays are right around the corner. Are you armed with vital information to keep yourself safe from scammers?

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation and Amy Schram, Senior Community Relations Specialist from the Better Business Bureau will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention. **Wednesday, October 4th, at 10:30 am in Room 230, Town House. Call 978-540-2470 to reserve your seat.**

Do you have low vision and would benefit from a low vision aide/magnifier? We have one which was donated and we are looking to give it to someone who would benefit from it. Please contact the COA at 978-540-2470 to let us know if you would like to have it.

Worried you might have Alzheimer's?



Do you forget appointments or misplace belongings and then wonder if you are ‘losing it’? If you forget something but later remember you missed it, chances are good that there’s nothing to be concerned about. If you forget the appointment and forget that you even MADE the appointment...see your doctor.

The same applies to misplaced belongings. Every so often everyone misplaces something. What we usually do is to retrace our steps (mentally or literally) until we find it again. What is different for a person who has memory loss is they can’t always remember where they’ve been earlier in the day. So they are unable to retrace their steps to find their misplaced possession.

Signs of Unsafe Driving in Older Adults



Age is not the only factor that can impact your driving ability, but it can be an important one. Change in vision, reaction time, the ability to assess a dangerous situation and even flexibility of the neck and arms can all result in a slower response to a dangerous situation.

No one wants to admit that they may be 'slipping' in regard to driving, but for the safety of yourself, your family members, and other drivers and pedestrians, take a minute to think about these signs of difficulties. You may want to think of being evaluated (or having a loved one evaluated) if these things are happening:

- Ignoring traffic signs and signals (or 'not seeing' them)
- Becoming easily agitated or angered when driving
- Falling asleep when driving, or having trouble focusing on the road
- Getting lost in familiar areas
- Reacting slowly to dangerous situations
- Forgetting or ignoring basics (like yielding right-of-way when entering a rotary)
- Having trouble judging distances

If you or a loved one is having difficulty, you should consider taking the AARP course we are offering in October. Or discuss with your physician about obtaining a referral for a driving evaluation. One is offered by the Occupational Therapy department at Emerson Hospital.

Medicare Changes Presentation Oct 18

Medicare

Don't Ignore your Medicare Mail! Your medical insurance plan changes each year...and your health may change, too. If you have a Medicare Prescription Plan or a Medicare Advantage Plan you likely received information in the mail recently (your "Annual Notice of Coverage"). It's important to read and understand the changes – your medications may no longer be covered and tiers and costs may have changed.

During the annual Medicare Open Enrollment Period (Oct 15 – Dec 7) you will have a chance to change your plan. Come to this presentation on **Wednesday, October 18th, at 10:30 am in Room 230** to hear about changes that may be affecting you. Your plan may have changed the providers, the medications that are covered, and your premium. There may be a different plan that is a better fit for you. Call **978-540-2470** to reserve your seat.

This program is sponsored by the Minuteman Senior Services SHINE program. In addition to this program, our SHINE counselors meet with residents every week and provide accurate, unbiased, confidential counseling in private sessions.

AARP Smart Driver Course



Elder and Human Services/COA is happy to announce that we will be offering the AARP Smart Driver Course again on **Wednesday October 25th**. This course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older.

During the course, attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. **You may be eligible to receive a multi-year auto insurance discount upon completing the course** (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

Our course will be taught by Doug Prentiss, AARP Driver Safety Instructor. The fee is \$10 for AARP members and \$15 for non-members. Sign up for the course by calling **978-540-2470**.

RMV NEAR ME



The Registry of Motor Vehicles is partnering with area COAs to provide five of the most common transactions at COA sites. Littleton is one of those sites! Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals (if no insurance stamp is required), change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. **You must call the COA at 978-540-2470 and schedule an appointment.** You will need a valid credit card to process any transaction; no cash will be accepted.

Book Buddy Program to Continue This Fall



Our seniors have been asked to join in the Book Buddy reading program, at Shaker Lane School, with Michelle Barth's kindergarten class. The program was so successful last year that we have been invited to come back.

Once a month, on an assigned day, we will go to Shaker Lane School, and meet with Michelle Barth and her class. We will be assigned 1-3 Book Buddies each, and read stories together. You may bring your own book, or pick one from a selection provided for us.

This is a fun program. We are looking for 12-15 seniors to participate. If you are interested and would like further information, please call the COA, **978-540-2470**. Someone will get back to you with specific details.

TRANSPORTATION

- Arrange a ride by calling Dispatch at **978-844-6809**; **Monday through Friday - 8:30 am to 4:00 pm** Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- **Requests should be made 48 hours in advance.**
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

LITTLETON EHS TRANSPORTATION CHARGES

Rides are provided to appointments between 9:00 and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

***** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE *****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call EVERY week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.

LITTLETON COUNCIL ON AGING

P. O. BOX 1305
33 SHATTUCK ST., ROOM 231
LITTLETON, MA 01460

RETURN SERVICE REQUESTED



(Photo by
Jim Donnelly)

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