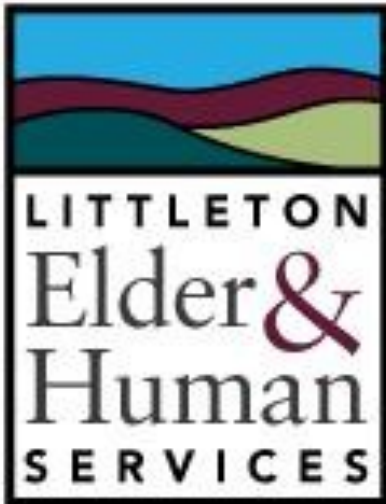


# The Broadcaster



## Tax Relief for Elders and the Disabled (T.R.E.A.D.)

Are you concerned about Littleton's low-income elderly population?

Would you like to directly aid these residents in paying their property taxes?

### Donate now to the TREAD Fund

The money goes directly into a special account and every dollar is used for tax relief.

If you would like to help, send a check payable to the **Town of Littleton, "TREAD Program"** or donate through the *on-line property tax payment program* accessible from the Tax Collector page on the town website. Either way, you will receive a receipt for your tax-deductible contribution.

Know someone who needs help? 38% of Littleton residents over 65 have an income of less than \$25,000. \*

*\*Source: US Census Bureau, American Community Survey (2009-2013)*

~ Pamela

### 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 September 27th (last Wednesday of the month), Senior Diner at Town Hall, 8:00-9:00 am.**

### Contents

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## Happenings—September 2017

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


- Sept 19, Tues, **Podiatry Clinic** (by appointment only) (P4)
- Sept 21, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Sept 21, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- Sept 22 and 29, Friday at 11:00, **Brains & Balance Class** (P4)
- Sept 27, Wed from 8:00-9:00, **Veterans Breakfast** (P1)
- Sept 27, Wed at 1:00, **Crafts at the Council** (P8)
- Sept 27, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Sept 28, Thursday at 1:00, **Movie of the Month** (P8)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner

### October Happenings:

- Oct 2, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- Oct 6, 13, 20 and 27, Fridays at 11:00 **Brains & Balance Class** (P4)
- Oct 10, Tues from 10:00-Noon, **Flu Clinic** (P4)
- Oct 25, Wed, **AARP Smart Driver Course** (P10)

### 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, September 4: Labor Day**  
 \*\*\*\*\*

### Bill Vales' Internet & Computer Classes



Classes start again on Thursday, September 21st and run from 10:30 – 11:30 am in Room 230.  
 (We linger until noon.)

### Topics for September:

**Sept 21** – What's new? Latest on new hardware, new software and new malware.

**Sept 28** – Review of the layout of the Windows PC desktop. Navigating around the system. Focus on Windows 10 and 7.

**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

### BOARD MEMBERS

Marjorie Payne, Chair  
 Mary "Paddie" Hunt, Vice Chair  
 Robert Stetson, Secretary  
 Mary Catalanotto  
 Maureen Donnelly  
 Susan Dunn  
 Jean Johnson  
 Kathleen Nollett  
 Mary Pickard

### FRIENDS OF THE COA

Barbara McRae, President  
 Nancy Levine, Vice President  
 Tony Jesensky, Treasurer  
 Dottie Ruiz, Secretary  
 Ellen Araujo  
 Sharon Corbin  
 Carolyn Harlow  
 Carol Vales

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](http://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.

**The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg**  
**Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall**

## OUTREACH INFORMATION

**Residents need to make appointments for Outreach Services. Call 978-540-2472 to schedule with Tina.**

### Living Alone & Living Well Group

Living Alone and Living Well Group will be meeting on **Thursday, September 21st, from 10:45-11:45 am.** We hope that you can join us in Room 233. New members are welcome. Please call Tina Maeder, at **978-540-2472** for more information.

### Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate. Cost includes transportation and lunch. Please call Pamela Campbell for more information at **978-540-2470**.

### Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (September 21st) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

### Social Anxiety Support Group

Social Anxiety Support Group will meet on **Tuesdays, September 5th and 19th, from 1:00-2:30 pm, in Room 233.** New members are welcome, but please contact Tina Maeder to sign up by calling **978-540-2472**.

### Caregivers Meeting

Those who are caring for an adult in the home are invited to attend a monthly support group. This month's meeting will be held in the Senior Diner on **Wednesday evening, September 27th, from 6:30-8:00 pm.** We will be hosted by Julie Wysocki, Community Relations and Outreach for Senior Helpers in Westford.

Please call Tina in the Outreach Office at **978-540-2472** if you plan on attending, so we can plan the light supper and program information.



**Do you need help paying for your heat this winter? We can help provide information for assistance for you. Call Tina Maeder in the Outreach office at 978-540-2472.**

### SMOC Fuel Assistance Program

**SMOC** fuel assistance re-certifications are currently underway. Please call Tina at **978-540-2472** to make an appointment if you require assistance in completing your re-certification.

We will begin accepting appointments for new fuel assistance applicants **after November 1st.**

Guidelines for the program will be published as soon as they are available.

Contact Tina in the Outreach Office for more information at: **978-540-2472**.

### Medicare or Health Insurance Questions?



Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every **Wednesday from 1:00-3:00 pm.** Call **978-540-2470** to make an appointment. Appointments are needed.

**SHINE** services are provided through Minute-man Senior Services.

### Home Visits



There are situations that prevent a senior from coming to the COA. We understand and we are more than happy to visit a senior at home to provide service.

If you or someone you know needs a visit to discuss COA and Elder and Human Services, referrals, or any needs, call **978-540-2472** and talk with Tina Maeder.

### Need Help with Vet Bills?



A gift from the **Bradford Sampson Relief of Animals Fund** makes it possible to assist low-income town residents who are facing expensive veterinary bills.

**Contact Tina Maeder (978-540-2472)** to determine eligibility and to apply for funds from this gift.

**A reminder that the Outreach Office (978-540-2472) is available to assist caregivers in finding Respite Services if needed.**

## 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.

## 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.

## Podiatry Clinic



Next Podiatry Clinic: **Tuesday, September 19th in Room 103**. By Appointment only. Call **978-540-2470** to schedule an appointment. Cost is \$30.

## Brains and Balance is Back!



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 begins a new series on **Friday, September 22nd and 29th 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.

## 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 Nashoba Nursing Service joins us on the **2<sup>nd</sup> 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**.



## Friends of the Council on Aging



The Friends of the COA board will be bidding "Adieu" to our co-worker Carolyn Harlow when she retires from our board this month. Carolyn has been a volunteer for many years here at the Council on Aging, teaching art classes, hosting the Chit Chat Club, now called the Littleton Social Club, and helping with the Friends social events. She has been an important part of the senior community and we will miss her. Thank You Carolyn for all you have done.

The Friends Board is working on the 2017-18 year and hoping to have programs you will enjoy. Watch **The Broadcaster** and tune in to Littleton Community Television's **Littleton Common** show for more information.

## THRIFT SHOP



The annual \$3.00 a bag sale is still on during the first week of September. Come in and fill a bag or 3 with clothes for the family. We are working on another fashion show of Fall and Winter clothes. Do not miss this special day. Watch for posters with date and time.

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.

**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.



# Minuteman Senior Services SEPTEMBER 2017 Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your local meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>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</p>			<p>1 Chicken Breast with Orange Sauce Baked Beans Mexicali Corn Wheat Bread Fresh Fruit</p>
<p>4</p>  <p><b>NO MEALS SERVED</b></p>	<p>5 Grilled Chicken with Pesto Cream Sauce Tricolor Rotini Genoa Veg Blend Wheat Bread Mixed Fruit</p>	<p>6 <b>SPECIAL</b> Haddock Newburg Brown Rice Pilaf Ratatouille Dinner Roll Straw Apple Crisp</p>	<p>7 Egg Drop Soup Asian Chicken Salad Chick Pea Cilantro Sld Wheat Dinner Roll Fresh Peach</p>	<p>8 Swedish Meatballs Egg Noodles Broccoli Wheat Bread Strawberry Yogurt</p>
<p>11 Veg Gumbo Soup Steak and Cheese Grinder Roll Tater Tots Cranberry Snack Loaf</p>	<p>12 Turkey Corn Stew Green Beans Wheat Dinner Roll Pineapple Whip</p>	<p>13 Chicken Coq Au Vin Garlic Mashed Potatoes Carrots Wheat Bread Fresh Fruit</p>	<p>14 Roast Pork with Herb Gravy Butternut Squash Tossed Salad Rye Bread Mandarin Oranges</p>	<p>15 Meatloaf with Onion Gravy Roasted Potatoes Summer Veg Blend Wheat Bread Applesauce Fruit Cup</p>
<p>18 Grilled Chicken Honey Ginger Glaze Brown Rice Pilaf Oriental Veg Blend Wheat Bread Pineapple</p>	<p>19 Potato Pollock Filet Tartar Sauce CousCous w/Red Pepper Broccoli Wheat Bread Lemon Cake</p>	<p>20 Chicken Parmesan Marinara Sauce Ziti Tossed Salad Italian Bread Blueberry Yogurt</p>	<p>21 Autumn Harvest Soup Yankee Pot Roast Jardiniere Gravy Chantilly Potatoes Dinner Roll Sliced Peaches</p>	<p>22 Cheesy Omelet Cheese Sauce Sausage Links Home fries Wheat Bread Fresh Orange</p>
<p>25 BBQ Pork Rib B Que Baked Beans Cole Slaw Hamburger Roll Raisins</p>	<p>26 Chicken Breast with Red Bell Pepper Sauce Orzo Pilaf w/Spinach California Veg Blend Wheat Bread Chocolate Pudding</p>	<p>27 Roast Pork with Cran Orange Sauce Sweet Potatoes Fresh Squash Blend Wheat Dinner Roll Fresh Apple</p>	<p>28 White Bean Chicken Chili Brown Rice Riviera Veg Blend Corn Bread Mixed Fruit</p>	<p>29 Beef and Cabbage Casserole Herbed Carrots Rye Bread Snack n Loaf</p>

# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>4</b> 	<b>5</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg	<b>6</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>Noon Birthday Lunch</b> <b>1:00-3:00 SHINE</b> <b>1:00 Friends of the COA Board Meeting</b>	<b>7</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>8</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>11</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 COA Board Mtg</b> 6:00 pm Tai Chi	<b>12</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>1:00-2:30 Social Anxiety Grp</b> 1:00-3:00 Mah-Jongg	<b>13</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>Noon Birthday Lunch</b> <b>1:00-3:00 SHINE</b>	<b>14</b> <b>7:30-9:00 Ladies' Breakfast</b> 9:00-10:00 Fit 4 Life Class <b>11:00 and 1:30 Indian Hill Bach's Lunch Concert</b> 11:15-12:15 Stretch & Flex <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b>	<b>15</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>18</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	<b>19</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg <b><i>Podiatry Clinic by Appointment Only</i></b>	<b>20</b> <b>7:30-9:00 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 SHINE</b>	<b>21</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> <b>10:45-11:45 Living Alone Grp</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b> <b>1:00-2:30 Bereavement Grp</b>	<b>22</b> 10:00 Wii <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo
<b>25</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	<b>26</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 1:00-3:00 Mah-Jongg	<b>27</b> <b>8:00-9:00 Veterans Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00 Crafts at the Council</b> <b>1:00-3:00 SHINE</b> <b>6:30-8:00 pm Caregivers Meeting</b>	<b>28</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Scrabble</b> <b>1:00 Movie of the Month</b>	<b>29</b> 10:00 Wii <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo

## IS YOUR BIRTHDAY THIS MONTH?

### Free Lunch Wed, Sept 13th

### 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 September 11th** 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



September 14th - 7:30 am to 9:00 am



## MEN'S BREAKFAST

September 20th - 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**.

## Are You A Good Cook?



If you are a good cook and want to share, the Senior Diner is looking for volunteers to cook soup for one of the Thursday Special Lunches. Call Gayle in the Diner for details – **978-540-2474**.

## DO YOU LIKE TO SING?



We would like to gather together a group of people who enjoy singing. Come join us and have fun and a lot of laughs. We don't do Opera or Classical.

For more info and to sign up, call Carolyn Harlow @ **978-486-8589**.



**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, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.**

## 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 **2<sup>nd</sup> Monday of each month at 1:30 pm**, in Room 307 of Town Hall. They are also televised.

## Mary Pickard, COA Board Member



Mary Patricia Pickard was born in Littleton and has lived here most of her life. She graduated from Littleton High School and received her RN degree from Lawrence General Hospital

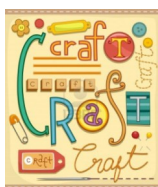
School of Nursing. After 30 years at Emerson Hospital, Mary retired and began to spend time working with the Council on Aging. An active Board member, Mary also volunteers time to cover the office and says she is 'learning much about the town!'

## \*\*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



Crafts will begin again on **Wednesday, September 27<sup>th</sup> at 1:00 in Room 103 – “Painting on Sweatshirts”**. Joyce will be showing us how to stencil a sweatshirt for the fall. You must bring your own new or clean plain sweatshirt to stencil. Paint and stencils will be supplied.

A great way to end the summer and begin the fall. Please call **978-540-2470** to register for this new and exciting project. \$3.



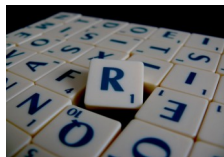
## Loving Stitches



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.

## 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!!

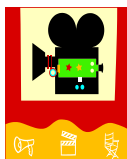


**Line Dancing** Mondays at 9:00 am. MultiPurpose Room – no sign up needed.

**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, September 28th at 1:00 pm, “Their Finest”** 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



There will be no Senior Bingo at the Congregational Church in September. Hope you had a good summer and we look forward to seeing you again in October!

Any questions call **Jane Lyons, 978-486-3436**

## Bingo at St. Anne's Church



The Sunshine Club will once again be starting on **September 19th**. Come play BINGO at St Anne's Church Hall at 75 King Street in Littleton at 1:00pm. Winners get small prizes such as candy, paper goods, and groceries. The cost is

FREE.

The group is non-denominational. We start at 1:00 pm down in The Kaye Room on lower level. We usually end around 3:00 pm. Come join the FUN!

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



**‘BACH’S LUNCH’ CONCERT:** Indian Hill Music School presents Flute Music Inspired by Nature featuring Melissa Mielens (flute) and Rebecca Plummer (piano). **TWO SHOWS - Thursday, September 14th 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](http://www.indianhillmusic.org).

**Please Note: This concert is scheduled for the second Thursday of September instead of the third Thursday.**

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



## Tax Work-Off Refund on Withholding



Were you in the Senior Tax Work-Off Program last year AND are you over 70.5 years of age? You are eligible to have the money that is withheld for the OBRA program refunded to you each year.

Cindy Filipe from the Town Treasurer's office will be at the COA on Thursday September 21st with forms to be completed. Cindy will also help you to complete the forms. **Come to Room 205 on Thursday September 21st between 10:30 and noon.**

Questions? Call [978-540-2470](tel:978-540-2470).

## 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.

## The IRS is NOT calling you!



The IRS never calls or emails you demanding payment. This is a scam.

**Just HANG UP!**

## Free Referral Help from MassOptions

MassOptions is a free resource linking elders, individuals with disabilities, caregivers, and family members to services that help you or a loved one live independently.

They also help to avoid the frustration of calling multiple agencies and offices. You can call them, or connect online. Here are some of the kinds of referrals for support they offer:

- Caregiver Support Services
- Day Services
- Care Management
- Food and Nutrition Services
- Mental Health Services
- Equipment and Supplies
- Financial Assistance
- Substance Abuse Services
- Transportation Services

Contact MassOptions at [844-422-6277](tel:844-422-6277) or chat online at [massoptions.com](http://massoptions.com). The call center and online chat are available seven days a week, 8:00 am to 8:00 pm.



## Indian Hill Bach's Lunch Concerts 2017-2018 Season

September 14	<i>Flute Music Inspired by Nature</i>
October 19	<i>Sounds of the Renaissance</i>
November 16	<i>Music of J.S. Bach</i>
December 21	<i>Justin Meyer Jazz Quartet</i>
January 18	<i>Classical &amp; Contemporary Viola &amp; Piano</i>
February 15	<i>Come to the Cabaret</i>
March 15	<i>Sounds of the Oboe &amp; English Horn</i>
April 19	<i>Springtime Flutes</i>
May 17	<i>Early Music With a Twist</i>
June 21	<i>Music of Jimmy Van Heusen</i>

## 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.

## 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](tel:978-540-2470).

## Tips for Caregivers:



As you care for your elder (either living with you or still in their own home); find the balance you need each day to continue to provide great care for your loved one and yourself.

- Ask for help when you need it. Know that you don't have to do it all.
- Seek family support. Maintain open communications with immediate family members and siblings, which gives you a chance to ask for help with various tasks.
- Hire an elder care professional. Remember, you are assisting your parent(s) and want to do what is best for them. This may be the time to contact an elder care consultant who will make caregiving easier for you. An elder care consultant will provide tools and resources to develop a personal plan that outlines manageable next steps to ensure the best possible care.
- Schedule fun time for yourself on a regular basis. You need something to look forward to!
- Take good care of yourself. Before anyone else, you need to take care of yourself first. Eat well; get some exercise; get enough sleep; and be sure you're also getting your annual physicals. It's not an indulgence – it's a necessity!
- Let go of the caregiver guilt. There's no room or energy for any guilt. Remember, your parent was able to live their life and it is okay to want to do the same. Know that you're doing the best you can in caring for them.

## 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.

## HELP STOP Medicare FRAUD

Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. Do your part to reduce costs caused by fraud.

If there are any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or **1-800-Medicare**. Be on the alert for out-of-state charges for prescriptions and services that you never received.

## Thanks to our Advertisers!



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And if you already advertise with us – Thank you! and we ask our readers to thank you also.



### \*\*\*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 TRANSPORTION 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.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> 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

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Jim Donnelly)

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