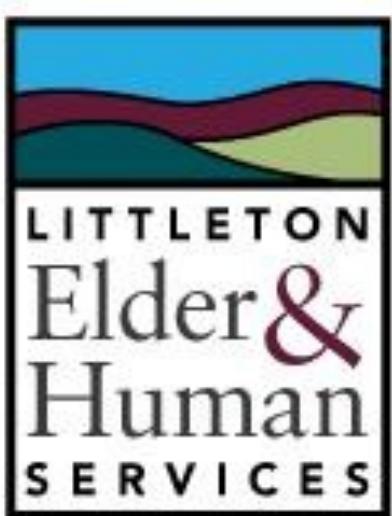


The Broadcaster



Summer Cookout with Senator Eldridge and Rep Arciero



Our annual cookout hosted by our state legislators will be held on **Thursday, August 17th, at noon** in the Courtyard and MultiPurpose Room adjacent to the Senior Diner.

Call the COA at **978-540-2470** to sign up for this free event.



The sign-up dates for this year's program will be in the COA area, 2nd floor TownHouse, **Monday- Friday, July 10 - July 14, during the hours of 9:00 am to 12 noon, and July 17 - 21, from 1:00-4:00 pm.**

You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the Director in the COA office at **978- 540-2470 before July 1st.**

Contact the COA office at 978-540-2470 for more information on how the program operates.

Veterans: There is also a Veterans Tax Work-Off Program available. You do not need to be a senior to be part of the Veterans program. You must show your discharge Form DD-214. Call John Boroski at **978-540-2485** for details.

~ Pamela

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Happenings—July and August 2017

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

- July 3 and Aug 7, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- July 5, Wed at 12:30, **Jumpin' Juba Music** (P10)
- July 13, Thurs at 10:00, **Safety and our Seniors** (P4)
- July 19, Wed at noon, **Fire Department Cookout** (P10)
- July 20 and August 17, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- July 20 and August 17, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- July 20 and August 17, Thurs from 5:00-8:00 pm, **3rd Thursday Celebrations** (P10)
- July 20, Thurs from 6:30-8:00 pm, **Dementia Conversations** (P9)
- July 26, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- August 16, Wed at 11:00, **Ramblin' Richard SongFest** (P10)
- August 17 at noon, **Summer Cookout with State Legislators** (P1)
- 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**.

REMINDER—SENIOR TAX WORKOFF PROGRAM SIGNUP

The sign-up dates for this year's program will be in the COA area, 2nd floor
TownHouse, **Monday- Friday, July 10 - July 14, during the hours of
9:00 am to 12 noon, and July 17 - 21, from 1:00-4:00 pm.**

Bill Vales' Internet & Computer Classes



Classes will be on hiatus for July & August. We will resume in September.

Look for more details in the September Broadcaster.

The IRS is NOT calling you!

 The IRS never calls or emails you demanding payment. This is a scam. Just HANG UP!

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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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, 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.

Safety and our Seniors, All the time, Everywhere



Join us on **Thursday, July 13th at 10:00 am, in Room 230** for a presentation on safety for seniors. Registered Nurses Amie Kirschenbaum, Melissa Shukoff, and Roseanne Johnson will be presenting this program entitled **"Safety and our Seniors, All the Time, Everywhere"**. Sign up in the COA office or call **978-540-2470** for this informative program which will help all seniors identify safety issues in and out of their homes, with suggestions and solutions.

Coloring, Coffee and Conversation



The July and August meetings will be **Monday, July 3rd and August 7th 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.

Ticked Off??



Ticks are going to be abundant this summer and with ticks come Lyme disease and other debilitating blood disorders. The best way to fight Lyme disease is to avoid being bitten by the deer tick that carries it.

Wear long pants tucked into your socks whenever you will be in brush, long grass or wooded areas. If you wear light colors, it is easier to spot the ticks before they attach.

If you have been exposed to a tick-friendly area, check yourself carefully during your next shower. You don't feel the tick bite (they inject a little anesthetic) so you are most likely to find them by sight or touch. Grasp firmly but gently (try not to squeeze it) and steadily pull until it releases. Treat the area with hydrogen peroxide or antibiotic cream. If a bull-eye develops, or you get a rash at the site or flu-like symptoms, see your doctor immediately.



Brains and Balance Classes Resume In September. Check the September Broadcaster for information about Fall classes.

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.

Friends of the Council on Aging

We had a busy season and will take a break in July and August. We hope to see you again in September, when we begin the **2017-18** year with a welcome back luncheon. Look for the date and time in the September Broadcaster and flyers. The Friends are on Facebook. Please check us out and see what we've been up to and what we've done. All you have to do is go to Facebook and look up Friends of the Littleton Council on Aging.

Also, Representative James Arciero and Senator Jamie Eldridge are planning their annual BBQ for us on **Thursday, August 17th at noon**. Call the COA office for more information, and to sign up at **978-540-2470**. The Friends are also planning some fun to go along with this. Stay tuned and look for flyers and ads announcing details.

THRIFT SHOP



If you're looking for an addition to your summer wardrobe, try the Friends Thrift Shop. The selection is enormous and you will find brand names such as Chicos and Ann Taylor. The annual \$3.00 a bag sale will begin on **August 28th**.

"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.

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 **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.



JULY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 	5 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 12:30 Jumpin' Juba Music 1:00-3:00 SHINE 1:00 Friends of the COA Board meeting	6 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	7 10:00 Wii Noon Lunch 1:00-2:30 Bingo
10 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	11 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	12 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	13 9:00-10:00 Fit 4 Life Class 10:00 Safety & Our Seniors 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	14 10:00 Wii Noon Lunch 1:00-2:30 Bingo
Senior Tax Work-Off Program Sign-Up: Monday-Friday, July 10-14, from 9:00 am to 12:00 noon.				
17 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	18 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	19 7:30-9:00 Men's & Ladies' Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Fire Dept Cookout 1:00-3:00 SHINE	20 9:00-10:00 Fit 4 Life Class 10:45-11:45 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00-2:30 Bereavement Grp 5:00-8:00 pm 3rd Thursday Celebration at Fay Park 6:30-8:00 pm Dementia Conversation	21 10:00 Wii Noon Lunch 1:00-2:30 Bingo
Senior Tax Work-Off Program Sign-Up: Monday-Friday, July 17-21, from 1:00 to 4:00 pm.				
24 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	25 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	26 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 6:30-8:00 pm Caregivers' Meeting	27 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	28 10:00 Wii Noon Lunch 1:00-2:30 Bingo
31 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				



AUGUST 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE 1:00 Friends of the COA Board Meeting	3 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	4 10:00 Wii Noon Lunch 1:00-2:30 Bingo
7 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	8 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	9 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	10 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	11 10:00 Wii Noon Lunch 1:00-2:30 Bingo
14 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	15 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	16 7:30-9:00 Men's & Ladies' Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Ramblin' Richard Song Fest Noon Lunch 1:00-3:00 SHINE	17 9:00-10:00 Fit 4 Life Class 10:45-11:45 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Summer Cookout Noon Fire Dept BP Check 1:00 Scrabble 1:00-2:30 Bereavement Grp 5:00-8:00 pm 3rd Thursday Celebration at Fay Park	18 10:00 Wii Noon Lunch 1:00-2:30 Bingo
21 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	22 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	23 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE	24 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	25 10:00 Wii Noon Lunch 1:00-2:30 Bingo
28 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	29 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	30 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE	31 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	

IS YOUR BIRTHDAY THIS SUMMER? Free Lunch Wed, Jul 12th & Aug 9th 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 July 10th or August 7th** 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!**



MEN'S AND LADIES' BREAKFASTS WILL BE COMBINED IN JULY AND AUGUST ON THE 3RD WEDNESDAY OF THE MONTH—July 19th and August 16th from 7:30-9:00 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**.



Majestic Maine Cruise

This cruise features Casco Bay, Bailey Island and L.L. Bean in Freeport. Bus to Portland and then a 2 hour narrated ferry cruise around the Maine islands. Lunch on Bailey Island at the famous Cook's Lobster House. Returns to Portland with time for shopping and sightseeing. **Register by July 19th** for this trip which departs the Littleton TownHall at **7:00 am on Saturday, August 19th**. **Returns at 6:30 pm**. Only \$105, includes lunch. Call Park and Rec to sign up – **978-540-2490**.

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.

Susan Dunn, COA Board Member



I've been in love with Littleton for 49 years. I think it's one of the loveliest places I've ever lived. As a member of the COA Board I get to meet with and hopefully help my peers in this community. As a parent of two boys, I've aided in classrooms, provided snacks at many sporting events and attended many student performances. During my real estate career I was privileged to

market and sell properties in town.

Now I answer phones at DEHS front office and engage with truly inspiring people. What could be better?

FIND THE DELIBERATE ERROR



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.



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 be off for the Summer, but we have an exciting year planned. We begin again on **Wednesday, September 27th at 1:00 in Room 203** – “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.

See you in September.



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

There will be no “Movie of the Month” in July or August. We will resume again in September. Watch for the September Broadcaster for date and time.



Monthly Veterans Breakfast Resumes in September



Join us for the Veterans Breakfast **Wednesday September 27th (last Wednesday of the month) 8:00-9:00 am in the Senior Diner**. Free for veterans of all ages and sponsored by the Littleton Fire and Police Departments.

Bingo at St. Anne's Church



There is no Sunshine Club Bingo at St. Anne's Church during June, July or August. See you in September.

For more information, call **Denise Gibbons @ 978-501-0681**.

Senior Bingo Afternoon



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

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

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 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

There will be no “**Bach's Lunch**” in July or August. We will resume again in September.

Check the September Broadcaster for date and time.

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

Dementia Conversations With the Alzheimer's Association



A representative from the Alzheimer's Association will be at the COA on **Thursday July 20th, from 6:30-8:00 pm**, to present a workshop on how to have honest and caring conversations with a loved one who is suffering from dementia. Among the topics discussed will be deciding to stop driving; making financial and legal plans; and planning for doctor's appointments.

Call the Alzheimer's Association **(1-800-272-3900)** to RSVP to attend this event, or call the **COA at 978-540-2470**.



Littleton Café

Andrea at the **Littleton Café** (341 King Street, next to the Nashoba Garage) is offering a senior discount on Tuesday – senior lunch for \$3. Stop in and try this great deal!

Tax Work-Off Refund on Withholding

 Are you in the Senior Tax Work-Off Program and over 70.5 years old? You are eligible to have the money being withheld for the OBRA program refunded to you each year. Participants in the STWOP are town employees and their "income" (which is received as a direct abatement on property taxes) is subject to taxes. OBRA is the state equivalent of FICA taxes. See Cindy Filipe in the Treasurer's Office for a form that you can submit to apply for your OBRA money to be returned to you. Questions? Call the COA office at **978-540-2470** and talk to the Director.

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**.

PRIME TIME PADDLERS

The Prime Time Paddlers are starting their 7th season of kayaking and enjoying Mother Nature. It's free and fun!

We try to kayak somewhere close to Littleton once a week, on a Thursday, and always paddle as a group. All you need is a kayak with a paddle and life jacket, and a car to get you to wherever we are going.

We also suggest bringing a hat, sun block, and water to drink. A cell phone is also a good idea.

For more information, please call the **COA office at 978-540-2470**, and someone will get back to you with details.



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.

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.

Ramblin' Richard SongFest



Back by popular demand – Ramblin' Richard (aka Richard Krappa) brings us **"Songs of the Season"**. Join us for a fun musical presentation! Richard is very talented and makes his show very enjoyable to all. This free program will be held **Wednesday August 16th at 11:00 am** in the MultiPurpose Room.

Fire Dept Cookout



It's time for our annual cookout hosted by the Littleton Fire Department! Call and sign up to be included in the cookout on **Wednesday July 19th, starting at noon** in the Courtyard and the MultiPurpose Room. Littleton's finest fire fighters will be cooking burgers and hot-dogs for all.

Call 978-540-2470 to be included.

Jumpin' Juba Music!!!



The Jumpin' Juba duo comes to the COA on **Wednesday July 5th at 12:30 pm** in the MultiPurpose Room. Come and hear this upbeat bluesy rock & roll jam band! Steve Hurl finger picks and Bruce Ward plays a **mean** boogie-woogie piano. Call the COA at **978-540-2470** to reserve your seat!

Senior Discount at Springdell Farm



Springdell Farm on Route 119 is offering a 20% discount on vegetables to seniors this summer on Tuesdays! Come by on a Tuesday and get fresh fruits and vegetables of the season – corn, tomatoes, greens. Springdell has a great variety and all the offerings are fresh from the farm. Be sure to look on the surplus table for free bags of extra vegetables to take home!

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.

3rd Thursday Celebrations



Look for Littleton COA at the **3rd Thursday** celebrations at Fay Park on **July 20th and August 17th, from 5:00-8:00 pm!**

Games, giveaways, music and more.

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.

Thanks to our Advertisers!



Our publisher, LPi, publishes our newsletter at no cost to us in exchange for the revenue earned from our advertisers.

If you are interested in advertising in our newsletter, contact Lisa Templeton at LPi – L_Templeton@4LPi.com

or call 800-477-4574 x6377.

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 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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