

The Broadcaster



Want to Get
The Broadcaster by



On the town website,
www.littletonma.org you
can "Sign up for Town
Notifications", enter your
email address and get
The Broadcaster by E-
mail.

Support for Caregivers in Littleton

Elder and Human Services is prepared to help all Littleton residents with social service needs, regardless of age. Our **Outreach Coordinator, Tina Maeder**, meets with individuals and families to discuss the services that we can offer, as well as to supply information on, and assistance with applying for, various state and federal programs.

Below are only some of the services that are available for caregivers. If you or your family are having difficulties or have questions, **call Tina at 978-540-2472**.

SHINE – **S**erving the **H**ealth **I**nformation **N**eeds of **E**veryone. The SHINE counselor is here weekly to assist with selecting the right Medicare supplemental or Part D policy, with understanding eligibility for Mass Health, or to answer any other questions related to health insurance. Details on page 3

Caregiver Support Group – Those caring for an adult in the home are welcomed into our monthly support group to learn about options and to get help making plans. This evening support group includes a light supper and gives an opportunity to discuss issues and options with others in a similar situation.

Respite Workers -- We have information on hiring non-medical care providers to allow caregivers to leave during the day, or to have someone at home in the mornings to prompt personal care, medications, eating, etc.

Littleton Social Club -- This supervised activity program meets 3 mornings each week and is targeted at isolated seniors with cognitive issues such as poor memory. Includes van transportation and a hot lunch. Contact Tina Maeder for evaluation – **978-540-2472**.

Info on **Short-term Respite Stays** at local memory care facilities – We have information on this option, for caregivers who need to take a break or who need help with being away from home.

Individual Counseling – we are available by telephone or to meet with individuals and families to discuss issues and options. **Call us at 978-540-2470 or call Tina Maeder directly at 978-540-2472**.

~ *Pamela*

Contents

Happenings.....	2	Menu.....	5	COA Activities/Classes.....	7
Outreach	3	Calendar.....	6	Ongoing Activities.....	8
Health/Fitness/Wellness...	4	Birthday Lunch.....	7	Ongoing Activities.....	9
Friends of the COA.....	4	Men's/Ladies' Breakfasts.....	7	Community Programs.....	10

Happenings—May 2017

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

- May 1, Mon at 2:00, **Coloring, Coffee and Conversation** (P4)
- May 3, Wed at noon, **Littleton Police Department Lunch** (P10)
- May 5, 12, 19 and 26, Fridays at 11:00, **Brains & Balance** (P4)
- May 12, Fri from 10:30-11:45, **Volunteers Read to Kindergarteners** (P10)
- May 12 & 19, Fridays from 10:30-11:45, **Stress Management Through Self-Care** (P4)
- May 18, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- May 18, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- May 18, Thurs from 1:00-2:30, **Bereavement Drop-in Group** (P3)
- May 25, Thurs at 1:00, **Movie of the Month** (P8)
- May 31, Wed from 8:00-9:00, **Veterans Breakfast** (P8)
- May 31, Wed at 12:30, **Jumpin' Juba Music** (P10)
- May 31, Wed at 2:00, **Crafts at the Council** (P8)
- May 31, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- 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**.

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 call Carolyn Harlow @ **978-486-8589** and to sign up.

Bill Vales' Internet & Computer Classes

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

May 4 – Review of what we covered in 2016-2017.

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
Susan Dunn
Jean Johnson
Barbara Kamb
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, 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, May 18th 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 **3rd Thursday of each month (May 18th) 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, May 9th and 23rd 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, May 31st, from 6:30-8:00 pm**. We welcome back, Jennifer Cook, Director of Community Relations for the Atrium Assisted Living of Drum Hill.

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.

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.

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.

Catholic Heart Work Camp



Catholic Heart Work Camp will be in Littleton again the week of **July 3-7, 2017**. Please call Tina at **978-540-2472** prior to **May 17, 2017** to be part of this program to have Catholic Church youth assist Littleton residents in need with light yard and household projects that you can no longer do without help.

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



Our Needs Assessment showed us that 38% of seniors over 65 are living on less than \$25,000 a year. Many older homeowners have seen property taxes increase much faster than increases in Social Security. You can help these seniors directly -- If you are interested in contributing to the TREAD Fund, or know someone who is, they can 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.

The TREAD program is used to provide assistance with paying property taxes for low-income seniors and the disabled in Littleton. **Every dollar contributed goes directly to tax relief for Littleton residents in need!** Applications for assistance are available through the COA office.

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



Memorial Day is Monday, May 29th. Town Offices and the COA are closed. No Meals Served.

Stress Management Through Self-Care



You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. **But do you realize that your ability to manage stress is just as important for your overall health and well-being?**

Join Health and Wellness Professional Lauren McHugh as she returns to talk with us about the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing it. Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this free course will give you the tools you need!

"Stress Management" will meet on **Fridays, May 12th AND 19th from 10:30 – 11:45 a.m.** Reserve your place for both sessions by calling **978-540-2470**.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, NASM Senior Fitness Specialist, and "A Matter of Balance" Coach.

Brains and Balance is Back!



Losing your balance and losing your mind are no longer inevitable parts of aging! Research shows that you can work to keep your body AND your mind sharp. Brains and Balance begins a new series on **Friday, May 5th at 11:00 am**. Join Holly Kuovo for this terrific class - the series runs every Friday through May until June 9th (May 5th, 12th, 19th, and 26th, and June 2nd and 9th). Classes are only \$12 - \$2 for each session.

Call the COA office at 978-540-2470 or come in to sign up.



Friends of the Council on Aging



Don't Forget I'm Here



Littleton Seniors

The Friends are gearing up for the 2017-18 season of programs. The board is looking into ways to keep our seniors an active part of our community.

Our campaign "**Don't Forget I'm Here**", encourages our community to remember Littleton seniors when volunteering or planning programs. See you all at our next function.

THRIFT SHOP



The Thrift Shop has had a face lift! Come in and see the new look. Donations have been coming in daily and we are ready to show our Spring/Summer collection.

Look for news about our Spring Fashion Show in the June Broadcaster.

We are 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.**

Coloring, Coffee and Conversation



The May meeting will be **Monday, May 1st at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens. Group normally meets the first Monday of the month.

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.




MAY 2017 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Haddock Newburg Orzo Pilaf w/Spinach California Veg Blend Wheat Bread Mixed Fruit	2 American Chop Suey Tossed Salad Italian Bread Snack n Loaf	3 Grilled Chicken Lemon Piccata Garlic Mashed Potatoes Italian Green Beans Multigrain Bread Choc Chip Cookie	4 Sweet and Sour Meatballs Brown Rice Oriental Style Veg Wheat Bread Pineapple	5 Corn Chowder BBQ Turkey Burger New Potato Salad Hamburg Roll Fresh Orange
8 Beef & Cabbage Casserole Carrots Rye Bread Strawberry Yogurt	9 COLD PLATE High Sodium Cheesy Cauliflower Soup Turkey Apple Salad* Pasta Salad Wheat Dinner Roll Diced Pears	10 Roast Pork Rosemary Gravy Chantilly Potatoes Tossed Salad Multigrain Bread Applesauce	11 ~Special~ Stuffed Chicken Breast with Sage Stuffing Supreme Sauce Rice Pilaf Broccoli Au Gratin Whole Wheat Bread Straw Apple Crisp	12 Lasagna Roll Up Meat Sauce Italian Veg Blend Italian Bread Fresh Fruit
15 Chicken Breast Coq Au Vin Red Bliss Potatoes Mixed Vegetables Wheat Bread Diced Peaches	16 Potato Pollock Filet Tartar Sauce Mashed Potatoes w/Sour Cream & Chive Coleslaw Multigrain Bread Pineapple Whip	17 Chicken Penne ala Vodka Calif Veg Blend Italian Bread Fresh Pear	18 Chunky Tomato Soup Broccoli Bake Home Fries Wheat Bread Mixed Fruit	19 Beef Stew Brussels Sprouts Biscuit Blueberry Yogurt
22 Shepherd's Pie Genoa Veg Blend Multigrain Bread Snack n Loaf	23 Roast Pork with Apple Gravy Sweet Potatoes Tossed Salad White Bread Sliced Apples	24 Veg Gumbo Soup BBQ Chicken Breast Baked Beans Wheat Bread Choc Brownie	25 COLD PLATE Chicken Salad with Cranberries New Macaroni Salad 3 Bean Salad Wheat Dinner Roll Pineapple Chunks	26 Meatballs with Mushroom Gravy Egg Noodles Peas & Carrots Wheat Bread Tropical Fruit Salad
29 MEMORIAL DAY  NO MEALS SERVED	30 Grilled Chicken Teriyaki Brown Rice Broccoli Wheat Bread Mandarin Oranges	31 Beef Chili Cornbread Tossed Salad Fresh Fruit	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 Do- nation: \$2.00	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>



MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9:00-10:00 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	3 9:00-1:00 LSC 9:30-10:30 Yoga Noon Littleton Police Department Sponsored Lunch 1:00-3:00 SHINE 1:00 Friends of the COA Board Meeting	4 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	5 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
8 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	9 9:00-10:00 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	10 9:00-1:00 LSC 9:30-10:30 Yoga Noon Birthday Lunch 1:00-3:00 SHINE	11 7:30-9:00 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	12 10:00 Wii 10:30-11:45 Stress Mgmt 10:30-11:45 Volunteers Read to Kindergarteners 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
15 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	16 9:00-10:00 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	17 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE	18 9:00-10:00 Fit 4 Life Class 10:45-11:45 Living Alone Grp 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00-2:30 Bereavement Grp	19 10:00 Wii 10:30-11:45 Stress Mgmt 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
22 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	23 9:00-10:00 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	24 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 SHINE	25 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00 Movie of the Month	26 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
29 	30 9:00-10:00 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	31 8:00-9:00 Veteran's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 12:30 Jumpin' Juba Music 1:00-3:00 SHINE 2:00 Crafts at the Council 6:30-8:00 pm Caregivers Mtg		

IS YOUR BIRTHDAY THIS MONTH? Free Lunch Wednesday, May 10th **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 May 8th** 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

May 11th - 7:30 am to 9:00 am



MEN'S BREAKFAST

May 17th - 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**.

The Tall Ships Are Coming to Boston!



Join us for a luxury bus trip to Boston Harbor and a narrated tour of the harbor and the Tall Ships on the Provincetown II boat. Returns home at 5:00 pm. The Provincetown II has food and beverage service and large decks. Register by **May 18th** for the tour which leaves Littleton TownHall at **8:30 am on Sunday June 18th**. Just \$89. Call Park and Rec to signup – **978-540-2490**.

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 signup – **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.

Jean Johnson, COA Board Member



Jean moved to Littleton in July of 1969, making her a 48-year resident of the town. She is just completing her first term as a board member of the COA. Jean also serves as the Littleton representative to the Board

of Directors of Minuteman Senior Services of Bedford, which supplies services like Meals on Wheels and our SHINE representative.

Jean is an active volunteer for Elder and Human Services, frequently covering the COA front desk, answering the phones and signing residents up for programs and presentations. She manages the Loving Stitches knitting group, arranging for items to be donated to charities and making knitted items for the Friends to sell at the Holiday Bazaar.

****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

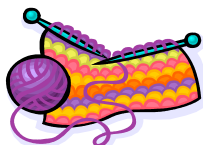


The May Crafts session will be making hand-painted silk scarves on **Wednesday, May 31st at 2:00 pm in Room 230**. All materials supplied - \$3.

Call the COA at **978-540-2470** to hold your seat for this event – this one will fill up fast.



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.

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



Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday May 31st** (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.

Movie of the Month



Thursday, May 25th at 1:00 pm, "Hidden Figures" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



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**.

Bingo at St. Anne's Church



May 18th is our final Sunshine Club meeting for this year. We will be having an end of the year party for our Seniors starting at 1:00 pm in St Anne's Church Hall, located on King St We will have a Penny Sale also known as a Chinese Auction followed by Refreshments. For more information, call **Denise Gibbons @ 978-501-0681**.

Senior Bingo Afternoon



Our final Bingo afternoon for this season will be held on **Thursday, May 11th from 1:00 to 3:30 pm** at the Congregational Church. A special dessert of slices of homemade pie will be served at seasonally decorated tables at 2:30 pm. Have a good summer and we look forward to seeing you again in October!

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



'BACH'S LUNCH' CONCERT: Indian Hill Music School presents the Indian Hill Faculty Guitar Quartet featuring music of Gershwin, Ellington, Rodgers, and more.

TWO SHOWS - Thursday, May 18th 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 of 5 or more at [\(978\) 486-9524](tel:9784869524) (press 0). Learn more at www.indianhillmusic.org.

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

Avoid Door-to-Door Scams



Dishonest people still use old fashioned techniques to steal from you. This is due to the simple fact that these methods still work. One of these old-school tactics is the door-to-door scam, popular now as the weather gets better.

The fraudster knocks on your door and typically offers a product or service, but their primary goal is to steal from you. They will typically do this by convincing you to pay cash up-front for a service that is never rendered, or distracting you while an accomplice ransacks your home.

These people often target seniors because Baby Boomers were raised to be courteous and trusting—the perfect characteristics for con artists to exploit. Seniors do not want to be perceived as rude.

Here are some scams to watch out for:

Free Home Security Inspection

Typically the scammer knocks on your door and informs you that there has been a string of burglaries in your area. For your protection, their company is offering free home security inspections. They are supposedly offering a solution to help alleviate your fear and protect your valuables, but in reality, they are trying to gain your trust. While conducting the “inspection,” the scammer will search your home for areas of vulnerability, mentally catalog the types of valuables in your possession, where they are located and how well they are protected. Essentially, these criminals use fear mongering and misplaced trust to “case the joint” -- with your permission!

Ruse Entry Burglary: Tree Trimming

A woman was approached by a man while working in her yard one day. The man explained that he was with a tree trimming service that was working in the neighborhood and asked her to move her car out of the driveway so he could access the back of her residence. When the woman asked questions about the work to be done, he became confrontational and demanding. Meanwhile, his partner entered her home and stole cash and valuables. The conversation about moving her car was merely a distraction to keep her attention away from his partner's nefarious activity.

Utility Scams: Electric Company

They knock on a person's door when power is off in a neighborhood, pretending to be an employee of the electric company, and may even present a fake badge or ID. They inform the resident that, for a small fee (\$100 or less), their power will be restored. The target pays the money and eventually their power is restored thanks to the actual electric company. The victim has no idea that they were just scammed. This can happen with any utility. (Side note: Do not be fooled by requests for money that are less than \$100. Not all scammers ask for large sums!)

Below is a list of other fake services used in door-to-door scams:

- Fence repair
- Roof repair
- Siding repair
- Driveway repair (“we are doing your neighbor's drive...”)
- Building code violation
- Free home security inspection
- Tree trimming
- Door-to-door sales
- Impersonation of electric company, water company or other utility

How to protect yourself and your loved ones from door-to-door scams:

- **Never** respond to unsolicited offers of service.
- If you need services or repairs done on your property or in your home, make a point of scheduling these appointments to avoid uncertainty over who is and is not legitimate.
- Always ask for identification.
- Have unexpected service people wait outside while you contact their company or employer at their main phone number. Be sure to look up the company's contact information in the phone book or online. Do not use the number listed on the individual's business card, as it may be fake.
- Ask the person to leave their information and return next week. This will give you plenty of time to verify their credentials and the validity of the visit.
- If you live alone, **never** share this information with an unsolicited visitor.
- Never give cash to door-to-door people who are offering a service or demanding payment.
- Be cautious of people that demand immediate and up-front payment.
- Report suspicious activity to your local law enforcement agency.
- Tell your neighbors about any unusual experiences you have had or observed. This could help them avoid becoming victims.
- Keep your doors locked, even while you are home.

Your best defense is to not answer the door in the first place, but that may be unrealistic. By following these tips, you will greatly reduce the risk of becoming a victim of a door-to-door ruse.

Littleton Police Host Lunch for Seniors



Join the Littleton Police Department, Chief Matt King and Deputy Chief Jeff Patterson on **Wednesday, May 3rd at noon** for a complimentary luncheon. **Call the COA office, 978-540-2470** to sign up for this free luncheon to be held in the MultiPurpose Room.

Jumpin' Juba Music!!!

The Jumpin' Juba duo comes to the COA on **Wednesday May 31st 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!



Tax WorkOff Refund on Withholding



Are you in the Senior Tax WorkOff 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.

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 **Mondays at 2:30 pm**, in the High School Library. This is a free service.

AARP Smart Driver Course



Elder and Human Services/COA is happy to announce that we will be offering the AARP Smart Driver Course **Friday, June 7th**. 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 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**.

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.**

Volunteers Needed to Read Stories to Kindergarteners



We are seeking volunteers to read to Shaker Lane kindergarteners once a month. **Meeting will be on Friday, May 12th, from 10:30 to 11:45 am.** We are seeking 12 seniors and each senior will read to 2 students.

Volunteers must have their own transportation. You will have a snack with the kids (bring your own snack plus a drink), pick a short story and read, draw pictures about the story, play a game or two, and then leave.

If you are interested, please call the COA, **978-540-2470**, and leave your name and phone number. Someone will call you back with further details.

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 – LTempleton@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 – Massachusetts 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.

- 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)

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19