

The Broadcaster



Avoid "Skimming" Devices



Sign up for a presentation by Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation on **Wednesday, March 1st at 10:30 am.** See complete article on page 10.

COA Receives \$3,766 for Transportation!



Town residents started a Go-Fund-Me campaign to raise money for transportation when they heard that EHS provides more transport than their MART funding can support each year. The citizens group, spearheaded by Cindy Napoli, is a collective effort by members of the Alumni Field Maintenance Fund Committee which includes Jacqueline Sagl, Kimberly Lynn, Maureen Woods, Kathy Knox, Alicia MacDonald, Jillian Briggs-Shaw, Deb Austerman, Tim Whitcomb, Mike Proulx and Sheila Kish.

Transportation is a key component to healthy aging – on average, women in Massachusetts outlive their ability to drive by 10 years and men outlive it by 7! Ten years is a long time to go relying on others for rides to the doctor, dentist, pharmacy, therapy clinic, grocery and more.

With no public transportation in Littleton, seniors have only the vans operated by EHS. We run two vans every day and on Fridays we go to the Boston hospitals or to the Lahey Clinic or the Bedford VA. (See page 12 for details on how our Transportation service operates.)

Our 2009 blue van (the white one is maintained by MART) was purchased with donations from town residents. It currently has over 120,000 miles. We provide about 500 rides per month and drive over 3500 miles each month.

The money donated will be used to pay for maintenance on the blue van and for driver costs in excess of our MART allotment.

If you would like to donate to Transportation, send your check to the Littleton COA and put "Transportation" in the memo field.

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Happenings—February 2017

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

- Feb 1, Wed at 1:00, **Paint a Silk Scarf** (P4)
- Feb 6, Mon at 2:00, **Coloring, Coffee and Conversation** (P7)
- Feb 8, Wed at 10:30, **Prediabetes Class** (P4)
- Feb 10, 17 & 24, Fri at 11:00, **Brains and Balance Class** (P4)
- Feb 15, Wed at noon, **Friends of the COA Valentine's Lunch** (P4)
- Feb 16, Thurs at 11:00 & 1:30, **Indian Hill Bach's Lunch Concert** (P8)
- Feb 16, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Feb 17, Fri from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Feb 22, Wed from 8:00-9:00, **Veterans Breakfast** (P7)
- Feb 22, Wed at 1:00, **Crafts at the Council** (P8)
- Feb 22, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Feb 23, Thurs at 1:00, **Movie of the Month** (P8)
- Mar 1, Wed at 10:30, **Avoid "Skimming" Devices** (P10)
- 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. Note change in time and place for evening class on P4.**

****WINTER CLOSINGS****

- * The COA will be closed **Monday February 20th** in observance of Presidents' Day.
- * The Senior Diner is closed whenever the Littleton schools are closed due to weather. Check your TV for information.
- * The COA is open whenever the TownHall is open. If you have questions, call **978-540-2470** and listen to the message.
- * Vans will not be running when the TownHall is closed.

Bill Vales' Internet & Computer Classes

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

The Topics for February are:

- Feb 2 - Digital Photography (Part 2)
- Feb 9 - Data Backup strategies (Part 2)
- Feb 16 - Email systems and strategies for use.
- Feb 23 - Anatomy of different IT attacks and defenses.



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
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Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Sharon Corbin
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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 has a new meeting date for February. The group will be meeting on **Friday, February 17th**. 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 (February 16th) from 1:00-3:00 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, February 7th and 21st, from 1:00-2:30 pm**, in Room 233. 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. Caregivers Support group will be held in the Senior Diner on the evening of **Wednesday, February 22nd, from 6:30-8:00 pm**. Our speaker and host will be Shannon Pinkham, Community Liaison, from Nashoba Nursing Service and Hospice. Please contact Tina in the Outreach Office at: **978-540-2472**.



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

On November 1, 2016, we began accepting appointments for new fuel assistance applicants. Contact Tina in the Outreach Office for more information at: 978-540-2472.

2017 SMOC Fuel Assistance Guidelines

Gross Annual Income

1 person household	\$34,001
2 person household	\$44,463
3 person household	\$54,925

Good Neighbor Energy Fund

The Good Neighbor Energy Fund from the Salvation Army began taking applications in January. The Salvation Army has designed this GNEF program to meet the needs of those who are not eligible for the SMOC fuel assistance program and the income requirements are as follows:

Gross Annual Income

1 person household	\$34,001-\$45,335
2 person household	\$44,463-\$59,284
3 person household	\$54,925-\$73,233

GNEF will make a one-time payment directly to a Vendor, up to \$300.

Participants are eligible for only one of these two programs.

Call Tina Maeder at 948-540-2472 for further information.

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. Please note the change in available times. Appointments are needed.

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

Prediabetes – Could it be you?



86 million US adults have prediabetes and don't know it. Are you one of them? Prediabetes means your blood sugar is higher than normal but not high enough to be diagnosed with Type 2 Diabetes. It increases your risk of developing Type 2 Diabetes and its serious long term complications.

Join Scherrie Keating, RN, BSN, CDE for a discussion on this reversible health condition, complete a risk questionnaire and learn 2 proven lifestyle changes to lower your risk of developing Type 2 Diabetes.

Call **978-540-2470** and reserve your seat now for this free class on **Wednesday, February 8th at 10:30 am in Room 230**. Light refreshments will be provided. Sponsored by Rivercourt Residences Assisted Living.

It's Back!!! Brains and Balance Class



Researchers no longer believe that falling or losing your mental capacity are inevitable parts of the aging process. Join us in building both your body AND your brane -- stay mentally sharp and physically stable!

Brains and Balance meets for twelve weeks starting **Friday, February 10th at 11:00 am** in the MultiPurpose Room, until

April 28. Classes are \$24 (that's only \$2 per session) and you will come away stronger and better prepared to stay upright.

Call **978-540-2470** to register. This class is popular and will fill fast – call and reserve your spot today.

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**.

Paint a Silk Scarf!



Silk scarves are elegant and just right for so many occasions. When you paint a scarf you add your own touch in a beautiful and unique way. Join Karen Halloran, community liaison at CareOne at Concord, for a complimentary silk scarf painting class on **Wednesday February 1st at 1:00 pm**. You will leave with a lovely scarf for yourself or a gift for a friend! No experience necessary and all materials included. The results are beautiful – really, you don't have to be an artist! Join us on for this free session. You must sign up for this free program (limited to 12).

Call **978-540-2470** to sign up.



Friends of the Council on Aging



The Friends began 2017 by filling requests from the COA. With donations to the Thrift Shop and to the Friends, we will continue to support the needs of seniors and the expansion of our senior center.

Get ready for another fun afternoon on **Wednesday, February 15th** when the Friends host a Valentine's party at noon in the Multi-Purpose room, Shattuck Street. David Shikes will entertain us with his comedic skills. Share some laughs with soup, sandwiches and friends. Lunch is FREE!

Call **978-540-2470** to reserve your seat by **February 13th**. Mark your calendars for the **March 22nd St. Patrick's Day luncheon**.

THRIFT SHOP



Out with the old and in with the new. That's what is happening at the Thrift Shop this month, so we brought out new merchandise and eliminated some old. Come in and see what we have; it may be just what you were looking for. Our Volunteers will be happy to help you.

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.

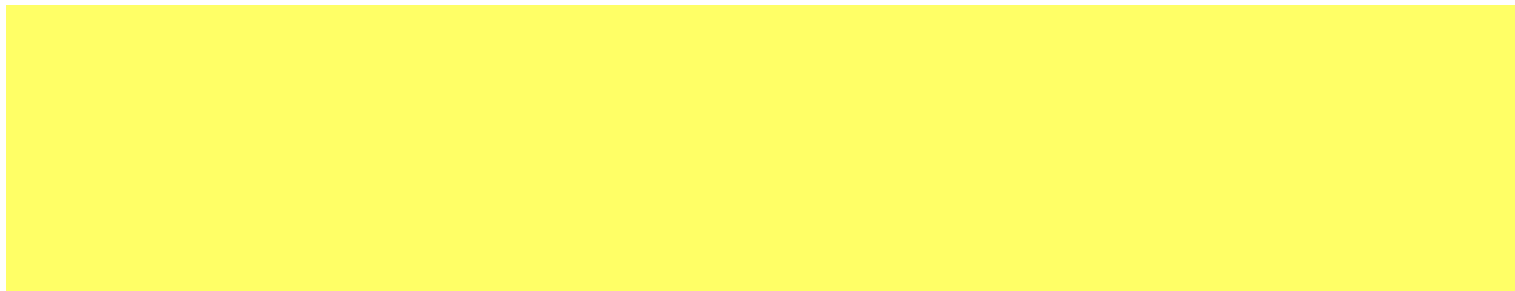
Tai Chi-Qi Gong

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.



FEBRUARY 2017 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mulligatawny Soup Grilled Chicken in Marsala Sauce Cous cous w/Red Peppers Multigrain Bread Choc Chip Cookie	2 Lasagna Rollup w/Meat Sauce Tossed Salad Wheat Bread Fresh Apple	3 Baked Pollack w/Newburg Sauce Whipped Potato Peas & Carrots White Bread Tropical Fruit
6 Escarole Soup Beef Patty w/Onion Gravy Sr Cream & Chive Potato Rye Bread Fresh Orange	7 SPECIAL Baked Ham in Pineapple Sauce Au Gratin Potatoes Tossed Salad WW Dinner Roll Pear Crisp	8 Roast Pork w/Cranberry Orange Sauce Sweet Potato Green Beans Multigrain Bread Apple Sauce	9 Minestrone Soup Chicken Breast Cacciatore Sauce Cavatappi pasta Vanilla Pudding	10 Broccoli Bake Home Fries Stewed Tomatoes WW Bread Pineapple
13 Baked Salmon w/Dill Sauce Red Potato California Blend Veg WW Bread Mixed Fruit	14 Beef Chili Brown Rice Broccoli Rye Bread Apple Streusel Cake	15 Grilled Chicken in Herb Sauce Chantilly Potatoes Tossed Salad White Bread Fresh Fruit	16 Garden Vegetable Soup Meatloaf w/Gravy Garlic Whipped Potato WW Dinner Roll Mandarin Oranges	17 Chicken Meatballs in Marinara Penne Pasta Brussels Sprouts Multi-Grain Bread Cherry Snack Loaf
20  No Meals Served	21 Cheesey Cauliflower Soup Chicken Breast w/Apricot Glaze O'Brien Potato Wheat Bread Strawberry Yogurt	22 Turkey Tetrazzini Bowtie Pasta Tossed Salad White Bread Fresh Fruit	23 Roast Pork Apple Gravy Sweet Potato Broccoli Multi-Grain Bread Peaches	24 Chicken Corn Stew Genoa Blend Vegetables Wheat Dinner Roll Escalloped Apples
27 Lentil & Kale Soup Grilled Chicken Breast Honey Mustard Sauce Orzo Pilaf White Bread Tropical Fruit	28 Beef Stew Winter Blend Veg Wheat Dinner Roll Hermit	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		For weather emergencies and cancellations, please check Fox 25 TV station.
			To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	





FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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 1:00 Paint a Silk Scarf Class	2 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	3 10:00 Wii Noon Lunch 1:00-2:30 Bingo
6 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	7 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	8 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Prediabetes Class Noon Birthday Lunch 1:00-3:00 SHINE	9 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	10 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
13 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	14 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	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Valentine's Party 1:00-3:00 SHINE	16 9:00-10:00 Fit 4 Life Class 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble 1:00-3:00 Bereavement Group	17 10:00 Wii 10:45-11:45 Living Alone Grp 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
20  COA Closed	21 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	22 8:00-9:00 Veteran's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Crafts at the Council 1:00-3:00 SHINE 6:30-8:00 pm Caregivers Mtg	23 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	24 10:00 Wii 11:00 Brains & Balance Class Noon Lunch 1:00-2:30 Bingo
27 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	28 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	1 March 10:30 Avoid "Skimming" Devices Presentation		

IS YOUR BIRTHDAY THIS MONTH?

Free Lunch Wed, February 8th

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 Feb 6th** 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

February 9th - 7:30 am to 9:00 am



MEN'S BREAKFAST

February 15th - 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**.

Monthly Veterans Breakfast



Join us for the Veterans Breakfast **Wednesday February 22nd** (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.

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 throughout the winter for one of the Thursday Special Lunches. Call Gayle in the Diner for details – **978-540-2474**.

Coloring, Coffee and Conversation



The adult coloring craze has come to the COA! Come in and join like-minded others for coffee, conversation and coloring. February meeting will be **Monday, February 6th 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.

Get to Know Your COA Board



Mary "Paddie" Hunt, Vice-Chair of the Board

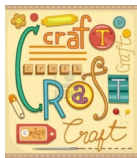
Mary "Paddie" Hunt is the current Vice-Chair of the COA Board as well the Chair of the COA Housing Subcommittee Group. Having lived in Littleton for 40 years, she retired after 38 years working for Medicaid/MassHealth, retiring as Director of the Tewksbury Long Term Care Office. This is her second stint on the COA Board and she brings much knowledge of Government Regulations as an asset to the Board. She lives with her husband Richard who cooks for the Ladies' Breakfast monthly.

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



Join us on **Wednesday February 22nd** for "Making a Simple Pendant Necklace" and "What to do with a Mason jar?" The Crafts Group meets at **1:00 pm** in **Room 230**. All materials are provided.

You must sign up to reserve your place – call the COA at **978-540-2470**. We look forward to seeing you. Cost is \$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.

Line Dancing



Mondays at 9:00 am. Kick up your heels! MultiPurpose Room – no sign up needed; just come on in.

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**.

Looking for Scrabble Players-All Levels

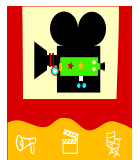


The Scrabble group will meet on **Thursdays at 1:00 pm** in **Room 233**. All levels welcome – we would be happy to have beginners join us for play. Call **Carolyn Harlow 978-486-8589** for more information.

Mah Jongg

Come play Mah Jongg on **Tuesdays from 1:00-3:00 pm** in **Room 230**.

Movie of the Month



Thursday, February 23rd at 1:00 pm, "*Florence Foster Jenkins*" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Friday afternoons from 1:00 - 2:30 pm in the **Senior Diner**
Please join us



Bingo at St. Anne's Church



There is no Sunshine Club Bingo in February. For more info call **Denise Gibbons @ 978-501-0681**.

Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening** at the Congregational Church from **5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week.

Open to all who would enjoy eating a meal with friends. It's **FREE!**

Senior Bingo Afternoon



Come join us on **Thursday, February 9th from 1:00 to 3:30 pm** for Bingo at the Congregational Church. Bingo prizes, finger desserts, coffee and tea will be served at seasonally decorated tables. It's free! Any questions call Jane Lyons at **978-486-3436**.

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**.

The Tall Ships Are Coming to Boston!

Bus trip Sunday June 18 - \$89. Watch for more details in upcoming issues of The Broadcaster.

INDIAN HILL MUSIC

'BACH'S LUNCH' CONCERT: Indian Hill Music School presents *Trio Music* featuring Melissa Bull (violin), Scott Lesser (cello), and Michael Monroe (piano). **TWO SHOWS - Thursday, February 16 at 11 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](http://(978) 486-9524) (press 0). Learn more at www.indianhillmusic.org.

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

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.

Circuit Breaker General Information



A refund of a portion of property taxes OR RENT paid, for a home that you lived in as your main home. Available to seniors 65+ (if married, only one spouse needs to be 65). You must meet income guidelines. This is paid **EVEN IF YOU DON'T HAVE TO PAY ANY INCOME TAX.**

- \$57,001 Single Tax Return
- \$71,001 Head of Household Return
- \$85,001 Married Filing Joint Return

Your main home can be a single or multiple family residence, a condominium or apartment. Refund will be up to a maximum of \$1,070, depending on the property tax paid in comparison to your total income.

Also – a portion of your water charges can be added into this computation.

If your property is in a Trust --- if it is a *revocable* trust and you are the trustee, you are considered the homeowner. If it is a *revocable* trust and you are NOT the a trustee, you are treated as a renter. If it is an *irrevocable* trust, you are treated as a renter. You **MAY STILL BE ELIGIBLE**, dependent on income. Talk to your tax preparer or arrange for an appointment with the AARP-trained tax preparers who will be making appointments at the COA starting in February.

Senior/Veteran/Blind Exemptions

The deadline for filing for personal tax exemptions for qualifying seniors (over 70), surviving spouses of veterans, the blind, etc., is **March 31st**. Information on qualifications and applications are available in the office of the Assessors. If you think you qualify for one of these exemptions, you may call the **Assessor's Office at 978-540-2412**, or come in, to talk to one of the staff – Room 206 TownHall, 37 Shattuck Street.

New Van Service to Boston Hospitals



The Groton COA is offering van service to Boston hospitals. The van leaves from the Groton Senior Center.

Wed: Taking patients to MGH, Dana Farber, Brigham, Boston VA for appointments between **11:00 am and 1:00 pm.**

Thurs: Taking patients to Emerson, Lahey, Bedford VA for appointments between **10:00 am and 2:00 pm.**

Round Trip Fees: Boston \$15 Emerson \$5 VA Free

Call 978-448-1141 to make a reservation. Leave a message with your name, phone number, time and day of appointment, and location. Let the staff know if you are transported via wheelchair.

AARP Tax Program 2016 2016 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2016.

AARP provides training and sponsors this volunteer program. If you are over 50 and cannot afford to pay a tax preparer, this program was designed for you!

AARP membership is not required.

Bring with you:

- * **Your 2015 Federal and State tax Returns**
- * **Form MA 1099-HC.** It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number, and your subscriber number has to be entered on your Massachusetts tax return.
- * **W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.**
- * The amount and date of any federal and state estimated tax payments that you made.
- * All four quarterly **property tax bills** that you paid in calendar year 2016. It is very important that you bring all four bills that you paid in calendar year 2016.
- * All **water bills** that you paid in calendar year 2016.

Medical and Dental Expenses – bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

Who Needs COA Transportation?



The fortunate among us will live longer than our ability to drive – On average men and women will live 6 and 10 years beyond the point where they stop driving, respectively.

Myth #7 of Transportation: the biggest risk to everyone from older drivers on the road is that they cause accidents.

False. While older drivers have about 3 times more accident per mile driven, they drive many fewer miles than younger drivers, which makes the risk of getting hit by an older driver about equal to getting hit by someone younger.

The greatest threat to older driver is the risk of fatality from an automobile crash. The risk of dying after being involved in a crash increases significantly with age. Older drivers are 3 times more likely to die as a result of a crash.

Plan for your future. Support COA Transportation today. Send your tax-deductible contribution to the COA, 33 Shattuck Street, and write "Transportation Fund" in the memo field.

Volunteer Drivers Sought



Are you able to volunteer one day a month to drive seniors who cannot use our van service to appointments? We could use your help. Seniors who undergo procedures

that require sedation cannot be returned to their homes on our van service. We want to set up a bank of volunteer drivers who will schedule themselves to be available to drive someone, if the need arises, on one day of the month. If you would like to help, **call Tina Maeder at 978-540-2472** to get cleared to support seniors who cannot drive themselves.

Avoid "Skimming" Devices



Join Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation on **Wednesday, March 1st at 10:30 am**. Robin will present Consumer University with a focus on credit

card skimming devices.

The presentation will include information about the Consumer Affairs Office and what they do for area residents. She will present tips on how to spot skimming devices found at gas stations and ATMs. Robin will also talk about identity theft and fraud. This presentation is free but you must sign up to reserve your seat.

Call the COA at 978-540-2470.

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.



Angell Animal Medical Center and Nashoba Valley Technical High School continue to have the Veterinary Clinic for low income pet owners.

The clinic opened last February and provides discounted spay/neuter services, vaccinations, basic veterinary care. To financially qualify for services, clients must present a photo ID and **one** of the following: Women, Infants and Children (WIC) program card, Supplemental Nutrition Assistance program card (SNAP), Spay and Neuter Assistance program certificate, letter/lease from the owner's local housing authority showing that the pet owner resides in public housing. Please call **978-577-5992**.

The clinic is located at 100 Littleton Rd, Westford MA.

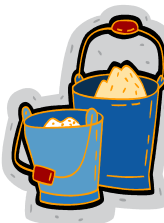
Need Help with Your "Device"?



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, in the High School Library. This is a free service.

Sand Bucket Program



Elder and Human Services will again be providing buckets of sand **for seniors who are unable to get to the Highway Department on Ayer Road**. Call **978-540-2470** to request a bucket. If you are able, you may drive to the Highway Department on Ayer Road and fill your own bucket.

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.

- 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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