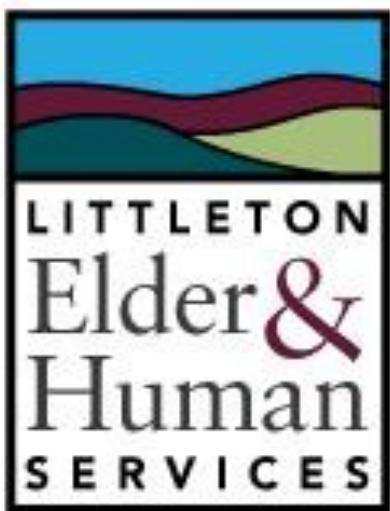


# The Broadcaster



## SCAM! Alert!

Please be aware of telephone scams. **LELWD** will never seek immediate payment over the phone using a prepaid debit card or money order. **LELWD** does not contract with Eversource or another utility on service shut-off.

If called about an instant payment or service disconnection, immediately hang up and call **LELWD** to verify your account status at:

**978-540-2222, Monday-Thursday, 6:30 am-4:30 pm**



## 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.

**Appointments start in February.**

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.

If you sold any **stocks or bonds**, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

**Medical and Dental Expenses** – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aids and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long-term care premiums, or Medicare premiums in your total – each of these premiums needs to be reported separately.

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.

## 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—January 2017

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

- Jan 4, Wed at 10:30, **Emergency Preparedness Session** (P9)
- Jan 9, Mon at 2:00, **Coloring, Coffee and Conversation** (P7)
- Jan 11, Wed at 11:45, “**Salt in Your Diet**” (P4)
- Jan 17, Tues, **Podiatry Clinic** (by Appointment Only) (P4)
- Jan 18, Wed at noon, Friends of the COA **Mardi Gras Luncheon** (P4)
- Jan 19, Thurs from 10:45-11:45, **Living Alone & Living Well Group** (P3)
- Jan 19, Thurs at 11:00 & 1:30, **Indian Hill Bach’s Lunch Concert** (P8)
- Jan 19, Thurs from 1:00-3:00, **Bereavement Drop-in Group** (P3)
- Jan 25, Wed from 8:00-9:00, **Veterans Breakfast** (P7)
- Jan 25, Wed at 10:30, “**Keeping Seniors Safe**” Forum (P4)
- Jan 25, Wed at 1:00, **Crafts at the Council** (P8)
- Jan 25, Wed from 6:30-8:00 pm, **Caregivers Meeting** (P3)
- Jan 26, Thurs at 1:00, **Movie of the Month** (P8)
- Thursdays at Noon, Littleton Fire Dept Ambulance Crew, **Blood Pressure Check** in the Senior Diner.

### Ongoing Exercise Programs (P4):

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

### ***HOLIDAY CLOSINGS—COA AND DINER CLOSED***

**Monday, January 2:**      **New Year’s**

**Monday, January 16:**      **Martin Luther King Day**

### **Bill Vales’ Internet & Computer Classes**

**Classes will resume on Thursday, January 26: 10:30 – 11:30 am in Room 230. (We linger until noon.)**

The Topic for the January Session will be:

- Jan 26 - Brainstorming and discussion of topics for the Winter/Spring 2016 sessions.



**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  
 Rosanne Rico-Bales

## FRIENDS OF THE COA

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

33 Shattuck Street,  
 P.O. Box 1305  
 Littleton, MA 01460

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

### **COA Office Hours:**

Monday-Friday  
 8:30 am- 4:30 pm

### **COA Outreach Hours:**

Monday-Friday  
 9:00 am-3:00 pm

### **Broadcaster by Email and Online!!**

You can get the Broadcaster by email! Visit our site, [www.littletonma.org](http://www.littletonma.org), select “Sign up for Town Notifications,” and enter your email address and select “Elder & Human Services Monthly Newsletter” on the next page. Look for the Broadcaster on the website, too.

## OUTREACH INFORMATION

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



*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.*

### Living Alone & Living Well Group

Living Alone and Living Well Group will be meeting on **Thursday, January 19th**. We hope that you can join us. Room 233. New members are welcome. Please call Tina Maeder, at **978-540-2472** for more information.

### Littleton Social Club (LSC)

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

### Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3<sup>rd</sup> Thursday of each month (January 19th) 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, January 10th and 24th, 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, January 25th, from 6:30-8:00 pm**. A speaker from the Alzheimer's Association will be our host for the meeting. Please contact Tina 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 will be 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-\$59,294
3 person household	\$54,925-\$73,223

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.**

## Keeping Seniors Safe A Forum and Discussion



Middlesex District Attorney Marian Ryan will head a panel of specialists in a discussion of issues that seniors face around fraud and deceit. Her panel will discuss financial exploitation and safe banking practices, as well as tips for living safely at home, with an introduction by Police Chief Matt King.

**Wednesday January 25<sup>th</sup> at 10:30 am, at the Littleton TownHall, Room 103.**

\*\*\*\*\*



### Podiatry Clinic

Next Podiatry Clinic: **Tuesday, January 17th in Room 103.** By Appointment only. **Call 978-540-2470** to schedule an appointment.

**Cost is \$30.**

\*\*\*\*\*

### Salt in Your Diet



Join us for a lunch-and-learn on **Wednesday, January 11th at 11:45 am** in the Senior Diner. Denise Mercury, the Registered Dietitian/Nutritionist from Minuteman Senior Services, will be speaking during lunch about salt (sodium). She will talk about how much sodium you should have in your diet, how much is in our lunch meals, and provide tips for reducing the amount of sodium in your diet.

**Excess salt (sodium)** increases blood pressure because it holds excess fluid in the body, and that creates an added burden on the heart. **Too much sodium** will increase your risk of stroke, heart failure, osteoporosis, stomach cancer and kidney disease. Call the Diner at **978-540-2474** to reserve a seat and a lunch for this important program.

**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 Tuesday evenings at 6:00 pm in Room 230.** Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are **WELCOME!** \$3 per session.

## 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 Nasboba Nursing Service joins us on the **2<sup>nd</sup> Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon** in the Senior Diner.



### Friends of the Council on Aging



What are you doing on **Wednesday, January 18th?** The Friends of the Council on Aging invite you to join us on that date to welcome the new year at our first luncheon in 2017.- a **Mardi Gras** celebration.

We hope you enjoyed our Old Fashioned Christmas gathering. We call these functions "the real social media" enjoyed without a computer or cell phone. So come enjoy live conversation and a great meal on **Wednesday, January 18th, at 12:00 noon in the Multi-Purpose Room.** Call **978-540-2470** to reserve your place at the table.

Look for information about the **Friends Valentine Party on February 15th** in the February Broadcaster.

### THRIFT SHOP



It's a new year and a new day and our Thrift Shop is ready for it all! We are getting new things every day and welcome you to come in and see what is there. If you see something you like, buy it. It may be gone the next time you're in. (It does happen.)

Thank you for continuing to shop in our store. You're helping to support COA programs. A big thank you to our volunteers.

**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.



## JANUARY 2017 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No Meals Served	3 Meatball Stroganoff Mashed Potatoes Sliced Carrots Wheat Bread Fresh Pear	4 Cr of Broccoli Soup Baked Salmon Dill Sauce Brown Rice Pilaf Multigrain Bread Almond Cookie	5 BBQ Chicken Drummer Baked Beans Cole Slaw Rye Bread Snack 'n Loaf	6 Meatloaf with Onion Gravy Whipped Potatoes Sliced Beets Wheat Dinner Roll
9 Sloppy Joes Home Fries Mixed Vegetables Hamburg Roll Strawberry Yogurt	10 Chicken Breast with Picata Sauce Tri-Color Rotini Tossed Salad Multigrain Bread Fruited Jello	11 Turkey Corn Stew Green Beans Biscuit Fresh Orange	12 Bok Choy Soup Diced Chicken Teriyaki White Rice Wheat Bread Fortune Cookie Pineapple	13 Roast Pork with Cran-Orange Sauce Yams Calif Veg Blend Wheat Dinner Roll Escalloped Apple
16  Martin Luther King Day No Meals Served	17 Cheesy Cauliflower Soup Potato Pollock Filet Tartar Sauce Spanish Rice Wheat Bread Fresh Fruit	18 SPECIAL Roast Beef au jus Mashed Potatoes with Sour Cream & Chive Tossed Salad Wheat Dinner Roll Chocolate Brownie	19 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Mixed Fruit	20 White Bean Kale Soup Chicken Drummer with Supreme Sauce Cous Cous with Carrots Italian Bread Diced Peaches
23 Kielbasa with Onions & Peppers Tater Tots Roll Tropical Fruit Salad	24 Three C Soup Chicken Breast with Coq au Vin Sauce Red Bliss Potatoes Wheat Bread Fresh Fruit	25 Beef & Cabbage Casserole Tossed Salad Rye Bread Applesauce	26 Roast Pork with Rosemary Gravy Au Gratin Potatoes Brussels Sprouts Wheat Dinner Roll Chocolate Pudding	27 Gypsy Soup Swedish Meatball Parslied Noodles Multigrain Bread Spice Cake
30 White Bean Chicken Chili Brown Rice Mexicali Corn Rye Bread Mandarin Oranges	31 Roast Turkey with Herb Gravy Butternut Squash Green Beans Wheat Dinner Roll Vanilla Yogurt	Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	For weather emergencies and cancellations, please check Fox 25 TV station.



# JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  COA Closed	<b>3</b> 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 6:00 pm Tai Chi	<b>4</b> 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 Emergency Preparedness Noon Lunch 1:00-3:00 SHINE 1:00 Friends of the COA Board Meeting	<b>5</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Scrabble	<b>6</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>9</b> 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 2:00 Coloring, Coffee and Conversation	<b>10</b> 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 6:00 pm Tai Chi	<b>11</b> 9:00-1:00 LSC 9:30-10:30 Yoga 11:45 "Salt in Your Diet" Noon Birthday Lunch 1:00-3:00 SHINE	<b>12</b> 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	<b>13</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>16</b>  Martin Luther King Day COA Closed	<b>17</b> 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 6:00 pm Tai Chi  <b>Podiatry Clinic</b> (By Appointment Only)	<b>18</b> 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends of the COA Mardi Gras Luncheon 1:00-3:00 SHINE	<b>19</b> 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 1:00-3:00 Bereavement Group	<b>20</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>23</b> 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	<b>24</b> 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 6:00 pm Tai Chi	<b>25</b> 8:00-9:00 Veteran's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 10:30 "Keeping Seniors Safe" Lunch 1:00 Crafts at the Council 1:00-3:00 SHINE	<b>26</b> 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	<b>27</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo
<b>30</b> 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches"	<b>31</b> 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 6:00 pm Tai Chi			

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





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

# LADIES' BREAKFAST



**January 12th - 7:30 am to 9:00 am**



## Get a *FREE* Class

As a reward for attendance, get a coupon for a **FREE** class in 2017 when you attend 6 or more classes in **January** (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 Feb 1st in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!**

## **LADIES' BREAKFAST** **MEN'S BREAKFAST**



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

## Senior Diner - Shattuck Street

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

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



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

## Monthly Veterans Breakfast





Join us for the Veterans Breakfast **Wednesday January 25<sup>th</sup>** (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**.

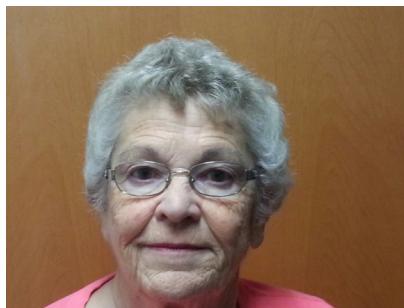
## Coloring, Coffee and Conversation





The adult coloring craze has come to the COA! Come in and join like-minded others for coffee, conversation and coloring. January meeting will be **Monday, January 9th 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. February meeting is **February 6th**.

## Get to Know Your COA Board



## **Marge Payne, Chairman of the Board**

★ Marge Payne is the current Chairman of the COA Board. She has lived in Littleton for 51 years and is a retired Occupational Therapist who specialized in Gerontology. Marge's interest in gerontology and the issues of aging are long lived. She was appointed to the first COA Board in the 1970s and has now returned to the Board to face the issues of the 21st Century.

# \*\*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. **Call 978-540-2470** with your 'error' or come in and show us that you have found it and we'll give you your coupon. Happy hunting!

## Crafts at the Council



Join us on **Wednesday January 25th** for a painting-on-glass project. Doreen Morse, an accomplished artisan, returns to lead the session for us. The Crafts Group meets at **1:00 pm in Room 230**. All materials are provided. Feel free to bring your own glass frame, pitcher or beverage container if you wish. You must sign up to reserve your place – call the COA at **978-540-2470**. We look forward to seeing you for this first craft group of the new year! Cost is \$3.



## Bingo at St. Anne's Church



The next **Sunshine Club Bingo** at St Anne's Church Hall on King Street will be **Thursday, January 19th at 1:00 pm**. This event is open to all seniors free of charge and is non-denominational. Please come and join us. There is no Bingo in February.

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

\*\*\*\*\*

## 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.

## 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!**

\*\*\*\*\*

## Line Dancing



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

\*\*\*\*\*

## 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.

## Senior Bingo Afternoon



Join us on **Thursday, January 12th from 1:00 to 3:30 pm** in the Parish Hall of the Congregational Church for an afternoon of Bingo, prizes and refreshments. We look forward to seeing you!! It's free!

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

\*\*\*\*\*

## 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**.

## 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 *A Tribute to Fred Astaire* featuring Billy Novick (clarinet), Jamie Dunphy (guitar), Justin Meyer (bass), and dancers Ted & Pamela Powers. **TWO SHOWS - Thursday, January 19 at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Reservations required for groups of 5 or more at [\(978\) 486-9524](tel:(978)486-9524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

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



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



## 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 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 31<sup>st</sup>**. 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.

## Emergency Preparedness Session at the Littleton COA Jan 4

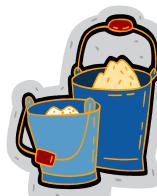


Are you prepared for the coming bad weather? Do you have concerns about how to deal with a power outage or other emergency? Join us on **Wednesday January 4th at 10:30 am** for a spe-

cial program with the Littleton Police and Littleton Fire Department to discuss how to be prepared for an emergency. We will be providing tipz and direction on how to prepare for, and deal with, emergencies.

This session is free with refreshments and open to all! Contact Elder and Human Services at **978-540-2470** for more information and to sign up for this important program. Door prizes to those who sign up!

In the event of a power failure or snow emergency, the police station will be acting as a warming center, just as it has in the past. Call **978-540-2300** if you have questions or need assistance with transport. Of course, use 9-1-1 if you have an emergency and need help immediately.



## 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.

## 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.

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**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

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## 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.

## Support Transportation!

### We provide van service 5 days a week for seniors and the disabled

Donate today: Make Checks Payable to: Council On Aging

And mail to 33 Shattuck Street, Littleton , MA 01460

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_

Or bring your check to the COA office, Room 231 TownHouse - Thank You!

Tax Deductible

## Make A Profound Difference in Someone's Life: Become a Hospice Volunteer



Are you able to visit with a patient; listen to the patient's concerns and provide a supportive, comforting presence? Can you hold a hand or engage in a shared interest or hobby? Are you able to help with letter-writing or life review; read to a patient; play games with a patient or family member? No matter what your skills, talents or motivation, we have a volunteer opportunity for you!

Training available: Care Dimensions is offering an 8-week program, Friday mornings **February 10 – March 31**. **Classes meet 9:00 am – noon** at the Care Dimensions' Waltham Office, 333 Wyman Street, Suite 100 Waltham, MA.

Contact Jane Corrigan, Sr. Volunteer Coordinator at **781-373-6574** or [JCorrigan@CareDimensions.org](mailto:JCorrigan@CareDimensions.org) to register or for more information.

\*\*\*\*\*

## Who Needs COA Transportation?



Male and female drivers age 70-74 have an additional life expectancy of 18 and 21 years respectively. On average, men and women can expect to drive for 11 years and then be dependent on alternatives to the automobile for their remaining 6 and 10 years of their lives, respectively.

**Myth #3 of Transportation:** that community transportation options are seldom necessary because families and caregivers will provide transportation services for seniors who no longer drive.

**False.** Almost half of all caregivers in the US are employed full-time. Thus they cannot provide all the rides needed by their care receivers who no longer drive. The care receivers will most likely need to rely on other transportation options available in their community or reduce out-of-home trips where options are not available.

Plan for your future: Support COA Transportation today!



### \*\*\*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.

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

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

### REMINDER

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

### LITTLETON COUNCIL ON AGING

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

**RETURN SERVICE REQUESTED**



(Photo by  
Jim Donnelly)

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