

The Broadcaster



NOV 2018



FROM LIZ'S DESK

Hello Everyone!



On behalf of the EHS staff I would like to extend our wishes for a very happy Thanksgiving to you all! It is truly a pleasure to be a part of this community and work alongside so many friendly faces. I am especially grateful to have so many dedicated volunteers who give their time and put their hearts into the work they do for this department.

I also want to extend my thanks to everyone who helped make the October Wellness Fair a success. The hours put into this event by staff, volunteers, and our community partners was astonishing!

On a final note, please make sure you have your winter weather safety plans in place. If you need assistance with creating a plan for snow removal, finding wintertime rides to your doctors' appointments, or plans for how to get your groceries when it is snowing, please reach out to our office. Now may be a good time to consider signing up for Meals on Wheels or looking into getting a personal emergency response button. Give us a call! Our fantastic Outreach team will help you create a plan regardless of your age, income, or circumstances.

Liz



REMINDER!

Daylight Savings Time ends Sunday, November 4th. Don't forget to turn your clocks back one hour.

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HOLIDAY CLOSINGS

Monday, November 12: Veteran's Day-COA and Diner Closed
Thursday, November 22: Thanksgiving-COA and Diner Closed
Friday, November 23: Town Offices Open, Senior Diner Closed

****DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH****

Happenings—Nov 2018

(These are just a few of our events. Look inside for more.)

Addiction Support Group	P10	Nov 6	Tues
Birthday Party	P7	Nov 21	Wed
Book Buddy Program	P10	Nov 2	Fri
Brains and Balance Classes	P4	Nov 2,9,16,30	Fri
Caregivers Meeting	P3	Nov 28	Wed
Coloring, Coffee and Conversation	P8	Nov 5	Mon
Crafts at the Council	P8	Nov 28	Wed
Friends' Veterans Luncheon	P4	Nov 14	Wed
Indian Hill Bach's Lunch Concert	P8	Nov 15	Thurs
Littleton Lyceum	P7	Nov 9	Fri
Living Alone and Living Well Group	P3	Nov 15	Thurs
Living with COPD at Home Nov 21	P10	Nov 21	Wed
Monet Water Lillies Workshop 27th	P10	Nov 27	Tues
Movie of the Month	P8	Nov 29	Thurs
Veterans Breakfast	P8	Nov 28	Wed
LFD Blood Pressure Check	P4	Thursdays	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life With Phyllis	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wednesday	
Line Dancing	P4	Monday	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Tai Chi-QiGong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30 – 11:30 am in Room 230. (We linger until noon.) **No Class Nov 22nd**

- Nov 1** Sharing information on the Web (Dropbox, Google Drive)
- Nov 8** Social Media (Facebook, LinkedIn, Google+)
- Nov 15** Digital Photography (Part 1)
- Nov 29** Digital Photography (Part 2)

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Liz Tretiak, Director
 Tina Maeder, Outreach Coord.
 Nicole Lorensen, Outreach Coord.
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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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 to receive Email Notifications," 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 Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (November 15th)** in room 233 from 10:30-11:30. New members welcome

Please contact Tina at 978-540-2472 or Nicole at 978-540-2475 for more information and to sign up.

Littleton Social Club (LSC)

The LSC meets on **Mondays 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.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Tina Maeder at 978-540-2472 for more details or to sign up.

Bereavement Drop-In Group

The Bereavement Drop-In Group has ended and will be returning soon as an educational series provided by Nashoba Nursing Service and Hospice for those who are dealing with issues around grief and loss.

We would like to take this time to offer our sincere gratitude to Karen Campbell, MS, Grief Counselor from Nashoba Nursing Service and Hospice, who provided wonderful support to those in need of bereavement services. She has begun a new journey with Grief and Healing Connections at the Dragonfly Wellness Center of Devens and we wish her the best.

Caregivers Meeting

Caregivers Support Group will be meeting again on **Wednesday evening, November 28th, from 6:30-8:00 pm in the Littleton Senior Diner.**

Nancy D'Agostino, Service Coordinator for Cooperative Elder Services in Groton will be our speaker and Host for the evening.

A light supper will be served, provided by CESI.

Please contact Tina at 978-540-2472 to let us know if you will be attending or have any questions.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other Tuesday in Room 233. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The meetings will be held on **Tuesdays, November 6th and 20th from 1:00-2:30 pm, in Room 233.**

New members are welcome, but please contact Nicole Lorenson at 978-540-2475 to sign up.



Having difficulty paying your heating bills during the winter? LEHS offers a variety of assistance programs. Documentation of need is required.

Call the Outreach offices for more information: Nicole at 978-540-2475 or Tina at 978-540-2472. All Calls are confidential

SMOC Fuel Assistance Program 2018-2019 Guidelines

Applicants new to the SMOC Program can begin to make appointments after November 1st.

<u>Household Size</u>	<u>Gross Annual Income</u>
1 person household	\$35,510
2 person household	\$46,437
3 person household	\$57,363
4 person household	\$68,289

Medicare or Health Insurance Questions



SHINE counseling is back at the Littleton COA on Fridays from **9:00 am-12 noon in room 232.**

Please call the main office at **978-540-2470** to make your appointment with Kathy Myers to discuss your health insurance needs.

FINANCIAL AID/CLASS SCHOLARSHIPS:



Any community member may request support to offset some or all of the fees associated with an activity. **Please contact Tina Maeder (978-540-2472) or Nicole Lorenson (978-540-2475) for confidential assistance.**

A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.



According to www.nahc.org, in 2016 Home Care Providers traveled 7.6 billion miles to deliver services providing care to over 5 million Americans.

90% of Americans wish to age in place, and Home Care services are often critical in making that happen. Having someone come to where you are to assist you with daily activities can prolong your time at home and can help to prevent injuries/illnesses that may result in nursing facility care.

This month we tip our hats to the Home Care and Hospice workers who keep us safe, keep us comfortable and work hard to provide their clients with a high quality of life.

November is National Family Caregivers Month



The Caregiver Action Network (CAN) has provided some great information for caregivers to supercharge their caregiving with important tips such as safety, unlocking the power of medical records with today's patient portals, using technology to help manage medications, and using the power of apps to help with your caregiving needs such as using GPS. These tools will help you balance your life. Go to CaregiverAction.org for more information.

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**. Susan Hoag and Tamara Bedard from Nashoba Nursing Service join 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**.

Brains and Balance Classes



November Brains and Balance Classes are classes are **November 2, 9, 16 and 30 at 11:00 am**. Limited to 12 class participants. **No class the day after Thanksgiving-November 23rd.**

Register by calling the COA at **978-540-2470**.



Friends of the Council on Aging



America the Beautiful!



That's the theme of our **November 14th** luncheon to honor our men and women who served in the military. Welcome Army, Navy, Marine, Air Force and all other branches of our country's forces. Join us when we enjoy a meal made in America.

Veterans, please bring a picture of yourself in uniform.

Lunch begins at noon, first floor, Shattuck Street, in the Multi-Purpose room. Veterans of all ages and spouses are free, guests \$5.00.

Call the COA office and save your seat: 978-540-2470.

THRIFT SHOP



Here today, gone tomorrow! This the theme at our Thrift Shop. If you see something you like today, don't wait because it might be gone tomorrow. Donations come in every day and so do our customers. The merchandise is hot on the rack and purchases are made every day.

We are looking for 1, 2, or 3, people to take over the management of our Thrift Shop. Barbara is ready to retire and pass the gold hangar on to new volunteers.

Call the COA office at 978-540-2470 if you are interested. We Need You!



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 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

**Tues and Thurs
9:00 to 10:00**

Intermediate to Advanced.
NOW \$3 per session.



STRETCH AND FLEX

**with Carol Winge
Tues and Thurs
11:15-12:15**

Designed for all fitness levels. \$2 per session.

Gentle Flow Yoga With Carol Winge

Wednesdays

9:30-10:30 am

Join the Gentle Yoga group. \$3.

Tai Chi-Qi Gong

**Monday-11:00-12:00 &
6:00 pm.**


Saturday, 11:00-12:00,
Beginners WELCOME!
\$3 per session

Line Dance With Kari Monday

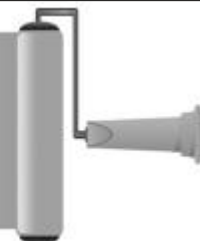
Beginners from 9:00-10:00 am

Adv Beginners from 10:00-11:00 am



Beginner/Adv Beginner from 7:30-9:00 pm
\$5 per session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>	<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>		<p>1 White Bean Chicken Chili Brown Rice Tossed Salad Multigrain Bread Diced Peaches</p>	<p>2 Beef & Pork Meat Pie Spinach Rye Bread Fresh Fruit</p>
<p>5 Gypsy Soup Chicken Meatballs Hawaiian Sauce White Rice Wheat Bread Fortune Cookie Pineapple Chunks</p>	<p>6 Beef Stew Tossed Salad Biscuit Cranberry Apple Crisp</p>	<p>7 Autumn Harvest Soup Chicken Picatta Orzo Pilaf with Spinach Multigrain Bread Fresh Orange</p>	<p>8 Meatloaf with Jardiniere Gravy Yukon Gold Potatoes Brussels Sprouts Dinner Roll Mixed Fruit</p>	<p>9 Potato Pollock Tartar Sauce Macaroni & Cheese Winter Veg Blend Wheat Bread Fudge Brownie</p>
<p>12  Veterans Day NO MEALS SERVED</p>	<p>13 Potato Leek Soup Beef & Cabbage Casserole Rye Bread Diced Pears</p>	<p>14 SPECIAL Roast Turkey w/Herb Gravy Mashed Potatoes Breaded Stuffing Butternut Squash Wheat Dinner Roll Pumpkin Pie</p>	<p>15 Broccoli Bake Red Bliss Potatoes Tossed Salad Multigrain Bread Fig Bar</p>	<p>16 Roast Pork w/Cran-Orange Sauce Cinnamon Sweet Potatoes Green Beans Wheat Bread Applesauce Cup</p>
<p>19 Chicken Coq Au Vin Garlic Mashed Potatoes Creamed Spinach Multigrain Bread Sliced Peaches</p>	<p>20 Cheesy Cauliflower Soup Haddock Newburg Brown Rice Pilaf Wheat Dinner Roll Hermit Cookie</p>	<p>21 Meatballs Marinara Penne Pasta Tossed Salad Italian Bread Fresh Fruit</p>	<p>22  HAPPY THANKSGIVING!</p>	<p>22 THANKSGIVING HOLIDAYS NO MEALS SERVED</p>
<p>26 Beef & Lentil Chili Brown Rice Mexicali Corn Cornbread Strawberry Cup</p>	<p>27 Roast Pork w/ Apple Gravy Rosemary Roasted Potatoes Broccoli Multigrain Bread Chocolate Pudding</p>	<p>28 Egg Drop Soup Chicken Chow Mein with Chinese Chow Mein Noodles Vegetable Fried Rice Fortune Cookie Fresh Orange</p>	<p>29 Breaded Chicken Leg Baked Beans Cole Slaw Multigrain Bread Raisins</p>	<p>30 Turkey Corn Stew Brussels Sprouts Wheat Bread Blueberry Yogurt</p>

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 10:30-11:45 Book Buddy Program 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
5 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 & Conversation 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	6 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp 5:30-6:30 pm Addiction Support Group	7 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	8 7:30-9:00 Ladies' Breakfast 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	9 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
12  Veterans Day	13 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	14 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Veterans Luncheon	15 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	16 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
19 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 7:30-9:00 pm Line Dancing	20 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	21 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 12:00-1:00 Living With COPD at Home 1:00 Birthday Party (for Sept, Oct & Nov birthdays)	22  HAPPY THANKSGIVING!	23 Noon Lunch 1:00-2:30 Bingo
26 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 7:30-9:00 pm Line Dancing	27 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-3:00 Monet's Water Lilies Pastels Workshop	28 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00-3:00 Crafts at the Council 6:30-8:00 pm Caregivers Meeting	29 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 Movie of the Month	30 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo

THE GOOD LIFE

OUR CARE TAKES CARE OF YOU

5 Star Rating



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LADIES' BREAKFAST

November 8th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

November 21st- 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**.

Volunteer Spotlight-Nancy Levine

This month we are spotlighting Nancy Levine, who serves as the Vice President of the Friends of the COA Board. Nancy moved to Littleton from New York City 57 years ago and worked for the Littleton School System prior to retirement. Nancy worked as a Special Needs Aide and then transitioned to working with children with Learning Disabilities and Behavior Modification. She later went back to school for her Associates Degree.

Nancy has been serving on the Friends of the COA Board for approximately 8 years and joined after attending a meeting. While at the second meeting she found out she was a Board Member and we sure are glad she is!

Nancy says her favorite part of volunteering is making the Seniors smile, having them come out and enjoy our activities and working towards hopefully getting a Senior Center, so we can have even more activities and events people can come to.

Nancy has been a driving force behind our intergenerational programs, using her work experience with children to create programs that benefit both the seniors and the children.

Thank you, Nancy, for all that you do!

Are You on Our Email List?

Littleton EHS sends out a weekly email to keep you in the loop about what is going on here at the COA. In addition to that we have a weekly wellness newsletter to offer tips and interesting ideas on all aspects of wellness. If you would like to be added to our list please contact **Nicole**

Lorenson at 978-540-2475.

Littleton Lyceum
Established 1925**Magic by Scott Jameson**
Friday, November 9th, 7:30 pm

See the show audiences are calling "Superb!", "A blast!", and "Heartwarming fun for the whole family." Join magician and juggler Scott Jameson for an extraordinary performance that will have you laughing out loud and perched on the very edge of your seat. Umbrellas will be plucked from thin air, a drawing will come to life, basketballs will be spun and juggled, and the audience will travel through time. Don't miss it!

Purchase tickets at the door or online at www.littletonlyceum.org.

Eric Jay Dolin/Pirates

Friday, 11 January 2019, 7:30 pm

Journeys in Traditional Spiritual and Gospel Music,

featuring Suzanne Buell

Friday, 8 March, 2019, 7:30 pm

All programs take place at the Littleton High School's Performing Arts Center.

Birthday Party

Our next Birthday celebration will be **Wednesday, November 21st** at 1:00 pm in Room 233.

If you have a birthday in September, October or November, please come celebrate with us.

Please call the main office at **978-540-2470** to let us know if you plan to attend.

Crafts at the Council



Sign up now for the Craft Class on **Wednesday, November 28th, from 1:00-3:00 pm**. The holiday season is soon approaching and it is time for our holiday centerpiece. As always there will be all sorts of live greens and other decorations to help you create a unique and beautiful centerpiece to decorate your table. This is a popular class, so please sign up early as there will be a limit.

Call the COA office at **978-540-2470** to sign up for this class. The cost is \$3.00.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233**. Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various local charities. Yarn and needles are available. Come try it out and join this fun group!

Call **978-540-2470** for more information.

Games at the COA



If you enjoy playing games, come join your COA friends to play games (cards, Scrabble, Sequence, Mexican Train, Rummy Cube, Mah-jongg, etc.) We are limited to 6 tables of 4, so call the **COA at 978-540-2470** to put in a reservation and tell us what games you prefer to play.

Coloring, Coffee and Conversation



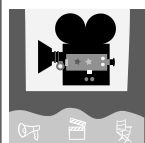
The next meeting will be **Monday November 5th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, November 28th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Movie of the Month



Thursday, November 29th at 1:00 pm, "Mamma Mia! Here We Go Again" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.



Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid and/or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more. Open every **Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator.**

Call **John Boroski at 978-540-2485** to make an appointment.

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, November 8th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, tea & coffee. Come and bring a friend. We look forward to seeing you!

Jane Lyons 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.**

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music presents the Atlas Piano Trio. **TWO SHOWS - Thursday, November 15th at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA.** Complimentary coffee, tea, cookies; bring your lunch. **FREE admission.** Reservations required for groups at **(978) 486-9524.**

Learn more at www.indianhillmusic.org

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

★ Veterans Day ★ 2018

This year's Veterans Day Ceremony is on the Littleton Common, Sunday, **November 11, 2018 at 11:00 am**, the 100th Anniversary of the end of WWI. We are looking for information of WWI Veterans, from any family who had a relative in WWI. Any information that you have would be appreciated. We know that there are 102 WWI era veterans buried at Westlawn Cemetery, Littleton, MA.

Ceremony will include Veterans' acknowledgements. Friends, family and supporters are welcome.

Contact John Boroski, jboroski@littletonma.org or 978-540-2485.

In Honor of U.S. Military During the Great War

Veterans Day, November 11, 2018, marks the Centenary of the end of World War I



Ever wonder why Veterans Day is on the 11th and doesn't change? World War I ended on the 11th month on the 11th day on the 11th hour.

Today I saw a man selling poppies stop a lady and asked if he could reposition her poppy. While doing so he told that lady she should wear the poppy on her right side. The red represents the blood of all those who gave their lives, the black represents the mourning of those who didn't have their loved ones return home and the green leaf represents the grass and crops growing and future prosperity after the war destroyed so much. The leaf should be positioned at 11 o'clock to represent the eleventh hour of the eleventh day of the eleventh month, the time that World War I formally ended. He was worried that younger generations wouldn't understand this and his generation wouldn't be around for much longer to teach them. We must remember those from our current wars, too.

Photo of Jesse James Mowry
Enlistment date: 2 June 1918
Release Date: 20 January 1919
(Photo courtesy of David James Plauger, grandson and Littleton MA resident)



Need Help with your Medicare Plan Comparisons for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should have received an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand **your** plan changes as well as **other options** you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15th through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local **COA Office** at 978-540-2470 or call **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Thank you to Nashoba Nursing and Hospice



Special thanks to Joanne McCole, RN and Vanessa Perini from Nashoba Nursing Service and Hospice for sponsoring and scooping ice cream at our First Grandparents Ice Cream Social last month.

Nashoba Nursing Service and Hospice is a nonprofit home health care, palliative and hospice agency serving Littleton and surrounding communities since 1931.



PART-TIME VAN DRIVER WANTED

We are looking for a part-time van driver! If you or someone you know may be interested, please visit the Human Resources page on www.littletonma.org to see a full job description, or call (978) 540-2455 for more information!

Living with COPD at Home

"Lunch and Learn"

Wednesday, November 21st
from 12:00 Noon - 1:00 pm



Free Lecture and Lunch provided by Life Care Center of Acton.

Call the COA front desk at 978-540-2470 to sign up

Monet's Water Lilies Pastels Workshop



Tuesday, the 27th of Nov. from 1:00 -3:00pm, limited to 30.

Please call the COA front desk at 978-540-2470 to sign up.

\$3 per person. All supplies will be provided.

Group Support for those Affected by Addiction



Caring for someone who is struggling with an addiction, whether from afar, or on a day-to-day basis, can be emotionally, physically and mentally overwhelming. Finding support in the community from others who are experiencing the same situation or have been in a similar situation can be a great way to find the balance in taking care of yourself.

Join Littleton Elder and Human Services on the first Tuesday of every month (November 6th) from 5:30-6:30 pm, for a Support Group for those who have been affected by someone's addiction in any way.

100 % Confidential

No registration is necessary, please come if you are able and spread the word to those who may benefit.

37 Shattuck Street, Room 233, Littleton, MA 01460



The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

Book Buddy Program



The Book Buddy Program is starting again in November. Once a month, on an assigned day, we will go to Shaker Lane School and meet with Michelle Barth, and her Kindergarten class.

We will each be assigned some Buddies, and read stories together. This is a fun program. You won't be disappointed. There is a limit of 15 seniors for each class.

The dates are always on a Friday, and the times are always from 10:30-11:45 am.

These dates are: November 2nd, December 7th, (None in January and February), March 8th, April 5th, and May 3rd

If you are interested, please call the COA office at: 978-540-2470. They will need your name, phone number, and email address. Someone will get back to you with details.

Gift Wrapping



The Friends of the Littleton Veterans will be hosting a **FREE community GIFT WRAPPING** event on **December 16th, from 2:00-6:00 pm. at VFW Post 6556, 21 Taylor Street.**

Come get your holiday gifts wrapped, watch the Patriots game (4:25 p.m. kickoff!) and enjoy some pizza and appetizers. If you need a ride, just let us know. To schedule a pickup or for more information contact **Maureen Woods @ woods1234@verizon.net / 978-501-0123**

Littleton Coalition Against Addiction 100% Confidential



Nicole Lorenson, Outreach Coordinator
978-540-2475

nlorenson@littletonma.org



Donna Kivlin, Recovery Coach
978-431-0162

donnaamericorps@paarius.org



Barbara Whitcomb, Suicide Prevention
978-486-4928

bwhitcomb@4sans.org



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Tamara Bedard, RN

tamarabedard@nashoba.org



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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 am 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.