

The Broadcaster



OCT 2018



FROM LIZ'S DESK

October already? Where has the year gone? Fall and winter can be magical in New England, but for many, the shorter darker days and colder weather can bring on the seasonal blues. Part of this can come from the isolation that occurs in the colder months. For some, isolation is a reality year round. AARP has launched a campaign against isolation and stated, "The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day." A shocking statement to say the least!

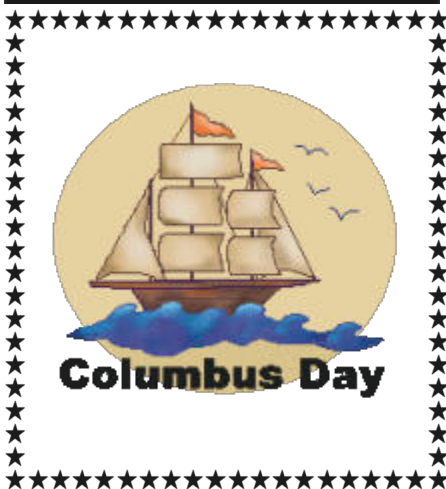
We need social connection to thrive, and as we get older sometimes our social networks break down or become smaller. If this rings true for you, or someone you know, please reach out to us here at the COA. We will be starting a friendly phone check-in system this winter to keep in contact with anyone who would like to participate.

Let's do what we can to stay active and engaged with one another starting now, this Fall. Joining classes and attending events at the COA is a great way to get involved - don't forget our vans can provide you a free ride to the COA.

If cost ever prohibits your participation, please ask us about a scholarship for our fitness and/or education programs. Please see the Director or Outreach staff for more information and confidential assistance.

Be good to one another,

Liz



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

Happenings—Oct 2018

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

Addiction Support Group	P9	Oct 2	Tues
Bereavement Drop-in Group	P3	Oct 18	Thurs
Brains and Balance Classes	P4	Oct 5,12,19,26	Fri
Caregivers Meeting	P3	Oct 24	Wed
Chair Massage (by Appointment)	P4	Oct 15, 29	Mon
Coloring, Coffee and Conversation	P8	Oct 1	Mon
Crafts at the Council	P8	Oct 24	Wed
Friends' Oktoberfest Luncheon	P4	Oct 10	Wed
Littleton Lyceum	P7	Oct 12	Fri
Indian Hill Bach's Lunch Concert	P8	Oct 18	Thurs
Living Alone and Living Well Group	P3	Oct 18	Thurs
Medicare Presentation	P3	Oct 26	Fri
Movie of the Month	P8	Oct 25	Thurs
Pickleball	P4	Oct 5, 12	Fri
Wellness Fair	P4	Oct 13	Sat
Veterans Breakfast	P8	Oct 31	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.)

- Oct 4** Basics of security; keeping your system and your information safe.
- Oct 11** Social engineering. Safe internet practices for accessing information.
- Oct 18** Email systems. Email clients, webmail, changing email systems.
- Oct 25** The Cloud. What is it? Where is it? How do we use it safely?

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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Sharon Corbin
Andy Fredette
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 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 (October 18th) 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

Have you lost someone? Come to the Library on the 3rd Thursday of each month (October 18th) from 1:00-2:30 pm, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

Caregivers Meeting

Caregivers Support Group will be meeting on Wednesday evening, October 24th (please note change of date for this meeting) from 6:30-8:00 pm in the Littleton Senior Diner.

Sharon Nolli from Summit Elder Care offered by Fallon Health will do a presentation on " Being Thankful".

There will also be a light supper served and a regular support group to follow

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, October 9th and 23rd 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

<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?



The Minuteman Senior Services SHINE Medicare Presentation is in the Selectman's Room 103 on **Friday Oct 26th at 10:00 am.**



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.

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

Senior Littleton Pickleball



Instructor: Sue Adams
Location: 33 Shattuck Street Tennis Courts
When: Fridays, Oct 5th and 12th
10:00-11:30 am

Cost: \$3 per session.

Call the COA office at **978-540-2470** to sign up.

Brains and Balance is Back!



Brains and Balance has returned with a full 10-week session. October classes are **October 5th, 12th, 19th and 26th at 11:00 am**. Limited to 12 class participants. \$30 for the 10 week session.

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



Friends of the Council on Aging



Littleton Seniors, get your passports ready for Germany and October. We are on our way to Oktober Fest.

Sprechen Sie Deutsch?

On **Wednesday, October 10th**, join us at noon at the Shattuck St., Multi-Purpose Room, when we arrive in Munich and enjoy the festival. Food will be the usual knockwurst, sauerkraut and all the trimmings. Eat, sing and be merry. The cost is \$3.00 per person, to be paid at the door. **Reservations are a must.** Come alone or bring a friend.

Please call: **978-540-2470** to make your reservations **NO LATER THAN October 6th**. These seats go quickly!

Wellness Fair



The Annual Wellness Fair is **Saturday, October 13th, from 10:00 am—2:00 pm** at the Middle School. Please stop by for great information, free health and wellness screenings, door prizes and raffles.

Concord Park, in conjunction with Nashoba Park, will provide lunch.



Massage with Shirley Jenner of Fine Balance Bodyworks will begin again in Room 230.

The dates are **October 15th and Oct 29th**. Ten-minute appointments will be available from 9:05-11:35 am. Please call the reception desk to reserve a spot by calling **978-540-2470**.

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**.

THRIFT SHOP



The Thrift Shop sale is over, and we thank you for your donations and purchases.

The Fall and Winter clothing is out and ready for your style choice. Are you looking for a new job or still with the old one? You will find that right one to make a good impression, or buy from our shop just for fun. Our volunteers are ready to help you.

We are open Monday through Friday 10:00 am to 3:00 pm.



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by 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

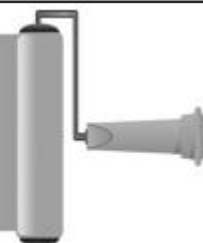
Beginners from 9:00-10:00 am

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
1 Macaroni & Cheese Stewed Tomatoes Dinner Roll Diced Peaches	2 Vegetable Soup Diced Chicken Teryaki Vegetable Fried Rice Wheat Bread Almond Cookie	3 Shepherd's Pie Tossed Salad Multigrain Bread Strawberry Cup	4 White Bean & Kale Soup Grilled Chicken Florentine Tri Color Rotini Wheat Bread Fresh Fruit	5 Pork w/ Apple Gravy Cinnamon Sweet Potatoes Green Beans Dinner Roll Fig Bar
8  No Meals Served	9 Haddock Newburg Wild Rice Pilaf Multigrain Bread Applesauce	10 Cranberry Orange Chicken Mulligatawny Soup Yukon Gold Potatoes Wheat Bread Lorna Doones	11 Swedish Meatballs Tossed Salad Egg Noodles Rye Bread Apple Streusel Cake	12 Meatloaf w/Onion Gravy Sour Cream & Chive Mashed Potatoes Peas & Carrots Multigrain Bread Fresh Fruit
15 Beef Chili Brown Rice Mixed Vegetables Wheat Bread Mixed Fruit	16 Corn Chowder BBQ Chicken Breast Chantilly Potatoes Wheat Bread Pineapple Whip	17 Turkey a la King Tossed Salad White Rice Buttermilk Biscuit Applesauce	18 Butternut Bisque Pork w/Apple Berry Sauce Spinach Orzo Pilaf Multigrain Bread Fresh Fruit	19 Chicken and Rice Bake Broccoli Dinner Roll Snack N Loaf
22 Autumn Harvest Soup Chicken w/Red Pepper Sauce Quinoa w/Roasted Veg- gies Multigrain Bread Vanilla Yogurt	23 Breaded Pollock Tartar Sauce Tossed Salad Yams Wheat Bread Diced Pears	24 Cream of Broccoli Soup Sweet & Sour Meatballs Brown Rice Multigrain Bread Fresh Fruit	25 <u>SPECIAL</u> Marinated Steak Tips Scalloped Potatoes Peppers & Onions Dinner Roll Chocolate Chip Cookie Bar	26 Broccoli Bake Potato Wedges Stewed Tomatoes Wheat Bread Raisins
29 Lasagna w/Meat Sauce Italian Vegetable Blend Italian Bread Butterscotch Pudding	30 Minestrone Soup Creamy Pesto Chicken Ziti Pasta Multigrain Bread Strawberry Cup	31 Roast Pork w/Herb Gravy Garlic Mashed Potatoes Peas & Carrots Wheat Bread Spice Cake	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>	



**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





OCTOBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	2 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 5:30-6:30 pm Addiction Support Group	3 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	4 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	5 10:00-11:30 Pickleball 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
8  Columbus Day	9 9:00-10:0 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	10 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Oktoberfest Luncheon	11 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	12 10:00-11:30 Pickleball 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
15 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Mtg 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing Chair Massage-by Appt	16 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	17 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	18 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-2:30 Bereavement Grp	19 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	23 9:00-10:0 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	24 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	25 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	26 10:00 SHINE Medicare Presentation 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
29 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 Chair Massage-by Appt	30 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	31 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	<div>  <p> <i>Don't Miss the Annual Wellness Fair on Saturday, October 13th, from 10:00 am—2:00 pm at the Middle School.</i> </p> <p> <i>See Page 4 for more information.</i> </p> </div>	

THE GOOD LIFE



5 Star Rating

OUR CARE TAKES CARE OF YOU

LIFE CARE CENTER OF NASHOBA VALLEY

191 Foster St • Littleton MA • 978-486-3512

www.LifeCareCenterOfNashobaValley.com

HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-862-6429




LADIES' BREAKFAST

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

**MEN'S BREAKFAST**

October 17th- 7:30 am to 9:00 am

**Senior Diner - Shattuck Street**

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

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

ELDER ABUSE?

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

New Employee Spotlight
Sue Raymond


We are taking a break from our Volunteer Spotlight to bring you a "New Employee Spotlight"!

Sue Raymond joined us recently as our Administrative Assistant in the front office.

Sue has lived in Littleton for 43 years. She is a BU graduate and has raised 2 sons. Sue is married to her husband of 51 years, Dave, and has 2 Scottish Terriers, Cayleigh and Robbie.

Prior to working at the COA, Sue worked for the Town of Littleton in the Building Department for 4 years. So far, Sue says her favorite part of her new job is interacting with all the people who come in to visit the center. In her spare time Sue enjoys gardening and baking bread for her new coworkers (we enjoy that too!)

Veterans Day
2018

This year's Veterans Day Ceremony is on the Littleton Common, **November 11, 2018 at 11:00 am**, the 100th Anniversary of the end of WW1. We are looking for information of WW1 Veterans, from any family who had a relative in WW1. Any information that you have would be appreciated. We know that there are 102 WW1 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.


Southern Rail/Bluegrass
Friday, 12 October 2018, 7:30 pm


Southern Rail's performances are high-energy exuberant fun, with riveting harmonies, irrepressible humor and sparkling banjo, mandolin, and guitar solo work. Southern Rail celebrates over three decades of performing with the long awaited release of their 12th CD, "Voices in the Wind".

Purchase tickets at the door or [online](http://www.littletonlyceum.org) at www.littletonlyceum.org.

Magic by Scott Jameson

Friday, 9 November 2018, 7:30 pm

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.

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.

Crafts at the Council



Sign up now for the Craft Class on **Wednesday, October 24th from 1:00-3:00 pm in the Multi-Purpose Room**. We will be making a plaque consisting of a scarecrow on one side and a snowman on the other. There will also be surprise projects that you can try your hand at. Look forward to seeing you all soon.

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.

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.

Veterans Breakfast



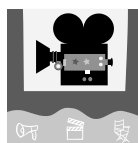
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, October 31st (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am**.

Coloring, Coffee and Conversation



The next meeting will be **Monday, October 1st at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Movie of the Month



Thursday, October 25th at 1:00 pm, "Book Club" will be shown in Room 230. \$2.00 donation requested.

Please sign up in the COA office or call **978-540-2470**.



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 from **1:00-3:30 pm at the Congregational Church on October 11th** for an afternoon of Bingo, prizes, finger deserts, tea & coffee. We look forward to seeing you! Bring a friend and enjoy an afternoon of fun and companionship.

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**.

INDIAN HILL MUSIC



CHAMBER MUSIC AT INDIAN HILL:

Dynamic pianists Jenny Tang and Eliko Akahori share the stage for piano four-hand and two-piano arrangements of works by Schubert, Ravel, and Rachmaninoff, and more: **Sunday, October 14th at 3:00 pm, 36 King Street, Littleton, MA**. TICKETS: \$15 (Free for Indian Hill Music students). Learn more: (978) 486-9524 or www.indianhillmusic.org.

'BACH'S LUNCH' CONCERT: Indian Hill Music presents songs of the 1920s with Eric Baldwin, guitar & banjo; Ginny Briggs, vocals; Justin Meyer, bass; and Jurek Glod, drums. **TWO SHOWS - Thursday, October 18th at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA**. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at (978) 486-9524.



Learn more at www.indianhillmusic.org.

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

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 (October 2nd) 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

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.

October is National Cyber Security Awareness Month



The Department of Homeland Security has initiated a #BeCyberSmart Campaign to educate the public about online threats. Nearly everyone these days uses the internet, even if it is just once in awhile, for a variety of different things. A 2017 report by The Federal Trade Commission showed that 47% of American Adults have had their person information exposed by cyber criminals.

While the threat of this happening can be scary, there are important ways to protect yourself so you can surf the web safely. Here are a few tips from the Department of Homeland Security to keep you safe:

- Practice safe web surfing wherever you are by checking for the "green lock" or padlock icon in your browser bar—this signifies a secure connection. Avoid free internet access with no encryption. If you do use an unsecured public access point, practice good internet hygiene by avoiding sensitive activities (e.g., banking) that require passwords or credit cards. Your personal hotspot is often a safer alternative to free Wi-Fi.
- Everyone seems to be posting their information on social media—from personal addresses to where they like to grab coffee. You may figure, if everyone's doing it, why can't I?
- What many people don't realize is that these seemingly random details are all criminals need to know to target you, your loved ones, and even your physical belongings—online and in the real world. Avoid posting names, phone numbers, addresses, school and work locations, and other sensitive information (whether it's in the text or in the photo you took). Disable geotagging, which allows anyone to see where you are—and where you aren't—at any given time.
- If you're unsure who an email is from—even if the details appear accurate—do not respond, and do not click on any links or attachments found in that email. Always avoid sending sensitive information via email.
- Update your password: It's important to mix things up—get creative with easy-to-remember ways to customize your standard password for different sites. Having different passwords for various accounts can help prevent cyber criminals from gaining access to these accounts and protect you in the event of a breach. Always keep your passwords on the down-low. Every time you share or reuse a password, it chips away at your security by opening up more avenues in which it could be misused or stolen.

For more tips to stay safe, visit www.dhs.gov/be-cyber-smart

2018 FLU CLINIC SCHEDULE

****This is a list of some of the clinics that are confirmed as of 9/10/18. Please check our website for more information: www.nashoba.org OR feel free to call: Tamara at: 978-772-3335 ext.340.**

DATE	TOWN	CLINIC LOCATION	TIME	ADDRESS
10/4 Thursday	Boxborough	Blanchard Memorial Elementary	3-6	495 Mass Ave
10/9 Tuesday	Littleton	Town Offices (Room 103)	10-12	33 Shattuck St
10/9 Tuesday	Littleton	Littleton Middle School Cafeteria	3-6	55 Russell St
10/10 Wednesday	Pepperell	Nissitissit Middle School Cafeteria	3-6	33 Chace Ave.
10/11 Thursday	Shirley	Senior Center	9-11	9 Parker Rd
10/11 Thursday	Townsend	Library	3-6	12 Dudley Rd
10/13 Saturday	Littleton (Health Fair)	Littleton Middle School	10-2	55 Russell St
10/15 Monday	Lunenburg	Library	3-6	1023 Massachusetts Ave
10/16 Tuesday	Harvard	Senior Center (Hildreth House)	9-11	13 Ayer Rd
10/16 Tuesday	Ayer	Library	3-6	26 East Main St
10/17 Wednesday	Pepperell	Senior Center	10-12	37 Nashua Rd
10/17 Wednesday	Harvard	The Bromfield School (High School)	3-5	14 Massachusetts Ave
10/18 Thursday	Bolton	Safety Building	9-11	15 Wattaquodock Hill Rd
10/18 Thursday	Bolton	Nashoba Regional High School (cafeteria)	3-6	12 Green Rd
10/20 Saturday	Stow	Community Center	10-1	509 Great Rd
10/23 Tuesday	Boxborough	Town Hall	10-12	29 Middle Rd
10/24 Wednesday	Groton	Public Library	3-6	99 Main St.

HOLIDAY REMINDER



Columbus Day

The **Columbus Day** holiday will be observed on **Monday, October 8th.**

The COA offices and Senior Diner will be closed.

Littleton Coalition Against Addiction 100% Confidential



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Barbara Whitcomb, Suicide Prevention
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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.



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2018

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.