

# The Broadcaster



MAY 2018



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## FROM THE DIRECTOR



Spring is in full swing! Time to throw open your windows and let the fresh air in after a seemingly never-ending winter. Have you started your Spring cleaning? Here at the COA we will be doing some tidying up, organizing, and making way for some new tables and chairs. Spring cleaning time is also a great opportunity to do a quick check-in with yourself. Are you holding onto any unnecessary mental clutter or unhealthy habits? I know I need to shake the dust off my running shoes and clear the long winter doldrums and cobwebs from my mind. Let's make some changes! Get those windows open, let go of anything unnecessary, and get a fresh new start both in your home and in your mind! To help get you started, check out the **Brains and Balance** program this month, the Nashoba Hospital presentation on Sleep, or give our Outreach Department a call to inquire about our current support groups.

Staying on the housekeeping theme, here are a few odds and ends:

- Senior Property Tax Work Off Program: Please have your completed signed timesheets submitted by May 11th.
- The Eagle Eye coupons and attendance reward programs will be discontinued in June. Please use your coupons up this month, while keeping in mind that they are not valid for meals.

## Lattes with Liz



Join us on Wednesday, May 23<sup>rd</sup> from 9:00-10:00 am to get to know our new Director, Liz, and enjoy the company of the rest of our staff over coffee and pastries.

Drop in, stay awhile or just pop in to say hello. We would love to make this a monthly event and look forward to your feedback!

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

# Happenings—May 2018

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

Bereavement Drop in Group	P3	May 17	Thurs
Book Buddy Program	P9	May 4	Fri
Brains and Balance	P4	May 4,11,18,25	Fri
Caregivers Meeting	P3	May 30	Wed
Cinco de Mayo Event-Littleton VFW	P9	May 5	Sat
Coloring, Coffee and Conversation	P4	May 7	Mon
Crafts at the Council	P8	May 23	Wed
Indian Hill Bach's Lunch	P8	May 17	Thurs
Lattes With Liz	P1	May 23	Wed
Living Alone and Living Well	P3	May 17	Thurs
Movie of the Month	P8	May 24	Thurs
Podiatry Clinic—By Appointment Only	P4	May 15	Tues
Preparing for Medicare-Countdown to 65	P9	May 23	Wed
Silk Scarf Painting	P8	May 16	Wed
Sleep Strategies Presentation	P4	May 11	Fri
Veterans Breakfast	P8	May 30	Wed
LFD Blood Pressure Check	P4		Thurs
<u>Ongoing Exercise Programs</u>			
Fit-4-Life with Phyllis	P4	Tues & Thurs	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wed	
Tai Chi-Qi Gong	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.)

- May 3** Organizing email, moving email systems. Using folders and contact lists (makeup for Mar 22 snow).
- May 10** Review of topics for 2017-2018.

**May 10th is the last class for this year. Then we are off for the Summer. See you in September.**

**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.  
Neil Campbell, MART Driver  
Laurie Dee, MART Driver  
Richard Kent, MART Driver  
William Monahan, MART Driver  
Sam Palmer, 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  
Maureen Donnelly  
Ann Lee Ellis  
Jean Johnson  
Mary Pickard  
David Sill

## FRIENDS OF THE COA

Barbara McRae, President  
Nancy Levine, Vice President  
Tony Jesensky, Treasurer  
Dottie Ruiz, Secretary  
Ellen Araujo  
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](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.

**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

This group meets the 3<sup>rd</sup> Thursday of each month in Room 230. **The May date is Thursday, May 17th, from 10:45-12:00 noon** in room 233. If you are living alone and living well, or want to be, please join us. We welcome back Rita Biagioni, Wellness Coach to be our speaker for our Living Alone and Living Well Group on May 17th.

We have a great group and would love to welcome new members.

**Please contact Tina Maeder at 978-540-2472 to sign up.**

\*\*\*\*\*

### 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.

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 **3<sup>rd</sup> Thursday of each month (May 17th) 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 held on **Wednesday Evening, May 30th, from 6:30-8:00 pm**. We welcome Stephanie Burton, Executive Director, and Kim Dee, Life Enrichment Director, from Nashoba Park Assisted and Independent Living in Ayer, MA as our Hosts.

**Please contact Tina (978-540-2472) if you plan on attending.**

### 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. Stay tuned to the Newsletter for dates and times. The May meetings will be held on **Tuesdays, May 8th and 22nd, 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.**

### Catholic Heart Work Camp



The Catholic Heart Work Camp will be coming to Littleton the week of **June 25th-June 28th**. Please contact **Nicole Lorenson at 978-540-2475** or **Tina Maeder at 978-540-2472 to sign up by May 7th**. This group provides a variety of light home improvements for those in need. A team youths from across the U.S. arrive at your home to provide assistance with painting, repairing screens, cleaning out closets and garages, etc.

Please call Tina or Nicole in the Outreach office for further information and to have one of our volunteers assist you in completing the work order. CHWC has assisted Littleton residents for over 10 years.

### Day of Caring



Thank you to the Littleton Council of Churches for providing another wonderful Day of Caring to the Littleton Community.

We appreciate the work and dedication of the numerous Littleton church teams who made this day possible and for the yard work that was completed to those in need.

### Medicare or Health Insurance Questions?



Please contact, Elizabeth Killeen at 781-221-7029 to make a private, confidential appointment with a **SHINE** counselor. **SHINE** services are provided through Minuteman Senior Services.

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



## Brains and Balance Returns!



Losing your balance and losing your mental capacity are no longer inevitable parts of the aging process! Research shows that you can work to keep your body AND your mind sharp. Brains and Balance begins a new series on **Friday, May 4th through Friday, June 15th at 11:00 am, in the Multi-Purpose Room.** The series runs every Friday for 6 weeks. The cost is \$24, paid in advance. You will come away stronger and better prepared to stay upright. **Call the COA office at 978-540-2470 or come in to sign up.**

## Podiatry Clinic



The next Podiatry Clinic: **Tuesday, May 15th, in Room 103.** By Appointment only. **Call 978-540-2470** to schedule an appointment. **The cost is \$35.**

## Sleep Strategies Presentation



Please join us on **Friday, May 11<sup>th</sup> at 10:00 am in Room 230** for a morning discussion with Dr. Amjad Husain on the health benefits of sleep and strategies for improving sleep. Dr. Husain is the Chief of Pulmonary and Critical Care and the Sleep Center at Nashoba Valley Medical Center. There will be light refreshments (muffins, coffee, and tea) provided. **Call the COA at 978-540-2470 to sign up.**



Are you an avid walker? Would you be interested in leading a weekly Walking Club? If yes, please reach out to Liz for more information! **Call 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 **2<sup>nd</sup> Tuesday** of each month from **10:00-11:00 am** for the screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner.**

## Coloring, Coffee and Conversation



The next meeting will be **Monday, May 7th at 2:00 pm in Room 230.** No charge – coloring blanks and books available. Bring your pencils and pens.



## Friends of the Council on Aging



The Intergenerational programs are doing very well and they are continuing this month. Thanks to Nancy Levine, our programs to bring seniors and our young people together is working.

Michele Hirth's class has been working on a foldout flier for our Thrift Shop. It's beautiful and I can't wait to show them off.

The Futuristic Follies, the movie, was shown on April 15th at the High School Performing Arts Center. We hope all who came enjoyed our attempt at a little light humor during Tax Week. Money earned from ticket sales went into the Friends fund for senior programs.

The Friends also support a list of other programs for our seniors and we hope to continue that dedication to the Council on Aging and our Elders.

## THRIFT SHOP



The Friends Thrift Shop is having it's **\$3.00 a bag sale May 1st to Friday May 4th.** We will be closed for re-stocking the week of May 7th. It's time to clean out your closets and come in to buy a whole new wardrobe. We have great summer stuff!

**The Thrift Shop is open from 10:00 am to 3:00 pm, Monday through Friday.** Join our volunteer list; substitutes are needed.

**Call 978-263-7905 for more information.**



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, except Tai Chi-Qi Gong Monday classes, which will now meet in Room 123. Call 978-540-2470 to register.**

**FIT-4-LIFE with Phyllis**  
Tuesday and Thursday,  
9:00 to 10:00  
Intermediate to Advanced.  
**NOW \$3 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 from 11:00 am-12:00 noon and again at 6:30 pm in Room 123.** The class also meets on **Sat from 11:00 am to 12:00 noon in the MultiPurpose Room.** Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Littleton Senior Diner is open 9:00 am to 1:00 pm  <b>Monday - Friday.</b>  <b>Call: Gayle Dalton</b>  <b>for Reservations</b>  <b>Senior Diner</b>  <b>978-540-2474</b>  <b>Suggested Voluntary</b>  <b>Donation: \$2.00</b></p>	<p>1                      Lasagna Rollup w/Meat Sauce                      Italian Bread                      Tropical Fruit</p>	<p>2                      Grilled Chicken Coq Au Vin                      Whipped Potato                      Genoa Blend Veg                      Multigrain Bread                      Brownie</p>	<p>3                      Sweet n Sour Chicken Meatballs                      Brown Rice                      Tossed Salad                      Wheat Bread                      Mixed Fruit Cup</p>	<p>4                      Sloppy Joe on Whole Wheat Bun                      Tater Tots                      Carrots                      Fresh Orange</p>
<p>7                      Chicken &amp; Corn Stew                      Green Beans                      Cornbread                      Pineapple</p>	<p>8                      Grilled Chicken Breast                      Lemon Piccata Sauce                      Rosemary Roast Potato                      Tossed Salad                      Italian Bread                      Fresh Fruit</p>	<p>9  <b>Cold Plate</b>                      Tomato Rice Soup                      Egg Salad                      Pasta Salad w/ Red Peppers                      Rye Bread                      Raisins</p>	<p>10  <b>SPECIAL</b>                      Veal Parm*                      Penne Pasta                      Italian Blend Veg                      Dinner Roll                      Cream Puff</p>	<p>11                      Beef &amp; Pork Meat Pie                      Spinach                      Multigrain Bread                      Fruit Crunch Bar</p>
<p>14                      Grilled Chicken Breast                      Cacciatore Sauce                      Cavatappi Pasta                      Italian Blend Veg                      Italian Bread                      Mixed fruit</p>	<p>15                      Potato Pollock                      Tartar Sauce                      Mashed Potatoes                      Tossed Salad                      Multigrain Bread                      Pears</p>	<p>16                      Diced Chicken Teriyaki                      Brown Rice                      Oriental Veg                      Dinner Roll                      Fresh Orange                      Fortune Cookie</p>	<p>17                      Beef Stew                      Brussels Sprouts                      Biscuit                      Blueberry Buckle</p>	<p>18                      Broccoli Bake                      Stewed Tomatoes                      Home Fries                      Wheat Bread                      Strawberry Yogurt</p>
<p>21                      Beef Chili                      Mixed Vegetables                      Wheat Bread                      Applesauce</p>	<p>22                      Grilled Chicken Breast Honey Mustard Sauce                      Couscous w/Red Pepper                      Italian Green Beans                      Italian Bread                      Hermit Cookie</p>	<p>23                      Roast Pork                      Cran-Orange Sauce                      Sweet Potatoes                      Tossed Salad                      Wheat Bread                      Fresh Fruit</p>	<p>24  <b>Cold Plate</b>                      White Bean Kale Soup                      Chicken Salad with Cranberries                      Macaroni Salad                      Wheat Dinner Roll                      Pineapple Chunks</p>	<p>25                      Meatloaf                      Onion Gravy                      Garlic Mashed Potatoes                      Green Beans                      Multigrain Bread                      Snack n Loaf</p>
<p>28    <b>NO MEALS SERVED</b></p>	<p>29                      Corn Chowder                      BBQ Pork Rib                      Yukon Gold Potatoes                      Hamburger Roll                      Fresh Orange</p>	<p>30                      Grilled Chicken Breast                      Supreme Sauce                      Chantilly Potatoes                      Glazed Carrots                      Multigrain Bread                      Snack n Loaf</p>	<p>31                      Roast Turkey                      Herb Gravy                      Stuffing                      Tossed Salad                      Italian Bread                      Chocolate Chip Cookie</p>	<p><b>To CANCEL or ORDER,</b>  <b>Call your <u>local</u> meal site by 11:00 am the</b>  <b><u>DAY BEFORE</u></b></p>

**SUPPORT THE ADVERTISERS  
 THAT SUPPORT OUR COMMUNITY**



# MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>2</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00 Friends of the COA Board Meeting</b>	<b>3</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b>	<b>4</b> 10:00 Wii <b>10:40-11:45 Book Buddy Program</b> <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo
<b>7</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" <b>2:00 Coloring, Coffee &amp; Conversation</b>	<b>8</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>9</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch	<b>10</b> <b>7:30-9:00 Ladies' Breakfast</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b>	<b>11</b> 10:00 Wii <b>10:00 Sleep Strategies</b> <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo
<b>14</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" <b>1:30 COA Board Mtg</b> 6:00 pm Tai Chi	<b>15</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg  <i><b>Podiatry Clinic-By Appointment Only</b></i>	<b>16</b> <b>7:30-9:00 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>11:00 Silk Scarf Painting</b> Noon Lunch	<b>17</b> 9:00-10:00 Fit 4 Life Class <b>10:45-Noon Living Alone Grp</b> <b>11:00 and 1:30 Indian Hill Bach's Lunch Concert</b> 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00-2:30 Bereavement Grp</b>	<b>18</b> 10:00 Wii <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo
<b>21</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	<b>22</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg <b>1:00-2:30 Social Anxiety Grp</b>	<b>23</b> <b>9:00-1:00 LSC</b> <b>9:00-10:00 Lattes With Liz</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 Crafts at the Council</b> <b>4:00 Preparing for Medicare</b>	<b>24</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b> <b>1:00 Movie of the Month</b>	<b>25</b> 10:00 Wii <b>11:00 Brains &amp; Balance</b> Noon Lunch 1:00-2:30 Bingo
<b>28</b>  <b>Memorial DAY</b>  <b>COA &amp; Diner Closed</b>	<b>29</b> 9:00-10:00 Fit 4 Life Class <b>9:00-1:00 LSC</b> <b>10:00-12:00 BP Clinic</b> 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	<b>30</b> <b>7:30-8:30 Veterans Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>6:30-8:00 pm Caregivers' Support Group</b>	<b>31</b> 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch <b>Noon Fire Dept BP Check</b>	

## HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



HOME SECURITY TEAM



**CALL NOW! 1-888-862-6429**

**LADIES' BREAKFAST**

May 10th - 7:30 am to 9:00 am

**MEN'S BREAKFAST**

May 16th - 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

**Get a FREE Class**

As a reward for attendance, get a coupon for a **FREE** class when you attend 6 or more classes in the previous month (meals don't count). Attend Tai Chi, a craft class, an exercise class, get your blood pressure taken, play Mah Jongg – you choose the six to attend. Pick up your coupon after the first of the month in the COA office. **MAKE SURE TO GET YOUR NAME ON THE ATTENDANCE SHEET!** Please note that the attendance reward program will be discontinued in June.

**ELDER ABUSE?**

**800-922-2275**  
Hotline.

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—Shirley Bradley**

**Thanks  
to Our  
Volunteers!**

Our Volunteer Spotlight for May is none other than Shirley Bradley, one of our front desk receptionists. Shirley has volunteered with us for many years once a week and does a tremendous job. Over this past winter we have called on Shirley on an almost weekly basis at times to pick up additional shifts and she has done so without question, even volunteering for certain shifts after noticing holes in our schedule, before we were even able to ask her.

Shirley was born in Maine and is one of 11 children. She has lived in Littleton since 1958 and raised her family of 5 children here. Prior to retirement and in addition to raising her children, Shirley was a Supervisor of a Production Floor.

In her spare time, Shirley enjoys visiting with friends and traveling to visit family in Arizona and Texas, to name a few.

We are so grateful for Shirley's' willingness to help out, and also for her professionalism and dedication to Littleton Elder and Human Services, allways with a smile, her trademark laugh and an eagerness to help with whatever comes up. We are glad to have her as one of the many welcoming faces of the COA.

*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.*

**Medical Equipment Loan Program Change**

*Thanks*

Thank you to Bill Perrine of the Rotary Club for providing assistance in delivering and running the Medical Equipment Loan Program.

Bill will be leaving his position in June as Head of School at Oak Meadow and has accepted a job in Mill Valley California .

We wish him all the best with his new position as Head of School for Marin Horizon School in Mill Valley.

He will let us know of any other changes to the medical equipment and loan program offered by the Rotary Club.

Presently, in order to access the equipment, please call the Outreach Offices at **978-540-2475 or 975-540-2472** and the Outreach Office will obtain necessary information for the Rotary club to deliver the needed equipment to Littleton residents.

**Do you have medical supplies or equipment you no longer need and would like to donate?**

Please call the COA at **978-540-2470** to be sure we are able to accept your donation and schedule a pickup.

We are no longer able to accept dropped off equipment so please call to schedule a pickup!





## Crafts at the Council



Join us on **Wednesday, May 23rd** from **1:00-3:00 pm** in the Multi-Purpose Room. for our last craft class before September. We will be creating a rustic wall hanging. Bring your imagination and creativity. You must sign up by May 18th.

Call the COA at **978-540-2470** to sign up for this workshop. The cost is \$4.00.



## 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.

## 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 8:45-11:45 am** in Room 222. Call John Boroski at **978-540-2485** to make an appointment.



## Painting a Silk Scarf

Join us on **Wednesday, May 16th at 11:00 am in Room 230** for silk scarf painting.

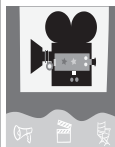
Please call the COA front desk to sign up at **978-540-2470**.

## Come Join the Fun!!



Line Dancing	Mondays at 9:00 am. Multi-Purpose Room – no signup needed.
Mah Jongg	Tuesdays from 12:30-3:30 pm in Room 230.
Bingo	Friday afternoons from 1:00-2:00 pm in the Senior Diner

## Movie of the Month



**Thursday, May 24th at 1:00 pm, "The Greatest Showman"** 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 on **Thursday, May 10th at the Congregational Church from 1:00 to 3:30 pm** for an afternoon of Bingo, prizes and refreshments. This will be our final Bingo Afternoon until October, so come and enjoy the afternoon! Any questions, call **Jane Lyons at 978-486-3436**. We look forward to seeing you!

## 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, May 30th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

## Bingo at St. Anne's Church



Bingo will be held **Thursday, May 17th at 1:00 pm in The Conference Room**. Bingo is free and winners get small prizes. Refreshments are served after the games. The May meeting will be the last one until Fall.

Any questions call Topsy at **978-486-3783**.

## 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



Indian Hill Music School presents New Music for Old Instruments featuring Jamie Dunphy (lute), Terri Kowiak (mezzo-soprano), Carol Lewis (viola de gamba), and Ian Carroll - (soprano saxophone: TWO SHOWS - **Thursday, May 17th 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](tel:9784869524) (press 0). Learn more at [www.indianhillmusic.org](http://www.indianhillmusic.org).

Call to reserve tables for groups of five or more. **Please do not make reservations via email.** Thank you!

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



## SMOKE AND CARBON MONOXIDE DETECTORS *Save Lives!*

The **Littleton Fire Department** has teamed up with the **Littleton Council on Aging** to assist the senior community with Smoke and Carbon Monoxide Detector inspections and installations.

- When is the last time you checked your Smoke/CO Detector Batteries?
- Did you know that Carbon Monoxide Detectors have an expiration date?
- Do you have Smoke/CO Detectors in the right locations in your home?
- They only last about 5 to 7 years and then they expire. We will check and make sure these are in working order.

### CONTACT:

THE LITTLETON FIRE DEPARTMENT  
WITH ANY QUESTIONS OR TO SET  
UP AN APPOINTMENT!

PHONE: 978-540-2302  
OR STOP BY: 20 FOSTER STREET, LITTLETON MA



# FREE SERVICE

FOR THE SENIOR COMMUNITY  
OF LITTLETON!

LITTLETON  
**FIRE**  
DEPARTMENT

## The Book Buddy Program



The Book Buddy Program started again in March. Once a month, on an assigned day, we go to Shaker Lane School and meet with Michelle Barth, and her Kindergarten class. We will be assigned 1-2 Buddies each, 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 at **10:30-11:45 am**. The date for May is May 4<sup>th</sup>.

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.



### **\*\*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 for a COA sponsored event.

Eagle Eye Coupons will only be redeemable for COA sponsored events. Come in and show us the error and we'll give you your coupon. Happy hunting!

**Please note that the Eagle Eye coupons and attendance reward programs will be discontinued in June.**

## Planning for Medicare-Countdown to 65



If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions. Join Heather Hurd from BCBS for this informative session.

What will **Planning for Medicare-Countdown to 65** cover?

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

**The program will be presented on Wednesday, May 23<sup>rd</sup> at 4:00 pm. Please call the front desk at the COA to register: 978-540-2470.**



The Friends of the Littleton VFW will host a FREE community event on **Saturday, May 5th. Come join us to celebrate Cinco De Mayo!** The Friends will provide food (taco bar, fajitas etc.!) and a DJ. There will be games, prizes and giveaways. Doors open at 6:00 pm. Littleton Post #6556, 21 Taylor Street. Admission is free.

## 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**

## Did you know...



- Projections suggest that by 2035, the number of Littleton residents age 60 or older will more than double, and the share of Littleton's population that is in this age group will approach 40%.
- Currently, seniors own nearly one-third of Littleton's owner-occupied homes.
- Thirty percent of Littleton residents age 65 and older live alone; 65% of these individuals are homeowners.
- Thirty-eight percent of Littleton senior households (age 65+) have incomes below \$25,000 a year; 40% of Littleton seniors (age 75+) have at least one disability.

(Compiled by The Gerontology Institute at the John W. McCormack Graduate School of Policy & Global Studies, University of Massachusetts Boston, 2015)



A Memory Café is a safe and comfortable space where caregivers and their loved ones experiencing memory loss can socialize, listen to music, play games, and enjoy other appropriate activities. They provide an environment for mutual support and an opportunity to exchange information with those in similar situations.

The café is on the first floor in our clean, bright and inviting Fellowship hall, with easy access from the two main side entrances: Goldsmith and King Street, red doors). Handicap access is found in the rear entrance on Goldsmith street. Staff are on hand to assist as needed.

Memory Café  
Monthly on the Fourth Saturday, 10:00 am-12:00 pm  
First Baptist Church  
Littleton Common  
461 King St, Littleton MA  
978-486-4660

## REMINDER: MEMORIAL DAY HOLIDAY



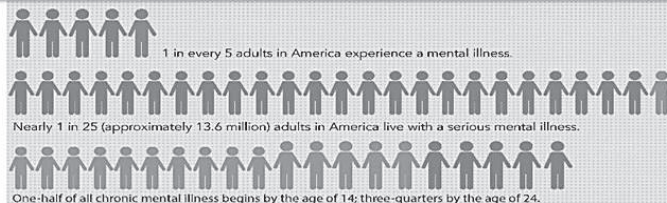
Memorial Day will be observed on **Monday, May 28th**. The COA offices and Senior Diner will be closed.

## May is National Mental Health Awareness Month

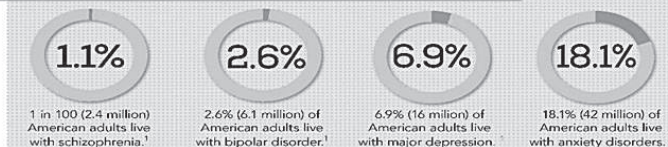
Check out the statistics below to get an idea of how many suffer from and live with mental illness. If you are concerned about your mental health, please reach out to a medical professional. Talk about it, end the stigma.

### Mental Health Facts IN AMERICA

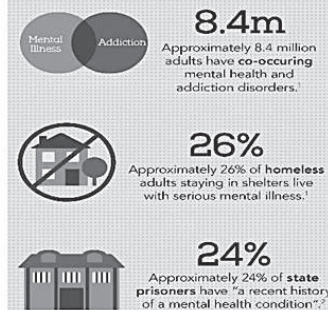
**Fact:** Nearly 44 million adults experience mental illness in a given year.<sup>1</sup>



### Prevalence of Mental Illness by Diagnosis



### Consequences



### Impact



### Treatment in America



### Ways to Get Help



1. 1 in 5 Americans experience a mental illness in a given year. Source: National Institute of Mental Health, "Mental Illness in America".  
2. Depression and anxiety are the most common mental health conditions. Source: National Institute of Mental Health, "Mental Illness in America".  
3. Source: U.S. Department of Housing and Urban Development, "The State of Homelessness: National Overview".  
4. National Commission on Correctional Health Care, "Mental Health in Prisons".  
5. World Health Organization, "Depression: A Global Problem".  
6. U.S. Social Security Administration, "The Economic Burden of Mental Illness".  
7. Institute of Medicine, "Suicide: A National Strategy".  
8. National Institute of Mental Health, "Mental Health Services in America".  
9. National Institute of Mental Health, "Mental Health Services for Children and Adolescents".  
10. National Institute of Mental Health, "Mental Health Services for Racial and Ethnic Groups".

**NAMI**  
National Alliance on Mental Illness  
[www.nami.org](http://www.nami.org)

If you or someone you know is thinking about suicide, please call one of the 24-hour crisis hotline numbers below right away:

Samaritans Statewide Hotline  
Call or Text: 1-877-870-HOPE (4673)

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
Press # 1 if you are a Veteran



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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 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

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**MAY 2018**