

The Broadcaster



APRIL 2018



Patriots' Day
April 19th

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FROM THE DIRECTOR

This past month I have been thinking quite a bit about change, growth, and stepping out of your comfort zone. This has been on my mind as I start this new journey and move on from a position I held for 9 years. All of that time spent in one place brings a sense of security and the familiar comfort of routine. But sometimes you need something new—a challenge—an opportunity for transformation. Becoming too complacent with *what is* and being stagnant can limit your chances for exciting new experiences.

One of our goals here is to present you with opportunities for those new experiences. I've now had the pleasure of seeing many of the classes and some of the events here at the center and I am amazed at the welcoming atmosphere. If you find yourself recently retired, new to town, adapting to a new stage in life, or maybe just bored with the same old routine, come see what's happening at the center! You all have a wealth of knowledge, experiences, and skills we want you to share with us. It can be difficult to take the first step to trying something new, but **your presence will make our programs even better!**

I hope you take a look at the calendar of events and find something that sparks your interest, and please stay tuned while we expand the options! If you already come to some of the classes and events, I encourage you to try something new this month. If you have never been here before, let April be the month you try something new. I hope you find stepping out of your comfort zone, and taking that chance for a new experience, as rewarding as I have.

March was National Social Work month! We want to acknowledge the dedication of our Outreach Workers, who in Fiscal Year 2017 assisted over 1,300 unduplicated individuals in over 6,000 different ways! THANK YOU Tina and Nicole!



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

Happenings—April 2018

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

Coloring, Coffee and Conversation	P4	Apr 2	Mon
Bereavement Drop-in Group	P3	Apr 19	Thurs
Book Buddy Program	P10	Apr 6	Fri
Caregivers Meeting	P3	Apr 25	Wed
Crafts at the Council	P8	Apr 25	Wed
Indian Hill Bach's Lunch	P8	Apr 19	Thurs
LELWD Senior Lunch	P7	Apr 18	Wed
Living Alone and Living Well Group	P3	Apr 19	Thurs
Movie of the Month	P8	Apr 26	Thurs
Spaghetti Lunch for Seniors	P7	Apr 5	Thurs
Veterans Breakfast	P8	Apr 25	Wed
LFD Blood Pressure Check	P4	Thursdays	
<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.)

- April 5** Backing up data. Different approaches.
- April 12** Using search in the browser and various applications (make up for March 8).
- April 19** Sharing information on the internet.
- April 26** Telephone scams and internet phishing. Call

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
 Richard Kent, MART Driver
 William Monahan, MART Driver
 Sam Palmer, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

BOARD MEMBERS

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 Mary "Paddie" Hunt, Vice Chair
 Robert Stetson, Secretary
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 Maureen Donnelly
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 Jean Johnson
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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, 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 3rd Thursday of each month in Room 230. **The April date is Thursday, April 19th, from 10:45-12:00 noon** in room 233. If you are living alone and living well, or want to be, please join us. This group is designed for the recently bereaved or for those who simply live alone and would like to speak in a supportive environment. We have a great group and would love to welcome new members.

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 **3rd Thursday of each month (April 19th) 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 meet on **Wednesday, April 25th from 6:30-8:00 pm, in the Senior Diner.** we welcome Vanessa Perini, Community Relations Liaison and Shannon Pinkham, LPN & Development office, from Nashoba Nursing Service and Hospice.

Please contact Tina (978-540-2472) or Nicole (978-540-2475) if you plan on attending.

Day of Caring



The Littleton Council of Churches is providing a Day of Caring on **Saturday, May 5th** to assist those in need with yard work.

This will be the 4th year that the Council has done this for the Community.

Please call Nicole Lorenson at 978-540-2475 or Tina Maeder, 978-540-2472 to sign up by April 13th.

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 April 30th** 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.

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 April meetings will be held on **Tuesdays, April 10th and 24th, from 1:00-2:30 pm, in Room 233.**

New members are welcome, but please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 to sign up.

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.

Anne's Creamsicle Cake

Duncan Hines yellow cake mix (with oil on back, not stick of butter)

1 package orange jello

McCormicks orange flavoring

Mix cake according to directions on back of box

Spray Pam on bundt pan and cut out a piece of wax paper to fit around bottom

Pour 3/4 of the batter into pan, mix 1/2 package of dry jello and 1 tsp of orange flavoring into the remaining batter.

Put big spoonfuls on top of the batter in pan and swirl into the batter.

Bake at 350 for 30 - 35 minutes or until toothpick comes out clean.

Let cool 10 minutes, remove wax paper and drizzle icing over the top.

Thank you to Anne for this delicious recipe!

If you have one to share please send it to Nicole at nlorenson@littletonma.org

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**.

Fit-4-Life Classes—Price Increase



As of January 1st the cost for the COA's Fit-4-Life Class increased to **\$3 per class**. If you're a regular, you know how great this class is. If you haven't been to a class yet, come check it out!

Coloring, Coffee and Conversation



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



The Friends of the LCOA were fortunate enough to have the O'Neil Cinemas donate two movie tickets, to be given away at our monthly events. The winners so far are: January-Judy Antonelli, February-Joan Castagneto, and March-Maureen Donnelly. Many thanks to the O'Neil Cinemas for supporting our seniors.



Friends of the Council on Aging



"FUTURISTIC FOLLIES", THE MOVIE



We're Baaack!!!! The Follies have returned. Join the fun at the Littleton High School Performing Arts Center on **Sunday, April 15th** for "Futuristic Follies", The Movie.

Tickets will be for sale at the door. Look for our posters for the time, and price.

THRIFT SHOP



Look for our \$3.00 a bag sale beginning on **April 24th to May 4th**. Get there early for the best choices. New items every day. Help us empty the shop for our huge collection of spring and summer clothes.

The Thrift Shop is 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, 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

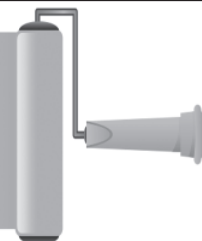
Join the Gentle Yoga group which meets on **Wednesdays from 9:30-10:30 am** led by Carol Winge. \$3.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken breast Baked Beans Carrots Whole Wheat Bun Pineapple	3 Potato Crusted Pollack Tartar Sauce Lentil Spinach Soup Whipped Potato Wheat Dinner Roll Diced Peaches	4 Chicken Jambalaya Brown Rice Tossed Salad Wheat Bread Fresh Orange	5 Beef Burgundy Red Potatoes Broccoli Multigrain Bread Hermet Cookie	6 Macaroni & Cheese Stewed Tomato Wheat Bread Strawberry Yogurt
9 Beef & Lentil Stew Cauliflower Supreme Biscuit Mixed Fruit	10 SPECIAL Stuffed Chicken Breast Wild Rice Pilaf Broccoli Au Gratin Wheat Dinner Roll Chocolate Mousse	11 Roast Pork with Herb Gravy Whipped Potato Vegetable Gumbo Whole Wheat Bread Fresh Apple	12 Chicken Tetrazini Tossed Salad Multigrain Bread Mandarin Oranges	13 Shepard's Pie Green Beans Whole Wheat Bread Fig Bar
16 Patriots Day No Meals Served	17 Meat Loaf with Mushroom Gravy Chantilly Potatoes Tossed Salad Whole Wheat Bread Diced Peaches	18 Broccoli Bake Stewed Tomatoes Home Fries Multigrain Bread Fruit Crunch Bar	19 Roast Turkey with Gravy Butternut Squash Tomato Florentine Soup Multigrain Bread Apple Streusel Cake	20 Catch of the Day with Newburg Sauce Red Bliss Potatoes Italian Blend Veg Whole Wheat Bread Fresh Fruit
23 Meat Balls with Tomato Basil Sauce Peppers & Onions Potato Puffs Grinder Roll Pears	24 Chicken Terriyaki Brown Rice Egg Drop Soup Wheat Bread Almond Cookie	25 Salisbury Steak with Onion Gravy Whipped Yams Tossed Salad Whole Wheat Bread Raisins	26 Chicken Breast with Red Pepper Pesto Sour Cream & Chive Whipped Potato Three C's Soup Wheat Bread Applesauce	27 Roast Pork with Tarra- gon Gravy O'Brien Potatoes Summer Veg Blend Wheat Dinner Roll Blueberry Yogurt
30 Wheat Haddock with Lemon Vinaigrette Sauce Au Gratin Potatoes Broccoli Whole Bread Cherry Snack N Loaf		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	For weather emergencies and cancellations, please check Fox 25 TV	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**





APRIL 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	4 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeteing	5 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 Spaghetti Lunch 1:00 Scrabble	6 10:00 Wii 10:40-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo
9 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	10 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	11 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	12 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 1:00 Scrabble	13 10:00 Wii Noon Lunch 1:00-2:30 Bingo
16  Patriots' Day	17 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch LELD Senior Lunch	19 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:45-Noon Living Alone Grp 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check Noon Lunch 1:00 Scrabble 1:00-2:30 Bereavement Grp	20 10:00 Wii Noon Lunch 1:00-2:30 Bingo
23 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	24 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	25 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Crafts at the Council 6:30 pm Caregivers' Support Group	26 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 Scrabble 1:00 Movie of the Month	27 10:00 Wii Noon Lunch 1:00-2:30 Bingo
30 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				

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

April 12th - 7:30 am to 9:00 am

**MEN'S BREAKFAST**

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

**Senior Diner - Shattuck Street**

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

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

Get a FREE Class

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

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—Hal Arthur

**Thanks
to Our
Volunteers!**

Littleton Elder and Human services is a product of the community and we are lucky enough to have many dedicated volunteers who help us run smoothly and efficiently.

One volunteer in particular, has gone above and beyond for us. Harold (Hal) Arthur is our go to for volunteer driving and for good reason; Hal is dependable, flexible and above all else, caring. Littleton is lucky to have him as a resident and Littleton EHS is lucky to have him as a volunteer.

Hal came to Littleton in August of 1973 after being assigned by the US Air Force to Hanscom Air Force Base, Hal retired, as a civilian, in June 1991. While at Hanscom during both his military and civilian career, Hal was a program manager, handling computer systems acquisitions.

When asked what his inspiration to volunteer has been, Hal responded, "My inspiration for volunteering is simple. I wanted to use my spare time helping others. What a better way than serving in the town that has been home and family after living around the globe. Also I have at my age been blessed with good health. So serving others less fortunate than myself has been a real privilege. I have met so many wonderful people."

The privilege is all ours, Hal.

**5th Annual Spaghetti Luncheon
in Honor of Littleton's Seniors**

The Littleton School Department is hosting their 5th annual Spaghetti Luncheon in honor of Littleton's senior citizens. This will take place on **Thursday, April 5th, at 1:00pm, at the High School Cafeteria.** School will still be in session. Please do not come early. Parking is in the rear of the building.

Seating is very limited. Pick up your ticket at the COA office. **For more information, please call 978-540-2470.**

**Littleton Electric Light & Water Department
Senior Luncheon**

Wednesday, April 18th at the Littleton High School Cafeteria. New this year, raffle items!

Tickets are limited, so stop by the COA or LELWD to get yours today!

****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.

As of **January 1, 2018**, Eagle Eye Coupons will only be redeemable for COA sponsored events. Coupons may no longer be redeemed for any event with the Friends of the COA apple logo next to it or for Minuteman dining. Come in and show us the error and we'll give you your coupon. Happy hunting!



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 unique

Crafts at the Council



Join us on **Wednesday, April 25th at 1:00 pm in the Multi-Purpose Room**. April showers bring May flowers. Come and create your personal May basket to follow the May Day theme. Relive the charm of this tradition using silk flowers to enhance your baskets. Feel to bring any treasures you may wish to add.

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.

Veteran 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.

Looking for Scrabble Players-All Levels



The Scrabble group will meet on **Thursdays at 1:00 pm in Room 233**. All levels welcome – we would be happy to have beginners join us for play.

Call the COA office at **978-540-2470**

for more information.



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, April 26th at 1:00 pm, "The Man Who Invented Christmas" 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, April 12th from 1:00 to 3:30 p.m.** for an afternoon of Bingo at the Congregational Church. We look forward to seeing you for an afternoon of Bingo, prizes, finger desserts and coffee. It's free so come and enjoy! Jane Lyons [978-486-3436](tel:978-486-3436)

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, April 25th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Bingo at St. Anne's Church



The Sunshine Club at St. Anne's Church will meet on **Thursday, April 19th at 1:00 pm** in the Conference Room. Bingo is free and winners get small prizes. Refreshments are served after the games. We request that Bingo players do not arrive before 12:30. Thank you. For more information call Topsy Hunt at [978-486-3783](tel: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 the Spring-time Flutes featuring the New England Flute Orchestra of Indian Hill Music conducted by Eileen Yarrison: **TWO SHOWS - Thursday, April 19th 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:978-486-9524) (press 0). Learn more at 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



Technology

Solutions for

Caregivers

If you are caring for someone living at home with Alzheimer's Disease or dementia, we can help!

Today's modern technologies can help you care for someone with dementia at home. Thanks to some time-limited grant funding, we can help you find the right technology solutions for your situation and comfort-level, *and* help you pay for it.

"Low tech" solutions: It doesn't have to be complicated.

- A large digital clock that displays the day, month, and time without abbreviations can help reduce anxiety and confusion.
- A simple one-switch music player that you can pre-load with your loved one's favorite music.
- A floor mat with an alarm can alert you if your loved one gets out of bed or a chair.

"Higher tech" solutions are a great option for some.

- A button sensor attached to clothing that sends an alert to your smart phone when your loved one gets up and moves around. Requires wifi in the home.
- A GPS Locator watch that can show you the location of your loved one at any time. *
- Automatic medication dispensers can be programmed to help your loved one remember to take their pills and always take the correct dose. *
- *Some devices or features require a monthly service fee. Per the terms of the grant funding, we can help pay for the device, but cannot pay for ongoing service. Additional limitations may apply.*

You can explore these and many more technology solutions at the Alzheimer's Store at www.alzstore.com
Contact us for help navigating your options to find the right product for you:

888-222-6171 or elderinfo@minutemansenior.org

In Remembrance of Bob Selling

The Littleton Council on Aging together with Minuteman Senior Services wish to express our Sadness over the recent passing of our long time SHINE counselor and good friend, Bob Selling. Bob passed away in February with his family by his side.

Bob was 90 years young and was an inspiration to all who had the opportunity to meet with him. Bob worked tirelessly to provide important health insurance information for everyone with a specialty in Health Insurance for Elders. We extend our deepest sympathy to Bob's family and friends at this sad time.

Minuteman Senior Services will continue to provide SHINE counseling to Littleton residents.

Please contact, Elizabeth Killeen at 781-221-7029

REMINDER: PATRIOTS' DAY HOLIDAY



Patriots' Day will be observed on **Monday, April 16th**. The COA offices and Senior Diner will be closed.

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 Conservation Trust (LCT) was formed in 1962 to promote Littleton's rural character: to preserve its water, plant and wildlife resources and its unique views, and to provide environmental education.

Winter is mostly behind us and it's time to get back outside. LCT will be hosting a series of Spring Hikes to encourage people to get out and explore our fantastic conservation land and open space areas in town. For more information on locations and parking, visit our website at <https://littletonconservationtrust.org/>

There is no fee or pre-registration required. Be sure to read the description of the trails in the Trail Guide section of our website. Hiking shoes or other footwear with good traction are suggested. Sneakers are not recommended. No dogs are allowed on these hikes. Be sure to bring personal water, snacks, bug spray etc. If you have questions, contact us online at: <https://littletonconservationtrust.org/contact-us/>.

On Saturday, April 21st from 1:00 – 3:00 pm come celebrate Earth Day, a day early, with an afternoon hike to one of Littleton's most beloved areas. Prouty Woods boasts beautiful fields, forest, frontage along Long Lake, and, on top of Wilderness Hill, views to the west and north including Mount Monadnock and Wachusett. Parking is available along the back of the lot at the fire station and off Wilderness Rd behind the NEFF Headquarters Bldg. on the right.

The Book Buddy Program



The Book Buddy Program is starting again in March. 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 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 dates are: April 6th, and May 4th.**

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



LITTLETON COMMUNITY FARM

FIGHTING HUNGER. BUILDING COMMUNITY

Learn to compost

Saturday April 28th from 10 a.m. – 12 noon

Location: *Littleton Community Farm*



Join Christine Nordhaus, Director of Operations at Littleton Community Farm to learn how to turn your yard waste into valuable compost you can use to fertilize your garden!

Sign up at: www.littletoncommunityfarm.org/events



It has been a long winter for many and the arrival of Spring is welcomed with open arms. While traditionally 'April showers bring May flowers' we are all hopeful that April will bring us opportunities to get outside to enjoy the sunshine and fresh air. Did you know that there are health benefits to breathing in fresh air? Even if you aren't able to go outside, when the weather is warmer, opening up a window to let fresh air in can have many positive impacts on your health and mood.

The World Health Organization (WHO) confirms that natural ventilation—allowing fresh air to circulate—is an important part of infection control. They recommend natural ventilation as a means to reduce infection risk at healthcare facilities. You can get the same benefits at your home or office by opening the windows.

Sunlight exposure increases Vitamin D levels and can have a positive effect on your mood!

A 2015 study on Seasonal Affective Disorder (SAD) found that increased exposure to sunlight may increase levels of a "natural antidepressant in the brain." The study tracked the participants' levels of the neurotransmitter serotonin on sunny and cloudy days. They found that on sunny days, the brain tended to produce more serotonin and on darker days, the brain produced lower-than-normal levels of serotonin.

So get outside, open a window, and enjoy the sunshine and fresh air we have waited all winter for!

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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.

- 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.

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