

# The Broadcaster



MARCH 2018



## *Hello Residents of Littleton*

My name is Liz Tretiak and I am so thrilled to be joining you as the Director of Elder and Human Services!

Please allow me to take a moment to introduce myself. I am originally from the small town of Lee, MA out in Berkshire County. I always knew I wanted to be in a helping profession, so I pursued a B.A. in Sociology from Le Moyne College in Syracuse, NY, and then an M.S. in Clinical Art Therapy and Counseling from Springfield College in Springfield, MA. Both with concentrations in Older Adults and Alzheimer's Disease and related dementias.

In 2009 I moved to this area and spent the following years of my career dedicated to helping older adults and their families in the areas of home care, housing, and mental health services. During this time I also started a family and pursued my love of art, crafting, music, and running.

I am passionate about the concept of "aging in place" at home in your community and continuing to be an active part of that community. Littleton has great programs that support that concept, plus a dedicated team, and I am excited for all of the possibilities for additional creative programming that lie ahead of us.

I have been welcomed so warmly and must thank everyone at the COA and Town Hall who have made this transition so smooth. Special thanks to Jamie Gutner who has done wonderful work as the Interim Director!

I look forward to working with you in the future and please stop by to introduce yourself!

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

# Happenings—March 2018

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

<b>Coloring, Coffee and Conversation</b>	<b>P4</b>	<b>Mar 5</b>	<b>Mon</b>
<b>Bereavement Drop-in Group</b>	<b>P3</b>	<b>Mar 15</b>	<b>Thurs</b>
<b>Book Buddy Program</b>	<b>P10</b>	<b>Mar 2</b>	<b>Fri</b>
<b>Caregivers Meeting</b>	<b>P3</b>	<b>Mar 28</b>	<b>Wed</b>
<b>Chair Massage (By Appointment)</b>	<b>P4</b>	<b>Mar 12 &amp; 26</b>	<b>Mon</b>
<b>Crafts at the Council</b>	<b>P8</b>	<b>Mar 28</b>	<b>Wed</b>
<b>Friends' St. Patrick's Day Lunch</b>	<b>P4</b>	<b>Mar 7</b>	<b>Wed</b>
<b>Healthy Eating Presentation</b>	<b>P4</b>	<b>Mar 23</b>	<b>Fri</b>
<b>Indian Hill Bach's Lunch</b>	<b>P8</b>	<b>Mar 15</b>	<b>Thurs</b>
<b>Littleton Lyceum "Frost Heaves"</b>	<b>P9</b>	<b>Mar 9</b>	<b>Fri</b>
<b>Living Alone and Living Well Group</b>	<b>P3</b>	<b>Mar 15</b>	<b>Thurs</b>
<b>Medicare Health Plan Options</b>	<b>P9</b>	<b>Mar 16</b>	<b>Fri</b>
<b>Movie of the Month</b>	<b>P8</b>	<b>Mar 22</b>	<b>Thurs</b>
<b>New England Legal Aid Presentation</b>	<b>P10</b>	<b>Mar 12</b>	<b>Mon</b>
<b>Podiatry Clinic (By Appointment)</b>	<b>P4</b>	<b>Mar 20</b>	<b>Tues</b>
<b>Veterans Breakfast</b>	<b>P8</b>	<b>Mar 28</b>	<b>Wed</b>
<b>LFD Blood Pressure Check</b>	<b>P4</b>	<b>Thursdays</b>	

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.)

- March 1** Google Infrastructure. Purchasing a New Computer.
- March 8** Using search for general information, images and YouTube.
- March 15** Internet of Things (IoT). Benefits, vulnerabilities and risks.
- March 22** Organizing email, moving email systems. Using folders and contact lists.
- March 29** Map applications; Google maps, Google Earth, historical maps, wetland maps.

**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 Lorenson, 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

Marjorie Payne, Chair  
 Mary "Paddie" Hunt, Vice Chair  
 Robert Stetson, Secretary  
 Mary Catalanotto  
 Maureen Donnelly  
 Jean Johnson  
 Mary Pickard

## 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.**



*Do you need help paying for your heat this winter? We can help provide information for assistance for you. Call Tina Maeder at 978-540-2472, or Nicole Lorenson at 978-540-2475 in the Outreach office.*

## Living Alone & Living Well Group

This group meets the 3<sup>rd</sup> Thursday of each month in Room 230. **The March date is Thursday, March 15th, 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.

**Please contact Tina Maeder at 978-540-2472 or Nicole Lorenson at 978-540-2475 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 (March 15th) 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 **March 28th** from **6:30-8:00 pm**, in the Senior Diner. We welcome Sarah Turcotte as our Host. Sarah is the Community Relations Director for Bridges of Epoch in Westford.

Please contact Tina or Nicole, 978-540-2472, 978-540-2475 if you plan on attending so Sarah can plan for the light supper and program materials.



## Medicare or Health Insurance Questions?

Our trained **SHINE** (Serving Health Information Needs for Everyone) counselor is at the COA every **Wednesday from 1:00-3:00 pm. Call 978-540-2470** to make a private, confidential appointment. Appointments are needed. **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.**

## Coloring, Coffee and Conversation



The next meeting will be **Monday, March 5th at 2:00 pm in Room 230**. No charge – coloring blanks and books available. Bring your pencils and pens.

## Radiant Home Care Presents: Part 3 of the Preventing Hospitalization Series



**Friday, March 23<sup>rd</sup> at 10:00 am, the topic will be "Healthy Eating".**

Education is the single largest tool to prevent health related problems! It's about doing the right things, eating the right foods and being watchful and mindful. Please call the COA at **978-540-2470** to sign up.

## 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 screenings and diet teaching.

The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner**.



## Podiatry Clinic

Next Podiatry Clinic: **Tuesday, March 20th, in Room 103**. By Appointment only. Call **978-540-2470** to schedule an appointment. **Cost has increased to \$35.**



## Fit-4-Life Classes—Price Increase

As of January 1<sup>st</sup> 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!

**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!



## Chair Massages!

Shirley Jenner, Licensed Massage Therapist will be providing chair massages on the following mornings: **March 12th and 26th**. The American Massage Therapy Association reports that a massage can ease stress and anxiety, improve balance, help you sleep better and reduce arthritic pain in addition to numerous other benefits. The cost is \$3 per person.

Appointments are necessary. **Please call 978-540-2470 to reserve your spot and come relax!**



## Friends of the Council on Aging



Erin Go Bragh! The St. Patrick's celebration luncheon will be on **Wednesday, March 7<sup>th</sup> at noon**. Join us for a meal of corned beef and cabbage, catered by Nashoba Tech. Cost is \$5.00 per person. That's noon in the Multi-Purpose Room, Shattuck St. **Sign up early at the COA 978-540-2470**. No Friends luncheon in April.

And "The Follies" are back! The date is April 15th and we are in the future. More info to come.

## THRIFT SHOP



We are filled to the top with the best merchandise ever! There will be some flash sales in March, so come in and check what we have. We can dress you for any season. We are looking for volunteers or tax work-off sales people. Come in and sign up and work with us. Call the COA office at **978-540-2470** and sign up.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11:00 am the <u>DAY BEFORE</u>	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	<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>	1 BBQ Pork Rib B Que Split Pea Soup Mashed Potatoes Hamburg Roll Cranberry Cake	2 Haddock Newburg CousCous w/carrots Spinach Wheat Bread Fresh Fruit
5 American Chop Suey White Bean Kale Soup Italian Bread Mixed Fruit	6 Roast Turkey with Herb Gravy Sweet Potatoes Broccoli Wheat Bread Blueberry Buckle	7 Chicken with Red Bell Pepper Sauce Cheesy Cauliflower Soup Brown Rice Multigrain Bread Strawberry Yogurt	8 Meatloaf w/Jardiniere Gravy Chantilly Potatoes Tossed Salad Dinner Roll Mandarin Oranges	9 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Fresh Fruit
12 Turkey and Corn Stew Winter Veg Blend Whole Wheat Roll Diced Peaches	13 Chicken Picatta Tri-Color Rotini Tossed Salad Italian Bread Fresh Fruit	14 <b>SPECIAL</b> Corned Beef Hash Braised Cabbage Carrots Rye Bread Sugar Cookie	15 Roast Pork w/ Rosemary Gravy Butternut Bisque Red Bliss Potatoes Whole Wheat Bread Sliced Apples	16 Potato Pollock Tartar Sauce Macaroni & Cheese Coleslaw Multigrain Bread Blueberry Yogurt
19 Grilled Chicken with Honey Ginger Glaze Vegetable Fried Rice Oriental Style Veg Wheat Bread Fortune Cookie Pineapple	20 Swedish Meatballs Gypsy Soup Parslied Egg Noodles Multigrain Bread Pear Crisp	21 Chicken Rice Bake Broccoli Wheat Bread Fruit Crunch Bar	22 Beef Stew Green Beans Biscuit Tropical Fruit Cup	23 Vegetable Lasagna Tomato Basil Sauce Tossed Salad Italian Bread
26 BBQ Beef Burger Corn Chowder Baked Beans Hamburger Roll Fresh Orange	27 White Bean Chicken Chili Brown Rice Tossed Salad Corn Bread Chocolate Pudding	28 Roast Pork with Cran Orange Sauce Yams Brussels Sprouts Wheat Bread Applesauce	29 Beef & Cabbage Casserole Potato Leek Soup Rye Bread Peaches	30 Catch of the Day with Lemon Dill Sauce Orzo with Spinach Calif Veg Blend Multigrain Bread Snack Loaf



**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**

# MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 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	<b>2</b> 10:00 Wii 10:40-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo
<b>5</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 and Conversation</b> 6:00 pm Tai Chi	<b>6</b> 9:00-10:0 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 Friends of the COA Board Meeting</b>	<b>7</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>1:00 Friends' St. Patrick's Day Lunch</b> <b>1:00-3:00 SHINE</b>	<b>8</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 Noon Fire Dept BP Check 1:00 Scrabble	<b>9</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo <b>7:30 pm Littleton Lyceum</b>
<b>12</b> 9:00-11:00 Line Dancing <b>9:00-1:00 LSC</b> 11:00-12:00 Tai Chi Noon Lunch <b>1:30 COA Board Mtg</b> Noon-2:00 "Loving Stitches" <b>4:00 Northeast Legal Aid</b> 6:00 pm Tai Chi <b>Chair Massage by Appt.</b>	<b>13</b> 9:00-10:0 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>14</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga <b>1:00-3:00 SHINE</b> Noon Lunch	<b>15</b> 9:00-10:00 Fit 4 Life Class <b>10:30-11:30 Computer Class</b> <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 Fire Dept BP Check Noon Lunch <b>1:00 Scrabble</b> <b>1:00-2:30 Bereavement Grp</b>	<b>16</b> 10:00 Wii <b>10:00 Medicare Health Plan Options</b> Noon Lunch 1:00-2:30 Bingo
<b>19</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>20</b> 9:00-10:0 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>Podiatry Clinic-By Appointment Only</b>	<b>21</b> <b>7:30-9:00 Men's Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 SHINE</b> <b>1:00 Crafts at the Council</b>	<b>22</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 Noon Fire Dept BP Check <b>1:00 Scrabble</b> <b>1:00 Movie of the Month</b>	<b>23</b> 10:00 Wii <b>10:00 Healthy Eating Presentation</b> Noon Lunch 1:00-2:30 Bingo
<b>26</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>Chair Massage by Appt.</b>	<b>27</b> 9:00-10:0 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>28</b> <b>7:30-8:30 Veterans Breakfast</b> <b>9:00-1:00 LSC</b> 9:30-10:30 Yoga Noon Lunch <b>1:00-3:00 SHINE</b> <b>1:00 Crafts at the Council</b> <b>6:30-8:00 pm Caregivers Mtg</b>	<b>29</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 Noon Fire Dept BP Check <b>1:00 Scrabble</b>	<b>30</b> 10:00 Wii Noon Lunch 1:00-2:30 Bingo

## 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.



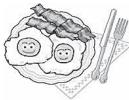
HOME SECURITY TEAM



CALL NOW! 1-888-862-6429

## LADIES' BREAKFAST

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



## MEN'S BREAKFAST

March 21st - 7:30 am to 9:00 am



### Senior Diner - Shattuck Street

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

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

#### 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?



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**.

### Winter Transportation Policy



With winter fully upon us, we would like to clarify that if Littleton Public Schools are closed due to inclement weather, Littleton EHS/COA Vans will not run. The safety of Littleton residents and our van drivers is of the utmost importance. In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.

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### 5<sup>th</sup> Annual Spaghetti Luncheon in Honor of Littleton's Seniors



The Littleton School Department is hosting their 5<sup>th</sup> 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**.

#### Interesting Facts About St. Patrick's Day

##### There's a Reason for The Shamrocks



How did the shamrock become associated with Saint Patrick?

According to Irish legend, the saint used the three-leaved plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

##### It Could have Been Saint Maewyn's Day

According to Irish legend, Saint Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.

#### Volunteers Needed



Are you interested in spending some of your free time volunteering for Littleton EHS?

We are looking for locals who are interested in being put on our volunteer driver list. There is no commitment for hours; just an agreement to be contacted when a resident needs a ride to see if you are able and available to provide transportation.

#### \*\*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 uniqueness.*

## Crafts at the Council



Join us on **Wednesday, March 28<sup>th</sup> at 1:00 pm** in the Multi-Purpose Room, when we will revisit our youth and create a whimsical Fairy Garden. Bring your imagination as well as your gardening gloves. These gardens are for indoor use and can be transferred outdoors in the Spring if you like. We thank Cheryl Cowley of Cowley Associates Real Estate for subsidizing this program and making this project possible. All materials will be provided to make your gardens, paths and trellises. Call **978-540-2470** to sign up for this event.

## 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.

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

## 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 March 28th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

## 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.

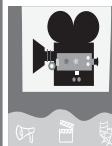
## Come Join the Fun!!



**Line Dancing** Mondays at 9:00 am. MultiPurpose Room – no signup needed.

**Mah Jongg** Tuesdays from 12:30-3:30 pm in Room 230.

**Bingo** Friday afternoons from 1:00 - 2:30 pm in the Senior Diner



## Movie of the Month

**Thursday, March 22nd at 1:00 pm,** "Darkest Hour" 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 for an afternoon of Bingo on **Thursday, March 8th from 1:00 to 3:30 pm** at the Congregational Church. Companion-ship, prizes, finger desserts, tea and coffee will make it an enjoyable afternoon.

We look forward to seeing you! Jane Lyons [978-486-3436](tel:978-486-3436)

## Veteran Services



Open every **Monday and Thursday 8:45 to 11:45 am** in Room 222. For appointment call **John Boroski at 978-540-2485**.

## Bingo at St. Anne's Church



The Sunshine Club at St. Anne's Church will meet on **Thursday, March 15th 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 Oboe & English Horn Classics featuring Nancy Di-mock (Oboe & Horn), Jennifer Slowik (Oboe & Horn), and Catherine Weinfield-Zell (Oboe & Horn): **TWO SHOWS - Thursday, March 15th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at [\(978\) 486-9524](tel:978-486-9524) (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.

## Littleton Lyceum

Established 1829

### Frost Heaves

Friday, March 9, 2018 7:30 pm

From the quintessential, yet fictional, New England town of Frost Heaves come the Frost Heaves Players and their wry, Yankee sense of humor. Fred Marple, the unofficial spokesman for the town, relates the town's wacky adventures via music, singalongs and some surprises! The entire family will enjoy this show.

Purchase tickets online at [littletonlyceum.org](http://littletonlyceum.org)

### March is National Colorectal Cancer Awareness Month



Colon cancer affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. However, incidence in those younger than 50 is on the rise.

This disease takes the lives of more than 50,000 people every year. We're here to combat these statistics and educate people about how to prevent this disease. Colon cancer is the third most common cancer in the US, and the second leading cause of cancer death.

With regular screening, colon cancer can be found early, when treatment is most effective. In many cases, screening can prevent colon cancer by finding and removing polyps before they become cancer. And if cancer is present, earlier detection means a chance at a longer life. Generally, the more advanced colon cancer is at detection, the lower the five-year survival rates are.

Since the mid-1980s, the colon cancer survival rate has been increasing, due in part to increased awareness and screening. By finding polyps and cancer in the earlier stages, it is easiest to treat. Improved treatment options have also contributed to a rise in survival rates.

For more information visit [ccalliance.org](http://ccalliance.org)

### 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**

### Health Plan Options for People with Medicare

Presented By: Heather Hurd, Senior Plan Consultant Blue Cross Blue Shield



If you're already enrolled in Medicare, you may be wondering if you chose the right options.

Already have Medicare but wonder if you have the right coverage?

We understand that Medicare can be confusing. This seminar explains your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices.

#### What will Health Plan Options cover?

This seminar is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It includes:

- 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

Join us for this informative presentation on **Friday, March 16<sup>th</sup> at 10:00am**. Please call 978-540-2470 to register!

### Irish Potato Soup



- \* ½ cup unsalted butter
- \* 1 medium onion, thinly sliced
- \* 3 leeks, sliced
- \* 3 large potatoes, peeled and cut into ¼ inch thick slices
- \* 3 (14 ½ ounce) cans of chicken broth
- \* 1 teaspoon salt
- \* ¼ teaspoon pepper
- \* Toppings: shredded cheddar cheese, crumbled cooked bacon, chopped fresh chives
- \* Melt butter in a large saucepan over low heat; stir in onion and leeks. Cover and cook 20 minutes. Stir in potato; cover and cook 15 minutes. Stir in broth, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Remove from heat, and cool slightly.
- \* Process soup in batches in a blender until smooth, stopping to scrape down sides; return to saucepan, and cook over medium heat until thoroughly heated.
- \* Serve with desired toppings.
- \* If you have a recipe you would like to share, please send it in to [nlorenson@littletonma.org](mailto:nlorenson@littletonma.org).

## AARP Tax Program 2017 2017 Income Tax Help



Please call the COA at **978-540-2470** to schedule an appointment to complete state and federal tax forms for 2017.

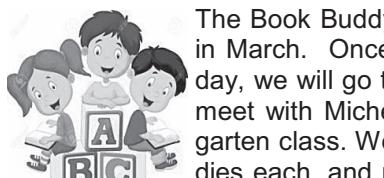
AARP provides training and sponsors this volunteer program. If you are over 50 and cannot afford to pay a tax preparer, this program was designed for you! AARP membership is not required.

Bring with you:

- Your 2016 Federal and State Tax Returns.
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number and your subscriber number has to be entered on your Massachusetts tax return.
- W-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2017. It is very important that you bring all 4 bills that you paid in calendar year 2017.
- All water bills that you paid in calendar year 2017.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

***Due to the overwhelming popularity of this program, we have had to institute a wait list. Please call 978-540-2470 to have your name added to the list.***

## 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: **March 2<sup>nd</sup>, April 6<sup>th</sup>, and 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.

## Good Neighbor Energy Fund Program



The Outreach office is working with residents who may be eligible for this energy program, **please call Tina at 978-540-2472 or Nicole at 978-540-2475** to inquire about eligibility and make an appointment.

Income for either the PRIOR twelve months or the past month (times 12 months for annual figure) must be within 60% to 80% of the State Median Income Level as indicated below.

### Total GROSS Annual Income

Household Size	Minimum	to	Maximum
1	\$34,001	to	\$ 45,335
2	\$44,463	to	\$ 59,284
3	\$54,925	to	\$ 73,233
4	\$65,387	to	\$ 87,183
5	\$75,849	to	\$101,132
6	\$86,311	to	\$115,081

## Northeast Legal Aid Presents: Caretakers of Children at Risk Project



This informational presentation is geared toward those who are caring for another family member's child due to substance abuse, mental health or domestic issues.

Find out answers to your questions about housing, education, and health care needs of the child as well as resources for support for both you and the child in your care.

**Monday, March 12<sup>th</sup> at 4:00pm at the Littleton COA. Please call 978-540-2475 to sign up.**

**LITTLETON COMMUNITY FARM**  
FIGHTING HUNGER, BUILDING COMMUNITY

**Learn to compost**

Saturday April 28<sup>th</sup> 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](http://www.littletoncommunityfarm.org/events)



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**\*\*\*TRANSPORTATION\*\*\*****LITTLETON EHS TRANSPORTATION CHARGES**

- 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.

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.

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