



The Broadcaster

SEPT 2019



FROM LIZ'S DESK

LITTLETON EHS/COA SERVICES



Monday, Sept 2nd
COA and Senior
Diner Closed

Tax Relief for the Elderly and Disabled (T.R.E.A.D.)

What is **T.R.E.A.D.**? Town meeting voted to adopt Massachusetts state law Chapter 60, Section 3D, which allows a fund to be created to collect donations and disburse them to low-income elderly property owners and qualifying disabled owners. 38% of Littleton residents over 65 have an income of less than \$25,000.* Do you, or someone you know, need help? We could all use a little relief!

Applicants must meet the following criteria:

- Must own and occupy the property.
- Must be 65+ or have a state recognized disability.
- Must file an application disclosing exemptions and household income and expenses for all household members age 18+.

Please contact the COA at 978-540-2470 for more information on how to apply. Applications due no later than Monday, September 30th.

Are you concerned about Littleton's low-income elderly population? Would you like to directly aid these residents in paying their property taxes? A donation to the TREAD fund goes directly into a special account and every dollar will be used for tax relief. Send a check payable to the "Town of Littleton, TREAD Program" or donate through the on-line property tax payment program accessible from the Online Payment Page on the town website. Either way, you will receive a receipt for your tax-deductible contribution.

*Source: US Census Bureau, American Community Survey (2009-2013)

Senior Tax Workers

To pick up your **OBRA** withdrawal forms and get assistance in completing them, please see Sue Raymond in the COA office **Monday, Wednesday, or Friday from 8:30 am to 1:00 pm**.



I would like to welcome our new Outreach Coordinator, Amy DeMichele, to our EHS/COA Team! Amy has 12 years' experience in elder care and elder services and has also worked with families and children. Please join us on **Thursday, September 5th at 1:00 pm** in the **Multi-Purpose Room** to meet her and welcome her to Littleton!"

Please call the main office at 978-540-2470 to sign up for ALL events up to 3 days prior, to ensure a spot.

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

Happenings—Sept 2019

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

10 Minute Massages	P9	Sept 16	Mon
Ask the Realtor	P9	Sept 20	Fri
Book Buddy Program	P10	TBD	
Brains and Balance	P9	Sept 25	Wed
Caregivers Meeting	P3	Sept 25	Wed
Coloring, Coffee and Conversation	P4	Sept 9	Mon
Crafts at the Council	P8	Sept 11	Wed
Creative Writing Workshop	P10	Sept 10,17,24	Tues
Friends 50's Theme Luncheon	P4	Sept 18	Wed
Healing Conversations	P9	Sept 23	Mon
HearSmart Audiology Pres. & Screenings	P9	Sept 11	Wed
Indian Hill Bach's Lunch	P8	Sept 19	Thurs
Living Alone and Living Well	P3	Sept 19	Thurs
Meet & Greet New Outreach Coordinator	P9	Sept 5	Thurs
Movie of the Month	P8	Sept 26	Thurs
Podiatry Clinic—By Appointment Only	P4	Sept 17	Tues
Recovery Conversations	P3	Sept 4	Wed
SMOC Fuel Assistance Presentation	P9	Sept 12	Thurs
Veterans Breakfast	P8	Sept 25	Wed
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Pickleball	P4	Wed & Fri	
See Page 4 for list of exercise programs	P4	Mon-Fri	

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.)

Sept 19 What's new? Latest on new hardware, new software and new malware. Updates on Equifax and other major hacks and breaches.

Sept 26 Review of layout of the Windows PC desktop; navigating around the system. Focus on Windows 10.

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

STAFF

Liz Tretiak, Director
 Nicole Lorenson, Assistant Director
 Amy DeMichele, Outreach Coordinator
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 John Stenstrom, MART Driver
 Sam Palmer, On-Call MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460

Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 8:30 am- 4:30 pm
 COA Outreach Hours:
 Monday-Friday

Broadcaster by Email and Online!!
 You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up to receive Email Notifications," enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall

OUTREACH INFORMATION

**Residents need to make appointments for Outreach Services.
Call Nicole at 978-540-2475 to schedule an appointment.**

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (September 19th)** in **Room 233** from **10:30-11:30 am**. New members welcome.

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

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

Littleton Social Club (LSC)

The LSC meets on **Mondays and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

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

Please call Liz Tretiak at 978-540-2470 for more details or to sign up.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, Sept 25th, from 6:30-8:00 pm**.

Cooperative Elders Services in Concord will be sponsoring the group with a light dinner and refreshments for the group.

Please contact Liz Tretiak at 978-540-2470 to let us know if you plan on attending or have any questions.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other **Tuesday** in **Room 233**. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The meetings will be held on **Tuesdays (September 10th and 24th) 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.



Recovery Conversations With Tipping Point Recovery

- Is your loved one struggling with addiction?
- Do you feel overwhelmed?
- You're not alone!

Recovery Conversations provides families an honest approach to recovery by effectively coaching families and providing tools and resources to educate and empower, rather than enable.

These **FREE** sessions are held on the first **Wednesday of the month (September 4th)** from **6:00-7:30 pm in Room 230**.

Medicare or Health Insurance Questions



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

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

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**.

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, September 17th, from 9:30-1:00 pm in Room 233.**

By Appointment only. Call 978-540-2470 to schedule an appointment. The cost is \$35.

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 from Nashoba Nursing Service joins us on the **2nd Tuesday of each month from 10:00-11:00 am** for screenings. The LFD will also take your blood pressure on Thursdays at noon in the Senior Diner as their schedule allows.

Coloring, Coffee and Conversation



The group will meet on **Monday September 9th at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.



Senior Pickleball

Come and play Senior Pickleball every **Wednesday and Friday, from 9:00 am-noon.** Reserve your spot by calling the COA front desk at **978-540-2470** or going online to:

<https://signupschedule.com/littletoncoa>

There is a suggested donation of \$2 for non-Littleton residents.

Friends of the Council on Aging



Welcome Back!



We are ready to begin the Friends of the COA monthly theme luncheons. Some special things are planned and we hope to see you **Wednesday, September 18th at 12:00 noon in the Multi-Purpose Room.**

Bobby sox and saddle shoes are expected. El Forno is the caterer and the California Dreamers, starring our own Mark Crory, will entertain us. Dancing allowed.

Sign up at COA office-978-540-2470 by September 16th.

The cost is \$5:00 per person for residents, \$7.00 for non-residents.

FRIENDS' THRIFT SHOP



The Friends' Thrift Shop semi-annual bag sale from August 19-29 was a huge success.

The store will be closed from September 2-6 for restocking fall fashions and will reopen on September 9th

We're open Monday through Friday and our hours are 10:00 am - 3:00 pm. Stop by and say hi to support Littleton's seniors. There's something for everyone!



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

All classes below are in the Multi-Purpose Room.
Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis Tues and Thurs 9:00 to 10:00 Intermediate to Advanced. NOW \$3 per session.	STRETCH AND FLEX with Carol Winge Tues and Thurs 11:15-12:15 Designed for all fitness levels. \$2 per session.	Gentle Flow Yoga With Carol Winge Wednesdays 9:30-10:30 am Join the Gentle Yoga group. \$3.	Tai Chi-Qi Gong Monday-11:00-12:00 & 5:30 pm. Saturday, 11:00-12:00, Beginners WELCOME! \$3 per session	Line Dance With Kari Monday Beginners from 9:00-10:00 am Adv Beginners from 10:00-11:00 am \$5 per session
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No Meals Served	3 Chunky Tomato Soup Macaroni and Cheese Italian Bread Peaches	4 Grilled Chicken Breast Honey Mustard Sauce Cous Cous w/Carrots Tossed Salad Wheat Bread Fresh Fruit	5 SPECIAL Veal Parmesan Garlic Mashed Potatoes Italian Green beans Dinner Roll Cherry Apple Crisp	6 Roast Pork Cran-Orange Sauce Mashed Sweet Potatoes Cauliflower Multigrain Bread Fruit Crunch Bars
9 Haddock with Lemon Dill Sauce O'Brien Potatoes California Blend Veg Pumpernickel Bread Lemon Pudding	10 Shepard's Pie with Beef Gravy Tossed Salad Wheat Bread Diced Pears	11 Glazed Drumstick Baked Beans Brussels Sprouts Multigrain Bread Fig Bar	12 COLD PLATE Bok Choy Soup Asian Chicken Salad Pasta and Cucumber Salad Dinner Roll Pineapple Whip	13 Bateman Meatloaf Onion Gravy Sour Cream & Chive mashed potatoes Peas & Carrots Wheat Bread Fresh Fruit
16 Steak Fajita Red and Green Peppers Red Bliss Potatoes Tortilla Mixed Fruit	17 Grilled Chicken Breast Pesto Cream Sauce TriColor Rotini Genoa Blend Multigrain Bread Oatmeal Cookie	18 COLD PLATE Three C's Soup Turkey-Cran Salad Tangy 4-bean salad Wheat Dinner Roll Fresh Fruit	19 BBQ Pulled Pork Mashed Potatoes Tossed Salad Hamburger Roll Peaches	20 Chicken Meatballs Tomato Basil Sauce Pasta Italian Blend Veg Italian Bread Fruited Yogurt
23 Vegetable Soup Grilled Chicken Breast Teriyaki Sauce Veg Fried Rice Multigrain Bread Pineapple Fortune Cookie	24 Potato Pollock Tartar Sauce Butternut Squash Tossed Salad Wheat Bread Applesauce	25 Chicken & Rice Casserole Spinach Marble Rye Snack N Loaf	26 Beef Stew Brussels Sprouts Dinner Roll Blueberry Buckle	27 Broccoli Bake Stewed Tomatoes Baked Home Fries Wheat Bread Fresh Fruit
30 Beef and Lentil Chili Brown Rice Genoa Blend Veg Wheat Dinner Roll Diced Pears	To CANCEL or ORDER, Call your local meal site by 11:00 am the DAY BEFORE	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		

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	4 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	5 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Meet and Greet New Outreach Coordinator	6 9:00-12:00 Pickleball 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 Meeting 2:00 Coloring, Coffee & Conversation 5:30 pm Tai Chi	10 9:00-10:0 Fit 4 Life Class 9:30-11:00 Creative Writing Workshop 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 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00 HearSmart Audiology Pres & Screenings Noon Lunch 1:00-3:00 Crafts at the Council	12 7:30-9:00 Ladies Breakfast 9:00-10:00 Fit 4 Life Class 10:00 SMOC Presentation 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	13 9:00-12:00 Pickleball Noon Lunch 1:00-2:30 Bingo
16 9:00-11:00 Line Dancing 9:00-1:00 LSC 10:00-12:30 10 Minute Massages 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	17 9:00-10:0 Fit 4 Life Class 9:30-11:00 Creative Writing Workshop 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg Podiatry Clinic-By Appt Only	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga Noon Friends' 50's Theme Luncheon	19 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:00 and 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	20 9:00-12:00 Pickleball 10:00 Ask the Realtor 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" 3:00 Healing Conversations 5:30 pm Tai Chi	24 9:00-10:0 Fit 4 Life Class 9:30-11:00 Creative Writing Workshop 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 9:00-12:00 Pickleball 9:30-10:30 Yoga 11:00 Brains & Balance Class Noon Lunch 6:30-8:00 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 Movie of the Month	27 9:00-12:00 Pickleball 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" 5:30 pm Tai Chi				

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**LADIES' BREAKFAST**

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

**MEN'S BREAKFAST**

September 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

Driver Spotlight—Rich Kent

If you've ever taken our Littleton EHS Van, you may recognize this friendly face from behind the wheel. Rich has been a driver for EHS for about 10 years and notes that meeting new people and listening to their stories and even hardships they are going through is his favorite part of the job. A real people person, Rich is always up for a good

conversation. Rich says the hardest part of the job is staying on schedule. Lots of people all trying to get to their destination despite traffic, road work and sometimes long drives can be difficult, but Rich always maintains a good sense of humor and pleasant disposition.

With our van services our drivers are not just taking people to medical appointments, but also to get their hair done, out to lunch and a movie, to visit a friend or to the grocery store. Our vans are equipped with wheelchair lifts so no matter what your mobility, you can safely ride.

In his free time Rich enjoys gardening with his wife, traveling with his grandchildren and taking beautiful wildlife photographs that you can get a peek of on our Facebook page!

Rich is a great driver and a wonderful advocate for Littleton Elder and Human Services. We are lucky to have him on our team! Thank you Rich!

REMINDER: LABOR DAY HOLIDAY
 Labor Day will be observed on **Monday, September 2nd**. The COA offices and Senior Diner will be closed.

Medicare Open Enrollment PresentationOctober 18th 10:00am, COA Room 230

Call 978-540-2475 to sign up!



It's time for your Medicare check-up! This is your annual opportunity to review your health coverage, compare health plans, obtain premium and co-payment information and learn of any additional covered services and prescription plans. SHINE counselors are available to meet with individuals onsite at the Council on Aging during scheduled hours.

To make an appointment please call 978-540-2470! SHINE can provide telephone counseling and in-home counseling as needed for those who are homebound or without transportation.

SHINE a State Health Insurance Program (SHIP) is partially funded by the federal Administration for Community Living (ACL). SHINE is a program of Minuteman Senior Services (MSS) that offers free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers.

Additional funding for the MSS SHINE program is provided by Lahey Hospital and Medical Center, The Dana Home Foundation, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

For more information, please call 888-222-6171 or visit www.minutemansenior.org

Crafts at the Council

Wednesday, Sept 11th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



Hope you all had a wonderful summer. We will be starting up our Crafts classes again in September with loop knitting of a scarf. So if you are interested, watch for a sale at JoAnn's to get your yarn.

In October we will be painting slate tiles to be hung on your doors or porches as decorations. Look for details in the October Broadcaster.

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

Loving Stitches



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

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more. Open every **Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator.** Call John Boroski at **978-540-2485 to make an appointment.**

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, September 25th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**



Come join us for Bingo at the Senior Diner, every Friday from 1:00-2:30 pm. See you there!!

Movie of The Month



Thursday, Sept 26th at 1:00 pm, "Stan & Ollie" 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!**



Bingo at St. Anne's Church

The Sunshine Club is a nondenominational meeting open to all senior citizens. The club meets on the third Thursday of every month from September through May. The next meeting is on **Thursday, September 19th at 1:00 pm** at St. Anne's church. Bingo is played each month for groceries and small prizes, After bingo there are refreshments with coffee, tea and desserts. Please join us.

Any questions, call **Chris Banks at 860-303-0001.**



SENIOR BOWLING

Tuesday - Thursday 10:00-1:00

3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowldrome - 978-263-7638.**



INDIAN HILL MUSIC

Bach's Lunch Concert series 2019-20

September 19	Classical Guitar Potpourri
October 10	Dream With Me
November 14	Tribute to Vince Guaraldi
December 12	Rhapsody in Red, White & Blue
January 16	Music for Flute and Marimba
February 13	Chamber Winds and Strings
March 12	The Great American Songbook
April 16	Zefria Trio
May 14	Music for Two Pianos
June 11	Craft Ensemble

Our new season will begin with **Classical Guitar Potpourri** featuring Berit Strong, Classical Guitar and Renaissance Lute. **TWO SHOWS - Thursday, September 19th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission. Doors open at 10:00 am for first show and 12:30 pm for second show. Reservations required for groups of 5 or more. **Call (978) 486-9524 (press 0).**

Learn more at www.indianhillmusic.org. Please do not make reservations via email. Thank you!

Special Programs -Mark Your Calendar

Thurs, Sept 5th, 1:00 pm, Multi-Purpose Room Meet Our New Outreach Coordinator



Join us for a Meet and Greet Coffee & Tea Hour to meet our new Outreach Coordinator, Amy DeMichele.

Call 978-540-2470 to sign up.

Wed, Sept 11th, 10:00 am, Room 230



HearSmart Audiology will join us on **September 11th** at **10:00 am in Room 230**, for a presentation followed by hearing screenings.

Please call 978-540-2470 or stop by the front desk to sign up for your personal hearing screening. It's **FREE**.

Thursday, Sept 12th, 10:00 am, Room 230

SMOC Fuel Assistance Info Session



Join us for an informative presentation from representatives from SMOC (Southern Middlesex Opportunity Council) about the Fuel Assistance Program and their Weatherization component.

Don't be left in the cold this winter. Whether you have received Fuel Assistance in the past or are just looking for information about what your options are, join us to learn more.

Please call 978-540-2470 or stop by the front desk to sign up!

Monday, Sept 16th, 10:00 am-12:30 pm, Room 230

10-Minute Massages



10-Minute Massages with Licensed Massage Therapist and Certified Health & Wellness Coach Sarah Walker - \$5.

Call 978-540-2470 to reserve your spot!

Friday, Sept 20th, 10:00 am, Room 103 Ask the Realtor



A panel of 4 professionals in the realty/legal world will join us for a Q&A on all things home buying/selling.

Call 978-540-2470 to let us know you're coming!

Monday, Sept 23rd, 3:00 pm, Room 230

Healing Conversations



Please join us for Healing Conversations, a free adult bereavement support group series offered by Nashoba Nursing Service & Hospice. The program is facilitated by Kathy Benson, LICSW and Lucia Camara. Registration is not required.

If you have any questions, please contact Kathy Benson at **978-425-6675** or email kbenson@nashoba.org

Call 978-540-2470 to sign up.

Wednesday, Sept 25th, 11:00 am Multi-Purpose Room

Brains and Balance Classes



Brains and Balance begins a new series on **September 25th** with Instructor Holly Kuovo.

Brains and Balance classes will be held on Wednesdays in the Multi-Purpose Room. Limited to 12 class participants. **\$30 for the 10 week session.**

Losing your balance and losing mental capacity are NOT inevitable parts of the aging process! Research shows that you can work to keep your body AND your mind sharp.

Call 978-540-2470 to sign up.

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



PARKS, RECREATION, & COMMUNITY EDUCATION
LITTLETON MASSACHUSETTS



Sept 12	Martha's Vineyard	\$95
Sept 14	The Big E-Springfield MA	\$TBD
Oct 11	Fall Foliage Train Ride-New Hampshire	\$93
Nov 7	It's a Mystery Tour	\$100
Dec 7	NY City Shopping & Sightseeing	\$75

- All trips are non-refundable. Tours and inclusions are subject to change.
- Payment must be made at time of registration and a seat cannot be held without payment
- An email is sent the week of the trip with confirmation of details.

For more detailed information or to register for any trip, contact:

www.littletonrec.com—978-540-2490

Transportation Destination



Did you know that our EHS Vans can provide more than just medical transportation?

Our vans can take you to the COA to attend a multitude of activities and we can also bring you out to lunch, to local shopping plazas, parks or to visit a friend.

Call Dispatch at 978-844-6809 to schedule your ride.
Don't let the hassle of driving and parking get in the way of enjoying yourself!

Littleton Coalition Against Addiction 100% Confidential



Nicole Lorenson, Assistant Director, COA
978-540-2475
nlorenson@littletonma.org



Donna Kivlin, Recovery Coach
978-431-0162
donnaamericorps@paariusa.org



Barbara Whitcomb, Suicide Prevention
978-486-4928
bwhitcomb@4sans.org

Book Buddy Program to Continue This Fall



If you are looking for an hour of fun, please join the Book Buddy reading program at Shaker Lane School, with Michelle Barth's kindergarten class. This program has been so successful, we've been asked to come back. This is just one of our Intergenerational Programs for seniors.

Once a month starting in October, on an assigned day, we will go to Shaker Lane School, meet your Buddy, and teacher, Michelle Barth and her class. We will be assigned 1-3 Book Buddies each, and read stories together. You may bring your own book, or pick one from a selection provided for us.

This is a fun program, and very rewarding for the students and you.

If you are interested and would like further information, **please call the COA, at 978-540-2470.** Someone will get back to you with specific details.

Creative Writing Workshop



Do you need writing ideas or support? Come write in response to fun, inspiring prompts. Then share your writing aloud (optional) and receive positive, non-judgmental feedback. All levels of writers welcome! Bring a notebook and a pen (no laptops).

Led by certified writing workshop facilitator Michele Order Litant. **Tuesdays, September 10, 17, 24, from 9:30-11:00 am, Room 233. Cost \$20 for the 3 week session.**

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

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.**



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, socio-economic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.



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SEPTEMBER 2019

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 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

***** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE *****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call **EVERY week** to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.