

The Broadcaster



MARCH 2019



Have You Heard?

Littleton Seniors Need a Senior Center!

It is a beautiful thing when people who are passionate about a cause band together and create a tidal wave of a movement. The energy is high and it has been inspiring to witness. I would like to share with you all some data that supports the initiative.

Why we need a Senior Center

A community's Senior Center serves as the focal point for addressing aging issues in the community and acts as a gateway to information and services that support and enable seniors to maintain health, independence, and the highest level of functioning. A Senior Center provides more than just socialization; we offer meals and nutrition assistance, educational programs, health and wellness clinics, fitness programs, employment opportunities, and volunteer opportunities. We offer all-encompassing social services to all residents, regardless of age or socioeconomic status. A Senior Center is an asset to the community!

"The Need" in Numbers

As of December 2018, Littleton's total population was 9,806 with 2,360 of those individuals being over the age of 60. The current projections indicate that by the year 2035 that number will reach 3,957 seniors.*

The Executive Office of Elder Affairs recommends a Senior Center have 4-6 square feet per senior resident. Based on our projected growth, Littleton would need at least 19,785 sq ft to meet our needs in 2035. We are currently operating within a shared 3,800 sq ft, limiting our capacity to assist our residents.

What do we do for Littleton?

In Fiscal Year 2017 we logged 14,345 visits to our center, arranged 6,056 rides for seniors and the disabled, served 3,052 congregate meals on-site, and our Outreach Workers assisted over 1,300 unduplicated people.

How can you help?

We welcome all input and feedback from the community and encourage you to exercise your right to vote and have your voice heard. We invite you to call, write, email, or stop by and ask further questions. With your support we can truly serve our seniors and the community at our full potential.



REMINDER!

Daylight Savings Time begins Sunday, March 10th. Don't forget to turn your clocks ahead one hour.

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

Happenings—March 2019

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

Blue Cross Blue Shield Medicare Seminar	P10	Mar 5	Tues
Book Buddy Program	P9	Mar 8	Fri
Caregivers Meeting	P3	Mar 27	Wed
Coloring, Coffee and Conversation	P8	Mar 4	Mon
Cooking for 1 or 2	P9	Mar 13	Wed
COPD Lunch and Learn	P9	Mar 27	Wed
Crafts at the Council	P8	Mar 27	Wed
Downsizing Series	P8	Mar 12	Tues
Friends' St. Patrick's Day Luncheon	P4	Mar 20	Wed
Gait Assessments	P9	Mar 14	Thurs
Healing Conversations	P3	3/7, 12, 19, 21	Tues/Thurs
Indian Hill Bach's Lunch Concert	P8	Mar 21	Thurs
Littleton Lyceum	P7	Mar 8	Fri
Living Alone and Living Well Group	P3	Mar 21	Thurs
Movie of the Month	P8	Mar 28	Thurs
Park & Rec Trip to Newport Playhouse	P10	Mar 14	Thurs
Podiatry Clinic	P4	Mar 19	Tues
Recovery Conversations	P4	Mar 6	Wed
Veterans Breakfast	P8	Mar 27	Wed
LFD Blood Pressure Check	P4	Thursdays	
See P4 for list of exercise programs	P4	Thursdays	

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.)

- Mar 7** Purchasing a New Computer. Denial of Service (DoS) attacks.
- Mar 14** Using search for general information, images and Youtube.
- Mar 21** Internet of Things (IoT). Benefits, vulnerabilities and risks.
- Mar 28** Map applications; Google maps, Google earth, historical maps, wet-land 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 Lorensen, Outreach Coord.
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 Littleton, MA 01460
 Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 8:30 am- 4:30 pm
 COA Outreach Hours:
 Monday-Friday
 9:00 am-3:00 pm

Broadcaster by Email and Online!!

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

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

OUTREACH INFORMATION

Residents need to make appointments for Outreach Services. Call Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (March 21st)** 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.

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, March 27th**, from 6:30-8:00 pm in the Littleton Senior Diner. Liz Tretiak, Director of Elder & Human Services, will be our host and speaker for the evening. Please contact Nicole at 978-540-2475 to let us know if you plan on attending or have any questions.



Having difficulty paying your heating bills during the winter? LEHS offers a variety of assistance programs. Documentation of need is required. Call the Outreach offices for more information: Nicole at 978-540-2475. All Calls are confidential

SMOC Fuel Assistance Program

2018-2019 Guidelines

<u>Household Size</u>	<u>Gross Annual Income</u>
1 person household	\$35,510
2 person household	\$46,437
3 person household	\$57,363
4 person household	\$68,289

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, March 12th and 26th** 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.

Healing Conversations

Are you grieving? Please join us for "**Healing Conversations**," a free adult bereavement support group offered by Nashoba Nursing Service & Hospice. The programs are facilitated by Lucia Camara and Kathy Benson, LICSW.

Those interested, please call Kathy Benson, LICSW at Nashoba Nursing Service at 978-425-6675, or by email kbenson@nashoba.org

Thurs, March 7th	11:30 am-12:30 pm	Hazen Library, Shirley
Tues, March 12th	6:00-7:30 pm	Westford Council on Aging
Tues, March 19th	1:00-2:00 pm	Clinton Council on Aging
Thurs, March 21st	1:00-2:30 pm	Eagle House, Lunenburg

Medicare or Health Insurance Questions



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

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

FINANCIAL AID/CLASS SCHOLARSHIPS:



Any community member may request support to offset some or all of the fees associated with an activity. Please contact Nicole Lorenson (978-540-2475) for confidential assistance.

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



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 **1st Wednesday of the month (March 6) from 6:00-7:30 pm in Room 230.**

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, March 19th, in Room 103.**

By Appointment only.

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



March is Colorectal Cancer Awareness Month

This year, more than 135,000 people will be diagnosed with colorectal cancer and more than 50,200 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps before they become cancerous. Several screening tests detect colorectal cancer early, when it can be easily and successfully treated.

The American Cancer Society recommends that people at "average risk" of colorectal cancer start regular screenings at age 45. The most common screening tool for colorectal cancer is a colonoscopy which most people find unappealing, however it is important to note that regular screenings are one of the most powerful tools in preventing colorectal cancer. If you are able to find the cancer early, it is easier to treat and has higher success rates. There are several types of testing available to screen for colorectal cancer, but the American Cancer Society says that getting screened is the most important, no matter which test you choose.

You can get more information at www.cancer.org/cancer/colon-rectal-cancer to learn your risk factors and the types of tests available, as always please consult your Doctor with any questions or concerns.

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 Beard 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.**



Friends of the Council on Aging



ERIN GO BRAGH!



March means it's time to wear the green and celebrate St. Patrick's Day. This is what we will do on **Wednesday, March 20th**. Meet us

in the Shattuck St. Multi-Purpose room to enjoy a meal of Corned Beef and Cabbage prepared by the Nashoba Tech Culinary Dept. **The time is 12:00 noon** and price for meal will be \$5.00 for Littleton seniors and \$7.00 for non-Littleton residents. **Sign up for lunch begins on March 1st and ends on March 18th.**

We are sorry we cannot accommodate more seniors at our luncheons. Our facilities are limited, but we hope to change this one day with a larger Senior Center.

THRIFT SHOP



The Thrift Shop has a new Manager and she is looking forward to meeting all who come into the shop. Come in, stay awhile, and Welcome **Sandra Casale**.

There are a lot of new things on the racks this month. Look for some surprise sales.

We welcome you to come in and browse **Monday to Friday, any time between 10:00 am and 3:00 pm**, except for holidays. Our volunteers are there to help you.



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 ses-
sion.

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

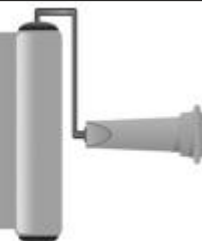
Beginners from 9:00-
10:00 am

Adv Beginners from
10:00-11:00 am

Beginner/Adv Beginner
from 7:30-9:00 pm
\$5 per session


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>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</p>		<p>1 Beef and Lentil Chili Brown Rice Mixed Vegetables Rye Bread Blueberry Yogurt</p>
<p>4 Pork & Red Pepper Pasta Navy Bean Soup Wheat Bread Applesauce</p>	<p>5 Chicken Picatta Tri-Color Rotini Riviera Vegetable Blend Wheat Dinner Roll Chocolate Cake</p>	<p>6 Baked Haddock with Lemon Dill Sauce Red Bliss Potatoes Tomato Florentine Soup Multigrain Bread Fig Bar</p>	<p>7 Roast Pork with Apple Gravy Butternut Squash Green Beans Dinner Roll Mixed Fruit</p>	<p>8 Broccoli Bake Home fries Tossed Salad Multigrain Bread Fresh Pear</p>
<p>11 Chicken Marsala Garlic Mashed Potatoes Gypsy Soup Wheat Bread Diced Peaches</p>	<p>12 Chicken Meatballs with Hawaiian Sauce White Rice Tossed Salad Multigrain Bread Mandarin Oranges</p>	<p>13 SPECIAL **High Sodium** Corned Beef Hash* Braised Cabbage Parslied Carrots Rye Bread Pineapple Whip</p>	<p>14 Roast Turkey with Herb Gravy Cinn Mashed Sweet Potatoes Vegetable Gumbo Soup Dinner Roll Strawberry Cup</p>	<p>15 Potato Pollock w/Tartar Sauce Potato Wedges Brussels Sprouts Wheat Bread Fruit Crunch Bar</p>
<p>18 Chicken Meatballs with Swedish Sauce Parslied Noodles Spinach Pumpnickel Bread Chocolate Pudding</p>	<p>19 Roast Pork with Rosemary Gravy Yukon Gold Potatoes Cheesy Cauliflower Soup Wheat Dinner Roll Escalloped Apples</p>	<p>20 Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Wheat Bread Fortune Cookie Clementine</p>	<p>21 Shepherd's Pie White Bean Kale Soup Multigrain Bread Lorna Doons</p>	<p>22 Cheese Lasagna with Tomato Basil Sauce Tossed Salad Italian Bread</p>
<p>25 Chicken Brunswick Stew Brussels Sprouts Biscuit Pears</p>	<p>26 Homestyle Chicken Drummer Autumn Harvest Soup Macaroni & Cheese Multigrain Bread Pineapple</p>	<p>27 BBQ Pulled Pork Baked Beans Coleslaw Hamburger Roll Vanilla Yogurt</p>	<p>28 Meatloaf with Jardinière Gravy Sour Cream & Chive Mashed Potatoes Italian Green Beans Wheat Bread Almond Cookie</p>	<p>29 Haddock Newburg Wild Rice Pilaf Scandinavian Blend Multigrain Bread Strawberry Cup</p>

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Noon Lunch 1:00-2:30 Bingo
4 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 and Conversation 5:30 pm Tai Chi (New Time) 7:30-9:00 pm Line Dancing	5 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 10:00 BCBS Presentation 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	6 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	7 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex 11:30-12:30 Healing Conversations Noon Lunch Noon Fire Dept BP Check	8 10:30-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
11 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 5:30 pm Tai Chi (New Time) 7:30-9:00 pm Line Dancing	12 9:00-10:00 Fit 4 Life Class 10:00-11:00 Downsizing 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 6:00-7:30 pm Healing Conversations	13 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Cooking for 1 or 2 Noon Lunch	14 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 Gait Assessments 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 8:30 am-6:30 pm Park & Rec Trip to Newport Playhouse	15 Noon Lunch 1:00-2:30 Bingo
18 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 (New Time) 7:30-9:00 pm Line Dancing	19 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:00 Healing Conversations Podiatry Clinic By Appointment Only	20 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' St. Patrick's Day Luncheon 	21 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex 11:00 & 1:30 Indian Hill Noon Lunch Noon Fire Dept BP Check 1:00-2:30 Healing Conversations	22 Noon Lunch 1:00-2:30 Bingo
25 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 (New Time) 7:30-9:00 pm Line Dancing	26 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	27 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch Noon COPD Lunch & Learn 1:00-3:00 Crafts at the Council 6:30-8:00 pm Caregivers Meeting	28 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	29 Noon Lunch 1:00-2:30 Bingo



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LADIES' BREAKFAST

March 14th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

March 20th- 7:30 am to 9:00 am

**Senior Diner - Shattuck Street**

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

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

ELDER ABUSE?

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

Thank you Tina!

Our Volunteer Spotlight is taking a pause during the month of March to highlight someone we are all proud to call a coworker and a friend as she plans for her retirement. Tina Maeder began working at Littleton Elder and Human Services in 1994 as a part time Outreach Social Worker, through the advocacy of then Director, Carolyn Sloboda, and has been a strong and understanding advocate of the residents of Littleton ever since.

If you have ever met Tina, even just in passing, you would not be surprised to hear that her favorite part of this job is the interactions and relationships she has created with clients and residents. Tina notes that Littleton is a unique town with many dedicated people working to provide new and needed resources for its residents.

For so many residents Tina is the person they go to for assistance, guidance and sometimes just conversation. Throughout the day Tina touches and enhances more lives than I could count and if you added up the number of clients whom Tina has comforted in times of need, reassured in times of overwhelm and cheered on in times of excitement, the number would be off the charts.

Despite the fact that Tina is one of the kindest, smartest, most hard working women you could meet, she remains humble and modest in her efforts to provide the absolute best advocacy and care to all of her clients.

In her retirement, Tina looks forward to spending more time with family, do some traveling and, of course, plans to keep in touch with all of us.

We are all sad to see Tina go, but excited for her to embark on this new journey. We wish her nothing but the best in her retirement and look forward to keeping in touch.

Tina, thank you, from all of us, for all that you have done. We are all so lucky to have had you in our corner.

Journeys in Traditional Spiritual and Gospel Music, featuring Suzanne Buell
Friday, 8 March, 2019, 7:30 pm


Lyceum offers an extraordinary music event, the history of Gospel music in America as presented by Suzanne Buell. Suzanne has been a soloist with Gospel Pops at Symphony Hall as well as a recording artist with Stax. The program will feature the music of Mavis Staples, Sister Rosetta Tharpe, Mike Foster

and many others as well as some traditional spirituals. Suzanne will tell stories of the origins of this American music and we will journey with her and find how some of these songs shaped the Civil Rights movement of the 1960s and gave life to many modern rock and blues artists. Don't miss this inspiring and informative night of music and musical history!

Purchase tickets at the door or online at www.littletonlyceum.org.

*All Lyceum events are held in the **Littleton High School Auditorium**, Littleton, MA*



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



"Hats Off to Littleton"

Wednesday, March 27th, from 1:00-3:00 pm.



Meet us in the Multi-Purpose room at 1:00 pm for this exciting event. Come and decorate a hat or picture frame to place on your front door. This event is open to the public with a limit of 50. If you have a hat, please bring it. If not, when you sign up notify us that you will need a hat or picture frame. Your door will be videotaped by Dave Plauger and will be shown on LCTV on Barbara McRae's Littleton Common show. The cost for this special project will be \$4.00. **Call the COA office at 978-540-2470 to register.**

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 and/or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more. Open every **Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator. Call John Boroski at 978-540-2485 to make an appointment.**

Veterans Breakfast



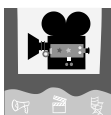
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, March 27th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Coloring, Coffee and Conversation



The next meeting will be **Monday March 4th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Movie of The Month



Thursday, March 28th at 1:00 pm, "Can You Ever Forgive Me" will be shown in Room 230. \$2.00 donation requested.



Downsizing, Decluttering And Moving On

This is a new series which started in February.



It will be held on **Tuesdays: March 12th, and April 9th, from 10:00-11:00 am** in Room 233 with Annette DeBisz, Realtor with **Keller Williams Merrimack Valley**

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 14th, from 1:00 to 3:30 pm**, at the Congregational Church. Prizes, finger desserts, tea & coffee will be offered. **Jane Lyons 978-486-3436**

Bingo at St. Anne's Church



The Sunshine Club is a nondenominational meeting open to all senior citizens. Our March meeting is on **Thursday, March 21st 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 pastries. Please join us.

Any questions, call **Chris Banks- 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 Bowladrome - 978-263-7638.**

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music presents "Improvisations on Jazz Standards", featuring Mike Caudill, saxophone, and Christian Tremblay, piano.

TWO SHOWS - Thursday, March 21st at 11:00 am and 1:30 pm, 36 King Street,

Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE** admission.

Reservations required for groups at (978) 486-9524.

Learn more at www.indianhillmusic.org.

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



AARP Tax Program 2018 2018 Income Tax Help

Please call the COA at 978-540-2470 to schedule an appointment to complete state and federal tax forms for 2018, and to get a list of what information to bring.

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.

Tax Bills Due



Fourth Quarter Real Estate and Personal Property tax bills for fiscal 2019 are due **May 1, 2019**. Residents can pay online at littletonma.org, or mail checks to Town of Littleton PO Box 1305 Littleton, MA 01460. **Office hours are: Mon. 8:00 am-6:00 pm; Tues-Thurs 8:00 am-4:00 pm; Fri 8:00 am-12:00 pm.** There is a secure payment drop box located outside the entrance. For information:

call 978-540-2405; drichards@littletonma.org

Transportation Destination



Our Littleton EHS Van Service is primarily used for medical appointments, but did you know that you can schedule a ride to run your errands?

No need to worry about driving and parking. We've got you covered for grocery shopping, banking, picking up your prescriptions at the pharmacy, and we will bring you and your bags back home. One less thing to worry about when you're getting things done.

Call 978-844-6809 to book your ride.

Book Buddy Program



The Book Buddy Program continues. Once a month, on an assigned day, we will go to Shaker Lane School, to meet with Michelle Barth, and her Kindergarten class. We will each be assigned some Buddies, and read stories together. Books will be provided, or you can bring your own. This is a fun program, and you won't be disappointed.

The dates are always on a Friday, and the times are always at 10:30-11:45 am.

The remaining dates for 2019 are: March 8th, April 5th, and May 3rd.

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.



Wednesday, March 13th at 11:00 am

Cooking for 1 or 2: Registered Dietician Denise Mercury from Minuteman Senior Services will provide you with tips for planning, shopping, and cooking healthy meals when you are cooking for 1 or 2 people. **FREE, room 230**

Thursday, March 14th at 11:00 am

Gait Assessments: Individual Appointments with Life Care Center of Nashoba Valley's Occupational/Physical Therapist. **FREE, room 230**

Wednesday, March 27th at 12:00 noon

COPD Lunch and Learn: Catered Lunch and lecture from Life Care Center of Acton. **FREE, room 230.**

Wednesday, April 3rd at 11:00 am

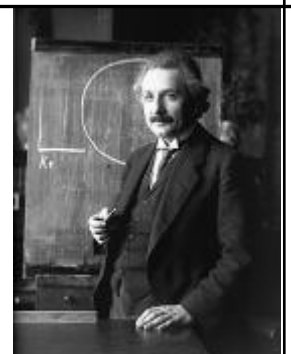
Drum Circle with David Courier, room 230. David Currier Bio: David is a Certified Foundations of Dementia Care Master Trainer, Program Director in Nursing and Assisted Living Facilities, former Program Director & trainer for the Alzheimer's Association, Maine Chapter, CRMA/Certified Residential medical assistant, Certified Alzheimer's Support Group Facilitator, Certified "Train the Trainer" in dementia care. Traveled with Dr. "Patch" Hunter Adams of the Gesundheit Institute on "Healing Through Humor Tours" to help children in orphanages throughout the world. Has lectured throughout the country on Habilitation Therapy techniques for those with Alzheimer's disease. Featured speaker at the Mass Cap 2015 conference, GEC Leadership Conference for the Department of Veterans Affairs in Baltimore, MD and The Alzheimer's Association, "Map Through the Maze" conference 2015. Interactive music therapy program was featured in Virginia Bell's Best Friends book on Alzheimer's Activities Volume Two. Primary caregiver of both parents diagnosed with irreversible dementias.

Call the COA office to sign up for any of these events @ 978-540-2470.

To allow everyone a fair opportunity to participate in our programming, sign-ups for events will now begin the 1st of each month unless otherwise noted.

Coming This April

Albert Einstein
Photo from Wikipedia





PARKS, RECREATION, & COMMUNITY EDUCATION

LITTLETON MASSACHUSETTS

Newport Playhouse & Cabaret Restaurant



Bus Trip—Thursday, March 14th-8:30 am-6:30 pm

Price: \$105—includes transportation, buffet lunch and tickets to *"The Lone Star Love Potion"* Show.

Bus departs and returns from 33 Shattuck Street, Littleton.

Fenway Park and Boston Duck Tour

Bus Trip—Thursday, April 18th-9:30 am-6:00 pm

Price: \$110 for both tours.



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Partial List of 2019 Bus Trips

March 14	Lone Star Love Potion at the Newport Playhouse	\$105
April 18	Fenway Park & Boston Duck Tour	\$110
May 18	The Intrepid Sea, Air & Space Museum- New York City	\$170
June 15	Rhode Island Lighthouse Cruise & Quonset O Club	\$110
July 25	Foster's Downeast Clambake-York ME	\$87
Aug 20	Foxwoods Resort Casino-CT	\$35
Aug 24	7Seas Whale Watch-Gloucester MA	\$110
Sept 12	Martha's Vineyard	\$95
Sept 14	The Big E-Springfield MA	\$TBD

- 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.



MASSACHUSETTS

Blue Cross Blue Shield of MA Medicare Seminar

Health Plan Options for People With Medicare

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 typically includes:

A B C D

- 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



Tuesday, March 5th at 10:00 am in Room 230.

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

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

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Littleton Coalition Against Addiction 100% Confidential



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Barbara Whitcomb, Suicide Prevention
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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 Lorensen at 978-540-2475.**



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MARCH 2019

*****TRANSPORTATION*****

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am to 4:00 pm Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

LITTLETON EHS TRANSPORTATION CHARGES

Rides are provided to appointments between 9:00 am and 3:00 pm.

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

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

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

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

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

REMINDER

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