

The Broadcaster



JUL-AUG 2019



LITTLETON EHS/COA SERVICES



FROM LIZ'S DESK

Hello Everyone!

I hope you are all having a wonderful summer so far! Here at the COA we plan to make great use of our beautiful courtyard and tennis courts and soak up the sun and summer breeze as much as possible. Please check out our calendar of events to see all we have planned outdoors! We also have some great collaborations with our friends in the Library, PRCE, and the Police and Fire Depts.



COA and Senior Diner Closed

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The Senior Tax Work-Off Program: July 8-July 19, 9:00 am-Noon

The Senior Tax Work-Off Program allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage (\$12 per hour) and the "wages" earned are applied to property taxes as an abatement.

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed, such as establishing a Trust, contact the Office of the Assessors to ensure that you still qualify. Please do this before coming to sign up. The sign-up dates for this year's program will be in the COA, 2nd floor, Room 230, **Monday-Friday, July 8-July 19, during the hours of 9:00 am to 12 noon**. You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the COA office at **978- 540-2470 before July 12th**.

There is also a **Veterans Tax Work-Off Program**. You do not need to be a senior to be part of the Veterans program. **Call John Boroski at 978-540-2485 for details.**

* **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—Jul-Aug 2019

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

3rd Thursday at Fay Park	P9	7/18 & 8/15	Thurs
BCBS of Mass. Medicare Pres.	P10	July 22	Mon
Caregivers Meeting	P3	7/31 & 8/28	Wed
Coffee With the Editor	P8	July 1	Mon
Coloring, Coffee and Conversation	P8	7/1 & 8/5	Mon
Citizens Bank: Consolidating Debt	P7	Aug 6	Tues
Lunch Date	P8	7/11 & 8/22	Thurs
Podiatry Clinic-By Appointment Only	P4	Jul 16	Tues
Police & Fire Dept Cookout	P9	Aug 21	Wed
Recovery Conversations	P3	7/3 & 8/7	Wed
Rivercourt Residences Lunch	P10	Aug 9	Fri
Senior Tax Workoff Program Signup	P1	Jul 8-19	Mon-Fri
Summer Fun & Safety Celebration	P9	Aug 2	Fri
Summer Pizza and a Movie	P9	7/25 & 8/22	Thurs
Unretire Yourself	P7	Jul 23	Tues
Bingo	P8	Fridays	
LFD Blood Pressure Check	P4	Thursdays	
Pickleball	P4	Wed & Fri	
Senior Ping Pong	P4	Wed & Fri	
See P4 for list of exercise programs	P4	Thursdays	

Refer to Calendars on Pages 5 & 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



COA Internet Presentations are on hiatus for July and August. Classes will start sometime in September 2019. Check the Broadcaster for start date and time.

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

STAFF

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 Tony Jesensky, Treasurer
 Dottie Ruiz, Secretary
 Sharon Corbin
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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
 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 Nicole at 978-540-2475 to schedule an appointment.**

Living Alone & Living Well Group

Living Alone & Living Well Group will take a break over the Summer and will not be meeting in July or August. Participants may get together informally during this time.

Contact Nicole at 978-540-2475 for further information. 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.



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 (July 3 and August 7th)** from **6:00-7:30 pm in Room 230**.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesdays, July 31st and August 28th** from **6:30-8:00 pm**.

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

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?

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.

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 (July 2nd and 16th and August 13th and 27th)** 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.

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**.

PREVENT TICK BITES!



- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUT-DOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH

For more information: www.cdc.gov/Lyme



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Senior Ping Pong



Room 123, every Wednesday and Friday
from 10:00 am—12:00 noon. It's FREE.

Reserve your spot by calling the COA at
978-540-2470. Drop-in's welcome, but stop
at the COA Front Desk first.

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, July 16th, from 9:30-1:00 pm in Room 233.** (This will be the room location going forward.)

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.



Senior Pickleball

By popular demand Pickleball will now be held **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



The Friends of the COA are getting ready for the new season welcoming seniors to join us for our theme luncheons each month. Caterers and menus are high on our list. In September, get ready to go back in time to the 50's—bring out your poodle skirts and dungarees. Live music.

Cost \$5.00 per person. The date is **September 18th, at noon in the Multi-Purpose Room.** Call **978-540-2470** September 3rd to the 15th for reservations. Seating is limited to 100.

We want to welcome Sandra Casale to the FLCOA board. She will be a valuable addition.

FRIENDS' THRIFT SHOP



The Thrift Shop volunteers want to host another Fashion Show. June had to be cancelled because of lack of space, so we decided to reschedule to July. Join us for tea and fashions. Watch for flyers announcing the date in July. No reservations needed.

We're open Monday through Friday and our hours are 10:00 am - 3:00 pm. Stop by and say hi and shop our racks. 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.

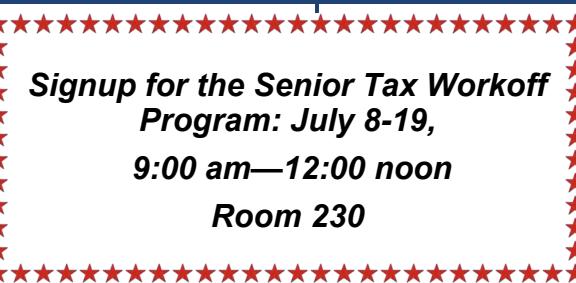
All classes below are in the Multi-Purpose Room.
Call 978-540-2470 to register.

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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JULY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi 11:00 Coffee w/Editor Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation 5:30 pm Tai Chi	2 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 1:00-2:30 Social Anxiety Grp	3 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	4 	5 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo
8 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	9 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	10 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch	11 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex 12:00-1:00 Lunch Date Noon Fire Dept BP Check	12 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo
15 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	16 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 1:00-2:30 Social Anxiety Grp Podiatry Clinic-By Appt.	17 7:30-9:00 Ladies' and Men's Breakfast 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch	18 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 5:00-7:00 pm "Third Thursday"	19 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo
22 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch 1:00 -BCBS Medicare Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	23 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 10:30 Unretire Yourself 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	24 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch	25 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 4:00 Summer Pizza & a Movie	26 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo
29 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	30 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	31 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong 10:00-12:00 Pickleball Noon Lunch 6:30-8:00 pm Caregivers Meeting	 Signup for the Senior Tax Workoff Program: July 8-19, 9:00 am—12:00 noon Room 230	

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	2 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong 10:00 Summer Fun & Safety Celebration Noon Lunch 1:00-2:30 Bingo
5 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	6 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 10:00 Citizens Bank-Consolidating Debt 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	7 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch 6:00-7:30 pm Recovery Conversations	8 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	9 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 12:00 Rivercourt Residences Lunch & Cupcake Decorating 1:00-2:30 Bingo
12 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	13 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 1:00-2:30 Social Anxiety Grp	14 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch	15 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 5:00-7:00 pm "Third Thursday"	16 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo
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26 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	27 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 1:00-2:30 Social Anxiety Grp	28 9:00-1:00 LSC 9:00-12:00 Pickleball 9:30-10:30 Yoga 10:00-12:00 Senior Ping Pong Noon Lunch 6:30-8:00 pm Caregivers Meeting	29 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	30 9:00-12:00 Pickleball 10:00-12:00 Senior Ping Pong Noon Lunch 1:00-2:30 Bingo

THE GOOD LIFE

OUR CARE TAKES
CARE OF YOU

5 Star Rating



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OF NASHOBA VALLEY

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LADIES' AND MEN'S BREAKFAST

Wednesday, July 17th & August 21st - 7:30 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

Volunteer Spotlight



Our July spotlight is a double whammy. Anita Harding and Kathy Coughlin, sometimes referred to as the "dream team", volunteer in many ways and lend their hands to coordinating and facilitating the Catholic Heart Work Camp each summer. The Catholic Heart Work Camp is a team of students from all over who travel to stay in Groton for 1 week over the summer. During that week they spend their time helping local seniors with yard work, painting, planting, downsizing—you name it. Behind the scenes Anita and Kathy help each resident who applies through the application process and visits them on their scheduled day to provide support, supervision and supplies as needed.

They both agree that their favorite part about volunteering with CHWC is helping people accomplish tasks that otherwise would remain unfinished, seeing the projects from start to finish and the relief of the residents who have been helped once work has been completed.

Anita and Kathy only wish that more people knew about and applied for this program. Anita mentioned that a lot of people in town may feel as though they shouldn't apply for various reasons, but Anita, Kathy and all of EHS encourages residents to apply for this program each year. Say yes to the help!

In their spare time, in addition to various other volunteering commitments, Kathy enjoys bowling, kayaking and traveling with family, and Anita enjoys road trips with her husband and spending time with her family.

Thank you, Anita and Kathy! Catholic Heart Work Camp works so well because of you both and we are so grateful for the both of you.

UnRetire YourselfSM

CARING FOR YOUR PARENTS: EDUCATION FOR THE FAMILY CAREGIVER®



The road to retirement is not the clear path it once was. If you're retired or planning on being retired in the next few years, learn how to tap into your passion to identify a fulfilling encore career.

This workshop will help you:

- Recognize the benefits of "unretiring" or returning to the workforce.
- Discover what you can do after retirement if you're still working.
- Identify ways to stay connected if you're not in the workforce or follow your passions to a different career.

Don't miss this opportunity!

DATE: Tuesday, July 23rd

LOCATION: COA Room 233

TIME: 10:30am

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

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PRIME TIME PADDLERS



The Prime Time Paddlers (PTP) have started their 8th season of kayaking. It's free and a lot of fun! We try to kayak (weather depending) somewhere close to Littleton once a week, on

Thursday's from 1:00-3:00 pm, and always paddle as a group. So mark your calendars - our first paddle was **June 6th** on Long Lake. All you need is a kayak, with a paddle and life jacket, and a car to get you to wherever we are going. We also suggest bringing a hat, sun block, and water to drink. A cell phone is always a good idea.

For more information, please call the COA office at **978-540-2470**, or email jakay601@verizon.net. Someone will get back to you with details.



Citizens Bank Presents: Consolidating Debt

Tuesday, August 6th at 10:00 am.

Please call the COA office at 978-540-2470 for more details and to sign up.

Crafts at the Council



There will be NO Craft Classes in July or August.



We have enjoyed all of our craft classes with you this year and look forward to some great classes starting in September.

Thank you all for coming, and remember we will be starting with loop knitting of a scarf, so if you are interested, watch for a sale at JoAnn's to get your yarn. See you then and have a wonderful summer.

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



There will be no Veterans Breakfast in July or August. Watch the September Broadcaster for the date of the September breakfast.



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

Coloring, Coffee and Conversation



The group will meet on **Monday July 1st and August 5th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.



There is no Movie of the Month in July or August. See Page 10 for details on "Pizza and a Movie".



Lunch Date!



Bring a lunch or stop by the Diner to grab something and join EHS staff in the Courtyard from **12:00-1:00 pm on Thursdays July 11th and August 22nd**.

Coffee with the Editor



Join Joy Hosford from the Littleton Independent for **"Coffee with the Editor" on Monday, July 1st at 11:00 am in Room 230**.

Stop in to say hi or stay awhile and chat!



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

There will be no Bingo at the Congregational Church from July—September. Our next meeting will be **October 19th**. Jane Lyons **978-486-3436**.

Bingo at St. Anne's Church



The Sunshine Club at St. Anne's Church will not meet in July or August. Our next meeting will be on **September 19th**.

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 Bowladrome - 978-263-7638**.

INDIAN HILL MUSIC



There will be no BACH'S LUNCH CONCERTS in July or August.

Watch for information on the September concert in the September Broadcaster.

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

Special Programs

Mark Your Calendar



Police & Fire Dept Cookout

The Police and Fire Depts will be hosting a Senior Cook Out at the Fire Station on **Wednesday, August 21st at 12 noon.**

Please call the COA Front Desk to sign up:
978-540-2470.

Summer Fun and Safety Celebration



Bridges of Westford and Littleton EHS invite you to join us in the Courtyard for music, refreshing snacks, giveaways, games and more!

Friday, August 2nd at 10:00 am

Please call the front desk to sign up, **978-540-2470**

Library Materials at your doorstep!



Reuben Hoar Library is developing a program for town residents who have transportation issues or are otherwise unable to get to the library easily. Once you sign up, this program will provide you with a delivery of your choice of library materials straight to your home! This would include books, audiobooks, DVDs, CDs, and magazines which you would be able to request through our delivery volunteers on a paper form or online. If you would like more information about this new service or are interested in signing up, **please call Jennifer Hamilton: 978-893-8856.**

Summer Movies



Come join us again this summer at the COA for pizza and a movie.

Start time is 4:00 pm both months.

Thursday, July 25th: A Star is Born

Thursday, August 22nd: The Wife

**July 18th & Aug 15th
5:00-8:00 pm
Fay Park**

PROTECT ALL THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States, but most skin cancers can be prevented!

Every year—

- ▶ Nearly 5 million people are treated for all skin cancers at a cost of more than **\$8 billion**.
- ▶ There are about 76,000 new cases of and 9,000 deaths from melanoma, the deadliest form of skin cancer.



Exposure to **ultraviolet (UV) rays**—from the sun or from artificial sources like tanning beds—is the most common cause of skin cancer.

Anyone, no matter their skin tone, can get skin cancer.

Enjoy the Outdoors!

Being physically active outside is healthy and can help prevent conditions like obesity. But it's important to be sun smart when playing and working outdoors.



Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



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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

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



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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:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage



Monday, July 22nd at 1:00 pm.

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

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Lunch and Cupcake Decorating



Join RiverCourt Residences for an educational lunch, followed by cupcake decorating for dessert on

Friday, August 9th at 12:00. Space is limited, so please call to sign up, 978-540-2470.

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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JULY/AUGUST 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.