

The Broadcaster



FEB 2019

**LITTLETON
EHS/COA
SERVICES**

HOLIDAY CLOSING



Presidents' Day
Monday, February 18th
COA and Diner Closed

Contents

Happenings	2
Outreach	3
Health/Fitness/Wellness	4
Friends of the COA	4
Menu	5
Calendar	6
Men's/Ladies' Breakfasts	7
COA Activities/Classes	7
Ongoing Activities	8-9
Community Programs	10

Tips to Stay Safe During the Winter Months



Believe it or not, winter is here and while many dread the cold weather and snow, there are several safety measures, according to the CDC, that will help to ensure you are safe and well prepared for the season.

- Check your heating system, before you need it! Be sure everything is working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Check windows and doors to be sure they are properly insulated. This will also help to keep your energy bill manageable.
- Clean out gutters and repair any roof leaks that heavy snow/ice will worsen.
- Test/replace batteries in your smoke detectors/carbon monoxide detectors.
- Keep a full tank of gas in your car.
- Being prepared for weather emergencies is important. When you hear a forecast of a bad storm, it is important to be sure you have enough food and water on hand, as well as batteries, flashlights, a first aid kit and any medicine you need.
- Be cautious when driving, and be sure that the tailpipe of your car is not blocked by snow prior to starting it. Be safe and try to enjoy it!

More information can be found at:

<https://www.cdc.gov/features/winterweather/index.html>

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

Happenings—Feb 2019

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

Birthday Party (Quarterly)	P9	Feb 20	Wed
Caregivers Meeting	P3	Feb 27	Wed
Coffee With the Editor	P9	Feb 4	Mon
Coloring, Coffee and Conversation	P9	Feb 4	Mon
Crafts at the Council	P8	Feb 27	Wed
Downsizing Series	P9	Feb 12	Tues
Friends' Luncheon	P4	Feb 13	Wed
Healing Conversations	P3	Feb 21	Thurs
Indian Hill Bach's Lunch Concert	P8	Feb 14	Thurs
Living Alone and Living Well Group	P3	Feb 21	Thurs
Movie of the Month	P8	Feb 28	Thurs
Veterans Breakfast	P8	Feb 27	Wed
RiverCourt Luncheon	P4	Feb 20	Wed
LFD Blood Pressure Check	P4	Thursdays	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life With Phyllis	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wednesday	
Line Dancing	P4	Monday	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Tai Chi-QiGong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30 – 11:30 am in Room 230. (We linger until noon.)

- Feb 7** Ransomware—What it is: how to protect yourself from it.
- Feb 14** Moving email systems; moving contacts/address book, notifying people and websites.
- Feb 21** Digital Photography. Review of concepts. Moving pictures off your phone.
- Feb 28** More Google Services - Creating forms, surveys. Synchronizing data across systems.

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

BOARD MEMBERS

Marjorie Payne, Chair
Mary "Paddie" Hunt, Vice Chair
Robert Stetson, Secretary
Mary Catalanotto
Maureen Donnelly
Ann Lee Ellis
Angus Michaels
Mary Pickard
David Sill

FRIENDS OF THE COA

Barbara McRae, President
Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Andy Fredette
Carol Vales

33 Shattuck Street,
P.O. Box 1305
Littleton, MA 01460
Main Phone: 978-540-2470
Fax: 978-952-2363
Outreach: 978-540-2472
Senior Diner: 978-540-2474

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

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, 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 (February 21st)** in Room 233 from 10:30-11:30 am. New members welcome.

Please contact Tina at 978-540-2472 or 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 Tina Maeder at 978-540-2472 for more details or to sign up.

Healing Conversations

Nashoba Nursing Service and Hospice has started a support program, "Healing Conversations".

Are you grieving? Please join us for "Healing Conversations," a free adult bereavement support group series which began in November. The programs are facilitated by Lucia Camara and Kathy Benson, LICSW. Registration is not required, but appreciated.

There will be **Healing Conversations on Thursday, Feb 21st** at the Harvard Council on Aging from 10:00-11:00 am and on **March 12, 2019** there will be another **Healing Conversation at the Westford COA from 6:00-7:30 pm**. Littleton will also be hosting healing conversations soon.

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

Caregivers Meeting

Caregivers Support group will be meeting on Wednesday, **February 27, 2019 from 6:30-8:00 pm** in the **Littleton Senior Diner**. Marisa Graham from **RiverCourt Residences** of Groton will be our host and speaker for the evening. Please contact Tina at 978-540-2472 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, February 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.



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 or Tina at 978-540-2472. All Calls are confidential

SMOC Fuel Assistance Program 2018-2019 Guidelines

Applicants new to the SMOC Program began to make appointments November 1st.

<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

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 Tina Maeder (978-540-2472) or Nicole Lorenson (978-540-2475) for confidential assistance.

A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.

February is Low Vision Awareness Month



4.2 million Americans over the age of 40 are visually impaired; of these, 3 million have low vision.

People suffering from low vision have difficulty seeing, even with the assistance of glasses, contacts, medicine or surgery. If you feel that you have low vision, you may implore the assistance of a low vision specialist who can develop a vision rehabilitation program that includes training to use adaptive devices, daily living skills to help you live more independently and strategies to navigate around home and in public safely and effectively.

For more information you can visit:

www.glaucoma.org/treatment.

National Wear Red Day is Friday, Feb 1.



Celebrated annually on the first Friday during the month of February in the U.S., National Wear Red Day is a day in which men and women wear the color red to raise awareness about the number one health problem that affects American women – heart disease. It's also a day in which women are encouraged to find out their five most important health numbers:

Total Cholesterol, HDL Cholesterol, Blood Sugar, Blood Pressure and BMI (Body Mass Index). By knowing these numbers women can find out their risks for developing heart disease and take measures to prevent it.

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Susan Hoag and Tamara Bedard from Nashoba Nursing Service join us on the **2nd Tuesday** of each month from **10:00-11:00 am** for screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner**.

RIVERCOURT RESIDENCES

RiverCourt Residences Assisted Living is hosting a free informational luncheon at their facility in Groton for the Littleton Community to attend on **Wednesday, February 20th, from 12:00 noon -2:00 pm**.

Please sign up by February 15, 2019 by calling the main office at **978-540-2470** for more details. Space is limited.



Friends of the Council on Aging



BIENVENUE!



We are on our way to France. So grab your berets, we have your boarding passes. What better place to celebrate Valentine's Day but in romantic Páree! Bring your sweetheart or be ours. We'd LOVE to see you! 'Bon Appetit' from IL Forno, our caterer, for this French luncheon.

Join us at the Shattuck St. Multi-Purpose Room on **Wednesday, February 13th, at 12:00 Noon**. Make your reservation by February 8th by calling **978-540-2470**.

First priority and Free to Littleton residents. There will be a waiting list for Non-residents and a cost of \$5.00 to be paid at the door. Parle Vous Francais?

THRIFT SHOP

We can be found on the second floor of the Shattuck St. Town Office building. Donations come in every day with clothing for men, women and children of all ages and all occasions.

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 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

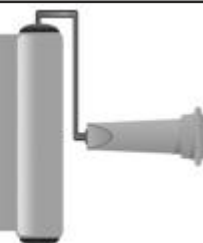
Beginners from 9:00-10:00 am

Adv Beginners from 10:00-11:00 am



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>			<p>1 Potato Pollock Tartar Sauce Brown Rice Pilaf Peas Pumpernickel Bread Clementine</p>
<p>4 Macaroni and Cheese Chunky Tomato Soup Multigrain Bread Diced Peaches</p>	<p>5 <u>SPECIAL</u> Marinated Beef Tips Scalloped Potatoes Brussels Sprouts Whole Wheat Roll Chocolate Mousse</p>	<p>6 Salisbury Steak Mushroom Gravy Whipped Potatoes Tossed Salad Dinner Roll Strawberry Cup</p>	<p>7 Chicken w/Red Pepper Pesto Wild Rice Pilaf Portuguese Kale Soup Multigrain Bread Diced Pears</p>	<p>8 Sweet and Sour Meatballs White Rice Broccoli Wheat Bread Fig Bar</p>
<p>11 Haddock Newburg Yams Mulligatawny Soup Wheat Bread Raisins</p>	<p>12 Chicken w/Vodka Cream Sauce Cavatappi Pasta Tossed Salad Italian Bread Mixed Fruit</p>	<p>13 Beef & Cabbage Casserole Spinach Lentil Soup Rye Bread Vanilla Yogurt</p>	<p>14 Chicken Jambalaya Brown Rice Broccoli Multigrain Bread Almond Cookie</p> 	<p>15 American Chop Suey Riviera Blend Veg Wheat Bread Applesauce Cup</p>
<p>18</p>  <p>No Meals Served</p>	<p>19 Chicken Coq a Vin Garlic Mashed Potatoes Minestrone Soup Multigrain Bread Diced Pears</p>	<p>20 Turkey Tetrazzini Egg Noodles Tossed Salad Dinner Roll Lorna Doones</p>	<p>21 Pork w/Cran Orange Sauce Mashed Sweet Potatoes Cauliflower Wheat Bread Lemon Cake</p>	<p>22 Chicken and Corn Stew Brussels Sprouts Wheat Dinner Roll Fresh Apple</p>
<p>25 BBQ Chicken Breast Macaroni & Cheese Green Peas Wheat Bread Pineapple</p>	<p>26 Breaded Alaskan Pollock Tartar Sauce Tossed Salad Wild Rice Pilaf Multigrain Bread Spice Cake</p>	<p>27 Chicken Meatballs Cacciatore Sauce Penne Pasta Three C Soup Italian Bread Raisins</p>	<p>28 Beef Stew Spinach Wheat Dinner Roll Diced Peaches</p>	


**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Noon Lunch 1:00-2:30 Bingo  National Wear Red Day
4 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi 11:00-12:00 Coffee With the Editor 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 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	7 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	8 Noon Lunch 1:00-2:30 Bingo
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	13 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Luncheon	14 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	15 Noon Lunch 1:00-2:30 Bingo
18 	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	20 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 12:00-2:00 RiverCourt Luncheon 1:00 Birthday Party	21 9:00-10:00 Fit 4 Life Class 10:00-11:00 Healing Conversations 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	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 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	

THE GOOD LIFE



5 Star Rating

OUR CARE TAKES CARE OF YOU

LIFE CARE CENTER OF NASHOBA VALLEY

191 Foster St • Littleton MA • 978-486-3512

www.LifeCareCenterOfNashobaValley.com



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPI.com

www.4LPI.com/careers

LADIES' BREAKFAST

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

**MEN'S BREAKFAST**

February 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**.

Volunteer Spotlight – Alexa Perivolotis

As you may know, Elder and Human Services provides assistance for all the residents of Littleton. One recent initiative started by the Town of Littleton is the Littleton Coalition Against Addiction, a group of individuals committed to ending the stigma against addiction and offering support and resources to those in need. One integral member of LCAA is Alexa Perivolotis. Alexa lived in Littleton for 20 years and currently resides in Ayer with her 2 dogs, Harley and Onyx.

Alexa became involved in the LCAA in September of 2017. Her reason for volunteering her time and energy is one many can relate to, Alexa says, "I wish I could say that I got involved because I was looking to become more involved with my community. But, that wouldn't be entirely true. My involvement came following the sudden death of several friends. I can't bring any of them back but I have a desire to decrease the stigma associated with addiction so people struggling or their loved ones can have somewhere to turn for support and resources in times of crisis."

As an active member of LCAA, Alexa has facilitated community speaking engagements, participated in Third Thursday, became a certified Narcan trainer (keep your eyes out for upcoming trainings!) and has launched Project Alert at Littleton Middle School for 7th grade students with LPD Officer Megan Wodzinski. Project Alert is a skills based substance abuse program which teaches resistance skills and self-efficacy to combat the pro-drug mindset of today's youth.

In addition to all of this, Alexa works in the field as well and truly "walks the walk" when providing guidance, information and support to the community. Unfortunately, it is likely that everyone reading this has been touched by addiction in one way or another. We are lucky to have Alexa on our team to help us combat this epidemic and end the stigma.

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***

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**.

Crafts at the Council



Sign up now for the Craft Class, on **Wednesday, February 27th from 1:00-3:00 pm.**

It is February already. Hope you enjoyed January (Pot Luck). We will be working with tiles and saving or creating memories. Bring a small picture, poem or just a small card that you would like to have as a keepsake. We will use methods to preserve these onto one or two tiles to be used as coasters. It is sure to be a lot of fun.

Call the COA office at **978-540-2470** to sign up for this class. The cost is \$3.00.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233.** Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various local charities.

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.**

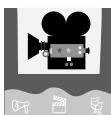
Call John Boroski at **978-540-2485** to make an appointment.

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, February 27th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Movie of The Month



Thursday, February 28th at 1:00 pm, "Dog Days" will be shown in Room 230. \$2.00 donation requested.



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!**

Valentine's Day Senior Bingo



Come celebrate Valentine's Day with an afternoon of Bingo on **Thursday, February 14th** at the Congregational Church from 1:00 to 3:30 pm. Prizes, finger deserts, tea & coffee will be served at 2:30 p.m. Bring a friend to enjoy Valentine's Day!

Bingo at St. Anne's Church



The Sunshine Club is a nondenominational meeting open to all senior citizens. The Sunshine Club will meet on **Thursday, February 21st at 1:00 pm** at Saint 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 "All Beethoven: Cello and Piano", featuring Daniel Rowe, cello, and Eric Kamen, piano. **TWO SHOWS - Thursday, February 14th** 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.

Birthday Party



Our next Birthday celebration will be **Wednesday, February 20th at 1:00 pm in Room 233.**

If you have a birthday in December, January or February, please come celebrate with us.

Please call the main office at **978-540-2470** to let us know if you plan to attend.

Coloring, Coffee and Conversation



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



Downsizing, Decluttering And Moving On

This is a new series starting in February.

It will be held once per month on Tuesdays: **February 12th, March 12th, and April 9th, from 10:00-11:00 am in Room 233** with Annette Debisz from Laer Realty Partners. Call **978-540-2470** to sign up.



PART-TIME VAN DRIVER WANTED

We are looking for a part-time van driver! If you or someone you know may be interested, please visit the Human Resources page at:

www.littletonma.org to see a full job description, or call **(978) 540-2455** for more information!



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.

Transportation Destination



Did you know that our Littleton EHS Van Service can take you to and from the COA for free?

Whether you don't drive or don't want to drive, you can head over to the COA for a class, an event, to shop the Thrift Shop or to have lunch without having to pay for transportation or worry about cleaning off your car to get here!

Call **978-844-6809** to book your ride.

Coffee with the Editor



Joy Richard, Editor of the Littleton Independent, will be at the COA on **Monday, February 4th, from 11:00 am-12:00 noon in Room 230** for coffee and donuts with anyone who has any story ideas or questions/comments about the paper.

Join us for this exciting event!

Group Support for those Affected by Addiction



Our Support Group is on hold pending a potential new day/time. If you have any concerns please contact Nicole directly at **978-540-2475.**

Littleton Coalition Against Addiction 100% Confidential



Nicole Lorenson, Outreach Coordinator
978-540-2475
nlorenson@littletonma.org



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



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



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.

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

Bring with you:

- Your 2017 Federal and State Tax Returns.
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance, since the insurance company's name, tax identification number and your subscriber number has to be entered on your Massachusetts tax return.
- W-2's, SSA-1099's, 1099's (DIV, INT, B, G, MISC, etc.) schedule K-1's, 109's etc.
- The amount and date of any federal and state estimated tax payments that you made.
- All 4 quarterly property tax bills that you paid in calendar year 2018. It is very important that you bring all 4 bills that you paid in calendar year 2018.
- All water bills that you paid in calendar year 2018.
- Medical and Dental Expenses: bring all receipts for doctor, dentist and hospital visits and prescription drugs (also eyeglasses and hearing aids).

Alzheimer's Association Helpline

- Do you have questions about Alzheimer's disease or concerns about your memory or a loved one's memory?
- Do you have questions about care options and services available in your community?
- Did you or a loved one receive a new diagnosis and you need help sorting out your questions and where to go for help?

If you do, please call the Alzheimer's Association's 24 hour/7 day a week Helpline.

The Helpline is the gateway to all of the services available through the Alzheimer's Association. We can help you determine how we can best assist you and navigate the resources available in your community.

The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance, including people with memory loss, caregivers, health care professionals and the public. Our Helpline operates 24 hours a day, 7 days a week, in 140 languages.

Call us toll-free anytime day or night at **1.800.272.3900** or visit us online at <https://www.alz.org/manh>.



Book Buddy Program



The Book Buddy Program has started again. 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 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.



**Our Care Provides
You with The Peace of
Mind You Deserve.**

Providing compassionate
nursing care and companionship
in homes, hospitals, nursing homes
and retirement facilities.

Call us at:

978.369.0463

[bullocksnursingservice.com](http://bullocks nursingservice.com)

747 Main St., Suite 316 | Concord

KATHLEEN M. O'CONNOR

Estate Planning • Elder Law • Probate

978-266-0101

KITTYOCONNOR@ECKEL-LAW.COM
267 GREAT ROAD • ACTON



ECKEL, HOAG, MORGAN
& O'CONNOR
ATTORNEYS AT LAW

www.eckel-law.com

**THIS SPACE IS
AVAILABLE**



In-Home Senior Care

"Promoting Independence
and Quality of Life"

978-256-2468

dpatterson@comforcare.com



Kathy & Joe Knox

978-852-9480

www.kathyknox.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Steve Twomey to place an ad today!

stwomey@lpiseniors.com or (800) 950-9952 x5854

 **Littleton
Storage Solutions**

Store smarter. Move Easier. Spend Less.

www.TheStorageSolutions.com • **978-339-5259**

509 Great Road, Littleton MA 01460

Traditional & Climate Controlled Storage

Life Celebration® by
BADGER
LITTLETON & GROTON
Funeral Homes



Proud to be family owned and
operated since 1921

Dear Friends,

At the Life Celebration® Homes Badger of Littleton & Groton,
it is our honor and privilege to help share your loved one's
story during a most difficult time. By celebrating your loved
one's life in a beautiful and personalized way, our staff can
assist your family with care and compassion, guiding you
toward healing and acceptance. We invite you to come and
visit us to discuss the many options available.

Glenn D. Bulamachi, CFSP

Owner / Funeral Director

Mass. License 7582 - Type 3



347 King St., Littleton, MA
45 School St., Groton, MA

www.badgerfuneral.com

(978) 486-3709

Bridges
BY EPOCH
MEMORY CARE ASSISTED LIVING
AT WESTFORD


INSPIRING MEMORY CARE

978.776.3362

View Upcoming Events:

www.BridgesbyEPOCH.com

108 Littleton Road | Westford

Mass Relay 711 



Alan D Bell, AAMS®

Financial Advisor

222 Great Road Ste 8

(At Donelan's Plaza)

Littleton, MA 01460

978-486-1059 • Cell 617-799-8680

alan.bell@edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC





LITTLETON COUNCIL ON AGING
P. O. BOX 1305
33 SHATTUCK ST., ROOM 231
LITTLETON, MA 01460

Bulk Rate
US Postage

Paid

Littleton, MA
Permit No. 19



FEBRUARY 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.