

The Broadcaster



APRIL 2019



FROM LIZ'S DESK

There has been active discussion over the past few months about how to best meet the needs of our seniors and our community. Throughout these discussions it has come to my attention that many are not aware of the broad scope of our department's services. We would be doing a disservice to not actively share with you all the ways we can help our Littleton residents.

The Council on Aging/Senior Center is a part of the Elder and Human Services Department. We provide services, information, support, and referrals to all residents regardless of their age or income status. There is "no wrong door" when you call the EHS/COA. We will connect you! From Fuel Assistance, to Caregiver Support Groups, to addiction help and resources, we try to meet all the needs of the Littleton community. Please keep us in mind when talking with your friends, neighbors, and children - our information services are free and we are available to help!

At the **May 6th Town Meeting** you will have the opportunity to show support for EHS/COA. You are welcome to call us for further information or assistance with transportation to the meeting.



April is National Pet Month! Those who are pet owners know the valuable role that animals play in the lives of humans. They are our companions, our confidants, and our best friends. They are great listeners and the best at providing comfort. The EHS Dept is able to assist low-income pet owners with some veterinary costs through the Bradford Sampson Fund.

Please contact **Outreach at 978-540-2475** for more information.



The Senior Property Tax Work-Off Program will be winding down next month. **Timesheets are due May 24, 2019.** If you need additional hours, there are still some opportunities available.

Contact Liz at 978-540-2471 for more information.

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

Happenings—April 2019

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

6th Annual Spaghetti Lunch for Seniors	P7	Apr 11	Tues
AARP Smart Driver Safety Course	P7	Apr 24	Wed
Acton Community Chorus Chamber Group	P7	Apr 10	Wed
Albert Einstein Presentation	P10	Apr 25	Thurs
Book Buddy Program	P9	Apr 5	Fri
Caregivers Meeting	P3	Apr 24	Wed
Coloring, Coffee and Conversation	P8	Apr 1	Mon
Crafts at the Council	P8	Apr 22	Mon
Downsizing Series	P8	Apr 9	Tues
Drum Circle with David Courier	P9	Apr 3	Wed
Healing Conversations	P3	Apr 2	Tues
How to Talk to Your Doctor	P9	Apr 16	Tues
Indian Hill Bach's Lunch Concert	P8	Apr 18	Thurs
Living Alone and Living Well Group	P3	Apr 18	Thurs
Mobile Home Info Session	P9	Apr 30	Tues
Movie of the Month	P8	Apr 18	Thurs
Recovery Conversations	P3	Apr 3	Wed
SNAP Q&A	P9	Apr 9	Tues
Veterans Breakfast	P8	Apr 24	Wed
LFD Blood Pressure Check	P4	Thursdays	
See P4 for list of exercise programs	P4	Thursdays	
Pickleball—Starts Friday, April 26th	P3	Fridays	

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.)

- Apr 4** Backing up data. Different approaches.
- Apr 11** More Google services. Google Docs and forms.
- Apr 18** Sharing information on the internet.
- Apr 25** Telephone scams and internet phishing. Call blocking systems

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

STAFF

Liz Tretiak, Director
 Nicole Lorensen, Outreach Coord.
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 John Stenstrom, MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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 Tony Jesensky, Treasurer
 Dottie Ruiz, Secretary
 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 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 (April 18th)** 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, April 24th, from 6:30-8:00 pm** in the Littleton Senior Diner. **Margaret Perras from Right at Home** will be our host and speaker for the evening.

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



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 (April 3rd)** from 6:00-7:30 pm in Room 230.

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, (April 9th and 23rd)** 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

Tues, April 2nd

5:00-6:00 pm

Hazen Library,
Shirley

Tues, May 7th



Pickleball begins again **April 26th - every Friday morning 10:00 am-12:00 noon.**

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

No instructor, just free open play.

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.

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.

April is National Irritable Bowel Syndrome Awareness Month



The International Foundation for Functional Gastrointestinal Disorder is a non-profit organization that aims to raise awareness for Irritable Bowel Syndrome (IBS) and reduce the stigma surrounding it by encouraging people to talk more about this condition. "Don't Suffer in Silence" is the common slogan associated with IBS Awareness Month.

IBS can cause intestinal discomfort on a daily basis; however the severity and occurrences can vary and are very unpredictable. The cause of IBS is still unknown, but IFFGD states that symptoms are brought on by a disruption to the interaction between the brain, nervous system and the gut. Many people believe that stress is the cause. While this has not been proven, stress can make symptoms worse or trigger them completely.

According to the IFFGD, it is estimated that 9-23% of the global population and over 30 million people in the United States are affected by IBS.

Visit www.iffgd.org for more information.



Mass Cultural Council

The Friends of the Littleton Council on Aging (FLCOA), are proud to announce receiving a prestigious grant from the **Littleton Cultural Council** and the **MASS Cultural Council**. This grant will be used in a very special way, for Littleton's seniors.

The FLCOA try to enhance the lives of their seniors in many ways. One of those ways is by having a special themed, luncheon, once a month, which is usually free. This is a joyous occasion. Entertainment can be very expensive and is seldom provided.

However, with this grant for entertainment, the Friends will be able to treat the seniors with something very special and honor them.

Most important, this can only happen because of the generosity of the Littleton Cultural Council and the MASS Cultural Council. We thank them for this wonderful gift.

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 Be-dard 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



We are hoping to find our Littleton friends and neighbors rooting for the seniors when we meet at Town Meeting in May. It's time to give the gift of a senior center so today's senior's and tomorrow's will have a place to call their own. A place

to socialize, exercise, enjoy programs and have lunch. Watch for more in the Independent and LCTV.

Support our Seniors. Someday you will be one.

THRIFT SHOP



The snow is melting and it's time to think about checking out your summer clothes. What fits and what doesn't, what's old and what's new, in style or out. Be ready when the temperatures heat up. Our Thrift is the place to bring the old and shop for the latest. The price is right and we have a super selection. Come in and see us; you will like what we have.

Open Monday thru Friday, 10:00 am-3:00 pm.



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

**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

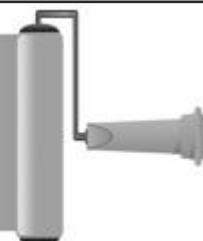
Beginner/Adv Beginner from 7:30-9:00 pm
\$5 per session

Minuteman Senior Services APRIL 2019

Senior Dining Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Meatballs Tomato Basil Sauce Cavittappi Pasta Italian Blend Veg Wheat Bread Fruited Yogurt</p>	<p>2</p> <p>Grilled Chicken Breast Cran-Orange Sauce Sweet Potatoes Tossed Salad Pumpnickel Bread Peaches</p>	<p>3</p> <p>Tomato Florentine Soup Pork & Pepper Sauté Wild Rice Pilaf Multigrain Bread Apple Streusel Cake</p>	<p>4</p> <p>Turkey Corn Stew Green Beans Wheat Dinner Roll Mandarin Oranges</p>	<p>5</p> <p>Broccoli Bake Stewed Tomatoes Home Fries Multigrain Bread Fresh Pear</p>
<p>8</p> <p>Split Pea Soup Grilled Chicken Breast Coq Au Vin Sauce Sour Cream Chive Whipped Potato Wheat Bread Tropical Fruit Cup</p>	<p>9 <u>SPECIAL</u></p> <p>Salmon Boat Lemon Dill Sauce Roasted Yukon Gold Potatoes Broccoli au Gratin WW Dinner Roll Chocolate Mousse</p>	<p>10</p> <p>Cheesy Cauliflower Soup Beef Tips in Burgundy Sauce Butternut Squash Rye Bread Raisins</p>	<p>11</p> <p>Grilled Chicken Parmesan with Tomato Basil Sauce Bowtie Pasta Tossed Salad Multigrain Bread Pineapple</p>	<p>12</p> <p>Potato Pollock Tartar Sauce Orzo Pilaf w/Spinach Riviera Blend Veg Wheat Bread Lorna Doones</p>
<p>15</p>  <p>Patriots' Day No Meals Served</p>	<p>16</p> <p>Autumn Harvest Soup Chicken Kielbasa w/Peppers & Onions Oven Roasted Potatoes Hot Dog Roll Apricots</p>	<p>17</p> <p>Chicken Breast Florentine Sauce Butternut Squash Multigrain Bread Tossed Salad Fig Bar</p>	<p>18</p> <p>Meat Loaf in Gravy Whipped Potato Carrots Dinner Roll Brownie</p>	<p>19</p> <p>Macaroni & Cheese Italian Blend Veg Wheat Bread Clementine</p>
<p>22</p> <p>Gypsy Soup BBQ Pork Rib O'Brien Potatoes Multigrain Bread Pears</p>	<p>23</p> <p>Chicken Meatballs Swedish Sauce Parslied Egg Noodles Summer Blend Veg Rye Bread Hermit Cookie</p>	<p>24</p> <p>Grilled Chicken Breast Apricot Glaze Chantilly Potato Tossed Salad Wheat Bread Fruit Yogurt</p>	<p>25</p> <p>White Bean Kale Soup Roast Turkey with Tarragon Gravy Bread Stuffing Wheat Dinner Roll Tropical Fruit</p>	<p>26</p> <p>Pork Fried Rice Asian Mixed Veg Fortune Cookie Multigrain Bread Strawberry Cup</p>
<p>29</p> <p>Chicken Jambalaya Brown Rice Broccoli Wheat Bread Sliced Peaches</p>	<p>30</p> <p>Omelet w/Cheese Sauce Sausage Patty Home Fries Spinach WW Dinner Roll Snack N Loaf</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>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 7:30-9:00 pm Line Dancing	2 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 5:00-6:00 pm Healing Conversations	3 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Drum Circle Noon Lunch 1:00 Friends of the COA Board Meeting 6:00-7:30 pm Recovery Conversations	4 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	5 Noon Lunch 10:30-11:45 Book Buddy Program 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 7:30-9:00 pm Line Dancing	9 9:00-10:00 Fit 4 Life Class 10:00 Downsizing Series 10:00-12:00 BP Clinic 11:15 SNAP Q&A 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	10 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 2:00 Acton Community Chorus Chamber Group	11 7:30-9:00 Ladies' Breakfast 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 6th Annual Spaghetti Lunch for Seniors	12 Noon Lunch 1:00-2:30 Bingo
15 	16 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 10:30 How to Talk to Your Dr. 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	17 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Cooking for 1 or 2 Noon Lunch	18 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	19 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 Noon-2:00 "Loving Stitches" 1:00-3:00 Crafts at the Council (New Day for April) 5:30 pm Tai Chi 7:30-9:00 pm Line Dancing	23 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	24 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga 9:45-3:00 AARP Smart Driver Safety Course 6:30-8:00 pm Caregivers Meeting	25 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 1:00-2:00 Albert Einstein Presentation	26 Noon Lunch 1:00-2:30 Bingo <i>Pickleball begins 10:00 am-12:00 noon Every Friday</i>
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 7:30-9:00 pm Line Dancing	30 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 10:30 Mobile Home Info Session 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg			

THE GOOD LIFE



5 Star Rating

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LADIES' BREAKFAST

April 11th - 7:30 to 9:00 am



MEN'S BREAKFAST

April 17th- 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—James Tierney



**Thanks
to Our
Volunteers!**

This month we are happy to spotlight a new volunteer, James Tierney. James has lived in Littleton for 22 years and just graduated from Southern New Hampshire University with a BA in Psychology. James has a family history here at Elder and Human Services, as his mother was a volunteer with us for several years!

James says that his favorite thing about volunteering is talking to people and being able to accomplish tasks that make a difference in people's lives. James has made a big impact in many residents' lives in just a short period. We cannot wait to see all the good he will do. **Thank you James!**

6th Annual Spaghetti Luncheon in Honor of Littleton's Seniors



The Littleton School Department is hosting their 6th annual Luncheon in honor of Littleton's senior citizens. This will take place on **Thursday, April 11th at 1:00 pm, at the High School Cafeteria.**

School will still be in session. Please do not come early. Parking is in the rear of the building.

Seating is very limited. Pick up your ticket at the COA office. For more information, please call **978-540-2470**.

AARP Smart Driver Safety Course



Even the most experienced drivers can benefit from brushing up on their driving skills, so we are offering a driver safety program through AARP on **Wednesday, April 24th from 9:45 am to 3:00 pm in Room 103.**

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course, attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.

The fee is \$15 for AARP members and \$20 for non-members. **The course will run from 9:45 am to 3:00 pm with a break for lunch.** Space is limited to 20 individuals. To register for the course, **call the COA office at 978-540-2470.**

Acton Community Chorus Chamber Group



Acton
Community
Chorus

The Acton Community Chorus Chamber Group, a smaller group within the chorus, invites you and your friends to come and enjoy a free concert featuring traditional and contemporary folk songs. The event

will be held in **Room 230 on Wednesday, April 10th at 2:00 pm.**

Mark your calendar, we hope to see you there!

-Beth Jouris, ACC member and resident of Littleton



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



Attention!

FOR APRIL ONLY, THE CRAFT CLASS WILL MEET ON MONDAY APRIL 22nd FROM 1:00 TO 3:00 PM. THE COST IS \$3.00.

We will be creating unique note cards. We will have an instructor in to show us all about **Zentangle**. You will create your own unique art designs on the note cards. There will be cut-out windows in the cards, so your designs will show through. There will also be an opportunity to create a three dimension design to hang in your window for a colorful display. Please come and create with us. See you soon.

Loving Stitches



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

Veterans Services



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

Veterans Breakfast



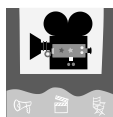
Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, April 24th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Coloring, Coffee and Conversation



The next meeting will be **Monday April 1st at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Movie of The Month



Thursday, April 18th at 1:00 pm, "Green Book" will be shown in Room 230. \$2.00 donation requested.



Join us for education, conversation, free breakfast and advice. **Tuesday, April 9th at 10:00am, Room 233**

Brought to you by Annette DeBisz and Mary McCauley of Keller Williams, with Special Guest Speaker Angelique Eliopoulos, Esq. and financial planning information provided by Tracy Shea, CLU, ChFC, CFP

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 on **Thursday, April 11th from 1:00 to 3:30 pm** in the Parish Hall of the Congregational Church for an afternoon of Bingo, prizes, finger desserts, coffee & tea. We look forward to seeing you. Bring a friend to enjoy an afternoon of fun, laughter and companionship. It's free! Jane Lyons **978-486-3436**.

Bingo at St. Anne's Church



The Sunshine Club will not meet in April because the scheduled date is on Holy Thursday. The club will meet on **Thursday, May 16th from 1:00-3:00 pm at St. Anne's Church**.

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 **"Keyboard Music Through the Centuries"**. **TWO SHOWS - Thursday, April 18th 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.

Transportation Destination



Save a stamp! Get a **FREE** ride to the Town Hall Building to pay your taxes in the Littleton EHS van. Stay awhile and have lunch at the Senior Diner or do some shopping at the Thrift Shop!

Call 978-844-6809 to book your ride.

A note from our new driver, John. Please join us in welcoming him!



I have enjoyed living in Littleton for most of my life (approximately 50 years). I have had a commercial license for about 30+ years and worked for a local freight company for over 26 years. I have a lot of respect for the elderly and more-so lately, since my Mom has been at Bridges assisted living and also relies on dependable help with a good and caring attitude. I am very familiar with Littleton and surrounding towns and enjoy the country. I look forward to working for Littleton and hope I can meet your needs.

Tax Bills Due



Fourth Quarter Real Estate and Personal Property tax bills for fiscal 2019 are due **May 1st, 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

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: **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.

Save These DATES

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.

Tuesday, April 9th at 11:15 am-Room 233
Q&A Session with SNAP Representative



Join us for an informative presentation on Food Stamps. SNAP Representative Dawn Desrochers from DTA will be here on **Tuesday, April 9th at 11:15 am in Room 233** to answer your questions and give you an overview of eligibility and important information on SNAP benefits.

Tuesday, April 16th at 10:30 am-Room 233



How to Talk to your Doctor

Patty Sardella, a health care advocate, will be joining us on **Tuesday, April 16th at 10:30 am** to present "How to Talk to your Doctor".

Tuesday, April 30th at 10:30 am-Room 233
Mobile Home Park Information Session and Q&A



We are welcoming back Louisa Gibbs, Attorney from Northeast Justice Center for a presentation on your rights and responsibilities as a resident of a Mobile Home Park.

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.



PARKS, RECREATION, & COMMUNITY EDUCATION

LITTLETON MASSACHUSETTS

Fenway Park and Boston Duck Tour

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

Price: \$110 for both tours.



- 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

Catholic Heart Work Camp



The Catholic Heart Work Camp will be coming to Littleton the **week of July 1st – July 5th, 2019**. Please contact **Nicole Lorenson** at **978-540-2475** to sign up by **April 30th**. Space is limited.

This group provides a variety of light home improvements for those in need. A team of youths from across the U.S. arrive at your home to provide assistance with painting, repairing screens, cleaning out closets and garages, etc.

Please call Nicole in the Outreach office for further information and to have one of our volunteers assist you in completing the work order.

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

From “The Girls in the Kitchen” at the Senior Diner



Our Lunch is made with Love as always. We hope you enjoy it. Life is like the sands of time, enjoy each grain as life passes by too fast. We must remember that kindness is more than deeds! It is an attitude, and expression, a look, a touch, a hug. It is anything that lifts

another person. Sometimes miracles are just good people with kind hearts.

We girls hope, as we go into a new month, that it brings you good health and lots of "happys".

Always- Your Friday girls, Gayle, Barbara, Meg and Anne

A must-see presentation!

Albert Einstein

as played by

George Capaccio!



*Life Care Center of Acton
is pleased to present
impressionist George
Capaccio as he teaches
us about the life and
accomplishments of one
of the greatest minds of
all time – Albert Einstein!*

Thursday, April 25 • 1 – 2 p.m.

RSVP to Liz Tretiak at (978) 540-2470.

Littleton Council On Aging

33 Shattuck Street, Room 230, Littleton, MA

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**.



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APRIL 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.