

The Broadcaster

SEPTEMBER 2020



IMPORTANT NOTICE

At the time of printing this issue of The Broadcaster, the Town Offices are open to the public **by appointment only**. Many EHS Programs continue to run virtually until we are able to host in-person events. Check inside to see what is going on!

Please feel free to check in with the front office at **978-540-2470** for updates on this ever-changing situation.

As always, EHS staff continues to work to assist the community. Please reach out if you are in need. **However, if you have a life threatening emergency, please call 911.**

Greetings!



By the time you receive this newsletter, I hope to know YOU, the residents of Littleton. On August 10th I began my work as Director of Elder and Human Services for the Town of Littleton. I feel grateful and honored to be appointed to this position and serve as the next Director. For those whom I do not know, I would like to share a little bit about myself. I am a life-long dancer and enjoy spending time with family, friends, and my sweet furbaby, Charlie, a 4-year old Maltipoo. More importantly, I have a vested interest in building community relationships, developing community programs and services based on the needs and interests of community members. I pursued a Bachelors of Science in Health Sciences with a minor in Biology and then a Masters of Education in Community Engagement. I received both degrees from Merrimack College in North Andover, MA. After graduate school I had the opportunity to serve as the Senior Activities Coordinator for the Wellesley Council on Aging followed by a position as the Assistant Director of Senior Services for the Town of Hopkinton. Like many people, the stay at home order was a time of self-reflection and an opportunity to gain an understanding on what my next steps were professionally. Following an intensive, thoughtful, Zoom and in-person interview process, I realized working for the Town of Littleton would be a welcomed change for me.

With a new season upon us, I hope we embrace the changes that we will encounter, TOGETHER. I hope we continue to adjust to the new normal and begin to incorporate structure and routine back into our lives. I believe this is necessary as we move forward and scale up the operations of the EHS Department.

I would like to thank Nicole Lorensen Sarvela, who served as Interim Director over the past few months. She has led the organization through these trying times and she, along with the entire EHS Department, have been a wealth of information as I transitioned into my role. In addition to the dedicated staff, I would also like to thank the Board, Friends, Town Departments, Community Organizations and YOU, the residents, for your continued support as we lean on each other to get us through these unprecedented times. If you have any questions, comments, suggestions or if you would like to call and say "hello" please do as we want to hear from you!

Ashley

T.R.E.A.D. Program

Tax Relief for Elders and the Disabled

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

Do you, or someone you know, need help? We could all use a little relief! Applicants must meet the following criteria:

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

Please contact Nicole at 978-540-2475 for more information on how to apply. Applications due no later than **September 30th**.



AARP Smart Driver Course Information – On-line version

We can't offer the classroom course at the Center in 2020 due to the COVID-19 Corona virus pandemic right now; but through the end of the year, AARP is offering many of its members nation-wide the AARP Smart Driver course on-line version at a *discounted rate*.

Information to take the on-line course is as follows:

Website: **www.aarpdriversafety.org**

Promo code for 25% discount: **DRIVINGSKILLS**

Good Through: **December 31, 2020**

In summary, drivers will refresh their knowledge of the rules of the road, learn research-based safety strategies to help maintain their confidence behind the wheel and will also learn how to adapt to changes – changes to themselves, their vehicles, and the driving environment to keep all driving longer and safer.

Retooling: Relearning to Drive

After weeks in a lock-down mode, some drivers are driving erratically and others are learning that they need to shake off the rust. Generally police are seeing an increase in: speeding, delayed reaction to signs and signals and illegal turns, to name a few.



The Town of Littleton has compiled information and resources for residents and members of the community.

Visit: <https://www.littletonma.org/information-coronavirus-covid-19> for information on the Town's response to COVID-19 and the impact on town services, programs and facilities. The page will be updated as new information becomes available.

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

COA Office Hours:
Monday-Friday
9:00 am- 4:00 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 website 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.

OUTREACH CORNER

Please contact Amy at 978-540-2472 for Outreach assistance.

“August is the Sunday of Summer.” *Unknown*



Here we are, it's September already. The time for us to kick those heaters back on will be here before we know it. For many, heating expenses can be financially straining. There is a public benefit program to assist with heating costs during the peak heating season.

South Middlesex Opportunity Council or SMOC, facilitates the Fuel Assistance program for Littleton and 36 other surrounding communities. This is an eligibility-based program that looks at the gross income and family size to determine eligibility. For those who applied and were approved for the 19-20 season, you should expect to receive your re-certification application for the 20-21 season soon, if you haven't already. If you would like to apply or need assistance with the application process, **please contact Amy to schedule an appointment (978) 540-2472.**

For those who don't fall within the income guidelines for the Fuel Assistance program through SMOC, and are struggling financially, we encourage you to contact our office. We will work with you to explore other options or resources that may help with your particular situation.

Amy DeMichele, CDP, Outreach Coordinator

LITTLETON EMERGENCY RENTAL ASSISTANCE PROGRAM

In response to the loss of income to households due to Covid-19, this program has been created and funded by the Town of Littleton Affordable Housing Trust, utilizing its Community Preservation Act or other non-federal funds. This program seeks to be efficient and responsive. It is temporary in nature. Application is available on our website;

<https://www.littletonma.org/elder-and-human-services/pages/emergency-rental-assistance-program>

Littleton Rental Assistance Program

The program is still accepting applications. Please visit our website to complete an application:

<https://www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program>

Farmers Market Coupons are Here!



Farmers Market Coupons offered through Minuteman Senior Services are available for those who qualify.

Please contact Amy at 978-540-2472 to determine eligibility.

William James INTERFACE

Your mental well being is important! This website is free and can connect you and loved ones to specific support, in your area/virtually, with someone specializing in what you need and who accepts your health insurance.

<https://interface.williamjames.edu/community/littleton>

New to Town? Never used the COA before? Call or email Outreach Coordinator Amy DeMichele for a New Participant Packet for all the info you need!

978-540-2472 ademichele@littletonma.org

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**.



All EHS OUTREACH IS AVAILABLE BY APPOINTMENT ONLY. PLEASE CONTACT AMY AT 978-540-2472 TO MAKE AN APPOINTMENT FOR OUTREACH ASSISTANCE.

Food Resources:



Serving Ayer, Devens,
Dunstable, Groton,
Harvard, Littleton
and Shirley.

Loaves and Fishes: 234 Barnum Road, Devens, MA 01434. Check their website for up-to-date hours of operation.

If you need Pantry supplies but are unable to get to the Pantry, please call Nicole at 978-540-2475 to be added to our no contact

Pantry delivery list. Delivery will occur on Friday afternoons, every other week.



Brown Bag Lunches are available through the Rotary Club. Please contact Amy at 978-540-2472 to sign up to receive a bagged lunch.

If you are unable to afford groceries and are in need of food, please call 978-540-2470. EHS has various resources to help residents facing food insecurity.

Many EHS instructors are offering virtual classes. Please check out our Community Connections page at <https://www.littletonma.org/community-connections>. Check under Senior Enrichment for more details.



Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom.

Please contact Amy at **978-540-2475** for Zoom info, dates, and to sign up.

Virtual Social Anxiety Group

Social Anxiety Group continues to meet every other **Tuesday from 1:00-2:30 pm** via Zoom and we would love to have you join! September dates will be **Tuesday September 8th and 22nd**.

Pease contact Nicole at 978-540-2475 for Zoom info and to sign up.

Virtual Coffee Hour



Join EHS Staff for a virtual coffee or tea hour via Zoom.

The second Friday of every month from 9:00-10:00 am (September 11th).

Please contact Nicole at 978-540-2475 for the Zoom invitation to log on.

Virtual Loving Stitches



Meeting every Monday from 12:00-2:00 pm via Zoom. Join in the fun! Whether you are a former member or brand new, the group welcomes you!

Please contact Nicole at 978-540-2475 for Zoom information on how to log in.

Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from 6:00-7:00 pm. **Please contact Nicole at 978-540-2475 for details.**



Betty's Maple-Mustard Chicken

Ingredients:

2 teaspoons olive oil
4 skinless, boneless chicken breast
Salt and pepper
1/4 cup chicken broth
1/4 maple syrup
2 teaspoons chopped thyme
2 garlic cloves , sliced
1 teaspoon cider vinegar
1 tablespoon stoneground mustard

Preheat oven to 400°.

Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper and salt. Add chicken to pan; sauté 2 minutes on each side or until browned. Remove chicken from pan. Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes, stirring frequently. Add vinegar and mustard; cook for 1 minute, stirring constantly. Return chicken to pan, and spoon mustard mixture over chicken. Bake at 400° for 10 minutes or until the chicken is done. Remove chicken from pan; let stand 5 minutes. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently. Serve with chicken.

Line Dancing Classes



Kari's Line Dancing classes are available on LCTV, or OnDemand via the LCTV website.



THE COVID-19 virus regrettably is going to interfere with our plans for our monthly theme luncheons for 20/21 . The EHS/COA will not be opening its doors for social activities until all is safe for our seniors. We will not forget you and when we can you will be welcomed back with open arms. Stay well and watch for future news.

Your friends on the Friends of the COA Board.



You are now entering a stress-free zone.

If you are looking for a stress-free place from the stressful daily news, go to YouTube and enjoy a Littleton Country Gardeners tour of our gardens. Sit back relax and take time to smell the roses.

We are grateful for people who make us happy, they are the gardeners.

<https://youtu.be/xRwc-Off6GA>



Would you like to be added to our Telephone Check in list? Call 978-540-2470 to sign up!

Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

Psychiatric Emergency Services: (800) 540-5806 If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.

National Suicide Prevention Hotline: (800)273-8255

Samaritans Statewide Helpline: (877)870-4673 The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

COIN: Community Outreach Initiative Network, Addiction and Recovery assistance 508-488-5072.



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- Ask about our Aging Advocate Program*

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Littleton Council on Aging, Littleton, MA 06-5119

Minuteman Senior Services SEPTEMBER 2020 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	1 Chicken Coq au Vin Cauliflower & Broccoli Brown Rice Wheat Bread Snack N Loaf	2 BBQ Sliced Pork Red Bliss Potato Brussel's Sprouts Hamburger Bun Fruit Cup	3 Chicken a la Vodka Penne Italian Veg Blend Wheat Dinner Roll Fresh Fruit	4 Shepherd's Pie Peas Multigrain Bread Lorna Doones
7  NO MEALS SERVED	8 Salmon Dill Sauce Butternut Squash Green Beans Wheat Bread Fresh Fruit	9 Chicken Breast Mediterranean Sauce Cous Cous with Red Pepper Spinach Wheat Bread Fruit Cup	10 SPECIAL **High Sodium** Turkey Burger Ketchup Side Mac & Cheese California Blend Veg Hamburger Bun Cookie	11 Broccoli Bake Stewed Tomatoes Home Fries Multigrain Bread
14 Beef Bolognese Cavatappi Pasta Mixed Veg Italian Bread Applesauce Cup	15 Chicken Meatballs Sweet & Sour Sauce Veg Fried Rice Asian Blend Veg Fortune Cookie Dinner Roll Yogurt	16 Beef Stew Brussels Sprouts Multigrain Bread Lorna Doones	17 Grilled Chicken Breast Red Pepper Pesto Broccoli Red Bliss Potatoes Wheat Bread Fresh Fruit	18 Roast Turkey with Gravy Garlic Whipped Potatoes Peas and Carrots Wheat Roll Fruit Cup
21 Baked Pollock Loin Lemon Picatta Sauce Orzo Pilaf w/Spinach Italian Blend Veg Pumpernickel Bread Snack n Loaf	22 Beef & Cabbage Casserole Carrots Multigrain Bread Fresh Fruit	23 Chicken Breast Supreme Sauce Sweet Potatoes Broccoli & Cauliflower Wheat Bread Fruit Cup	24 Chicken & White Bean Chili Brown Rice Mixed Veg Dinner Roll Yogurt	25 Meatloaf Mushroom Gravy Scalloped Potatoes Spinach Multigrain Bread Fruit Cup
28 Beef Teriyaki White Rice Broccoli Wheat Bread Yogurt	29 Chicken Breast Cacciatore Sauce Chantilly Potatoes Scandinavian Blend Veg Multigrain Bread Muffin	30 Chicken Meatballs Swedish Sauce Egg Noodles Green Beans Dinner Roll Fresh Fruit		For weather emergencies and cancellations, please check Fox 25 TV station

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Protect Yourself From Medicare Fraud!



Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Join **Scott Simundza**, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, on **Thursday, September 17, 2020, at 1:00 pm** and participate in a discussion hosted by Elder & Human Services on how to prevent, detect, and report

healthcare errors, fraud and abuse for Littleton Medicare and Medicaid beneficiaries via the Zoom video conferencing application.

Join by computer by going to **Zoom.us**

Join by Phone: Dial 646-876-9923

Meeting Number: 849 0884 8268

Password: 681 643

We all can have an active role in protecting Medicare for ourselves and future generations.

This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer, including information about the new Medicare cards. Although new cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft.

For more information and to reserve your seat please contact Nicole Lorensen Sarvela, Assistant Director of Elder & Human Services, at **978-540-2470** or at nlorenson@littletonma.org.

If you cannot attend this workshop, but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the **MA SMP Program office at 800-892-0890**. If you would like to order a free MA SMP Personal Healthcare Journal to keep track of your information, call **800-892-0890** or go to <https://www.masmp.org/request-for-ma-smp-materials/>

This event is brought to you by the Massachusetts Senior Medicare Patrol (SMP) Program. The MA SMP Program is funded in part by grant number 90-MPPG 0051-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.

Medicare Open Enrollment



Are you thinking about changing your Medicare Advantage or Medigap Supplement Plan? Are your prescription costs unaffordable? Do you want to learn about Medicare Savings Programs for income eligible beneficiaries? **Annual Medicare Open Enrollment October 15, 2020 – December 7, 2020** is the best time of year to compare plans, costs and new benefits. **Please call 978-540-2470** to schedule a virtual or telephonic SHINE counseling session now. Due to COVID19, there will be no in person SHINE counseling this season.

SHINE is a free service of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations

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.

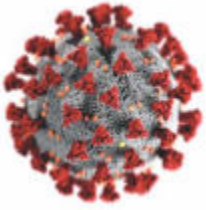
If you would like to be added to our list: please contact **Nicole Sarvela at 978-540-2475**.



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, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

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

TECH TIPS FROM BILL VALES



At this time the Covid-19 pandemic continues to rage on throughout the world. There are many areas with high infection rates, high hospitalization rates and high death rates. Some areas however, show lower numbers and also lower rates of spread. Understanding why some areas have high rates and other areas have low rates is important.

Areas with high rates of infection, hospitalizations and deaths may have been slow to figure out how rapidly the infection has spread in their population, or they didn't have the necessary equipment (PPE, ventilators, ICU beds), testing and personnel in the places where needed.

A successful testing strategy requires availability of tests that can be administered quickly and results that can be determined quickly so infected individuals may be quarantined. Contact tracing of anyone that tested positive needs to be done to determine who they were around and who they may have infected. Time is of the essence for executing all of these steps.

The accuracy of the test is also a factor. A false negative test can provide a false sense of security. A false positive test can result in treatment or a response that is not needed.

I thought it would be worthwhile to amplify previous messages on what we can do to fight the Covid-19 pandemic and reduce the spread of the virus. We also consider some additional ideas. The more we learn rooted in fact and science the better decisions we can make.

Step 1 for me is to understand the data trends of key metrics including: the numbers of infections, hospitalizations and deaths. There are more metrics, but these illustrate the point of taking a data driven view.

Some countries have had more success fighting the pandemic than others. The start of the mitigation efforts was described as flattening the curve; in other words how do we drive the number of Covid-19 cases down so hospital resources are not overwhelmed. A reasonable job was done in some areas in the world but other areas did terrible. Contributing to poor responses are relaxed attitudes or outright refusal towards using masks and social distancing. This has driven hospitalization, infection and death rates upward. Persistent problems with a viable testing strategy have plagued the response of many countries and states.

Responsibility for preventing the spread of Covid-19 is something individuals, organizations and governments should take. Steps need to be rooted in science and not folklore, conspiracy theories and false hope.

Steps we can take as individuals:

- Practice clean hygiene, regularly wash your hands
- Wear a mask
- Socially distance by at least 6 feet
- Don't congregate

Steps society can take:

- Science and medical innovation
- Data and research
- Widespread testing with quick turnaround with results
- Policy responses to limit spread of disease. Having a strategy at the national, state and local levels.

Some countries have been more successful at fighting the virus than others. Currently, the United States leads the world in Covid-19 infections and deaths. Rates will continue to increase if we don't execute and remain vigilant on the previous steps in all areas of society.

The numbers of infections, hospitalizations and deaths are predicted to increase as long as mitigation steps are not followed and adequate testing facilities are not made available.

There are numerous reasons ascribed to the varying progress countries are making getting through the pandemic. In order to see the progress (or lack of) being made by various countries you must look at the data. Following that; you should seek explanations from the medical, scientific and statistical worlds that offer science-based reasons for the data trends.

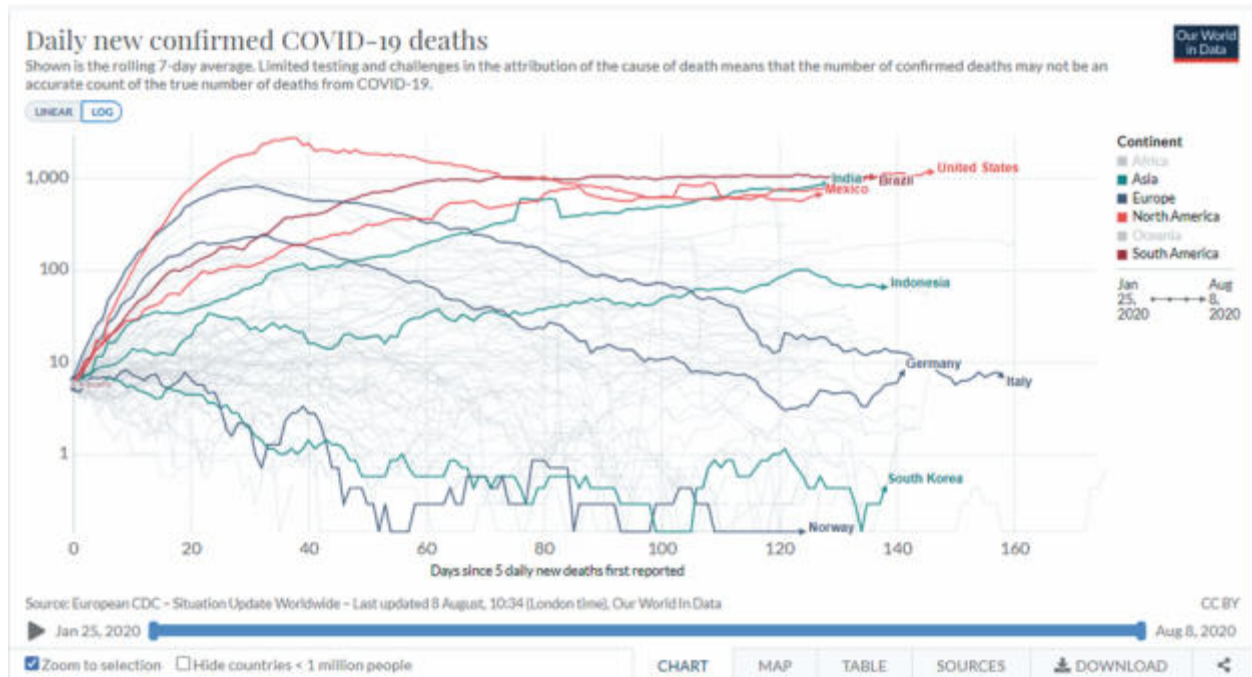
In order to look at the data we need to understand charts, graphs and several new concepts and terms. Take the time to look up new terms and concepts.

You cannot truly understand the dynamics of Covid-19 unless you look at the data. Social media, conspiracy theories, off the cuff "theories" and other hyperbole will not provide accurate reasons. Mis-information is very dangerous since it may lead to a false sense of security or incorrect actions.

Take a look at the graph on the next page of new Covid-19 deaths. Note that the scale of the graph is **logarithmic**. You can see the United States is currently leading the world at approximately **>1000** new deaths a day. Note the other countries displayed in the chart and where their death totals are at: Brazil, India, Mexico are clustered high near the USA. Indonesia has lower rates, but even lower are Germany, Italy, and finally nearing zero (0) are South Korea and Norway. This graph does not provide "reasons", rather it shows the data. Take a look at it; let the numbers sink in. The numbers should make you wonder why the USA is so much higher than these other countries. The USA has 4% of the world's population but we have 25% of the Covid-19 cases. Why are the USA cases, hospitalizations and deaths the highest?

TECH TIPS FROM BILL VALES (Continued)

You need to make note if you are displaying the graph in linear or log (arithmetic) form, this is important. The graph below is in log format. You can see this on the Y axis since the values increment logarithmically (1,10,100,1000...).



The website I am using for this chart is:

<https://ourworldindata.org/coronavirus>

Take a look at the website. It provides a wealth of information.

You can look at numerous statistics and perform comparisons. You can follow the links to see the organizations where the data came from. Finally, read the narrative for a further description of what the data means.

The more we learn the better decisions we can make.

Following are a few more websites.

<https://www.cdc.gov/> - Center for Disease Control

<https://www.fda.gov/home> - US Food and Drug

<https://www.who.int/> World Health Organization

<https://coronavirus.jhu.edu/map.html> John Hopkins University of Medicine

Testing, Contact Tracing and Isolation of Infected People

One of the important steps for mitigating Covid-19 is to have effective and timely testing, contact tracing and quarantining of infected people. Some countries do a much better job of testing than others. Tests must be readily available to the population particularly for those in high risk categories. A test is NO GOOD if the results of the tests are not quickly determined. It does no good for someone to be tested and then continue to circulate in the population before knowing the result. Since infected people may be asymptomatic, they may feel fine, show no symptoms, but they are actively infecting other people. Getting testing to the right places and having the results determined quickly are needed for an effective testing strategy.

In case you get infected with Coronavirus and it turns into Covid-19, authorities will want to know where you have been, for how long and who you have been around. **Here is a tip** for how you can help the testing and contact tracing steps for Covid-19 should you need to.

Keep a daily log, or diary of your contacts and your travels, include every stop you make and person you are in contact with. This step could save the life of someone you have been in contact with or someone that person has been in contact with. It can also help to curb the spread of the virus by quickly identifying new infections and quarantining them.

Craft Class for September



The September Craft at the Counsel Project will be a **GRAB & GO PROJECT!!!** Remember the fun we all had making note cards? Packets, with all materials you need, will be provided. **GRAB YOUR PACKET ON SEPTEMBER**

16, 2020 between 1:00 and 2:00 pm at the main entrance of the Library. There is no fee. The project is free. Just have fun and hopefully we can all be together in the not too distant future. Be Safe.

Please call the **EHS office at 978-540-2470** and leave a message that you will be participating in the **GRAB & GO PROJECT**. That will give us an idea how many kits to have available.



EHS Vans have resumed services on a limited basis with new regulations for safety and cleanliness.

Please call Dispatch as you normally would to book your medical/grocery store rides at **978-844-6809**

indian hill music

PERFORMANCE SEASON 2020/2021

Virtual Connections

Here at Indian Hill Music, we are deeply disappointed to have been required to cancel so many of our live performances this spring as well as our fall 2020 concert season. We are following public health guidance to ensure that whatever we do maintains the highest standards of safety for all of our concert-goers, musicians, staff, and volunteers. We will continue to monitor the implications of COVID-19 on our live performance programming, and will post information regarding future concerts as soon as we are able. In the meantime, we will share music with you virtually!

Introducing Virtual Connections:

Join us online for exclusive interviews with our musicians, uplifting classical performances by small ensembles from the Orchestra of Indian Hill, "Bruce's Playlist" with Orchestra of Indian Hill conductor Bruce Hangen, and performances from guest musicians in a variety of genres. **Click below to start watching and listening!**

<https://indianhillmusic.org/orchestra/>

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SEPTEMBER 2020

*****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.