

The Broadcaster

OCTOBER 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!

As I write this letter, we are 7 months into our new world under COVID-19. It really is a "whole new world" as everything around us has changed, and continues to change, day-to-day, but please know our commitment to YOU has not changed. As a staff, we have been here, and continue to be here, as we re-imagine programs and services in order to stay true to our mission, to keep you safe and more importantly, **CONNECTED!** In an effort to provide more quality programs, we are thrilled to **offer two NEW virtual programs:**

On **October 14, 10:30 am**, Henry Quinlan, owner and publisher of Omni Publishing Company, will speak on **"Being a Senior Citizen in the Coronavirus Era-Challenges and Solutions"**. Henry will share planning advice for people in retirement and those considering retirement. In addition, he will equip seniors with tools and resources to address the many new challenges presented by the coronavirus.

On **October 30, 10:30 am**, Karen (Ren) Antonowicz will give a fascinating presentation titled, **"Bewitched: Styles during the Time of The Salem Witch Trails"**. Join us for an afternoon of discovering what the folks of Salem, MA were wearing during this time and how their styles differed from those worn by the people of Europe and other areas. We will explore the various aspects of dress for men and women of that time, while viewing images and movie clips to supplement our discussion. Please spend your afternoon with us and get into the Halloween spirit!



If you are interested in either or both of these programs, please contact the Elder and Human Services Department to register. Both of these programs will be shown via **Zoom**. If you have technology questions as it relates to Zoom, please ask. We

would be more than happy to help you get connected. Call us and let us know what other programs you would like to see being offered! We do recognize that not everyone has access to a computer, so please know that both of these programs will be recorded and later shown on cable television. Thank you, Mark Crory from LCTV!

For other program opportunities, please take a look inside this Broadcaster edition. We will continue offering our virtual support groups, loving stitches knitting club, craft event, and much more!

Many thanks to the entire EHS Department (Nicole, Amy, Sue, Rich, Neil, Laurie, John, Sam, Gayle, and Nancy!) for their continued work in providing these necessary services and programs!

We all wish to be together in person. When we are able to offer programs within the building, you will be the first to know! If you are registered through us, you will receive telephone updates and we encourage you to continue to look at the website and Facebook page. Even though the Department of Elder and Human Services has operated differently, we have been busy in different ways. We continue to receive regular inquiries and we are also seeing new people who need assistance with errands, access to food, technology assistance and much more! Until we can gather in person, I encourage you to connect in other ways; call us to say "hi", consider participating in one of our virtual programs, utilize transportation services or join us for our upcoming staff virtual coffee hour. I want to hear from you, know that you are doing okay, and more importantly, hear from you what you would like to see offered by our Department in the coming months!

Ashley

COA Board Update:



Your COA Board welcomed our new Director, Ashley Shaheen, at our August 10th meeting—her first day on the job! We are excited to work with her as she leads us through this somewhat confusing and frustrating COVID19 situation and are very confident new and exciting opportunities will emerge for seniors.

The COA continues to operate under the umbrella of Elder & Human Services and we take pride in the fact that our primary duties are:

- Identify the needs of Littleton's senior population
- Educate the community on issues
- Advocate on behalf of seniors

The huge need regarding lack of space for senior activities as well as the lack of affordable housing continue to be our primary focus, in spite of COVID. The Board recognized in the fall of 2019 a need to be more visible in our community as we try to educate the community regarding these needs. We also recognized a need to educate the community regarding the scope of services provided by Elder and Human Services to the entire population in Littleton, as this impacts the amount of space needed by the Department. Therefore, efforts to provide information via LCTV for both seniors and other residents in Littleton commenced and the first **EHS/COA "Highlights"** program occurred in February 2020 with two COA Board members producing the show. Unfortunately, COVID19 arrived in March and everything was shut down.

We are thrilled to let you know that Anita Harding and Susan Melander from the COA Board, went back to work and the second show occurred in August, and the third show featuring our new Director, Ashley, occurred on Sept. 3rd! These shows are packed with information for all residents in Town. Please do watch them via your TV or on the town website. And, please do connect with the COA Board to voice your concerns and needs. We need to hear from you. You can call the COA office at **978-540-2470** and leave a message with your name and phone number to have me return your call. Looking forward to hear from you

Marge Payne, Chair COA Board

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 Nicole Sarvela, Assistant Director
 Amy DeMichele, Outreach Coordinator
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33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460
 Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 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.



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.


OUTREACH CORNER

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

Time for pumpkin spice and everything nice!



Fall is officially here and adjusting to our new normal continues to be ever changing as new information and direction is received.

 The Town Hall has opened so that residents are able to make appointments and come into the building to handle their affairs. All Town Hall staff and visiting residents are required to wear masks at all times. This is for your own safety as well as the staff. In an effort to streamline traffic in the building, only the main entrance off the parking lot is being used. We currently have a greeter named Alex who will complete a screening form with you and contact the department you are scheduled to meet with.

You may be wondering what the Town Hall re-opening looks like, specifically, for us in The Elder and Human Services/COA department. Our support programs continue to be offered virtually via ZOOM video conferencing, transportation services are available with revised guidelines, Craft class went mobile in September and Loving Stitches is meeting by ZOOM video conferencing as well.

Meetings for Outreach related needs are available. It is strongly encouraged that appointments are made in advance to ensure staff and space availability. We understand that comfort levels for face-to-face meetings in the building may vary. If these concerns are expressed, we can discuss alternative options and develop a safe comfortable plan, together.

If you wish to schedule an Outreach appointment:

contact Amy at 978-540-2472 or by email ademichele@littletonma.org.

Amy DeMichele, CDP, Outreach Coordinator



Please watch our new monthly show ***"Highlights"***, giving information, news, and updates about EHS/COA. It can be viewed on LCTV OnDemand through littletonma.org or on the LCTV channel on YouTube.

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>



Line Dancing Classes

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

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

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 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.**



Would you like to be added to our Telephone Check in list?

Call 978-540-2470 to sign up!

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**.**



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.

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! October dates will be **Tuesday October 6th and 20th**.

Please 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 (October 9th).

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

Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom—**October 15th at 10:30 am**.

Please contact Amy at 978-540-2472 for Zoom info, and to sign up.

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—October 28th**. **Please contact Nicole at 978-540-2475** for details.

From Betty's Kitchen

Honey Garlic Pork Chops



4 pork chops bone in
Salt and pepper
1 teaspoon garlic powder
2 tablespoons olive oil
1 tablespoon unsalted butter
6 cloves garlic, minced
1/4 cup honey
1/4 cup chicken broth
2 tablespoons any white vinegar

Preheat oven broiler on medium-high heat. Season chops with salt, pepper and garlic powder just before cooking.

Heat oil in a skillet over medium high heat until hot.

Sear chops on both sides until golden and cooked through (about 4-5 minutes each side). Transfer to a plate; set aside.

Reduce heat to medium. Melt butter in the same pan, scraping up any browned bits from the bottom of the pan. Sauté garlic until fragrant (about 30 seconds). Add the honey, broth and vinegar. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes), while stirring occasionally.

Add pork back into the pan, baste generously with the sauce and broil for 1-2 minutes, or until edges are slightly charred.

I serve this with rice and vegetables or a salad.

Delicious!

OBRA Distribution/ Senior Tax Program



As a part-time employee for the Town of Littleton, a contribution in lieu of Social Security has been deducted from your gross compensation per pay period to the Massachusetts Deferred Compensation Plan. If you are planning on continuing your employment with the Town of Littleton **and** are over age 70 1/2, a Withdrawal Request form needs to be completed to receive all or a partial amount of your yearly contributions.

Contact Sue Raymond for an appointment for information on OBRA and a form for completion. **Sue is available from 9:00 am to Noon on Monday, Tuesday or Thursday. Call 978-540-2473.** Advance appointments are requested and COVID-19 regulations for the Town Offices require that masks must be worn within the building.

Friends of the COA Updates

O'NEIL CINEMAS OPEN



The O'Neil Cinemas and the Friends of the Littleton Council on Aging, have been working together, from their very beginning, to bring some special joy to our town and to Littleton's seniors. During these last 2 ½ years they have generously contributed free movie passes to our seniors, totaling more than \$300. This was ongoing until Covid 19 entered into our lives.

We thank the O'Neil family for their generosity and look forward to the future.

Every day is special at this cinema, with their special sound systems, huge screens, and luxurious seats. They also offer a couple of promotions two days a week, Tuesdays and Wednesdays. For more information, please check out their website at www.oneilcinemas.com.

Everyone Tuesdays

Tickets are \$6 all day on Super Bargain Tuesday and available to everyone!

Senior Wednesdays

Guests 62 and up, enjoy \$7 tickets on Wednesdays!

Showtimes, before 12:30pm, will be reserved for SENIORS ONLY on Senior Wednesdays!

At this time concessions, will be unavailable. The Backstage Lounge will be open for dine-in or take-out Tuesday through Sunday 4:00pm to 9:00pm.



The Friends Thrift Shop will be closing on September 21st.

EHS is in the need of more office space and the Thrift Shop room will be used for that purpose. We are hoping to reopen in the future if space becomes available.

Our fund raising will continue by letter and your generosity.

The Friends board thanks all who supported our Thrift Shop and Friends of the COA and hope you will continue with donations to **The Friends of the Littleton COA, P.O. box 134, Littleton MA 01460** so we may continue to support requests for Littleton seniors from COA Outreach.

Mindful Meditation Classes with Liz Paley

Designed for our senior population age 55+

Tuesdays at 10:00 am

6 weeks beginning October 6, 2020

Cost: Free—Register with Zoom link below:

Register online at:

https://zoom.us/webinar/register/WN_i_UbnEPYRmWCCVB0aI3_QQ

Mindfulness

If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Liz Paley for this 6-week program. Liz is the former Health and Wellness Coordinator for the Acton Council on Aging, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program.

Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process. For more information, please email sball@actonma.gov or call 978-929-6453.



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.



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Littleton Council on Aging, Littleton, MA 06-5119

Minuteman Senior Services OCTOBER 2020 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	For weather emergencies and cancellations, please check Fox 25 TV station		1 Roast Pork with Rosemary Gravy Red Bliss Potatoes California Veg Blend Multigrain Bread Applesauce	2 Chicken Brunswick Stew Brussels Sprouts Marble Rye Fruit Cup
5 Grilled Chicken Picatta Orzo Pilaf with Spinach Italian Vegetable Blend Multigrain Bread Snack n Loaf	6 Potato Pollock Tartar Sauce Butternut Squash Green Beans Wheat Bread Fresh Fruit	7 Chicken Kielbasa & Cabbage Casserole Yukon Gold Potatoes Peas & Carrots Rye Bread Yogurt	8 Beef Burgundy Pasta Creamed Spinach Wheat Dinner Roll Fruit Cup	9 Broccoli Bake Home Fries Stewed Tomatoes Multigrain Bread Strawberry Cup
12  NO MEALS SERVED	13 Breaded Chicken Drumstick Baked Beans Mixed Vegetables Multigrain Bread Lorna Doones	14 Beef & Lentil Chili Brown Rice California Veg Blend Cornbread Fruit Cup	15 <u>Special</u> Chicken Cordon Bleu Thyme Roasted New Potatoes Glazed Carrots Wheat Dinner Roll Fresh Fruit	16 Salisbury Steak Mushroom Gravy Mashed Potatoes Peas & Pearl Onions Wheat Bread Applesauce
19 Chicken Jambalaya Brown Rice Broccoli Multigrain Bread Yogurt	20 Lasagna Roll Up Meat Sauce Italian Vegetable Blend Italian Bread Strawberry Cup	21 Beef Stew Mixed Vegetables Wheat Dinner Roll Fresh Fruit	22 Roast Turkey Herb Gravy Bread Stuffing Brussels Sprouts Wheat Bread Fruit Cup	23 Potato Pollock Tartar Sauce Potato Wedges Spinach Multigrain Bread Cookie
26 Macaroni & Cheese Stewed Tomatoes Wheat Bread Strawberry Cup	27 Chicken Meatballs Sweet & Sour Sauce Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Fortune Cookie Fruit Cup	28 Sloppy Joe Corn Broccoli Hamburger Bun Yogurt	29 Grilled Chicken Francaise Sour Cream & Chive Whipped Potatoes Green Beans Wheat Bread Muffin	30 Roast Pork Apple Gravy Sweet Potatoes Cauliflower Au Gratin Rye Bread Fresh Fruit



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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.

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

EHS Transportation Update



In early August Littleton Transportation Services resumed in limited capacity providing rides for medical and essential trips, including trips to the pharmacy, grocery stores, banks, post office, town hall, etc. This was our first step

towards normal operations. In order to ensure the safety of our riders and bus drivers, we require only one passenger on the bus at all times, masks required for both riders and bus driver, pre-screen riders prior to service and we adhere to new cleaning procedures. Special thanks goes to the Fire Department for providing the deep-cleaning at the end of the day! For more information on Transportation Services, please consult the back of this newsletter.

We are pleased to provide transportation to the upcoming Flu Clinic on October 13th at Littleton's Fire Station and to the election on Tuesday, November 3rd. We would love to get you where you need to go!

Please call Dispatch at 978-844-6809 as you normally would to schedule your ride to either or both of these events!



Nashoba Board of Health's 2020 Flu Shot Clinic will be held at the **Littleton Fire Station, 20 Foster St, on Tuesday, October 13th from 2:00-6:00 pm.**



**Fridays October 2nd and 9th
11:00 am-12:00 pm
\$5 per day**

Sign-up in advance with Park and Rec at 978-540-2490 or online.

Rules:

- **MASKS** needed only for community areas when 6' cannot be maintained and when needing to use bathrooms.
- **GLOVES** need to be worn on both hands if you need to borrow a paddle. If you own a paddle, you only need to wear a glove on your non-paddle hand. It can be a disposable glove, cotton glove, golf glove, winter glove, etc...whatever glove is comfortable enough for you to wear while playing.
- **BRING** your paddle, chair, hand sanitizer and water bottle/hat.

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

TECH TIPS FROM BILL VALES

Herd Immunity

As we enter the fall season the coronavirus pandemic is still raging in some areas of the United States. The death count continues to grow; with frightening projections being made by some models.

A term that has been talked about in the news lately is “herd immunity”. Understanding herd immunity; what it is, and how it can be obtained is important. Herd immunity is called **Community Immunity** by the CDC. Following is the CDC definition:

Community immunity: A situation in which a sufficient proportion of a population is immune to an infectious disease (through vaccination and/or prior illness) to make its spread from person to person unlikely. Even individuals not vaccinated (such as newborns and those with chronic illnesses) are offered some protection because the disease has little opportunity to spread within the community. Also known as herd immunity.

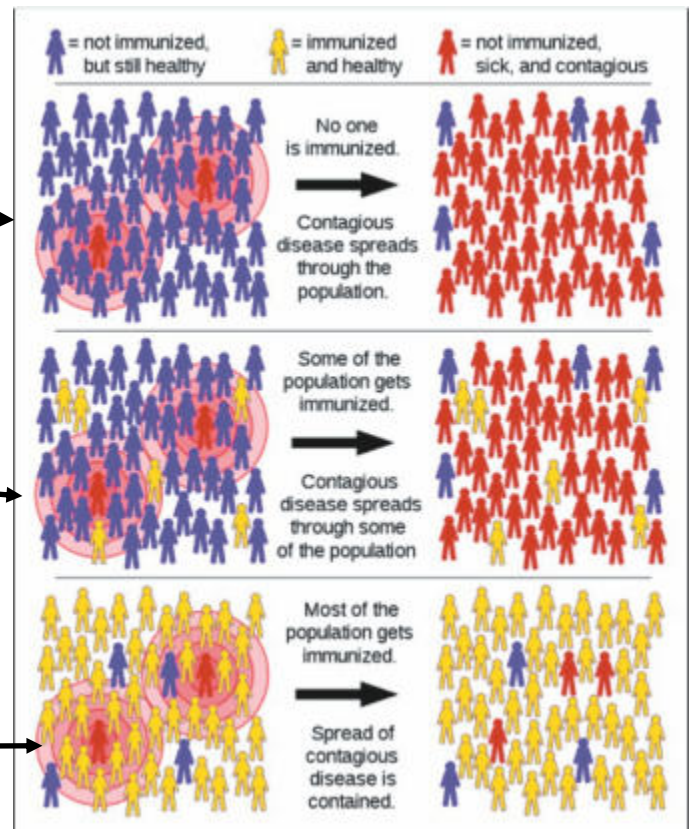
There are definite benefits for populations when herd immunity kicks in. Whether the immunity is provided through vaccination or gained by infected people that have recovered. The benefit is that high risk people without immunity will be protected to some degree by those that have immunity. Newborn babies, people with compromised immune systems, or people that do not get vaccinated will benefit from herd immunity. As immunity in a population grows the protection for people that are not immune grows since the virus is effectively blocked by having fewer places (people) to go and infect.

Take a look at the diagram to the right.

In the **top boxes** no one is immunized. Therefore the contagion advances through the population.

In the **middle boxes** some of the population is immunized affording protection for those not immunized from the disease or a vaccination; however infection is still high.

In the **bottom boxes** a significant amount of the population has been immunized through infection or vaccination, which effectively provides a shield for the part of the population not immunized.



Herd immunity is a phenomenon that occurs with infectious diseases such as Covid-19. The problem with simply relying on herd immunity as the only defense against an infectious disease is that you have to sacrifice significant amounts of your population to infection. Currently, mortality rates for Covid-19 are between 3-4% as compared to seasonal flu which is .1% (one tenth of 1 percent).

Gaining herd immunity requires a certain percentage (%) of the population is infected with the disease. This is called the Herd Immunity Threshold (HIT). For Covid-19 it is thought that between 50%-83% of the population must be infected in order to achieve herd immunity.

TECH TIPS FROM BILL VALES (Continued)

Estimated R_0 and HITs (herd immunity threshold) of well-known infectious diseases^[50]

Disease	Transmission	R_0	HIT
<u>Measles</u>	Airborne	12–18	92–95%
<u>Mumps</u>	Airborne droplet	4–7	75–86%
<u>COVID-19</u> (<u>COVID-19 pandemic</u>)		2–6 ^[52]	50–83%
<u>SARS</u> (<u>2002–2004 SARS out-break</u>)		2–5 ^[53]	50–80%
<u>Influenza</u> (<u>influenza pandemics</u>)	Airborne droplet	1.5–1.8 ^[51]	33–44%

To pursue a strategy of only waiting for herd immunity to kick in requires that you let 50-83% of the population become infected. This assumes, of course that immunity is provided to those that have been infected. Further, without a vaccine available, the outcomes of people that get infected will tend to follow the numbers we have seen to date.

As of September 11 the number of positive Covid-19 cases in the U.S. is over 6.4 million with more than 192,000 dead. The U.S. has the highest numbers of Covid-19 cases in the world. The U.S. has 4.25% of the world's population and over 20% of Covid-19 cases.

Keep in mind there is no vaccine currently available. Also consider that research continues to be done to understand if immunity is gained (and for how long) by those that have been infected and recovered from Covid-19.

Summary

Herd immunity is a phenomenon that occurs in populations with infectious diseases. It happens as a threshold of people gain immunity by getting vaccinated or becoming infected and recovering. To only rely on a strategy of herd immunity as a protection requires giving up a large amount of the population to infection. We have seen the cost of giving up our population to a disease that we have no enforced national strategy for responding to: 6.4 million infections, over 192,000 dead and no end in sight. Since herd immunity will eventually kick in, we have that to look forward to. However, relying only on herd immunity would require giving up a lot of the population to infection and death. However, in the meantime we would benefit from a national policy for testing, social distancing and mask wearing. A national policy needs to be followed by everyone and enforced according to medical and infectious disease best practices.

To have a strategy based only on herd immunity comes with tremendous cost of life.



CORNER

We are thrilled to launch a new segment in the Broadcaster titled, Q&A Corner. We encourage you to call **(978-540-2470)**, email, or send-in questions to be featured within the newsletter.

If you have a question about the Department, ask it, as many other people will have that very same question. Be the person to ask. We have heard from a number of people asking what happened to the words “Council on Aging”, in the September Broadcaster. The Department of Elder and Human Services is the umbrella term for our Department, sometimes referred to as EHS or EHS/COA. We provide services to all residents of Littleton, no matter their age and the Department houses the Littleton Council on Aging which provides specific programs and services for Senior Citizens. The name can be confusing but our goal is not; we are here to serve the community, the entire community. Whatever your age or situation, we are here for you!

Craft Class for October



First, let us say "THANK YOU" to all who took part in the September "GRAB AND GO" craft project. We hope you all had fun making note cards. **On October 21st at 1:00 pm**, we are going to have another Grab and Go out in the patio

outside the multipurpose room area. We will be giving out kits to make "cork coasters". All supplies will be included in the kit and this is another free project. We will be there to show how this project can be done easily and will have a few minutes to visit with you. All social distancing protocol will be observed. **Remember you must call the EHS Office at 978-540-2470** to say that you will be there to pick up your kit project. Thanks and hope to see you all there.

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**.

indian hill music

Introducing Indian Hill Music Virtual Connections:

Missing live musical performances? Join Indian Hill Music online for exclusive interviews with our musicians, uplifting 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.

Use the following URL to watch our latest performance video, featuring our Orchestra of Indian Hill Brass Ensemble.

<https://www.youtube.com/watch?v=aAqFQTHKpRY>

Use the following URL to watch our latest performance video, featuring our Orchestra of Indian Hill Brass Ensemble.

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

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OCTOBER 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.

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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.