

The Broadcaster

NOVEMBER 2020



LITTLETON EHS/COA SERVICES



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.**

THANKFUL FOR YOU!

November marks the beginning of the holiday season and a time to give thanks. On November 11th, we recognize all of our veterans who proudly served our country. With respect, honor and gratitude, we thank you for your dedication and service.

You may ask what's new with the Elder and Human Services Department ...

The EHS Department is proud to announce an exciting collaboration with the Reuben Hoar Library. **On Friday, December 4th, at 10:30 via Zoom**, Ashton Applewhite, an influencer in aging, and author of *This Chair Rocks, A Manifesto Against Ageism*, will discuss her book, aging and relevance of COVID to our aging population. Participants are encouraged to read the book, which is available at the library. The program is open to all ages and will be recorded and later shown on LCTV. See page 8 for additional program details and subsequent programming with the library. Special thanks goes to the library for this wonderful cross-departmental collaboration.

Within the November Broadcaster you will see new virtual programs, organized outdoor meet-ups, holiday greetings with EHS Staff, plus much more. Due to limited capacity for outdoor programming; including the Friends' "Grab Lunch and Go" event, please sign-up as soon as possible to reserve your spot. Participants are required to sign a waiver prior to participating in certain programs. Waivers will be emailed or you may complete one in-person at the Town Hall. Thank you in advance for your cooperation.

The virtual programs and support groups are offered on Zoom. There is a call-in number available for each program, so if you do not feel comfortable "Zooming-in", you are more than welcome to call-in. Again, many of the programs offered online will later be shown on LCTV. If you have any questions or if you need assistance, please let us know.

More importantly, we are looking to hear from you! Kindly complete the short questionnaire on page 9 so you can share with us what programs and services you would like to see offered.

As we enter the colder months, we want to remind you that you can register your cell phone and emergency contact information with us. If you live alone or if you have concerns about your well-being, please reach out.

The holiday season is a time to say, "thank you" and on behalf of the EHS Department, I would like to thank you for being a part of the Littleton community and for providing feedback as we work together to expand our programs and services.

Ashley



The EHS Department is here for you! Please give us a call at **978-540-2470** if you have any questions, comments, concerns or if you would like to say, "hello"! We miss seeing you!

From left to right: Ashley Shaheen, Director, Nicole Sarvela, Assistant Director, Amy DeMichele, Outreach Coordinator and Sue Raymond, Administrative Assistant

****DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 5TH OF THE PREVIOUS MONTH****

COA Board Update:



The COA Board has established a Vision Sub-Committee to work on our goal of obtaining increased space for Littleton Seniors. Did you know that the Select Board has prioritized their goals for 2020-2021 and selected 5 areas they will be focusing on? Their first priority is the sewer system for the common area and their second priority is EHS, to make the provision of adequate space for seniors a reality! Therefore, your COA Board decided at their September 14, 2020 meeting to establish a sub-committee to work on this project with the Select Board and bring recommendations back to the full Board for their support.

A Sub-Committee has officers, selected from the COA Board members who volunteered to be on the sub-committee and appointed by the Chair. Your Vision Sub-Committee consists of:

Mark Rambacher, Chair
 Anne Lee Ellis, Secretary
 Anita Harding
 Susan Melander

The EHS Director and the COA Board Chair are ex-Officio members who attend meetings but do not have a vote. Their meetings are open meetings....they MUST post an agenda and approved minutes. Their meetings are not recorded but will be open via Zoom for anyone to participate. You can get the Zoom link by going to the Town Website and opening the agenda for the COA Vision Sub-Committee meeting.

Your Sub-Committee has decided they will meet the first Monday of every month at 1:30 pm and more often if necessary. They welcome participation from all of you. We can get this done folks with your help!

Marge Payne, Chair COA Board

Garden/Macro Photography

Location: Acton Arboretum

Dates: November 6th and 13th, 1:00 – 2:30 pm, Cost: \$10.00

Pre-Register through EHS Dept: 978-540-2470

Minimum number is 4



Take your Garden Photography and Macro Photography from good to great by capturing Acton Arboretum at its most beautiful. During this workshop you will learn to sharpen your awareness of light on the landscape. If you are either a beginner or intermediate photographer, looking to fine tune your skills and expand your knowledge of photography, then this course is for you. This course is ideal for the photographers with some knowledge of manual camera settings that want to take their abilities to the next level. Join Steve McGrath as he reveals his tips and techniques for taking quality close-ups as well as Landscape Photography in the Gardens. This course is informative for both Digital and SLS (film) photographer. Bring a camera with macro capabilities, a sturdy tripod and a large memory card. Tripod not required. Pre-registration required.

For outdoor programming, please remember to register for the program, wear a mask and practice social distancing. You will also be required to complete a health screening questionnaire in advance of the program.

Please send in payment to EHS, 33 Shattuck Street, PO Box 1305, Littleton MA 01460, in advance of the classes.



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.

STAFF

Ashley Shaheen, Director
Nicole Sarvela, Assistant Director
Amy DeMichele, Outreach Coordinator
Sue Raymond, Administrative Assistant
Neil Campbell, MART Driver
Laurie Dee, MART Driver
Richard Kent, MART Driver
John Stenstrom, MART Driver
Sam Palmer, MART Driver
Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Anita Harding
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Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Sandra Casale
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

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.

There is always something to be *thankful* for.

The year 2020 has been a tough year all around, for everyone. Though we have had to navigate new barriers and unforeseen challenges, we are finding ways to continue our day-to-day lives.

Here in The Elder and Human Services Department, we are *thankful* for the continued support provided by our community partners and the residents in Littleton. Those who are interested in volunteering are encouraged to contact our office and speak with Outreach Coordinator, Amy DeMichele. We can review the types of opportunities we are currently offering as well as the process to become a volunteer, should one be interested.

If one's volunteer interests differ from what is currently available through Elder and Human Services, there is an alternative.

Recently, our department met with a member of the Rotary Club who informed us of a new opportunity for those interested in volunteering within the community, **The Rotary Community Corps of Littleton**. The Rotary Community Corps of Littleton is looking for volunteers to join them on their mission to provide assistance to support those in need within the Littleton community. This opportunity is open to all, and you do not have to be a member of the Rotary Club to help make a difference. If you are interested in learning more about their mission or how to become one of their volunteers, feel free to email:

littleton.ma.rotary@gmail.com or visit their website at littleton-ma.us. They also have a Facebook page, <https://www.facebook.com/Littleton-MA-Rotary-Club>.

Join us in making Littleton a stronger community!

Amy DeMichele, CDP, Outreach Coordinator

Additional Van Services



Littleton EHS Vans will be operating to offer transportation to the polls on November 3rd.
Polls will be open on Tuesday, November 3rd from 7:00 am to 8:00 pm.

Please call Dispatch at 978-844-6809 as you normally would to schedule your ride!

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>



The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

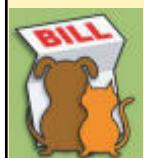
Please contact Amy at 978-540-2472 to set up an appointment to complete an application for this program.



To apply for Fuel Assistance, contact Amy to schedule an appointment:

ademichele@littletonma.org or call 978-540-2470

Struggling to pay Vet Bills?



Littleton EHS is able to utilize the **Bradford Sampson Fund** to assist qualifying residents with Veterinary costs. **Please contact Amy at 978-540-2472** to determine eligibility/complete an application.

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

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**.

zoom Video Conferencing

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! November dates will be **Tuesdays November 3rd and 17th**.

Please contact the EHS Dept. at 978-540-2470 for Zoom info and to sign up.

Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom **Thursday, November 19th 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 the EHS Dept. at 978-540-2470 for Zoom information on how to log in.



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 (November 13th).

Please contact the EHS Dept. at 978-540-2470 for the Zoom invitation to log on.

Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from **6:00-7:00 pm on Wednesday, November 25th**. Please contact Amy at 978-540-2472 for details.

Socially Distanced Visits



Even though the EHS Department has operated differently since the COVID-19 pandemic hit, we are still thinking of YOU! If you would like set-up an outdoor visit with an EHS Staff Member **please call 978-540-2470 and let us know**. Call to express interest!

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 Trivia Event

Wednesday, November 18, 2:00 p.m.



Who invented the telephone? Who discovered penicillin? Who wrote Julius Caesar, Macbeth and Hamlet? Join us for a fun trivia event and test your knowledge of music, history, current events and so much more! Winner will be featured in an upcoming Broadcaster edition.

Call the EHS Department at 978-540-2470 to obtain Zoom invite information.

Virtual Recipe Swap with Sue Raymond

Thursday, November 19, 10:00 am



November is the start of the holiday season! Share with us your family recipes and what you love to eat during the holidays. Even if you do not cook or bake, hear from others what they prepare.

Call the EHS Department at 978-540-2470 to obtain Zoom invite information.

Virtual Holiday Sing-A-Long & Hot Chocolate Event (In-person pick-up)

Wednesday, December 9, 1:00 pm and 2:30 pm hot chocolate pick-up!



Bring your holiday cheer and warm up those voices as we gather and sing our favorite holiday tunes! This sing-a-long event will be held virtually so you can participate in the comfort of your own home. Call the EHS Department at 978-540-2470 to obtain Zoom invite information. **The event is limited to 15 people**. After the holiday sing-a-long, drop by the EHS Department (patio) and pick-up a hot chocolate and holiday cookie! EHS Staff will be dressed in their favorite holiday attire to wish you a very happy holiday season.

For outdoor programming, please remember to register for the program, wear a mask and practice social distancing. You will also be required to complete a health screening questionnaire in advance of the program.

Line Dancing Classes



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



How are you surviving each day during the virus? The Friends have met to try helping the days pass by finding ways to keep us enjoying some of the programs we have done in the past.

The theme lunches cannot be held in the multi-purpose room, but we are looking for new ways to host a new style lunch. IL Forno is going to help us by catering the first "Grab Lunch and Go" day. This will be a Thanksgiving warm meal: Turkey, potatoes, vegetable, gravy, cranberry sauce and stuffing.

Tuesday, November 17th
Pickup is from 11:00 am to 2:00 pm

Littleton seniors only

Limited to 75 people. **Free**, from The Friends of the COA

Call 978-540-2470 for reservation

Leave your name and phone number. If you need delivery, please say so when registering.



Craft Class for November

Hello crafters,

We have enjoyed seeing you all, even if it is for a short time, during our **Grab and Go Projects**. We are hoping that for November we will be able to see you all back in the multipurpose room. If things change, then we will be doing another

Grab and Go. The project this month is decorating gourds with a combination of natural dried flowers and weeds, complemented with silk flowers and leaves. SpringDell Farms generously donated the gourds for us to use. This project will be on **Wednesday, November 18th from 1:00 to 3:00 pm** and again the class is free. If we need to do a Grab and Go, you will be provided with all supplies necessary to complete the project. The kits will then be given out on the patio.

You must call and register at 978-540-2470, so that we have enough kits for everyone. We are looking forward to seeing you all soon.

Meet Charlie *Friday, November 6th, 11:00 am*
Rain-date: Friday, November 13th, 11:00 am



We will have a special visitor on November 6th, as Charlie stops by to say hello to all of his new friends at Littleton Town Hall and the EHS community. Consider dropping by to say hello to Ashley, Director, and her fur-friend, Charlie, 4-year old Maltipoo (hypoallergenic breed) near the courtyard. Call and give us a heads up that you will be coming at **978-540-2470!** This is the perfect time to express any comments, concerns, and suggestions, too.

For outdoor programming, please remember to register for the program, wear a mask and practice social distancing. You will also be required to complete a health screening questionnaire in advance of the program.



From Betty's Kitchen
Chicken Pot Pie with Puff Pastry
(try saying that 3 times fast!)

INGREDIENTS:

1 package puff pastry, thawed
1 cup butter
1 medium onion chopped
1/4 cup flour
1/2 teaspoon poultry seasoning
1 cup chicken broth
3/4 cup milk
3 cups cooked chicken- cut up
1 1/2 cups peas and chopped carrots

DIRECTIONS:

Thaw pastry according to package directions. Heat butter in large saucepan. Cook onion in butter until tender-crisp.

Add flour and seasonings, mixing until smooth.

Gradually stir in broth and milk. Cook, stirring constantly, over medium heat until mixture comes to a boil and is smoothly thickened.

Stir in chicken and vegetables.

Cool slightly. Spoon into baking dish.

Place rolled out puff pastry on top and make slits for steam to escape.

You can brush with egg white. (opt.).

Bake on lower rack in oven @ 375°F. until filling is bubbling and crust is puffed and golden brown. 30-35 minutes.



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Littleton Council on Aging, Littleton, MA 06-5119

Minuteman Senior Services NOVEMBER 2020 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Cod with Lemon Piccata Orzo Pilaf with Spinach Carrots Multigrain Bread Applesauce Cup	3 Cheese Omelet with Cheese Sauce Sausage Patty O'Brien Potatoes Spinach, Marbled Rye Strawberry Cup Assorted Fruit	4 Grilled Chicken with Tomato Vodka Sauce Bowtie Pasta Italian Blend Vegetables Italian Bread Fresh Pear	5 BBQ Meatballs Side Mac n' Cheese California Blend Wheat Bread Lorna Doones	6 Meatloaf with Mushroom Gravy Mashed Potatoes Green Bean Casserole Multigrain Bread Yogurt
9 American Chop Suey Brussels Sprouts Italian Bread Snack n' Loaf Diet: Grahams	10 Grilled Chicken with Supreme Sauce Boiled Red Potatoes Mixed Vegetables Multigrain Bread Fresh Orange	11  No Meal Delivery	12 Chicken and Rice Bake Spinach Wheat Bread Assorted Fruit Cup	13 Baked Salmon with Newburg Yukon Gold Potatoes Carrots Multigrain Bread Applesauce Cup
16 *Chicken Parmigiana (Whole Grain Breaded Chicken, 1oz Mozzarella, 2 oz Sauce) Cavatappi Pasta California Blend Multigrain Bread Assorted Fruit Cup	17 Potato Pollock Tartar Sauce Wild Rice Pilaf Peas & Pearl Onions Wheat Bread Strawberry Cup Diet: Fruit Cup	18 Beef Stew Brussels Sprouts Wheat Bread Whole Grain Chocolate Chip Muffin Diet: Grahams	19 Mini Ravioli with Meat Sauce Italian Blend Vegetables Italian Bread Fresh Apple	20 Roast Turkey with Gravy Mashed Potatoes Stuffing Green Beans with Cranberries Dinner Roll Special Dessert
23 Grilled Chicken Marsala Egg Noodles Broccoli Multigrain Bread Applesauce	24 Beef & Cabbage Casserole Herbed Carrots Marbled Rye Assorted Fruit	25 Broccoli Bake Home Fries Stewed Tomatoes Multigrain Bread Yogurt	26 	27 No Meal Delivery Thursday 11/26 or Friday 11/27
30 Hawaiian Meatballs White Rice Asian Blend Vegetables Multigrain Bread Yogurt			<p>To CANCEL or ORDER, Call your local meal site by 11AM the <u>DAY BEFORE</u></p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station</p>



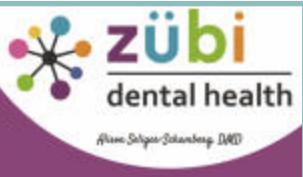
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Littleton Council on Aging, Littleton, MA 06-5119



CORNER

This is a new segment in the Broadcaster, titled Q&A Corner, that we began in October. We encourage you to call **(978-540-2470)**, email, or send-in questions to be featured within the newsletter.

SENIOR TAX WORK-OFF PROGRAM

We have heard from previous participants enrolled in the Senior Tax Work-Off Program inquiring about plans for this year's program. EHS Staff are contacting all those previously enrolled to see if they would like to participate in the program this year. Please note that due to the COVID19 Pandemic, many of our usual placements may not be available. If you are newly interested in this program, **please contact the EHS Department at 978-540-2470** for additional information.

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

TECH TIP FROM BILL VALES—Herd Immunity

Last month we discussed the concept of herd immunity and what that would mean as a lone strategy for dealing with COVID-19. Estimates are that as many as 2 million Americans would die if COVID-19 is allowed to run wild with no mitigation. 2 Million dead; let that number sink in.

In the chart we published last month there were two column headings that merit explanation (abbreviated chart below), **R₀** and **HIT** (herd immunity threshold).

Estimated R₀ 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>COVID-19</u> (COVID-19 pandemic)	Airborne droplet	2–6 ^[52]	50–83%
<u>Influenza</u> (influenza pandemics)	Airborne droplet	1.5–1.8 ^[51]	33–44%

R₀ is also called **R-naught**. It is the reproductive number for a virus. Consider the following R₀ values and how they explain the growth of the virus. High R₀ values result in steep exponential growth of infections.

Herd Immunity Threshold or HIT is the percentage (%) of the population that needs to be infected to gain herd immunity. Herd Immunity Threshold (HIT) for COVID-19 is thought to be between 50%-83% of the population.

Consider the 3 general R₀ values:

Greater than 1

Less than 1

Equal to 1

R ₀	Effect
>1	R ₀ greater than 1 means that an infected person on average infects many other people. For example, an R ₀ =3 means there are 3 new people infected by the 1 infected person. The higher the R ₀ , the more people are infected.
<1	Indicates an infected person infects less than (<) 1 new person. The virus is declining and will eventually die out.
=1	Indicates an infected person infects 1 person, keeping the virus alive and stable.

Highlights



“EHS/COA Highlights” by Susan Melander and Anita Harding.

Have you watched the show “EHS/COA Highlights” on LCTV? It is available on LCTV “On Demand” and at LCTV’s YouTube Channel. Anita and Sue, the cohosts, are COA Board members. The purpose of the show is to provide “Highlights” of EHS/COA programming and services.

A year ago, the Council on Aging Board set a priority to expand the visibility and understanding of the services provided by Littleton’s Department of Elder and Human Services. This department is a full-service social service agency.

In the fall, Board members set up an informational table at a home football game, at the fall Town Meeting, and at the annual Holiday Fair to hand out literature and answer questions about services and programming.

It was decided that more frequent contact with the residents of Littleton was necessary, so Anita and Sue brought forth the idea of a show on LCTV. The COA Board agreed it was a good idea, so the two of us and Nicole met with Mark Crory and Kirby Dolak of LCTV to discuss the possibility.

It was decided the show would be about 15 minutes long—long enough to give lots of information but not overwhelm anyone. In addition to reminding people about programming, information already available in The Broadcaster, we would give more in-depth information about individual programs as well as current events that would affect seniors. There will be times that we will interview people of special interest, such as our September show which featured an interview with our new director of Elder and Human services, Ashley Shaheen.



Our first show aired at the end of January and we prepared for our next show to be taped at the end of February—well, along came COVID, shutting down the access to the Town Hall and curtailing work at LCTV. When restrictions lifted somewhat, we were able to resume taping at the end of July. Our shows for August and September were taped in Anita’s backyard. At the end of September we were back in the LCTV studio. We would like to give a special thank you and recognition to Mark Crory for his technical support and encouragement to get this show up and running.

In addition to giving “Highlights,” we are interested in hearing from you. We want to know what you want—what interests you, what you would like to see. **Please call the EHS office (978-540-2470)** and leave a message with your suggestions—or if you see us around town, please say, “Hi” and let us know your wishes.

This Chair Rocks, A Manifesto Against Ageism Author Talk and MORE with Ashton Applewhite

Virtual Offering on Zoom - Friday, December 4th, 10:30 am



Lively, funny, and deeply researched, “***This Chair Rocks***” traces Applewhite’s journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. The book explains the roots of ageism—in history and in our own age denial—and how it divides and debases, describes what an all-age-friendly world would look like, and concludes with a rousing call to action. Whether you’re older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life.

During this virtual program, Ashton will discuss her book, aging, and conclude with an engaging Q&A segment. To participate:

- Call the EHS Department to receive a Zoom meeting invitation.
- If you need help getting started using the Zoom software, feel free to call the **Reuben Hoar Library (978-540-2600)** and a librarian will be happy to help you.
- Reserve a copy of “***This Chair Rocks***” by calling the library or by going to <https://www.littletonma.org/reuben-hoar-library> and use your library card to put a hold on a copy; then use the library’s curbside service to pick it up when it’s ready!
- Readers will also have a chance to discuss the book and their own thoughts about age/ageism in a book club-style format on **Friday, December 18th at 10:30 am**. This discussion will be hosted by RHL librarians and will take place on Zoom.

Special thanks go to the Reuben Hoar Library for generously sponsoring this program.

A QUICK QUESTIONNAIRE – EHS Scaling Up Operations – WE NEED YOUR INPUT!

We WANT to hear from YOU! Kindly take a few minutes to answer the below questions. The questionnaire is also available on the EHS Department's website. Consider answering the questions online, mail or drop-off your answers to the **EHS Department, 33 Shattuck Street, PO Box 1305, Littleton, MA. The deadline is Friday November 20, 2020.**

1) How have you stayed connected to the EHS Department during COVID-19?

2) Have you been able to attend any virtual events? If you have not, why not?

3) Do you have additional program ideas for virtual programs and activities?

4) If virtual fitness classes were offered, would you participate? If yes, which classes?

5) When we are able to offer classes within Town Hall, which programs are you most interested in attending. (Please circle all that apply)

Fitness
Educational Classes
Languages

Arts and Crafts
Movies
Cultural Events

Social Events
Support Groups



Not interested in attending in-person due to COVID-19

If you are interested in hearing about assistance that may be available to connect you virtually, please fill out the bottom portion of this form with your name and contact information and our Outreach Department will reach out to you!

Name: _____

Telephone Number: _____

If you are unable to complete or return this survey for any reason, please call the main office at 978-540-2470 go give us your answers verbally.

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.

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

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 the EHS Office at 978-540-2470.



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.



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

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NOVEMBER 2020

TRANSPORTATION

LITTLETON EHS TRANSPORTATION CHARGES

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am to 4:00 pm. Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

Rides are provided to appointments between 9:00 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

**** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE ****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call **EVERY week** to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.