

The Broadcaster

JUNE 2020



IMPORTANT NOTICE

As of the time of printing this issue of The Broadcaster, the Town Offices are closed to the public, all EHS/COA programs are cancelled, and the EHS staff is working from home, but phones are being monitored. **Please check in with the COA at 978-540-2470 if you have any questions.** We will alert residents as soon as we are able to begin hosting activities again. **HOWEVER, if there is any life threatening situation, please call 911.**



Spring is here, Summer is right around the corner and although I am sure many people are feeling anxious and eager to get out and return to their normal schedules, we want to remind you that the time will come when we can all be together again safely and while it feels like that time is far away, we want to connect with you now, where you are. Our activities and regular schedule here at EHS remain changed in order to keep everyone safe, so while it may look and feel different, we are still here for you; whether it be socialization,

support groups, financial support, nutrition support, we are here.

Many people are finding virtual ways to connect with friends and loved ones; EHS is offering virtual support groups and many of our exercise instructors are offering ways to move your body online and through LCTV. The Town of Littleton's website has a new tab created for Community Connections where EHS, Park and Rec and Conservation come together to provide residents of Littleton with a variety of options to keep your brain and body active during this time.

We understand that, as great as these virtual options are, many people do not have access to computers and the internet. We are here for you, too! Would you like to be added to our telephone call list? Would you like to be paired with a volunteer who you can get to know over the phone and have weekly phone conversations with? Give us a call to sign up. Socialization and conversation may look different right now, but don't shy away from new experiences because it feels different; the silver lining to this situation is that, even though physically you may feel alone, there are many other people out there who are feeling the same things that you are. Why not connect and talk about it, or talk about something entirely different!

Littleton EHS has been overwhelmed by the amount of offers of assistance we have received. Since the moment this started we have received so many calls from community members asking to be of service; this is a true testament to the type of community we are lucky enough to call home.

We would like to send a huge thank you to the community of Littleton, people who have called to offer help, those who have sent us donations; your kindness and generosity are overwhelming.

We would also like to thank our van drivers, who have, without hesitation, volunteered to drive during our Pantry Delivery days, helping Littleton residents facing food insecurity during this time.

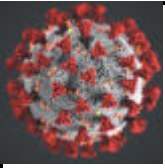
Last but certainly not least we would like to acknowledge and thank the Friends of the COA for providing us with gift cards, as they do several times during the year. These gift cards are used in conjunction with Salvation Army food vouchers to be sure that the residents of Littleton are able to eat healthy foods without taking away from other bills and needs.

Be safe, be well, and please be in touch; we miss you all and can't wait to hear from you!
~Nicole

From the COA Board:

The COA Board is thrilled to be working with Nicole Lorensen, who has been appointed by the Town Administrator to be the Acting Director while a search is made for a permanent Director. The search for a permanent Director has begun and Marge, Paddie and Susan are representing EHS on the Search Committee. Stay tuned for updates!

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



Things to do during the coronavirus epidemic

WWW.nps.gov

Visit the National Park Service website to tour parks by state or pick your own park – Statue of Liberty, Virgin Islands National Park and Yellowstone are just a few.

Rake your grass and refresh it for spring. Did you know that the Littleton Transfer Station now accepts leaves and grass in **compostable bags only**. No loose materials or plastic bags; leaves and grass clippings only and no other materials can be mixed with the leaves and grass clippings; compostable paper bags are the only bags accepted for this purpose and are available at most local hardware stores and home centers.

Visit www.aarp.org for up-to-date information on Covid-19, exercise, stimulus checks, how to make a face mask.

Take a tour of the San Diego zoo www.sandiegozoo.org and visit the animals.

Visit www.travelandleisure.com to take virtual tours of 12 museums including the British Museum in London, the Guggenheim in New York, National Gallery of Art in Washington, DC, to name a few.

Did you know that you can create your own word search puzzle? Try it and share with a friend. It's free!!!

puzzlemaker.discoveryeducation.com

Learn to speak a language at www.duolingo.com

More Things to Do While You Are Home

- Reorganize your cabinets
- Clean out your closets and dressers
- Open your windows and allow some fresh air in
- Clean indoor and outdoor windows
- Clean the refrigerator/ freezer
- Look at old photographs and you will find lots of memories
- Explore the town's trails and conservation land
- Keep your mind active and alert – do a Sudoku, jigsaw puzzle, word search or crossword puzzle
- Read a book
- Do low impact chair exercises
- Walk each day
- Play some music and dance – no one is looking
- Write a card or letter to a friend or family member
- Check on a friend neighbor – isolation is not fun



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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Sue Raymond, Admin
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Laurie Dee, MART Driver
Richard Kent, MART Driver
John Stenstrom, MART Driver
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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

Broadcaster by Email and Online!!

You can get the Broadcaster by email!

Visit our site www.littletonma.org, select "Sign up to receive Email Notifications," enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

OUTREACH SERVICES

**Residents need to make appointments for Outreach Services.
Call Nicole at 978-540-2475 or Amy at 978-540-2472 to schedule an appointment.**

Living Alone and Living Well Group

During this time of social distancing, we are offering Living Alone and Living Well Group virtually. You are able to log in using your computer, tablet or landline phone.

This will be offered on Thursday, June 18th from 10:30-11:30 am.

Please contact **Amy at 978-540-2472** or ademichele@littletonma.org for details on how to log on.

Virtual Social Anxiety Group

During this time of social distancing we are offering Social Anxiety Group virtually. You are able to log in using your computer, tablet or landline phone.

Social Anxiety Group will be offered on Tuesdays, June 2nd and June 16th from 2:00-3:00 pm.

Please contact Nicole at 978-540-2475 or nlorenson@littletonma.org for details on how to log on.

Community Connections



Littleton EHS along with Littleton PRCE and Conservation have been collaborating to get a community connections website together to provide activities, social interaction, and outdoor engagement to all during this time of Social Distancing. Please visit our website and see what there is to do and see, all while staying safe and healthy!

<https://www.littletonma.org/community-connections>

Neighborhood Supper



Not sure when the Neighborhood Suppers, sponsored by the Congregational Church in Littleton will resume. Call your local church to find out when the suppers will resume.

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 in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

Telephone Check-In



Would you or someone you know like to receive weekly or bi-weekly phone calls from a Littleton EHS Volunteer? This is a great way to stay connected, keep in touch and be able to socialize when you aren't able to get out of the house.

Please contact Nicole at 978-540-2475 to sign up!



Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-days-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

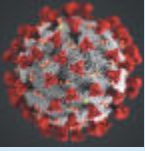
If you need to speak with a crisis counselor immediately, call **1-800-985-5990**. You can also **text TalkWithUs to 66746** to connect with a trained crisis counselor.

English speakers in U.S. territories text TalkWithUs to **1-212-461-4635**.
TTY **1-800-846-8517**

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**.



Self-Care During the Covid-19 Outbreak

By Michelle Fritsch, PharmD, BCGP, BCACP | Kathleen Cameron, BS Pharm, MPH | 4.24.2020

As we're all navigating a lot of uncertainty, upsetting news, isolation, and grief. All of the self-care activities that were important for staying healthy before the pandemic may be even more critical now. Even though there is a lot of emphasis on COVID-19 right now, your overall health is just as important as any other time. The better controlled your chronic conditions, the better you'll be able to fight the virus if you get it. Consider the following steps for managing chronic conditions during this time and after.

Daily movement

Even though you are staying home, remember to keep moving. Back pain, muscle tension, weight management, blood pressure, blood sugar, and even your emotional health can improve with movement.

- Walk around your home
- Walk around your neighborhood (while physically distancing from others!)
- Sit down and stand up from a stable chair to keep your legs strong
- Dance to your favorite music
- Take advantage free online resources and exercise videos

Healthy eating

It is so easy to eat more often or to eat less healthy foods when we are stressed or bored or lonely. But now more than ever, eating healthy foods can be an important part of improving your health and strengthening your immune system.

- Add more color to your plate by eating fruits and vegetables each day
- If eating canned vegetables, rinse them in water first (to lessen the salt)
- Minimize sugary treats or high processed food (cookies, crackers, chips)
- Drink plenty of water
- Minimize sugary drinks

Health tracking

The more information you have to share with your doctor, the better. As the pandemic continues, chronic conditions can be impacted by stress and grief. Think about ways you can monitor and record aspects of your health (some require special equipment) and bring this information to medical appointments. This will help your doctor understand your symptoms.

- Blood pressure
- Blood sugar and other factors that impact diabetes management
- Weight
- Lung function
- Changes in moods and emotions
- **Pain:**
 - Where do you have pain?
 - What is the severity of the pain on a scale of 1-10?
 - How long does the pain last? What causes the pain?
 - What makes it better or worse?
 - Falls, near falls, or injuries from falls?
- Episodes of nausea, vomiting, diarrhea, dizziness, chest pain, or shortness of breath
- Any other factors that are important to you

Staying connected

Although we can protect ourselves and others by staying six feet apart and not going to public places, we can and should still stay socially connected. This will be different than it was a few short weeks ago. Here are some ways to avoid feeling isolated and stay in contact with the important people in your life.

- Telephone calls.
- Porch conversations. Talking with neighbors porch to porch or porch to sidewalk.
- Family gatherings. Family can communicate through the window or from within vehicles pulled into the driveway.
- Video calls via smart phones and computers. (If you aren't comfortable with computers or do not have access to them, reach out to a younger family member to help.)

COMMONWEALTH OF MASSACHUSETTS FACE COVERING/MASK ORDER – EFFECTIVE MAY 6, 2020

Effective Wednesday, May 6, 2020, the Governor's order requiring individuals to wear masks in public places went into effect.

Any person who is in a place open to the public in the Commonwealth, when unable to maintain a distance of approximately six feet from every other person, shall cover their mouth and nose with a mask or cloth face-covering. Masks are required at all times when:

- Inside or waiting in line outside of grocery stores, pharmacies, and other retail stores;
- Providing or using the services of any taxi, car, livery, ride-sharing, or similar service;
- On any form of public transit, including train or bus; and
- In an enclosed or semi-enclosed transit stop or waiting area.

Exceptions for wearing face masks include situations that may inhibit an individual from wearing a face-mask safely. These may include, but are not limited to:

- Those who cannot breathe safely;
- Those who, due to a behavioral health diagnosis, are unable to do so;
- Those communicating with people who rely upon lip-reading;
- Those who require supplemental oxygen to breathe; and
- Those who are exercising outdoors and are able to keep physical distance from others.

The use of a mask does not replace important social distancing measures. All individuals must continue to maintain more than 6 feet of distance from other people; wash hands regularly with soap and water for at least 20 seconds; and stay home when sick.

Children under the age of 2 years should not wear face coverings or masks. For children 2 years of age and older, a mask or face covering should be used, if possible. Mask use by children 2 years of age and up to the age of five is encouraged but should be at the discretion of the child's parent or guardian at this time. Parents and guardians should ensure that the mask fits snugly and does not obstruct a child's ability to breathe.



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Find Calm and Relaxation During the Time of Covid-19

Jenny Meshna Doran, Mindful Movement Instructor



Creating a daily meditation practice can help reduce anxiety, stress, and depression. Especially during this time of so much unknown, getting back to the present moment can help us to gain perspective and remind us that we have the power to navigate through whatever comes our way with stability, ease and grace. Below is a practice that you can add into your day anytime, anywhere.

Find a comfortable position either seated or laying down. Just be sure to find a position where you can be as still as possible. Begin to scan your body. Notice any areas of tightness, or gripping. How are you feeling physically in this moment? Be aware of the areas that tension tends to hide: your face, in between your eyebrows, your jaw. Let your mouth be slightly open and your tongue fall from the roof of your mouth. Notice how your shoulders are being. Even observe your fingers and toes. Take your time. Relax and settle in.


Next start to tune into your emotional state. Without any judgment, just notice how you are feeling emotionally in this moment. Maybe you feel some restlessness, or agitation. Maybe you are feeling more calm or tired. No matter what comes up for you now, it is ok. Just notice and settle in.

Begin to shift your awareness to your breathing. Try not to alter your breathing in any way. Again, just notice. How is your breath flowing in this moment? Is it more shallow or more deep? Where is it naturally landing in your body? How does each breath feel as it flows in, and how does each breath feel as it flows out? Breathing in, know that you are breathing in. Breathing out, know that you are breathing out. Allow your body to continue breathing as it needs to. Observe and settle in even more.

When you are ready to come out, start to add a little movement back to your toes and fingers. Gradually make these movements a little bigger, maybe reaching your arms overhead for a gentle stretch or opening your mouth wide inviting a big yawn. Eventually bring your hands down to your heart, one on top of the other, and take one last big breath in and one last big sigh out. Tilt your chin towards your chest and smile. Acknowledging that you took this time to come back home to yourself.

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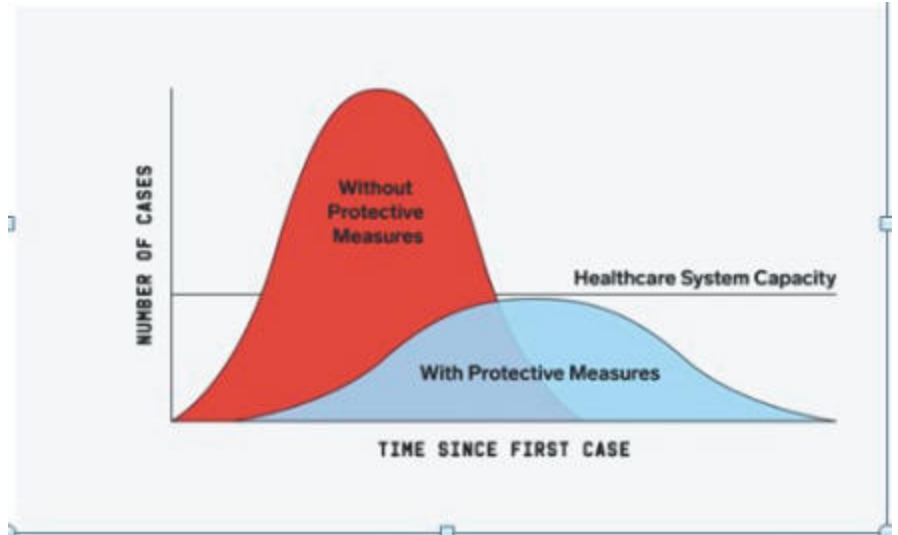
A TECH TIP FROM BILL VALES

Flattening the Curve

In this age of coronavirus we have heard many new terms. We last spoke about exponential growth. Another term we have been hearing is **flattening the curve**. These terms are important to understand. Let's explore what **flattening the curve** means.

We have been told by the medical experts to follow **mitigation steps**:

1. practice social distancing
2. follow stay-at-home orders
3. wearing masks if we do go out in public
4. perform frequent hand washing.



Recall in a previous Tech Tip on exponential growth, we saw how rapidly the total number of infections and deaths could grow **if nothing is done to mitigate the spread of the virus**.

We have also seen that as people practice the mitigation tactics the rates of infection and death appear to slow.

On the chart there are 2 curves and a horizontal line that represents the **Healthcare System Capacity** to care for people. Compare the outcomes for the red and blue curves.

Red Curve—Without Protective Measures

Blue Curve—With Protective Measures

The health care system is overwhelmed	The health care system is not overwhelmed .
More people die.	Less people die since the health care system can care for them
	Total length of time that the infection spreads increases; but hospitals will have capacity.

Follow the mitigation steps and the number of deaths are reduced.

Future Tech Tips will discuss the terms and concepts related to coronavirus testing

Complete "Tech Tips" on "

1. **Coronavirus Computer Scams**
2. **Exponential Growth**
3. **Flattening the Curve**
4. **Video Conferencing Help**
5. **Social Engineering Review**
6. **Defending Against Phishing Attacks**

are covered in "Tech Tips" videos which can be viewed on LCTV On Demand and YouTube.

<https://litteton.vod.castus.tv/vod>

https://www.youtube.com/channel/UC0zDRpamqVdB71XZsDd72_g/playlists

- Log on to www.littetonma.org then look under LCTV tab to find Tech Tips from Bill Vales or Dave Does Stuff; Emerson Hospital has videos, Line Dance with Kari just to name a few.
- Watch the taped programs of board and committee meetings – keep up with what is going on in your town.

MORE TECH TIPS FROM BILL VALES

Social Engineering Review

Social engineering attacks is a topic we have talked about for years. It is one of the most common delivery mechanisms for infecting your computer with malware.

Social Engineering is when an attacker performs some sort of psychological manipulation to get a person to divulge confidential information.



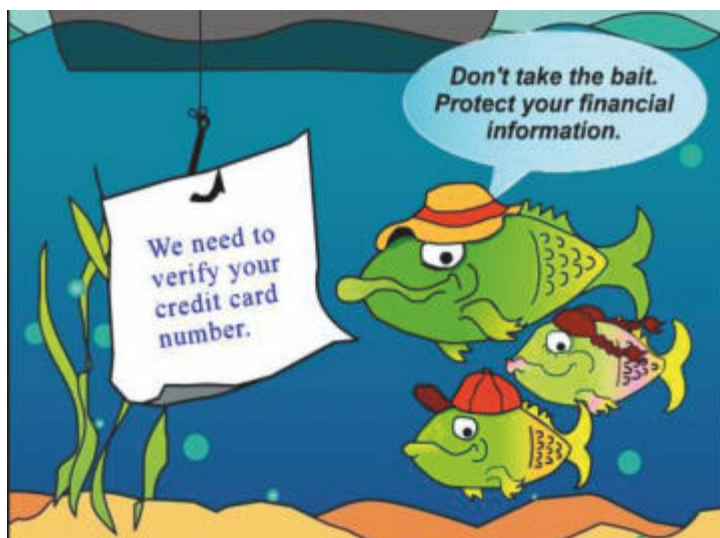
Problem: Attackers are everywhere trying to steal your personal information; credit cards, passwords and more.

Method: Social engineers trick you by using lies, deceit, threats and charm to get you to act in an unsafe manner.

Solution: Constant education and awareness of social engineering is a primary defense to staying safe on your computer.

Phishing Attacks – How they work, how to defend against them.

Phishing is a type of social engineering attack often used to steal user data, including login credentials and credit card numbers. An attacker, **masquerading as a trusted entity**, dupes a victim into **opening an email, text message or clicking on a link**.



Problem: Attacker sends an email disguised to look legitimate. They want to get you to click on a link.

Method: Attacker inserts themselves between you and the website you want to access, allowing the attacker to see all the information passed between the two parties. Called a Man-in-the-Middle attack (MITM).

Solution: Think before you act; is this a social engineering attack?

- Use two factor authentication.
- Make sure website connection is using encryption (https:)
- Don't click on a link in an email or web page. Enter link directly into the browser.



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No Contact Pantry Deliveries

Littleton EHS is proud to offer no contact Food Pantry deliveries once a week from Loaves and Fishes. EHS Van Drivers will pick up your Pantry box and drop it off at your front door.

Please contact Nicole at 978-540-2475 by Monday to sign up for a Pantry delivery that week.

indian hill music

As you know, Indian Hill Music has cancelled the Bach's Lunch concerts (and all of our performances) for May and June. We have posted some recordings of previous Orchestra of Indian Hill concerts on-line (www.indianhillmusic.org) and we are posting some student performances on our Performathon webpage.

LITTLETON RENTAL ASSISTANCE PROGRAM



The Littleton Rental Assistance Program (LRAP) provides rental assistance to income-eligible households who are renting qualified housing units in the Town of Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton.

Call **978-540-2470** for more information, or visit: www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program.

LRAP is funded by the Community Preservation Act (CPA), through the Affordable Housing Trust, and administered by the EHS/COA.

Are You on Our Email List?



Littleton EHS sends out a weekly email to keep you in the loop about what is going on here at the COA. In addition to that we have a weekly wellness newsletter to offer tips and interesting ideas on all aspects of wellness.

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

CDC Guidelines on When to Wash Your Hands



Handwashing is one of the best ways to protect yourself and your family from getting sick.

Key Times to Wash Hands:

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** [changing diapers or cleaning up a child who has used the toilet](#)
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

During the COVID-19 pandemic, you should also clean hands:

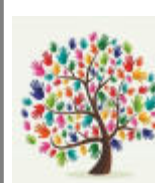
- **After** you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- **Before** touching your eyes, nose, or mouth because that's how germs enter our bodies.

For more info on this and other COVID-19 issues, **go to www.cdc.gov**



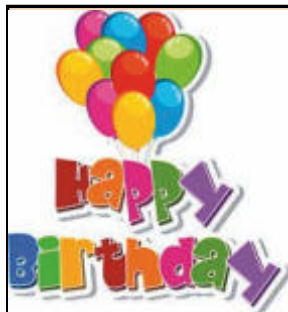
Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. For more information, go to **www.ready.gov**.



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.



It is unfortunate that Covid-19 prevented us from having our bi-monthly birthday party in March and again in June. However, we want to send a Happy Birthday to those seniors who are celebrating!

We hope to re-start our birthday parties when it is safe for us all to be together again.



Missing everyone and our 'happy hour'. Hope to see you guys again soon in the flesh! Stay healthy and sane. Hugs and kisses, Carol

Carol Wing Fitness



Flourless Peanut Butter Chocolate Chip Cookies – courtesy of King Arthur Flour

Bake 8 to 10 min at 350°

1 cup smooth peanut butter
 $\frac{3}{4}$ cup packed brown sugar
 $\frac{1}{2}$ teaspoon baking soda (**not baking powder!**)
 Pinch of salt
 1 large egg
 1 teaspoon vanilla extract
 $\frac{1}{2}$ cup chocolate chips or mini chocolate chips

- Preheat oven to 350°
- Beat peanut butter, sugar, baking soda and salt on medium speed of mixer until well blended
- Add the egg and vanilla and blend on low speed until mixed
- Stir in chocolate chips.
- Scoop dough by tablespoonful onto a parchment lined baking sheet, pushing the top of the dough to flatten slightly
- Bake cookies for 8 to 10 minutes; tops should be slightly crinkled; remove before edges begin to brown.
- Remove from oven and cool on the pan.
- Enjoy!

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JUNE 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.