

The Broadcaster

JULY/AUGUST 2020



Moving
to a **NEW**
NORMAL

It's hard to believe that here we are, smack-dab in the middle of summer! Life still looks quite different than it did Pre-COVID, but we are resilient and strong and we can do this.

There have been many growing pains over the past several months, coming to terms with our

"new normal" but one thing remains clear, social interaction is vital to our health. The National Institute on Aging suggests a positive correlation between Social Interaction and Health. Social Interaction might look different, but the benefits remain. We encourage you to step out of your comfort zone and join us in one of our Virtual Groups. We are offering Social Anxiety Group, Living Alone and Living Well Group, Caregiver Support Group, Virtual Coffee Hours and our new Life Ahead Recovery Group, and we would love to have you join us!

Over the past few months we have seen the strength and the heart of Littleton, in its many offerings of help and assistance for fellow residents; we are consistently humbled and grateful for this community of helpers and doers.

Littleton EHS would like to thank our Diner Manager, Gayle, and our Meals on Wheels drivers, who have continued to show up every day to provide this vital service to our residents; what you do is so important and so appreciated.

I would also like to thank our EHS Staff; Amy and Sue, who have, since the very beginning, gone above and beyond for the town, for our department, and for the residents, proving once again that EHS has a dedicated and compassionate group of people, who are able to truly work as a team every single day to get the job done, no matter the circumstances.

As the weather continues to warm and the days grow longer, we hope that you will take some time to open a window, call a friend, check in on your neighbor and enjoy the moment we are in; we may not all be in the same situation but we are all here for you.

From the COA Board:

Our search for a permanent EHS Director continues to progress. Please be sure to tune in to our COA Board Meetings and BOS Meetings, available on LCTV and online to stay up to date on the process!

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. **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.**

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

6 HEALTHY SUMMER FOODS TO ADD TO YOUR DIET



Corn: Nothing says summer like fresh sweet corn. Two antioxidants - lutein and zeaxanthin - in corn help your eyes filter out some of the sun's damaging rays and also help lower your risk of developing age-related macular degeneration - the leading cause of blindness in people over 60.



Tart Cherries: They deliver a host of health benefits. You may have heard that drinking tart cherry juice can help you get a better night's sleep, but did you know that compounds in tart cherries may also help you slim down and get leaner?



Tomatoes: There's no question that sunscreen should be your first line of defense against the blazing summer sun. But eating tomatoes could give you a little extra protection: consuming more lycopene - the carotenoid that makes tomatoes red - may protect your skin from sunburn.



Watermelon: Staying hydrated keeps your memory sharp and your mood stable. It also helps keep your body cool (by sweating) during hot summer months. The good news is that you don't just have to drink water. You can eat it, too: watermelon is 92 percent water.



Raspberries: Raspberries are a great source of fiber—some of it soluble in the form of pectin, which helps lower cholesterol. One cup of raspberries has 8 grams of fiber.



Blueberries: Fresh blueberries straight from the berry patch are a special treat! It turns out the antioxidants in them may help ward off muscle fatigue.

Source: www.eatingwell.com,
minutemansenior.org



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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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 CORNER

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

Hello Everyone,

Welcome to the first article in our Outreach Corner. Each month look here for tips, program updates and news on upcoming events.

In the recent months, all of us have been impacted by the pandemic in one way or another. Whether the challenges are social or financial, these unprecedented times are impacting everyone's emotional wellbeing and affirms the importance of self-care. As we are faced with the uncertainties of when life will return to what we once knew was normal, here in the Elder and Human Services Department, we are working diligently to help everyone with their unique situations.

Many may be experiencing increased anxiety, depression or stress. Know that you aren't alone. Our Social Anxiety group continues to meet every other Tuesday, Living Alone and Living Well is now offered two times a month and the Caregiver Support Group continues to be offered, virtually. We know that technology can be challenging to figure out if you aren't familiar with it. A volunteer has helped put together some instructions to assist you through the steps. Instructions are available for Android and Apple devices. If you aren't familiar with ZOOM, no worries! A YouTube video to walk you through the basics was found and the link is available on our webpage. If one of these groups isn't for you, there is an array of resources available. Contact us and we will find the right fit to meet your needs.

Recently, we introduced a new program to assist those impacted financially. Our Emergency Rental Assistance Program is available to residents in Littleton struggling to pay rent due to loss of income because of the pandemic. Other emergency financial resources may be available depending on your situation. Contact me if you wish to review the Emergency Rental Assistance or other financial resources options that may be obtainable.

If you need help with a specific problem, reach out to us and we will try and find a way to help. As we evolve with the different phases of Gov. Baker's plan to re-open the state, updates will be posted to our website, on our Facebook page and in our Broadcaster.

Stay well and stay safe.

Amy DeMichele, CDP, Outreach Coordinator

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.

Looking for Social Connections?



You may have noticed that EHS is offering various virtual activities and support groups, but what if you don't have a computer or tablet? We want to support you too!

Did you know that you can call in to any of our support groups using your landline phone?

Are you needing someone to chat with on a regular basis, just socially, or someone to check in on you?

Call 978-540-2470 to sign up for our Tele Check program.

We want to meet your needs, whatever they may be, during this time!

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**.



DUE TO THE EVOLVING COVID 19 SITUATIONS, ALL EHS PROGRAMS HAVE BEEN POSTPONED.

**LITTLETON EHS RESOURCES/INFORMATION LISTED BELOW.
CONTACT AMY AT 978-540-2472 FOR OUTREACH ASSISTANCE.**

Food Resources:



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

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

If you need Pantry supplies but are unable to get to the Pantry, please call Nicole at 978-540-2475 to be added to our no contact Pantry delivery list. Delivery will occur on Friday afternoons, every other week.



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

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

Virtual Enrichment/Community Connections:

- Littleton EHS is currently offering virtual support groups: Social Anxiety Group, Living Alone and Living Well Group and Caregiver Support Group. Please contact Amy for details.
- Life Ahead Recovery Support Group will begin virtual Zoom meetings on the last Wednesday of the month: Wednesday, July 29th and August 26th at 6:00 pm. **Contact Nicole at 978-540-2475** for login instructions.
- Loving Stitches continues to meet on Monday from 12:00-2:00 pm virtually. Please contact Nicole for details.
- Kari's Line Dancing classes are available on LCTV, or OnDemand via the website.
- 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.

News and Updates:

Littleton Rental Assistance Program is still accepting applications. Please visit our website to complete an application: <https://www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program>

Emergency Rental Assistance Program: In response to the loss of income to households due to Covid-19, this program has been created and funded by the Town of Littleton Affordable Housing Trust utilizing its Community Preservation Act or other non-federal funds. This program seeks to be efficient and responsive. It is temporary in nature. Application is available on our website: <https://www.littletonma.org/elder-and-human-services/pages/emergency-rental-assistance-program>

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>



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

Virtual Social Anxiety Group

Virtual Social Anxiety Group will be offered on **Tuesdays, July 7th and 21st and August 4th and 18th from 2:00-3:00 pm.**

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

Virtual Loving Stitches



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

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

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

LITTLETON EMERGENCY RENTAL ASSISTANCE PROGRAM

Short term financial assistance is available to eligible Littleton residents who are facing financial insecurity as a result of COVID19.

Application and specific guidelines are available under the Elder and Human Services tab of the Littletonma.org website.

If you have questions or need assistance completing this application, please contact Amy at **978-540-2475**.

This program has been created and funded by the Town of Littleton Affordable Housing Trust utilizing its Community Preservation Act or other non-federal funds.



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**.



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.



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Many people want the peace of mind that comes from legally protecting their most cherished assets: their health and the financial future of their family. We help you do this by compassionately listening and responding to your needs.

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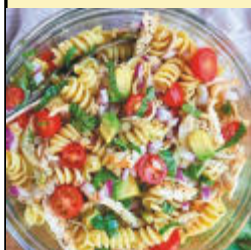
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GenerationsLawGroup.com



Betty's Chicken Pasta Salad



Ingredients

2 boneless chicken breasts
Rotini pasta
One tomato
One green pepper
One red pepper
Bunch of scallions
One cucumber

and any other vegetables you like such as zucchini, broccoli, etc.

One bottle Ken's Creamy Parmesan dressing or any dressing you enjoy.

- Heat olive oil in a frying pan over medium heat. Salt and pepper the chicken breasts, add them to the frying pan.
- Brown on both sides, turn heat down and cook until they are cooked through. Set aside and allow to cool.
- Cook the rotini according to package directions. The amount you cook just depends on how much pasta you want. With two breasts, you should cook at least 2/3 of a box.
- While the pasta is cooking, wash and chop all vegetables into small dices. It's best to seed the tomato and cucumber before dicing.
- Once pasta is fully cooked, drain and rinse in cold water until cooled. When chicken is cooled, cut the breasts into bite size pieces.
- In a large bowl combine all the vegetables, chicken and pasta. Toss until well combined. Then add your salad dressing and mix together. Add as much or as little dress as you like. Season with salt and pepper to your taste. **Enjoy!**

Milt's Marinade - for Steak or London Broil



$\frac{3}{4}$ C. soy sauce (light if preferred)
2 T. dry mustard
 $\frac{1}{3}$ C. red wine vinegar
2 garlic cloves, minced
 $\frac{1}{3}$ C. Worcestershire sauce
1 T. black pepper

1 $\frac{1}{2}$ tsp. parsley flakes

$\frac{1}{3}$ C. lemon juice

Mix and marinate 3-4 hours or overnight.

Soy Sauce Marinade with Chicken Wings



1 $\frac{1}{2}$ to 3 lbs. chicken wings, split
2 cloves garlic, minced
1 tsp. ginger
 $\frac{1}{2}$ C. brown sugar (or brown sugar substitute)

1 large bottle light soy sauce

1 tsp. dry mustard

Marinate overnight. Line cookie sheet with aluminum foil. Cook 1 hour at 350.

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 (July 10th and August 14th).
Please contact Nicole at **978-540-2475** for the Zoom invitation to log on.

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A NOTE FROM NANCY

Nancy Levine truly lost the steak, she and her husband were planning on having for dinner one night. Here's her story written by a friend, and amateur poet.

Just a note: *Nancy is NOT an old lady!!!!*

SMELLY STEAK

There was an old lady who lost her steak.

She said "Jim, you made a mistake. I can't find the steak."

They searched everywhere inside and out.

*Soon they started to have doubts.
About a week later while in her basement,*

*Something bad she had smelt.
No, most people would be mad, smelling something bad.*

*Not her, she was glad!
That was the clue to finding her steak.
It had fallen behind a shelf.
(I think it was put there by a little elf)*

By Jo-Anne Rolla, May 2020

Farmers Market Coupons are Here!



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

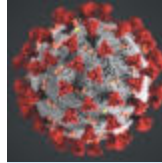
Please contact Amy at 978-540-2472 for information and to sign up; quantities are limited!

CDC Guidelines on When to Wash Your Hands



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

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



Help Stop the Spread of COVID-19

1. **Practice social distancing.**
2. **Follow stay-at-home orders.**
3. **Wear a mask if you do go out in public.**
4. **Perform frequent hand washing.**



Tips for social distancing from the CDC

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
 - ♦ Use mail-order for medications, if possible.
 - ♦ Consider a grocery delivery service.
 - ♦ Cover your mouth and nose with a [cloth face cover](#) when around others, including when you have to go out in public, for example to the grocery store.
 - ♦ Stay at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid large and small gatherings in private places and public spaces, such as a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person playdates while school is out. To help maintain social connections while social distancing, learn [tips to keep children healthy while school's out](#).
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.
- If you are a student or parent, talk to your school about options for digital/distance learning.

TECH TIPS FROM BILL VALES

Training Tips

There are some great resources on the web for learning about anything and everything.

A website I recommend for learning about computer concepts, applications and particular skills is: GCF Global and GCF LearnFree. You can read about them at the following web site:

<https://edu.gcfglobal.org/en/>

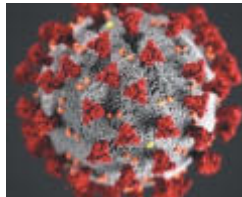
Scroll down to the bottom right and click on “**All Topics**”. You will be taken to an extensive list of topics you can select from.

I have recommended and used these free courses for years. They can provide a valuable resource for getting “unstuck” with a problem or to simply learn more about an application or to learn a brand new skill.

GCF LearnFree provides a comprehensive set of technology and computer courses including numerous Microsoft products and versions. The courses are organized into small sections with exercises, videos and presentations. You can pause, restart and view any course any number of times.

Take a look. Learning something new always feels good.

Biological Virus Compared to Computer Virus



I thought it would be interesting to discuss the use of the term “**virus**” to describe one of the more common and historic forms of malware. Comparing the attributes between a biological virus and computer virus allows us a chance to learn a bit more about both. This was something I can remember debating about with colleagues back in the 1980’s when malware was new.

I researched numerous articles and watched a video from Khan Academy on virus’ to understand some basic concepts from the biological end.

<https://www.khanacademy.org/science/biology/biology-of-viruses/virus-biology/v/viruses>

There are numerous dimensions that one can compare the two virus types. In fact, one research article by Gert Korthof listed over 22 similarities and 16 potential similarities while listing 7 dissimilarities and 5 potential dissimilarities.

This is potentially a large topic with several areas of debate and discussion. The following should provide a few ideas of how to think about the relationship between the two.

TECH TIPS FROM BILL VALES

The following concise view of comparing key attributes was synthesized from several articles I read.

Attribute	Computer Virus	Biological Virus
Replication	<i>Inert bit of computer code, that when attached to a program, document or file when executed it hijacks the computer to execute the code, causing unexpected behavior or damage.</i>	<i>Inert bit of biological material, if attached to a cell will code for its own RNA proteins hijacking the cells normal behavior.</i>
Infection within a Host	<i>Infection spreads from file to file on a particular system by being disguised as a Trojan Horse. The rate of infection is typically exponential, meaning lots of infections throughout the file system in short period of time.</i>	<i>Infection spreads from cell to cell by being disguised as a Trojan Horse. A diseased cell can spread by hijacking the DNA of an organism changing its genetic makeup. The spread of a virus through the cells of a host can be exponential.</i>
Infection across Hosts	<i>User could transfer infected file through email, flash drive or other means. Rate of host infection could be exponential.</i>	<i>Person could transfer direct infection through breathing, coughing; asymptomatic spread problematic. Indirect infection could occur by transferring to surfaces that are not cleaned. Rate of host infection could be exponential.</i>
Mutation	<i>Malware can mutate or change from copy to copy to avoid detection by anti-malware; called polymorphic or metamorphic behavior.</i>	<i>Virus mutate to become resistant to drugs, requiring different drug strategies.</i>
Self-preservation	<i>Can turn off anti-malware, firewalls and other defenses to ensure continued spread.</i>	<i>Can attack immune systems to ensure the success of the virus.</i>

A second chart below compares strategies for defending against both the biological & computer virus.

Defense	Computer Virus	Biological Virus
Prevention	<i>Security software. Firewalls, auditing software. Well trained staff; awareness of social engineering.</i>	<i>Vaccination. Good hygiene. Healthy lifestyle: diet, sleep, exercise. Social distancing where vaccine not available. Testing for virus, testing for antibodies.</i>
Defense	<i>Security software. Firewalls, auditing software. Well trained staff; awareness of social engineering.</i>	<i>Drug treatments if infected and/or Intubation. Testing for virus, testing for antibodies.</i>
Response	<i>Isolation of computer; removal from network. Trace any computers in contact with infected system and remove from network until scanned.</i>	<i>Isolation of patient to guard against spread. Contact trace anyone in contact with patient and isolate when located.</i>

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/UC0zDRpamgVdB71XZsDd72_g/playlists

- Log on to www.littletonma.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.

Senior Tax Work-Off Program



We know that many of you are wondering what sign ups and the program will look like this year. Please keep an eye out in your email/on your telephone for more information. We will update you as soon as information becomes available to us!

Ready 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.

indian hill music

All of Indian Hill Music's concerts and events have been cancelled, as a result of the pandemic. Until the music returns, we have some on-line concerts and videos of some of our students performing:

- Listen to past recordings of Orchestra of Indian Hill concerts on Instant Encore: <https://www.instantencore.com/contributor/contributor.aspx?CId=5164411>
- Videos of student performances from our Performathon can be found on these sites:

YouTube page: <https://www.youtube.com/user/IndianHillMusic>

Facebook: <https://www.facebook.com/IndianHillMusicCenter/>

Indian Hill Music School offers online lessons and classes for all ages and abilities. Come online with us to keep learning and enjoying music, including ukulele groups, beginner piano, and jazz appreciation. Learn more at <https://indianhillmusic.org/>

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JULY/AUGUST 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.