



The Broadcaster

FEB 2020



FROM LIZ'S DESK

LITTLETON EHS/COA SERVICES



Monday, February 17th

COA and Diner Closed

One of Littleton Elder and Human Service's department main priority areas this year is ensuring that Littleton is a dementia friendly community. According to the 2018 Tufts Community Health Profile, 12.5% of Littleton residents have a diagnosis of Alzheimer's or a related dementia, which is on par with the state average of 13%. It is very likely you know someone living with dementia, or caring for someone who has it. But what does it mean to be a "dementia friendly" community? Our colleagues at the Alzheimer's Association define it as "a town where people with dementia are understood, respected, and supported. In a dementia-friendly community, people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose." Being dementia friendly also means supporting the caregiver. Our last Needs Assessment surveyed residents about many aging topics, including caregiving. The results showed that 49% of baby boomers in town had provided care for a loved one in the past 5 years, a majority of which responded that caregiving was challenging.



We are thrilled to share that Littleton Elder and Human Services was awarded an Emerson Hospital Community Benefit Award of \$5,000 to support our dementia friendly mission. Our project, titled the "Dementia Care and Caregiver Stress Reduction Initiative," will enhance our community by supporting programs for those with dementia, such as our Social Club and our local Memory Cafe, and support our caregivers, through our caregiver programs. Emerson is also focused on being dementia friendly and we are excited for future partnerships. Please contact us if you have any questions or are interested in participating in one of our programs.

Please call the main office at 978-540-2470 to sign up for ALL events up to 3 days prior, to ensure a spot.

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

Happenings—February 2020

(These are just a few of our events. Look inside for more.)

Caregivers Meeting	P3	Feb 26	Wed
Coloring, Coffee and Conversation	P4	Feb 3	Mon
Crafts at the Council	P8	Feb 5	Wed
Friends' Luncheon-Mardi Gras	P4	Feb 12	Wed
Game Time	P9	Feb 6	Thurs
Hearing Screenings With Megan Ford	P4	Feb 11	Tues
"An Evening With Eleanor Roosevelt"	P9	Feb 11	Tues
CDB Craze: Facts and Misconceptions	P9	Feb 21	Fri
Indian Hill Bach's Lunch Concert	P8	Feb 13	Thurs
"LGBT Aging Project" Presentation	P7	Feb 27	Thurs
Living Alone and Living Well	P3	Feb 20	Thurs
Movie of the Month	P8	Feb 27	Thurs
Pastel Painting with Gregory Maichack	P9	Feb 26	Wed
"The Ukelele Lady From Littleton"	P9	Feb 18	Tues
Veterans Breakfast	P8	Feb 26	Wed
Veteran to Veteran Social Club	P10	Feb 13	Thurs
LFD Blood Pressure Check	P4	Thursdays	
Bingo	P8	Fridays	
Bridge Group	P8	Fridays	
Mah-Jongg		Tuesdays	
See Page 4 for list of exercise programs	P4	Mon-Fri	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30-11:30 am in Room 230. (We linger until noon.)

- Feb 6** Ransomware - What it is; how to protect yourself from it.
- Feb 13** Moving email systems; moving contacts/address book, notifying people and websites.
- Feb 20** Digital Photography. Review of concepts. Moving pictures off your phone.
- Feb 27** More Google Services - Creating forms, surveys. Synchronizing data across systems.

STAFF

Liz Tretiak, Director
 Nicole Lorenson, Assistant Director
 Amy DeMichele, Outreach Coordinator
 Sue Raymond, Admin
 Neil Campbell, MART Driver
 Laurie Dee, MART Driver
 Richard Kent, MART Driver
 William Monahan, MART Driver
 John Stenstrom, MART Driver
 Sam Palmer, On-Call MART Driver
 Gayle Dalton, Senior Diner Manager
 Nancy Hilsinger, Editor

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33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460

Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 9:00 am- 4:00 pm
 COA Outreach Hours:
 Monday-Friday

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.

**The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
 Friends of the Littleton COA Board meets the 1st Wednesday of each month at 10:30 am at the Townhall**

OUTREACH INFORMATION

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

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 Social Club (LSC)

The LSC meets on **Mondays and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Nicole Lorenson at 978-540-2475 for more details or to sign up.

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (February 20th)** in Room 233 from 10:30-11:30 am. New members welcome.

Please contact Amy DeMichele at 978-540-2472 for more information and to sign up.

We have a great group and would love to welcome new members.

Caregivers Meeting

Caregivers Support group will be meeting on **Wednesday, February 26th, from 6:30-8:00 pm in the Senior Diner** with Mary Ellen King from Concord Park

Please contact Liz Tretiak at 978-540-2470 to let us know if you plan on attending or have any questions.

Medicare or Health Insurance Question

 **SHINE** counseling is back at the Littleton COA on Fridays from **9:00 am-12:00 noon in Room 232.**

Please call the main office at **978-540-2470** to make your appointment with Kathy Myers to discuss your health insurance needs.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other Tuesday in Room 233. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The January meetings will be held on **Tuesdays February 11th and 25th from 1:00-2:30 pm, in Room 233.**

New members are welcome, but please contact Nicole Lorenson at 978-540-2475 to sign up.



Having difficulty paying your heating bills during the winter? LEHS offers a variety of assistance programs. Documentation of need is required.

*Call the Outreach offices for more information:
Nicole at 978-540-2475 or Amy at 978-540-2472. All calls are confidential*

SMOC Fuel Assistance



The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of winter heating bills. Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. People who received Fuel Assistance last year should be receiving their recertification applications in the mail.

Call Amy at 978-540-2472 to make an appointment.



Good Neighbor Energy Fund began accepting applications in January. If your income exceeds the requirements for SMOC, you may be eligible for assistance through the Salvation Army.

Please contact Amy at 978-540-2472 or Nicole at 978-540-2475 to set up an appointment to complete an application for this program.

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**.

STRETCH & FLEX CLASS



Beginning on February 1st, Stretch N Flex class fee will be \$3 per class. We never want cost to deter your participation. If a class fee prohibits your participation at all, please ask us about our financial assistance for subsidized classes. Please see Liz, Nicole, or Amy in the COA Office for confidential assistance. Many health insurance companies reimburse yearly for fitness classes. We can assist you in determining if your health insurance company participates in this practice

Hearing Screenings:



Doctor of Audiology, Megan Ford will be here on **Tuesday, February 11th in Room 230 from 10:00 am-12:00 pm** to do **FREE** hearing screenings.

Please call the front desk at **978-540-2470** to reserve your spot!

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday at the Littleton COA, Shattuck Street, Room 230, from 10:00 am to 12:00 noon**.

Susan Hoag from Nashoba Nursing Service joins us on the **2nd Tuesday of each month from 10:00-11:00 am** for screenings. The LFD will also take your blood pressure on Thursdays at noon in the Senior Diner as their schedule allows.

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!

All classes below are in the Multi-Purpose Room.
Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis Tues and Thurs 9:00 to 10:00 Intermediate to Advanced. \$3 per session.	STRETCH AND FLEX with Carol Wing Tues and Thurs 11:15-12:15 Designed for all fitness levels. \$2 per session. (\$3 starting Feb 1st)	Gentle Flow Yoga With Carol Wing Wednesdays 9:30-10:30 am Join the Gentle Yoga group. \$3.	Tai Chi-Qi Gong Monday-11:00-12:00 & 5:30 pm. Saturday, 11:00-12:00, Beginners WELCOME! \$3 per session	Line Dance With Kari Monday: Beginners 9:00-10:00 am Adv Beginners 10:00-11:00 am Friday: 10:00 am to noon. \$5 per session Cancelled 2/24 & 2/28 Makeup date: Sat, 2/29, 9:30-11:00 am
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Coloring, Coffee and Conversation



The group will meet on **Monday February 3rd at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Friends of the Council on Aging



From Chinese New Year to Mardi Gras, we are on the move to New Orleans. It's beads, masks, hats, and lots of color. Chili and cornbread is on the menu at **noon on Wednesday, February 12th at the Shattuck St. Multi-Purpose room**. Your Friends of the COA welcome you.

Our musical entertainment will be Roger Ticknell playing delta blues.

Cost for all luncheons is \$5.00 for residents and \$7.00 for non-residents.

Call the COA office for reservations at 978-540-2470.

FRIENDS' THRIFT SHOP



The Friends Thrift Shop is open **Monday through Friday from 10:00 am-3:00 pm**.

Please stop by and say hello and cruise our racks. We have donations coming in regularly, and there are lots of warm clothing to be had for these upcoming cold months!

Due to lack of space, we will no longer be able to accept Holiday items such as: Christmas, Easter, Halloween, Thanksgiving, etc.

We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by the Friends of the COA.

Minuteman Senior Services **FEBRUARY 2020** Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u></p>	<p>Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00</p>			
3 Beef & Lentil Chili Brown Rice Carrots Wheat Bread Mandarin Oranges	4 Grilled Chicken Breast Mediterranean Sauce CousCous with Roasted Veg Genoa Blend Veggies Multigrain Bread Diced Pears	5 Butternut Bisque Roast Pork Rosemary Gravy Yukon Gold Potatoes Rye Bread Vanilla Yogurt	6 Chicken ala Vodka with Penne Spinach Dinner Roll Cran-Apple Crisp	7 Salisbury Steak Jardinière Gravy Sour Cr & Chive Mashed Potatoes Green Beans Multigrain Bread Fig Bar
10 Minestrone Soup Breaded Chicken Parmesan Cavatappi Pasta Italian Bread Apricots	11 <u>SPECIAL</u> Beef Burgundy Scalloped Potatoes Creamed Spinach Wheat Dinner Roll Cherry Brownie	12 Roast Turkey Herb Gravy Bread Stuffing Scandinavian Blend Veggies Multigrain Bread Fresh Fruit	13 Cream of Broccoli Soup BBQ Beef Burger Potato Wedges Hamburger Bun Applesauce	14 Potato Pollock Tartar Sauce Butternut Squash Mixed Vegetables Wheat Bread Fruit Yogurt
17  No Meals Served	18 Chicken Corn Stew Winter Blend Veggie Multigrain Bread Butterscotch Pudding	19 White Bean Kale Soup Vegetable Lasagna Roll Up Dinner Roll Mixed Fruit	20 Homestyle Chicken Drumstick O'Brien Potatoes Green Peas Wheat Bread Almond Cookie	21 Roast Pork Apple Gravy Mashed Sweet Potatoes Spinach Multigrain Bread Fresh Fruit
24 Vegetable Soup Grilled Chicken Breast Honey Ginger Glaze Vegetable Fried Rice Wheat Dinner Roll Fortune Cookie Gingerbread Cake	25 Shepherd's Pie with Gravy Green Beans Pumpernickel Bread Pineapple	26 Gypsy Soup Baked Pollock Loin Florentine Sauce Orzo Pilaf with Spinach Multigrain Bread Fresh Fruit	27 Chicken Kielbasa & Cabbage Casserole Red Bliss Potatoes Carrots Rye Bread Sliced Peaches	28 Macaroni & Cheese Stewed Tomatoes Wheat Bread Lorna Doones

 **WE'RE HIRING**
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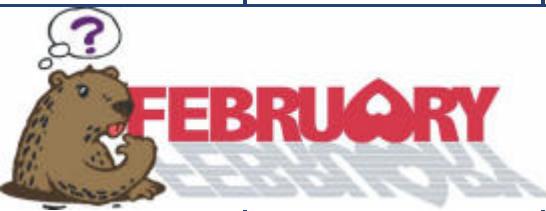
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FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FEBRUARY				
3 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee and Conversation 5:30 pm Tai Chi	4 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	5 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 10:30 Friends of the COA Board Meeting 1:00-3:00 Crafts at the Council	6 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-3:00 Game Time	7 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo
10 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting 5:30 pm Tai Chi	11 9:00-10:0 Fit 4 Life Class 10:00 "An Evening With Eleanor Roosevelt" 10:00-12:00 Hearing Screenings with Megan Ford 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	12 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends of the COA Mardi Gras Lunch	13 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-3:00 Veteran to Veteran Social Club	14 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 1:15 Bingo 
17  COA & Diner Cosed	18 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 2:00 "The Ukelele Lady From Littleton"	19 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	20 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Grp 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	21 9:30 Bridge Group 10:00-12:00 Line Dancing Noon Lunch 12:00 CDB Craze 1:15 Bingo
24 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 pm Tai Chi	25 9:00-10:0 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	26 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Pastel Painting with Gregory John Maichack 6:30-8:00 pm Caregivers Mtg	27 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month 3:00-5:00 LGBT Aging Project Presentation	28 9:30 Bridge Group Noon Lunch 1:15 Bingo

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LADIES' BREAKFAST

February 13th - 7:30 to 9:00 am



MEN'S BREAKFAST

February 19th- 7:30 am to 9:00 am



Senior Diner - Shattuck Street

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs



Get to Know the EHS Staff: Amy DeMichele

It's hard to believe she hasn't been with us all along, but Amy is the newest member of the EHS Team! Amy is the Outreach Coordinator for EHS and that means no two days are ever the same for her. She has quickly learned the ins and outs of the job and, on a daily basis, helps people get what they need whether that is support, applying for benefits/housing, making referrals and providing information. In addition to her day to day responsibilities, Amy has worked on our Intergenerational Programming as well as LGBTQ events.

Amy came to us with 12 years of experience in Human Services and has already become an enormous asset to the department.

Amy says her favorite part of her job is to help people and her favorite part of the town of Littleton is the strong sense of community—"everyone wants to help one another however they can. It is truly inspiring".

Amy says the one thing she wishes people knew about the EHS Department is that there is no wrong door. If you live in Littleton we will help you.

In her free time, Amy enjoys spending time with her family and friends.

If you haven't had the pleasure of meeting Amy, be sure to come by and introduce yourself! Thank you Amy. We are so lucky to have you!

NEW DEADLINE FOR BROADCASTER SUBMISSIONS

Beginning with the February 2020 Broadcaster, the deadline for submission of articles will be the 5th of the month, instead of the 10th.

WISH LIST



Grocery Gift Cards



Postage Stamps



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.



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.

Crafts at the Council

Wednesday, February 5th from 1:00-3:00 pm in the Multi-Purpose Room. The cost is \$3.00.



Here we are in February already. It will be a little easy this month. We will be making note cards. We will be using different media as such as stamping, stickers, cut papers and sayings. Since it will be early, we will have available valentine ideas and embellishments. See you all then.

Call the COA at 978-540-2470 ASAP to sign up.



Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233**. Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various local charities. Yarn and needles are available. Come try it out and join this fun group!



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more. **Open every Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator. Call John Boroski at 978-540-2485 to make an appointment.**

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this **FREE** offering. **Wednesday, February 26th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**



Come join us for *Bingo at the Senior Diner, every Friday at 1:15 pm.* See you there!!



Movie of The Month



Thursday, February 27th at 1:00 pm, "The Peanut Butter Falcon", will be shown in Room 230. \$2.00 donation is requested. Please sign up in the COA office or call 978-540-2470.

Bridge Group



Littleton EHS is happy to welcome a friendly Bridge Group to the COA, **every Friday starting at 9:30 in Room 230.** Beginners are welcome and there will be members available to help teach you the rules of the game!

Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening at the Congregational Church from 5:30 to 6:30 pm.** The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

Bingo at St. Anne's Church



The Sunshine club will meet on **Thursday, February 20th from 1:00-3:00 pm** at St. Anne's church. We play bingo and there are prizes and refreshments. All are invited.

Any questions, please call Chris Banks at 860-303-0001.

Senior Bingo Afternoon



Come join us on **Thursday, February 13th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, coffee and tea. Bring a friend and celebrate an early Valentine's Day outing with friends. It's **FREE.**

Jane Lyons 978-486-3436

SENIOR BOWLING



Tuesday - Thursday 10:00-1:00

3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638.**

INDIAN HILL MUSIC



Our February "BACH'S LUNCH CONCERT" is scheduled for **Thursday, February 13th - Chamber Winds and Strings**, featuring Eileen Yarrison, flute, Bill Kirkley, clarinet, Jonathan Hurley, guitar and Karen McEconomy on viola. **Performances at 11:00 am and 1:30 pm, 36 King Street, Littleton, MA.** Complimentary coffee, tea, and cookies; bring your lunch. **FREE** admission.

Reservations required for groups of 5 or more. **Call (978) 486-9524 (press 0).**

Learn more at www.indianhillmusic.org.

Please do not make reservations via email. Thank you!

Special Programs -Mark Your Calendar

Tuesday, February 11th at 10:00 am, Room 233 "An Evening With Eleanor Roosevelt"



Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt. During this presentation, meet Eleanor Roosevelt at her home, learn about her role as a human rights activist, and inspect many primary sources that were very much a part of Eleanor Roosevelt's personal and professional life. Cohen's presentation is both interesting and interactive, focusing on Eleanor after the death of Franklin, when she is living at Val Kill on her own. This program is part portrayal and part presentation. Carol Cohen currently works at Lesley University and is a published historian and playwright. She owns an educational consulting company and is currently writing the book **"Life Lessons from Eleanor Roosevelt."**

Please call the front desk to sign up, 978-540-2470.

Tuesday, February 18th at 2:00 pm in Room 233 The Ukulele Lady From Littleton



Join us for an afternoon with the Ukulele Lady from Littleton! Robin Sewell, a.k.a. "The Ukulele-Lady from Littleton," rediscovered her love for singing while learning to play the ukulele six years ago. Frequently she can be found strumming away for family events or performing at various assisted living residences, senior centers, or town events, along with a circle of like-minded friends, west of Boston. Music selections tend to center around the 1950's and surrounding decades. Audience participation is welcomed!

Tuesday, February 18th at 2pm, come enjoy some music and beverages in Room 233.

Please call 978-540-2470 to sign up!



Pen-Pal Program

We have a **NEW** addition to our Intergenerational Programs. Would you enjoy exchanging letters and getting to know a young Littleton resident? The COA and Tricia Singer's 3rd Grade class have organized a **Pen-Pal Program**. We need 20 Participants to match each student with their own pen-pal.

The program is scheduled to begin in February.

Contact Amy at 978-540-2472 to receive additional information and sign up.

Friday Feb 21st, Noon, Room 233 The CBD Craze: Facts and Common Misconceptions About CBD Oil



We see "CBD For Sale Here" everywhere we go these days, at health food stores, gas stations, online and even in our health practitioners' offices. The mention of cannabidiol (CBD) oil, which contains CBD extracts from the cannabis plant, is bound to grab your attention and unsolicited advice about the risks and benefits from friends and self-proclaimed experts.

Join us for a **"Lunch and Learn," Friday, February 21st, lunch beginning at 12 noon** and a presentation from Joyce Strong, RN, Total Wellness beginning at **12:30 pm**. Please call the front desk to sign up, **978-540-2470**.

Wednesday, February 26th at 1:00 pm, Room 233

"Sail Away on the Craft of Pastel Painting," with Artist Gregory John Maichack



The Littleton COA will host award-winning pastel artist Gregory John Maichack to present an adult hands-on workshop, "Sail Away on the Craft of Pastel Painting." Imagine using sailboat references and Maichack's pastel version of Monet's Impressionist painting, "Sailboat at Le Petit-Gennevilliers," to create your own pastel painting. In this new, highly researched two-hour workshop, you will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, creating a painting in your own style, realistic or Impressionistic, in this fun pastel painting workshop. This pastel painting workshop is designed for sheer beginners to experienced artists.

The cost is \$5.00. Call the COA Office at 978-540-2470 to sign up.



On the first Thursday of each month (February 6th) from 1:00-3:00 pm, Room 233 will be open and stocked with board games and playing cards. Bring a friend, or meet someone here and pick the game of your choice!

This is a drop in activity time, no sign up necessary.

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

Resolve to Recycle More



There are now two collection points for your hard-to-recycle plastics: at the back entrance of the Reuben Hoar Library, and in the yellow bin at the Transfer Station in Littleton. You may recycle (reasonably empty and dry):

- oral care products & manual toothbrushes (no electric toothbrush heads)
- personal care products (skin, lip, eye, ear and foot care, as well as cosmetics)
- vitamins/minerals/supplement blister packs, tubes, bottles (no prescription bottles)
- air freshener and cleaning pumps, trigger sprays, cartridges (no aerosols)
- throw-away mop refills, detergent inner bags (brand-specific – see URL below)
- pet food pouches and bags (brand-specific – see URL below)

Terracycle gives points for each item which translate into cash for non-profits such as 4-H, the Littleton schools, and the library. Still have questions? Reference the web site <https://sites.google.com/view/littleton-ma-recycles>, or email littletonma.recycles@gmail.com

Book Buddy Program

If you are looking for an hour of fun, please join the Book Buddy reading program at Shaker Lane School, with Michelle Barth's kindergarten class. This is just one of our Intergenerational Programs for seniors.



Once a month on a Friday, from 10:30 to about 11:30 am, on March 13th, April 10th and May 8th (no meeting in February), we will go to Shaker Lane School, meet your Buddy, and teacher, Michelle Barth, and her class. We will be assigned 1-3 Book Buddies each, and read stories together. You may bring your own book, or pick one from a selection provided for us.

This is a fun program, and very rewarding for the students and you.

If you are interested and would like further information, **please call the COA, at 978-540-2470.** Someone will get back to you with specific details.

Veteran to Veteran Social Club



Littleton EHS would like to welcome Veterans of all ages to join our new Veteran Social Club, hosted by United States Air Force Veteran, Hal Arthur. This group will meet on the 2nd Thursday of each month in Room 233.

The first meeting will take place on Thursday, February 13th from 1:00-3:00 pm.

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. Any one 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**

HEAR YE' HEAR YE' COME ONE, COME ALL



How about we all start out our new year with something exciting we can do for our **OURSELVES?**

Do you like to sing and not only in the shower? Would you like to sing with another person or even in a group?



Do you like to play a musical instrument? Would you like to play solo or with others?



Don't be shy. We really need you. How many of our seniors sit at home with something exciting to look forward to? Hmmmm!

The Friends of the COA and the COA are hoping to start a couple of groups that may peak your interest. You don't have to be a fabulous singer and sometimes you might even think you sing off key. The clue here is that you love to sing.

Do you have an instrument that's been sitting in the closet for years, and have been thinking of taking it out and playing it again? It may not be fun to play alone, but it would be great to play with others. Which musical instruments do you play? The COA even has a piano.

We would like to get some groups involved and hope we come up with a plan. This may take some time to start up, but it's certainly worth it. Come on now, you know you want to. **Please call the COA at 978-540-2470.** Tell them that you are interested in singing, or playing an instrument, or both. Someone will get back to you with more information.

Promise!

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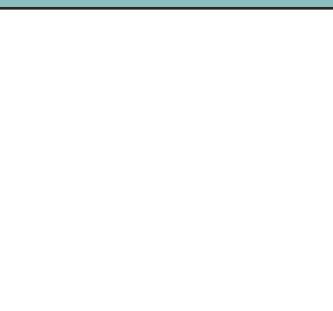
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FEBRUARY 2020

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.