

# The Broadcaster

DECEMBER 2020



**Fri, 12/25 & Fri, 1/1/2021**  
**COA Closed;**  
**No Meals on Wheels**

## IMPORTANT NOTICE

At the time of printing this issue of The Broadcaster, the Elder and Human Services Department is open by appointment only. Starting in December, we will offer extremely limited in-person programming. All other events will continue to meet virtually.

Please feel free to check in with the front office at **978-540-2470** for updates on this ever-changing situation.

As always, EHS staff continues to work to assist the community. Please reach out if you are in need. **However, if you have a life threatening emergency, please call 911.**



**OUR HOLIDAY WISH** has been to bring back indoor programs and we are thrilled to announce that our wish has come true, as we will be offering very limited indoor programming, starting in December. First and foremost, we must be conscious of the physical health and safety for our participants and fellow Town Hall staff. Our plan is to slowly, steadily, welcome back programs and to safely bring you back together. In order to make this happen we need your cooperation and support! If you are not feeling well, please stay home. Masks will be required and if you do not have one, one will be provided. With strict guidelines on limited program attendance, all participants must pre-register for programs included in this newsletter. This will be the process moving forward. **Registration opens on December 1st and programs are open until filled. The phone line opens at 9:00 am (978-540-2470). We will not accept any registrations before 9:00 a.m.** and please do not leave a message, as you must confirm your registration with a staff member. In addition to pre-registration, you will be asked to complete a **health screening form and waiver** (electronic submission made available online) per program. Given participation limitations, priority will be given to Littleton residents and out-of-town guests will be placed on a waitlist and welcomed, if space becomes available. Participants are encouraged to arrive only 5 minutes prior to the start of the program, and are asked to enter through the main entrance of Town Hall as you find your socially distanced spot in the Multipurpose Room. After the program, kindly exit through the door near the Diner for one-way traffic. Please do not linger before or after in the Multipurpose Room. **We are taking measures to be cautious and if new health concerns arise, we could be asked to cancel programs.** Living through COVID-19 has continuously taught us to be adaptable and we do appreciate your continued flexibility! We hope to see you. However, if you do not feel comfortable participating indoors, please continue to stay connected through our virtual programs and events, grab and go programs, and watching programs made available on LCTV. The Elder and Human Services Staff has been here and we continue to be here for YOU! If you have any questions, comments, or suggestions, please let us know. We want to hear from YOU! May you have a blessed and wonderful holiday season!

Participation Waivers can be completed either 1) electronically or 2) pick-up at Town Hall.

Use the following steps to complete the electronic participation waiver:

- 1) Go to [www.littletonma.org](http://www.littletonma.org), then to the "Departments" tab at top of page, then to "Elder and Human Services".
- 2) Locate and click on "Release and Waiver of Liability and Indemnity Agreement" on the left-hand side.
- 3) Fill out your information including the name of specific program, then scroll to the bottom right of the form and click on the blue box that says, "Sign and Submit". Apply your signature then click on the yellow box on the bottom right page that says, "Finalize and Submit".
- 4) You will get a confirmation of your submittal with an option to print the form if you have completed the form correctly.

*Ashley*

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



## COA Board Update

Do you know that the Select Board identified five priority goals to focus on for the 2020-2021 year? They also decided to have one Select Board member designated to work specifically on one of the five goals.

Making a Senior Center a reality is listed as priority number two. We are grateful that Matthew Nordhaus volunteered to work on the "Senior Center" goal with us! Matthew is a newcomer to the Select Board and has been in touch with the COA Board to gather as much information as he can about this long ago established need. He also is a member of the Affordable Housing Trust and has much interest in helping to have more affordable housing options available in Littleton. As many of you realize, the two greatest needs for Littleton seniors are (1) a Senior Center and (2) affordable housing for seniors wishing to downsize. Matthew is interested in both of these needs!

The COA Board Vision Sub-Committee was established at the September 2020 Board meeting. The primary focus of this Sub-Committee is to help achieve the goal of making a senior center a reality. They need YOUR help! Please look for a survey regarding your thoughts about a senior center toward the end of December on the Town website and fill it out! Also, please help spread the word about the survey. All residents need to share their thoughts....not just seniors!

**Marge Payne, Chair, COA Board**



We've got new drop-off points to recycle your hard-to-recycle plastics!

We are so excited that we're now able to provide collection bins open for everyone to drop by and use! They're at the Donelans supermarkets in both Littleton and Acton, MA. 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 – no aerosols)
- Vitamins/minerals/supplement blister packs, tubes, bottles (no prescription bottles)
- Air freshener and cleaning pumps, trigger sprays, cartridges (no aerosols)
- Old pens and mechanical pencils (no whiteboard pens)
- Well-used food storage containers (plastic or glass - please no styrofoam or broken glass pieces)
- And so much more – see URL or QR code below



NOT SURE WHAT YOU  
CAN RECYCLE?

SCAN THE QR CODE

Or visit  
[tinyurl.com/littletonmrecycles](https://tinyurl.com/littletonmrecycles)



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://tinyurl.com/littletonmrecycles>, or email [littletonma.recycles@gmail.com](mailto:littletonma.recycles@gmail.com)



The Town of Littleton has compiled information and resources for residents and members of the community.

Visit: <https://www.littletonma.org/information-coronavirus-covid-19> for information on the Town's response to COVID-19 and the impact on town services, programs and facilities. The page will be updated as new information becomes available.

## STAFF

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

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**Dottie Ruiz, Secretary**  
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**Sharon Corbin**  
**Andy Fredette**  
**Carol Vales**

33 Shattuck Street,  
P.O. Box 1305  
Littleton, MA 01460  
Main Phone: 978-540-2470  
Fax: 978-952-2363  
Outreach: 978-540-2472  
Senior Diner: 978-540-2474

**COA Office Hours:**

Monday-Friday

9:00 am- 4:00 pm

**COA Outreach Hours:**

Monday-Friday

9:00 am-3:00 pm

## Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our website [www.littletonma.org](http://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.**



### Are you currently renting in Littleton and struggling to make ends meet?

Littleton currently has two programs available that are able to provide financial support to rent-burdened individuals/families. While both of these programs provide financial assistance towards rent, there are differences between them.

**The Emergency Rental Assistance Program** began with the intent to help those whose income was impacted as a direct result of the pandemic. Financial assistance is provided to eligible households for a duration of three months and the amount is dependent on the number of bedrooms in the apartment.

**The Littleton Rental Assistance Program** began accepting applications last fall and there are still spots available! This program provides \$250.00 a month towards rent for up to 3 years, for eligible households. A family member of a current Littleton Rental Assistance Program recipient reached out expressing how this program has positively impacting the recipient. With their permission I am sharing their words on how this program has helped their loved one and may be able to help one of your loved ones as well!

*“Dear Amy, I can’t exaggerate the positive impact the Rental Assistance Program has made in Mom’s life. She now has breathing room where before she was barely being able to make ends meet. It has made all the difference in her quality of life and peace of mind. We are so very grateful! Thank You!”*

I encourage those in the community to visit our website at <https://www.littletonma.org/elder-and-human-services> to find out more about these programs and their eligibility criteria or call our department at (978)-540-2470 if they are struggling. We are here to help.

**Amy DeMichele, CDP, Outreach Coordinator**

### William James INTERFACE

Your mental well being is important! This website is free and can connect you and loved ones to specific support, in your area virtually, with someone specializing in what you need and who accepts your health insurance.

<https://interface.williamjames.edu/community/littleton>



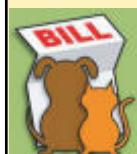
The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income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

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



To apply for Fuel Assistance, contact Amy to schedule an appointment: [ademichele@littletonma.org](mailto:ademichele@littletonma.org) or call 978-540-2472

### Struggling to pay Vet Bills?



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

**Disclaimer:** Some announcements and advertisements in this Broadcaster are not sponsored by the EHS/COA.

### 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**.



## CORNER

**Question:** How can I support the Elder and Human Services Department?

**Answer:** The holiday season is a time of giving and we thank those who have contributed to our Department over the years.

**Here are just some of the ways that you can help!**

- TREAD: Tax Relief for the Elders and the Disabled  
<https://www.littletonma.org/elder-and-human-services/pages/tread-program>
- EHS New Senior Center Building Fund
- EHS Outreach and Program Gift Account
- Emergency Assistance Fund for assistance with rent, utility bills, car payments/repairs

- EHS Transportation Gift Fund
- COA Van Gift and Donation
- Veterinary Assistance Fund
- Friends of the Littleton COA: The Friends are a 501(c)(3) organization that provides support to the Council on Aging.
- General Donation

We thank you for your continued support to our efforts.

If you could benefit from support services, please contact Amy DeMichele, Outreach Coordinator, 978-540-2472.

## TECH TIP FROM BILL VALES



Here we are in December with the COVID-19 pandemic still raging. There is still no national strategy for testing, contact tracing or mitigation. We are anxiously waiting for an effective vaccine that will be widely available, but that is months away. The death toll in the US is over 240,000 with total US infection rates exceeding 10,000,000. The US has 4% of the world's population, yet we have over 20% of COVID infections. The US is the leader in COVID-19 deaths and infections.

I would like to remind people that the concepts we have discussed in previous broadcasters such as exponential growth, flattening the curve and virus mitigation strategies apply more than ever. The number of infections are growing exponentially again in areas. On election day the number of single day new infections in the US exceeded 100,000; we have exceeded this level the last 12 days. Once again we need to flatten the infection curve and keep it flattened. Most importantly we need to wear a mask, socially distance, avoid congregate settings and wash our hands. These are very simple mitigation techniques that will save the lives of friends, families and strangers.

We need to follow the science to mitigate the negative effects of the virus. Until we have a vaccine, these mitigation strategies represent the best chance we have to open society and save lives.

Infection rates are increasing, test positivity rates are increasing and deaths are increasing. The pandemic is not going away anytime soon; expect more people to be infected and more to die. We are facing dire predictions for the winter unless we act to follow mitigation strategies.

We have also heard of a strategy called herd immunity. We discussed R0 (R-naught), HIT (herd immunity threshold) and other concepts. The majority of the science and medical community consider herd immunity to be a flawed strategy that is unethical and unworkable. The Lancet, a peer-reviewed highly regarded medical journal, referred to herd immunity as a "dangerous fallacy unsupported by scientific evidence". Herd immunity will cost hundreds of thousands if not several millions of additional lives if followed, according to some estimates..

Please remain vigilant against the virus. Continue to listen to science-based strategies from recognized experts. Avoid conspiracy theories, non-scientific speculation of cures or treatments and dogma of any persuasion relating to the virus. Follow the science for testing and mitigation; it is the best way we can open up society, keep our hospitals functioning and remain alive.



### Blue Cross Blue Shield of Massachusetts Presents:

**Taming Your Mind with Mindfulness Techniques Webinar**, Presented by Janet Fontana, RN and Certified Health Coach

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer.

Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

**December 8th, 2:00-2:30 pm. Register Now at [www.bcbsma.info/Dec8](http://www.bcbsma.info/Dec8)**

## Holiday Meal Distribution

Monday, December 21<sup>st</sup>

9:00 am—12:00 pm, and 2:00-5:00 pm  
(no ticket required)

If you cannot get to the Pantry, please call Dispatch at 978-844-6809 to sign up for a Pantry delivery no later than Monday, December 14<sup>th</sup>.



## Dine and Dash

Friday, December 11th,  
12:00 noon - 1:00 pm

Join us for a delicious meal (to go!) generously sponsored by Rivercourt Residences in Groton. The menu includes harvest chicken salad wraps, chips, gingerbread cookies, a mug and a variety of teas!

Participants may pick up their meal in front of the library. **Maximum number = 30.**

Call the EHS Front Desk at 978-540-2470 to sign up.



## From Betty's Kitchen: Holiday Cocktail Meatballs

Cocktail size meatballs, use your favorite recipe. Makes approximately 25-30 meatballs.

3 jars of chili sauce  
1 jar grape jelly (30 oz)

### Instructions:

Make a batch of your favorite meatballs, cocktail sized. Meanwhile melt 15 ounces of grape jelly, half the jar, in a crockpot. Add 2 jars of chili sauce to the jelly. Stir in meatballs, simmer in the sauce for about an hour. Taste the sauce and add more jelly or chili sauce, depending on your tastes.

I make these every year and they are always a big hit, whether you are celebrating with family or treating yourself to a special meal. **ENJOY!**



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.

## Friends of the COA Updates

### TELETHON

Here we are, another month of waiting to hear all is well and we can join a large group of friends for fun and games. Each month has us waiting for the answers to COVID, but we still don't know when it will end.

Meantime the Friends of the COA are making plans that will help ease the wait.

We are planning a Telethon as a fund raiser and will be looking for talent to help make it a success. If you have anyone, family or friend, who would like to share their talent on the show, **please contact Barbara McRae at [bjtrm@aol.com](mailto:bjtrm@aol.com)** and share what that is.

We will need volunteers to take calls and keep track of donations. We hope it will be fun for all involved.



Tuesday, Dec 15th  
Pickup between 11:00 am and 12:00 noon

Meantime the Friends have planned another "Grab and Go" lunch for 100 Littleton seniors. The date is **Tuesday, December 15th** and IL Forno is our go-to restaurant. There will be a charge of \$5.00 per person for a delicious pasta meal. **Sign up will be after December 1st by calling 978-540-2470.**



Recently the Friends Thrift Shop was closed due to the pandemic. With the need for social distancing, the room was needed for office space in order for the EHS/COA to safely service the elders in town. After emptying out the Thrift Shop, we were able to service others by donating to a great local cause. There is a trailer parked in the high school parking lot. All clothing and shoe donations are accepted. The items are then weighed and the proceeds benefit our sports teams. Nancy Morrison was the driving force behind this effort and has been monitoring it for the past eighteen years. If you have a donation, but no means to take it to the high school, you can arrange for pickup by contacting Nancy at [nancymorrison@yahoo.com](mailto:nancymorrison@yahoo.com)

The volunteers from the Friends Thrift Shop miss all of you!



- CRISIS PLANNING
- LONG TERM CARE & MEDICAID PLANNING
- GUARDIAN & CONSERVATORS
- WILLS, TRUSTS, & ESTATE PLANNING
- PROBATE & TRUST ADMINISTRATION
- Ask about our Aging Advocate Program

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Littleton Council on Aging, Littleton, MA 06-5119

# Minuteman Senior Services DECEMBER 2020 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</b>	1 Grilled Chicken Breast Pesto Cream Sauce Tri-Color Rotini Broccoli Italian Bread Applesauce Cup	2 Roast Pork Cran-Orange Sauce Wild Rice Pilaf Cauliflower Multigrain Bread Cookie	3 Potato Pollock Tartar Sauce Au Gratin Potatoes Peas & Carrots Wheat Bread Fruit Cup	4 Shepherd's Pie Mixed Vegetables Wheat Dinner Roll Fresh Fruit
7 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Strawberry Fruit Cup	8 Chicken Meatballs Tomato Basil Sauce Tater Tots Italian Blend Vegetables Grinder Roll Chocolate Chip Muffin	9 Grilled Chicken Breast BBQ Sauce Baked Beans Brussels Sprouts Wheat Dinner Roll Fresh Fruit	10 Meatloaf Onion Gravy Whipped Potato Carrots Wheat Bread Lorna Doones	11 Beef Stew Green Beans Rye Bread Applesauce
14 Pollock Loin Lemon Dill Sauce Peas Winter Squash Wheat Bread Fruit Cup	15 Sloppy Joe Spinach Potato Wedges Hamburger Bun Yogurt	16 Chicken Jambalaya Brown Rice Mixed Vegetable Rye Bread Fresh Fruit	17 <u>SPECIAL</u> Pot Roast with Gravy Au Gratin Potatoes Broccoli Wheat Dinner Roll Pound Cake with Strawberries	18 Lasagna Roll Meat Sauce Italian Blend Vegetables Multigrain Bread Fig Bar
21 Beef & Lentil Chili Corn Carrots Multigrain Bread Fruit Cup	22 Grilled Chicken Breast Florentine Sauce Whipped Sweet Potatoes California Blend Vegetables Wheat Bread Snack N Loaf	23 Chicken Corn Stew Brussels Sprouts Pumpernickel Bread Fruit Cup	24 Roast Pork Gravy Orzo Spinach Pilaf Green Beans Wheat Dinner Roll Peach Applesauce	25 Christmas No Meals Served 
28 Grilled Chicken Breast Lemon Picatta Sauce Chantilly Potatoes Spinach Rye Bread Cookie	29 Potato Pollock Tartar Sauce Seasoned Red Potatoes Capri Blend Vegetables Wheat Bread Fruit Cup	30 Chicken Meatballs Swedish Sauce Egg Noodles Mixed Veggies Multigrain Bread Yogurt	31 Teriyaki Beef Broccoli Vegetable Fried Rice Fortune Cookie Wheat Dinner Roll Fruit Cup	January 1 New Year's Day No Meals Served 



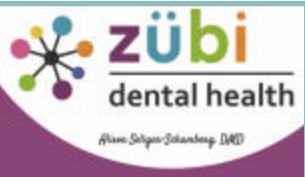
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Littleton Council on Aging, Littleton, MA 06-5119

# zoom

## Video Conferencing

### Virtual Social Anxiety Group

Social Anxiety Group continues to meet every other **Tuesday from 1:00-2:30 pm** via Zoom and we would love to have you join! December dates will be **Tuesdays December 1st, 15th and 29th**.

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

### Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, December 17th at 10:30 am**.

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

### Virtual Loving Stitches



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

**Please contact the EHS Dept. at 978-540-2470** for Zoom information on how to log in.

### Virtual Coffee Hour



Join EHS Staff for a virtual coffee or tea hour via Zoom.

**The second Friday of every month from 9:00-10:00 am (December 11th).**

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

### Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from **6:00-7:00 pm**. **December's meeting is on Wednesday, December 30th.** Please contact Amy at **978-540-2472** for details.



### Line Dancing Classes

Kari's Line Dancing classes are available on LCTV, or OnDemand via the LCTV website [littletonma.org](http://littletonma.org)

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.

*The  
Ukulele Lady  
from Littleton*  
a live, virtual concert experience

Monday, December 21st at  
2:00pm  
PLEASE CALL THE FRONT DESK FOR  
ZOOM LOG IN INFORMATION AT  
978-540-2470

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

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



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

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

# More ZOOM Events

## Holiday Musical Bingo



Thursday, December 17th, 2:00-3:00 pm

The holiday bingo game riffs on timeless holiday favorites like "Jingle Bell", "Silent Night", and so much more! Call the Elder and Human Services Department at 978-540-2470 to receive the Zoom meeting information.

Don't forget you can call into the game, too! Open to all.

## Virtual COA Internet Presentations



It's time to meet again for Bill Vales' COA Internet Presentations. The last time we met was back in February.

We will use the Zoom video conferencing tool. Our first meeting will be Thursday, December 10th at 10:30 am. We will use this time to get reconnected with one another using Zoom. We will work out Zoom connection and procedural issues during the first session. Once we get our new meeting format going we will develop and publish an agenda.

To signup for this meeting please call the COA at **978-540-2470**. Provide your name and email address. Before the meeting you will receive an email with the Zoom link that you will use to connect to with your web browser.

This should be a good learning experience for all of us. I am looking forward to seeing you.

### December Schedule:

December 10th, 10:30 am

December 17th, 10:30 am



## Winter Weather Policy



### Littleton EHS Winter Weather Policy regarding van service:



This year, EHS vans will follow the decision of Minuteman Senior Services/Meals on Wheels. When Meals on Wheels deliveries are canceled, all van services will be canceled.



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

Call **978-540-2470** to sign up!

## Craft Class for December

SAVE THE DATE, Tuesday, Dec 1<sup>st</sup> - REGISTRATION



Here we are in December already and it is time for the holiday centerpieces. We are planning to have 3 different day classes in the multipurpose room

Dec 2<sup>nd</sup> 10:00 to 11:30 am; Dec 3rd 10:00 to 11:30 am; Dec 4th, 10:00 to 11:30 am

If you do not feel comfortable with indoor classes you may do the Grab and Go on:

Dec 4<sup>th</sup> 10:00 to 11:30 am **GRAB AND GO WHILE IN-DOOR CLASS IS IN PROGRESS**

You only pick one date and you must register on Dec 1<sup>st</sup>. Call **978-540-2470** to register.

There will only be 8 people per class, so you will each have your own table to work at. You will be required to wear a mask and gloves will be provided to you. Social distancing must be observed. If you still have your container from last year please bring it. If not, don't worry, we will provide one for you. **The cost of the class will be \$3.00,**

If you have signed up and cannot attend, please call the office and cancel because this is a big class and there is generally a wait list.

*In conformance with state and local public health guidelines, all class sizes are limited to 8. In addition, masks must be worn and social distancing adhered to. Pre-registration required.*

**Reduce Stress and Anxiety with Healing QiGong on Mondays, December 7, 14, and 21, 10:00 am – 11:00 am, Multi-Purpose Room. Cost: \$9.00 (Pay in advance)**

**Instructor: Dave Crocker**



The on-going pandemic has rattled all of us to varying degrees. We have been moved out of our comfort zone, which is unsettling to our body, mind and spirit. The resulting stress and anxiety is an unhealthy by-product of the situation we find ourselves in. QiGong's gentle movements help to move blood and oxygen around the body, nourishing the organs and tissues promoting healing, strengthening the immune system and improving balance (physical, mental & emotional). In addition, due to the connection of the mind to the breath, QiGong helps to calm the mind, relieving emotional stress and mental anxiety.

*In conformance with state and local public health guidelines, all class sizes are limited to 8. In addition, masks must be worn and social distancing adhered to. Pre-registration required. Call 978-540-2470.*



**CaptionCall** is a no-cost captioned telephone service that allows eligible people with hearing loss to read what a caller is saying - giving you the confidence and independence to use the phone again without worries. To be eligible for the service, you must have hearing loss that necessitates the use of captioned telephone service. The CaptionCall phone displays big, easy-to-read text that automatically scrolls during your conversation. It dials, rings, and works just like a regular phone. CaptionCall provides "red-carpet service" that includes more than just a no-cost phone and captioning service. You get no-cost installation, hands-on training, and ongoing customer support. Your satisfaction is guaranteed. CaptionCall is an FCC-authorized captioned telephone service provider and is compensated by the government for providing this service. No costs are passed on to qualified users.

To learn more, please join our Zoom presentation on **Wednesday, December 16th at 10:30 am**.

Our CaptionCall Massachusetts Account Manager, Peter Johnson, will demonstrate the CaptionCall products, answer questions, and assist attendees who are hard of hearing with ordering the phone and services at the conclusion of the presentation.

## Senior Tax Work-Off Program



We are pleased to announce that the Select Board voted on November 9, 2020 for our Department to move forward and enroll participants into this year's program. Starting on December 7th until December 18th, we will formally open enrollment in this program. Prior participants who have expressed interest in participating in this year's program will receive their paperwork via email or notified by phone by November 30th. If you do not receive paperwork by the end of November or if you are a new participant please call us at **978-540-2470** to ensure that your name is on our list. **Application deadline is Friday, December 18th by 12 noon** via US mail or drop-off at the main Town Office entrance.

Once enrollment is complete, the EHS Department along with Human Resources will match you with a Department. You will receive notice of your job placement sometime in January. Please know we will do our best to find work for everyone enrolled, but all is pandemic dependent.

## Emergency Contact Information

- ★ Littleton Police Department: 911 or 978-540-2300
- ★ Littleton Fire Department: 911 or 978-540-2302
- ★ **Psychiatric Emergency Services: (800) 540-5806** If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician.
- ★ We are available to help 24 hours a day, every day.
- ★ **National Suicide Prevention Hotline: (800)273-8255**
- ★ **Samaritans Statewide Helpline: (877)870-4673** The Samaritans Statewide Helpline is available to anyone in Massachusetts who is need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.
- ★ **COIN: Community Outreach Initiative Network, Addiction and Recovery assistance 508-488-5072.**

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

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

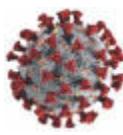


Lively, funny, and deeply researched, "***This Chair Rocks***" traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. The book explains the roots of ageism—in history and in our own age denial—and how it divides and debases,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

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

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

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



## COVID Precautions

**For the health, safety and well-being of all, the following new requirements have been implemented:**

- Follow proper hand hygiene and respiratory etiquette.
- Always wear a mask.
- Ensure social distancing is maintained and abide by assigned seating.
- Do not visit if you are feeling ill or if you have been exposed to someone who has tested positive for COVID-19.
- You may only enter 5 minutes before your program and asked to exit immediately after (enter through the main entrance and exit through the door near the dinner).
- There will be screening before or upon entering the building and completion of waiver including a COVID-19.
- New cleaning protocol may impact scheduling.
- Must sign-up for programs.
- The Elder and Human Services Department is still open by appointment only.

### REMINDER:

**ALL ACTIVITIES LISTED IN THE BROADCASTER ARE FOR LITTLETON RESIDENTS. OTHER AREA RESIDENTS WILL BE PLACED ON A WAIT LIST IF PROGRAMS ARE NOT FILLED AND NOTIFIED IF THERE ARE OPENINGS IN ANY ACTIVITIES.**



*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.*

**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](mailto:ademichele@littletonma.org)

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

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## DECEMBER 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.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> 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.