

# The Broadcaster

## SEPTEMBER 2021



**Monday,  
September 6th  
No Meals on Wheels**

### **Senior Tax Workers**

To pick up your **OBRA** withdrawal forms and get assistance in completing them, please contact **Sue Raymond in the EHS office, Room, 231, Monday through Thursday from 9:00 am to 1:00 pm, or call Sue at 978-540-2470.**

### **IMPORTANT REMINDER:**

*Registration opens on Wednesday, September 1st at 9:00 am for all programs and activities included in this newsletter. (virtual, grab-and-go, outdoor activities and limited indoor programs. All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.*



I don't know about you, but for me, September always feels like a fresh start; the crisp, cool air moving in and the hot summer days fading into the rear view mirror.

Here at Elder and Human Services, we are feeling refreshed and renewed at the start of a new season. As you may know, our former Director, Liz Tretiak, has returned! EHS Staff has been thrilled to welcome her back and eager to continue with boosting our programming and support services. As Liz settles back in, we encourage you to stop by or give her a call. There will be lots of opportunities for you to welcome her back or perhaps say hello for the first time.

As we continue to transition back to in-person programming, we want to sincerely thank everyone for their patience and thoughtfulness in returning. As you know, everyone has their own comfort level and we aim to be sensitive to everyone while creating fun and safe programming.

September is National Recovery Month, a month to celebrate those who are in recovery from substance use disorder. We celebrate you this month and every month! In addition to that, the Littleton Selectboard has voted to officially recognize September as Recovery Month. The Littleton Coalition Against Addiction is hosting a movie night in the park on September 17<sup>th</sup> to bring attention to this important issue; we hope you will be able to attend!

September brings lots of opportunities for you to engage and socialize with us. Our Senior Diner will begin taking reservations this month; our Caregiver Support Group returns at the end of this month with our generous hosts from Bridges of Westford providing a light supper; the Annual Senior Luncheon with Senator Eldridge and State Rep Arciero; Social Club; Mindful Meditation, and of course, all of our fitness classes will continue. With all these opportunities for in-person programming coming up, please know that if you are feeling hesitant or concerned about gathering, we are always available to meet with you via Zoom or via telephone. Your comfort and safety is our top priority and however you are feeling, we are here.

We hope to see or hear from you!

*Nicole*

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

## COA Board Update:



**Wow!** There is so much happening and so much to be excited about. The Senior Center project is moving forward and a team of folks started visiting some recently built senior centers like Marlborough and Groton to view their finished buildings. The group includes 3 representatives from LLB, 2 OPM reps from Vertex, 2 Select Board members, our TA & Assistant TA, the Interim EHS Director and myself. Additional facility visits are in the works I believe.

Perhaps the **BIGGEST** news item is that Liz Tretiak our EHS Director from February 2018 thru April 2020, when she resigned to take a position closer to her home, is returning to us as our new EHS Director on August 30<sup>th</sup>! The EHS staff and the COA Board are having a **"Welcome Back Coffee"** for Liz on **Thursday, September 16<sup>th</sup> from 1:00 pm to 3:00 pm in the Multi-Purpose room, 33 Shattuck St. PLEASE MARK YOUR CALENDARS and stop by to chat with her!** Liz loves Littleton, has missed the wonderful folks in this community and I am sure would love to see all of you.

**Marge Payne, Chair, COA Board**

## Participant Policies



Littleton's Department of Elder and Human Services/Council on Aging serve a generally more vulnerable population that includes many persons at a higher risk of contracting illness, including but not limited to COVID-19. These policies are for the safety and welfare of staff, instructors, guests, and our community. We'll review periodically and adjust as conditions warrant, and reserve the right to pause programming if necessary.

It is our intention to incrementally increase our offerings and the number of participants in our programming as it is safe to do so and as people's comfort level increases.

- Everyone must register in advance for any program you plan to attend.
- Non-virtual programs require participants to complete a COVID-19 participation waiver.
- By entering the Town Hall to participate in COA programming and activities, you are acknowledging you are feeling well, have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- You must wear your mask at all times when in the building if not vaccinated. You are welcome to wear a mask even if you are vaccinated and this makes you feel more comfortable, but you will not be required to wear one.
- Guests must sit in designated seating, set up to maintain comfortable social distancing. Only staff is allowed to move furniture. Please ask for assistance.
- Guests must leave the building after the program. We have a lovely courtyard and all are welcome to extend conversations or gather to enjoy each other's company after programming.
- Residents are welcome to set up appointments to meet in person with staff members.
- Face coverings and rider limits will continue to be required on COA Transportation Vans, as required by state and federal guidelines about public transportation.
- Should you become ill with COVID-19 symptoms or receive a COVID-19 diagnosis or other contagious illness after visiting the Center, please call us immediately to report it.

## STAFF

**Liz Tretiak, Director**  
**Nicole Sarvela, Assistant Director**  
**Amy DeMichele, Outreach Coordinator**  
**Sue Raymond, Administrative Assistant**  
**Neil Campbell, MART Driver**  
**Richard Kent, MART Driver**  
**Gayle Dalton, Senior Diner Manager**  
**Nancy Hilsinger, Editor**

## BOARD MEMBERS

**Marjorie Payne, Chair**  
**Ann Lee Ellis**  
**Marilyn Fedele**  
**Anita Harding**  
**Susan Melander**  
**Mark Rambacher**  
**Lorilei Richardson**  
**David Sill**  
**Gary Wilson**

## FRIENDS OF THE COA

**Barbara McRae, President**  
**Nancy Levine, Vice President**  
**Tony Jesensky, Treasurer**  
**Dottie Ruiz, Secretary**  
**Sandra Casale**  
**Sharon Corbin**  
**Andy Fredette**  
**Carol Vales**

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

**COA Office Hours:  
 Monday-Friday  
 9:00 am- 4:00 pm  
 COA Outreach Hours:  
 Monday-Friday  
 9:00 am-3:00 pm**

## Broadcaster by Email and Online!!

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

As we inch towards the end of summer, just as the leaves will begin to change, so do our needs. September is a good time to think about your needs. Need property tax assistance? TREAD applications are due by 9/30 and you can access them via the website or in the office by calling Amy.

It's hard to believe that heating season will soon be upon us. Have you applied for Fuel Assistance in the past? If not, this may be a good time to consider your eligibility. If you have applied in the past, keep your eye on your mail as your recertification will be coming in soon.

Our Caregiver Support Group returns this month, and after the year we have all had, you might find that some support in your caregiving duties may be needed. Anxiety Group and Living Alone continue to run virtually, so you can attend right from your own home.

Upcoming medical procedures that may have been delayed due to COVID 19? We have a plethora of medical equipment available for loan. Whatever your needs are, we hope that you know that we are here to help! Let's navigate the upcoming fall season together.

### Attention: Adults with Foot Problems and Diabetes!



Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts **FREE** to you if you are Diabetic! Also other insurances cover this as well!

**Starting at 1:30 pm  
Tuesday, September 14th**

Littleton's Department of Elder and Human Services:  
[www.drcomfort.com](http://www.drcomfort.com)  
[www.Anodyneshoes.com](http://www.Anodyneshoes.com)

Please bring your Medicare card and any other supplemental insurance cards as well and the completed doctor's order and required paperwork (pick up from the Department of Elder and Human Services). Call the office at **978-540-2470** to make your 10-minute fitting appointment.

**Any additional questions call Amy from Pro Medical East: 603-944-1311.**

Straight Mass Health/Medicaid does not cover this.

**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)



The Littleton Coalition Against Addiction is intended to be a multi-pronged response to the opioid epidemic playing out across Massachusetts. It aims to act as a body capable of enacting education, social support and material outreach towards residents in local communities who have found themselves affected by the epidemic. From naloxone training sessions for the general public to hosting monthly meetings for individuals in recovery, the Coalition seeks to expand valuable support services in the local area for communities that may still be underserved when it comes to addressing the opioid epidemic's many facets.

**Please contact EHS at 978-540-2470 for more information and check out the LCAA tab on the EHS website or the LCAA Facebook page!**



*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.*

### 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.**



## T.R.E.A.D.

What is T.R.E.A.D.? Town meeting voted to adopt Massachusetts state law Chapter 60, Section 3D, which allows a fund to be created to collect donations and disburse them to low-income elderly property owners and qualifying disabled owners. 38% of Littleton residents over 65 have an income of less than \$25,000.\*

Do you, or someone you know, need help? We could all use a little relief! Applicants must meet the following criteria:

- Must own and occupy the property.
- Must be 65+ or have a state recognized disability.
- Must file an application disclosing exemptions and household income and expenses for all household members age 18+.

Please contact Amy at 978-540-2472 for more information on how to apply. Applications due no later than September 30th.

### Mystery Bag Program



Wow! September already? It has been Anne-Marie's pleasure to create Mystery Bags for the past seven months as part of Grab and Go during the pandemic. The feedback has been positive and that they are "lots of fun". Some participants do them with grandchildren or friends when they visit. If you haven't tried the challenges, you might consider signing up this month. Going forward there will be one bag per month.

The next Mystery Bags will be available for pick up in the **Courtyard on Tuesday, September 21st, between 11:00 - 12:00 am**. The bags continue to be filled with new and different word games for your enjoyment. This program is open to all seniors. Join the fun!

Our Social Club Leader, Anne-Marie Chernosky, will continue creating the bags that will keep you guessing and challenging your word game skills.

Please remember to sign up for the September Mystery Bags at **978-540-2470**. *Waivers are no longer needed.*

There is a maximum of 20 bags.

### Littleton EHS Van Service Announcement



Littleton EHS is now offering transportation on Mondays, Wednesdays and Fridays. Please contact Dispatch at **978-844-6809** to schedule your ride!



Photo by Dave Plauger

After 5 1/2 years, my co-host on Littleton Common, Bob Spinozzi, and I will be watching each other's shows.

A new host will be joining me for Littleton Common and we are looking forward to some interesting subjects and guests as always, and news about town organizations, businesses and our never forgotten seniors and other programs of interest. Join Mark Crory and myself on our September Littleton Common show.

Littleton Common is on LCTV's Public Channels: Comcast-Channel 8, and Verizon-Channel 38 at the following times:

**Mon-Fri: Midnight, 12:00 noon and 5:00 pm**  
**Sat & Sun: 5:00 am, 12:00 noon and 5:00 pm**

The program is also available in LCTV's OnDemand at: [littletonma.org](http://littletonma.org) and on YouTube.

Barbara McRae



## FITNESS CLASSES

**Mondays: Tai Chi at Fay Park 9:00-10:00 am**  
\$3 per person: 9/13, 9/20, 9/27

**Tuesdays: Stretch and Flex 11:15-12:15**  
\$15 per person: 9/7, 9/14, 9/21, 9/28

**Wednesdays: Gentle Flow Yoga 9:30-10:30**  
\$15 per person: 9/1, 9/8, 9/15, 9/22, 9/29

**Thursdays: Stretch and Flex 11:15-12:15**  
\$15 per person: 9/2, 9/9, 9/16, 9/30

Classes will be held in the Multi-Purpose Room

All classes require pre-registration and pre-payment, space is limited. Call the EHS office at **978-540-2470** to register.

### Blood Pressure Screenings Return



The Nashoba Board of Health blood pressure screenings return on **Tuesday September 14 from 10:00-11:00 am in Room 230** at the COA and will continue to meet the every Tuesday.



## Mindful Meditation Classes With Erin LoPorto

**Mondays at 10:00 am for 8 weeks, beginning September 13, 2021 Cost: Free.**

Register with the Zoom link below

[https://actonma.zoom.us/webinar/register/WN\\_0zBVz\\_bfSuCgZwOJO\\_Ka3Q](https://actonma.zoom.us/webinar/register/WN_0zBVz_bfSuCgZwOJO_Ka3Q)

Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process. **For more information, please email [sball@actonma.gov](mailto:sball@actonma.gov) or call 978-929-6453.**

**Nicole Lorenson Sarvela**

## Mindful Meditation Returns!



A 6-week series combining mindful meditation and gentle yoga stretches

**Fridays, August 27<sup>th</sup>-Oct 1<sup>st</sup>**

**10:00 am-11:00 am**

**Fay Park**

Please call to sign up; space is limited to 12.

**978-540-2470**

\$15 per person for 6-week session.

Funded by a CHNA 15 grant and the Friends of the Littleton Council on Aging.



## Meditation with Jenny

Check LCTV listings for a weekly, hour long Meditation and Gentle Chair Yoga with Jenny.

Class is also available on LCTV On Demand, YouTube and on Elder and Human Services Facebook Page. Call the office at 978-540-2470 if you have any trouble finding this class!

## Line Dancing Classes

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

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## Friends of the Littleton Council on Aging



Let the games begin! We were ready to plan a theme lunch in September when EHS/COA opened its doors to our seniors again; but will the new virus change our plans? We will wait and see.

Meantime, because of the virus and no fund raising, the Friends needed to think of new things to do. One is a yard sale of items left from the closing of our thrift shop and furniture we have collected from the street and brought back to a new life. Look for our signs in September and stop by. Help us keep our account large enough to help seniors requests. Donations always appreciated.



**Barbara McRae, President FLCOA**

## Craft Class



It is September already and we are back for an exciting new year of crafts. For September we will be creating framed pictures by painting with unique tools such as: straws, cotton swabs, bubble wrap and forks. We will then decorate the frames with cloth and wood flowers that you paint yourself. Sue, Kathy and Anita have been playing and it is a lot of fun. So sign up early by calling the EHS Office at 978-540-2470.

There is a limit of 15. **We will be meeting in the Multi-Purpose room on Wednesday, September 8, 2021 from 1:00 - 3:00 pm. The cost is \$3.00.**

See you there!!!!!!



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.



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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u></b>	<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>	1 Turkey Corn Stew Green Beans Wheat Dinner Roll Fruit Cup	2 Roast Pork Apple Gravy Cinnamon Sweet Potatoes Mixed Vegetables Rye Bread Applesauce	3 Chicken Meatballs Tomato Basil Sauce Cavatappi Pasta California Vegetable Blend Italian Bread Lorna Doones
 <b>NO MEALS SERVED</b>	7 <b>SPECIAL</b> BBQ Chicken Macaroni & Cheese Broccoli & Cauliflower Wheat Dinner Roll Cheesecake	8 <b>COLD PLATE</b> Chicken Salad Potato Salad Green Bean Salad Multigrain Bread Fresh Fruit	9 Beef Stew Brussels Sprouts Cornbread Fruit Cup	10 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Yogurt
13 American Chop Suey Italian Vegetable Blend Wheat Dinner Roll Fresh Fruit	14 Grilled Chicken Marsala Sauce Egg Noodles Spinach Multigrain Bread Yogurt	15 BBQ Roast Pork Red Bliss Potatoes California Vegetable Blend Wheat Bread Banana Cake	16 Chicken Jambalaya Brown Rice Mixed Vegetables Dinner Roll Fruit Cup	17 Meatloaf Mushroom Gravy Garlic Mashed Potatoes Herbed Carrots Wheat Bread Fruit Cup
20 Chicken Fajita Red & Green Peppers Corn Flour Tortilla Snack N Loaf	21 Beef & Lentil Chili Brown Rice Broccoli Wheat Bread Fruit Cup	22 Grilled Chicken Pesto Cream Sauce Multicolor Rotini Spinach Multigrain Bread Fruit Cup	23 <b>COLD PLATE</b> Salmon Mixed Greens Israeli Couscous Salad Cauliflower & Red Pepper Salad Marble Rye Fresh Fruit	24 Roast Turkey Cran-Orange Sauce Sour Cream & Chive Potatoes Peas & Onions Wheat Dinner Roll Cookie
27 Lasagna Roll Cheese Sauce Italian Green Beans Dinner Roll Applesauce	28 Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Fortune Cookie Mandarin Oranges	29 Beef Burgundy Egg Noodles Mixed Vegetables Italian Bread Yogurt	30 Grilled Chicken Lemon Piccata Sauce Chantilly Potatoes Glazed Carrots Whole Wheat Dinner Roll Brownie	



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**zoom**  
Video Conferencing

## Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, September 16th at 10:30-11:30 am.**

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

## Loving Stitches via Zoom



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.

## Anxiety Group via Zoom

Our Anxiety Group continues to meet every other **Tuesday from 1:00-2:00 pm** via Zoom and we would love to have you join. **September dates will be Tuesdays September 7th and 21st.**

Please contact Nicole Sarvela at 978-540-2475 for Zoom info and to sign up.

## Life Ahead Recovery Support Group

Meets virtually, via Zoom, on the last Wednesday of the month from **6:00-7:00 pm.**

September's meeting is on Wednesday, September 29th. Please contact Nicole at 978-540-2475 for details.



## Senior Luncheon with Senator Eldridge and Representative Arciero



**Tuesday, September 14th, 12:00 noon** in the Multi-Purpose Room/Patio at Town Hall.

Please call EHS at 978-540-2470 to sign up. Sign up early, space is limited.

## Littleton Police and Fire BBQ



**Wednesday, October 13<sup>th</sup> 12:00 noon** at the Littleton Fire Dept.

Please call EHS to sign up, 978-540-2470.



## MOVIE—"A BEAUTIFUL BOY"



In honor of Recovery Month in September Littleton EHS and Littleton Coalition Against Addiction present a movie showing of "A Beautiful Boy" at Fay Park on **Friday, September 17<sup>th</sup> at 7:00 pm.** Please bring your own chair or blanket. Call 978-540-2470 to sign up.

## Caregiver Support Group Returns!

Caregiver Support Group will be held on **Wednesday, September 29<sup>th</sup> at 6:00 pm** in the Senior Diner. Our host from Bridges in Westford will provide discussion and a light supper to kick off our return to in-person Caregiver Groups!

**Pre-registration is required, please call the main office at 978-540-2470 to sign up.**



Serving Health Information Needs of Everyone (SHINE) program is now accepting appointments for **Medicare Open Enrollment consultations beginning October 15th and ending December 7th.** If you would like to review your existing medical and prescription drug coverage and costs please contact **the EHS office at 978-540-2470** to arrange a one-on-one meeting with your local SHINE counselor over the phone. Appointments are on a first come, first serve basis and fill up fast so avoid making a last-minute decision and call today. **Note that this program is intended only for people who are already enrolled in Medicare. People turning 65 in 2022 should meet with SHINE counselors for a Medicare 101 at the end of open enrollment.**

*Shine is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.*



**IS BACK!**

**Fridays, September 3, 10, 17 and 24 at 1:00 pm**

**Pre-registration required. Limit: 10 per session, call 978-540-2470 to sign up**



**Tuesdays, September 7, 14, 21, 28  
1:00 p.m. – 4:00 pm**

**Pre-registration required. Limit: 8. Call EHS Office at 978-540-2470 to register.**



## RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON

**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>.

<https://www.littletonma.org/elder-and-human-services/pages/emergency-rental-assistance-program>.

## NEW Childcare Subsidy for Income Eligible Local Families



A new program is available to residents of Littleton, which will provide childcare subsidies to low-moderate income families. Littleton and four other local communities (Acton, Boxborough, Maynard and Westford) were awarded these funds to help parents/caregivers be able to work, return to work or seek employment. Having reliable childcare so that parents/caregivers are able to work or seek employment is the main purpose of this program.

Additional details on the program are available at, <https://www.littletonma.org/home/news/new-childcare-subsidy-income-eligible-local-families>.

The program guidelines and application are available on the Elder and Human Services website:

<https://www.littletonma.org/elder-and-human-services/pages/childcare-subsidy-program>.

All inquiries regarding the program and completed applications should be directed to **Amy DeMichele at 978-540-2472 or via email at [ademichele@littletonma.org](mailto:ademichele@littletonma.org)**.

## 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>

## Have you watched "Highlights" on LCTV?

*Highlights*



Hosted by Anita Harding and Susan Melander, Board members of the Council on Aging, the monthly show highlights programs, events, and activities provided by the Department of Elder and Human Services including the Council on Aging.

**Highlights is available in the OnDemand area of LCTV at [littletonma.org](http://littletonma.org) and is shown on LCTV's local cable channel Mon. Wed. Fri. at 9:00 am and 7:00 pm; Tues. & Thurs. 9:30 am and 6:30 pm; Sat at 7:00 pm and Sun at 6:30 pm.**

## Littleton Social Club (LSC)



We have a tentative date to reopen our in-person Social Club on **Monday, September 13<sup>th</sup>**. The LSC meets on **Mondays and Wednesdays from 9:00 am-1:00 pm** 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.

We share conversation over coffee and spend the morning playing games like Parcheesi, Uno, Chinese Checkers and sharing many more fun activities. No experience playing these games, no problem...we'll teach you and you'll have fun learning. The LSC has been a program offered by Littleton EHS/COA since 2014 and we are very happy to be planning to return in September.

The LSC is accepting new residents into this program. Program space is limited to 10 participants. The cost includes transportation and lunch.

**Please call the Littleton EHS/COA office at 978-540-2470 for more details or to sign up for this program.**

## 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.**



## TECH TIP FROM BILL VALES



The U.S. as of August 1 has over 616,000 deaths attributed to COVID-19. The country now faces the highly transmissible Delta variant which threatens everyone to varying degrees, especially the unvaccinated. Unvaccinated people include the vaccine-hesitant, immune-compromised and children under 12 which do not have vaccines available to them. Children under 12 contribute less to the number of infected or hospitalized population, but with the highly transmittable Delta virus, they can spread it to unvaccinated people or immune-compromised people.

Issues around masking mandates, vaccine requirements are many and are changing rapidly especially as businesses and schools are trying to re-open. With respect to COVID-19, it is looking like we have snatched defeat from the jaws of victory. Just as we were making progress vaccinating our way out of this, stalled vaccination rates and a new COVID variant (Delta) again threaten our return to normalcy.

All the items we have discussed in past Broadcasters since the pandemic started are relevant today and merit review. You can find past issues of The Broadcaster at:

<https://www.littletonma.org/advanced-search?keywords=broadcasters>

Exponential growth, flatten the curve, symptomatic/asymptomatic, R-naught, herd immunity, mutation, virus variants are as relevant now with Delta as they were with the original COVID-19. You should also refresh your understanding of: severity of disease, hospitalizations and death.

Full vaccination rates in the U.S. as of July 1 are at 47.6%; for MA it is 61.9%. Some states have low rates (below 50%) and others are higher (refer to CDC data). These rates are too low to acquire herd immunity to protect the population at large from the Delta variant. This disparity in vaccination rates is creating geographic pockets of higher transmissibility, sickness and death.

These low vaccination rates provide many targets for the COVID virus and the variants that are being created through mutation. The Delta variant is the most contagious variant to date. It was first identified in India, spread to England and is now spreading in the U.S. Unvaccinated people should be considered vulnerable to serious disease or death from the Delta variant. Further, we should all be concerned (vaccinated and unvaccinated) about the virus' ability to mutate to other variants that current vaccines may not protect against.

Workplaces, schools and various venues are working to establish policies to safely reopen. Guidance for mask wearing and social distancing is changing rapidly as the population gets vaccinated and society attempts to reopen. Some states (and countries) are considering bringing back mask mandates to control the Delta variant.

Key resources for learning about COVID should be the CDC and trusted local authorities.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### Veterans Services



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.

Please call **John Boroski at 978-540-2485** to make an appointment.



### **\*\*VAN DRIVERS\*\*** **Littleton's Dept. of Elder and Human Services**

Littleton is seeking three (3) part-time van drivers, to provide transportation services to Littleton seniors (60+) and disabled residents in town. For additional information on this job opportunity, please visit <https://www.littletonma.org/human-resources/pages/employment-opportunities>

## Programs and Events—September 2021

Date	Day	Time	Description	Page
Sept 3-Oct 1	Friday	10:00-11:00 am	Mindful Meditation at Fay Park	P5
Sept 3,10,17,24	Friday	1:00 pm	Bingo (in person)	P7
Sept 7,14, 21, 28	Tuesday	1:00-4:00	Mah-Jong (in person)	P7
Sept 7, 21	Tuesday	1:00-2:00 pm	<b>Zoom:</b> Anxiety Group	P7
Sept 8	Wednesday	1:00-3:00	Craft Class	P5
Sept 13, 20, 27	Monday	10:00 am	<b>Zoom:</b> Mindfulness Meditation Classes	P5
Starts Sept 13	Mon & Wed	9:00 am-1:00 pm	Littleton Social Club	P8
Sept 13,20,27	Monday	12:00-2:00 pm	<b>Zoom:</b> Loving Stitches	P7
Sept 14, 21, 28	Tuesday	10:00-11:00	Blood Pressure Screenng	P4
Sept 14	Tuesday	12:00 Noon	Senior Lunch w/Sen. Eldridge and Rep. Arciero	P7
Sept 14	Tuesday	1:30 pm	Diabetic Shoe and Insert Fitting	P3
Sept 16	Thursday	10:30 11:30 am	<b>Zoom:</b> Living Alone & Living Well	P7
Sept 16	Thursday	1:00-3:00 pm	"Welcome Back Coffee" for Liz Tretiak	P2
Sept 17	Friday	7:00 pm	Movie—"A Beautiful Boy"	P7
Sept 21	Tuesday	11:00-Noon	Mystery Bag Program Pickup	P4
Sept 29	Wednesday	6:00 pm	Caregiver Support Group	P7
Sept 29	Wednesday	6:00-7:00 pm	<b>Zoom:</b> Life Ahead Recovery Support Group	P7

**See Page 4 for dates and times for Tai Chi, Stretch & Flex and Gentle Flow Yoga Fitness Classes**

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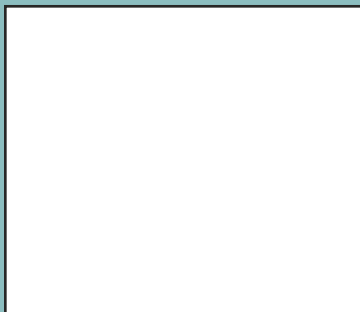
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### \*\*\*TRANSPORTATION\*\*\*

- 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.

- 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.