

# The Broadcaster

## OCTOBER 2021



**FROM LIZ'S DESK**

**Hello Everyone!**

It's so great to be back! Thank you all for such a warm welcome and for all of the kind words. Much appreciation to Nicole Sarvela as well for doing a wonderful job as Interim Director. We've got a lot of work to do here: planning for a new center, safely rebuilding our in-person programming, and ensuring safety and access to resources for our residents of all ages as we head into winter among rising COVID variants. There is currently a mask mandate in effect in town until November 1<sup>st</sup>, so please remember to wear a mask if you come to a program. If you are in need of masks, please call us.

We are in need of van drivers! Hours and days are flexible, no CDL needed. We operate our vans Mon-Fri 9:00 am-3:00 pm. This is a great opportunity to get involved in the community while helping seniors and disabled residents in town. The job posting can be found on the town website, or call Liz with any questions: **978-540-2471**.

<https://www.littletonma.org/human-resources/pages/employment-opportunities>

*Liz*



**Columbus Day**

**Monday, Oct 11th**

**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.



**NAHB will be holding two flu clinics on Tuesday October 12th, from 9:00-11:00 am in room 103 of the Town Office building, and again from 3:00-6:00 pm in the Littleton Middle School Cafeteria on Russell Street.**

### ***IMPORTANT REMINDER:***

*Registration opens on Friday, October 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.*

## COA Board Update:



Here we are into October already! Work continues regarding the Senior Center and on August 17<sup>th</sup> visits were made to the Belmont Senior Center and the Wellesley Senior Center. The "Littleton" group consisted of Anthony Ansaldi, Town Administrator, Joe Laydon, Assistant Town Administrator, Drayton Fair, Principal Architect from LLB, Nicole Sarvela, Interim EHS Director, and me. Folks, these visits are so valuable, and we are so grateful for the time that is given to us by our hosts to share what are the really great things about their building and what are and what may be not so great things about their building. There may be a few more visits planned. Stay tuned! The feasibility study is underway, and it is anticipated to be completed by late October/early November.

As this is being written, Liz Tretiak has been back for three days. Much has happened, some changes have occurred while she was gone and she is being re-oriented. By the time you read this, she will probably be busier than she was when here the first time! The COA Board continues to have the monthly EHS/COA Highlights LCTV show. Please do take 30 minutes out one of your days each month to watch it as it is packed with great information each month!

**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.
- 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.
- 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

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

**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.*

South Middlesex Opportunity Council, also referred to as SMOG, is the agency that facilitates the Low Income Energy Assistance Program (LIHEAP or Fuel Assistance) for Littleton residents. We have received confirmation that the applications have been sent out to their former benefit recipients to apply for the 2021-2022 season. If you are a former LIHEAP recipient and haven't received your application to reapply, you may contact SMOG at 508-620-2342 to request your application be resent. If you experience difficulties reaching someone to request your application be resent, contact the EHS/COA office at 978-540-2472 and we can assist you in contacting their office.

| Household Size | Maximum Gross Income | Household Size | Maximum Gross Income |
|----------------|----------------------|----------------|----------------------|
| 1              | \$40,951             | 4              | \$78,751             |
| 2              | \$53,551             | 5              | \$91,351             |
| 3              | \$66,151             | 6              | \$103,951            |

Above is a grid showing the maximum Gross (*before deductions*) income limits used to determine financial eligibility for the program, based on household size. If you have questions regarding eligibility, please don't hesitate in contacting our office to explore the criteria further. It is common that people assume they won't be eligible because they are currently employed or heat is included in their rent, which isn't necessarily true.

If it turns out that your household doesn't fall within the criteria for the LIHEAP program, other benefits your household may be eligible for will be explored.

### Unsolved Mysteries in New England with Historian Chris Daley

Thursday October 14<sup>th</sup>, 6pm, on Zoom

Call EHS Office to Register and receive the Zoom link: 978-540-2470.

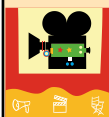


Settle in at home for a spooky evening of New England lore! This one-hour interactive slideshow and talk will focus on some of the more famous unsolved mysteries in the Northeastern United States. Here is a sample of what we will discuss:

- The Bennington, Vermont Triangle from where as many as 10 people have inexplicably disappeared since 1949.
- Who was the skeleton dressed in armor found in New Bedford, Massachusetts in 1832?
- Who was the "Leatherman", a mysterious pedestrian who walked a 365-mile loop through Connecticut and New York for decades in the late 19th century?

**About the Lecturer:** Christopher Daley has been lecturing all over New England for over 25 years on historical topics of interest at libraries, historical societies, schools and other clubs and organizations. Mr. Daley is currently a history teacher in the Silver Lake Regional School System in Kingston, Massachusetts. He holds a B.A. and an M.A. from Bridgewater State University in Political Science and History. Learn more at <https://daleyhistory.com>.

### Movie and Pizza!



Join us on **Wednesday October 20<sup>th</sup> at 12:00 pm** for a thrilling movie and pizza lunch! \$3 per person, space is limited. **Call 978-540-2470** to register.

**LET HIM GO (2020)** Starring Kevin Costner, Diane Lane. Following the loss of their son, a retired sheriff and his wife leave their Montana ranch to rescue their young grandson from the clutches of a dangerous family living off the grid in the Dakotas. Set in the early 1960's, this tense thriller is a must-see! **Rating: R Genre: Mystery & Thriller**



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!

### 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**.



## Mystery Bag Program



Spooky surprises will fill the October Mystery Bag, including word games, puzzles, riddles and seasonal articles. Of course, there may be a surprise or two...trick or treat!

The next Mystery Bags will be available for pickup at the **Courtyard on Tuesday, October 19th, between 11:00 am and 12:00 pm.** The bags continue to be filled with new and different word games for your enjoyment. The 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 October Mystery Bag at **978-540-2470**.

The program is funded through the Emerson Community Grant Award.

**Littleton Lyceum**  
Established 1829

*Per the Littleton Board of Health, wearing a face mask is required for attending Littleton Lyceum programs for the foreseeable future.*

**New Black Eagle Jazz Band**  
Friday October 1st, 2021  
7:30 pm



Buy your ticket [online](#)

For **over fifty years, the New Black Eagle Jazz Band** has delighted audiences worldwide with its infectious, soulful and uplifting style of traditional New Orleans jazz. Join us in celebrating the music of some of the greatest early jazz bands of the era - Louis Armstrong, Jelly Roll Morton and Duke Ellington. The band has also developed its own eclectic sound, incorporating spirituals, 1920's and 30's popular music.

All programs take place at the Littleton High School's Performing Arts Center.

|  |                        |
|--|------------------------|
| Raptors! Birds of Prey                 | Friday, Nov 5, 2021    |
| Bullock Brothers Gospel                | Friday, Jan 28 2022    |
| Local Native American Archeology Sites | Friday, April 29, 2022 |



## FITNESS CLASSES

**Mondays: Tai Chi at Fay Park** 10:00-11:00 am  
\$3 per person: October 4, 18, 25

**Tuesdays: Stretch and Flex** 11:15-12:15 am  
\$12 per person: October 5, 12, 19, 26

**Wednesdays: Gentle Flow Yoga** 9:30-10:30 am  
\$15 per person: October 6, 13, 20, 27

**Thursdays: Stretch and Flex** 11:15 am-12:15 pm  
\$12 per person: October 7, 14, 21, 28

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.



Photo by Dave Plauger

Mark Crory joins me as co-host on our October Littleton Common show.

We look 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 October 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**

**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 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.*



## Mindful Meditation Classes With Erin LoPorto

**Mondays at 10:00 am for 8 weeks Program began 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**

## 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.

## 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).

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

## Friends of the Littleton Council on Aging



How did it get to be October already? It is a beautiful time of year, when the weather is cooler, and the leaves start to change color. The Friends of the LCOA are busy again with our "Flowers for Seniors" program. We can always use more donations of cups, mugs, and small vases.

These can be delivered to:

Barbara McRae, 14 Coughlin Rd., Littleton MA 01460;  
Phone: **978-262-7905**.

Some sad but also good news is that after 30 years of dedication to Littleton's seniors, Barbara McRae has decided to retire. Good for Barbara and sad for us. Her shoes are much too hard to fill. If you'd like to send Barbara a note, please send it to FLCOA, P.O. Box 134, Littleton, MA 01460. In the meantime, the Friends Board has reorganized to better support our senior population, directly with the COA.

Take care!

**Nancy Levine, President FLCOA**



## Craft Class



For the October 13th craft class we will be creating wood plank signs for fall. We will be incorporating popsicle stick scarecrows into the design. If you have a particular saying or wording you would like on the sign please bring it to class. We will have stencils available for use in the wording. We will use flowers, pine cones and such to add detail to the signs.

Again there will be painting involved. Remember space is limited to 15, so you must sign up early. **Call the EHS Office at 978-540-2470 to sign up. The cost is \$3.00 and the class is Wednesday, October 13th, from 1:00-3:00 pm in the Multipurpose room. This little guy is the scarecrow.**

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.



## Protecting Today What Matters Tomorrow

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

There are many life events that will have an impact on your family – across the Generations – such as the birth of a child or grandchild, a health crisis, retirement, or the death of a loved one. Our experienced attorneys can help you understand the potential impact on your estate and long-term planning. We help you to protect today what matters tomorrow.

We serve MetroWest Boston with convenient locations in Acton and Sudbury

**978-263-0006**



**GenerationsLawGroup.com**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpcommunities.com](http://www.lpcommunities.com) Littleton Council on Aging, Littleton, MA 06-5119

| 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<br>Roast Pork<br>Herb Gravy<br>Brown Rice Pilaf<br>Brussels Sprouts<br>Pumpkin Bread<br>Fresh Fruit            |
| 4<br>Baked Cod<br>Lemon Dill Sauce<br>Yukon Gold Potatoes<br>Creamed Spinach<br>Wheat Bread<br>Dessert of the Day                    | 5<br>Beef & Broccoli Stir Fry<br>White Rice<br>Multigrain Bread<br>Fortune Cookie<br>Fresh Fruit                                | 6<br>Chicken Francaise*<br>Garlic Mashed Potatoes<br>French Green Beans<br>Wheat Dinner Roll<br>Fruit Cup                          | 7<br>Chicken & Rice Casserole<br>California Blend Vegetables<br>Rye Bread<br>Yogurt  | 8<br>Salisbury Steak<br>Onion Gravy<br>Au Gratin Potatoes<br>Glazed Carrots<br>Wheat Bread<br>Fruit Cup          |
| 11<br><br>Columbus Day<br><b>No Meals on Wheels</b> | 12<br>Breaded Chicken Drumstick<br>Roasted Butternut Squash with Turmeric<br>Mixed Vegetables<br>Wheat Dinner Roll<br>Fruit Cup | 13<br>Shepherd's Pie<br>Broccoli<br>Wheat Bread<br>Dessert of the Day  | 14<br>BBQ Sliced Pork<br>Baked Beans<br>Scandinavian Vegetable Blend<br>Cornbread<br>Flavored Applesauce   | 15<br>Sweet & Sour Meatballs<br>Vegetable Fried Rice<br>Asian Vegetable Blend<br>Multigrain Bread<br>Fresh Fruit |
| 18<br>Chicken Coq Au Vin<br>Sour Cream & Chive Mashed Potatoes<br>Capri Vegetable Blend<br>Wheat Bread<br>Fruit Cup                  | 19<br>Potato Pollock<br>Tartar Sauce<br>Potato Wedges<br>Green Beans<br>Rye Bread<br>Fresh Fruit                                | 20<br>Chicken Cacciatore<br>Penne Pasta<br>Italian Vegetable Blend<br>Italian Bread<br>Yogurt                                      | 21 <u>SPECIAL</u><br>Pot Roast<br>Jardiniere Gravy<br>Rosemary Roasted Potatoes<br>Broccoli Au Gratin<br>Wheat Dinner Roll<br>Dessert of the Day | 22<br>Macaroni & Cheese<br>Stewed Tomatoes<br>Multigrain Bread<br>Fruit Cup                                      |
| 25<br>Beef & Cabbage Casserole<br>Red Bliss Potatoes<br>Carrots<br>Rye Bread<br>Muffin   | 26<br>Grilled Chicken<br>Mediterranean Sauce<br>Orzo & Spinach Pilaf<br>Broccoli & Cauliflower<br>Multigrain Bread<br>Fruit Cup | 27<br>Roast Pork Loin<br>Apple Cranberry Compote<br>Cinnamon Sweet Potatoes<br>Peas & Pearl Onions<br>Pumpkin Bread<br>Fresh Fruit | 28<br>Chicken Brunswick Stew<br>Brussels Sprouts<br>Wheat Dinner Roll<br>Dessert of the Day  | 29<br>Sloppy Joe<br>Corn<br>Green Beans<br>Wheat Sandwich Bun<br>Flavored Applesauce                             |







**zoom**  
Video Conferencing

## Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, October 21st 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. October dates will be Tuesdays, October 5th and 19th.

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.

October's meeting is on Wednesday, October 27th. Please contact Nicole at 978-540-2475 for details.



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.

## Caregiver Support Group Returns!

Caregiver Support Group will be held on **Wednesday, October 27<sup>th</sup> at 6:00 pm in the Senior Diner.** Our host from Nashoba Park 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.

## Blood Pressure Screenings



The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, October 5th, 12th, 19th and 26th from 10:00-11:00 am in Room 230** at the COA. The BP Clinic is sponsored by Elder and Human Services. A member of the NAHB will be available on the second Tuesday of each month from 10:00-11:00 am, in Room 230.



**Tuesdays,  
October 5, 12, 19, 26  
1:00 pm – 4:00 pm**

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



**Fridays, October 1, 8, 15, 22, 29 at 1:00 pm**

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

## 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.



## Calling all Bridge Players!

Are you interested in starting a Bridge Group here at EHS? Please contact Nicole at 978-540-2475 to coordinate.

## 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>



## 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).

Have you watched "*Highlights*" on LCTV?

*Highlights*



Hosted by Anita Harding and Susan Melander, Council on Aging Board Members, 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)



The LSC meets on Monday and Wednesday mornings at the Littleton COA on the 2nd floor in room 233. The program runs from **9:00 am to 12:30 pm**. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

LSC is accepting new clients into the program. The cost includes lunch.

Mart van transportation may be limited at this time. Masks are required in the building.

Please contact the COA at **978-540-2470** for more information.

## 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



As of September 7, the U.S. has over 649,000 deaths, an increase of over 30,000 people dead in the last month. The last week saw an average of over 1500 people dead each day. Given the current rate of infections, hospitalizations and deaths, models estimate an additional 100,000 will be dead by December.

Issues around masking mandates, vaccine requirements are many and are changing rapidly, especially as businesses and schools are trying to re-open. It appears the U.S. is retracing our steps to the infections, hospitalizations and death we experienced in the winter of 2020/2021. Just as we were making progress vaccinating our way out of this, stalled vaccination rates, a new Covid variant (Delta) and continuing politicization, lies and misinformation threaten our return to normalcy.

The pandemic we are experiencing with the Delta variant is a pandemic of the unvaccinated. Everyone can catch the highly transmissible Delta variant. However, the vast majority of so-called break-through cases that vaccinated people contract do not lead to hospitalization or death. The following is from the CDC. The full article can be found at:

<https://www.cdc.gov/vaccines/covid-19/health-departments/breakthrough-cases.html>

**Vaccine breakthrough cases are expected.** COVID-19 vaccines are effective and are a critical tool to bring the pandemic under control. However, no vaccines are 100% effective at preventing illness. Some fully vaccinated people will get sick, and some will even be hospitalized or die from COVID-19. However, there is evidence that vaccination may make illness less severe for those who are vaccinated and still get sick. The risk of infection, hospitalization, and death are all much lower in vaccinated compared to unvaccinated people.

Key resources for learning about COVID should be the CDC and trusted local authorities. The politicization of COVID has created an abundance of mis-information, lies, dogma and conspiracy theories. Always follow the science for the most accurate information.

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

Masks, social distancing and vaccination are not about freedom it is about public health safety. No one has the right to infect other people. Save lives, get vaccinated.

## Virtual Internet Presentations



### How to Join the Meeting

We are meeting at our usual day and time which is **Thursday; 10:30-12:00.**

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.

Please do not call other numbers for signing up. Other numbers are not monitored by staff and may result in you not getting on the signup list.

### Topics for October:

- October 7** IT During the Pandemic. What was done over the summer to improve your IT security and knowledge?
- October 14** Social Engineering
- October 21** Review of the layout of the Windows PC desktop. Navigating around the system; focus on Windows 10
- October 28** Ransomware

**Please sign up at least one day before the class, so that we are able to add you to the participant list.**

## Programs and Events—October 2021

| Date             | Day       | Time             | Description   | Page |
|------------------|-----------|------------------|---|------|
| Oct 1,8,15,22,29 | Friday    | 1:00 pm          | Bingo (in person)                                   | P7   |
| Oct 4,11,18,25   | Monday    | 10:00 am         | <b>Zoom:</b> Mindfulness Meditation Classes         | P5   |
| Oct 4,11,18,25   | Monday    | 12:00-2:00 pm    | <b>Zoom:</b> Loving Stitches                        | P7   |
| Oct 5,12,19,26   | Tuesday   | 10:00-11:00      | Blood Pressure Screening                            | P4   |
| Oct 5,12,19,26   | Tuesday   | 1:00-4:00        | Mah-Jong (in person)                                | P7   |
| Oct 5, 19        | Tuesday   | 1:00-2:00 pm     | <b>Zoom:</b> Anxiety Group                          | P7   |
| Oct 7,14,21,28   | Thursday  | 10:30-12:00      | <b>Zoom:</b> Bill Vales' Internet Presentations     | P9   |
| Oct 12           | Tuesday   | 9-11 am & 3-6 pm | Flu Clinics   | P7   |
| Oct 13           | Wednesday | 12:00 Noon       | Police & Fire Dept BBQ                              | P7   |
| Oct 13           | Wednesday | 1:00-3:00        | Craft Class   | P5   |
| Oct 19           | Tuesday   | 11:00-Noon       | Mystery Bag Program Pickup                          | P4   |
| Oct 20           | Wednesday | 12:00 Noon       | Movie: "Let Him Go"                                 | P3   |
| Oct 21           | Thursday  | 10:30 11:30 am   | <b>Zoom:</b> Living Alone & Living Well             | P7   |
| Oct 24           | Thursday  | 6:00 pm          | <b>Zoom:</b> Unsolved Mysteries in NE w/Chris Daley | P3   |
| Oct 27           | Wednesday | 6:00 pm          | Caregiver Support Group                             | P7   |
| Oct 27           | Wednesday | 6:00-7:00 pm     | <b>Zoom:</b> Life Ahead Recovery Support Group      | P7   |
| Every Monday and | Wednesday | 9:00 am-12:30 pm | Littleton Social Club                               | P8   |

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

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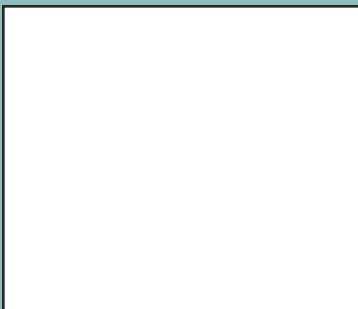
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### \*\*\*TRANSPORTATION\*\*\*

- 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.