

The Broadcaster

NOVEMBER 2021



FROM LIZ'S DESK

Happy November, Friends!

We're into the holiday season now, and we've been busy planning for you! Check out all the new activities and ways to get engaged inside this newsletter!

Speaking of planning, we've been planning for a significant increase in the use of our services in the near future. In the 2015 Needs Assessment for Littleton Elder and Human Services and the Council on Aging, 60% of Baby Boomers and 70% of Seniors who did not currently participate in Senior Center activities indicated they were "very likely" or "somewhat likely" to participate in the future. If this pandemic has taught us anything, it's that connection and engagement is **vital** for older adults!

Part of our planning has been surrounding our need for space. Much time has been spent researching the needs of a modern "senior center." The COA Board, EHS/COA Staff, and Friends of the COA began seriously gathering information over a decade ago. It included: a professional Needs Assessment of the EHS/COA Dept that included a town-wide needs assessment survey yielding 1087 responses, 4 in-person focus groups, site visits to over 6 newly built senior centers, research and analysis of current active adult/older adult programming trends, current and historical senior center participation data, and review of Massachusetts Office of Elder Affairs guidelines. We also collected data from other town surveys to inform our work and plans, including the Town's Master Plan. We have seriously considered and explored the opportunity to move into other existing buildings which proved to not be feasible or adequate for our needs. We are currently in the Pre-Design Phase and this November the Feasibility Study for a new building should be completed. We are looking forward to holding Community Presentations and receiving more input! Please sign up for our newsletter and email alerts to stay updated as to when they will be held:

<https://www.littletonma.org/elder-and-human-services/pages/monthly-newsletter>

Liz

★ **HOLIDAY CLOSINGS** ★
★
★ **Veterans Day** ★
★ **Thursday, Nov 11th** ★
★ **And** ★
★ **Thanksgiving,** ★
★ **Thursday, Nov 25th** ★
★
★ **Town Offices Closed** ★
★ **Senior Diner Closed** ★
★ **No Meals on Wheels** ★



REMINDER!

Daylight Savings Time ends Sunday, November 7th. Don't forget to turn your clocks back one hour.

SAVE THE DATE:



Senator Jamie Eldridge is sponsoring his annual Conference for Seniors on Thursday, **December 9th**, virtually only, from 11:00 am to 3:00 pm. More information in the December Broadcaster.

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

COA Board Update:



Here we are into November already! More in-person activities are slowly increasing and the Loving Stitches Group resumed actually getting together in October. Do you know that this group knits, crochets or sews every week to make items that are donated to the Friends of the COA as well as other charitable groups during the year? The Friends of the COA are responsible for fund raising to support elder Littleton resident's activities/needs and their table at the annual Town Fair is always very popular! Do you sew, knit or crochet? Consider joining the Loving Stitches group! **They meet every Monday from 12:00 noon to 2:00 pm;** everyone brings their lunch, chats and works on their project.

Senior Center project update: We are awaiting the results of the feasibility study and are excited to transition into the next phase of design. Information sessions will be provided in the near future to share information and provide opportunities for everyone in town to participate. So start thinking about this project: make a list of questions you have, ideas to share and help to ensure that what is built will serve the needs of seniors, as well as the entire community for many years to come.

Marge Payne, Chair, COA Board

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.**

Participant Policies



Littleton's Department of Elder and Human Services/Council on Aging participant policies are for the safety and welfare of staff, instructors, guests, and our community. We'll review periodically and adjust as conditions warrant. We reserve the right to pause or alter programming if necessary, and will make all attempts to notify participants in a timely manner.

- Everyone must register in advance for any program you plan to attend.
- By entering the building to participate in programming and activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Face coverings and rider limits will continue to be required on COA Transportation Vans, as required by state and federal guidelines about public transportation.
- Residents are always welcome to set up appointments to meet in person with staff members.

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

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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: 781-325-7879

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, 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.

IMPORTANT REMINDER:

Registration opens on Monday, November 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.

OUTREACH CORNER

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

Good Neighbor Energy Fund

For residents that do not fall within the income guidelines for Fuel Assistance, there is another program that you may be eligible for. Good Neighbor Energy Fund is through The Salvation Army. Early in October, we were informed they were accepting applications. Please contact our office for more information or to schedule an appointment with Outreach to complete the application.

Emergency Kits Available

Thanks to the efforts of The Littleton Rotary Club, emergency kits are available to seniors and those who are under 60 with a disability. The kits include flashlights, batteries, Band-Aids, waters, protein bars, whistles and window beacons among other items to help in emergency situations. The Littleton Rotary Club received a district grant as well as various donations from Enterprise Bank, The Friends of the COA, Sterilite and Cheryl Cowley, that all played a part in making these kits available to qualified residents of Littleton. If you are interested in receiving one of these kits, please reach out to Elder and Human Services/Council on Aging.

John Clark and his Great American Music Experience Presents: The Music of World War II

Monday, November 29th at 10:30 am in Room 230



"The Political and Romantic Songs of World War Two" highlights some of the most popular music of the war years (1939-1945). You'll hear and see performances of sentimental songs of love and separation, as well as those tied to particular events and situations represented by this war.

Please call the main office at 978-540-2470 to register.

Craft Class



Hope you all had a great time in October, but now it is November. This month we will create a wicker wall decoration. We will be painting pine cones to look like flowers and adorn your creation with smaller pine cones, fall leaves and other fun things. This will look really good on your wall. **The class will be Wednesday, November 10th from 1:00-3:00 pm in the multipurpose room. The cost will be \$3.00 and the class is limited to 16, so you will need to sign up early.** Look forward to seeing you there.

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

Herbal Teas and Infusions Workshop

Thursday, November 18th at 11:00 am,
Room 233, \$10 per person.



There's no comparison between store-bought and fresh made tea. Learn how to blend and make herbal teas, water infusions, and infused olive oil. Everyone leaves with recipes, drawstring tea bags, or infused oils.

Call the EHS office at 978-540-2470 to register.



DRIVE-THROUGH PANTRY SCHEDULE

Special Events:

Thanksgiving Dinner Distribution
November 22—10:00 am-1:00 pm & 4:00-6:00 pm

Holiday Dinner Distribution
December 20—10:00 am-1:00 pm & 4:00-6:00 pm

234 Barnum Road in Devens
Contact Loaves and Fishes at 978-772-4627, Ext 312 for more information.

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**.

Friends of the Littleton Council on Aging



Don't look now, but the holidays are just around the corner. The Friends and the COA are working together to make this a joyous time for all of us.

As things are opening up, it looks like we may have something "cooking" for November and December, too. We must remember though, that the COVID virus is very similar to our NE weather, "Wait a minute!"

The exact information might not be ready for this November Broadcaster, but we promise to will keep you informed. Please keep your fingers and toes crossed. The COA and Loving Stitches have come up with a Fund Raising idea for the Friends. These ladies and other volunteers, are making hats plus other items, in our school colors, for sale. Some will be sold at football games, and others at the Holiday Fair (if there is one). All proceeds will go to the Friends LCOA. This is quite a community effort that will benefit us all.

Barbara McRae also contributed money to us in her Fund-ing effort. Barbara took in discarded furniture and refurbished them for sale. She turned these pieces into works of art. I know, because I have one of these. Many, many thanks for her hard work, caring, and generosity.

Stay tuned and take care,

Nancy Levine, President FLCOA



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, socio-economic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.



FITNESS CLASSES

Mondays: Tai Chi 10:00-11:00 am
\$15 per person: November 1, 8, 15, 22, 29

Tuesdays: Stretch and Flex 11:15-12:15 am
\$15 per person: November 2, 9, 16, 23, 30

Wednesdays: Gentle Flow Yoga 9:30-10:30 am
\$12 per person: November 3, 10, 17, 24,

Thursdays: Stretch and Flex 11:15 am-12:15 pm
\$6 per person: November 4, 18

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.

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 EHS 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.

Join Mark Crory and me on our November Littleton Common show.

We look forward to some interesting subjects and guests as always, and news about town organizations, businesses, our never-forgotten seniors and other programs of interest.

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

Photo by Dave Plauger

The program is also available on LCTV's Video OnDemand at:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatballs with Marina- ra and Mozzarella Penne Pasta Italian Vegetable Blend Italian Bread Yogurt	2 Beef Stew Broccoli Dinner Roll Pound Cake	3 Grilled Chicken Pesto Cream Tricolor Rotini Spinach Wheat Bread Diced Peach Cup	4 Chicken and Sausage Paella Cauliflower Multigrain Bread Fresh Pear	5 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Mixed Fruit Cup
8 Beef and Lentil Chili Brown Rice Herbed Carrots Multigrain Bread Fresh Clementine	9 Grilled Chicken Teriyaki Sauce Vegetable Fried Rice Asian Vegetable Blend Wheat Bread Diced Pear Cup	10 Potato Pollock Scalloped Potatoes Mixed Vegetables Multigrain Bread Brownie	11 Veterans Day No Meals Served 	12 Honey Mustard Roast Pork Wild Rice Pilaf Parmesan Broccoli Dinner Roll Diced Peach Cup
15 Mini Ravioli with Meat Sauce Capri Vegetable Blend Italian Bread Diced Pear Cup	16 <u>SPECIAL</u> Roast Turkey with Gravy Bread Stuffing Mashed Potatoes Green Beans with Cranberries Dinner Roll Pumpkin Pie	17 Baked Cod with Piccata Sauce Israeli Cous Cous Mixed Vegetables Wheat Bread Mixed Fruit Cup	18 Shepherd's Pie with Gravy California Vegetable Blend Wheat Bread Lorna Doones	19 Chicken Meatballs with Swedish Sauce Egg Noodles Brussels Sprouts Multigrain Bread Fresh Apple
22 Grilled Chicken with Marsala Sauce Spinach Wheat Dinner Roll Cookie	23 Beef Bolognese Cavatappi Pasta Italian Vegetable Blend Multigrain Bread Fresh Pear	24 Pork Roast with Cranberry Orange Sauce Mashed Sweet Potatoes Cauliflower Florets Wheat Bread Diced Peach Cup	25 and 26 Thanksgiving—No Meals Served 	
29 Breaded Chicken Drumstick Au Gratin Potatoes Broccoli Multigrain Bread Yogurt	30 Baked Pollock with Mediterranean Sauce Orzo & Spinach Carrots Wheat Bread Fresh Clementine		To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u>	For weather emergencies and cancella- tions, please check Fox 25 TV station



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.

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NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches	2 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	3 9:30-10:30 Gentle Flow Yoga	4 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex	5 1:00-2:30 Bingo 7:30 pm Littleton Lyceum
8 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches	9 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	10 9:00 Veterans Breakfast 9:30-10:30 Gentle Flow Yoga 1:00-3:00 Craft Class	 11:00-Veterans Day Ceremony	12 1:00-2:30 Bingo
15 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches	16 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	17 9:30-10:30 Gentle Flow Yoga	18 10:30-11:30 Living Alone Grp 10:30-12:00 Computer Class 11:00 Herbal Teas Workshop 11:15-12:15 Stretch & Flex	19 10:00-12:00 Podiatry Clinic (by Appointment Only) 1:00-2:30 Bingo
22 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches	23 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	24 9:30-10:30 Gentle Flow Yoga 10:30 Prouty Woods Hike 6:00 pm Caregivers Support Group 6:00-7:00 pm Life Ahead Group		26 1:00-2:30 Bingo
29 10:00-11:00 Tai Chi 10:30 John Clark's "Great American Music Experience" Noon-2:00 Loving Stitches	30 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	IN PERSON EVENTS- GREEN VIRTUAL (ZOOM) EVENTS-RED HYBRID EVENTS-PURPLE		





zoom
Video Conferencing

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. **November dates will be Tuesdays, November 2nd, 16th and 30th.**

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**.

November's meeting is on Wednesday, November 24th. Please contact Nicole at 978-540-2475 for details.

Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, November 18th from 10:30-11:30 am**.

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

Loving Stitches via Zoom

Meets Mondays, from 12:00-2:00 pm in Room 233 and hybrid on Zoom. We welcome new members!

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



Fridays, November 5, 12, 19, 26, at 1:00 pm

Pre-registration required. Limit: 15 per session, call 978-540-2470 to sign up.



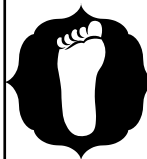
**Tuesdays,
November 2, 9, 16, 23, 30
1:00 pm – 4:00 pm**

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

Caregiver Support Group Returns!

Caregiver Support Group will be held on **Wednesday, November 24th 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.



**Podiatry Clinic
Dr. Ayleen Gregorian
Friday, November 19th 10am-2pm
Room 233, by appointment only**

\$35 per person, please call the main office to register 978-540-2470

Blood Pressure Screenings



The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, November 2, 9, 16, 23, and 30, from 10:00 am-12 noon, 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.



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>



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.



To reach Gayle Dalton in the Senior Diner, call 781-325-7879 and leave a message.



RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON

Littleton Rental Assistance Program

Emergency Rental Assistance Program

Applications are available on our website:

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



CHILDCARE SUBSIDY FOR INCOME ELIGIBLE LOCAL FAMILIES

This program for residents of Littleton, will provide childcare subsidies to low-moderate income families so that parents/caregivers are able to work or seek employment.

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**.

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.



Raptors! Birds of Prey
Friday November 5th, 2021, 7:30 pm

Buy your ticket [online at https://www.littletonlyceum.org](https://www.littletonlyceum.org)

Here is a fascinating opportunity to discover our New England raptors (birds of prey) with **Marla Isaac**. As a naturalist, Marla specializes in teaching the biology and conservation of birds of prey using live non-releasable animals and artifacts such as skulls and skeletons as teaching tools.

This is a family-friendly program and should be exciting for children of all ages.

Bullock Brothers Gospel	Friday, Jan 28 2022
Local Native American Archeology Sites	Friday, April 29, 2022

Have you watched "Highlights" on LCTV?



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 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.

Pre-Thanksgiving Prouty Woods Hike



Meet Nicole at the Entrance to Prouty Woods off of Wilderness Road at **10:30 on Wednesday, November 24th** for some fresh air and movement before your turkey dinner.

This walk is along a wide dirt road. It's a little over a mile round trip down to Long Lake and back, with a nice bench down near the water. If you're up to a little bit of a hill, you can follow the road that veers off to the left as you're going down to Long Lake. This will take you up to the Wilderness House and some nice views.

Please wear comfortable walking sneakers and bring water.

Please call 978-540-2470 to register.

Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

Psychiatric Emergency Services: (800) 540-5806 If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.

National Suicide Prevention Hotline: (800)273-8255

Samaritans Statewide Helpline: (877)870-4673 The Samaritans Statewide Helpline is available to anyone in Massachusetts who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.

COIN: Community Outreach Initiative Network, Addiction and Recovery assistance 508-488-5072.

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

TECH TIP FROM BILL VALES



I have decided to end the COVID Tech Tips that were started in March 2020. My intent of the COVID Tech Tips was to help people understand new concepts and terminology. Bending the curve, exponential growth, herd immunity were a few of the concepts we took month by month. My goal was to do the critical research for readers and break concepts into simpler terms. I hope you found it useful.

As of October the U.S. has exceeded more than 700,000 dead Americans as a result of the COVID-19 pandemic. The country by all standards has failed to protect the populous from this disease. The pandemic now has largely become a pandemic of the unvaccinated.

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>

Save lives, get vaccinated.

Bill Vales' Virtual Internet & Computer Classes



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 November:

- November 4** The Cloud. What it is, how do we use it safely?
- November 11** No Class: Veterans Day
- November 18** Sharing information on the Web (Dropbox, Google Drive)
- November 25** No class: Thanksgiving.

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

VETERANS DAY



Veteran's Day Ceremony

Thursday, November 11th at 11:00 am at Littleton Common, followed by Wreath Laying and visits to Old Burying Grounds, WW1 at Shattuck Street, The Historical Society Building, Beaver Brook and Westlawn Cemetery.

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.

Veteran's Breakfast

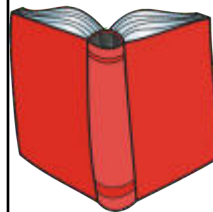


To honor Veterans we will be hosting a casual breakfast at the **Senior Diner on Wednesday, November 10th at 9:00 am.** Sponsored by our friends at Rivercourt Residences and the Friends!

Please call, 978-540-2470 to RSVP.



"BOOK AND A BITE"



EHS/COA and the Reuben Hoar Library have a new collaboration to help homebound senior residents feel less isolated during the winter months. Starting in December, seniors may request a book (that will come with a special surprise treat,) and a volunteer from the Library will home deliver it to you. Don't have a specific book in mind? The Library staff can recommend something based on your interests!

Call to sign up 978-540-2470.



COWBOY COOKIES

Ingredients

- 1 cup (230g) unsalted butter, at room temperature
 - 1 cup (200g) light brown sugar, packed
 - 1/2 cup (100g) granulated sugar
 - 2 large eggs plus one egg yolk, at room temperature
 - 1 Tablespoon pure vanilla extract
 - 2 Tablespoons milk (full-fat works best)
 - 1 and 1/2 cups (190g) all-purpose flour
 - 3/4 teaspoon baking soda
 - 1 and 1/2 teaspoons ground cinnamon
 - 1/2 teaspoon salt
 - 3 cups (240g) old-fashioned whole rolled oats
 - 3/4 cup (60g) sweetened shredded coconut
 - 1/2 cup (64g) pecans, roughly chopped
 - 12 ounces semi-sweet chocolate chips
- Instructions:**
- Preheat oven to 350 (F). Line two large baking sheets with parchment paper; set aside.
 - In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl using a handheld electric mixer, combine the butter and both sugars until light and fluffy, about 3 minutes. Beat in the eggs and yolk, one at a time, scraping down the sides as needed. Beat in the vanilla and milk and beat until combined.
 - In a medium bowl, stir together the flour, baking soda, cinnamon, and salt. With the mixer on low speed, gradually beat the flour mixture into the butter/sugar mixture, mixing until just incorporated.
 - Add in the the oats, coconut, pecans, and chocolate chips into the cookie dough, beating just until incorporated.
 - Scoop 2-inch balls of cookie dough onto the prepared baking sheets, leaving about 1 and 1/2 inches between so they have room to spread.
 - Bake, one sheet at a time, in preheated oven for 10 to 12 minutes, or until cookies are golden and set at the edges and still slightly soft in the center. Repeat with all cookie dough.
 - Cool cookies on baking sheet for 10 minutes before transferring them to a wire rack to cool completely.

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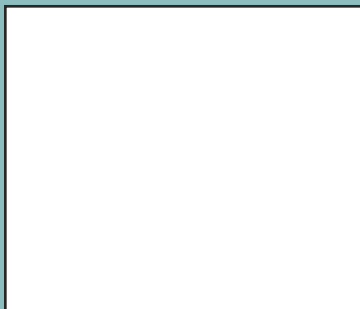
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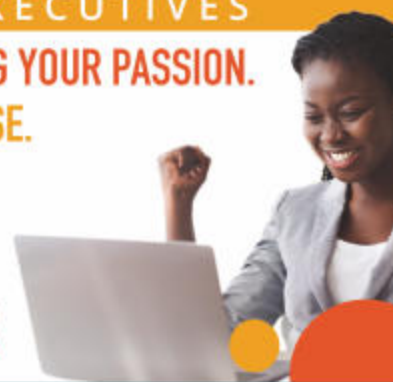
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TRANSPORTATION

- 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.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call **EVERY** week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.