

The Broadcaster

JUNE 2021



**LITTLETON
EHS/COA
SERVICES**



IMPORTANT NOTICE

At the time of printing this issue of The Broadcaster, the Elder and Human Services Department is open by appointment only.

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

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



REMINDER:

Registration opens on Tuesday, June 1st at 9:00 am for all programs and activities included in this newsletter. 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.

The Town of Littleton designated the month of May as National Older Americans Month! Thank you, Town Administration and Select Board, for recognizing the month. I hope many of you had a chance to participate in our themed activities in celebration of that month. We are still working on our community-wide puzzle to showcase how we as a community are one of strength. If you have not picked up a puzzle piece(s) please call our main office as we need YOU to be part of the puzzle!

★ In May we began offering outdoor programming and we are continuing to expand program opportunities. It was a wonderful feeling meeting and seeing participants at Long Lake Beach, the Courtyard, the back of the Library and Fay Park. We thank our community partners for teaming up with our department to introduce new programming to our community.



Tai Chi in Fay Park

★ Like May, June will be an exciting month for Littleton. June 12th is spring town meeting and there are many senior-related issues on the warrant - please read COA Board Chair, Marge Payne's message on page 2 of The Broadcaster. It is important to stay informed and updated surrounding the issues that will affect YOU! If you would like additional information on any of the articles, please reach out!

We are offering transportation services for spring town meeting. Call dispatch at 978-844-6809 to book your ride. See you there!



Important Announcement!

By now I hope you have heard the news of the opening of the Nashoba Valley/Devens Regional Vaccine Collaborative! The clinic launched on May 12 at the Clear Path for Veterans New building at 84 Antietam St. Devens. Those wishing to schedule an appointment for a vaccination can visit <https://vaxfinder.mass.gov/>, search by Local Board of Health Clinic and look for the Clear Path for Veterans New England/Devens site. If you or anyone you know is struggling to make an appointment please contact the EHS Department at **978-540-2470** as we are here to assist you!!

Ashley

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

COA Board Update: New Board Member, Town Meeting!



The **Council On Aging Board** welcomed Gary Wilson as a Member on April 26th. Many of you may know Gary as he has served on many Town Boards in the past and currently serves on the Finance Committee. We are grateful that he is willing to bring his expertise and share it with us as we continue to seek more space for activities and affordable housing for older residents in Town.

Speaking of more space, when you receive this issue of the Broadcaster, Town Meeting will be only 12 to 14 days away, as it is on **Saturday, June 12th at 9:00 am outside at Alumni Field**. As you know, there will be a few articles on the warrant relevant to seniors. Space does not allow a detailed summary, but please note that the following articles are of interest and concern for seniors:

NOTE: The final article number may change. Check your Town Meeting Publication which you may have received by the time you get this Broadcaster.

Article 10: Senior Center Project, **Article 24** Change to the Tax Abatement Program for Seniors, **Article 32** Littleton Station 40R zoning change, and **Article 33** senior Residential Development/Apartments. Be informed! It is important that each and every one of you get out and participate. Watch the **Highlights from EHS/COA** show(s) either on Cable (channel 9 Comcast or channel 37 Verizon) or go to littletonma.org, click on LCTV and click on the **May shows for information**. There will be reserved parking for seniors and if you need a ride or other forms of help, please call the office at **978-540-2470** to let us know. **See you on June 12th!**

Marge Payne, Chair, COA Board

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 ademichele@littletonma.org.



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

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

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

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

OUTREACH CORNER

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

PRIDE MONTH



In June of 1969, the uprising and protests following the raid at the Stonewall Inn, provided a crucial force for the gay rights movement. This event in history is the reason June was declared PRIDE Month. Across the world various festivals and parades celebrating the LGBTQ+ community are organized. In 2020, the pandemic forced events to be held virtually or to be postponed/cancelled. As this newsletter goes to print, with the state of emergency still ongoing and 2021 events are being planned virtually.

To stay up to date on events or if you are searching for information, the sites below are some known to be helpful.

<https://www.bostonpride.org/>

<https://www.therainbowtimesmass.com/>

<http://baywindows.com/>



EHS Staff

**Thursday, June 10th,
10:00-11:00 am**

Drop by and say hello to the friendly faces of the EHS Staff at the courtyard.

Included are breakfast treats to go! Please call the EHS office at **978-540-2470** to register.

Changes in your Real Estate Tax Bill



Starting on August 1st of this year, you will notice a new Reading, MA address on the return envelope of your Real Estate Tax bill. This is not a scam! The Town has changed the way we accept Real Estate payments; please note that you are still able to make this payment online as you normally would, but if you are mailing a physical check, you will need to send it to the address listed on your bill.

Feel free to call the EHS office with any questions:
978-540-2470.

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>

Pizza Kit Drive By (in front of the library)

Friday, June 25, 11:00 am



Call the EHS office at **978-540-2470** to register. Maximum 20. Generously sponsored by **Bridges by EPOCH in Westford**.

Highlights With You in Mind



The Littleton Elder & Human Services Department along with the COA have a monthly LCTV program called: **Highlights from EHS/COA**. Programs are taped toward the end of every month in order to include information about the programs being offered the following month.

May 2021 featured two special programs featuring Anthony Ansaldi, Town Administrator and a separate program featuring Matthew Nordhaus, Select Board, and Maren Toohill, Town Planner. They responded to questions the EHS Director and members of the COA have been asked regarding the proposed (yet to be named) senior center as well as the Planning Board articles concerning senior affordable housing to be brought before the Town at the June Town Meeting.

Be informed! You can watch the show on cable TV, channel 9 if you use Comcast and channel 37 if you use Verizon. The days and times the show is on are:

9:00 am: Monday, Wednesday, Friday

9:30 am: Tuesday, Thursday

6:30 pm: Sunday, Tuesday, Thursday

7:00 pm: Monday, Wednesday, Friday, Saturday

You also can watch it any time you wish by going to littletonma.org, click on LCTV and scroll down until you see: **Highlights from EHS/COA** and click on it.

ELDER ABUSE?



If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services** at **781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.



CORNER

QUESTION: What is the difference between the Friends of the Littleton Council On Aging and the Department of Elder and Human Services/Council on Aging?

ANSWER: The Friends of the Littleton COA (FLCOA) is a non-profit Corporation, incorporated in 1992 to financially support the senior population serviced by EHS/COA Department by donation requests, Thrift Shop sales, fundraising events, etc. They follow very strict rules from the State of Massachusetts. All monies given to the Friends are strictly for seniors 60 or over. If a donation is made with a special request, it will be used that way. The Friends have been committed in supporting seniors through the EHS/COA Department by providing outreach and program support. The Friends of the Littleton COA are a devoted group of volunteers dedicated to enriching the lives of seniors and providing opportunities for seniors to play an active role in the Littleton community. The Friends have and continue to work diligently with the EHS/COA director and the entire EHS/COA staff for the joint goal of benefitting Littleton's senior community.

The Department of Elder and Human Services/COA is a Town Department. The mission is to identify and serve the social, health and educational needs of all residents in the community regardless of age, income, or circumstances. We strive, to the greatest extent possible, to maintain dignity, independence and support for their role as members of the community. To this end we provide opportunities for residents to build physical, emotional, intellectual and social well-being. The Department cannot solicit money, under any circumstances. However they can accept donations and grant funds. The Department of Elder and Human Services/COA leans on the Friends of the Littleton Council on Aging to provide financial and program voluntary support for senior programs, activities, and services. The Department of Elder and Human Services/COA and the Friends of the Littleton Council on Aging are continuing to collaborate for program planning for our Littleton seniors enjoyment.

Shirley's Kitchen: Raisin Squares



2 cups of oatmeal
1 1/2 cups flour
1 cup brown sugar
2/3 cup shortening
1 teaspoon soda
1/4 teaspoon salt

Mix together in bowl. Mixture will be mealy.
Spread 1/2 of mixture in a 9 x 13 pan. Press to bottom of pan. (I usually put a zip lock bag over my hand and press down on the mixture.)

Cook the following in a pan on top of stove:

1 1/2 cups of raisins
1 1/2 cups of brown sugar
1 1/2 cups water
1 1/2 tablespoons flour
1 teaspoon vanilla

Cook this mixture until it boils and becomes thickened.
Spread over oatmeal mixture in 9 x 13 pan.

Cover raisin mixture with remaining oatmeal mixture. Press down with your hand.

Bake in 350 degree oven until oatmeal becomes golden brown (approximately 15 to 20 minutes).

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

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

Prime Time Paddlers Celebrating 10 Years!!!!



If you like to paddle, please consider joining our paddle group on **Thursday mornings at 10:00 am** (weather permitting). We paddle in the local area within approximately a 30 minute drive to most locations. We paddle for about 2 hours (an hour out, an hour back). We plan to start in early June. Details for our first paddle and location will be sent via email. If interested, please send me your contact information (email address) to jakay601@verizon.net. Happy kayaking.

The Roaring 20's

Friday, June 18th 2:00 pm



Are you curious about the flappers of the 1920s? We will explore the evolution of dress for women and men of the '20s, focusing not only on flapper dress, but also on the popular clothing and accessories of the period.

Call the EHS office at 978-540-2470 to register to obtain Zoom meeting information.



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 Returns!

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



**Fridays, June 18th-July 23rd
(no class on July 2nd)
10:00 am-11:00 am**

Fay Park

Please call to sign up; space is limited.
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.

Courtyard Craft Class



June is a beautiful month. Birds are singing and flowers are blooming. We will have another OUT-DOOR craft class on the patio this month. We will be painting "decorative" birdhouses for your gardens and patios and porches. The class will be on **Wednesday, June 16th**. There will be a 10:00 am class and a 1:00 pm class.

Each class will have 8 participants and the cost is \$3.00. Come and bring your creativity. It will be a fun class and will be great to be together.

Remember to register early by calling the EHS office at **978-540-2470**, as there is a limit. And you must practice current CDC guidelines of wearing a mask and social distancing.



Special thanks to SpringDell Farms for donating flowers for the May basket activity held out by the courtyard.



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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.

Friends of the Littleton Council on Aging



Are we there yet? Things are looking a little brighter in Massachusetts and there are plans to open more places. Let's hope good things happen and the Friends and COA will be planning some togetherness with our seniors and maybe even theme luncheons. Wear your masks and get your shots and let's hope for better months to come. This too shall pass.



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.



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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.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Littleton Council on Aging, Littleton, MA 06-5119

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	1 Veal Roulade Francaise Sauce Garlic Mashed Potatoes Capri Vegetable Blend Multigrain Bread Fruit Cup	2 Cheese Omelet Sausage Patty Home Fries Spinach Blueberry Muffin Fresh Fruit	3 Baked Cod Lemon Dill Sauce Au Gratin Potatoes Broccoli Multigrain Bread Cheesecake	4 Classic Chili Brown Rice Green Beans Cornbread Fruit Cup
7 Lasagna Roll Meat Sauce Italian Vegetable Blend Italian Bread Yogurt	8 Grilled Chicken Honey Ginger Glaze Wild Rice Pilaf Broccoli Wheat Bread Fruit Cup	9 Turkey Corn Stew Brussels Sprouts Multigrain Bread Fresh Fruit	10 Roast Pork Herb Gravy Butternut Squash Peas & Pearl Onions Wheat Bread Fruit Cup	11 Chicken Meatballs Stroganoff Sauce Noodles Spinach Rye Bread Lorna Doones
14 BBQ Chicken Baked Beans Mixed Vegetables Wheat Bread Fruit Cup	15 Potato Pollock Tartar Sauce Scalloped Potatoes Italian Vegetable Blend Marble Rye Bread Yogurt	16 <u>SPECIAL</u> Marinated Beef Tips Rosemary Roasted Potatoes California Vegetable Blend Wheat Dinner Roll Chocolate Cake	17 Chicken Jambalaya Brown Rice Corn Multigrain Bread Fruit Cup	18 Juneteenth Observed No Meals Served 
21 Cheeseburger Potato Wedges Broccoli Hamburger Roll Flavored Applesauce	22 Breaded Chicken Drumstick Cinnamon Sweet Potatoes Peas & Carrots Wheat Bread Fruit Cup	23 Sweet & Sour Pork Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Fortune Cookie Fresh Fruit	24 Chicken a la Vodka Penne Pasta Italian Vegetable Blend Italian Bread Cookie	25 Salisbury Steak Mushroom Gravy Whipped Potatoes Summer Squash Medley Multigrain Bread Yogurt
28 Kielbasa & Cabbage Casserole Red Bliss Potatoes Carrots Rye Bread Brownie	29 Philly Steak & Cheese* Mixed Pepper & Onion Medley Potatoes O'Brien Sub Roll Fresh Fruit	30 Grilled Chicken Red Pepper Salsa Orzo Pilaf with Spinach Cauliflower Gratin Multigrain Bread Fruit Cup		For weather emergencies and cancellations, please check Fox 25 TV station



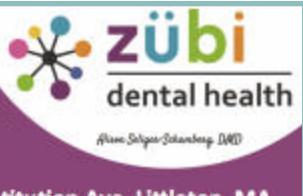
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zoom

Video Conferencing

Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom, Thursday, June 17th at 10:30-11:30 am.

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

Live Your Life Well

A virtual, 5 part program featuring speakers on 10 Topics to help adults feel stronger and more hopeful!

Hear inspirational and motivational presentations from a Yoga Instructor, a Marketing Specialist, a Nutritionist, a Community Service Professional and more, followed by discussion and time for self-reflection. You don't want to miss this!

This program will be held on **Wednesdays from 2:00-3:00 pm, June 9th-July 7th**. Please call the main office at **978-540-2470** to sign up and get the Zoom link. Space is limited!

Funding for the event is provided by the MA Association of Councils on Aging though a grant provided by the MA Executive Office of Elder Affairs.

Virtual Social Anxiety Group

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

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

Virtual Loving Stitches



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

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

Life Ahead Recovery Support Group

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

June's meeting is on Wednesday, June 30th. Please contact Nicole at 978-540-2475 for details.

Taking Control of Your Future: A Legal Checkup

Monday, June 28th at 11:00 am



Join us for a virtual Elder Law Education Program, sponsored by the Massachusetts Bar Association, with Attorney Margot Birke from Elder Law Solutions, for an in-depth educational look at the wide range of legal issues affecting the lives of older adults.

Please call the main office at **978-540-2470** to register and receive the Zoom link.

Virtual TED TALKS

Monday, June 21, 10:30 am

TED Talks are influential videos from expert speakers on education, business, science, technology and creativity! Join a casual TED talk meeting over Zoom as we view a TED Talk and discuss! Please register by calling **978-540-2470** to obtain Zoom information.

Name that SHOWTUNE

Thursday, June 17, 2:30 pm



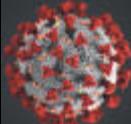
Do you enjoy Broadway tunes? If yes, it's your time to be a Broadway STAR! Guess the tunes and consider singing along to your favorite tunes. Please register by calling **978-540-2470** to obtain the Zoom information.



USSR- Russia - Myths, Mysteries and Spying

Friday, June 11, 10:00 am

We are excited to have this one-hour presentation by Henry Quinlan, based on his 30+ years' involvement with the former Soviet Union and Russia. Henry lived in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will entertain and educate the audience with many highlights, current issues and time for your questions. Please register by calling **978-540-2470** to obtain Zoom information.



COVID Precautions

For the health, safety and well-being of all, please follow the implemented requirements:

- Follow proper hand hygiene and respiratory etiquette.
- Always wear a mask.
- Ensure social distancing is maintained.
- Do not visit if you are feeling ill or if you have been exposed to someone who has tested positive for COVID-19
- Must sign up for programs.
- If you register for a Grab & Go program or outdoor offering, you will be asked to complete a **health screening form and waiver**. Participation Waivers can be completed 1) electronically or 2) pick up at Town Hall. Go to www.littletonma.org, then to the "Departments" tab at the top of the page, then to "Elder and Human Services." Locate and click on "**Release and Waiver of Liability and Indemnity Agreement**" on the left-hand side. You will get a confirmation of your submittal with an option to print the form if you have completed the form correctly.
- The Elder and Human Services Department, at **978-540-2470** is still open by appointment only.

Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

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

National Suicide Prevention Hotline: (800)273-8255

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

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



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>.

Three convenient drop-off points to recycle your hard-to-recycle plastics!



We now have collection bins open for everyone to drop by and use! They're at the Donelan's supermarkets in both Littleton (inside between cashiers and window) and Acton, MA (outside near can and bottle redemption area). And if you have a Littleton transfer station sticker, look for the yellow bin!

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

Mystery Bag Program



Can you believe the summer solstice is just around the corner? Many enjoyed our May Mystery Bags! June bags will be ready for pickup on Mondays, June 14th and 28th in front of the Library between 11:00 am and 12:00 noon. The bags continue to be filled with new puzzles, word games and more as we are enjoying the warmer weather. This program is open to all seniors. Join the fun! Our Social Club Leader, Anne-Marie Chernosky, will create the bags that will keep you guessing until we are all back together in person.

Please remember to sign up for one or both June Mystery Bags at **978-540-2470** and complete and sign the online waiver at <https://littleton.seamlessdocs.com/f/ParticipantWaiver>.

There is a maximum of 20 bags each of the June dates. The program is funded through the Emerson Community Grant Award.

Transportation Program



The COA Transportation Program continues to operate in limited capacity on Wednesdays and Fridays.

The safety of our riders and drivers is our top priority. In accordance with CDC guidelines, we have implemented a strict sanitizing schedule, mask mandates and a pre-screening questionnaire. Special thanks to the Fire Department for providing the Deep Cleaning at the end of each day!

As always, please contact Dispatch to schedule your ride at **978-844-6809**. If you need a ride on a day when the van is not currently running, please contact Nicole at **978-540-2475**. We are always looking to fulfill the need for transportation and will add service days as the needs for additional days increase.

TECH TIP FROM BILL VALES



The US has logged over 577,000 deaths. The pandemic is not over, but conditions are improving. With people being vaccinated, the number of deaths and hospitalizations are declining. Also with people being outside, the transmissibility of the virus is reduced. While conditions are getting better, we must remain vigilant against the virus, particularly the variations.

Unfortunately, the number of people getting vaccinated is decreasing. This means the chance of the US population reaching herd immunity is also decreasing. Not reaching herd immunity means the virus will still have people it can infect. Because of this, the virus will continue to spread, will continue to mutate and will continue to infect and kill people. The lack of reaching herd immunity may set us up for a 2021 fall and winter that will have virus variants that have established. We are not sure if we can count on current vaccines to protect against all variants.

It is very important for people to get vaccinated. The benefits of getting vaccinated are to you, your family and society.

It is possible that proof of vaccination may be needed to attend workplaces and school; there are already precedents in place for requiring vaccination against certain diseases to use public facilities. Key resources for learning about Covid should be the:

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

In the meantime the best way we can protect ourselves whether vaccinated or not continue to be: 1) wear a mask, 2) social distance from people, 3) avoid congregate or group settings 4) regularly wash your hands, 5) get a vaccination.

Save lives, get vaccinated.

If you need assistance navigating the **mass.gov** website for a COVID-19 appointment or having trouble booking an appointment, **please contact the EHS Department at 978-540-2470**—we are here to assist you.

Walk Massachusetts Challenge



Lace up your sneakers - the Walk Massachusetts Challenge is back! This year features more walking options and more prizes! With five individual goals, there's a challenge for everyone - from walking 65 days to walking 692,000 steps - each tied to a fun Massachusetts fact. And 10 lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin' gift card. The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone.

For each person who completes the challenge, the Littleton COA gets entered into a drawing to win up to \$1,000 for future programming!

Here's how it works:

1. Participants can sign up at www.mcoaonline.com/walkma
2. The program runs from **May 1st to September 30th**.
3. Choose a challenge from one of 5 different levels - walking for days, time, miles, or steps. There's something for everyone!
4. You can track your walking via online by creating a user name and password, or use the chart in our printable walk journal.
5. At the end of the challenge, you can submit your journal (online or to the Department of Elder and Human Services/COA).



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!

Programs and Events—June 2021

Date	Day	Time	Description	Page
June 1, 15 & 29	Tues	1:00-2:00 pm	Zoom: Social Anxiety Group	P7
June 7, 14, 21, 28	Mon	12:00-2:00 pm	Zoom: Loving Stitches	P7
June 9-July 7	Wed	2:00-3:00 pm	Zoom: Live Your Life Well	P7
June 10	Thurs	10:00-11:00 am	Meet & Greet the EHS/COA Staff	P3
June 11	Friday	10:00 am	Zoom: USSR-Russia: Myths, Mysteries & Spying	P7
June 14 & 28	Mon	11:00 am-Noon	Mystery Bag Program Pickup	P8
June 16	Wed	10:00 & 1:00 pm	Craft Class on the Patio	P5
June 17	Thurs	10:30 11:30 am	Zoom: Living Alone & Living Well	P7
June 17	Thurs	2:30 pm	Zoom: Name That Showtune	P7
June 18-July 23	Fri	10:00-11:00 am	Mindful Meditation at Fay Park (No class 7/2)	P5
June 18	Fri	2:00 pm	Zoom: Roaring 20's	P4
June 21	Mon	10:30 am	Zoom: Virtual TED Talk	P7
June 25	Fri	11:00 am	Pizza Kit Drive By	P3
June 28	Mon	11:00 am	Zoom: A Legal Checkup	P7
June 30	Wed	6:00-7:00 pm	Zoom: Life Ahead Recovery Support Group	P7

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TRANSPORTATION

LITTLETON EHS TRANSPORTATION CHARGES

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am to 4:00 pm. Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

Rides are provided to appointments between 9:00 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

***** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE *****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

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

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

REMINDER

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