

The Broadcaster

JULY 2021



**Observed Monday,
July 5th
No Meals on Wheels**

IMPORTANT NOTICE

July 1st opens program registration for July activities by calling the Department's main line at **978-540-2470**. We are continuing to offer virtual programs, grab and go offerings, outdoor activities and limited indoor programming. We are continuing to ask residents to call ahead to make an appointment to speak with our Outreach Department.

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 Thursday, July 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.



We are so excited for July! The calendar is full of innovative and exciting virtual, outdoor and limited indoor programming opportunities. We understand everyone is eager to see their friends they've missed during these many months. The Littleton COA is planning a phased back-to-normal approach with a plan to slowly and steadily welcome back programs and activities. For programs offered within the Town Hall, masks are not required for anyone who is fully vaccinated. If you have not been vaccinated, we ask that you follow CDC guidelines and continue to wear a mask. Masks are still required by Federal mandate by passengers on our vans until further notice. Please keep in mind that some individuals have personal reasons for continuing to wear a mask. It is important to be respectful, supportive and understanding of these decisions as we work our way back to a sense of normalcy.

Registration opens on July 1 at 9:00 am for programs included within this newsletter. Please call the main line at **978-540-2470** to register. Kindly review the EHS/COA Departmental Policies on page 2 in advance of registering for programs.

We will all get back to normal soon and in the meantime let's continue to be strong together.

As always, we are here for you! Give us a call!

Ashley



Photo by Judy Reid

From Left to Right:

Nicole Sarvela
Susan Raymond
Ashley Shaheen
Amy DeMichele

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

COA Board Update: Time To Get Out & See Your Friends!!!



Ever so slowly we are getting back to a way of life which we all took for granted. What perfect timing, since we are now in the thrust of warmer weather which beckons us out of the house anyway. The EHS staff have been busy putting together a hybrid schedule so to speak: some in-person events and some virtual events (for those of us who have learned to like having events in our home and not having to use time for such things as driving to and from places)! Slowly, there will be more in-person events for sure!

Summer is upon us and at the time of writing this, we do not know if we will be excited about the Senior Center project and will be anticipating having that feasibility study done to see if a building can be constructed behind the Town Offices building.

For sure, if that does occur your Council On Aging Board will be attentive to what is happening and keep you informed. Have a GREAT month of July! Keep in touch with EHS!

Marge Payne, Chair, COA Board

Participant Policies



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

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

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

STAFF

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Nicole Sarvela, Assistant Director
Amy DeMichele, Outreach Coordinator
Sue Raymond, Administrative Assistant
Neil Campbell, MART Driver
Richard Kent, MART Driver
John Stenstrom, MART Driver
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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.

Meet people where they're at.....

After more than a year of Pandemic related restrictions, the Governor ended the State of Emergency Declaration on June 15th.

Many have reached out, overjoyed that these restrictions are being lifted and happy to see things starting to return to 'the way it was'. However, just as many have reached out feeling concerned that the restrictions are being lifted too quickly; both of these reactions, and for so many, a combination of the two are normal, expected and will ease with time.

Struggling with stress and anxiety as we adjust to the changes whether you are feeling relieved or reluctant, is expected. There are resources to help reduce stress and tools for healthy coping available. Please contact our office or visit the following websites for more information <https://www.mass.gov/info-details/resources-for-reducing-stress-and-healthy-coping> and <https://interface.williamjames.edu/>.

T.R.E.A.D.

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

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

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

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

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>



The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

ELDER ABUSE?



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



CORNER

QUESTION: *How do residents find out about Littleton's Department of Elder and Human Services?*

ANSWER: If you or someone you know is interested in learning more about the Department of Elder and Human Services, please call the Department's main line at **978-540-2470**. Our friendly staff members would be happy to speak with you! Additionally, interested residents can check our website:

<https://www.littletonma.org/elder-and-human-services>,

Facebook page www.facebook.com/LittletonElderandHumanServices or register to receive our weekly emails to obtain the most up to date information.

The Senior Tax Work-Off Program Announcement and Enrollment Information



The Senior Tax Work-Off Program allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage and the "wages" earned are applied to property taxes as an abatement.

You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed, such as establishing a Trust, contact the Office of the Assessors to ensure that you still qualify. Please do this before completing your enrollment paperwork. You must apply for the program during open program enrollment between **July 12 – 23, 2021**. Participants who participated in FY21 will receive an email/direct mail of program enrollment paperwork which needs to be completed to be eligible to participate in FY22's program. The paperwork will also be posted to the Department's website. We will not be having in-person registration. Interest participants must drop-off paperwork or electronically complete the paperwork to participate in this year's program.

If you have any questions please contact Ashley Shaheen, Director of Elder and Human Services at **978-540-2470**.



Thursdays, July 15, 22, and 29
1:00 p.m. – 4:00 p.m

Pre-registration required. Limit: 8

Call EHS Office at **978-540-2470** to register.



Lunch Grab & Go

Pick-up in front of library

Friday, July 16, 12:00 noon – 1:00 pm

Enjoy a delicious lunch to go, generously sponsored by Rivercourt Residences in Groton.

Call the EHS Department at **978-540-2470** to register! Maximum of 60 participants.

The menu is Turkey BLT Sandwiches, Chips, Limoncello dessert and flavored seltzer served in insulated lunch bags.

Mystery Bag Program



Independence Day is here! Many enjoyed our June Mystery Bags! And July bags will be ready for pickup on Mondays, July 12th and 26th 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 summer 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, hopefully soon.

Please remember to sign up for one or both July 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 for each of the July dates.

The program is funded through the Emerson Community Grand Award.

Littleton EHS Van Service Announcement



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

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.

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 to 12.

978-540-2470

\$15 per person for 6-week session.

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



Meditation with Jenny

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

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

Line Dancing Classes

Kari's Line Dancing classes are available on LCTV, or OnDemand via the LCTV website littletonma.org.



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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Friends of the Littleton Council on Aging



The Friends have been unable to continue hosting programs during the pandemic. The one thing that keeps us going is the Flowers for Seniors. We want to stay connected and are letting you know we are making plans for the future when we can be together again. The flowers

have already been sent to at least 1,000 seniors and there are only 1,000 more to go. Sharon Corbin and her helpers will be taking off to rejuvenate starting June 20th to September 1st. Look for the flowers again in the fall. Till then, stay safe. **Barbara McRae**



Craft Class



Sue, Kathy and Anita want to thank all who have participated in our Grab and Go projects and our May and June outside craft programs. We will be taking a short vacation for the months of July and August. We will be back in September with all kinds of new and exciting projects. Hopefully we will be able to hold classes

in the multi-purpose room again. Enjoy the summer weather and we will see you soon. Again thank you for being part of our craft class; we have certainly enjoyed making things with all of you.



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.





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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	For weather emergencies and cancellations, please check Fox 25 TV station		1 Roast Turkey Tarragon Gravy Bread Stuffing Brussels Sprouts Wheat Dinner Roll Yogurt	2 Potato Pollock Tartar Sauce Corn Broccoli Wheat Bread Fruit Cup
5 Independence Day Observed No Meals Served 	6 <u>SPECIAL</u> BBQ Pork Ribs Macaroni & Cheese California Blend Vegetables Dinner Roll Pound Cake	7 Mini Ravioli Primavera Spinach Wheat Dinner Roll Yogurt	8 Grilled Chicken Breast Peach Salsa Red Bliss Potatoes Glazed Carrots Multigrain Bread Fresh Fruit	9 Roast Pork Jardinière Sauce Garlic Mashed Potatoes French Green Beans Wheat Bread Applesauce Cup
12 Baked Cod Newburg Sauce Wild Rice Pilaf Broccoli Multigrain Bread Fruit Cup	13 Beef Hot Dog Baked Beans Mixed Vegetables Hot Dog Roll Yogurt	14 Grilled Chicken Breast Cacciatore Sauce Penne Pasta Italian Blend Vegetables Italian Bread Fresh Fruit	15 Chicken and Rice Bake Spinach Wheat Bread Cookie	16 Meatloaf Onion Gravy Yukon Gold Potatoes Capri Blend Wheat Dinner Roll Fruit Cup
19 Beef Bolognese Cavatappi Pasta Carrots Italian Bread Applesauce Cup	20 Grilled Chicken Breast Apricot Glaze Israeli Couscous Parmesan Broccoli Multigrain Bread Brownie	21 Roast Turkey with Gravy Sour Cream & Onion Mashed Potatoes Green Beans Casserole Dinner Roll Lorna Doones	22 Honey Mustard Roast Pork Mashed Sweet Potatoes Herbed Cauliflower Multigrain Bread Fruit Cup	23 Chicken Meatballs Sweet & Sour Sauce White Rice Asian Blend Wheat Bread Fresh Fruit
26 Chicken Cordon Bleu Whipped Potatoes with Gravy Green Beans Multigrain Bread Yogurt	27 Beef and Broccoli Stir Fry White Rice Wheat Bread Applesauce Cup	28 Chicken Sausage Peppers & Onions Potato Wedges Hot Dog Bun Fruit Cup	29 Baked Pollock Lemon Vinaigrette Spinach & Orzo Pilaf Carrots Wheat Dinner Roll Fresh Fruit	30 Broccoli Bake Home Fries Stewed Tomatoes Marbled Rye Bread Muffin



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dental health
Alison Schlegel-Schubert, DMD

The Point, 802 Constitution Ave, Littleton, MA
978-501-2222
www.zubidental.com





Zoom

Video Conferencing

Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, July 15th at 10:30-11:30 am.**

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

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. **July dates will be Tuesdays July 13th, and July 27th.**

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

Life Ahead Recovery Support Group

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

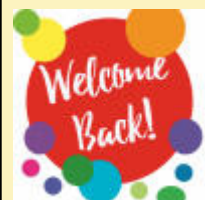
July's meeting is on Wednesday, July 28th. Please contact Nicole at 978-540-2475 for details.

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.



Thursday, July 8th
2:30 pm OR 4:30 pm

We are thrilled to welcome you back to participate in program and activities offered by the Department of Elder and Human Services. Over this past year we have all adjusted to the "new normal". With various degrees of comfort of re-entry, we have invited Mary Curlew, LICSW, a Community Education and Training Specialist for Jewish Family and Children's Service, to facilitate a program on returning back to our daily activities including COA programs and activities, with as little stress as possible on our community and our brains. Sign-up for an in-person timeslot or express interest in obtaining the Zoom invitation to participate virtually!

Call the EHS Office at 978-540-2470 to register.
Limit: 10 people per in-person program.

Beautiful Butterflies

Monday, July 19 at 1:00 pm Via Zoom

Pre-registration is required
Call 978-540-2470 to register



From the large Eastern tiger swallowtail and colorful monarch to the tiny spring azure, there is a huge range of size, color and patterns in local butterfly species. What makes a good butterfly habitat? How do you attract more of these beautiful animals? Find out more about our local butterflies and what brings them to our neighborhoods.

Experience the sights of some of our most beautiful seasonal creatures!

Presenter: Joy Marzolf

Joy has been offering a variety of animal-related education programs for over 20 years. She has worked with a wide range of animals including marine mammals in rehab/rescue programs in Massachusetts, and a wide variety of captive and non-releasable rescued animals in Oregon. She has worked with reptiles in the wild, and in captivity, for over 20 years. Most recently, she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary.

For more information please contact:
Sheryl Ball at the Acton Health Division
at sball@actonma.gov or call 978-929-6453

Funding for CHNA15 is provided from Lahey Hospital and medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DON) process.

BINGO IS BACK!

Fridays, July 16, 23 and 30, 1:00 and 3:00 pm

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

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**.



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.

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 website

<https://tinyurl.com/littletonmarecycles>, or email littletonma.recycles@gmail.com



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>.

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).

TECH TIP FROM BILL VALES



Conditions continue to improve in the U.S. relative to COVID-19, however parts of the world such as India and Brazil are seeing catastrophes continue to unfold. In the U.S the case count, hospitalizations and deaths are being driven down as a result of people getting vaccinations. While conditions in the U.S. are getting better, we must remain vigilant against the virus, particularly the variants. The race to defeating COVID is not over; thinking it is over is a critical mistake.

In the last newsletter I reported 577,000 U.S. deaths; today's count we are at 594,000 deaths. It is hard to rationalize that conditions are improving when the U.S. has lost near 17,000 citizens in less than a month, but when you compare that to the trends of the previous 16 months, this is indeed an improvement.

We have some very effective vaccines, which have been used by over 42% of the U.S. population; but this is not enough. The number of new people getting vaccinated is slowing, which means the chance of the U.S. reaching herd immunity is also decreasing. Not reaching herd immunity means the virus will still have the potential to spread, infect and kill people. To curb the spread of COVID, it is important to get vaccinated. The benefits of getting vaccinated are to you, your family and society.

Workplaces, schools and various venues are working to establish policies to safely reopen. Guidance for mask wearing and social distancing is changing rapidly as the population gets vaccinated and society reopens.

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

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

Save lives, get vaccinated.

VAN DRIVERS

Littleton's Dept of Elder and Human Services



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



Shirley's Kitchen: WHOOPIE PIES

Ingredients:

1/2 cup shortening
1 cup sugar
1 egg
2 cups flour
1/2 cup cocoa
1/2 tsp baking powder
1 1/4 tsp baking soda
1/2 tsp salt
1 tsp vanilla
1 cup milk

Filling

1/2 cup shortening
1/4 cup margarine
1 1/2 cup confectioners sugar
1 tsp vanilla
1/2 jar - marshmallow fluff

Mix well.

If needed, add a little milk

Spoon onto cookie sheet.

Bake at 425 for about 10 minutes

Spread filling between 2 pieces of cakes.

★
★ **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 cli- ★
★ nician. We are available to help 24 hours a day, eve- ★
★ ry 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, Ad- ★**
★ **dition and Recovery assistance 508-488-5072.** ★
★
★*****

Programs and Events—July 2021

Date	Day	Time	Description	Page
July 8	Thursday	2:30 OR 4:30	Welcome Back Program (in person and Zoom)	P4
July 9, 16, 23	Friday	10:00-11:00 am	Mindful Meditation at Fay Park (No class 7/2)	P5
July 12 & 26	Monday	11:00 am-Noon	Mystery Bag Program Pickup	P4
July 12, 19, 26	Monday	12:00-2:00 pm	Zoom: Loving Stitches	P7
July 13 & 27	Tuesday	1:00-2:00 pm	Zoom: Anxiety Group	P7
July 15, 22, 29	Thursday	1:00-4:00	Mah-Jong (in person)	P4
July 16	Thursday	10:30 11:30 am	Zoom: Living Alone & Living Well	P7
July 16	Friday	12:00-1:00 pm	RiverCourt Residences Lunch Grab and Go	P4
July 16, 23, 30	Friday	1:00 & 3:00 pm	Bingo (in person)	P7
July 19	Monday	1:00 pm	Zoom: Beautiful Butterflies Presentation	P7
July 28	Wed	6:00-7:00 pm	Zoom: Life Ahead Recovery Support Group	P7

KATHLEEN M. O'CONNOR

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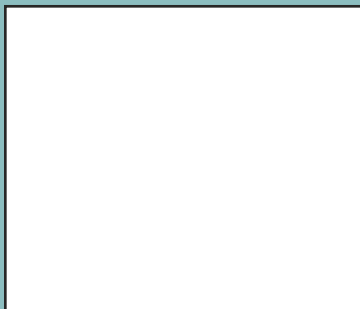
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TRANSPORTATION

- 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.

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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

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