

The Broadcaster

JANUARY 2021



Happy New Year!

On behalf of the staff, may I wish you a very happy and healthy New Year! We are looking forward to 2021 and the excitement of what a New Year brings. This is also an opportunity to reflect and share with you our highlights over this past fiscal year. It is no surprise that 2020 brought many changes. While it was necessary for Town building closures and program cancellations, the Department continued to operate by providing service to the community

through transitioning to a remote service model to combat the public health concern of social isolation as well as serving as an access point to provide important services and supports. Staff worked with new and existing individuals who needed assistance with, to include but not limited to, errands, access to food and technology assistance. Outreach provided assistance to 365 individuals of all ages with 2,178 contacts from March 13, 2020 to June 30, 2020. In addition to services, several virtual programs were offered including the support groups, such as Living Well and Aging Well and the Social Anxiety Group. Throughout the pandemic the EHS Department has continued to evaluate and re-evaluate programs and services to provide a vital service to the community.

In FY20 (July 2019-June 2020)

- 2,971 transports with an average of 248 rides per month.
- 5,280 Home Delivered Meals delivered to seniors and served 1,297 congregate meals in our Senior Diner.
- Outreach Department contacts for FY20 was nearly 5,166 points of contact with 746 unduplicated individuals served.

In the near future, we plan to rebuild indoor programming to provide a variety of social, educational, and recreational opportunities. Offering programming on a virtual platform will pave the way for program development, as now we will be able to offer programs on two different platforms.

I hope 2021 brings us back together in a safe and welcoming way! In the meantime, stay connected to our Department by participating in virtual programming, grab and go events, and even participate in National "Dress Up Your Pet Day" on January 14th. We want to hear from you. If you have a need, interest, or a new year's goal that we can assist with please let us know. Join us as we create a wonderful new year!

Ashley

IMPORTANT NOTICE

At the time of printing this issue of The Broadcaster, the Elder and Human Services Department is open by appointment only. All other events will continue to meet virtually.

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.**

COA Board Update



Greetings! COVID19 sure has brought us many changes and forced us to be flexible, understanding, patient and willing to be grateful for sometimes the smallest things. The COA is so excited that Ashley has managed to find a way to offer the Senior Tax Work Off Program to those who wish to participate.....as long as COVID does not interfere, necessitating another change!

Speaking of change, your COA Board was saddened in November when our Vice-Chair, Mary (Paddie) Hunt resigned from the Board. Paddie has served Littleton Seniors for many years effectively using her skills in many important senior issues. Did you know that Paddie took the lead and worked tirelessly to obtain handicapped parking for seniors attending Town Meetings, going to vote, attending the Annual Bazaar? Speaking of Town Meeting, Paddie's work resulted in the reservation for senior seating in chairs in the area closest to the teleprompter. She was dedicated to the lack of affordable housing for seniors issue, and worked closely with the Planning Board to ensure they had whatever information needed. This message cannot document all that Paddie has done...but it can express our appreciation and gratitude to her.

Thank you Paddie! Thank you Ashley!

Marge Payne, Chair, COA Board



Relevant and interesting reading! ***This Chair Rocks: A manifesto against Ageism*** By Ashton Applewhite

Read this lively book that challenges how we think and behave towards this universal condition we call Age (getting older) and Ageism, which author Ashton Applewhite calls "a prejudice against our own future selves," that affects us all economically, physically and mentally.

Join the discussion about the book and your own thoughts about ageism: Friday, January 15th at 10:30 AM via Zoom; hosted by EHS and library staff.

Borrow a copy of the book from the Reuben Hoar Library (call the library at **978-540-2600**, or go to <https://www.littletonma.org/reuben-hoar-library> to place a hold, then use the library's curbside service to pick up a copy); read the book and tell your friends about it before January 15th. Audiobook format is also available. Call the library if you need a library card.

Call EHS (978-540-2470) to receive a Zoom meeting invitation for the Friday, January 15th discussion. EHS will also share the link to the December 5th recording of the author discussing her book with the Littleton community.



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.

STAFF

Ashley Shaheen, Director
Nicole Sarvela, Assistant Director
Amy DeMichele, Outreach Coordinator
Sue Raymond, Administrative Assistant
Neil Campbell, MART Driver
Laurie Dee, MART Driver
Richard Kent, MART Driver
John Stenstrom, MART Driver
Sam Palmer, MART Driver
Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

BOARD MEMBERS

Marjorie Payne, Chair
Maureen Donnelly
Ann Lee Ellis
Anita Harding
Susan Melander
Mark Rambacher
Wendy Sammarco
David Sill

FRIENDS OF THE COA

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

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

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

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our website www.littletonma.org, 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.

NEW YEAR, NEW YOU!



What are you doing for self-care these days? This year has been challenging to say the least. Adapting to change is always a process and with the current public health crisis of COVID-19, we were forced to adjust rapidly. Changes are being implemented as new information becomes available and keeping up with that too, is challenging. Adjusting to change can trigger stress causing feelings of anxiety/depression. It is important, now more than ever, to take time for number one, YOU!

Some may find time to go for a walk, meditate or read a book. Others may need a little more help. Below are some resources to explore, should you feel you need it or maybe you know of someone who may benefit from it.

The William James Interface is a referral service that will assist with identifying the most appropriate options for an individual's current needs. Visit their website at <https://interface.williamjames.edu/> or call their helpline at **888-244-6843** (toll free) Monday - Friday, 9:00 am - 5:00 pm.

The Crisis Text Line - <https://www.crisistextline.org/>

The Littleton Coalition Against Addiction - <https://www.littletonma.org/littleton-coalition-against-addiction>

Opioid Overdose Rescue - <http://opioidoverdoserescue.com/>

Detox Local - <https://www.detoxlocal.com/>

REMINDER-HOLIDAY CLOSINGS—EHS Closed; No Meals on Wheels

Friday, January 1—New Year's Day

Monday, January 18—Martin Luther King Day



To apply for Fuel Assistance, contact Amy to schedule an appointment:

ademichele@littletonma.org or call 978-540-2472



The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Please contact Amy at 978-540-2472 to set up an appointment to complete an application for this program.

Struggling to pay Vet Bills?



Littleton EHS is able to utilize the **Bradford Sampson Fund** to assist qualifying residents with Veterinary costs. **Please contact Amy at 978-540-2472** to determine eligibility/complete an application.

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>

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: *When do I receive my assignment for the Senior Tax Work Off Program?*

Answer: All participants who enrolled in the Senior Tax Work Off Program (enrollment deadline was December 18) will receive their assignment sometime in January. Our staff will reach out to you and alert you of your job placement. We appreciate your cooperation and understanding as we roll out this program. Please note: placements are pandemic dependent.

TECH TIP FROM BILL VALES



As we approach the end of 2020, we need to be reminded we are still in the grip of the COVID-19 pandemic. We continue to see increasing numbers for COVID-19 in infections, hospitalizations and deaths. In fact, the numbers are at their highest levels since the start of the pandemic. There are over 275,000 dead with models predicting more than 300,000 dead by December 26.

We have some encouraging news on the horizon with vaccine development. Some companies (Moderna and Pfizer) have developed vaccines which studies show have an efficacy rate as high as 95%. We are hopeful vaccines will start to be distributed to high risk individuals before the end of 2020. However, we should expect it will be several months, possibly late spring 2021, for vaccines to be available to the general public.

The new vaccines use a technology called mRNA which stands for messenger RNA. Conventional vaccines trigger an immune response **by inserting a weakened or inactivated germ** into our bodies. With mRNA the vaccines work by teaching our cells **how to make** proteins that will trigger an immune response from our body.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

The test results to date are very encouraging, but the challenges remaining are many: scaling production to the sheer number of vaccines needed, proper cold storage for the vaccines and the logistics to distribute them. Then we have the issue of public trust of vaccines. Vaccines do not stop infections; but vaccinations do. The public must be educated as to what vaccines are and what they are not.

Until then, the best defenses we have against the virus continue to be: 1) wear a mask, 2) social distance from people, 3) avoid congregate or group settings, 4) regularly wash your hands.

We must remain vigilant against the virus. Continue to listen to science-based strategies from recognized experts. A good source of information is the Center for Disease Control (CDC).

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

Avoid conspiracy theories, non-scientific speculation of cures or treatments and dogma of any persuasion relating to the virus. Follow the science for testing and mitigation; it is the best way we can open up society, keep our hospitals functioning and remain alive.



**234 Barnum Road
Devens, MA 01434**

*If you need Pantry supplies but are unable to get to the Pantry please **call EHS at 978-540-2470** to be added to our no-contact Pantry delivery, delivery will occur on Friday afternoons.*

*If you are unable to afford groceries and are in need of food please **call 978-540-2470**. EHS has various resources to help residents facing food insecurity.*

indian hill music

Performance Season - 2020/2021

While our in-person performance season is on hold, enjoy livestream concerts by celebrated artists from jazz, global roots, and beyond; exclusive interviews; virtual performances from Orchestra of Indian Hill musicians; and conductor Bruce Hangen's "Playlist Podcast." Get more information at: <https://indianhillmusic.org/>



Winter Survival Kit Grab and Go

Friday, January 22nd, 10:00-11:00 am

The Littleton Electric and Water Department has generously donated items to build your very own winter survival kit!

**Call the EHS Department at 978-540-2470 to register for this Grab and Go event.
Maximum 30 participants.**

Craft Class



Hello All,

Sue, Kathy and Anita are taking January off from Craft Classes. We all need a little break and with the virus becoming worse and the bad weather for January, It just seems like the right thing to do. We will, however, be back in February with new crafts. It will probably still be a Grab and Go, unless things change. Stay healthy and safe and see you all soon.

Thank You!



Many thanks to Anita, Kathy and Sue for organizing the Grab Craft and Go events from September through December! We look forward to seeing what they come up with in the New Year.

We also extend our appreciation to the Friends of the Littleton COA for generously sponsoring these monthly programs.



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by the Friends of the COA.

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



Friends of the COA Updates



From the Friends of the COA

It was a whole new world in 2020 and we hope for a better 2021. We also hope to see you at the Shattuck St building for programs before this year is over. We won't look back but will move forward. We were happy to see all who joined us for the November and December lunches. Thank you also for any donations to the Friends for our commitment to our seniors.



Recently the Friends Thrift Shop was closed due to the pandemic. With the need for social distancing, the room was needed for office space in order for the EHS/COA to safely service the elders in town. After emptying out the Thrift Shop, we were able to service others by donating to a great local cause. There is a trailer parked in the high school parking lot. All clothing and shoe donations are accepted. The items are then weighed and the proceeds benefit our sports teams. Nancy Morrison was the driving force behind this effort and has been monitoring it for the past eighteen years. If you have a donation, but no means to take it to the high school, you can arrange for pickup by contacting Nancy at nancylmorrison@yahoo.com

The volunteers from the Friends Thrift Shop miss all of you!



Many thanks to the Friends of the Littleton Council on Aging for sponsoring Lunch Grab and Go events at Il Forno.

These events have been well-received by Littleton seniors and we thank all of you for your ongoing support!



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



- CRISIS PLANNING
 - LONG TERM CARE & MEDICAID PLANNING
 - GUARDIAN & CONSERVATORS
 - WILLS, TRUSTS, & ESTATE PLANNING
 - PROBATE & TRUST ADMINISTRATION
- Ask about our Aging Advocate Program*

Protecting Today What Matters Tomorrow

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

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

We serve MetroWest Boston with convenient locations in Acton and Sudbury

978-263-0006



GenerationsLawGroup.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Littleton Council on Aging, Littleton, MA 06-5119

Minuteman Senior Services JANUARY 2021 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>	For weather emergencies and cancellations, please check Fox 25 TV station			 New Year's Day No Meals Served
4 Mini Ravioli Meat Sauce Italian Blend Veggies Italian Bread Fruit Cup	5 <u>SPECIAL</u> Broccoli Stuffed Chicken Breast Garlic Mashed Potatoes Carrots Wheat Dinner Roll Cookie	6 Sweet & Sour Pork Green Beans Vegetable Fried Rice Rye Bread Applesauce	7 Chicken & Rice Bake Spinach Wheat Bread Fruit Cup	8 Beef Chili Whipped Potatoes Broccoli/Cauliflower Corn Bread Fresh Fruit
11 Chicken Fajita Green/Red Peppers Corn Flour Tortilla Yogurt	12 Pork Rib-B-Que Potato Wedges Mixed Vegetables Grinder Roll Fruit Cup	13 Chicken Breast Supreme Sauce Sour Cream & Chive Potatoes Capri Blend Veggies Wheat Bread Muffin	14 Roast Turkey Herb Gravy Mashed Squash Brussels Sprouts Multigrain Bread Fresh Fruit	15 Broccoli Bake Stewed Tomatoes Roasted Home Fries Wheat Bread Fruit Cup
 No Meals Served	19 Chicken & White Bean Chili Brown Rice Italian Blend Veggies Dinner Roll Fruit Cup	20 Potato Pollock Tartar Sauce Mac & Cheese Peas Multigrain Bread Fruit Cup	21 Chicken Breast Mediterranean Sauce Couscous w/Red Peppers Carrots Wheat Bread Fresh Fruit	22 Roast Pork Rosemary Gravy Sweet Potatoes California Blend Veggies Multigrain Bread Yogurt
25 Pollock Loin Florentine Sauce Carrots & Peas Orzo Spinach Pilaf Rye Bread Strawberry Cup	26 Cheeseburger O'Brien Potatoes Broccoli Hamburger Bun Yogurt	27 Chicken Breast Honey Ginger Glaze Vegetable Fried Rice Asian Blend Veggies Wheat Bread Fortune Cookie Fruit Cup	28 Chicken Meatballs Marinara Sauce Cavatappi Pasta Italian Blend Veggies Multigrain Bread Snack n' Loaf	29 Meatloaf Onion Gravy Red Bliss Potatoes Brussels Sprouts Wheat Bread Fresh Fruit



Home of
CHAMPIONS
Caring with
passion & pride

LIFE CARE CENTER OF NASHOBA VALLEY
978-486-3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



Come visit us!

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



zoom

Video Conferencing

Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, January 21st at 10:30 am.**

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

Virtual Coffee Hour



Join EHS Staff for a virtual coffee or tea hour via Zoom.

The second Friday of every month from 9:00-10:00 am (January 8th).

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

Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from **6:00-7:00 pm.** **January's meeting is on Wednesday, January 27th.** **Please contact Amy at 978-540-2472 for details.**

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.

Virtual Social Anxiety Group

Social Anxiety Group continues to meet every other **Tuesday from 1:00-2:30 pm** via Zoom and we would love to have you join! January dates will be **Tuesdays January 12th and 26th.**

Pease contact the EHS Dept. at 978-540-2470 for Zoom info and to sign up.

Many EHS instructors are offering virtual classes.

Please check out our Community Connections page at:

<https://www.littletonma.org/community-connections>. Check under Senior Enrichment for more details.

Virtual Photography Classes

Virtual Class - Digital Photography 1

Wednesdays - January 20th and 27th, 2:30-4:00 pm

Cost: \$10 - pay to the EHS Department



Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. This class is taught by photographer, Steve McGrath.

Kindly pre-register by contacting the Elder and Human Services Department at 978-540-2470.

Virtual COA Internet Presentations



Bill Vales' COA Internet Presentations started in December. The presentations on December 10th and 17th were the first virtual classes in this new series.

These virtual sessions (via Zoom) will be held on Thursdays from 10:30 am to 12:00 noon.

Topics for January 2021 are:

January 21st—Brainstorming and discussion of topics for the Winter/Spring sessions.

January 28th—Review of the layout of the Windows PC desktop; navigating around the system; focus on Windows 10.

To signup for these 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.

Onion Soup—4 Servings



3 tablespoons butter
 3 large onions, thinly sliced
 1 tablespoon flour
 ½ teaspoon salt
 Freshly ground black pepper
 5 cups beef broth
 4 thick slices French or Italian bread
 4 tablespoons grated Parmesan cheese
 4 tablespoons grated Swiss or Gruyere cheese

In a heavy pan, melt the butter, add the sliced onions and cook slowly, stirring occasionally, until golden. Sprinkle in the flour and stir for a few minutes to cook the flour. Season with salt and pepper. Add the broth, stirring constantly. Bring to a boil, lower the heat and let the soup simmer, partially covered, for 30 minutes. Toast the slices of bread in the oven until brown. Place them in a large ovenproof soup tureen or individual bowls. Preheat the broiler. Sprinkle the bread with Parmesan cheese. Pour the soup over the bread and top with the Swiss or Gruyere cheese. Brown the cheese under the broiler and serve immediately.

Have Technology Issues?

The Littleton National Honor Society has reached out to the Department of Elder and Human Services with an exciting possible collaboration! Students have expressed interest in assisting the community with their technology troubles.

If you can use assistance with:

The Internet



Setting up a



Account

Cell Phone Issues



and more. Please give us a call at **978-540-2470** and we will add you to our interest list.

Mystery Bag Program



This year try something new! Express interest today in our brand-new **Mystery Bag Program** piloting in February of 2021. Starting in March, twice per month you will receive a mystery bag filled with puzzles, word games and more to help you beat the winter blues. This program is open to all seniors. Join in the fun! Our Social Club Leader, Anne-Marie Chernosky, will create the bags that will keep you guessing until we are all back together. Be sure to sign up for the pilot Mystery Bag Program at **978-540-2470**.

Calling all Pet Lovers and Furfriends!



Did you know Thursday, January 14th is National Dress Up Your Pet Day? Consider dressing up your furfriend and sharing the photograph with us! We want to see you and your furfriend. Email ashaheen@littletonma.org and your picture may be featured on our Department's Facebook page.

REMINDER:

ALL ACTIVITIES LISTED IN THE BROADCASTER ARE FOR LITTLETON RESIDENTS. OTHER AREA RESIDENTS WILL BE PLACED ON A WAIT LIST IF PROGRAMS ARE NOT FILLED AND NOTIFIED IF THERE ARE OPENINGS IN ANY ACTIVITIES.



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.

Line Dancing Classes



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

RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON*



The Littleton Rental Assistance Program (LRAP) provides rental assistance to income-eligible households who are renting qualified housing units in the Town of Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton. **This program is managed by the Littleton Affordable Housing Trust, through the Elder and Human Services Department and funded by the Community Preservation Act.**

Emergency Rental Assistance Program (ERAP) provides financial relief for qualifying residents who have been financially impacted by the COVID-19 pandemic. **This program has been created and funded by the Littleton Affordable Housing Trust, utilizing its Community Preservation Act or other non-federal funds.**

LRAP and ERAP guidelines, instructions and the applications are available online on the Elder and Human Services Department page which can be accessed via the Town Website, <https://www.littletonma.org/elder-and-human-services>. Completed applications can be submitted by mail, e-mail or in person.

Contact Amy DeMichele at 978-540-2472, Outreach Coordinator for additional information.

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, take a look for the yellow bin!

You may recycle (reasonably empty and dry):

- oral care product containers & **manual** toothbrushes (no electric toothbrush heads)
- personal care product containers (skin, lip, eye, ear and foot care, as well as cosmetics – **no aerosols**)
- vitamins/minerals/supplement blister packs, tubes, bottles (**no prescription bottles**)
- air freshener and cleaning pumps, trigger sprays, cartridges (**no aerosols**)
- old pens and mechanical pencils (no dry-erase markers)
- well-used food storage containers (plastic or glass - please no styrofoam or broken glass pieces)
- And so much more – see URL or QR code below



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/littletonmarecycles>, or email littletonma.recycles@gmail.com

Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

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

National Suicide Prevention Hotline: (800)273-8255

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

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

Winter Weather Policy

Littleton EHS Winter Weather Policy regarding van service:



This year, EHS vans will follow the decision of Minute-man Senior Services/Meals on Wheels. When Meals on Wheels deliveries are canceled, all van services will be canceled.



Would you like to be added to our Telephone Check in list?

Call 978-540-2470 to sign up!



Registration opens on January 4th 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.

For all in-person programs, you will be asked to complete a **health screening form and waiver** (electronic submission made available online) per program.

Participation Waivers can be completed either 1) electronically or 2) pick-up at Town Hall. Use the following steps to complete the electronic participation waiver:

1. Go to www.littletonma.org, then to the **"Departments"** tab at top of page, then to **"Elder and Human Services"**.
2. Locate and click on **"Release and Waiver of Liability and Indemnity Agreement"** on the left-hand side.
3. Fill out your information including the name of specific program, then scroll to the bottom right of the form and click on the blue box that says, **"Sign and Submit"**. Apply your signature, then click on the yellow box on the bottom right page that says, **"Finalize and Submit"**.
4. You will get a confirmation of your submittal with an option to print the form if you have completed the form correctly.

KATHLEEN M. O'CONNOR

Estate Planning • Elder Law • Probate

978-266-0101

KITTYOCONNOR@ECKEL-LAW.COM
267 GREAT ROAD • ACTON



ECKEL, HOAG
& O'CONNOR
ATTORNEYS AT LAW

www.eckel-law.com

Trouble Hearing? Call today for your **FREE CONSULTATION**

HearSmart
Audiology
978.952.2500



The HearSmart Audiology team
listens so you can hear.

hearsmartaudiology.com

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpiseniors.com or (800) 477-4574 x6377



RIVERCOURT
RESIDENCES

Independent Living • Assisted Living • Memory Care • Respite Stay

Proudly serving Seniors and the Community since 2002

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation
Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff

RiverCourt Residences sits on the scenic banks of the Squannacook River.

Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.

www.rivercourtresidences.com - **978-448-4122** - 8 West Main St., Groton, MA



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Littleton Council on Aging, Littleton, MA 06-5119



Connecting to What Matters That's the Benchmark Difference.

Call today to learn about
our Mind & Memory
approach and Respite
by Day program.
978.608.8065

The Atrium at Drum Hill

*A Benchmark Senior Living Community
for the Memory Impaired*

2 Technology Drive
North Chelmsford MA
AtriumAtDrumHill.com



ComForCare
HOME CARE

In-Home Senior Care
"Promoting Independence
and Quality of Life"
978-256-2468
dpatterson@comforcare.com



Our Care Provides You with The Peace of Mind You Deserve.

Providing compassionate
nursing care and companionship
in homes, hospitals, nursing homes
and retirement facilities.

Call us at:
978.369.0463

bullocksnursingservice.com
747 Main St., Suite 316 | Concord

MILL POND APARTMENTS

Section 8 Elderly Housing

*We are accepting applications for elderly,
handicapped or disabled, for 1 bedroom apartments.*

Call Louisa at: 978-486-9719

50 Mill Road, Littleton
MANAGED BY PEABODY PROPERTIES



Littleton Storage Solutions

Store smarter. Move Easier. Spend Less.

www.TheStorageSolutions.com • 978-339-5259

509 Great Road, Littleton MA 01460

Traditional & Climate Controlled Storage

Bridges
BY EPOCH
MEMORY CARE ASSISTED LIVING
AT WESTFORD

COMPREHENSIVE MEMORY CARE

978.776.3362

Find Education & Support:
MemoryCareLittleton.com

108 Littleton Road | Westford

MASS RELAY 711



Life Celebration® by

BADGER
LITTLETON & GROTON
Funeral Homes



Dear Friends,

*At the Life Celebration® Homes Badger of Littleton & Groton,
it is our honor and privilege to help share your loved one's
story during a most difficult time. By celebrating your loved
one's life in a beautiful and personalized way, our staff can
assist your family with care and compassion, guiding you
toward healing and acceptance. We invite you to come and
visit us to discuss the many options available.*

Glenn D. Bulamachi, CFSP
Owner / Funeral Director
Mass. License 7582 - Type 3



347 King St., Littleton, MA
45 School St., Groton, MA
www.badgerfuneral.com
(978) 486-3709

Thrive Locally





LITTLETON COUNCIL ON AGING
P. O. BOX 1305
33 SHATTUCK ST., ROOM 231
LITTLETON, MA 01460

Bulk Rate

US Postage

Paid

Littleton, MA

Permit No. 19



JANUARY 2021

*****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.