

The Broadcaster

FEBRUARY 2021



Let's *Continue* to Build Community



Recently I had a conversation with a resident and she expressed how thankful she was to live in Littleton—a town where neighbors, fellow community members, first responders, municipal staff and others truly care about the health and wellness of residents, of all ages.

We have all scaled back our personal interactions to stay safe, but that does not mean we have to be alone. A few months ago AARP established a Task Force to End Loneliness and Build Community to assist people during this winter season and through the pandemic.

Here are some ways to stay connected:

- Go Virtual (Consider registering for online programs and activities)
- Reach out to a family member or friend by placing a friendly phone call or sending a letter
- Go for walk and say, "hello" (distanced) to your neighbors
- Share your favorite recipe with your friends or me (gathering new recipes is on my New Year's Resolution list!)
- Watch COA Board Meetings on LCTV

Visit www.REACHOUTMA.com for inspiration and pandemic-safe ways to stay connected.

As the COVID-19 vaccine details are being worked on, please be mindful of vaccine scams as outlined on page 8 of the Broadcaster. For information on the vaccine schedule please visit <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>. Please continue to look at our website, Facebook page, or contact our Department at **978-540-2470**. We will share additional information as it becomes available.

Until we can see each other in-person, please make it a priority to talk to someone daily, reach out if you need help, or join one of the many Zoom programs offered.

I hope to hear from you soon!

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.**

Tech Friend Program



The National Honor Society is developing a **Tech Friend Program** to assist the community with technology assistance. If you need help with the internet, setting up a Zoom account, or telephone issues, please give us a call at **978-540-2470** and we will add you to our interest list.

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

COA Board Update



Here we are....already into February and continuing to support COA activities in spite of COVID19's relentless persistence to be around and necessitating Zoom groups rather than in person meetings. The Loving Stitches Knitting Group has continued to meet weekly since March 2020 via Zoom. They recently received a request from the Littleton High School National Honor Society requesting donations for their drive to support the Lowell Transitional Living Center by collecting hats, scarves, mittens and gloves.

Loving Stitches jumped at the chance to find a home for items they love to make and donated 27 different hats, scarves, gloves and mittens to help our local Honor Society project.

As you may know, the COA Board has a vacancy due to the resignation of Mary (Paddie) Hunt. If you or someone you know may be interested in filling the vacancy or would like additional information, call me **(978-486-8712)** or go to the town website and fill out the Application for Appointed Board/Committee Opening. Join us as we work to get more space for EHS/COA!

Marge Payne, Chair, COA Board



Registration opens on February 1st 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.



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, Vice Chair
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.

Tax Prep Assistance

As the newsletter goes to print, the tax assistance typically offered in coordination with AARP through the Littleton Elder and Human Services Department is not currently available. We understand and apologize for the inconvenience this may pose to the community. That being said, here are some other options to explore to receive tax prep assistance.

Community Team Work, Inc. (CTI) is a VITA site location offering tax prep assistance for Littleton as well as many other surrounding towns. Visit their website, <http://www.commteam.org/> or call **978-459-0551**.

South Middlesex Opportunity Council, Inc. is also listed as a VITA site for Littleton and neighboring communities. Contact their office for more information, **508-872-4853**.



Mindfulness/Meditation with Erin Loporto via Zoom Mondays, February 1st, 8th, & 22nd 10:00 am—Pre-Registration Required

If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. For more information contact Sheryl Ball at **978-929-6453** or sball@actonma.gov

This program is sponsored by CHNA15 through a regional grant between Acton, Littleton and Boxborough



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.

COOKIE RECIPE GRAB AND GO

Looking for a new cookie recipe?



Grab a mason jar filled with ingredients to make delicious cranberry white chocolate oatmeal cookies on **Thursday, February 25th from 11:00 am to 12:00 noon** in front of the library. Special thanks to **Bridges^R by EPOCH at Westford** for generously sponsoring this program.

Maximum: 30.

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

Did you know that Littleton is a subscribing community of the William James College Interface, a health and wellness resource for residents of all ages? INTERFACE is a free, confidential referral service that connects Littleton residents to outpatient mental health providers.

Residents can call the Helpline directly at

1-(888) 244-6843, Monday – Friday, from 9:00 am – 5:00 pm.

To learn more details about **INTERFACE** please go to <https://interface.williamjames.edu>

TECH TIP FROM BILL VALES



As we ushered in 2021 we find ourselves caught between an escalating Covid19 surge and a glimmer of hope with new Covid19 vaccines starting to be distributed and administered. As of this writing the number of Covid19 deaths in the United States has exceeded 352 thousand (352,000).

The current Covid19 surge is attributed to increased traveling and congregating over the holidays. The hope we see is related to the development and distribution of Covid19 vaccines. Several of the early vaccines (Pfizer and Moderna) have shown to have high efficacy rates (~94%). Other vaccines are in phase 3 trials; (see CDC website below).

However, there are many challenges and problems we continue to face. The vaccine distribution program has numerous logistical problems. The number of vaccinations distributed has fallen well short of administration estimates. Original estimates were that ~20 million vaccinations would be in arms of citizens by January 1, 2021. The estimates of delivered vaccinations being reported are less than 3 million; the reality is off by an order of magnitude.

Changing dosage strategies is also being discussed. Specifically, going from the two shot dosages to one shot to increase the vaccine availability for more people. Also being reported is discussion around decreasing the amount of vaccine per dosage to stretch the supply. There are numerous implications related to safety and efficacy that need to be considered when diverging from initial science-based recommendations.

There are also additional strains of Covid19 that have been discovered and evaluated to determine the efficacy of the vaccines against them. Mutation is common in biological (DNA) systems, so we should not be surprised to learn this.

There is a lot going on. There are logistical issues of vaccine distribution; science-based issues of vaccine dosages, new mutation strain analysis; ethical issues around prioritizing who receives vaccinations and hospital capacities being exceeded.

If we want to be prepared we must be informed with science-based data. We need to dig for the data and do some critical thinking. 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, science denial 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.

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.

Virtual Internet Presentations



Bill Vales' Virtual Internet Presentations (via Zoom) will be held on **Thursdays from 10:30 am to 12:00 noon.**

Topics for February 2021 are

- Feb 4** The Cloud. What it is, where it is; how do we use it safely?
- Feb 11** Data backup strategies
- Feb 18** Sharing information on the Web (Dropbox, Google Drive).
- Feb 25** Ransomware—What it is; how to protect yourself from it.

To sign up 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.

Craft Class



Here we are in February already. Things are getting better, but we will still need to do the craft as a Grab and Go. We will be doing a Tissue Paper Suncatcher in an Embroidery Hoop. Your kit will include the hoop, wax paper and all different colors of tissue paper. There will be other goodies that you can embellish with and a ribbon to hang your finished project in the window. Instructions as to how it goes together will also be included. Have fun.

The Grab and Go will be on **Wednesday, February 10th at 1:00 pm** outside the front of the Library main entrance.

YOU MUST SIGN UP AT 978-540-2470 BY FEBRUARY 3rd. KITS ARE LIMITED TO 16.



Look on LCTV for **"Nutrition for Active Ager"**. This is a four-part series designed and presented by Holly Kouvo, certified personal trainer and nutrition specialist, known to many in the area. Each broadcast will cover a different topic such as: learn how to read food labels, create diets for special health conditions, speed up your metabolism and eat foods that are healthy for your brain.

This program has been made possible through a CHNA 15 Grant.

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



Friends of the COA Updates

From the Friends of the COA

The Friends enjoyed seeing you along with Mr. & Mrs. Claus at our Senior "Lunch to Go" in December. We will be planning more activities during the year ahead and hope we will be together in 2021.

Good bye to 2020; you won't be missed. Now it's 2021 with new medication to fight COVID. We can help by cooperating with our doctors and state requests for safety.

Stay well, we miss you.



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!



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 EHS/LCOA.



WE SERVE METRO WEST BOSTON
WITH CONVENIENT LOCATIONS IN
ACTON, SUDBURY, AND BURLINGTON

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 FEBRUARY 2021 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef & Cabbage Caserole Carrots Rye Bread Lorna Doones	2 Grilled Chicken Francaise Sauce Yukon Gold Potatoes Creamed Spinach Wheat Bread Fresh Fruit	3 Turkey Corn Stew Broccoli Wheat Dinner Roll Vanilla Yogurt	4 Roast Pork Cider Glaze Sour Cream & Chive Mashed Potatoes Brussels Sprouts Multigrain Bread Strawberry Cup	5 Chicken Meatballs Pesto Cream Egg Noodles Scandinavian Veggie Blend Wheat Bread Flavored Applesauce
8 Chicken Parmesan Ziti Italian Veggie Blend Wheat Dinner Roll Fresh Fruit	9 Potato Pollock Tartar Sauce Macaroni & Cheese Broccoli Wheat Bread Yogurt	10 Chicken Jambalaya Brown Rice Mixed Vegetables Multigrain Bread Fruit Cup	11 <u>SPECIAL</u> Pot Roast Jardiniere Gravy Rosemary Roasted Red Potatoes California Veggie Blend Wheat Dinner Roll Brownie	12 Shepherd's Pie Green Beans Marbled Rye Bread Fruit Cup
15  Presidents' Day No Meals Served	16 Beef & Lentil Chili Brown Rice Mixed Vegetables Corn Bread Fruit Cup	17 Baked Cod Lemon Dill Sauce Orzo Pilaf with Spinach Glazed Carrots Wheat Bread Fruit Cup	18 Grilled Chicken Marsala Sauce Garlic Mashed Potatoes Capri Veggie Blend Multigrain Bread Muffin	19 Broccoli Bake Home Fries Stewed Tomatoes Wheat Dinner Roll Fresh Fruit
22 Cheese Omelet with Cheese Sauce Pork Sausage Patty O'Brien Potatoes Spinach Wheat Bread Yogurt	23 Philly Steak with Provolone Cheese Onion & Peppers Potato Wedges Grinder Roll Fruit Cup	24 BBQ Grilled Chicken Baked Beans Corn Hamburger Roll Fruit Cup	25 Roast Turkey Tarragon Gravy Bread Stuffing Peas & Pearl Onions Wheat Dinner Roll Fresh Fruit	26 Potato Pollock Tartar Sauce Diced Turnip Mixed Vegetables Multigrain Bread Cookie
			To CANCEL or ORDER, Call your local meal site by 11AM the <u>DAY BEFORE</u>	For weather emergencies and cancellations, please check Fox 25 TV station



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!

zūbi
dental health
Alison Schipper-Schubert, DMD

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





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

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

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

Meets virtually on the last Wednesday of the month from 6:00-7:00 pm. **February's meeting is on Wednesday, February 24th. Please contact Amy at 978-540-2472 for details.**

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

Call the EHS Department at 978-540-2470 to obtain the Zoom meeting link.

Contact the EHS Office at 978-540-2470 to obtain the Zoom meeting invitation.

Presidents' Day—Monday, February 15th

Rotary Community Corps



What is it?

The RCC is an organization of non-Rotarian volunteers providing a variety of services to our community, with an emphasis on supporting the segments of the population most in need.

Projects include:

- Cleaning up elderly neighbors' yards.
- The Scholarship Drive
- The Thanksgiving Breakfasts
- Delivering food to shut-ins
- Environmental Sustainability Projects
- Education Projects

We provide assistance in many ways, ranging from one-off activities to ongoing projects that will be active for a longer span of time.

Join Us!

Help share and bring enthusiasm, creativity, and sustainability to projects to help improve our community!

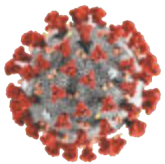
Members provide skilled and unskilled labor to support Rotary initiatives in our community.

More information? Check out the RCC website, Facebook, Instagram, and Twitter accounts. Links will be available on our new website.

Rotary Service Connections

Phone: 1-847-866-3244

Email: rotaryservice@rotary.org



Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

1. You cannot pay to put your name on a list to get the vaccine. **That's a scam.**
2. You cannot pay to get early access to the vaccine. **That's a scam.**
3. Nobody legit will call about the vaccine and ask for your Social Security, bank account or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams

Information from the Federal Trade Commission

Mystery Bag Program



We are excited about our Mystery Bag Program that will begin in February. Bags will be ready for pick up on **Tuesday, February 16th from 11:00-12:00** in front of the Library. If you haven't already signed up for the program, please do so at **978-540-2470** before February 8th.

March bags will be ready for pick up on **March 8th and 22nd**. The bags are filled with puzzles, word games and more to help you beat the winter blues. 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. **Please register for one or all of the Mystery Bag dates. Maximum 20 for each month.**



**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.*

Line Dancing Classes



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

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.



Acton C.R.A.F.T. 4-H Club Presentation on Recycling

Want to learn more about how to recycle some hard-to-recycle items such as pens, toothpaste tubes, and cosmetic containers? Join with the Acton C.R.A.F.T. 4-H club on **Friday, February 26th, from 5:00-6:00 pm!** We'll be discussing what you can recycle in the special bins at Littleton and Acton Donelan's, as well as easy ways to collect these items in your home. **Contact the EHS office at 978-540-2470 to obtain the Zoom meeting link.**

4-H is a community of young people across America learning leadership, citizenship, and life skills. For more information about the Acton C.R.A.F.T. 4-H Club, **please contact Elaine Shirron, 4-H Leader, at 978-635-0122.** 4-H is the outreach education program of UMass Extension in cooperation with the United States Department of Agriculture and local government. **Contact the 4-H Northeast Regional Extension Office at 413-545-2646 for more information.**

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.

Transportation Program



The COA Transportation Program continues to operate in limited capacity on Wednesdays and Friday mornings for medical and essential trips, including trips to the pharmacy, grocery stores, banks, post office, town hall, etc. In order to ensure the safety of our riders and bus drivers, we require only one passenger on the bus at all times, masks required for both riders and bus driver, pre-screen riders prior to service and we adhere to new cleaning procedures. Special thanks goes to the Fire Department for providing the deep-cleaning at the end of the day! For more information on Transportation Services, please consult the back of this newsletter.

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

Residents will be notified by Dispatch to reschedule if their ride is canceled.

COVID Vaccine Schedule per DPH

<https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>

Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

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

National Suicide Prevention Hotline: (800)273-8255

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

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

Programs and Events—February 2021

Date	Day	Time	Description	Page
Feb 1,8, 22	Mon	10:00 am	Zoom: Mindfulness/Meditation	P3
Feb 1,8,15,22	Mon	12:00-2:00 pm	Zoom: Loving Stitches	P7
Feb 4,11,18,25	Thurs	10:30 am-Noon	Zoom: COA Internet Computer Class	P4
Feb 9 and 23	Tues	1:00-2:30 pm	Zoom: Social Anxiety Group	P7
Feb 10	Wed	1:00 PM	Grab and Go Craft Class	P5
Feb 12	Fri	9:00-10:00 am	Zoom: Virtual Coffee Hour	P7
Feb 12	Fri	2:30 pm	Zoom: Musical Valentine's Bingo	P7
Feb 16	Tues	11:00 am-Noon	Mystery Bag Program Pickup	P8
Feb 18	Thurs	10:30 am	Zoom: Living Alone & Living Well	P7
Feb 23	Tues	2:30 pm	Zoom: The Pride and Prejudice of Fashion	P7
Feb 24	Wed	6:00-7:00 pm	Zoom: Life Ahead Recovery Support Group	P7
Feb 25	Thurs	11:00 am-Noon	Grab and Go Cookie Recipe	P3
Feb 26	Fri	5:00-6:00 pm	Zoom: Acton CRAFT 4H Pres-Recycling	P9

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 • 978-339-5258
509 Great Road, Littleton MA 01460
Traditional & Climate Controlled Storage



COMPREHENSIVE MEMORY CARE

978.776.3362

Find Education & Support:
MemoryCareLittleton.com

108 Littleton Road | Westford

MASS RELAY 711



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



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

Littleton Council on Aging, Littleton, MA 06-5119



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



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.