



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

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

## COA Board Update:



Greetings to all! In October, EHS/COA commenced their post-COVID efforts to increase in-person contacts with the community to spread the word about the wonderful programs provided to our older residents. EHS/COA folks have had outreach tables at October Fest, a football game, Special Town Meeting in October, Trunk & Treat, to mention a few.

So many residents of Littleton have NO awareness of what services are available to them. For example, are you knowledgeable about the TREAD program? Do you know that TREAD stands for Tax Relief for Elders and Disabled? Do you know that 38% of Littleton residents over 65 have an income of less than \$25,000.00 and that the TREAD program relies 100% on donations and without those donations the program will not exist? Please help spread the word about this program to your neighbors, friends, folks with whom you have contact. Let them know that ALL donations made to the TREAD program go directly to a special Town account for ONLY that purpose. Be a good Samaritan...help get the word out!

By the time you read this, we will have received the Senior Project update from LLB Architects. If you have not heard about that yet, please go to the Town Website and watch the tape of the Select Board meeting on November 9, 2021! Be informed! Wishes to all for a wonderful Holiday Season.

**Marge Payne, Chair, COA Board**

### **Participant Policies**



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

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

### **IMPORTANT REMINDER:**

**Registration opens on Wednesday, December 1st at 9:00 am for all programs and activities included in this newsletter. (virtual, grab- and-go, outdoor activities and limited indoor programs.) All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.**

## **STAFF**

Liz Tretiak, Director  
Nicole Sarvela, Assistant Director  
Amy DeMichele, Outreach Coordinator  
Sue Raymond, Administrative Assistant  
Neil Campbell, MART Driver  
Richard Kent, MART Driver  
Gayle Dalton, Senior Diner Manager  
Nancy Hilsinger, Editor

## **BOARD MEMBERS**

Marjorie Payne, Chair  
Ann Lee Ellis  
Marilyn Fedele  
Anita Harding  
Susan Melander  
Mark Rambacher  
Lorilei Richardson  
David Sill  
Gary Wilson

## **FRIENDS OF THE COA**

Nancy Levine, President  
Dottie Ruiz, Vice President  
Carol Vales, Secretary  
Tony Jesensky, Treasurer  
Andy Fredette, Assistant Treasurer  
Sandra Casale

33 Shattuck Street,  
P.O. Box 1305  
Littleton, MA 01460

Main Phone: 978-540-2470  
Fax: 978-952-2363  
Outreach: 978-540-2472  
Senior Diner: 781-325-7879

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

### **Broadcaster by Email and Online!!**

You can get the Broadcaster by email! Visit our website [www.littletonma.org](http://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.*

### **Important Notice Update from SMOC:**

Many people have reached out with questions regarding a letter they received from South Middlesex Opportunity Council (SMOC) regarding American Relief Pandemic Act funds their household has been approved for. These funds are funds that SMOC was awarded from the Government for households determined eligible for the 2020-2021 heating season. Receiving this letter **does not** mean that you have been determined eligible for this heating season, 2021-2022. Applications for this heating season and the required supporting documentation need to be submitted prior to the **deadline of April 30<sup>th</sup> 2022**. If you have questions regarding this letter or you would like to hear more about the eligibility and application process, please contact EHS/COA Outreach Coordinator, Amy at **978-540-2472**.

### **Mystery Bag Program**



Seasonal surprises will fill the December Mystery Bag, including word games, puzzles, riddles and seasonal articles. Activities can be shared with family and friends.

The next Mystery Bags will be available for pick up in the **Courtyard on Thursday, December 16th, between 12:15 and 1:00 pm**. The bags continue to be filled with new and different word games for your enjoyment.

The program is open to all seniors. Join the fun!

Our Social Club Leader, Anne-Marie Chernosky, will continue creating the bags that will keep you guessing and challenging your word game skills.

**Please remember to sign up for the December Mystery Bag at 978-540-2470.**

There is a maximum of 20 bags.



### **RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON**

#### **Littleton Rental Assistance Program**

#### **Emergency Rental Assistance Program**

Applications are available on our website:

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

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

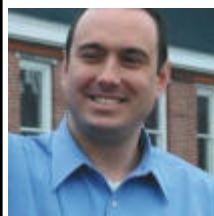
### **Craft Class**



**HO HO HO. IT'S CHRISTMAS.** This month we will be creating the lovely, live centerpieces again. The class will be held on **Wednesday, December 8th, at the multipurpose room from 1:00-3:00 pm**.

The class will be limited to 30, so sign up early by calling the Office at **978-540-2470**. The cost is \$3.00

### **Senator Jamie Eldridge is hosting a virtual Senior Conference on Thursday, December**



**9th, starting at 11:00 am.** The day will consist of informational workshops, virtual fitness programs, and fun activities with raffle prizes at the conclusion of the Conference.

The virtual event can be viewed on [senatoreldridge.com](https://senatoreldridge.com), YouTube, Facebook, and Zoom. Those that choose to participate via Zoom will be able to interact with the presenters. Also, those that register will be entered in the gift raffle! I will be drawing the names of the raffle winners during the "Gifts and Goodbye" portion of the conference! If you have any questions or concerns, please visit :

[senatoreldridge.com/seniors](https://senatoreldridge.com/seniors), or contact the Senator's District Director, Bianca DeSousa, at 978-460-8564 or [bianca.desousa@masenate.gov](mailto:bianca.desousa@masenate.gov).

### **ELDER ABUSE?**



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



## Friends of the Littleton Council on Aging



It's December already! Are you ready for the holidays and winter? Not to worry, you are not alone.

There are many things happening in our little town. Town Meeting was positive and looking forward to the future. The library opened and it is a sight to behold. The news about getting a new Senior Center still looks very promising.

Sadly, Sharon Corbin has decided to retire and has left our Board. We wish her the best and miss her already! Recently, the Loving Stitches and other wonderful volunteers, the COA, and Friends had an impromptu Fund Raiser at a High School's football game. These ladies outdid themselves by all the items they made for us to sell: hats, scarves, mittens, etc. The COA volunteered to set up and take down chairs, tables, items for sale, etc. A little over \$200 was donated to the Friends, plus Barbara McRae's contribution from the sale of her refurbished furniture. Many, many thanks to all involved. We will repeat this sale of Loving Stitches homemade items, at the Holiday Bazaar, Saturday, Dec. 4th, in the High School's gym. Please stop by their booth, not only to admire their work, but to purchase some gifts for the holidays and even for yourself

Here's some more good news, I hope. It's difficult to share something that's planned for December, when this article is written early in November. This news may or may not change. We are still battling COVID and have to follow certain rules and regulations, which may or may not change by this next event.

The Friends and the COA are planning a Holiday Luncheon for you. Yes, we are! SO FAR, it's on Wednesday, December 8th, noon, in the multi-purpose room. Il Forno will be catering a full turkey dinner with all the trimmings. The cost to you will be \$5.00 per person to be paid at the door. Scholarships are available, by contacting Amy at 978-540-2472.

If you are interested in attending, please call the COA office at 978-540-2470 no earlier than Dec. 1st to reserve your spot. SEATING IS VERY LIMITED and MASKS ARE REQUIRED when you are not eating.

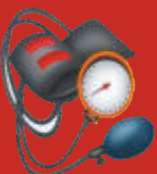
That's it for now!

**Merry Christmas, Happy Hanukkah,  
Happy Kwanzaa**

Nancy Levine, President FLCOA



## Blood Pressure Screenings



The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, December 7, 14, 21, and 28 from 10:00 am-12 noon, in Room 230** at the COA. The BP Clinic is sponsored by Elder and Human Services. A member of the NAHB will be available on the second Tuesday of each month from 10:00-11:00 am, in Room 230.



## FITNESS CLASSES

**Mondays: Tai Chi** 10:00-11:00 am  
\$12 per person: December 6, 13, 20, 27

**Tuesdays: Stretch and Flex** 11:15-12:15 am  
\$12 per person: December 7, 14, 21, 28

**Wednesdays: Gentle Flow Yoga** 9:30-10:30 am  
\$15 per person: December 1, 8, 15, 22, 29

**Thursdays: Stretch and Flex** 11:15 am-12:15 pm  
\$15 per person: December 2, 9, 16, 23, 30

Classes will be held in the Multi-Purpose Room.

All classes require pre-registration and pre-payment, space is limited. Call the EHS office at **978-540-2470** to register.

**Yoga For The New Year with Jenny**  
**Friday, December 17<sup>th</sup> at 10:30am, \$4 per person**



This class will combine meditation and gentle yoga postures that will encourage you to let go of the ups and downs of the year gone by and greet the upcoming year with a **clear, focused and hopeful mindset**. Please call the main office to register, 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>**

**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](mailto:ademichele@littletonma.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u>	For weather emergencies and cancella- tions, please check Fox 25 TV station	1 Chicken & Rice Bake Spinach Marble Rye Bread Mixed Fruit Cup	2 Macaroni & Cheese Stewed Tomatoes Wheat Bread Applesauce Cup	3 Trio Meatloaf with Gravy Mashed Potatoes French Green Beans Dinner Roll Chocolate Cake
6 Chicken Jambalaya Brown Rice Mixed Vegetables Multigrain Bread Cheesecake	7 Shepherd's Pie Brussels Sprouts Wheat Bread Fresh Apple	8 Grilled Chicken in Cacciatore Sauce Parslied Egg Noodles Capri Vegetable Blend Multigrain Bread Peaches	9 Roast Turkey with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Dinner Roll	10 Potato Pollock Tartar Sauce Winter Squash Broccoli Rye Bread Pears
13 Cheese Lasagna Roll Tomato Basil Sauce Italian Vegetable Blend Wheat Bread Mixed Fruit Cup	14 Breaded Chicken Drum- stick  Cinnamon Sweet Potatoes California Vegetable Blend Multigrain Bread Flavored Apple Sauce	15 Sloppy Joe on a Whole Wheat Bun Seasoned Potato Wedg- es Brussels Sprouts Flavored Yogurt	16 Chicken Brunswick Stew Capri Vegetable Blend Marble Rye Bread Clementine	17 Roast Pork in Apple Cider Sauce Chantilly Whipped Potatoes Green Beans Whole Wheat Dinner Roll Frosted Banana Cake
20 Hamburger in Onion Gravy Whipped Potatoes Scandinavian Vegeta- ble Blend Multigrain Bread Lorna Doones	21 Israeli Couscous in Red Pepper Pesto Sauce Orzo with Spinach Peas & Carrots Pumpnickel Bread Fresh Pear	22 <u>SPECIAL</u> Chicken Cordon Bleu* O'Brien Potatoes Fresh Summer Squash & Zucchini Whole Wheat Dinner Roll Red Velvet Cake	23 Cheese Omelet Cheese Sauce Sausage Patty Spinach Home Fries Corn Muffin	24 Christmas Observed No Meals Served  
27 Grilled Chicken Picca- ta Whipped Potatoes California Vegetable Blend Marble Rye Bread Peaches	28 Mac & Cheese Broccoli Dinner Roll Fresh Apple	29 Roast Pork with Sweet & Sour Sauce Vegetable Fried Rice Asian Vegetable Blend Whole Wheat Dinner Roll Fortune Cookie Lorna Doones	30 Low Sodium Beef Hot Dog on a Bun Baked Beans Corn Brownie	31 New Years Observed No Meals Served  



### 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](http://GenerationsLawGroup.com)



# DECEMBER 2021


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN PERSON EVENTS- GREEN</b>  <b>VIRTUAL (ZOOM) EVENTS- RED</b>  <b>HYBRID EVENTS-PURPLE</b>		<b>1</b> 9:30-10:30 Gentle Flow Yoga	<b>2</b> 10:30-12:00 <b>Computer Class</b> 11:15-12:15 Stretch & Flex	<b>3</b> 1:00-2:30 Bingo
<b>6</b> 10:00-11:00 Tai Chi 11:00-12:00 Line Dancing 1 12:00-1:00 Line Dancing 2 12:00 Lunch & Learn 12:00-2:00 <b>Loving Stitches</b> 2:00 Coloring & Conversa- tion	<b>7</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>8</b> 9:30-10:30 Gentle Flow Yoga 12:00 noon—Friends' Holiday Luncheon 1:00-3:00 Craft Class	<b>9</b> 10:30-12:00 <b>Computer Class</b> 11:15-12:15 Stretch & Flex 7:30-9:30 Women's Bkfst 11:00 <b>Virtual Senior Con- ference w/ Senator Eldridge</b>	<b>10</b> 10:00 History of Fire- fighting 1:00-2:30 Bingo
<b>13</b> 10:00-11:00 Tai Chi Noon-2:00 <b>Loving Stitches</b>	<b>14</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 <b>Anxiety Group</b> 1:00-4:00 Mah-Jongg 3:00-6:00 Night Lights at Tower Hill Gardens	<b>15</b> 9:30-10:30 Gentle Flow Yoga	<b>16</b> 10:30-11:30 <b>Living Alone Grp</b> 10:30-12:00 <b>Computer Class</b> 11:15-12:15 Stretch & Flex 12:15-1:00 Mystery Bag Pickup	<b>17</b> 10:30 Yoga w/Jenny 1:00-2:30 Bingo
<b>20</b> 10:00-11:00 Tai Chi 10:30 Cloverdale Nature Walk With Nicole Noon-2:00 <b>Loving Stitches</b>	<b>21</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>22</b> 7:30-9:30 Men's Bkfst 9:30-10:30 Gentle Flow Yoga	<b>23</b> 11:15-12:15 Stretch & Flex	<b>24</b> 
<b>27</b> 10:00-11:00 Tai Chi 10:30 John Clark's "Great American Music Experi- ence" Noon-2:00 <b>Loving Stitches</b>	<b>28</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 <b>Anxiety Group</b> 1:00-4:00 Mah-Jongg	<b>29</b> 9:30-10:30 Gentle Flow Yoga 6:00 pm Caregivers Sup- port Group 6:00-7:00 pm <b>Life Ahead Group</b>	<b>30</b> 11:15-12:15 Stretch & Flex	<b>31</b> 



*Home of*  
**CHAMPIONS**

Caring with  
passion & pride

**LIFE CARE CENTER OF NASHOBA VALLEY**  
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



**support our  
ADVERTISERS**





**zoom**  
Video Conferencing

### Anxiety Group via Zoom

Our Anxiety Group continues to meet every other **Tuesday from 1:00-2:00 pm** via Zoom and we would love to have you join. **December dates will be Tuesdays, December 14th and 28th.**

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

### Life Ahead Recovery Support Group

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

**December's meeting is on Wednesday, December 29th. Please contact Nicole at 978-540-2475 for details.**

### Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, December 16th from 10:30-11:30 am.**

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

### Loving Stitches via Zoom

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

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

### Caregiver Support Group



Caregiver Support Group will be held on **Wednesday, December 29<sup>th</sup> at 6:00 pm** in the Senior Diner. Our host from Right at Home will provide discussion and a light supper.

**Pre-registration is required, please call the main office at 978-540-2470 to sign up.**

### **Lunch and Learn: Monday, December 6<sup>th</sup> at 12:00 pm**



Come enjoy a delicious lunch as the staff of Badger Funeral Home talks about the benefits of pre-planning, veterans' benefits, cremation, Life Celebration, obituary writing and more.

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

## **DECEMBER EVENTS**

### Men's Breakfast



**Wed 12/22 @ 7:30-9:30 am** in the Senior Diner.

**Call to register 978-540-2470.**

### Women's Breakfast

**Thurs 12/9 @ 7:30-9:30 am** in the Senior Diner.

**Call to register 978-540-2470.**

### Coloring and Conversation

**Monday 12/6, 2:00 pm**  
in room 233



No charge – coloring blanks and books available. Bring your pencils and pens.

**Call to register 978-540-2470.**



**Fridays, Dec. 3, 10, 17**  
**at 1:00 pm**

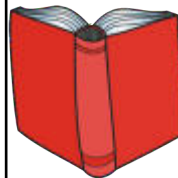
**Pre-registration required. Limit: 15 per session, call 978-540-2470 to sign up.**



**Tuesdays,**  
**Dec 7, 14, 21, 28**  
**1:00 pm – 4:00 pm**

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

### **“BOOK AND A BITE”**



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

**Call to sign up 978-540-2470.**

**Night Lights at Tower Hill  
Botanical Garden in Boylston, Ma  
Tuesday, December 14<sup>th</sup> 3:00-6:00 pm**



Celebrate the season with thousands of lights, new experiences, and enchanting landscapes. Enjoy a walking experience outdoors through roughly 15 acres of formal gardens and surrounding woodlands, including illuminated plants, paths, sculptures, and fountains. The magical scene is enhanced with fire pits for warming up, making s'mores, or enjoying a cup of hot cocoa or an adult beverage.

\$10 per person, includes transportation. Sponsored in part by the Friends of the Council on Aging.

**Please call to register, space is limited, 978-540-2470.**

**History of Firefighting  
Friday, December 10<sup>th</sup> at 10:00 at LFD  
20 Foster St.**



Join Interim Fire Chief Clancy for an exciting presentation about the History of Firefighting; lively discussion encouraged!

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

**Cloverdale Conservation Area,  
Nature walk with Nicole**

**Monday, December 20th at 10:30AM**



Take some time for you before the rush of the holidays. Ample parking for this trail is located at the entrance on Great Road.

Wear a warm jacket, comfortable sneakers and bring a bottle of water!

**Please call to register, 978-540-2470.**

**CHILDCARE SUBSIDY FOR  
INCOME ELIGIBLE LOCAL FAMILIES**



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

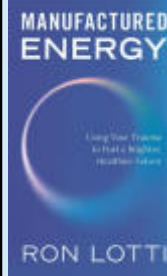
Additional details on the program are available at, <https://www.littletonma.org/home/news/new-childcare-subsidy-income-eligible-local-families>.

The program guidelines and application are available on the Elder and Human Services website:

<https://www.littletonma.org/elder-and-human-services/pages/childcare-subsidy-program>.

All inquiries regarding the program and completed applications should be directed to **Amy DeMichele at 978-540-2472 or via email at [ademichele@littletonma.org](mailto:ademichele@littletonma.org)**.

**An Evening with Ron Lotti,  
Author of the best seller  
'Manufactured Energy'**



Littleton EHS and Littleton Coalition Against Addiction present: an evening with Ron Lotti; owner of Bridge Fitness, which offers free, specialized classes for people in recovery and author of 'Manufactured Energy'. In this book, Ron shares short stories and memories of his childhood that led to his mental health battles. He describes the steps he has taken, and continues to take, to keep himself moving forward in life, all while providing insights for others to follow and helpful resources.

Join us for a motivational lecture by Ron, information on Recovery Fitness classes and book discussion.

**Wednesday, January 12<sup>th</sup> at 6:00 pm**

**Please call 978-540-2470 to register.**

**Have you watched "Highlights" on LCTV?**



Hosted by Anita Harding and Susan Melander, Council on Aging Board Members, the monthly show highlights programs, events, and activities provided by the Department of Elder and Human Services including the Council on Aging.

*Highlights* is available in the OnDemand area of LCTV at [littletonma.org](http://littletonma.org) and is shown on LCTV's local cable channel Mon. Wed. Fri. at 9:00 am and 7:00 pm; Tues. & Thurs. 9:30 am and 6:30 pm; Sat at 7:00 pm and Sun at 6:30 pm.

**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.**



## FROM THE EDITOR



After 9 years, I have decided to “retire” from editing the Broadcaster. Hard to believe it has been 9 years. That amounts to a total of 106 issues. The January issue of the Broadcaster will be my last issue. Liz Tretiak EHS Director, will take over editing the Broadcaster, starting with the February issue. You can reach Liz at Ltretiak@littletonma.org or call 978-540-2470.

*Nancy Hilsinger*

## Bill Vales' Virtual Internet & Computer Classes

### How to Join the Meeting:



We are meeting at our usual day and time which is **Thursday; 10:30-12:00.**

To sign up for this meeting, please call the COA at 978-540-2470. Provide your name and email address. Before the meeting you will receive an email with the Zoom link that you will use to connect to with your web browser.

Please do not call other numbers for signing up. Other numbers are not monitored by staff and may result in you not getting on the signup list.

### TOPICS FOR DECEMBER

<b>December 2</b>	Data Backup Strategies
<b>December 9</b>	Purchasing a New Computer
<b>December 16</b>	Using Search for general information, images and YouTube
<b>December 23</b>	No class: Holiday
<b>December 30</b>	No class: Holiday

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

## Tiger Tech Returns!



Meeting virtually Thursdays from 2:00-3:00 pm in collaboration with Littleton Public Schools. More information in the January Broadcaster.

Please call 978-540-2470 to sign up and receive Zoom link



Park and Rec and the Council on Aging are working together trying to make trips available that are of interest to Littleton senior citizens. We have prepared a short survey to find out what you want to do or where you want to go. Have you completed the survey that both PRCE (Park & Rec) and EHS (Elder and Human Services) have put together to try to determine just what type of trip you would like?. You can find the survey at <https://s.surveypal.com/ftnop6py>. There will be a computer available just outside the PRCE entrance and the elevator for you to use to complete the survey if you do not have computer access or feel you need help to complete the survey.

## Join Mark Crory and me on our December Littleton Common show.

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

Littleton Common is on LCTV's Public Channels: Comcast-Channel 8, and Verizon-Channel 38 at the following times:



**Mon-Fri: Midnight, 12:00 noon and 5:00 pm**  
**Sat & Sun: 5:00 am, 12:00 noon and 5:00 pm**

The program is also available on LCTV's Video OnDemand at: [littletonma.org](http://littletonma.org) and on YouTube.

Photo by Dave Plauger

**Barbara McRae**

## 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.



*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.*



The Littleton Coalition Against Addiction is intended to be a multi-pronged response to the opioid epidemic playing out across Massachusetts. It aims to act as a body capable of enacting education, social support and material outreach towards residents in local communities who have found themselves affected by the epidemic. From naloxone training sessions for the general public to hosting monthly meetings for individuals in recovery, the Coalition seeks to expand valuable support services in the local area for communities that may still be underserved when it comes to addressing the opioid epidemic's many facets.

Please contact **EHS at 978-540-2470** for more information and check out the LCAA tab on the EHS website or the LCAA Facebook page!



**Serving Health Information Needs of Everyone (SHINE)** program is now accepting appointments for **Medicare Open Enrollment consultations beginning October 15th and ending December 7th**. If you would like to review your existing medical and prescription drug coverage and costs please contact **the EHS office at 978-540-2470** to arrange a one-on-one meeting with your local SHINE counselor over the phone. Appointments are on a first come, first serve basis and fill up fast so avoid making a last-minute decision and call today. **Note that this program is intended only for people who are already enrolled in Medicare. People turning 65 in 2022 should meet with SHINE counselors for a Medicare 101 at the end of open enrollment.**

*Shine is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.*

## 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](http://www.eckel-law.com)

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



**HearSmart**  
Audiology



978.952.2500 • [hearsmartaudiology.com](http://hearsmartaudiology.com)

COVID-19 safety  
measures in place



HAS THE PAST YEAR CHANGED  
WHAT YOU NEED IN A HOME?

Curious about the current  
real estate market?

CONTACT

PATTY SUTHERLAND  
REALTOR®, MBA, SRES, ASP

**978-844-6397**

[WWW.SUTHERLANDREALTYGROUP.COM](http://WWW.SUTHERLANDREALTYGROUP.COM)  
PATTY@SUTHERLANDREALTYGROUP.COM  
A TRADITION OF EXCELLENCE AND EXPERTISE

*Sutherland*  
REALTY GROUP | KVV BOSTON NORTHWEST

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Lisa Templeton** to place an ad today!  
[ltempleton@4LPi.com](mailto:ltempleton@4LPi.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](http://www.rivercourtresidences.com) - **978-448-4122** - 8 West Main St., Groton, MA







## Connecting to What Matters

**That's the Benchmark  
Difference.**

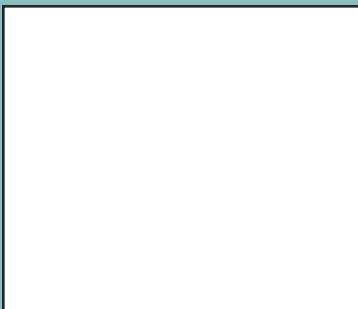
Call today to learn about  
our Mind & Memory  
approach and Respite  
by Day program.  
978.608.8065

### The Atrium

at Drum Hill

*A Benchmark Senior Living Community  
for the Memory Impaired*

2 Technology Drive  
North Chelmsford MA  
AtriumAtDrumHill.com



## 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](http://www.TheStorageSolutions.com) • **978-339-5258**

509 Great Road, Littleton MA 01460

**Traditional & Climate Controlled Storage**

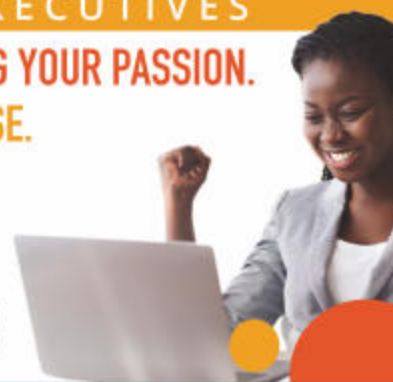
## WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.**

**WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

REMEMBER ♦ HONOR ♦ CELEBRATE



LITTLETON & GROTON

*Funeral Homes*

*Proud to be family owned, and operated for 100 years*

**Offering Traditional and Cremation Services**

**Honoring all Faiths and Traditions**

**Pre-planning Options Available**

*Now affiliated with the former Marchand Funeral Home of Pepperell*

**(978) 486-3709**

347 King St, Littleton, MA | [www.badgerfuneral.com](http://www.badgerfuneral.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpcommunities.com](http://www.lpcommunities.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

December  
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.

- 1<sup>st</sup> and 3<sup>rd</sup> Fridays – Boston area hospitals
- 2<sup>nd</sup> and 4<sup>th</sup> 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.