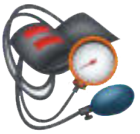


The Broadcaster

AUGUST 2021



SAVE THE DATE



The Nashoba Board of Health blood pressure screenings return on September 14 from 10:00 a.m.- 11:00 a.m. at the COA and will continue to meet the 2nd Tuesday every other month.

IMPORTANT NOTICE

August 2nd opens program registration for August activities by calling the Department's main line at **978-540-2470**. We are continuing to offer virtual programs, grab and go offerings, outdoor activities and limited indoor programming. We are continuing to ask residents to call ahead to make an appointment to speak with our Outreach Department.

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

REMINDER:

Registration opens on Monday, August 2nd at 9:00 am for all programs and activities included in this newsletter. All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.



Over this past year, we have all adapted, adjusted, and transitioned to life throughout the COVID-19 pandemic. There has been much change that has challenged us all in various ways. For me, I had the opportunity to serve as Littleton's Director of Elder and Human Services throughout the pandemic. It was an honor to work with the dedicated EHS team and feel proud of the

work of the Department as we navigated, transitioned and re-imagined programs and services to best serve our residents. Even though my time in this role has been brief, I value the experience and feel thankful to the Town, Administration, Department Heads, COA Board, Friends of the Littleton COA and most importantly, the EHS Staff for their continued dedication to those we serve. I am excited for the Department's future.

The Department continues to scale up operations by welcoming back additional programs and activities!

- Bingo
- Mah Jong
- Movies
- Knitting
- Fitness Classes
- In-person presentations
- And more (read the Broadcaster to find out!)

We are moving forward with caution and ask you to review our participant's policies before attending our programs.

If you need access to resources or if we can help in any way, please do contact us at **978-540-2470**. We look forward to hearing from YOU.

Ashley

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

COA Board Update:



What a GREAT day June 12th was for the older population in Littleton! The request for the \$80,162.89 to fund the Feasibility Study for the Senior Center project and to borrow \$1,000,000 to fund the design services for a new senior center was easily approved by voters. Thank you Littleton! We are slowly moving forward in our quest for more space for the Department of Elder & Human Services/Council On Aging. Arrangements to have LLB architects complete the feasibility study are underway as this is written. If this study is successful and the designated area behind Town Hall can be built upon, the design services will then be contracted for and completed. **Folks, you need to pay attention to this project!** There will be opportunities to have a voice in this project as it moves ahead. Please check the newspapers (Lowell Sun, Eagle Independent, Action Unlimited) as well as Facebook, the Town Website, (EHS Department), Council On Aging Board meetings, the EHS/COA monthly Highlights program (LCTV) etc. to stay informed. As you may know, the deadline for submission to the Broadcaster is the 5th of the month for the next months edition....thus it often occurs that items do not get in it! Or, you can always **call 978-540-2470** and ask to have Marge Payne call you back! I would be happy to share information with you! This is surely a VERY exciting time for all of us!

Marge Payne, Chair, COA Board

Participant Policies



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

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

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

STAFF

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

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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.

Littleton Mortgage Assistance Program



We are happy to inform the community that Littleton is now offering a Mortgage Assistance Program. This program is managed through the Affordable Housing Trust through the Elder & Human Services Department. The goal of the program is to provide temporary financial assistance towards the mortgage for households experiencing financial hardship and meet the other program guidelines.

In order to qualify for the program, the department will be looking at the household's property type as well as their income. For financial eligibility, the household's current gross income needs to fall within the Area Median Income (AMI) for the size of the household. The properties that are eligible must be an ownership unit that is deed-restricted.

Additional information regarding the program guidelines, application process and eligibility criteria can all be found on the Elder & Human Services website. https://www.littletonma.org/sites/g/files/vyhlif806/f/pages/littleton_emergency_mortgage_assistance_program_guidelines.pdf

If you prefer to review this information with one of our staff members, please contact our main office (978-540-2470) and request to speak with Amy DeMichele or Nicole Sarvela.

Attention: Adults with Foot Problems and Diabetes!



Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts **FREE** to you if you are Diabetic! Also other insurances cover this as well!

**Starting at 1:30 pm
Tuesday, September 14th**

Littleton's Department of Elder and Human Services
www.drcomfort.com
www.Anodyneshoes.com

Please bring your Medicare card and any other supplemental insurance cards as well and the completed doctor's order and required paperwork (pick up from the Department of Elder and Human Services). Call the office at **978-540-2470** to make your 10-minute fitting appointment.

Any additional questions call Amy from Pro Medical East: 603-944-1311.
Straight Mass Health/Medicaid does not cover this.



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!



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

ELDER ABUSE?



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

T.R.E.A.D.

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

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

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

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

Mystery Bag Program



Can't believe it's August already! It is nice to see faces without masks and hoping we will be returning to more in-person activities soon. We will be continuing to create Mystery Bags. In August there will be two bags offered, **one on August 16th and one on August 30th.** Pick up will be the patio in the rear of the building between **11:00 am and**

12:00 noon. In September we will be moving to a single Mystery Bag per month. The bags continue to be filled with new and different word games for you to enjoy.

This 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 one or both August Mystery Bags at **978-540-2470** and complete the online waiver at: <https://littleton.seamlessdocs.com/f/ParticipantWaiver>

There is a maximum of 20 bags for each of the August dates.

The program is funded through the Emerson Community Grant Award.

Littleton EHS Van Service Announcement



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

Summer BBQ at Long Lake Beach



Friday, August 20, 12:00 noon
Rain date: August 27, 12:00 noon
Call 978-540-2470 to pre-register and obtain additional event detail. Limit 100

Sponsored by the Recreation Department and Elder and Human Services.



The Roaring 20's Thursday, August 19 at 2:00 pm

Are you curious about the flappers of the 1920s? Although we tend to think of flappers when we think of dress from this period, not every woman dressed this way. Join us to learn about this magnificent decade and what drove the fashion and styles of the time.

We will explore the evolution of dress for women and men of the '20s, focusing not only on flapper dress, but also on the popular clothing and accessories of the period.
Call 978-540-2470 to register. Limit: 15

MOVIE—"A BEAUTIFUL BOY"



In honor of Recovery Month in September Littleton EHS and Littleton Coalition Against Addiction present a movie showing of "A Beautiful Boy" at Fay Park on **Friday, September 17th at 7:00 pm.** Please bring your own chair or blanket. Contact Nicole at **978-540-2470** with any questions.

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more.

Please call **John Boroski** at **978-540-2485** to make an appointment.

Mindful Meditation Returns!



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

Fridays, August 27th-Oct 1st

10:00 am-11:00 am

Fay Park

Please call to sign up; space is limited to 12.

978-540-2470

\$15 per person for 6-week session.

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



Meditation with Jenny

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

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

Line Dancing Classes

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

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Friends of the Littleton Council on Aging



Summer is here and we are taking time off from delivering flowers to Seniors. Our volunteers need to enjoy the summer and prepare for September when we begin the Flowers for Seniors program again. Meantime we are still asking for donations of cups, mugs and small

vases. **These can be delivered to 14 Coughlin Road or call Barbara at 978-263-7905 for pick up.** If you are interested in volunteering for this program, we would love to have you. Needed is help making arrangements or delivering to those on our list. Sign up now for September 7th by calling Barbara. Thank you from the heart,

Looking forward to a new beginning for senior programs.

Barbara McRae, President FLCOA



Craft Class



We will be taking a short vacation for the months of July and August. We will be back in September with all kinds of new and exciting projects. Hopefully we will be able to hold classes in the multi-purpose room again.



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



New to Town? Never used the COA before? Call or email Outreach Coordinator Amy DeMichele for a New Participant Packet for all the info you need!

978-540-2472 ademichele@littletonma.org

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



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2 Cheese Omelet Pork Sausage Patty Potatoes O'Brien Spinach Wheat Bread Snack N Loaf	3 Breaded Chicken Drumstick Butternut Squash Broccoli Multigrain Bread Fruit Cup	4 Roast Pork Cran-Orange Sauce Peas Carrots Wheat Bread Flavored Applesauce	5 Chicken Meatballs Swedish Sauce Parslied Egg Noodles California Vegetable Blend Rye Bread Chocolate Cake	6 Beef & Cabbage Casserole Red Bliss Potatoes Squash Blend Pumpnickel Bread Fresh Fruit
9 SPECIAL Broccoli Stuffed Chicken Breast Peas & Pearl Onions Cauliflower Au Gratin Wheat Dinner Roll Pound Cake	10 Beef & Lentil Chili Brown Rice Brussels Sprouts Corn Bread Fresh Fruit	11 Breaded Chicken Parmesan Cavatappi Pasta Italian Green Beans Whole Wheat Bread Fruit Cup	12 Roast Turkey Herb Gravy Whipped Potatoes Glazed Carrots Multigrain Bread Lorna Doones	13 Potato Pollock Tartar Sauce Tater Tots Mixed Veggies Wheat Dinner Roll Fruit Cup
16 Grilled Chicken Breast Balsamic Glaze Wild Rice Pilaf Broccoli Multigrain Bread Fig Bar	17 Chicken Meatballs Sweet & Sour Sauce Brown Rice Asian Vegetable Blend Wheat Bread Fortune Cookie Fruit Cup	18 Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Fruit	19 Meatloaf Beef Gravy Whipped Potatoes Carrots Rye Bread Chocolate Chip Muffin	20 BBQ Roast Pork Seasoned Home Fries Green Beans Wheat Bun Applesauce
23 Baked Pollock Red Pepper Pesto Butternut Squash Italian Vegetable Blend Wheat Bread Banana Cake	24 Shepherd's Pie Mixed Vegetables Pumpnickel Bread Fruit Cup	25 Grilled Chicken Breast Honey Mustard Sauce Seasoned Potato Wedges Brussels Sprouts Wheat Bun Yogurt	26 Lasagna Roll Meat Sauce Squash Blend Multigrain Bread Fruit Cup	27 Chicken Teriyaki Broccoli Fried Rice Wheat Dinner Roll Fortune Cookie Fresh Fruit
30 Sloppy Joe Seasoned Home Fries Brussels Sprouts Wheat Hamburger Bun Fresh Fruit	31 Grilled Chicken Breast Tarragon Gravy Chantilly Potatoes Capri Vegetable Blend Multigrain Bread Brownie		To CANCEL or ORDER, Call your <u>local meal site</u> by 11AM the DAY BEFORE	For weather emergencies and cancellations, please check Fox 25 TV station



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Zoom

Video Conferencing

Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, August 19th at 10:30-11:30 am.**

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

Loving Stitches via Zoom



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

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

Life Ahead Recovery Support Group

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

August's meeting is on Wednesday, August 25th. Please contact Nicole at 978-540-2475 for details.

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. August dates will be Tuesdays August 10th and 24th.

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

Resilience after COVID: A Re-Entry Conversation

Monday, August 9th, 11:00 am via Zoom – pre-registration is required by contacting Sheryl Ball at the Acton Health Division at sball@actonma.gov or call 978-929-6453.

As COVID-19 cases continue to decrease in Massachusetts, residents are faced with the challenge and opportunity of moving forward with their lives. For many, this elicits a host of conflicting feelings. There may be a sense of hope for returning to life as normal, as well as uncertainty over how to rebuild feelings of safety and community. Please join us in a one-hour presentation and discussion that will focus on understanding the COVID-19 pandemic as a shared global trauma. Learn about the mental and physiological effects of trauma, concrete ways for managing symptoms of anxiety associated with COVID, and strategies for gradual re-entry into the community.

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



Tuesdays, August 3, 10, 17, 24, 31
1:00 p.m. – 4:00 pm

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



IS BACK!

Fridays, August 6, 13, 20 and 27,
1:00 and 3:00 pm

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



Ice Cream Truck Visits
33 Shattuck Street
Wednesday, August 11, 3:00 pm



Enjoy a complimentary ice cream courtesy of the CHNA 15 Collaborative Grant. Call 978-540-2470 to register – max: 50.

Funding for CHNA15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the MPH's Determination of Need (DON) process.

Coffee with a Cop



Stop by to have a coffee with our Senior Liaison Officer, Sgt. Camelo, on **Wednesday, August 11th at 9:00 am** outside at Littleton Police Station.

Please call the main office at 978-540-2470 to sign up



RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON

Littleton Rental Assistance Program is still accepting applications. Please visit our website to complete an application:

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

Emergency Rental Assistance Program: In response to the loss of income to households due to COVID-19, this program has been created and funded by the Town of Littleton Affordable Housing Trust utilizing its Community Preservation Act or other non-federal funds. This program seeks to be efficient and responsive. It is temporary in nature.

Application is available on our website:

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

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

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



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

TerraCycle gives points for each item which translate into cash for non-profits such as 4-H, the Littleton schools, and the library. Still have questions? Reference the website

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

NEW Childcare Subsidy for Income Eligible Local Families



A new program is available to residents of Littleton, which will provide childcare subsidies to low-moderate income families. Littleton and four other local communities (Acton, Boxborough, Maynard and Westford) were awarded these funds to help parents/caregivers be able to work, return to work or seek employment. Having reliable childcare so that parents/caregivers are able to work or seek employment is the main purpose of this program.

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

The program guidelines and application are available on the Elder and Human Services website: <https://www.littletonma.org/elder-and-human-services/pages/childcare-subsidy-program>.

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

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>

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.

TECH TIP FROM BILL VALES



The U.S. as of July 1 has over 600,000 deaths attributed to COVID-19. Key statistics of infections and deaths have improved of late because of the effective vaccines and the rate people are getting vaccinated. However, vaccination rates have slowed and in some areas it is very low. Vaccine hesitancy occurs for various reasons; however the amount of young adults not getting vaccinated is of concern, since this population represents a key demographic. Constant education is needed to combat misinformation through ignorance, dogma and conspiracy theories to help people to make informed decisions.

Full vaccination rates in the U.S. as of July 1 are at 47.6%; for MA it is 61.9%. There are several states with vaccination rates in the mid 30% range (refer to CDC data). This disparity in vaccination rates will create geographic pockets of higher transmissibility, sickness and death.

These low vaccination rates provide many targets for the COVID-19 virus and the variants that are being created through mutation. The Delta variant is the most contagious variant to date. It was first identified in India, spread to England and is now spreading in the U.S. Unvaccinated people should be considered vulnerable to serious disease or death from the Delta variant. Further, vaccinated people should be concerned about the virus' ability to mutate to other variants that current vaccines may not protect against.

Workplaces, schools and various venues are working to establish policies to safely reopen. Guidance for mask wearing and social distancing is changing rapidly as the population gets vaccinated and society reopens. Some states (and countries) are considering bringing back mask mandates to control the Delta variant.

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

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

Save lives, get vaccinated.

****VAN DRIVERS****

Littleton's Dept of Elder and Human Services



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

Littleton Social Club (LSC)



We have a tentative date to reopen our in-person Social Club on **September 12th**. The LSC meets on **Mondays and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

We share conversation over coffee and spend the morning playing games like Parcheesi, Uno, Chinese Checkers and sharing many more fun activities. No experience playing these games, no problem...we'll teach you and you'll have fun learning. The LSC has been a program offered by Littleton EHS/COA since 2014 and we are very happy to be planning to return in September.

The LSC is accepting new residents into this program. Program space is limited to 10 participants. The cost includes transportation and lunch.

Please call the Littleton EHS/COA office at 978-540-2470 for more details or to sign up for this program.

Programs and Events—August 2021

Date	Day	Time	Description	Page
Aug 2,9,16,23,30	Monday	12:00-2:00 pm	Zoom: Loving Stitches	P7
Aug 3,10,17,21,31	Tuesday	1:00-4:00	Mah-Jong (in person)	P7
Aug 6,13,20,27	Friday	1:00 & 3:00 pm	Bingo (in person)	P7
Aug 9	Monday	11:00 am	Zoom: Resilience After COVID	P7
Aug 10 & 24	Tuesday	1:00-2:00 pm	Zoom: Anxiety Group	P7
Aug 11	Wednesday	9:00 am	Coffee With a Cop (in person)	P7
Aug 11	Wednesday	3:00 pm	Ice Cream Truck Visits Shattuck St.(in person)	P7
Aug 16 & 30	Monday	11:00-Noon	Mystery Bag Program Pickup	P4
Aug 19	Thursday	10:30 11:30 am	Zoom: Living Alone & Living Well	P7
Aug 19	Thursday	2:00 pm	Roaring Twenties Presentation (in person)	P4
Aug 20	Friday	12:00 Noon	Summer BBQ at Long Lake Beach (in person)	P4
Aug 25	Wed	6:00-7:00 pm	Zoom: Life Ahead Recovery Support Group	P7
Aug 27-Oct 1	Friday	10:00-11:00 am	Mindful Meditation at Fay Park	P5

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COVID-19 safety measures in place

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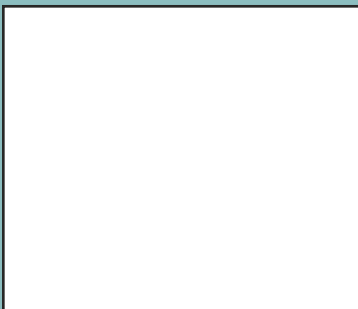
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August
2021

*****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.