

# The Broadcaster

APRIL 2021



**Patriots' Day  
Monday, April 19th**

## 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.**

**REMINDER:**  
Registration opens on Thursday, April 1st at 9:00 am for all programs and activities included in this newsletter. All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.

## *The Power of Play*

Many of you have complimented the March 2021 Broadcaster on all of the fun activities, which reminded me of *play*! According to Author, Stuart Brown, in his book, *Play*, he compares play to oxygen and writes, "... it's all around us, yet goes mostly unnoticed or unappreciated until it is missing." He considers play to be art, books, music, comedy and much more. Our society tends to dismiss play for adults, but with play brings joy, improves how our brain works and even optimizes our ability to learn new things! Consider "play" as you read our April 2021 newsletter! You can bake Anne's Bemas Irish Bread (recipe on page 4), complete the word search (on page 5), register for one of our Grab and Go events in the newsletter or photograph spring scenery (please share with us!).

Our bi-monthly Mystery Bag Program organized by Social Club Leader, Anne-Marie Chernosky, and funded by the Emerson Hospital Community Grant Award, has built much enthusiasm within the community. We are pleased to know you are enjoying these monthly surprise activities!



**Mystery Bag Program**



**Valentine's Day Treats and Cards delivered by Girl Scout Troops to our Meals on Wheels participants and shared with residents throughout February.**



Please know all of us are anxiously waiting for your arrival when we reopen indoor programming in the coming months. Until then, please continue to reach out to us as we are here for YOU and remember to find "play" whenever you can.

*Ashley*

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

## COA Board Update



**Wow!** Did you all take the time to watch the **Select Board** meeting February 8, 2021? LLB Architects presented the results of their assessment of Indian Hill as a possible site for a new Town location for the Department of Elder & Human Services/COA. The architects did not recommend the purchase of Indian Hill, noting that there would be significant costs to remodel the area to adequately meet the needs of EHS. Instead, they recommended the construction of a L-shaped one level building across from the new Library Building down the slope where the present Library is located.

This is exciting news for sure! LLB's presentation included a rough design of the building, as this whole project is in the very early stage at this point.

There also was preliminary discussion regarding costs, and funding....which we all know is a huge concern for everyone. The focus of the Select Board is to have something on the warrant for Town Meeting in May.

The COA Board urges everyone to watch the tape of the Feb. 8<sup>th</sup> meeting if you have access to a computer. If not, please feel free to reach out to the COA as well as our Director, Ashley Shaheen, with questions etc. Ashley can be reached at **978-540-2470**. You can also ask Ashley or Sue to have Marge Payne call you if you wish to connect with the COA. **Stay tuned!!!**

**Marge Payne, Chair, COA Board**

### Recycling Presentation with the Acton C.R.A.F.T. 4-H Club



Want to learn more about how to recycle some hard-to-recycle items such as empty lotion tubes and chapstick containers, or disposable razors? Join with the Acton C.R.A.F.T. 4-H club on **Friday, April 30th, from 5:00-6:00 pm!** We'll be discussing what you can recycle in the TerraCycle 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 register and receive the Zoom invitation.**

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.**



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**  
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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](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.**



### Celebrating a Century of Life!!!

Margaret MacLaughlin celebrated her 100<sup>th</sup> Birthday on March 21<sup>st</sup>, 2021! Margaret has lived in Littleton for 21 years. Margaret and her husband decided they wanted to be closer to family so after many years living in Southern California and some time in Arizona, they made the move east to Littleton! If you see Margaret around town, be sure to wish her a **Happy Birthday!**

### **REMINDER-HOLIDAY CLOSING—EHS Closed; No Meals on Wheels**

**Monday, April 19—Patriots' Day**

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



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.



To apply for Fuel Assistance, contact Amy to schedule an appointment:  
**[ademichele@littletonma.org](mailto:ademichele@littletonma.org)** or call **978-540-2472**

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

### **ELDER ABUSE?**



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



## CORNER

**QUESTION:** Can you explain the Tech Friend program?



**ANSWER:** The brand-new Tech Friend Program is being developed by Brianna Levasseur, a member of Littleton High School's National Honor Society Program. This new program is partnering National Honor Society students with fellow senior residents that may be interested in technology assistance with using cellphones, the internet, zoom accounts or with interacting with friends and family through social media. This program will help with technology use efficiency and will keep connections between family and friends strong during these times. **Please call 978-540-2470** to be added to an interest list.

### 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.

### 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>

### Anne's Baking Corner: Bemas Irish Bread



4 cups of flour  
1 cup of sugar  
6 teaspoons of baking powder  
A little cinnamon and grated nutmeg  
1 teaspoon of salt caraway seeds (as many as you want to put in)  
2 cups of raisins (soaked in hot water)  
2 eggs  
Milk  
1/2 teaspoon of vanilla  
  
Preheat oven to 350  
Pam spray 2 round pie plates  
Mix flour - sugar - baking powder - 1/2 teaspoon of salt  
A little cinnamon and grated nutmeg, salt - and caraway seeds by hand.  
Drain raisins and add to flour mixture.  
Put eggs in a measuring cup and add milk to make 1 cup, then add 1 more cup of milk and 1/2 teaspoon of vanilla and mix all together by hand.  
Pour into pie plates and bake about 30 - 35 minutes.  
Brush butter over top when done. Makes 2 pie plates or 2 loaf pans.

**ENJOY!**

## WORD SEARCH

Find the hidden words

### April in New England



TULIP  
WARM  
MUD  
MARATHON  
RAINS  
FLOWERS  
EGGS  
COOL NIGHTS  
SUNSHINE  
LION  
EASTER  
CROCUS  
BASKET  
LAMB  
HAY FEVER  
GREEN GRASS  
DAFFODILS  
BUNNY  
TAURUS

Play this puzzle online at : <https://thewordsearch.com/puzzle/2893169/>

© thewordsearch.com

### 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.



### Protecting Today What Matters Tomorrow

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

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

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**GenerationsLawGroup.com**

### Friends of the Littleton Council on Aging



The Friends of the COA have been busy these past couple of months. Flowers for Seniors has become a full time job and well worth it. The smiles and thank you notes make us want to continue the work. Sharon

Corbin, the one who started the program, has become a Master Floral Designer. The beautiful arrangements are made by Sharon and volunteers. Sorry, we don't have all the phone numbers, so you may not get the call.

Meantime, 100 seniors signed up for our St. Patrick's Lunch To Go, making it another successful day. Plans are being made for another soon. Stay well, we're thinking of you.



### Craft Class



For the April craft project we will be making "Windowsill Dolls". This is a project that we were hoping we could do in person, but because the building is not open for such activities as yet, we have put together another Grab and Go. Everything you need to create your windowsill doll is included in the kit along with instructions. There is a limited number of kits, so registering quickly will be important.

The Grab and Go will be held on **Wednesday, April 14th, from 1:00 to 2:00 pm** in front of the Library. The cost is \$3.00. Registration will be April 1st. **Please call 978-540-2470 to sign up.**



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.



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

Littleton Council on Aging, Littleton, MA 06-5119

# Minuteman Senior Services APRIL 2021 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</b>	<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>		1 Sweet & Sour Chicken Meatballs Brown Rice Asian Blend Veggies Multigrain Bread Fruit	2 Mini Ravioli Primavera Sauce Italian Blend Veggies Italian Bread Lorna Doones
5 Chicken & Rice Bake Capri Blend Veggies Multigrain Bread Fresh Fruit	6 Cheese Omelet Pork Sausage Patty Potatoes O'Brien Spinach Wheat Bread Snack N Loaf	7 Chicken Breast Piccata Sauce Peas Carrots Pumpernickel Bread Applesauce	8 Roast Turkey Tarragon Gravy Sweet Potato Brussels Sprouts Rye Bread Yogurt	9 Potato Pollock Tartar Sauce Scalloped Potato Green Beans Wheat Dinner Roll Fruit Cup
12 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Lorna Doones	13 Chicken Jambalaya Brown Rice Mixed Vegetables Wheat Bread Fruit Cup	14 Sloppy Joe Brussels Sprouts Potato Wedges Wheat Bun Fresh Fruit	15 <u>SPECIAL</u> Broccoli Stuffed Chicken Breast Yukon Gold Potato Italian Blend Veggies Wheat Dinner Roll Cheesecake	16 Roast Pork Gravy Stuffing Glazed Carrots Marble Rye Bread Applesauce
19  Patriots' Day No Meals Served	20 Baked Pollock Mediterranean Sauce Herb Roasted Potatoes Brussels Sprouts Wheat Dinner Roll Fruit Cup	21 Chicken Parmesan* Cavatappi Pasta Zucchini & Summer Squash Wheat Dinner Roll Snack N Loaf	22 Chicken Kielbasa Peppers & Onions Home Fries Hotdog Bun Fresh Fruit	23 Meatloaf Onion Gravy Whipped Potato Mixed Vegetables Marble Rye Bread Yogurt
26 Lasagna Roll Meat Sauce Italian Blend Veggies Multigrain Bread Fruit Cup	27 Breaded Chicken Drum-stick Chantilly Potato Capri Blend Veggies Wheat Dinner Roll Chocolate Chip Cookie	28 Turkey Corn Stew Broccoli Corn Bread Yogurt	29 Teriyaki Pork Fried Rice Asian Blend Veggies Multigrain Bread Fortune Cookie Fruit Cup	30 Chicken Meatballs Tomato Basil Sauce Italian Blend Veggies Seasoned Potato Wedges Fresh Fruit



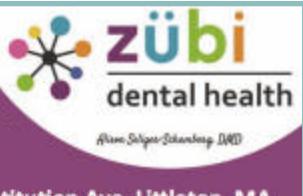
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Littleton Council on Aging, Littleton, MA 06-5119

# zoom

## Video Conferencing

### Virtual Social Anxiety Group

Social Anxiety Group continues to meet every other **Tuesday from 1:00-2:30 pm** via Zoom and we would love to have you join! April dates will be **Tuesdays April 6th and 20th**.

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

### Virtual Loving Stitches



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

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

### Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from **6:00-7:00 pm**. **April's meeting is on Wednesday, April 28th.** Please contact Nicole at 978-540-2475 for details.

### Virtual Coffee Hour



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

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

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

### Living Alone and Living Well Group-Virtual Meeting

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

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



### Mindfulness Meditation Classes with Erin LoPorto

**Mondays at 10:00 am, beginning on April 12 (no class April 19)**

Register with Zoom link: [https://actonma.zoom.us/webinar/register/WN\\_3qtOSipKSP21wlkiCZYd2Q](https://actonma.zoom.us/webinar/register/WN_3qtOSipKSP21wlkiCZYd2Q)

If you are 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 mediation can reduce stress, relieve symptoms of anxiety and depression and help you live a more present life.

This program is funded through a collaborative CHNA 15 grant. Funding for CNHA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the MA Department of Public Health's Determination of Need (DoN) process.



### Grandparents Raising Grandchildren Support Group

Virtual Meetings on the 3<sup>rd</sup> Wednesday of each month (**April 21st**) at **11:00 am**, please contact Group Leader, Joe at [j.j.oleary@comcast.net](mailto:j.j.oleary@comcast.net) for the Zoom link.

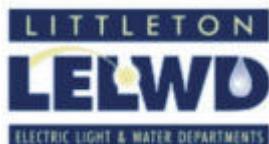
### Line Dancing Classes



Kari's Line Dancing classes are available on LCTV, or OnDemand via the LCTV website [littletonma.org](http://littletonma.org).

## Grab N'Go Luncheon

**Tuesday, April 13, 11:30-1:00 pm**  
Sponsored by Littleton LELWD



Il Forno Restaurant, 59 King Street, will prepare individual meals (turkey in gravy with homemade mashed potatoes, cranberry sauce, stuffing sided with bread and butter) for seniors to drive by and pick up

You must call LELWD at: 978-540-2222 to register for your lunch.

## Earth Day Surprise Grab and Go Program



Pick up in front of the Library on Thursday, April 22, from 11:00 am-12:00 noon

Sponsored by the CHNA 15 Grant in collaboration with Boxborough and Acton.

Please call EHS at 978-540-2470 to register. Limit of 40.

### Emergency Contact Information

Littleton Police Department: 911 or 978-540-2300

Littleton Fire Department: 911 or 978-540-2302

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

**National Suicide Prevention Hotline:** (800)273-8255

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

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

**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)

## Mystery Bag Program



Many enjoyed our March Mystery Bags! April bags will be ready for pickup on Mondays, April 12<sup>th</sup> and 26<sup>th</sup> in front of the Library between 11:00 am and 12:00 noon. The bags are filled with new puzzles, word games and more as we welcome a warmer season. This program is open to all seniors. Join the fun! Our Social Club Leader, Anne-Marie Chernosky, will create the bags that will keep you guessing until we are all back together in person.

Please remember to sign up for one or both April Mystery Bags at 978-540-2470 and complete and sign the online waiver at: <https://littleton.seamlessdocs.com/f/ParticipantWaiver>.

There is a maximum of 20 bags each of the April dates. *This program is funded through the Emerson Community Grant Award.*

## indian hill music

### Indian Hill Music Virtual Connections:

Missing live musical performances? Join Indian Hill Music online for exclusive interviews with our musicians, uplifting performances by small ensembles from the Orchestra of Indian Hill, "Bruce's Playlist" with Orchestra of Indian Hill conductor Bruce Hangen, and performances from guest musicians in a variety of genres.

Use the following URL to watch our latest Inspired Ensembles performance video, featuring our co-principal violists play Mozart: **Amelia Hollander Ames and Peter Sulski.**

<https://bit.ly/3ozmFTc>

Use the following URL to view all of Indian Hill's Virtual Connections content.

<https://indianhillmusic.org/orchestra>



*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.*

## TECH TIP FROM BILL VALES



COVID deaths in the United States have broken 511,000, which is a staggering number. We are seeing some lowering of infection, hospitalizations and death rates, although death rates are remaining high. Some speculation on why the numbers are decreasing are: 1) We came off the surge from the holidays where people grouped in congregate settings, 2) People are doing a better job at wearing masks and social distancing, 3) There may be some level of community immunity (not herd immunity). These ideas are speculative.

The number of new cases as of 2/27/2021 is 90,416 -- down from a peak of about 250,000 in January according to Johns Hopkins. As of last 2/21/2021, 67,023 people were hospitalized with COVID-19 -- about half the record-high of 132,447. However, deaths remain quite high; 42,500 Americans have died from COVID-19 in just the past two weeks.

We are now seeing the availability of vaccines increasing. The more people that get vaccinated, the closer we get to herd immunity. At current vaccination rates we might not see herd immunity for many months. Gaining herd immunity is complicated to predict and relies on numerous factors. Check out this story in the New York Times to learn about herd immunity.

<https://www.nytimes.com/interactive/2021/02/20/us/us-herd-immunity-covid.html>

Receiving a vaccine is not a free-pass to stop wearing a mask, to stop social distancing, to stop washing hands or to start congregating with people. Once vaccinated, we need to continue to do all these mitigation efforts to reduce spread.

Following are points to consider after receiving a vaccination. 1) people can still spread and even develop COVID-19 after getting a vaccine, 2) Immunity from the vaccine doesn't begin to emerge until at least 12 days after inoculation, 3) The vaccine doesn't prevent coronavirus infection, it helps protect against serious illness.

A large area of concern being studied is that highly transmissible variants are developing as the virus mutates. There is research being done to understand the efficacy of the current vaccines against the new variants. It is absolutely critical we stay focused and vigilant to combat the virus. This is not the time to stop using masks, or to stop social distancing. Opening up areas of society too early comes with great risk of accelerating community spread of the virus with new variants. If we want to stay safe 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. I would also add to this to get a vaccination.

## 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 April 2021 are:**

- April 1**      **NO CLASS**
- April 8**      Google Drive applications
- April 15**      Sharing Information on the Internet
- April 22**      Map applications, Google Maps, Google Earth, historical maps, wetland maps
- April 29**      Telephone scams and internet phishing. Call blocking systems.

New participants are encouraged to sign up for these meetings by calling 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.

## Programs and Events—April 2021

Date	Day	Time	Description	Page
Apr 5,12,19,26	Mon	12:00-2:00 pm	<b>Zoom:</b> Loving Stitches	P7
Apr 6 and 20	Tues	1:00-2:30 pm	<b>Zoom:</b> Social Anxiety Group	P7
Apr 8,15,22,29	Thurs	10:30 am-Noon	<b>Zoom:</b> COA Internet Computer Class	P9
Apr 9	Fri	9:00-10:00 am	<b>Zoom:</b> Virtual Coffee Hour	P7
Apr 12 and 26	Mon	10:00 am	<b>Zoom:</b> Mindfulness Meditation Classes	P7
Apr 12 and 26	Mon	11:00 am-Noon	Mystery Bag Program Pickup	P8
Apr 13	Tues	11:30-1:00 pm	LELWD Grab and Go Luncheon	P8
Apr 14	Wed	1:00-2:00 pm	Craft Class Grab and Go	P5
Apr 15	Thurs	10:30 11:30 am	<b>Zoom:</b> Living Alone & Living Well	P7
Apr 21	Wed	11:00 am	<b>Zoom:</b> Grandparents Raising Grandchildren	P7
Apr 22	Thurs	11:00-12:00	Earth Day Surprise Grab and Go	P8
Apr 28	Wed	6:00-7:00 pm	<b>Zoom:</b> Life Ahead Recovery Support Group	P7
Apr 30	Fri	5:00-6:00 pm	<b>Zoom:</b> Recycling Presentation	P2

### KATHLEEN M. O'CONNOR

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## APRIL 2021

### \*\*\*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.

- 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.