

# The Broadcaster

## OCTOBER 2022



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### IMPORTANT NOTES:

Closed for the holiday on



**Our Van Service is available 5 days a week, Monday-Friday. See the back page of this newsletter for details on how to book a ride!**

**From Liz's Desk:** Hello Everyone, I hope this newsletter finds you well and you are enjoying the crisp fall weather! We are looking forward to seeing you this month at one of our many exciting programs. If you haven't come by for any programs lately, now is the time! October's calendar is packed with opportunities, ranging from fitness classes, educational seminars, lunches, musical events, movies, and more! We are always focused on providing our community with engaging programs and the tools and resources to stay well informed, healthy, and independent.

Please take a look at page 4 for some very important community resources available to residents of all ages. It is Medicare Open Enrollment time and our knowledgeable SHINE counselors are ready to assist you in navigating your options! Let's work together to make understanding insurance options easier.

The new building project team is finishing up the design development portion of the project and we are nearing the construction documentation phase. In September we reviewed kitchen design, our options for sustainability, and we posted our "Request for Qualifications" for a Construction Manager at Risk. The latest rendering of the building is beautiful! Check out our website to see the most up to date designs and the blog on the progress being made!



[www.littletoncenteronshattuck.com](http://www.littletoncenteronshattuck.com)

### **Flu Shot Clinic: Wed, 10/5, 10am - 12pm, Room 103**

Nashoba Associated Boards of Health will be here on 10/5 for our annual flu shot clinic! Pre-registration is required. The link to register can be found on their website here: <https://www.nashoba.org/calendar>. If you need assistance with registering online we can help over the phone, give us a call at 978-540-2470.

#### **Flu Clinic FAQ:**

- Online Pre-registration is required
- This clinic is designated for adults / seniors
- People should bring their insurance cards to the clinic
- No insurance? No problem. A person that does not have insurance may still receive a vaccination.
- There will be high dose flu vaccine available for those age 65 years and older
- We ask anyone feeling sick to stay home.

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



## COA Board Update

Welcome October! Time seems to fly by and here we are, getting closer to having final designs of the **Center on Shattuck Street** building project completed. The process is complicated, takes time to accomplish, and is worthy of your attention! There are two ways to get updates: 1) Check out the latest design on the Town Website EHS page. Look to your left and click on *New Senior Center Building Project* to see the latest! 2) Watch the LCTV video of the monthly COA Board Meeting and the update Liz Tretiak, EHS Director, provides. Nicole Sarvela, our Assistant EHS Director and Program Planner & Coordinator, also provides information about future programs planned for COA.

EHS/COA welcomed a new full time outreach worker, Alicia Rego, in early September. Thank you, Littleton residents, for approving this position last May at Town Meeting. Alicia and Amy make a GREAT team!

Please continue to educate Littleton residents and businesses regarding how they can contribute to the **TREAD** (Tax Relief for Elders And Disabled) program. Donations can be made by sending a check to EHS, payable to the Town of Littleton "TREAD" program. You can find more information on the Town website under the EHS Dept tab. Looking forward to seeing you at many fall events!

*-Marge Payne*, Chair, COA Board

### IMPORTANT REMINDER:

Registration opens on Monday, October 3rd at 9AM 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](tel:978-540-2470) to register. \* Priority is given to Littleton residents \*

### Participant Policies

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

- Everyone must register in advance for programs
- By entering the building to participate in programming or activities, you are acknowledging you have no symptoms of COVID-19 and have not been diagnosed with COVID-19.
- Residents are always welcome to set up appointments to meet in person with staff members.
- We strongly encourage you to sign up for our weekly e-newsletter to stay informed about additions or changes to programs or schedules.

*The Littleton EHS / 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.*

### STAFF

Liz Tretiak, EHS Director  
 Nicole Sarvela, Assistant EHS Director  
 Amy DeMichele, Outreach Coordinator  
 Alicia Rego, Outreach Coordinator  
 Sue Raymond, Administrative Assistant  
 Neil Campbell, Driver  
 Richard Kent, Driver  
 Sam Palmer, Driver  
 Gayle Dalton, Senior Diner Manager

### COA BOARD MEMBERS

Marjorie Payne, Chair  
 Anita Harding, Vice Chair  
 Ann Lee Ellis  
 Marilyn Fedele  
 Joseph Knox  
 Susan Melander  
 Lorilei Richardson  
 David Sill  
 Jeanne Sill

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

Main Phone: 978-540-2470  
 Senior Diner: 978-540-2474

Monday-Friday  
 9:00 am - 4:00 pm

### FRIENDS OF THE COA

Holly Steward, President  
 Sandra Casale, Vice President  
 Susan Haug, Secretary  
 Tony Jesensky, Treasurer  
 Andy Fredette Asst. Treasurer  
 Joe Barry  
 Nancy Levine

Mail & Email:  
 Friends of the LCOA  
 PO Box 134,  
 Littleton, MA 01460  
[LCOAfriends@gmail.com](mailto:LCOAfriends@gmail.com)



### Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at [www.littletonma.org](http://www.littletonma.org), select "Sign up to receive Email Notifications," enter your email address, select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

### Disclaimer:

Some announcements and advertisements in this Broadcaster are not sponsored by EHS/COA.

## Friends of the Council on Aging

This summer has been a classic one, full of heat, humidity, and sunshine for days with not much rain. Now it's time to turn the corner to all the beauty and traditions that Fall in New England holds for those of us fortunate enough to call this part of the country home.

The gorgeous foliage, crisper days, what some refer to as "sweater weather" and those wonderful scents of apple pie, pumpkin spices, sweet cranberries, and a cozy fire fill the air. It's a time for "leaf peeping, nature hikes, football games, apple, and pumpkin picking. What does Fall remind you of most?

All the sights, smells and activities mentioned are right here in Littleton! Visit our local Farm Stands on Rt. 119 and beyond. Explore some hiking trails like Prouty or Oak Hill and listen to the crinkle of leaves under your feet. Head over to Doe or Carlson orchards for apple picking and bake something good for yourself or to share with a neighbor. Look for our Friends group at some sporting events selling knitted goods generously made and donated by Loving Stitches. Start your holiday shopping at any of our local businesses. They really appreciate our support!

Speaking of shopping, did you know that our Friends group is listed as a recognized charity with Amazon Smile? To order, simply go to smile.amazon.com on your web browser or download the Amazon app onto your phone. Select Friends of the Littleton Council on Aging, Inc. (Littleton MA) as your charity of choice where .5% of your eligible purchases will go to the Friends. Please consider adding this feature to your account. Every bit helps. And of course, please take advantage of all the wonderful programs and events that EHS has to offer in this Broadcaster.

**TODAY IS A GOOD DAY FOR A GOOD DAY!**

Friends of the Littleton Council on Aging (FLCOA)  
PO BOX 134, LITTLETON, MA 01460

## Book and a Bite

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated. This year, 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.**



*Thank you Friends of the LCOA for sponsoring this program!*



## Get free at-home COVID-19 tests

To get a free Covid testing kit, please stop by the EHS/COA office or give us a call at 978-540-2470. If you need home delivery assistance, please let us know. We have test kits available for residents of all ages.

## MGH Blood Drive Bloodmobile back by popular demand!

**Thursday, October 6<sup>th</sup>  
9:30AM-3PM**



Blood donation is currently the lowest it has been in over 10 years. Your donation is needed!

Did you know that approximately 80% of the population will need blood or blood products in their lifetime? You can make a difference by donating blood!

The process is made quick and easy with the Bloodmobile. Come on down to register, no sign up is necessary, and then get on the bus to give blood.

Afterwards you will be brought inside the new Reuben Hoar Library for a drink and a snack and sent on your way having made a huge impact in the community.

Please call 978-540-2470 if you have any questions, we look forward to seeing you!



## FREE SMOKE & CARBON MONOXIDE DETECTORS

The Littleton Fire Department has teamed up with Littleton Elder & Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations. **Contact LFD to set up an appointment at 978-540-2302.**

## The Neighborhood Supper

Come and enjoy a dinner out each Tuesday evening at the Congregational Church at 330 King Street, from 5:30 to 6:30 pm. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

**NATIONAL PRESCRIPTION  
DRUG TAKE BACK DAY**



**SATURDAY, OCTOBER 29  
10 AM-2 PM**



**LITTLETON POLICE DEPARTMENT**

500 GREAT RD LITTLETON, MA





## OUTREACH CORNER

*Please contact Amy or Alicia at 978-540-2470 for Outreach assistance.*



### Annual Medicare Open Enrollment time is here!

Open enrollment is **October 15 – December 7** and the time is **now** to review your Medicare coverage! This is the perfect time for a health insurance check up to compare coverage, costs, and benefits. Open Enrollment is your opportunity to be sure you're enrolled in the right Medicare supplement, Prescription Drug plan, or Medicare Advantage Plan. SHINE counselors are available by appointment to provide you with a no cost, confidential, insurance assessment. SHINE Counselors help you identify ways to save on health care costs using the Medicare Planfinder tool. Please make your appointment today by calling 978-540-2470.

For appointments, please have available:

- your Medicare card
- supplement insurance card
- MyMedicare login, (if you have an account created, this will save time as all medications and dosage information are stored and can be updated)
- and list of medications/dosages which can be obtained from your pharmacy

If you haven't created a MyMedicare account you can visit [www.Medicare.gov](http://www.Medicare.gov) or create one with your SHINE counselor

For those who prefer to view Medicare plan choices and costs online please visit [www.Medicare.gov](http://www.Medicare.gov), then click on **find a provider** and click on the **health and drug plan** tab.

Other helpful telephone numbers and websites:

**Social Security** - [www.ssa.gov](http://www.ssa.gov) - 800-772-1213 and

**Prescription Advantage** - [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org) - 800-243-4636

### Rental Assistance Programs

The Littleton Rental Assistance Program provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The assistance available through the program will be provided for a period of 1 year (with the ability to re-apply for up to 3 years) in the amount of \$250/month to each participating household. **Application can be found online here:**

[www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program](http://www.littletonma.org/elder-and-human-services/pages/littleton-rental-assistance-program)

### CONVERSATION GROUPS

**Anxiety Group:** Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! October dates are 10/4 and 10/18. Email Nicole to register: [NSarvela@littletonma.org](mailto:NSarvela@littletonma.org)

**Living Alone & Living Well Group:** Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. October date is 10/20, 10:30am-11:30am.

**Caregiver Support:** Next meeting will be 10/26 @ 6pm in the Senior Diner. Our host, Lori Kalinoski, will lead a brief discussion and provide dinner. Please call 978-540-2470 to sign up.

### Grief Socials with Nashoba Nursing

A gentle opportunity to gather and meet with others who are grieving. Gentle and light conversation to help work through the grief, meet and hear how others are getting through their grief, and realizing there is no need to go this alone. Participate in the Grief Social that best suits your needs.

Dates: Oct 21st, Nov 13th, and Dec 16th, 11:30 AM to 1 PM at Il Forno Restaurant, 529 King St, Littleton, MA



*To reserve your seat and make known you are attending, be sure to give Lucia a call at 508-951-3850*



### Concerned about a senior?

You can report elder abuse or neglect by phone or online. Report suspected elder abuse anytime day or night at (800) 922-2275 or file a report online at [www.mass.gov/how-to/report-elder-abuse](http://www.mass.gov/how-to/report-elder-abuse)

Minuteman Senior Services		October 2022		Meals on Wheels Menu	
<b>3</b> Shepherd's Pie w/ Gravy California Veg Blend Wheat Bread Dessert of the Day	<b>4</b> Chicken Thigh w/ Cacciatore Sauce Cavatappi Pasta Italian Veg Blend Italian Bread Dessert of the Day	<b>5</b> Macaroni & Cheese Stewed Tomatoes Dinner Roll Dessert of the Day	<b>6</b> Sliced Pork Roast w/ Jar-dinière Gravy Yukon Gold Potatoes Green Peas Multigrain Bread Dessert of the Day	<b>7</b> Chicken & White Bean Chili Brown Rice Corn Wheat Bread Dessert of the Day	
<b>10</b> <b>HOLIDAY</b> <b>NO MEALS SERVED</b> 	<b>11</b> Meatball Grinder w/ Marinara Sauce O'Brien Potatoes Italian Veg Blend Grinder Roll Dessert of the Day	<b>12</b> Breaded Chicken Drumstick Orzo Pilaf w/ Spinach San Francisco Veg Blend Dinner Roll Dessert of the Day	<b>13</b> Teriyaki Beef Stir Fry Veg Blend Vegetable Fried Rice Wheat Bread Dessert of the Day	<b>14</b> Broccoli Bake Home Fries Stewed Tomatoes Multigrain Bread Dessert of the Day	
<b>17</b> Cheese Ravioli with Meat Sauce Green Beans Italian Bread Dessert of the Day	<b>18</b> Chicken Breast Patty Honey Mustard Sauce Seasoned Potato Wedges Cauliflower Hamburger Bun Dessert of the Day	<b>19 SPECIAL</b> Pot Roast w/ Gravy Sour Cream & Chive Mashed Potatoes Carrots Multigrain Bread Dessert of the Day Diet Dessert of the Day	<b>20</b> Chicken and Rice Bake Broccoli Wheat Bread Dessert of the Day	<b>21</b> French Meat Pie Zucchini & Yellow Squash Marble Rye Bread Dessert of the Day	
<b>24</b> Sweet and Sour Meatballs White Rice Peas and Carrots Wheat Bread Dessert of the Day	<b>25</b> Beef Taco Spanish Rice & Beans Corn Flour Tortilla Dessert of the Day	<b>26</b> Breaded Chicken Patty w/ Marinara and Mozzarella Bowtie Pasta Italian Veg Blend Dinner Roll Dessert of the Day	<b>27</b> Sliced Roast Turkey w/ Herb Gravy Bread Stuffing Green Beans Rye Bread Dessert of the Day	<b>28</b> Potato Pollock Tartar Sauce Sweet Potato Coins Cauliflower Wheat Bread Dessert of the Day Diet Dessert of the Day	
<b>31</b> Cheese Omelet w/ Cheese Sauce Sausage Patty O'Brien Potatoes Spinach Wheat Bread Dessert of the Day	<i>Entrees that contain more than 500mg sodium are designated by an *</i>  <i>All meals include 2% milk.</i>	<b>To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> 781-325-7879</b>		<b>For weather emergencies and cancellations, please check Fox 25 TV station</b>	

# SUPPORT OUR ADVERTISERS!



# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00-11:00 Tai Chi 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>4</b> 10:00 LELWD Public Power Week Coffee & Donuts in the Courtyard 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	<b>5</b> 8:30 Coffee with a Cop 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 9:30-11:30 Memoir Writing Workshop 10:00-12 Flu Shot Clinic 11:00 Brains and Balance	<b>6</b> 9:30-3PM Blood Mobile 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia	<b>7</b> 10:00-11:00 Mindful Movement with Jenny 1:00-3:00 Bingo
<b>10</b> <b>CLOSED for the holiday</b> 	<b>11</b> 10:00 Hearing Screenings 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>12</b> 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 1:00-3:00 Craft Class	<b>13</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia	<b>14</b> 10:00-11:00 Mindful Movement with Jenny 1:00-3:00 Bingo
<b>17</b> 10:00-11:00 Tai Chi 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>18</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	<b>19</b> 8:00-9:00 Mens Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 2:00 Bewitched Presentation	<b>20</b> 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Music History with John Clark	<b>21</b> 10:00-11:00 Mindful Movement with Jenny 11:30 Nashoba Nursing Grief Social at Il Forno 1:00-3:00 Bingo
<b>24</b> 10:00-11:00 Tai Chi 11:30: Health Lecture with Bloom 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>25</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	<b>26</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12 Luncheon w/ our Legislators 6:00 Caregiver Group	<b>27</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Spooky Out of the Box Trivia	<b>28</b> 10:00-11:00 Mindful Movement with Jenny 1:00-3:00 Bingo
<b>31</b> 10:00-11:00 Tai Chi 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Monday Matinee	<b>NOV 1</b> 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	<b>NOV 2</b> 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:00 Brains and Balance 12- Lunch & Learn Boost Your Brain Health	<b>NOV 3</b> 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia	<b>NOV 4</b> 10:00-11:00 Mindful Movement with Jenny 1:00-3:00 Bingo
<div> <b>IN PERSON EVENTS -GREEN</b>  <b>VIRTUAL (ZOOM) EVENTS - RED</b>  <b>HYBRID EVENTS -PURPLE</b> </div>				



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# WEEKLY FITNESS CLASSES

**Mondays:** Tai Chi 10-11am, in the MPR

**Mondays:** Line Dancing 1: **On break for the**  
Line Dancing 2: **month of October**

**Mondays:** Chair Yoga with Rebecca  
12:45-1:30pm in the Library Sturtz Room

**Tuesdays:** Stretch & Flex 11:15am-12:15pm in  
the MPR

**Wednesdays:** Yoga for Strength & Balance  
9:30-10:30 am in the Sturtz Room at the RH  
Library

**Thursdays:** Stretch and Flex 11:15 am-12:15  
pm in the MPR

**All classes require pre-registration and pre-payment.**  
**Call 978-540-2470 to register.**



## Blood Pressure Screenings

Our weekly Nurse-staffed Blood Pressure Clinic holds BP screenings every **Tuesday from 10am - 12 noon, in Room 230** at the COA. Stop by every week and our nurses will keep a log for you. A Nashoba Board of Health Nurse will be available on the 2nd Tuesday of each month from 10:00-11:00 am for consultations. No advance sign-up necessary, just drop-in!

## Join the Walking Club!

Looking to get some exercise? Want to get some fresh air? Join us every Wednesday morning at the Track at Russell Street School for walking club from 9AM - 10AM. You choose how far you want to go, and you set your own pace.

Pedometers available for those who may want one! Please call to sign up, #978-540-2470



## Health Lectures

### Lunch and Learn: Boost your Brain Health with Nashoba Park Wednesday, November 2nd at 12PM

Learn the benefits of Brain Healthy Cooking There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health, and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease. Hear from experts why making more healthful and mindful food choices can benefit you.

This program is open to everyone but preference will be given to Caregivers as a way to honor National Caregiver Month. Please call 978-540-2470 to register, space is limited.

### Pelvic Floor Discussion with Bloom Pelvic Health and Wellness October 24<sup>th</sup> at 11:30AM

Join Dr. Jennifer Voha, a certified doctor of physical therapy with advanced training and certification in pelvic floor rehabilitation and obstetric physical therapy, as we discuss what the pelvic floor is as well as its many functions. Pelvic and bladder dysfunction and the many treatment options will be reviewed with time for Q&A. Coffee and light refreshments will be served.

Please call 978-540-2470 to register.

### Hearing Screenings October 11, 10-12pm, Room 230

Doctor of Audiology, Megan Ford will be here on Tuesday, October 11<sup>th</sup> 10am-12pm during the Blood Pressure Clinic for Hearing Screenings. Please call 978-540-2470 to reserve your time slot!

### Coming Soon– Senior Golf League!

Stay tuned to the Broadcaster & our e-newsletter for details!

**Line Dancing with Kari:** Will be on break for the month of October, keeping dancing and we will see you soon!





## Craft Class

Wednesday, Oct 12th

1– 3pm in the MPR, \$5 per person

Welcome to October. September's class was a great success and everyone went home with beautiful Porch Boards for their decks. Thank you to all who attended. In October we will be using Modge Podge to create beautiful coasters and wood plaques. We will be using napkins, wrapping paper, and pictures from magazines to decorate these coasters. Please sign up early and come and enjoy an afternoon of creativity. The class will be held on Wed, Oct 12th from 1 - 3pm in the MPR. The cost will be \$3 and there will be a limit of 20 crafters.



## WRITING YOUR LIFE

**A Unique Memoir-Style Workshop**  
Writing Freely from Your Own Experience

Who: All writing abilities welcome!

When: October 5th at 9:30AM

Cost: \$10 per person

What: A 2-hour memoir-style free writing workshop.

Space is limited, please call 978-540-2470 to register

Whether you have been writing for many years, are new to writing, are interested in using writing as a tool for self-discovery, or anywhere in between, this workshop is for you.

Using a combination of free writing techniques and prompts, participants will focus on writing from their own life experience: your past or present life, feelings or events, the everyday or the profound. We will use a series of questions, easy starters and repetitive prompts to write during the session. Writers will have the choice to share what they have written (or not). Listeners will have an opportunity to respond by sharing their experience of the writing. This is a safe environment to cultivate writing freely and sharing without fear of judgment. All levels of writing welcome and benefit. Join us in this meaningful experience and free your writer within!

*Workshop Leader: Paula Grieco is an entrepreneur, writer and social impact leader. She has led workshops on free writing and intentional goal setting & is the author of 2 guidebooks on intentional goal setting.*



## Celebrate Public Power Week with LELWD

Tuesday, October 4th at 10AM

Join us and the friendly faces from LELWD for donuts, coffee, and giveaways in the Courtyard. No cost. Please call to register, 978-540-2470.



Tuesdays,

Oct 4, 11, 18, 25th

1:00 PM– 4:00 PM, Room 230

Join this fun growing group! Please call the Office at 978-540-2470 to register.



Fridays, Oct 7, 14, 21, 28th

1PM - 3PM in the Senior Diner

Join us for BINGO in the Senior Diner every Friday afternoon. Pre-registration required. Call 978-540-2470 to sign up.

*Thanks to the Friends for sponsoring Bingo!*



## Loving Stitches

Every Monday 12-2pm

Call for knitters, crocheters etc.!

The Loving Stitches group meets every Monday from 12:00-2:00pm, in Room 233. The group makes items to be donated to charities rather than just working on personal items. Yarn is available from 3 cabinets full of donated yarn. A variety of needles are available as well as patterns. The requirements are: 1. a love of doing needlework, 2. enjoying company of others, & 3. wishing to help others! Call EHS, 978-540-2470 for more info or just show up!



## OUT OF THE BOX TRIVIA

Come join the new Outreach Coordinator, Alicia Rego, for some "Out of the Box" trivia held on Thursdays from 12:30-1:30. We will have a prepared list of questions with several topics to choose from. Along with your trivia smarts, feel free to bring your lunch, or enjoy Gayle's Thursday soup & sandwich special from the Senior Diner! Trivia will be held in room 230. Prizes to the top trivia whiz! Call to register 978-540-2470.



## Lunch with Our Legislators

October 26th, at 12 noon

Il Forno Restaurant, 529 King Street, Littleton

Join Senator Jamie Eldridge and Representative James Arciero for lunch at Il Forno Restaurant here in Littleton! There is no cost for this event. Space is limited so please be sure to sign up by calling the EHS/COA office at #978-540-2470.





## Music History with John Clark Thursday, October 20th 1-2PM

### "The Music of the Great Depression"



Next up in our Music History series with John Clark is the *Music of the Great Depression*. Join us to watch, listen, and learn about music for the approximately 10 year period following the 1929 Stock Market Crash that plunged America into an economic depression. Popular songwriters and singers responded in many different ways. *Life is Just a Bowl of Cherries*, *Let's Have Another Cup of Coffee* and a string of overly optimistic hits by Ted Lewis were attempts to cheer up a devastated citizenry. Woody Guthrie's *Dust Bowl Ballads* and *A Shanty in Old Shanty Town* offered commiseration to the thousands of Americans from big cities to the Great Plains who were forced to give up their homes. *Brother Can You Spare a Dime* and *My Forgotten Man* went so far as to chide our government for its lack of response. In the spirit of what he would call the New Deal, Franklin Roosevelt's first presidential campaign slogan/song was *Happy Days Are Here Again*. Even the lyrics of Disney cartoon song *Who's Afraid of the Big Bad Wolf* and Harold Arlen's *Stormy Weather* became symbolic commentaries on the circumstances of this national calamity. Songs by Al Jolson, Bing Crosby and Rudy Vallee are also featured. Please call to register 978-540-2470

## "Bewitched: Styles During The Time Of The Salem Witch Trials"

Fashion Historian Karen Antonowicz  
Wednesday, October 19th at 2PM

Do you love learning about the Salem Witch Trials of the 1690s? Join us for an afternoon of discovering what the folks of Salem, MA were wearing during this time and how their styles differed from those worn by the people of Europe and other areas. We will explore the various aspects of dress for men and women of that time, while viewing images and movie clips to supplement our discussion. Please spend your afternoon with us and get into the Halloween spirit! Halloween desserts, and coffee / tea will be provided! Please call 978-540-2470 to register.



## Lunch Date: Soup & Sandwich Thursdays OCT 6, 13, 20, 27 at Noon

Join your friends and Gayle Dalton for lunch in the Senior Diner! Thursday at noon come by for Gayle's Thursday soup and a sandwich!

Please call us at 978-540-2470 to sign up in advance, just \$3 for a full meal!



Beginning in October we will be hosting a Monday Movie Matinee at 1PM in Room 230, no cost, light refreshments will be available. Movie descriptions have been

shortened, please contact our office for full descriptions and ratings information. Please see below for dates/movies and call 978-540-2470 to register.

### Monday, October 17th at 1PM

**"The Legends of Sleepy Hollow", Rated R, 1999**

Sleepy Hollow is the home of America's original horror story: the tale of the headless horseman. But horror doesn't just disappear.

### Monday, October 24th at 1PM

**"I Care a Lot", Rated R, 2020**

A crooked legal guardian who drains the savings of her elderly wards meets her match when a woman she tries to swindle turns out to be more than she first appears

### Monday, October, 31st at 1PM

**"Don't Open the Door", NR, 1974**

A dutiful granddaughter goes home to take care of her dying grandmother. Once there, she finds herself trapped inside the house with a homicidal maniac and all hell breaks loose.

## Coffee with a Cop October 5th, 8:30-10am at Donelan's Fresh Market

Free Attendance, See you there! No pre-registration necessary.



## Women's Breakfast : OCTOBER 12th @ 8:00AM

Join us on Wednesday, 10/12 from 8AM-9AM in the Senior Diner for a hot made-to-order breakfast! Just \$3 a plate, Please call 978-540-2470 to register.

## Men's Breakfast: OCTOBER 19th @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 10/19 from 8AM - 9AM in the Senior Diner. Just \$3 a plate. Please call 978-540-2470 to register.



**The Littleton Coalition Against Addiction** is 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 who have found themselves affected by the epidemic. From naloxone training sessions for the general public, to hosting monthly meetings for those 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 LCAA Facebook page!

### William James INTERFACE Referral Service for Mental Health Help

Interface is a mental health and wellness referral Helpline available Monday-Friday, 9am - 5pm at 888-244-6843. This is a free confidential referral service for Littleton residents. Callers are matched with licensed mental health providers from Interface's extensive database. Each referral best meets the location, insurance, and specialty needs of the caller. See the website for more information: [interface.williamjames.edu/community/littleton](http://interface.williamjames.edu/community/littleton)

### Upcoming Weekend Events in Littleton:

#### THE FRIENDS OF LITTLETON VETERANS PRESENT: Trivia Night!

Saturday, Oct 15, 2022: Doors Open at 5:30PM Littleton VFW, 21 Taylor St / Begins 6PM



Put a team together or we will put you on a team! \$10.00 per person. Cash Bar / BYO Dinner or Snacks.

Reserve your spot now by email: [friendsofveterans01460@gmail.com](mailto:friendsofveterans01460@gmail.com) Venmo: @Friendsof-LittletonVeterans

#### PRCE's 3rd Annual Littleton Oktoberfest, Saturday Oct 1st, 11am-5pm, at Faye Park

Littleton Police Dept Open House, Saturday Oct 29th at 10am , LPD Station, 500 Great Rd

### KATHLEEN M. O'CONNOR

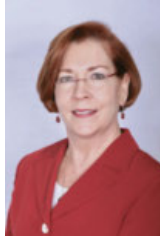
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**Visit Vaxfinder**

For a list of locations in your area visit [vaxfinder.mass.gov](http://vaxfinder.mass.gov)

**Pop-up Mobile Clinics**

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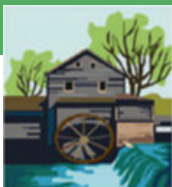
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Our caregiving team is here to help you with your questions. Visit [MinutemanSenior.org](http://MinutemanSenior.org)  
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## LITTLETON EHS TRANSPORTATION

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 AM-4:00 PM
- Messages on the answering machine after 4:00PM 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. 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.

### TRIP FARES

Rides are provided to appointments between 9:00 AM and 3:00PM.

- 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**
- Veterans ride for free.

***\*\* Rides to and from a Council on Aging in any of the four towns are always FREE \*\****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART (Montachusett Regional Transit Authority) & the Town of Littleton.

### 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.**