

The Broadcaster

JANUARY 2022



FROM LIZ'S DESK



Happy New Year Friends!

We hope you had a safe, healthy, and happy holiday season. We would like to remind everyone to please stay vigilant with your **COVID** precautions over the upcoming weeks, as recent history has shown us there is usually a post-holiday spike in case numbers. Staying cautious is the best way for us to remain open and seeing you all in-person! If you need assistance in scheduling a booster, please give us a call, we would be happy to help!

2022 is going to be one of the most exciting years yet for us all! With our Feasibility Study for the new building project complete we are one step closer to our ultimate goal - having a dedicated space for seniors and our expanded community served by the EHS/COA Dept. This will be a tremendous community asset. As you know, EHS is home of the senior center and we are also a provider of social services for the whole town. Room to expand our services and broaden our range of activities and program for seniors will be a huge benefit to residents of all ages. It also creates new opportunities for collaborations with other town departments and organizations who share our mission. We are so excited for the future!

Liz

IMPORTANT NOTE

The COA Board monthly meetings will continue to be the 2nd Monday of the month, **but the time is changed to 3:00 PM!**

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

COA Board Update:



Here we are beginning a NEW, exciting year for Littleton elder residents! It is a time to reflect and a time to look ahead. As I think of 2021 two events come to mind immediately. First, the Annual Town Meeting when Littleton residents supported the funding for the Senior Building project to move forward into the design phase and secondly, the return of Liz Tretiak as our Elder & Human Services Director to expand services and help move the building project

forward. As I write this, the Town Fair has just occurred and EHS/COA had a table there to share with folks the LLB Architect drawings presented to a joint meeting of the COA Board and the Select Board on November 9th. Did you stop by the table? It was busy with folks wanting to learn all about it! One question frequently asked was: How can I make a financial contribution to support this? There are two ways this can happen. **1.** The reason the Friends of the COA exist is to raise funding for senior programming. Contact any one of the Board of Directors of the Friends and they can guide you. (Their names are listed in the box on the bottom right of this page.) **2.** The Town of Littleton has established a separate account JUST for financial contributions to the Senior Center Project. Checks to the Department of Elder & Human Services, specified for the Senior Center Project. PLEASE share this information with others.

2022 will be another exciting year for all Littleton residents as we move closer to gaining appropriate space for older residents' events and activities! Stay tuned, help when you can.

Marge Payne, Chair, COA Board

Participant Policies



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

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

IMPORTANT REMINDER:

Registration opens on Monday, January 3rd at 9:00 am for all programs and activities included in this newsletter. (virtual, grab-and-go, outdoor activities and limited indoor programs.) All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.

STAFF

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

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Tony Jesensky, Treasurer
Andy Fredette, Assistant Treasurer
Sandra Casale

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

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

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

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our website www.littletonma.org, 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.

Experiencing Financial Hardship?

Are you struggling to catch up on bills? Prices for oil, gas and food have all gone up causing additional financial strain on individuals and families especially for those who were struggling before these price increases. The Elder & Human Services Department/COA is here to help walk you through the different resources and benefits available and assist as needed with accessing those resources. We will sit down and review where you are with expenses and develop a plan together. There are organizations out there to help you get back on your feet. EHS/COA frequently collaborates with SMOC, The Salvation Army, Habitat for Humanity and St. Vincent de Paul, to name a few. Each of these organizations has resources available to help those who are eligible, with financial assistance in some capacity. The guidelines for eligibility, for each program through the different organizations, vary depending on the individual circumstances and household makeup. It can be overwhelming and challenging to keep it all straight which is where the EHS/COA department comes in. We can assist in navigating the applicable programs to best assist an individual. Please call us so we can help you start the year off right!

Mystery Bag Program



Happy New Year! New surprises will fill the January Mystery Bag, including word games, puzzles, riddles and a couple of mystery challenges. Can you solve the mysteries?

The next Mystery Bags will be available for pick up in the **Courtyard on Thursday, January 27th, between 12:15 and 1:00 pm.** The bags continue to be filled with new and different word games for your enjoyment. The program is open to all seniors. Join the fun!

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

Please remember to sign up for the January Mystery Bag at **978-540-2470 beginning at 9:00 am on Monday, January 3rd..**

There is a maximum of 20 bags.

Lunch Date: Soup and a Sandwich

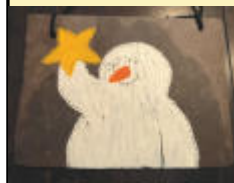


Join EHS with Gayle Dalton for lunch this month!

Thursday, January 13th we are bringing back Gayle's Thursday lunch; soup and a sandwich is on the menu this month

Please call 978-540-2470 to sign up.

Craft Class



Snowflakes are falling and it is a New Year. Let's put our hands together to make Snowmen, Snowballs and Snowflakes. Bring your creativity and we will use painting and gluing and construction paper to make some really creative items for our walls and

shelves. **The class will be Wednesday, January 12, 2022 in the multi-purpose room from 1:00-3:00 pm.**

The class will be limited to 15, so sign up early by calling the EHS Office at **978-540-2470**. The cost is \$3.00.

"BOOK AND A BITE"



EHS/COA and the Reuben Hoar Library have a new collaboration to help homebound senior residents feel less isolated during the winter months. Starting in December, seniors may request a book (that will come with a special surprise treat,) and a volunteer from the Library will home deliver it to you. Don't have a specific book in mind? The Library staff can recommend something based on your interests! **Call to sign up 978-540-2470.**

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>

ELDER ABUSE?



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

Friends of the Littleton Council on Aging



HAPPY NEW YEAR! Hope this Holiday Season was joyful for everyone. Welcome 2022!

With the help of many, the Town's Holiday Bazaar was a huge success. The Loving Stitches and others broke their own record by selling a lot of their homemade items to benefit our Seniors. A huge "THANK YOU" goes to: the Loving Stitches, George Sanders, the leaders of Boy Scouts and Troop #1, Park & Rec, and ~ 40 of them who volunteered in this event.

We had a very successful Grab and Go turkey lunch at Il Forno's. Delicious! We had a lot of help distributing these lunches from Santa and Mrs. Claus, Senator Eldridge, Anthony Ansaldi, and many elves, bringing a lot of HOLIDAY CHEER.

Carol Vales decided to retire from our Board and spend more time up north. Carol has been with us for several years and it will be hard to replace her. I think she wanted to be closer to Santa. Good luck!

Nancy Hilsinger, Editor of the Broadcaster, is also retiring. We appreciate all those years she was with us, and we wish her the best. Nancy will continue to be with LCTV and Liz Tretiak will take her place.

Our Select Board has been reviewing space that is available from the old Library. I've asked them to please keep the "Reopening of our Thrift Shop" on their minds. As you know, this has been a great resource to many, not only financially and socially, but for our Outreach Department. We can make this happen.

All the phases of getting a new Senior Center are moving forward, and looking great. For detailed information, please look this up on line at littletonma.org

The Friends and the COA are working on some social interactions for us during February and March. Unfortunately, we have had to wait a little longer than we hoped. Our #1 priority is YOU and we must adhere to all decisions which are made regarding our safety. Our Board of Health is taking good care of all of us.

Let's think positive for 2022!
Take care,



Nancy Levine, President FLCOA

Blood Pressure Screenings



The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, January 4, 11, 18, and 25 from 10:00 am-12 noon, in Room 230** at the COA. The BP Clinic is sponsored by Elder and Human Services. A member of the NAHB will be available on the second Tuesday of each month from **10:00-11:00 am, in Room 230**.



FITNESS CLASSES

Mondays: Tai Chi 10:00-11:00 am
\$12 per person: January 3, 10, 24, 31

Mondays: Chair Yoga w/Rebecca
\$9 per person: January 10, 24, 31

Tuesdays: Stretch and Flex 11:15-12:15 am
\$12 per person: January 4, 11, 18, 25

Wednesdays: Gentle Flow Yoga 9:30-10:30 am in the Struz Room at the Library
\$12 per person: January 5, 12, 19, 26

Thursdays: Stretch and Flex 11:15 am-12:15 pm
\$12 per person: January 6, 13, 20, 27

All other classes will be held in the Multi-Purpose Room.

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

INCLEMENT WEATHER POLICY



IF TOWN HALL IS CLOSED:

Stretch & Flex will be via Zoom for all who have registered
<https://us02web.zoom.us/j/403955395>
Meeting ID: 403 955 395

Yoga will be via Zoom for all who have registered
<https://us02web.zoom.us/j/86707548751>
Meeting ID: 867 0754 8751

IF TOWN HALL IS OPEN:

Stretch & Flex will be offered online (since it is anyway) for all who have registered
<https://us02web.zoom.us/j/403955395>
Meeting ID: 403 955 395

Yoga will only be offered in person for all who have registered

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parmesan Marinara Sauce Cavatappi Pasta Italian Vegetable Blend Dinner Roll Dessert of the Day	4 Potato Pollock Tartar Sauce Cinnamon Sweet Potatoes Spinach Wheat Bread Dessert of the Day	5 Diced Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day	6 Beef Stew California Vegetable Blend Wheat Dinner Roll Dessert of the Day	7 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day
10 Beef & Cabbage Casserole Diced Red Potatoes Carrots Multigrain Bread Dessert of the Day	11 Breaded Chicken Drumstick Sour Cream & Chive Mashed Potatoes Scandinavian Vegetable Blend Wheat Bread Dessert of the Day	12 Meatball Stroganoff Parslied Noodles Broccoli & Cauliflower Multigrain Bread Dessert of the Day	13 Roast Pork with Apple Cranberry Compote Butternut Squash Brussels Sprouts Pumpernickel Bread Dessert of the Day	14 Cheeseburger Potato Wedges Corn Wheat Sandwich Bun Dessert of the Day
17 MLK Day No Meals Served 	18 Beef & Lentil Chili Brown Rice Mixed Vegetables Corn Muffin Dessert of the Day	19 Grilled Chicken Coq Au Vin Garlic Mashed Potatoes French Green Beans Multigrain Bread Dessert of the Day	20 Roast Turkey with Herb Gravy Bread Stuffing Glazed Carrots Wheat Dinner Roll Dessert of the Day	21 Potato Pollock Tartar Sauce Scalloped Potatoes Capri Vegetable Blend Wheat Bread Dessert of the Day
24 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Dessert of the Day	25 Chicken Corn Stew Roasted Butternut Squash Wheat Dinner Roll Dessert of the Day	26 Ground Beef Tacos with Cheddar Cheese Spanish Rice & Kidney Beans Peppers & Onions Tortilla Dessert of the Day	27 Grilled Chicken with Honey Ginger Glaze Brown Rice Pilaf Asian Vegetable Blend Multigrain Bread Dessert of the Day	28 SPECIAL Pot Roast with Jardiniere Gravy Rosemary Roasted Red Potatoes Broccoli Au Gratin Wheat Dinner Roll Dessert of the Day
31 Grilled Chicken Piccata Yukon Gold Potatoes California Vegetable Blend Wheat Bread Dessert of the Day			To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>	For weather emergencies and cancellations, please check Fox 25 TV station



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.

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JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00-11:00 Tai Chi 12:00-2:00 Loving Stitches 12:45-1:30 Chair Yoga with Rebecca 2:00 Coloring & Conversation	4 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	5 9:30-10:30 Gentle Flow Yoga	6 10:00-11:00 Dementia Friends Information Session 11:15-12:15 Stretch & Flex 2:00-3:00 Tiger Tech	7 1:00-2:30 Bingo
10 10:00-11:00 Tai Chi 12:00-2:00 Loving Stitches 12:45-1:30 Chair Yoga with Rebecca 3:00 COA Board Meeting	11 9:30-11:00 Chris Carter, Acoustic Guitarist 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	12 9:30-10:30 Gentle Flow Yoga 1:00-3:00 Craft Class 6:00 pm An Evening with Ron Lotti	13 11:15-12:15 Stretch & Flex 12:00 Lunch: Soup and Sandwich-Senior Diner 2:00-3:00 Tiger Tech	14 1:00-2:30 Bingo
17  MONDAY, JANUARY 17 TOWN OFFICES CLOSED	18 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	19 9:30-10:30 Gentle Flow Yoga	20 10:30-11:30 Living Alone Grp 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 2:00-3:00 Tiger Tech	21 1:00-2:30 Bingo
24 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches 12:45-1:30 Chair Yoga with Rebecca	25 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	26 9:30-10:30 Gentle Flow Yoga 6:00-7:00 pm Life Ahead Recovery Group 6:00 pm Caregiver Support Group	27 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12:15-1:00 Mystery Bag Pickup 2:00-3:00 Tiger Tech	28 1:00-2:30 Bingo
31 10:00-11:00 Tai Chi Noon-2:00 Loving Stitches 12:45-1:30 Chair Yoga with Rebecca	IN PERSON EVENTS- GREEN VIRTUAL (ZOOM) EVENTS- RED			





zoom
Video Conferencing

Anxiety Group via Zoom

Our Anxiety Group continues to meet every other **Tuesday from 1:00-2:00 pm** via Zoom and we would love to have you join. **January dates will be Tuesdays, January 11th and 25th**

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

Life Ahead Recovery Support Group

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

January's meeting is on Wednesday, January 26th. Please contact Nicole at 978-540-2475 for details.

Living Alone and Living Well Group-via Zoom

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, January 20th from 10:30-11:30 am**.

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

Loving Stitches

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

Please contact the EHS Dept. at 978-540-2470 for more information.

Caregiver Support Group



Caregiver Support Group will be held on **Wednesday, January 26th at 6:00 pm in the Senior Diner.**

Our host, Mary Ellen King from Concord Park, will provide discussion and a light supper.

JANUARY ACTIVITIES

Coloring and Conversation

Monday January 3rd, 2:00 pm in room 233



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

Call to register 978-540-2470.



Fridays, January 7, 14, 21, 28 at 1:00 pm

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



Tuesdays, Jan 4, 11, 18, 25 1:00 pm – 4:00 pm

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

Seated Chair Yoga Instructor: Rebecca Reber



Mondays 12:45-1:30, Begins Jan 10th, \$9 for the month of January (excluding MLK day)

Old Library Cooper Room,

Join us for a seated chair yoga class where we will move with our breath through stretches, bends, and twists. Come enjoy the movement and leave feeling relaxed and refreshed!

Call EHS office at 978-540-2470 to register.

Chris Carter, Acoustic Guitarist



Join us in welcoming Chris Carter, acoustic guitarist, on **Tuesday, January 11th from 9:30-11:00 am.**

He will be here to play instrumental songs from the 50's through the 2000's.

Please call 978-540-2470 to register

FREE SMOKE AND CARBON MONOXIDE DETECTORS



The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist the Senior Community with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.

Contact LFD to set up an appointment at 978-540-2302.

Have you watched "Highlights" on LCTV?

Highlights



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

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

Mammals of New England Tuesday, February 8th at 1:00 p.m. Via Zoom

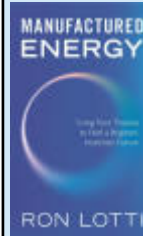
Pre-registration is required

https://actonma.zoom.us/webinar/register/WN_0JWZdKBWT9mrNgvDIYNISQ

There is a wide range of mammals found around New England, from the woods, fields and suburbs to the seashore. From the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit neighborhoods, sometimes under the cover of night. Learn about mammal behavior, tracks and signs to help figure out who is in your neighborhood! But what about the shore? There we might see harbor, gray or even harp seals, or dolphins and whales off shore. Learn more about our **New England marine mammals and tricks for telling them apart. Presenter: Joy Marzolf of The Joys of Nature.** Joy has been offering a variety of animal-related education programs for over 20 years. She has worked with a wide range of animals including marine mammals in rehab/rescue programs in Massachusetts, and a wide variety of captive and non-releasable rescued animals in Oregon. She has worked with reptiles in the wild, and in captivity, for over 20 years. Most recently, she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary. Joy offers programs to a wide range of ages from pre-school to seniors.

For more information please contact Sheryl Ball at the Acton Health Division at sball@actonma.gov or call 978-929-6453 Funding for CHNA15 is provided from Lahey Hospital and medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DON) process

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



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

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

Wednesday, January 12th at 6:00 pm

Please call 978-540-2470 to register.

CHILDCARE SUBSIDY FOR INCOME ELIGIBLE LOCAL FAMILIES



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

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

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

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

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



RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON

Littleton Rental Assistance Program

Emergency Rental Assistance Program

Applications are available on our website:

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

Bill Vales' Virtual Internet & Computer Classes



How to Join the Meeting:

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

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

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

TOPICS FOR JANUARY

- | | |
|-------------------|--|
| January 20 | Brainstorming and discussion of topics for the Winter/Spring 2021/2022 sessions. Differences and similarities between a biologic virus and a computer virus. |
| January 27 | Google Drive applications (doc, sheets, slides, forms) |

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

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.

Tiger Tech Returns!



Meeting virtually **Thursdays from 2:00-3:00 pm in collaboration with Littleton Public Schools.**

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



Information Session

Thursday, January 6th

10:00-11:00 am

Acton Senior Center

Join Sharon Mercurio and Rosie Atherton for a one-hour Information Session. You will learn five key messages about dementia and a bit about what it's like to live with dementia. This is not a formal training. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

Winter Weather Policy



With winter fully upon us, we would like to clarify our Winter Weather Policies; if Littleton Public Schools are closed due to inclement weather, Littleton EHS Vans will not run. The safety of Littleton residents and our van drivers is of the utmost importance.

In the event of a snowstorm, please check to see if Littleton schools are closed. If they are, you will be contacted to reschedule your ride.

If Town Hall is closed due to weather, all EHS Programs will be canceled for that day, if you are unsure please call the main office at 978-540-2470. Stretch and Flex will provide a Zoom option for any classes scheduled during inclement weather.

Join Mark Crory and me on our January Littleton Common show.

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

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



Photo by Dave Plauger

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

The program is also available on LCTV's Video OnDemand at: littletonma.org and on YouTube.

Barbara McRae



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!

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!

Call **978-540-2472** ademichele@littletonma.org

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.



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.

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measures in place

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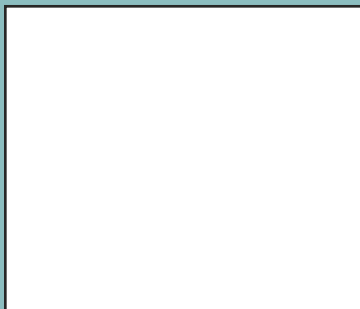
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TRANSPORTATION

- 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.