

The Broadcaster

APRIL 2022



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!

Check out the new programs on pages 7, 8, and 9!

Closed
Monday
April 18th for
Patriots Day

New to Town?

Never used our services before? Call or email Outreach Coordinator Amy DeMichele for a "New Participant Packet" for all the info you need!

Amy: 978-540-2472,
ademichele@littletonma.org

From Liz's Desk- Happy April and Happy Spring!

We have so many programs going on this month we had to take over some of the front page! We hope you see something that catches your eye. Remember, your presence makes our programs better! We can't wait to see you here.

April is National Pet Month. Those who are pet owners know the valuable role that animals play in the lives of humans. They are our companions, our confidants, and our best friends. They are great listeners and the best at providing comfort. The EHS/COA Dept is able to assist low-income pet owners with some veterinary costs through the Bradford Sampson Fund. Please contact Outreach at 978-540-2472 for more information.

Our Senior Tax Work Off Program will be wrapping up next month. If you need additional hours, or a replacement timesheet, please give Nicole a call at 978-540-2475.



A Cultural and Historical Reflection of the 1960's Through the Music of The Beatles, Presenter: Fran Hart

Thursday, April 21 @ at 1:00 PM, MPR, No Cost

The Beatles are the most influential band in history. In 1964, their breakout moment was on The Ed Sullivan Show, where an estimated 73 million viewers tuned in to see the "Lads from Liverpool" in their first live American television performance. On April 4th 1964, they became the only artists to ever occupy the top five spots of the Billboard Hot 100 chart simultaneously. With landmark albums like *Revolver* and *Sgt. Pepper's Lonely Hearts Club Band*, they consistently broke musical barriers. They have sold more than 1 billion records. As a testament to their longevity and popularity, their album titled 1, containing all their #1 hits, was the best-selling album of the 2000s. Their music is timeless and appeals to fans in every generation.

This performance combines live music with a multi-media presentation to explore, not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. The presenter is Fran Hart, founding member of the Beatles Tribute Band 4EverFab. The presentation is hosted by the Littleton Council on Aging. Light refreshments will be served!



This program is supported in part by a grant from the Littleton Cultural Council, a local agency which is supported by the Mass. Cultural Council.



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



COA Board Update

April showers bring May flowers! Welcome April as well as the changes which have occurred. Our Senior Center Project hit a bump in the road in March when the cost estimate of the proposed new building came in a bit high. That caused a return to the drawing board to attempt to reduce the cost and has necessitated cancellation of the item to be on the warrant for spring Town Meeting. Folks, we all have bumps in the road in our personal life experiences. I have learned from my experiences that frequently the bumps can end up being a blessing and the new road often is better than the first. So, it may well be regarding our so desired Senior Center. Keep the faith. We continue to work toward success and will push to ensure that we make the warrant for Fall Town Meeting! In the meantime, enjoy getting back in the swing and come to the new events being offered, now that the COVID restrictions have decreased. Hope to see you at 33 Shattuck Street soon!

Marge Payne, Chair, COA Board

IMPORTANT REMINDER:

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

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 conditions warrant. We reserve the right to pause or alter programs if necessary, 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.
- Face coverings will continue to be required on COA Transportation Vans, as required by state and federal guidelines about public transportation. Some Program Instructors may require masks.
- Residents are always welcome to set up appointments to meet in person with staff members.

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,

STAFF

Liz Tretiak, EHS Director
 Nicole Sarvela, Assistant EHS Director
 Amy DeMichele, 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
 Susan Melander
 Mark Rambacher
 Lorilei Richardson
 David Sill
 Gary Wilson

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

Main Phone: 978-540-2470
 Fax: 978-952-2363
 Senior Diner: 978-540-2474

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

FRIENDS OF THE COA

Nancy Levine, President
 Dottie Ruiz, Vice President
 Susan Haug, Secretary
 Tony Jesensky, Treasurer
 Andy Fredette, Assistant Treasurer
 Sandra Casale, Thrift Shop Manager
 Holly Steward

Friends of the LCOA
 PO Box 134,
 Littleton, MA 01460



Broadcaster by Email and Online

You can receive the Broadcaster in your email!

Visit our website at 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.

Disclaimer:

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

OUTREACH CORNER

Please contact Amy at 978-540-2472 for Outreach assistance.

SCAMS- Check Washing Schemes, reduce your risk of being a victim by staying informed!

When you hear about different scams that are happening on the news, it is easy to think 'well that won't happen to me' or 'this isn't happening around here'. Unfortunately, this is not the case. Scammers are constantly finding new ways to access credit card accounts, use debit card numbers for unauthorized purchases, and "check washing" which has been brought up a lot within the past couple weeks. After becoming aware of residents right here in Littleton who were a victim of check washing, Littleton's Deputy Chief Patterson and Sergeant Fernandez from the Criminal Investigation Division, were consulted on the subject. In the last 6 Months there have been 6 cases of check washing here in Littleton, in light of this information, it seemed important to bring this to the community's attention.

Check washing is the process in which a legitimate check has been written out to pay a bill, but then the 'scammer' will chemically erase the amount written in and the 'payee' information. The scammer will then write in their desired amount and make it out to an alias to try and cash the check.

You may be wondering, 'how are they getting their hands on my checks'? Well, this is a great question and the answer isn't so simple. As you may have noticed, the blue USPS collection boxes at the Littleton Post Offices on King Street as well as the ones at the Taylor Street, have been moved from their former locations. The USPS has relocated their redesigned collection boxes in an effort to protect the public from scams such as this. It's also possible that the suspects are taking them out of mailboxes that have the flag up. In order to know for sure, each victim would need to be able to recall where the 'washed check' was placed for collection.

The amount in which the suspects are making these checks out for, vary. Sergeant Fernandez informed us that they range anywhere from \$2,000-\$10,000 and one of the cases in town was in excess of \$40,000. When we inquired about the age range of these victims, Sergeant Fernandez stated "*Victims ages vary and we can say that the suspects typically have no information on who their victims are and so there is no particular group that the suspects target. Our elderly population is arguably more vulnerable to this type of scheme because they tend to utilize checks more often than our younger generations.*"

If you are a victim of this type of scheme, it is crucial to immediately work with your bank to begin the process of getting your accounts changed. Sergeant Fernandez also spoke to the importance of residents working with the Littleton Police Department if they are a victim to this type of scheme "*Because ultimately the local PD will work in conjunction with the banks to try and identify suspects that are perpetrating these schemes. When a victim reports this crime to local PD it allows the local PD to coordinate with other agencies and compare information developed in regards to suspects involved. This type of criminal behavior involves a 2 tier operation. There are the individuals that acquire a victim's authentic check by different means, there are the individuals that orchestrate the actual operation of altering, "washing", the checks and lastly there are the individuals that try and pass the altered (washed) checks to the banks. In most cases these individuals are not one in the same and don't know who each other is or very little about one another. So when a victim reports it to local PD it allows local police to have more information to follow up on and track.*"

Some ways to protect yourself from being victimized by this type of scam is to:

- Bring your bills into the Post Office to be mailed rather than the collection boxes or placing it in your personal mailbox with the flag up-never leave it in your mailbox with the flag up overnight
- Make sure to fill out all the check fields-the less blank space the better
- Certain gel pens state on their packaging that they cannot be erased which would reduce the risk of check washing
- Keep track of the checks you have written and monitor your accounts activity



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

Friends

of the Littleton Council on Aging

As I sit here, watch and listen to all the negative worldly news, I decided to mention all the positive things we have right here in Littleton, and especially for our Senior population.

Our COA is exemplary with all they try to do and offer us, before and especially now with Covid easing up. Our doors have finally opened up. They try to tweak our interests by offering many different programs. Some are ongoing and others are brand new. The monthly Broadcaster gives us all the details for each event. Let's not forget all the Outreach EHS/COA does, including transportation for, but not limited to, doctor's visits.

The Friends of the LCOA are always there to support our Seniors through the COA. All of our Town Departments and LCTV, do a great job in taking care all of us. At times, our elders are even given special attention with lunches and tokens of appreciation, designed just for them.

Our State Senator and Representative periodically come to visit, check on our elders needs, and even treat us to a BBQ. We have to also thank our Town Administrator, his staff, and all Town Departments for giving Littleton's seniors priority. In the coming months, if all goes well, we just might "vote in" a much needed NEW SENIOR CENTER. Pay attention, watch their meetings, and support them whenever we can.

Please be generous with any donations you may want to make to the Friends of the LCOA or the COA for the new Senior Center Building Fund, or for something else.

 Did you know? The apple symbol denotes that a program is generously funded by the **Friends of the Littleton Council on Aging**. Thank you, Friends!

Watch "Highlights" on LCTV

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

Highlights is available OnDemand on 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

FREE SMOKE & 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.



Watch Mark & Barbara on "Littleton Common"

We look forward to some interesting subjects and guests as always and news about town organizations, businesses, our never-forgotten seniors and other programs of interest. Littleton Common is on LCTV's Public Channels: Comcast-Channel 8, and Verizon-Channel 38 at the following times:

Mon-Fri: Midnight, 12:00 noon & 5:00 pm

Sat & Sun: 5:00 am, 12:00 noon & 5:00 pm

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



HEALTH INSURANCE HELP

SHINE (Serving Health Information Needs of Everyone) is accepting new appointments! If you would like to review your existing medical and prescription drug coverage & costs please contact us at **978-540-2470** to arrange a free one-on-one meeting with our SHINE counselor over the phone. Appointments are on a first come, first serve basis & fill up fast so call today!

GROUPS

Anxiety Group: Our Anxiety Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! April dates are 4/5 & 4/19. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Our group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link. April date is 4/21, 10:30am-11:30am.

Caregiver Support: Next meeting will be 4/27 @ 6pm in the Senior Diner. Our host, Concord Park, will lead a brief discussion and provide dinner. Please call the main office at 978-540-2470 to sign up.

To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	For weather emergencies and cancellations, please check Fox 25 TV station			1 Broccoli Bake Stewed Tomatoes Seasoned Home Fries Wheat Dinner Roll Dessert of the Day
4 Beef & Cabbage Casserole Yukon Gold Potatoes Carrots Rye Bread Dessert of the Day	5 Chicken Drumstick Au Gratin Potatoes Green Beans Whole Wheat Bread Dessert of the Day	6 Egg Patty with Cheese Sauce Pork Sausage Patty Potatoes O'Brien Spinach Wheat Bread Dessert of the Day	7 Chicken Meatballs Sweet & Sour Sauce Brown Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day	8 Roast Pork Onion Gravy Mashed Sweet Potatoes California Vegetable Blend Wheat Dinner Roll Dessert of the Day
11 Potato Pollock Tartar Sauce Butternut Squash Mixed Vegetables Wheat Bread Dessert of the Day	12 Lasagna Roll with Red Meat Sauce Italian Vegetable Blend Italian Bread Dessert of the Day	13 Chicken Teriyaki Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Dessert of the Day	14 SPECIAL Chicken Cordon Bleu Orzo Spinach Pilaf Broccoli Wheat Dinner Roll Dessert of the Day	15 Beef & Lentil Chili Brown Rice Carrots Dinner Roll Dessert of the Day
18 Patriots' Day No Meals Served	19 Chicken Breast with Cacciatore Sauce Penne Pasta Italian Vegetable Blend Whole Wheat Bread Dessert of the Day	20 Ground Beef Tacos Cheddar Cheese Spanish Rice with Kidney Beans Mixed Peppers & Onions Tortilla Dessert of the Day	21 Turkey Corn Stew Brussels Sprouts Wheat Dinner Roll Dessert of the Day	22 BBQ Pulled Pork Yukon Gold Potatoes Corn Wheat Sandwich Bun Dessert of the Day
25 Swedish Meatballs Egg Noodles Winter Vegetable Blend White Bread Dessert of the Day	26 Breaded Cod Tartar Sauce Winter Squash Peas & Carrots Pumpernickel Bread Dessert of the Day	27 Chicken Jambalaya Brown Rice Mixed Vegetables Wheat Dinner Roll Dessert of the Day	28 Sloppy Joe Home Fries California Vegetable Blend Wheat Sandwich Bun Dessert of the Day	29 Macaroni & Cheese Stewed Tomatoes Wheat Bread Dessert of the Day

THIS SPACE IS FOR ADS:



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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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GenerationsLawGroup.com



APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS - GREEN VIRTUAL (ZOOM) EVENTS - RED HYBRID EVENTS - PURPLE				1 1:00-2:30 Bingo
4 10:00-11:00 Tai Chi 12:20 Loving Stitches 11:15-12:15 Line Dance 1 12:15-1:15 Line Dance 2 12:45-1:30 Chair Yoga w/ Rebecca	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	6 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	7 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	8 1:00-2:30 Bingo 7:00p Cinderella at Littleton High School
11 10:00-11:00 Tai Chi 11:15-12:15 Line Dance 1 12:15-1:15 Line Dance 2 12:20 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 3:00 COA Board Meet- ing	12 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	13 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00-3:00 Craft Class	14 10:30-11:30 Living Alone Grp 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	15 1:00-2:30 Bingo
18 CLOSED FOR PATRIOTS DAY	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	20 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 11:30-1:00 LELWD Drive- Thru Lunch at Il Forno	21 10:30-12 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:15-1 Mystery Bags 1:00 Beatles Presenta- tion	22 12:00 Earth Day Luncheon 1:00-2:30 Bingo
25 10:00-11:00 Tai Chi 11:15-12:15 Line Dance 1 12:15-1:15 Line Dance 2 12:20 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	27 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Support	28 10:30-12:00 Computer Class 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 2:00-3:00 Tiger Tech	29 10:00-2:00 Podiatry Clinic 1:00-2:30 Bingo

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WEEKLY FITNESS CLASSES

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

Mondays: Line Dancing 1: 11:15am-12:15pm
Line Dancing 2: 12:15pm-1:15pm, in the MPR for both classes

Mondays: Chair Yoga with Rebecca 12:45-1:30pm in the Couper 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

The Nashoba Board of Health blood pressure screenings will be held on **Tuesdays, April 5, 12, 19, 26, from 10:00 am-12 noon, in Room 230** at the COA. The BP Clinic is sponsored by EHS. A member of the NAHB will be available on the second Tuesday of each month from 10:00-11:00 am, in Room 230.



Podiatry Clinic with Dr. Ayleen Gregorian

Friday, April 29th, 10AM-2PM
\$35 per person
Please call to register,
978-540-2470



2022 Pickleball Memberships

Pickleball Membership is for the calendar year. Members get access to Littleton PRCE nets and reservation of Pickleball courts at no additional fee.

Individual Membership:

Senior Rate: \$35 Residents/ \$45 Non-Residents

\$50 Residents/ \$60 Non-Residents.



Couples Rates: \$90 Residents/ \$105 Non-Residents

SET PICKLEBALL OPEN PLAY RESERVED TIMES:

Spring: M, W, F 9:30AM-11:00AM. Sundays 10:00-11:30AM

Summer: M, W, F 9:00-11:00AM & 6:00-8:00P

Please call PRCE directly with any questions; 978-540-2490

Line Dancing with Kari

Mondays in the MPR, \$15 for the month of April *Masks Required*

Line Dance 1 from 11:15-12:15p

Line Dance 2 from 12:15-1:15p



Join the Walking Club!

Looking to get some exercise? Want to get some fresh air? Chat with old friends or make new ones?

Join us every Wednesday morning at the Track at Russell Street School for our walking club from 9AM-10AM. Please call to sign up, 978-540-2470



Yoga for Strength and Balance

**Wednesday 9:30AM - 10:25AM
Rueben Hoar Library Sturtz Room**

Working with your mat and the help of a chair, we will stretch, lengthen, strengthen, and relieve stress. Detailed instruction and modifications for all levels of fitness and experience. You will increase strength and flexibility, and leave feeling open, energized, and relaxed.





Craft Class Wednesday April 13, 1- 3pm in the MPR

Spring is here and what do we think of? Of course, good weather and Easter. This month the class will be painting large wooden Easter eggs for your door or wall. We have several designs. The class will be held on April 13 from 1:00 to 3:00 in the multipurpose room. The limit is 15, the cost is \$3.00. Sign up early for a fun filled afternoon!

Missing something?

If there is a class, group, activity, or game you would like to see here please let us know! We always welcome suggestions and new ideas! Call or email Nicole at 978-540-2475 or NSarvela@littletonma.org



Littleton High School performs Rodgers and Hammerstein's

Cinderella



April 8th and 9th at 7:00 pm

April 9th and 10th at 1:00 pm

Littleton High School Auditorium

General Admission: \$12

Students and Seniors: \$10

Tickets at the door or at www.littletonhighschooldrama.com



Tuesdays,
April 5, 12, 19, 26
1:00 PM– 4:00 PM

Pre-registration required.

Call EHS Office at **978-540-2470** to register.



Fridays, April 1, 8, 15, 22, 29,
at 1:00 PM

Join us for BINGO in the Senior Diner every Friday afternoon. Pre-registration required. Limit 15 per session, call 978-540-2470 to sign up. Thanks to the Friends for sponsoring Bingo!



Loving Stitches - Every Monday

Call for knitters, crocheters etc.! The Loving Stitches group meets every Monday from 12:00-2:00 pm at 33 Shattuck Street, room 233. The group makes items to be donated to a variety of charities rather than working on personal items. Yarn is available from two 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 and 3. wishing to help others! Call EHS, 978-540-2470 for more information or just show up!



“Tiger Tech” Technology Help

Need tech help? Littleton High School students are available to help! There is no question too basic or too simple, from smart phones to computer questions. The “Tiger Tech” student group is meeting virtually **Thursdays from 2:00-3:00pm**. This program is in collaboration with Littleton Public Schools. Please call 978-540-2470 to sign up and receive Zoom link.



Bill Vales' Virtual Internet & Computer Classes

Virtual on Zoom, Thursdays 10:30AM-12:00PM.

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 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 list.

April 7	Email, contacts, address books
April 14	Google Drive applications (doc, sheets, slides, forms)
April 21	Google Photos
April 28	Security vs Privacy - Tracking internet usage

VETERANS BREAKFAST

APRIL 27 @ 7:30AM

The Veterans Breakfast returns with the help of the Littleton Police and Fire Departments in the kitchen on April 27th at 7:30AM in the Senior Diner! This breakfast will be held quarterly throughout the year. No cost.

Please call to register,
#978-540-2475



Women's Breakfast: April 13 @ 8:00AM

Join us on Wednesday, April 13th from 8AM—9AM in the Senior Diner for a hot made-to-order breakfast! \$3. Please call, 978-540-2470 to register.

Men's Breakfast:

April 20 @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, April 20th from 8AM-9AM in the Senior Diner. \$3. Please call 978-540-2470 to register in advance.



Lunch Date: Soup & Sandwich

 Join your friends and Gayle Dalton for lunch in the Senior Diner! Every Thursday at noon come by for Gayle's Thursday soup and a sandwich! Please call 978-540-2470 to sign up in advance. You don't want to miss out!

Earth Day Celebration Lunch!

Friday, April 22nd @ 12pm, in the MPR

Join us, along with Rivercourt Residences, for a luncheon on Friday, April 22nd at 12PM in the Multi-purpose Room and leave with an exciting Earth Day surprise to bring home. Please call 978-540-2470 to register, space is limited to 50!



Mental Health Fair

May 21st, at Fay Park, Save the date!

In honor of Mental Health Awareness Month, Littleton EHS along with Littleton Coalition Against Addiction will be hosting a Mental Health Fair on Saturday, May 21st from 10AM-1PM (rain date will be Saturday, May 28th).

This is a family friendly event with music, resources, a food truck, free yoga classes and more!

Mystery Bag Program

Many springtime delights will fill your April Mystery Bag! They continue to be filled with new and different word games for your enjoyment. The program is open to all seniors. Join the fun!



Bags will be available for pick up in the Courtyard on Thursday, April 21st between 12:15 and 1 pm. Please remember to sign up on registration day, Friday, April 1 at 9AM by calling for the Mystery Bag at 978-540-2470.

Littleton Electric Light & Water Department's Annual Senior Luncheon at Il Forno, Grab N Go style!

Our friends at LELWD are once again hosting their annual senior luncheon on Wed, April 20th, 11:30am to 1pm. This year is drive-thru / grab 'n go style. No cost for this delicious meal!



Call to sign up: 978-540-2470

Book and a Bite

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated during the winter months. 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.





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 & 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!

William James INTERFACE Referral Service

Interface is a mental health and wellness referral Helpline available Monday-Friday, 9 am-5 pm, 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:

<https://interface.williamjames.edu/community/littleton>

RENTAL ASSISTANCE PROGRAMS

The Littleton Rental Assistance Program provides rental assistance to income-eligible households who are renting qualified housing units in Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton. The assistance available through the program will be provided for a period of 1 year in the amount of \$250/month to each participating household. Applications found here:

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

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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.

LITTLETON EHS TRANSPORTATION

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 town are always FREE *****

Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and 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.