

The Broadcaster

JANUARY 2023



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IMPORTANT NOTES:

Closed for the holidays on
New Years Day Observed,
Monday 1/2
&
Martin Luther King Jr Day,
Monday 1/16



From Liz's Desk:

Hello Everyone! Happy New Year to you all! I hope your holiday season was filled with happiness, peace, rest, and health. We have so much to look forward to this year, most notably will be breaking ground for our new building! The goal date for this is late spring/ early summer. If you are looking for the latest designs and floor plans of the new building they can all be found at our new building-specific website here:
www.littletoncenteronshattuck.com/

Happy New Year

Fuel and Energy Assistance for residents:

Having difficulty paying your heating bills this winter? We can walk you through a variety of the assistance programs available. Call our Outreach Coordinators for more information: 978-540-2470. *All calls are confidential*

SMOC Home Energy Assistance Program: The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of their winter heating bills. Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. People who received Fuel Assistance last year should have received their recertification applications in the mail. Call Amy or Alicia at 978-540-2470 to make an appointment.

Good Neighbor Energy Fund will begin accepting applications in January, if your income exceeds the requirements for SMOC, you may be eligible for assistance through the Salvation Army. Please contact Amy or Alicia at 978-540-2470 to set up an appointment to complete an application for this program.

Receive Public Notifications For the Town of Littleton!



How to sign up? It's easy!

Simply go to www.littletonma.org/subscribe and enter your contact information. You will receive updated notifications through your preferred method via email, voice or text. You can unsubscribe or make modifications at any time after signing up.

Community Impacts

Transportation Issues

Public Health Concerns

Public Safety Activity

Town Meeting Changes

Town Events

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



COA Board Update

Welcome 2023! This should be a really GREAT year as we all watch our new “senior” community space be built and opened! What a wonderful event to look forward to and celebrate. The COA Board continues to work with and support your EHS/COA staff in any way we can and we are especially looking forward to 2023.

Just in case you might not realize why there is a COA Board, its main mission and responsibility is to support the Director of EHS/COA and advocate for senior residents of Littleton. So it just may be a real extra special treat to work and support the development of many details involved when developing an entirely new space.

As we see the new center be completed, the Board will continue to focus on the need for affordable housing in Littleton to help seniors downsize and remain in Town. That “need” seems to be slow in improvement, but we recognize the Planning Board continues to work on it.



Our wish for each of you is a meaningful 2023!

-Marge Payne
Chair, COA Board

IMPORTANT REMINDER:

Registration opens on TUESDAY, JANUARY 3RD at 9AM for all programs and activities included in this newsletter, 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
Peter McGowan, 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

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



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, 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:

The Friends of the Council on Aging Thrift Shop had many lovely items that were available at the town Holiday Bazaar in December. All proceeds from our Bazaar table were donated to TREAD- Tax Relief for the Elderly and Disabled. Thank you for your support!

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



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

Tiger Tech: Technology Assistance!

Meet with LHS students on Thursdays from 2:15pm-3pm to get answers for all your smart phone/ computer/ technology/social media questions!

This program is in collaboration with Littleton Public Schools. For more information or to sign up, please call 978-540-2470.



A Note from Loving Stitches:

First, I'd like to thank all of the crafters, in-person and remote for the very creative and wonderful items we had for the Holiday Fair. They were amazing! Thank you to Linda Lord, her friend Elaine, and Susan Haug for an amazing and very beautiful set-up. The table looked great. Thank you to all who worked at the table!

A special thanks to George Sanders for transporting the tables and chairs and the Boy Scouts of Troop 1, as well as Peter Crory for all the help transporting and returning the totes to the COA.

Finally, a special THANK YOU to all who supported our endeavors as we raise monies to help Seniors in Littleton. Without you, we wouldn't have succeeded.

-Maureen Donnelly, *Loving Stitches Member*

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



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



Sand for Seniors



Snow and ice are here! Sand for Seniors is a program designed to increase safety during the winter and was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product.

This program is available to Senior Littleton residents who meet the following criteria: be a Senior Littleton resident; live in their own home; and are unable to physically get ice melt product OR unable to afford ice melt product.



If you are interested in the program, please call the EHS Office to confirm your eligibility. If you qualify, you will have a bucket of ice-melt product delivered to your door by a staff member or volunteer for use on your property.

For more information or to sign up for the program please call 978-540-2470.

Get free at-home COVID-19 tests



To get a free Covid-19 testing kit, please stop by our office at Town Hall or give us a call at 978-540-2470.

If you need home delivery assistance, please let us know and we will arrange a drop off.



We have test kits available for residents of all ages.

OUTREACH CORNER

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

Support for Family Caregivers



Are you a Caregiver? Many people in this role have never identified themselves with the title "Caregiver." A Caregiver is any family member, partner, neighbor, or friend who has a significant relationship with and/or provides assistance for an older individual or an adult with health issues.

The Massachusetts Family Caregiver Support Program at Minuteman Senior Services meets with Caregivers and provides support, education, strategies, tips, and resources to those caring for older adults, people with disabilities and grandparents raising grandchildren. For a referral to the Caregiver Support Program call Minuteman Senior Services at 888-222-6171. We are here to help!

By taking care of your own health and well-being, you become a better caregiver. **Powerful Tools for Caregivers** is a six-week course designed to build the skills caregivers need to take better care of themselves while caring for an adult living at home. The next course will begin in early 2023. For more information, contact Marianne DiBlasi at 781-221-7095 or m.diblasi@minutemansenior.org.

Caregiver Support Groups are a great way to connect and share Caregiver experiences with people in similar circumstances. They provide emotional support, a safe place to discuss the stresses, challenges, and rewards of providing care as well as a source of useful information. Caregivers from all communities welcome.

➡ 2nd Tuesday of the month 2:00-3:00pm Virtual

Contact: Kathy Sullivan at 781-221-7079 or k.sullivan@minutemansenior.org
Offered by Minuteman Senior Services

➡ 1st Tuesday of the month 5:30-6:30pm Virtual

Contact: Sharon Gunda, LCSW at 781-698-4851 sgunda@lexingtonma.gov
Offered by the Town of Lexington and Minuteman Senior Services

CONVERSATION GROUPS



Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! January dates are 1/10, 1/24. Email Nicole to register: NSarvela@littletonma.org

Living Alone & Living Well Group: Group meets via Zoom monthly, contact Amy to sign up & receive the Zoom link at ADeMichele@littletonma.org. January date is 1/19, 10:30am-11:30am.

Caregiver Support: January 25th at 6pm in the senior diner with hosts and dinner from Bridges! Email Amy to let us know you're coming: ADeMichele@littletonma.org or call 978-540-2470

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

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

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

Minuteman Senior Services

JANUARY 2023

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Year's Observed No Meals Served 	3 Meatball Grinder O'Brien Potatoes Roasted Brussels Sprouts Sub Roll Fresh Fruit	4 Beef Teriyaki Stir Fry Vegetable Fried Rice Stir Fry Veggies Fortune Cookie Multigrain Bread Fruit Cup	5 Broccoli Cheese Bake Home Fries Stewed Tomatoes Wheat Bread Cinnamon Swirl Roll	6 Breaded Chicken Drumstick Spinach Orzo Pilaf San Francisco Veggies Wheat Dinner Roll Fruit Cup
9 Cheese Ravioli Meat Sauce Green Beans Italian Bread Fruit Cup	10 Grilled Chicken Breast Honey Mustard Potato Wedges Spinach Roll Fresh Fruit	11 Beef Cabbage Casserole Carrots Multigrain Bread Yogurt	12 Chicken & Rice Bake Broccoli Wheat Bread Oatmeal Cream Cookie	13 Roast Pork Cranberry Orange Sauce Whip Sweet Potato Scandinavian Veggies Marble Rye Bread-Fruit Cup
16 Martin Luther King Day No Meals Served	17 Beef Taco Spanish Rice & Beans Corn Flour Tortilla Fruit Cup	18 Breaded Chicken Patty w/ marinara sauce, Bowtie Pasta, Italian Vegetables, Dinner Roll, Fresh Fruit	19 Roasted Turkey Herb Gravy Stuffing Butternut Squash Wheat Dinner Roll Fruit Cup	20 Baked Salmon Dill Sauce Wild Rice Pilaf Cauliflower au Gratin Multigrain Bread Fudge Round Cookie
23 Macaroni & Cheese Stewed Tomatoes Dinner Roll Applesauce	24 Meatballs Stroganoff Egg Noodles Scandinavian Veggies Wheat Bread Fresh Fruit	25 Sloppy Joe Potato Wedges Broccoli Hamburger Roll Oreos (4)	26 Chicken Sausage Pasta Spinach Wheat Dinner Roll Lorna Doones	27 Roast Pork Apple Cran Compote Herb Roasted Potatoes Carrots Wheat Bread Fruit Cup
30 Potato Pollock Tartar Sauce Scalloped Potatoes San Francisco Veggies Multigrain Bread Yogurt	31 Cheese Lasagna Brussel Sprouts Wheat Bread Apple Fritter	For weather emergencies and cancellations, please check Fox 25 TV station	To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY</u> <u>BEFORE</u> 	



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JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	4 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	5 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	6 1:00-3:00 Bingo
9 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca 2:00 Growing Up "Grubby"	10 10:00 Hearing Screenings 10:00-12:00 BP Clinic 10:00 New Years Meditation & Intention Setting 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg 2:00 Vintage Car Slideshow	11 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	12 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	13 8:30 ROMEO Club Breakfast Trip 9:00 Podiatry Clinic 1:00-3:00 Bingo
16 CLOSED 	17 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	18 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 9:30 Concord Center for the Visual Arts trip 12:00 Lunch & Learn Reverse Mortgages	19 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech	20 1:00-3:00 Bingo
23 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	24 9:00 National Bagel Day 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	25 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 6:00 Caregiver Support Group	26 11:15-12:15 Stretch & Flex 12- Soup & Sandwich 12:30 Out of the Box Trivia 2:15-3:00 Tiger Tech 7:00-8:00 Good Financial Health on Zoom	27 8:30 ROMEO Club Breakfast Trip 1:00-3:00 Bingo
30 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	31 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 11:30 Grief Social 12:30 Restaurant Hoppers 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE		



MEET TROY
— OUR MASCOT —

LIFE CARE CENTER OF NASHOBA VALLEY
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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 12:45pm-1:30pm in the Library Sturtz Room

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

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

Thursdays: Stretch and Flex 11:15am-12:15pm 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!

Hearing Screenings with Dr. Ford

Doctor of Audiology, Megan Ford will be here on Tuesday, January 10th in Room 233 for Hearing Screenings during the Blood Pressure Clinic.

Please call 978-540-2470 to reserve your spot.



Podiatry Clinic with Christine Friday, January 13rd at 9AM

EHS welcomes our new Podiatrist, Christine Quiry, RN, on Friday, January 13th at 9AM, \$40 per person.



Space is limited, but EHS will be hosting this clinic monthly in room 233.

Please call 978-540-2470 to register

Join us at our Grief Socials *Nashoba Nursing Service and Hospice*

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:

Townsend House Restaurant
2 Depot Street in Townsend, MA
Fridays - 11:30 to 1PM
Jan 10th~ Feb 7th~ Mar 7th

The Bull Run Restaurant
215 Great Rd Shirley, MA
Fridays - 4:30 to 6 PM
Jan 20th~ Feb 17th~ Mar 17th

Il Forno Restaurant
529 King St, Littleton, MA 01460
Fridays- 11:30 AM to 1 PM
Jan 31st~ Feb 28th~ Mar 28th

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

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! January dates will be weather-dependent so please call to sign up and be notified of cancellations.

Call to register: #978-540-2470



Craft Class

No class in January!

Hello and Welcome to the New Year. It is January, snowy and icy, and we all need a rest after the holidays. Therefore, the craft class will be cancelled for January and will return in February with all new and exciting ideas. See you all then and thank you all for your participation in the classes. They are really enjoyable. – Anita, Kathy, and Sue

Vintage Car Slideshow Social Tuesday, Jan. 10th at 2PM in the MPR

Do you know who invented the automobile? (Hint - it's not Henry Ford).

Take a ride down memory lane with John from *Orphan Car Garage*. John will highlight some automotive milestones and some of our most notorious vehicles of the past. From Rambler to Studebaker, Corvair to Vega, come enjoy the slideshow and stories while snacking on a Moon Pie.



Don't miss this fantastic presentation. Bring your questions and see if you can stump John! Please call 978-540-2470 to register.

Growing Up “Grubby”

Stories from the 1950's and 60's with storyteller, Todd Goodwin

Monday, Jan. 9th at 2PM in the MPR

Join us for familiar stories of growing up with storyteller and singer Todd Goodwin who lends his experiences in camping, education and theater to provide a memorable and unique experience for audiences and participants of all ages.

Please call, 978-540-2470 to register!



Women's Breakfast : JANUARY 11th @ 8:00AM

Join us on Wednesday, 1/11 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: JANUARY 18TH @ 8:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing on Wednesday, 1/18 from 8AM - 9AM in the Senior Diner. Just \$3 a plate.



Tuesdays,

JANUARY 3, 10, 17, 24, 31

1:00 PM– 4:00 PM, Room 230

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



Fridays, JAN. 6, 13, 20, 27 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 Outreach Coordinator, Alicia Rego, for some “Out of the Box” trivia held on Thursdays from 12:30-1:30, We 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 soup & sandwich special from the Diner! Trivia is held in room 230. Call to register 978-540-2470.



Lunch Date: Soup & Sandwich Thursdays JAN 5, 12, 19, 26 at Noon

Join us for lunch in the Senior Diner! Thursdays at 12 come by for Gayle's soup and a sandwich! Please call us at 978-540-2470 to sign up in advance, just \$3 for a full meal!



Celebrate National Bagel Day with us!

Tuesday, Jan. 24th at 9AM in the Senior Diner

Did you know that National Bagel Day is in January?

Let's celebrate together with your choice of bagel, cream cheese and juice on Tuesday, January 24th at 9AM in the Senior Diner.

Please call to register, 978-540-2470



Concord Center for the Visual Arts Trip

Wednesday, January 18th

Join us for a trip to the Concord Center for Visual Arts Museum to see a show of paintings and sculptures by Concord Art Members.

This exhibit is selected by a juror who has reviewed Concord Art Members' work to pick the most striking pieces for you to view.

Wednesday, January 18th at 10AM; **van will leave Town Hall at 9:30AM. If you do not want to take the van you can meet us there!**

Please call to register, 978-540-2470, space is limited on the van.

New Years Meditation and Intention Setting Yoga with Jenny

Tuesday, Jan. 10th at 10AM, \$5 per person

Join Jenny on your mat or in your chair for a New Years meditation and personal intention setting. Enter 2023 with a clear and calm mind and body.

Please call to register #978-540-2470



Veterans Breakfast Hosted by Littleton Police Dept

Wed, January 25th @ 7:30am, Senior Diner

The monthly Veterans breakfast is hosted by Littleton Police Department, held in the Senior Diner. No cost to attend, but please let us know if you will be joining so we have plenty of food for everyone, call to register at 978-540-2470.

Thank you for sponsoring, LPD!



Restaurant Hoppers

Tuesday January 31st at 1PM

This New Year we are starting a new program, Restaurant Hoppers- lunch at a local restaurant!

Our first spot will be the Atlantic Sea Grill in Acton on Tuesday January 31 at 1PM. Please meet at Town Hall at 12:30 for van service, attendees are responsible for their own meal.

Please register by Friday, January 20th so we are able to reserve your table.



Adapting to Change as You Age: Supporting Good Financial Health

Thursday, January 26, 2023 at 7:00 – 8:00 PM via Zoom

Please join our panel of experts as they provide information on how to skillfully navigate life changes that aging might bring. Sponsored by the Corporators and Auxiliary in partnership with Community Benefits, a panel will provide information on how to support good financial health for seniors, including document, account and password organization, how to avoid financial scams and managing medical bills.

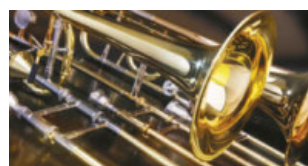
To register: <https://tinyurl.com/2p96ss3r>

Please contact Amy Caggiano at 978-287-3084 with questions

Groton Hill Music Center's BACH'S LUNCH CONCERTS

Free monthly concerts featuring! Online reservations are necessary. Located at 122 Old Ayer Road, Groton, MA. Call 978-486-9524 or visit grotonhill.org/bachs-lunch

Thursday, January 12, 2023 11am and 1:30pm
"Four of a Kind!" Bach to Offenbach...



Trombone Quartet with trombonists: Hans Bohn, Robert Couture, Alexei Doohovskoy, and Donald Robinson



So, what do **ROMEO** Clubs (Retired Old Men Eating Out) do? They eat out, have fun, make and keep friends, and are not bound by rules— meaning there are no causes, and no specific membership restrictions, except Retired “Old” Men Eating Out.

Another great benefit is by joining, you can mention to others your affiliation to a ROMEO Club, and you will get a judgmental look, followed by a great laugh when you say what it stands for.

Join us! On January 13th and 27th the EHS Van will be taking our newly forming ROMEO group to a local Diner for breakfast, meet new friends or bring someone you know.

Please call 978-844-6809 to reserve your spot on the van. We will leave Town Hall at 8:30AM and head to breakfast, the van will return you to Town Hall following breakfast.

January 13th: Pauls Diner in Westford, MA

January 27th: Rosie’s Diner, Chelmsford, MA

Lunch & Learn: Reverse Mortgages

Wed, January 18th at 12PM in Room 230,
please call 978-540-2470 to register,
space is limited, no cost.

Please join David Tourtillott, CRMP® of *Homestead Mortgage* on Wednesday, January 18th at 12:00pm. David is currently one of only 192 Certified Professionals nationwide.

Discussion points will include: ways to use a Reverse Mortgage to supplement monthly income due to the rising cost of living, the sudden loss of a spouse, loss of a job or an unexpected illness. David will also be discussing how to use a Reverse Mortgage to help cover the costs of property taxes, homeowners insurance, condo dues, in-home care costs and home modifications to allow you to age in place. Lastly, David will go over the benefits of the “*Purchase Reverse Mortgage*” product which is an option for folks that are considering selling their current home and purchasing a new home as a way to downsize, upsize, or rightsize to move closer to family/ grand-children or to a more desirable climate.



KATHLEEN M. O’CONNOR

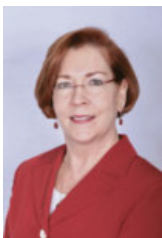
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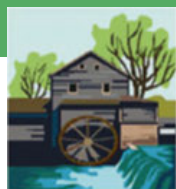
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LITTLETON EHS TRANSPORTATION

- 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.