

The Broadcaster



JUL-AUG 2018



FROM LIZ'S DESK

I hope everyone is having a wonderful summer and hope you are all taking care of yourselves! Do your best to stay hydrated on the hot days and come by the COA to sit and relax in our air-conditioned rooms if you need to cool down.

This past Spring we saw a 32% increase in program and event participation from April to May! Summer can sometimes be a slow month, but here at the COA we are going to be keeping up our momentum and bringing you some great opportunities for fun and education. Pop by and join us for **Pizza and a Movie** or our **Summer Birthday celebration**- check the calendars!

The Senior Tax Work-Off Program



The Senior Tax Work-Off Program allows eligible seniors to work in Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage (\$11 per hour) and the "wages" earned are applied to property taxes as an abatement. You may be eligible if you:

- Are 60 years of age or older
- Possess skills needed by Town Departments
- Own the property for which taxes are paid
- Sign up annually through the Council on Aging
- Pass a CORI

If you had changes to your Deed (such as establishing a Trust), contact the Office of the Assessors to ensure that you still qualify. Please do this before coming to sign up. The sign-up dates for this year's program will be in the COA, 2nd floor, Room 230, **Monday-Friday, July 9-July 20, during the hours of 9:00 am to 12 noon**. You must apply for the program during this period. If you are not able to come in to sign up for the program because you are away from Littleton during sign-up, contact the COA office at **978-540-2470 before July 13th**.

We had a very successful Fiscal Year 2018 with 6,526 hours of work completed!

There is also a Veterans Tax Work-Off Program available. You do not need to be a senior to be part of the Veterans program. **Call John Boroski at 978-540-2485 for details.**



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****DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH****

Happenings—Jul-Aug 2018

(These are just a few of our events. Look inside for more.)

3rd Thursdays	P7	July 19 & August 16	Thurs
Bereavement Drop-in Group	P3	July 19 August 16	Thurs
Summer Birthday Party	P7	August 8	Wed
Caregivers Meeting	P3	July 25	Wed
Coloring, Coffee and Conversation	P8	July 2 & August 6	Mon
Food Safety Presentation	P4	July 11	Wed
"Laugh, Learn & Love the Music"	P9	July 26	Thurs
Line Dancing Classes **NEW**	P8	Every Monday	
MAMMA MIA Trip	P9	August 15	Wed
Movie and Pizza	P8	July 26 & August 30	Thurs
"Opiod Epidemic" DA Marian Ryan	P4	July 16	Mon
Podiatry Clinic-By Appointment Only	P4	July 17	Tues
LFD Blood Pressure Check	P4	Every Thursday	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life with Phyllis	P4	Tuesday & Thursday	
Stretch & Flex with Carol Winge	P4	Tuesday & Thursday	
Gentle Flow Yoga	P4	Wednesday	
Tai Chi-Qi Gong	P4	Monday and Saturday	

Refer to Calendars on Pages 6 & 7 for specific times

**Senior Tax Workoff Program Signup: Monday-Friday,
July 9-20, 9:00 am-Noon**

BILL VALES' INTERNET & COMPUTER CLASSES



Bill Vales' Computer Classes will return in September.

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

Liz Tretiak, Director
Tina Maeder, Outreach Coord.
Nicole Lorensen, Outreach Coord.
Neil Campbell, MART Driver
Laurie Dee, MART Driver
Richard Kent, MART Driver
William Monahan, MART Driver
Sam Palmer, MART Driver
Gayle Dalton, Senior Diner Manager
Nancy Hilsinger, Editor

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Mary "Paddie" Hunt, Vice Chair
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Nancy Levine, Vice President
Tony Jesensky, Treasurer
Dottie Ruiz, Secretary
Ellen Araujo
Sharon Corbin
Andy Fredette
Carol Vales

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: 978-540-2474

COA Office Hours:
Monday-Friday
8:30 am- 4:30 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 site, 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.

**The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall**

OUTREACH INFORMATION

Residents need to make appointments for Outreach Services. Call Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.

Living Alone & Living Well Group

The Group will take a break over the Summer and will not be meeting in July or August. Participants may get together informally during this time. **Contact Nicole or Tina for further information at 978-540-2472 or 978-540-2475.**

We have a great group and would love to welcome new members.

Littleton Social Club (LSC)

The LSC meets on **Mondays, Tuesdays, and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Tina Maeder at 978-540-2472 for more details or to sign up.

Bereavement Drop-In Group

Have you lost someone? Come to the Library on the **3rd Thursday of each month (July 19th and August 16th) from 1:00-2:30 pm**, to meet with Karen Campbell at our Adult Bereavement and Healing Group. Karen runs informal sessions for those who have lost loved ones. Karen joins us through Nashoba Nursing Service.

Caregivers Meeting

Caregivers Support Group meeting will be held on **Wednesday July 25th, from 6:30-8:00 pm**. Our speaker and host will be **Sarah Turcotte, Community Relations Director for Bridges in Westford**. There will be no Caregivers Support Group in August.

Please contact Tina with your Caregiving needs at 978-540-2472.

Medicare or Health Insurance Questions?



Please contact, Elizabeth Killeen at **781-221-7029** to make a private, confidential appointment with a **SHINE** counselor. **SHINE** services are provided through Minuteman Senior Services.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other **Tuesday in Room 233**. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The meetings will be held on **Tuesdays, July 3rd, 17th and 31st; and August 14th and 28th, from 1:00-2:30 pm, in Room 233.**

New members are welcome, but please contact Nicole Lorenson at 978-540-2475 to sign up.

Farmers' Market Coupons Will Return in mid-July:

Minuteman Senior Services will again be coordinating the Dept. of Agriculture, Farmers' Market Coupons.



Littleton residents with qualifying income will be able to receive a voucher book to be used at participating Farmers' Markets this Summer through early Fall.

A one person household cannot exceed a gross annual income of \$22,459, 2 person household income cannot exceed \$30,451. Eligibility for this program is based on being 60 years or older to qualify.

Please contact **Nicole Lorenson at 978-540-2475 or Tina Maeder at 978-540-2472** if you are interested in this program.

Littleton Coalition Against Addiction 100% Confidential

Get help today so you can see tomorrow



Nicole Lorenson, Outreach Coordinator
978-540-2475

nlorenson@littletonma.org



Donna Kivlin, Recovery Coach
978-431-0162

donnaamericorps@paarius.org



Barbara Whitcomb, Suicide Prevention
978-486-4928

bwhitcomb@4sans.org

A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.

July 28th is World Hepatitis Day



Millions of Americans have chronic hepatitis and most of them do not know they are infected. There are 5 types of viral hepatitis and several types of non-infectious hepatitis. What can you do?

Be sure to see your PCP regularly and if you have any concerns, you can ask for testing in addition to a physical exam that can help to diagnose hepatitis. There are treatment options for many types of hepatitis. Ask about your options if you have been diagnosed. You can also ask about vaccines. There are currently vaccinations to prevent the development of Hepatitis A and B.

Join us for an evening with Massachusetts District Attorney Marian Ryan!



Monday, July 16th beginning at 5:30 pm in Room 103 of the Town Hall Building, DA Marian Ryan will be joining the Littleton Coalition Against Addiction to provide an informative presentation on **"The Opioid Epidemic"**.

There will be time afterwards for a Q&A. Littleton Coalition Against Addiction will be available during and following the presentation with local resources and information.

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, July 17th, in Room 103.** By Appointment only. **Call 978-540-2470** to schedule an appointment. **The cost is \$35.**

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon.** Susan Hoag and Tamara Bedard from Nashoba Nursing Service join us on the **2nd Tuesday** of each month from **10:00-11:00 am**

for screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner.**

Is Your Food Safe?



Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services will talk about basic food safety in the home: why food safety is important, how to safely prepare, store, and cook food in the home.

Wednesday July 11th at 11:00 am in the Diner



Friends of the Council on Aging



The Friends of the COA are taking the Summer off and preparing a list of programs for 2018 to 2019.

Thank you to the Board for their work and commitment to our Littleton seniors.

We hope to see all of you in September for our first luncheon. This will be catered by Il Forno Restaurant of Littleton. Stay tuned for more details.

THRIFT SHOP



Looking for volunteers to help to keep our Friends' Thrift Shop open 5 days a week. This is a "Feel Good" volunteer job. The money helps the Friends of COA bring the many programs to our seniors. Stop by and see if this is the place for you.

The Thrift Shop is open **Monday through Friday, 10:00**



We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by the Friends of the COA.

All classes below are in the Multi-Purpose Room, except Tai Chi-Qi Gong Monday classes, which will now meet in Room 123. Call 978-540-2470 to register.

FIT-4-LIFE with Phyllis
Tuesday and Thursday,
9:00 to 10:00
Intermediate to Advanced.
NOW \$3 per session.



STRETCH AND FLEX
with Carol Winge
Tuesday and Thursday,
11:15-12:15

Designed for all fitness levels. \$2 per session.

Gentle Flow Yoga

Join the Gentle Yoga group which meets on **Wednesdays from 9:30-10:30 am** led by Carol Winge. \$3.


Tai Chi-Qi Gong

Tai Chi-Qi Gong is offered on **Mon from 11:00 am-12:00 noon and again at 6:30 pm in Room 123.** The class also meets on **Sat from 11:00 am to 12:00 noon in the MultiPurpose Room.** Join Ray and Dave for this stimulating exercise that improves balance and concentration. Beginners are WELCOME! \$3 per session.

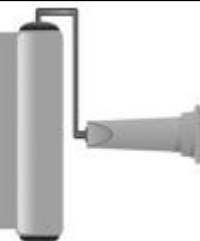


JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee etc 6:00 pm Tai Chi	3 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	4  Happy 4th!	5 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	6 Noon Lunch 1:00-2:30 Bingo
9 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	10 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	11 9:00-1:00 LSC 9:30-10:30 Yoga 11:00 Food Safety Presentation Noon Lunch	12 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	13 Noon Lunch 1:00-2:30 Bingo
16 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 5:30 Opioid Epidemic Pres 6:00 pm Tai Chi	17 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp Podiatry Clinic-by Appt	18 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	19 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00-2:30 Bereavement Grp 5:00-8:00 pm 3rd Thursday	20 Noon Lunch 1:00-2:30 Bingo
23 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	24 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	25 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 6:30-8:00 pm Caregivers Mtg	26 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 2:00 "Laugh, Learn and Love the Music" with the Wendee Glick Jazz Trio 4:00 Movie and Pizza	27 Noon Lunch 1:00-2:30 Bingo
30 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	31 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	Signup for the Senior Tax Workoff Program July 9-20, 9:00 am—12:00 noon		

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**





AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	2 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	3 Noon Lunch 1:00-2:30 Bingo
6 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation	7 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	8 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Summer Birthday Party	9 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	10 Noon Lunch 1:00-2:30 Bingo
13 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Mtg 6:00 pm Tai Chi	14 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	15 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch MAMMA MIA Trip to North Shore Music Theatre	16 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check 1:00-2:30 Bereavement Grp 5:00-8:00 pm 3rd Thursday	17 Noon Lunch 1:00-2:30 Bingo
20 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	21 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg	22 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	23 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	24 Noon Lunch 1:00-2:30 Bingo
27 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi	28 9:00-10:00 Fit 4 Life Class 9:00-1:00 LSC 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp	29 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	30 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 4:00 Movie and Pizza	31 Noon Lunch 1:00-2:30 Bingo

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

HOME SECURITY TEAM



CALL NOW! 1-888-862-6429

LADIES' BREAKFAST

Jul 12th & Aug 9th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

Jul 18th & Aug 15th- 7:30 am to 9:00 am

**Senior Diner - Shattuck Street**

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

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**.

Volunteer Spotlight—Barbara McRae

**Thanks
to Our
Volunteers!**

The woman we all know and admire, Barbara McRae, began volunteering at the COA in 1985 after her mother moved in with her.

Marrying an Army man was the beginning of 2 careers for her: one as a military wife and the other as a volunteer. Barbara has enjoyed wearing both hats for 55 years, during which she moved 14 times and raised 2 children. Nowadays, she wears so many hats we can hardly keep track of all the things she does!

Barbara has been on Officer's Wives Boards, a USO Board, School Committees, Helping Hand Association, Pres. at Ft. Devens, American Woman's Club, Littleton Community Television (you've probably seen her when tuning in to LCTV!), the COA and the Friends of the COA. Barbara helps manage and maintain our Thrift Shop, among so many other things. Her list of contributions is long and impressive.

Barbara lists the people she works and interacts with as the biggest and best part of volunteering.

The COA and the Town of Littleton is lucky to have Barbara working to better the lives and facilities for our senior population.

Thank you Barbara!!



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.

Summer Birthday Party!**Wed, August 8th at 1:00 pm in Room 230**

Join us in celebrating those who had birthdays in June, July, and August. Cake and refreshments will be served. Please call the **COA desk at 978-540-2470** to sign up, and if you celebrate a birthday let us know what day it was!

Third Thursdays**July 19th and August 16th 5-8 pm**

The Town of Littleton's Department of Parks, Recreation, and Community Education is hosting the 2018 edition of **"Third Thursdays"**. Held on the Third Thursday of May, June, July and August, the mission of the event is to generate interest in the community and support area businesses

PRIME TIME PADDLERS

The Prime Time Paddlers (PTP) have started their 7th season of kayaking, and enjoying Mother Nature and her waterways. It's free and a lot of fun! We try to kayak somewhere close to Littleton once a week, on a Thursday, and always paddle as a

group. All you need is a kayak, with a paddle and life jacket, and a car to get you to wherever we are going. We also suggest bringing a hat, sun block, and water to drink. A cell phone is always a good idea.

For more information, please call the COA office at **978-540-2470**, and someone will get back to you with details.

Crafts at the Council



Sign up now for the September craft class: **Wednesday, September 26th from 1:00-3:00 pm in the Multi-Purpose Room.** Bring your creativity, because we will be making autumn wreaths for your door or wall. This will be the beginning of the Fall season of creating. See you all then and have a lovely summer.

Call the COA at **978-540-2470** to sign up for this workshop. The cost is \$4.00.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233.** Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various, local charities.

Yarn and needles are available. Come try it out and join this fun group! **Call 978-540-2470 for more information.**

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid and/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.

Open every Monday and Thursday 8:45-11:45 am in Room 222. Call John Boroski at 978-540-2485 to make an appointment.



NEW-Line Dancing Classes with Kari

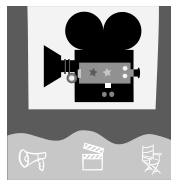
Mondays in the Multi-Purpose Room

Beginners from 9:00-10:00 am

Advancing Beginners from 10:00-11:00 am

Movie and Pizza - July & August

Last Thursday of the month at 4:00pm in Room 230



Please note the time change for these two months. Call the COA Front Desk to sign up—**978-540-2470.**

July 26th – "The Shape of Water" (2hr 3min) Rated R

August 30th - "Going In Style" (1hr 36

min) PG-13

\$2.00 donation requested.



Veterans Breakfast



There will be no Veterans Breakfast for July or August. We will start up again in September. Check the September Broadcaster for specific dates.

Coloring, Coffee and Conversation



The next two meetings will be **Mondays, July 2nd and August 6th at 2:00 pm in Room 233.** No charge – coloring blanks and books available. Bring your pencils and pens.

PLEASE NOTE THE ROOM CHANGE.

Neighborhood Supper



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

Senior Bingo Afternoon



Senior Bingo at the Congregational Church will be off for the Summer. But we will resume in October.

Any questions, call **Jane Lyons at 978-486-3436.** We look forward to seeing you in October.

Bingo at St. Anne's Church



Bingo at St. Anne's Church will be off for the Summer. We will resume in the Fall.

SENIOR BOWLING



Monday through Friday 10:00-1:00

3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638.**

INDIAN HILL MUSIC



There will be no Bach's Lunch in July or August. We will return in September. Details will be in the September Broadcaster.

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

Purple Table Reservation



Whether you know someone or are someone with a memory impairment or other impairment that may make it difficult to eat out in a crowded, often times, loud restaurant, The Purple Table Reservation is a new initiative that tries to make it easier and more enjoyable to get out.

The Purple Table Reservation restaurant training program is designed for those who are living with Dementia/Alzheimer's Disease, Autism, PTSD, TBI, a hearing or vision impairment, or other physical or cognitive condition that may benefit from a more predictable environment and additional accommodations when dining out. A Purple Table Reservation ensures that you and your loved ones will be assisted by staff who have been trained to understand and accommodate different needs.

Locally, there are 2 restaurants that offer a Purple Table Reservation:

The Red Raven, 3 Nagog Park Acton, Massachusetts 01720

Rapscallion Table & Tap, 5 Strawberry Hill Road Acton, Massachusetts 01720

Learn more at www.purpletables.com

Chess Club and Chess Classes



Littleton seniors are invited to attend Chess Club and Chess Classes at the Acton COA:

Beginner's Chess Class Thursdays 12:30 to 2:00 pm

Learn how the pieces move, what are check and checkmate, the 10 Golden Rules of chess and some basic strategies.

Intermediate Chess Class Thursdays 2:00 3:30 pm

For players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback.

Chess Club Thursdays 1:30 to 4:30 pm

For players with some experience. You only need to know the basics to play.

Both the chess classes and chess club are free.

The address of the Acton Senior Center is 30 Sudbury Road in Acton.

Are You on Our Email List?



Littleton EHS sends out a weekly email to keep you in the loop about what is going on here at the COA. In addition to that we have a weekly wellness newsletter to offer tips and interesting ideas on all aspects of wellness. If you would like to be added to our list please contact **Nicole Lorenson** at **978-540-2475**.



In honor of **National Immunization Awareness Month** (August), we are highlighting some information on the Shingles Vaccine.

What You Need to Know About Shingles and the Shingles Vaccine

In the U.S., currently 1 million people get shingles every year, and about one out of every three people will get shingles in their lifetime.

What is shingles?

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles.

- One out of every three people 60 years old or older will get shingles.
- One out of six people older than 60 years who get shingles will have severe pain. The pain can last for months or even years.
- The most common complication of shingles is severe pain where the shingles rash was. This pain can be debilitating. There is no treatment or cure from this pain. As people get older, they are more likely to develop long-term pain as a complication of shingles and the pain is likely to be more severe.
- Shingles may also lead to serious complications involving the eye. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Protect Yourself Against Shingles

Adults 60 years old or older should talk to their healthcare professional about getting a one-time dose of the shingles vaccine.

The shingles vaccine can reduce your risk of shingles and the long-term pain it can cause.

Persons who have already had shingles or who have a chronic medical condition can receive the shingles vaccine.

In a clinical trial involving thousands of adults 60 years old or older, the vaccine reduced the risk of shingles by about half. Even if the shingles vaccine doesn't prevent you from getting shingles, it can still reduce the chance of having long-term pain.

Talk with your healthcare professional for more information and to find out if the shingles vaccine is right for you.



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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JULY/AUGUST 2018

*****TRANSPORTATION*****

LITTLETON EHS TRANSPORTATION CHARGES

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am to 4:00 pm Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

Rides are provided to appointments between 9:00 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

**** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE ****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 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.