

The Broadcaster



SEPT 2018



FROM LIZ'S DESK

Happy Fall everyone! Soon we will be trading in our iced coffees for hot coffees, crunching the fallen leaves on the ground when we walk, and waking up to cool crisp mornings. There is something about the change of seasons that is so refreshing and invigorating. This is my favorite time of the year! We have a full calendar of events this month, we really hope to see you!

Tax Relief for the Elderly and Disabled (T.R.E.A.D.)

What is T.R.E.A.D.? Town meeting voted to adopt Massachusetts state law Chapter 60, Section 3D, which allows a fund to be created to collect donations and disburse them to low-income elderly property owners and qualifying disabled owners.

38% of Littleton residents over 65 have an income of less than \$25,000.* Do you, or someone you know, need help?

Applicants must meet the following criteria:

- Must own and occupy the property.
- Must be 65+ or have a state recognized disability.
- Must file an application disclosing exemptions and household income and expenses for all household members age 18+.

Please contact the **COA at 978-540-2470** for more information on how to apply. Applications due **September 21, 2018**.

Are you concerned about Littleton's low-income elderly population? Would you like to directly aid these residents in paying their property taxes?

Donate to the TREAD Fund! The money goes directly into a special account and every dollar will be used for tax relief.

Send a check payable to the Town of Littleton, "TREAD Program" or donate through the on-line property tax payment program accessible from the Online Payment Page on the town website. Either way, you will receive a receipt for your tax-deductible contribution.

*Source: US Census Bureau, American Community Survey (2009-2013)



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

Happenings—Sept 2018

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

Addiction Support Group	P9	Sept 4	Tues
Bereavement Drop-in Group	P3	Sept 20	Thurs
Brains and Balance Classes	P4	Sept 21 & 28	Fri
Caregivers Meeting	P3	Sept 26	Wed
Caretakers of Children at Risk Talk	P10	Sept 14	Fri
Coloring, Coffee and Conversation	P8	Sept 10	Mon
Crafts at the Council	P8	Sept 26	Wed
Friends' "Welcome Back" Luncheon	P4	Sept 19	Wed
Grandparents' Ice Cream Social	P3	Sept 26	Wed
Indian Hill Box Lunch Concert	P8	Sept 20	Thurs
Living Alone and Living Well Group	P3	Sept 20	Thurs
Movie of the Month	P8	Sept 27	Thurs
Pickleball-NEW	P4	Sept 14-Oct 12	Fri
Podiatry Clinic	P4	Sept 18	Tues
SANS Walk	P9	Sept 8	Sat
Veterans Breakfast	P8	Sept 26	Wed
LFD Blood Pressure Check	P4	Thursdays	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life With Phyllis	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wednesday	
Line Dancing	P4	Monday	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Tai Chi-QiGong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30 – 11:30 am in Room 230. (We linger until noon.)

- Sept 20** What's new? Latest on new hardware, new software and new malware.
- Sept 27** Review of the layout of the Windows PC desktop. Navigating around the system. Focus on Windows 10 and 7.

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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 Littleton, MA 01460
 Main Phone: 978-540-2470
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 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

This group meets the 3rd Thursday of each month in Room 230. **The September date is Thursday, September 20th, from 10:30-11:30 am** in room 233 (please note time adjustment).

Welcome back returning members and welcome new members. We will catch up and plan for our upcoming meetings. **Please call Tina at 978-540-2472 or Nicole at 978-540-2475** to let us know if you will be attending.

Littleton Social Club (LSC)

The LSC meets on **Mondays 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 (September 20th) 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 will be meeting **Wednesday, September 26th, from 6:30-8:00 pm**. We will welcome back Margaret Perras, Community Liaison from Right at Home as our Host and speaker.

Please contact Tina at 978-540-2472 if you plan on attending or have any questions.

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, September 11th and 25th 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.

Grandparents' Ice Cream Social



The Nashoba Nursing Service and Hospice will be sponsoring a Grandparents' Ice Cream Social at the COA in honor of Grandparent's month.

Please join us in room 233 for a special gathering at 1:00 pm on Wednesday, September 26th.

Please call the reception desk at **978-540-2470** by September 20th to reserve your spot, as space is limited.

Medicare or Health Insurance Questions?



SHINE counseling is back at the Littleton COA on Fridays from 9:00 am-12 noon in room 232.

Please call the main office at **978-540-2470** to make your appointment with Kathy Myers to discuss your health insurance needs.

SHINE services are provided through Minuteman Senior Services.

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.



We are excited to offer **Senior Pickleball** (See details below). Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. It is easy on the joints, great cardio, and a very social game!

materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. It is easy on the joints, great cardio, and a very social game!

Senior Littleton Pickleball

with instructor Sue Adams

Location: 33 Shattuck Street Tennis Courts

When: Friday's at 10:00am-11:30am

*September 14th - October 12th

Cost: \$3 Drop in or \$15 for 6 sessions

Call the COA Office at 978-540-2470 to sign up.

Brains and Balance is Back!



Brains and Balance returns with a full 10-week session from **Friday, September 21st - November 30th** (no class the day after Thanksgiving, 11/23) at **11:00 am**. Limited to 12 class participants. \$30 for the 10 week session.

Register by calling the **COA at 978-540-2470**.



Friends of the Council on Aging



Buon Giorno.... The Friends have planned a year of luncheons and programs we think you'll enjoy and we're ready to start in September. Things look good and we hope you will join us each month for our social events. On **Wednesday, September 19th**, Il Forno will be catering our first luncheon at **12:00 noon in the Multi-Purpose Room**. Entertaining us will be guitarist Gil Silver. Get your name in early so you won't miss the fun. Be Italian for one day.

Guten Tag.... October will be the annual **Oktoberfest**, another function where we hope to see you.

Call the COA office to make your reservations at **978-540-2470**, so your name will be on our list for each luncheon.

More surprises to come.



Annual Wellness Fair, **Saturday, October 13th, 10:00 am-2:00 pm** at the Middle School.

Podiatry Clinic



The next Podiatry Clinic: **Tuesday, September 18th, 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**.

THRIFT SHOP



The \$3.00 bag sale has begun and will continue through **September 7th**. We are ready to clean out the summer and bring in the winter. The weather isn't showing a sign of cooling down, but we will be ready when it does.

The Thrift Shop will be closed September 10th-14th.

All new merchandise will be ready for you to purchase on **Monday, September 16th**. Come in and see for yourself. You can't beat our prices!

The Thrift Shop is open **Monday through Friday, 10:00 am to 3:00 pm**.



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

Tues and Thurs
9:00 to 10:00

Intermediate to Advanced.
NOW \$3 per session.



STRETCH AND FLEX

with Carol Winge
Tues and Thurs
11:15-12:15

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

Gentle Flow Yoga

With Carol Winge
Wednesdays
9:30-10:30 am

Join the Gentle Yoga group. \$3.

Tai Chi-Qi Gong

Monday-11:00-12:00 &
6:30 pm in Room 123.

Saturday, 11:00-12:00,
Multi-Purpose Room

Beginners WELCOME!
\$3 per session

Line Dance With Kari Monday

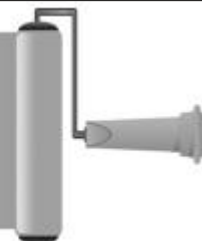
Beginners from 9:00-10:00 am

Adv Beginners from 10:00-11:00 am


Beginner/Adv Beginner from 7:30-9:00 pm
\$5 per session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  No Meals Served	4 Salmon Boat Dill Sauce Wild Rice Pilaf Summer Blend Veg Rye Bread Diced Pears	5 SPECIAL Vegetable Soup Breaded Chicken Francaise Sauce Garlic Whipped Potatoes Wheat Bread Apple Cran Crisp	6 Chicken Corn Stew Tossed Salad Wheat Dinner Roll Fig Bar	7 Meatloaf Mushroom Gravy Red Bliss Potatoes Green Peas Multigrain Bread Tropical Fruit
10 Beef Bolognese Penne Mixed Veggies Italian Bread Snack N loaf	11 Egg Drop Soup Grilled Chicken Honey Ginger Glaze Brown Rice Pilaf Wheat Bread Pineapple Whip	12 COLD MEAL Chef Salad w/Turk, Egg, and Cheese Pasta Salad w/Red Peppers Dinner Roll Fresh Fruit	13 Tossed Salad Roast Pork Apple Gravy Yams Wheat Bread Applesauce	14 Chicken Fajitas Spanish Rice California Blend Wheat Tortilla Strawberry Yogurt
17 Grilled Chicken Pesto Cream Orzo with Spinach Genoa Blend Multigrain Bread Mixed Fruit	18 Tossed Salad Potato Pollock Tartar Sauce Whipped Potatoes Wheat Bread Peaches	19 Chicken Meatballs Marinara Sauce Cavatappi Pasta Minestrone Soup Italian Bread Fresh Fruit	20 Beef Stew Brussels Sprouts Biscuit Blueberry Buckle	21 Broccoli Bake Stewed Tomatoes Baked Home Fries Wheat Bread Snack N Loaf
24 Cheesy Cauliflower Soup BBQ Beef Patty Tater Tots Hamburger Bun Blueberry Yogurt	25 Chicken Picatta Tri-color Rotini Spinach Wheat Bread Chocolate Chip Cookie	26 Tossed Salad Roast Pork Rosemary Gravy AuGratin Potatoes Multigrain Bread Raisins	27 COLD MEAL Chicken Salad w/Cran New Macaroni Salad 3 Bean Salad Wheat Dinner Roll Pineapple Chunks	28 Beef and Cabbage Casserole Carrots Rye Bread Fresh Fruit
Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>			


**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  COA Offices & and Diner Closed.	4 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 5:30-6:30 pm Addiction Support Group	5 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	6 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	7 10:00-11:30 Pickleball Noon Lunch 1:00-2:30 Bingo
10 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 2:00 Coloring, Coffee & Conversation 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	11 9:00-10:00 Fit 4 Life Class 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	12 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	13 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	14 10:00-11:30 Pickleball 10:30 Caretakers of Children at Risk Presentation Noon Lunch 1:00-2:30 Bingo
17 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 7:30-9:00 pm Line Dancing	18 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg Podiatry Clinic <i>By Appointment Only</i>	19 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' "Welcome Back" Luncheon	20 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 10:30-11:30 Living Alone Group 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Fire Dept BP Check 1:00-2:30 Bereavement Grp	21 10:00-11:30 Pickleball 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo
24 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 7:30-9:00 pm Line Dancing	25 9:00-10:00 Fit 4 Life Class 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	26 7:30-8:30 Veterans Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Grandparents Ice Cream Social 1:00-3:00 Crafts at the Council 6:30-8:00 pm Caregivers Meeting	27 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check 1:00 Movie of the Month	28 10:00-11:30 Pickleball 11:00 Brains & Balance Noon Lunch 1:00-2:30 Bingo

THE GOOD LIFE



OUR CARE TAKES CARE OF YOU

LIFE CARE CENTER OF NASHOBA VALLEY

191 Foster St • Littleton MA • 978-486-3512

www.LifeCareCenterOfNashobaValley.com

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

LADIES' BREAKFAST

September 13th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

September 19th- 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—Sandra Otis

**Thanks
to Our
Volunteers!**

Our Volunteer Spotlight for September is one of our newest volunteers, **Sandra Otis**. Sandra approached the COA wanting to volunteer over the summer and since that day she has gone above and beyond for the residents of Littleton. She has made such a big impact in such a short time that we thought it only fitting to give her this recognition!

Sandra moved to Littleton from Maine 4 years ago, after her youngest son graduated from college. Prior to volunteering, Sandra was a homemaker and raised 2 children.

When asked why she chose to volunteer with the COA, Sandra said that giving back is what it's all about. She feels very blessed to be in the position to be able to help those in need. Sandra mentions that she has had a good life and wants to pass that along to others.

Sandra, the COA and residents of Littleton are so lucky to have you. Thank you for all that you do!

We're Out of Space!

We have run out of storage space here at the COA!

If you were planning on donating items (craft supplies, medical equipment, books, etc.) please give us a call first at **978-540-2470** before dropping them off, so we can be sure to find a home for them.

DID YOU KNOW??

Did you know that Elder Affairs recommends 4-6 square feet per senior resident in town for Senior Centers? With over 2,407 residents currently over 60 years old, and another 884 residents in the 55-60 age range, we will **conservatively** need a 16,500 square foot Senior Center just to meet our needs in the next 5 years!

REMINDER: LABOR DAY HOLIDAY

The **Labor Day** holiday will be observed on **Monday, September 3rd**.

The COA offices and Senior Diner will be closed.



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.

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



Join us on **Wednesday, September 26th** from **1:00-3:00 pm** in the **Multi-Purpose Room** when we will be making autumn wreaths for your door or wall. Hope your summer has been good.

Call the COA at **978-540-2470** to sign up for this workshop. The cost is \$3.00.

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.

Coloring, Coffee and Conversation



The next meeting will be **Monday, September 10th at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Veterans Breakfast



Join us for breakfast, prepared by Littleton's Police and Fire Departments. Veterans of all ages are welcome to this free offering. **Wednesday, September 26th (last Wednesday of the month), Senior Diner at Town Hall, 7:30-8:30 am.**

Movie of the Month



Thursday, September 27th at 1:00 pm, "Phantom Thread" will be shown in Room 230. \$2.00 donation requested. Please sign up in the COA office or call **978-540-2470**.

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 resume in October.

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

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



Indian Hill Music is pleased to announce the **Bach's Lunch Concert series for 2018-2019.**

September 20	Sounds of America: Violin & Piano
October 18	Songs of the 1920s
November 15	Atlas Piano Trio
December 20	Classical to Contemporary: Flute & Guitar
January 17	French Inspirations: Wind Trio
February 14	All Beethoven: Cello & Piano
March 21	Improvisations on Jazz Standards
April 18	Keyboard Music Through the Centuries
May 16	Music of Bing Crosby
June 20	The World of Operetta

Our new season will begin with **Sounds of America: Violin & Piano** featuring Angel Valchinov (violin) and Keun Young Sun (piano): **TWO SHOWS - Thursday, September 20th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE admission.** Doors open at 10:00 am for first show and 12:30 pm for second show.

Reservations required for groups of 5 or more. Call (978) 486-9524 (press 0). Learn more at www.indianhillmusic.org. **Please do not make reservations via email.** Thank you!

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



Group Support for those Affected by Addiction

Caring for someone who is struggling with an addiction, whether from afar, or on a day-to-day basis, can be emotionally, physically and mentally overwhelming. Finding support in the community from others who are experiencing the same situation or have been in a similar situation can be a great way to find the balance in taking care of yourself.

Join Littleton Elder and Human Services on the first Tuesday of every month from 5:30-6:30 pm, starting September 4, 2018 for a Support Group for those who have been affected by someone's addiction in any way.

100 % Confidential

No registration is necessary, please come if you are able and spread the word to those who may benefit.

37 Shattuck Street, Room 233, Littleton, MA 01460

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand **your** plan changes as well as **other options** you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15th through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local **COA Office at 978-540-2470** or call **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

September is National Suicide Prevention Month



According to NAMI (National Alliance on Mental Illness), each year, more than 41,000 individuals die by suicide.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic.

If you or someone you know are experiencing suicidal thoughts, there is help!

Please see the list of resources below. Check in with loved ones, check in with yourself and please know that you are not alone.

- National Suicide Hotline at **1-800-273 TALK (8255)**
- If you're uncomfortable talking on the phone, you can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

To Find Mental Health Resources and Mental Health Services:

Now available to all residents of Littleton, MA and many of the surrounding towns.

Call the Helpline Monday through Friday 9:00am until 5:00pm

1 (617) 332-3666 x1411 or 1 (888) 244-6843 x1411



SANS Walk

Saturday, September 8

Please join us for our annual walk in memory of a loved one who lost their battle with depression or other mental health issues. At SANS, we work to raise awareness by bringing programs that discuss suicide, depression and anxiety awareness and prevention to high schools and middle schools throughout Massachusetts and beyond.

Thanks to funds raised and the support of Town Residents and Administration, SANS was also able to provide INTERFACE Referral Service to all Littleton residents.

Please come individually or as a team, raise pledges if you can. We cannot continue our services without your help.

Walk Details:

Date:

Saturday September 8, 2018

Location:

Fay Park Gazebo, 20 Foster St., Littleton, MA

Registration:

On Site Registration 9:00 am

Start Time:

Walk Begins At 9:30 am



SPECIAL THANK YOU TO DONELAN'S

Littleton seniors want to especially thank Donelan's Supermarket in Littleton. For quite a few years, volunteers have gone to Donelan's on a weekly basis, to pick up their donations of breads, rolls, etc.

They also have assisted us on some occasions, with special requests. Donelan's has been very good neighbors to us, and we greatly appreciate their generosity.

PANERA BREAD DONATES



A big **"THANK YOU"** to Panera Bread in Westford. Littleton's seniors are in for a treat. Panera Bread started donating their baked goods to us once a week. This includes: bread, bagels, and pastries. All of this

will be prepackaged for your convenience by volunteers.

You can pick up their goodies on **Thursday mornings, at approximately 10:30 am, at the Senior Diner.** This is all new to us and is subject to change, as we see what works and what doesn't.

Signs will be posted around the Senior Diner, and around the COA. If classes are going on in the Multi-Purpose room, please go in the Senior Diner's outside door, at the designated time.

You can also call the **COA office, 978-540-2470**, for updated information.



HOUSEHOLD TIP!

Keep brown sugar soft by storing with a couple of marshmallows.

REMINDER

SAFELY DISPOSE OF UNWANTED & EXPIRED — MEDICINES —

COLLECTION BOX IN THE LITTLETON POLICE STATION LOBBY!

REMINDER

LITTLETON POLICE DEPARTMENT
500 GREAT ROAD
LITTLETON, MA 01460



Northeast Legal Aid presents: Caretakers of Children at Risk Project



Friday, September 14th, 10:30 am in Room 103

Attorney Geoff Ketcham of Northeast Legal Aid (NLA) will give a presentation about legal, resource, and support options available for non-parent caretakers of children, such as grandparents and other relatives.

Attorney Ketcham has been with NLA since 2004, and has experience in housing, family, public benefits, and other areas. He coordinates the NLA Caretakers of Children at Risk Project (CCR), which provides civil legal assistance in families affected by the opioid epidemic.

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.**



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TRANSPORTATION

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

LITTLETON EHS TRANSPORTATION CHARGES

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

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

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

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

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call **EVERY** week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.