

The Broadcaster

September 2023



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IMPORTANT NOTES:

The COA Board meets the 2nd Monday of the month at 3PM in Room 103; a virtual Zoom option is also available. The Zoom link to join is on the meeting's agenda.

Labor Day will be observed on Monday, September 4th. The EHS offices and Senior Diner will be closed.



From Liz's Desk: Hello Everyone, and happy fall! We had a great summer with you all, and now we're ready to kick off a new season. We have so many things to look forward to this month. Read on for some important information for September!

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. 27% of Littleton residents over 65 have an annual income of less than \$39,000. *Source: US Census Bureau, (2021)*

Do you, or someone you know, need help? We could all use a little relief! 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 Outreach at 978-540-2470 for more information on how to apply. Applications due no later than September 30th.

Are you concerned about Littleton's low-income elderly population? Would you like to directly aid these residents in paying their property taxes? A donation to the TREAD fund 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. Visit www.littletonma.org then click the "Online Payments" circle image, and choose the option for "Make Donations to the Tax Relief for Elders and Disabled (TREAD) Fund." Either way, you will receive a receipt for your tax-deductible contribution.

Blood Mobile Blood Drive Tuesday, September 12th from 9:30am-3:00pm

The Mass General Hospital Bloodmobile returns! Visit us on Tuesday, Sept. 12th, appointments beginning at 9:30AM. You may register online here: https://blooddonor.massgeneral.org/donor/schedules/drive_schedule/5892



The bus will be parked in the Town Hall Parking lot out back. Please visit the Senior Diner (through the brick Courtyard) when you arrive for your appointment to check in with staff. Thank you!

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



COA Board Update

**LITTLETON
EHS/COA
SERVICES**

In the August Broadcaster there was an article talking about ways that Seniors 65 and older might be able to get help on their real estate tax bills. This month you will find an insert sheet with all the different exemptions that are available to seniors if they meet the income and/or asset requirements. Please review this insert sheet! You may contact the Assessor's office at 978-540-2412 if you have questions as to whether you qualify.

Also, the COA will be offering a Lunch and Learn as well as a dinner in October at which time there will be a power point presentation done by a representative of the Assessor's office. They will explain in detail how you may qualify and what documents you would need to include with your application. There will be a question and answer period after each presentation and applications available to complete. Hope to see you there!



COA Board Members at the Peachey's Select Board appointment on 7/10/2023

Anita Harding,
Vice Chair, COA Board

Participant Policies

Littleton's Dept of Elder & Human Services/ COA'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.

IMPORTANT REMINDER:

Registration opens on FRIDAY SEPT. 1ST at 9AM for all programs and activities included in this newsletter. Programs are open until filled. Please call the Dept of Elder and Human Services at 978-540-2470 to register. * Priority is given to Littleton residents *

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
Sam Palmer, Driver
Thomas Bennett, Driver
Gayle Dalton, Senior Diner Manager

Contact Us:
EHS / COA

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

EHS@LittletonMA.org

Main Phone: 978-540-2470
Monday-Friday, 9:00 am- 4:00 pm

COA BOARD MEMBERS

Marjorie Payne, Chair
Anita Harding, Vice Chair
Marilyn Fedele
Joseph Knox
Susan Melander
John Peachey
Mary-Ann Peachey
Lorilei Richardson
Jeanne Sill

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Charlie DeStefano, Vice President
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Andy Fredette Asst. Treasurer
Beverly Cyr, Secretary
Joe Barry
Margaret Kelleher
Peggy Larsen
Pat Schauburger

Friends Contact Information:
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

We have exciting news!

The long-awaited reopening of the Thrift Shop is finally underway. We've been offered a space at the First Baptist Church and we couldn't be happier. Our opening date is expected to be as early as mid-October. We will need your help though. The rooms need painting, we need shelves put up, and so much more. We've put a list on our website, if you'd like to pitch in. We hope you're as anxious as we are. Meanwhile, spread the word!

Our email is: LCOAfriends@gmail.com

- Sandra



Did you know? The apple symbol denotes that a program is generously funded by the

Millie McGovern Dedication

For her life long dedication & service to the Town of Littleton
September 15, 2023 - 6:30 PM

Ticket Booth dedication prior to the first home football game.

Tiger Tech: Technology Assistance

Tiger Tech will be on hold until fall when school is in full swing! We will see you then 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, please call 978-540-2470

Book and a Bite Program

EHS/COA and the Reuben Hoar Library have a new collaboration to help senior residents feel less isolated. Senior residents may request a book, magazine, or other media like DVD's and it will come with a special treat delivered by a volunteer from the Library right to your home.

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 and Human Services to assist senior residents with **FREE** Smoke and Carbon Monoxide Detector Inspections and installations.

Contact LFD with any questions or to set up an appointment call 978-540-2302.

Grief Socials Nashoba Nursing Service & Hospice

A gentle opportunity to gather and meet with others who are grieving. Gentle, 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.

Friday Sept 1st @ 11:30 - 1 PM
873 Cafe & Tavern
 873 Main Street, Ashby MA

Friday Sept 15th 4:30 - 6PM
The Bull Run Restaurant
 215 Great Rd Shirley, MA

Tuesday Sept 26th @ 11:30 - 1PM
Il Forno Restaurant
 529 King St, Littleton, MA 01460

To RSVP please call **Lucia Camara, Bereavement & Spiritual Care Provider** from Nashoba Nursing at **508-951-3850**. Hope to see you there.

Plastic Bag Reduction Bylaw

At the Nov 1, 2022 Special Town Meeting, Littleton residents voted to enact a plastic bag reduction bylaw which bans the use of thin-film, single-use checkout bags at Littleton retail stores and grocery stores. The intent of the plastic bag reduction bylaw is to regulate the retail use of single-use, plastic checkout bags and promote the use of reusable, recyclable, and biodegradable bags in the Town of Littleton. Regulating single-use, plastic bags positively impacts the local and global environment by reducing solid waste, minimizing litter, reducing microplastic ingestion & the overall carbon footprint of the Town of Littleton.

The bylaw encourages the use of reusable bags, and goes into effect on August 1, 2023.





OUTREACH CORNER

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

Medicare Open Enrollment Coffee Hour Sept 27th at 10am in Room 230

Come join Alicia Rego our SHINE counselor on Wednesday, Sept 27th at 10AM in Room 230 for some conversation and information about SHINE and the Medicare Open Enrollment period which begins on October 15th.

This informal meeting will explain what a SHINE appointment looks like during the Open Enrollment period, how to make your Open Enrollment appointment, what to bring to your appointment and/or just answer your general Medicare questions. Hope to see you there! Please call to register, 978-540-2470.

Health Insurance Help

SHINE (Serving Health Insurance Needs of Everyone) is here to help! If you would like to review your existing medical & prescription drug coverage and costs please contact us at 978-540-2470 to arrange a free 1-on-1 meeting with our SHINE counselor, Alicia Rego, in person or over the phone. Special thanks to our long time SHINE Counselor Kathy Meyers, who is now assisting the Acton COA.

Alzheimer's Association: Lunch, Learn and WALK!

Thursday, Sept 28th at 12PM Room 103

Join us on Thursday, September 28th at 12PM in Room 103 for an educational Lunch and Learn presented by Nicole from the Alzheimer's Association on Healthy Living. Following the presentation, in a nod to healthy living and to show support for the Alzheimer's Association, we will be having our own mini-walk. This walk will go from Town Hall to the center of town and back.

Please note that you do not have to participate in the walk to attend the Lunch and Learn. Please call to register, space is limited; 978-540-2470

September is Suicide Prevention Awareness Month

If you or someone you know is experiencing a mental health crisis, **call** or **text 988** immediately.

If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org. You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

Conversation Groups:

Anxiety Group: Group meets every other Tuesday from 1PM-2PM via Zoom. We would love to have you join! Sept dates are 9/5 and 9/19. 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. Sept date is 9/21, 10:30am - 11:30am.



Caregiver Support: Group is meeting next on Wed. Sept 27th at 6pm! This group is held monthly in the senior diner with great conversation and dinner! Our host and speaker this month will be Visiting Angels. Email Amy for more info: 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, 8am - 6pm 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 SEPTEMBER 2023 Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u> Littleton: 781-325-7879	For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian # 781-221-7018	For weather emergencies and cancellations, please check Fox 25 TV station		1 Crab Cake Roasted Potatoes Garlic Green Beans WW Bread Fresh Orange
4 LABOR DAY  No Meals Served	5 Sausage, Peppers & Onions on Roll Sweet Tater Tots Cauliflower Yogurt 4oz Juice	6 Chicken Pot Pie Peas & Carrots Mashed Potato WW Roll Fresh Fruit	7 Teriyaki Salmon Brown Rice Asian Veggies MG Bread Cookie	8 Mac & Cheese Stewed Tomatoes Rye Bread Mixed Fruit
11 Hot Dog on *** Hot Dog Roll Baked Beans Mixed Veggies Mandarins	12 Lasagna Broccoli WW Bread Applesauce	13 <u>Special</u> Hawaiian Chicken Fried Rice Latin Slaw Dinner Roll Strawberry Rhubarb	14 <u>Cold</u> Steak Salad Pesto Pasta Salad Pita Bread Fruit	15 Swedish Chick Meatballs Mashed Potatoes Beets MG Bread Jello
18 American Chop Suey Cauliflower & Peas MG Bread Mixed Fruit	19 Garlic Cream Chicken Rst Sweet Potatoes Green Beans Cornbread Pineapple	20 Turkey w/ Gravy Mashed Potato Honey Carrots LS Bread Fruit	21 Pork Marsala Rice Pilaf Brussels Sprouts WW Bread Cake	22 Frittata Roasted Potatoes Garden Salad Onion Roll Warm Berries
25 Chicken Alfredo Pasta Broccoli Garlic Dinner Roll Mixed Fruit	26 Turkey & White Bean Chili Corn MG Bread Mandarins	27 Rosemary Veal Chop Mashed Potatoes Carrots Biscuit Applesauce	28 Baked Cod Rice Creamed Spinach Oat Bread Cookie	29 Tortellini Salad Tomato Cucumber Salad WW Bread Yogurt Juice



This program is made possible in part by funding from Executive Office of Elder Affairs.
*Entrees that contain more than 500mg sodium are designated by an *.*
 Menu subject to change without notice.



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SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON EVENTS - GREEN VIRTUAL EVENTS - RED HYBRID EVENTS - PURPLE				1 10:00-11:00 Elder Law Drop In 1:00 BINGO & Pizza
4 CLOSED 	5 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-2:00 Anxiety Group 1:00-4:00 Mah-Jongg	6 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:30 Friends Board Meeting	7 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	8 8:30 ROMEO Club Breakfast Trip 9:00-2:00 Foot Care Clinic 1:00 BINGO
11 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	12 9:30-3PM MGH Blood Mobile Blood Drive 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	13 8:00-9:00 Women's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Craft Class: Felting	14 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	15 8:30 JULIET Club Breakfast Trip 1:00 BINGO 6:30 Millie McGovern Dedication
18 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 3:00 COA Board Meeting	19 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00-2:00 Anxiety Group	20 8:00-9:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Lunch and Learn Dangers of Dehydration 2:30 Kimballs Ice Cream	21 9:00-2:00 AARP Safe Driver Course 10:30-11:30 Living Alone Group 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:30 Strawberry Shortcake Social	22 8:30 ROMEO Club Breakfast Trip 1:00 BINGO
25 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca 1:00 Regional Food Fav's from Yesterday and Today	26 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	27 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 10:00 Medicare Open Enrollment Coffee Hour 1:00 Importance of Posture 6:00 Caregiver Group	28 11:15-12:15 Stretch & Flex 12:00 Alzheimer's Assoc. Lunch, Learn, & Walk 12:30 Out of the Box Trivia	29 8:30 JULIET Club Breakfast Trip 1:00 BINGO



MEET TROY
— OUR MASCOT —

BEST SHORT-TERM REHABILITATION
U.S. NEWS & WORLD REPORT

Home of
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Weekly Fitness Classes at the COA

All fitness classes require pre-registration and pre-payment for the month. Waivers must be signed prior to beginning a class.

Mondays:

Tai Chi: 10am-11am, in the MPR, \$3 per class

Mondays:

Beginners Line Dancing 1: 11:15am–12:15am, in the MPR, \$5 per class. Instructor Kari McHugh

Mondays:

Advanced Line Dancing 2: 12:15pm-1:15pm in the MPR, \$5 per class. Instructor Kari McHugh

Mondays:

Chair Yoga with Rebecca Reber 12:45pm-1:30pm in the Sturtz Room at the RH Library, \$3 per class

Tuesdays:

Stretch & Flex, 11:15am-12:15pm in the MPR, \$3 per class. Instructor Carol Wing

Wednesdays:

Yoga for Strength and Balance 9:30-10:30 am in the Sturtz Room at the RH Library, \$3 per class. Instructor Carol Wing

Thursdays:

Stretch & Flex, 11:15 am-12:15 pm in the MPR, \$3 per class. Instructor Carol Wing

Weekly Blood Pressure Screenings

Our weekly Blood Pressure Clinic holds screenings every **Tuesday 10am - 12 noon, in Room 230** at the COA. Stop by every week and our RN's will keep a log for you. No sign-up necessary, just drop-in!

Flu Clinic Save the Date!

Our annual flu shot clinic with Nashoba Associated Boards of Health will be held on Tuesday October 24th at Littleton Middle School from 3pm-6pm. More details to come in next month's Broadcaster.

Foot Care Clinic

Friday, September 8th from 9AM—2PM

EHS welcomes Foot Care RN, Christine Quiry, RN CFCN! Friday, September 8th at 9AM-2PM, \$40 per person. Space is limited, call to reserve your time slot. Please call 978-540-2470 to register.



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! Please call to sign up 978-540-2470

Wellness Talks

Importance of Posture

September 27th at 1PM in Room 230

Join Life Care Center as we provide education and exercises to enhance good posture and increase balance. No cost for this program. Light refreshments will be provided by Life Care Center.

Lunch & Learn:

Dangers of Dehydration

Wed, Sept 20th at 12PM

Join us in the Multipurpose Room for a Lunch and Learn Program with Rivercourt Residences and Ascend Hospice to learn about the Dangers of Dehydration. Please call 978-540-2470 to register, space is limited to 75 participants.

Adapting to Change as You Age:

Considerations for Post-Hospitalization Care

Thurs, Sept 28th at 7PM-8PM via Zoom

Please join Emerson Health's panel of experts as they provide information on how to skillfully navigate life changes that aging might bring. If you or someone you care about was recently hospitalized, we encourage you to attend our virtual discussion. Topics for discussion include selecting a secondary healthcare setting versus aging in place and recovering at home with the assistance of rehabilitative services, managing and/or mishandling medication and available support for caregivers. *This free program is brought to you by the Auxiliary and Corporators of Emerson Health in collaboration with Emerson's Community Benefits program.* Please contact Amy Caggiano at 978-287-3084 to register.

Craft Class
September 13th 1-3pm



Welcome to September crafts! We are back and ready to create. We will be doing a new craft, *felted*, and creating a shore bird. There will be an instructor to help us. The class will be held on September 13 from 1pm - 3pm and the cost will be \$5 for materials. The class will be limited to 15 participants so if you are interested in learning a new craft sign up early!

-Anita, Sue, and Kathy

Veterans Breakfast
September 27th, 7:30am, Senior Diner

Join us for breakfast, prepared by Littleton's Police Dept. Veterans of all ages are welcome to this free offering. Thank you LPD for this great monthly event!

Out of the Box Trivia
Thursdays 12:30—1:30 in Room 230

Come join Alicia for some "Out of the Box" trivia held on Thursdays, 12:30pm-1:30pm. Along with your trivia smarts, feel free to bring your lunch!

No team necessary. Call to register 978-540-2470.

Lunch in the Senior Diner
Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday through Friday, at noon. Stop by for a full lunch, drink, and dessert! Suggested donation is \$2.

The menu is on page 5 of this newsletter, and changes monthly. Please call 781-325-7879 by 11am the day before to let us know you would like a meal. You may take it to go or eat in our senior diner!

Women's Breakfast : SEPT 13TH, 8:00AM - 9:00AM

Men's Breakfast: SEPT 20TH, 8:00AM - 9:00AM

Join Charlie and the crew for a hot cooked breakfast of your choosing in the Senior Diner. No cost for your made-to-order breakfast thanks to the FLCOA.



Please call 978-540-2470 to register in advance.

Thank you Friends of the LCOA for generously sponsoring the monthly breakfasts!



Mahjong
Every Tuesday, 1 PM – 4 PM, Room 230

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Join this fun growing group! Please call **978-540-2470** to register.

BINGO
Fridays @ 1PM-3PM in the MPR

Friday, SEPT 1ST: A special pizza lunch will be provided for all BINGO players on the first Friday of each month- please be sure to register in advance to ensure we have enough for everyone!



Thanks to the Friends of the LCOA for sponsoring Bingo prizes and equipment!

Loving Stitches
Every Monday, 12PM - 2PM, Room 233

Calling all knitters, crocheters, stitchers, 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!

Do you have yarn that you aren't planning to use? Give us a call, we would love your donation!

Elder Law Drop In
Friday, September 1st, 10am-11am

Phillip Arcidiacono, Attorney at Law, will be on site the first Friday of every month in Room 233 from 10:00AM-11:00AM to answer your legal questions. No cost for the consultation!

If cost is ever a barrier to you attending a program or event, please inquiry about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!

Special Programs!

Kimballs Ice Cream Trip Wednesday, September 20th at 2:30pm

Free Ice Cream Outing at Kimball Farm in Westford for Acton, Littleton, Boxboro seniors age 60 plus.



Who says ice cream is for kids?! Join in for some ice cream and conversation. Meet at the silo near the cow at Kimball's at 400 Littleton Road, Westford.

RSVP required no later than September 15, 2023 to Sheryl Ball at: sball@acton-ma.gov or call 978-929-6453.

Made possible by a grant from CHNA 15 which is funded by Lahey Hospital & Medical Center & Winchester Hospital through the MA Dept. of Public Health's Determination of Need process. Administered by the Acton Health Division.

Strawberry Shortcake Social Thursday, September 21st at 1:30PM

Join us on Thursday, September 21st at 1:30PM in the Multipurpose Room/Courtyard for a Strawberry Shortcake Social; bring a friend or meet someone new as we celebrate the end of a fun summer here at EHS. Please call to register, 978-540-2470. No cost!



A Spa for You Monday, October 2nd, 10AM-2PM

Treat yourself to a spa treatment right here at EHS! *A Spa for You* is offering 15 minute massages, manicures, pedicures and facials for \$15 per treatment. Join us on Monday, October 2nd from 10AM-2PM, in Room 230. Please call to register for your service, space is limited.



Annual Police and Fire BBQ October 4th at 12PM at the Fire Station



The Annual Police and Fire BBQ will be on Wednesday, October 4th at 12PM at the Littleton Fire Department.



Join us for some laughs and a delicious lunch prepared by some of Littleton's finest. Please call 978-540-2470 to register. No cost!



AARP Smart Driver Safety Course Mon. September 21st 9:00AM to 2PM

Even the most experienced drivers can benefit from brushing up on their driving skills, so Littleton Elder and Human Services is offering a Driver safety program through AARP on September 21st from 9:00AM to 2PM, including a break for lunch.

This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older.

By taking the new AARP Smart Driver Course, attendees will be taught:

- The current rules of the road
- How to understand new traffic control devices on our ever-changing roadways
- About defensive driving techniques
- About some of the new technical features in vehicles like lane departure warnings, blind spot indicators and adaptive cruise control and
- How to operate a vehicle more safely in today's increasingly challenging driving environment.

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no road tests to pass. Registration disclosure/disclaimer for Covid is required.

The fee is \$20 for AARP members and \$25 for non-members. A light lunch will be provided by EHS. Space is limited to 20 individuals. To register for the course, call 978-540-2470.

Regional Food Favorites from Yesterday and Today Monday, Sept 25th at 1PM in Room 230

Hermits. Johnnycakes. Moxie. You may know some of these local foods, but do you think you can recognize them all? We've compiled a list of some of your favorite regional foods and brands from yesteryear to today.

Join us as we present them Jeopardy-style and put your local food knowledge to the test!

Please call 978-540-2470 to register. No cost!



So, what do **ROMEIO** 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 ROMEIO Club, and you will get a judgmental look, followed by a great laugh when you say what it stands for.

Join us! On Sept. 8th and 22nd the EHS Van will be taking our newly forming ROMEIO group to a local Diner for breakfast, meet new friends or bring someone you know.

If you are taking the van please register with Dispatch at 978-844-6809, if you are driving yourself please register with EHS at 978-540-2470

September 8th: Club Car Café, Concord, MA
September 22nd: Stow Café, Stow, MA



JULIET Breakfast Club Just Us Ladies Into Eating Together

On SEPT.15th and 29th the EHS Van will be taking our JULIET group to a local Diner for breakfast, meet new friends or bring someone you know. If you are taking the van please register with Dispatch at 978-844-6809, if you are driving yourself please register with EHS at 978-540-2470. We will leave Town Hall at 8:30AM and head to breakfast. The van will return you to Town Hall following breakfast.

September 15th: Club Car Café, Concord, MA
September 29th: Stow Café, Stow, MA

Restaurant Hoppers Monday, September 25th at 12:30

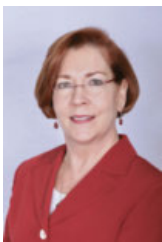
Restaurant Hoppers is ready for another month with lunch at a local restaurant with a brand new day! On Monday, Sept 25th we will be headed to Bertucci’s Italian Restaurant in Chelmsford. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 12:30PM, if you will be driving yourself please call EHS to register, 978-540-2470. Attendees are responsible for their own meal. Please register by Wednesday, September 20th so we are able to reserve your table.

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- Enrollment and eligibility periods



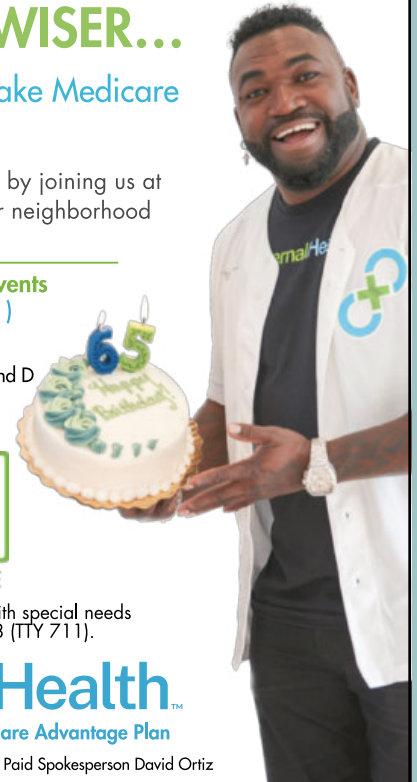
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LITTLETON EHS TRANSPORTATION

- 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 & town), as well as a destination phone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15min's 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) are \$7 one way. Call for info on towns served.
- Rides to medical services in Concord are \$1 one way.
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) are \$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.