

The Broadcaster

July 2024



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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. Zoom link to join is on the meeting's agenda.

We will be closed on Thursday 7/4 & Friday 7/5 in observance of 4th of July



From Liz's Desk:

Summer is here! As the weather heats up, it's the perfect time to rest, relax, and take it easy in the heat. Remember to stay cool and hydrated, and take advantage of the air-conditioned comfort of our center. In cases of extreme weather (both summer and winter) we call folks to check in on them to ensure they are prepared, safe, and comfortable. Want to be added to the check-in list? It's as easy as calling us to get added!

We have a fantastic lineup of programs this month to keep you active and entertained. From fitness classes to keep you moving, to historical workshops to engage your mind, there's something for everyone. Don't miss our special guest speakers Chris Daley and Seema-Jayne Kenney, perfect opportunities for enjoying some time indoors. Plus, we have a sneak peak of early August events you can register for now! The Annual Summer BBQ with our legislators is a great opportunity to socialize and enjoy delicious food with friends.



Senior Tax Work Off Program:

The Senior Tax Work-Off Program allows eligible seniors to work in various Town Departments and receive in exchange an abatement on their property taxes. Work is paid at the minimum wage and the "wages" earned are applied to property taxes as an abatement.

Participants who were active in the FY24 program will receive an email / direct mail of the re-enrollment form which needs to be completed to be eligible to participate again in FY25's program. The re-enrollment form will also be posted to our website: www.littletonma.org/elder-and-human-services

If you are a brand new participant enrolling for the first time, you must come to the office to complete the paperwork packet and discuss placement options. If you have any questions please contact Elder and Human Services at 978-540-2470 and ask to speak with Liz. Space is limited!

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 Littleton's Veteran's Agent, John Boroski, at 978-540-2485 for details. Or visit the Veterans Services web site at: www.littletonma.org/veteran-services





COA Board Update

Hello everyone! Welcome to summer. If you missed the Spring Fling event in May, you missed one of the BEST events which has ever been put on for us. It was wonderful to see so many folks socializing, enjoying dancing and the wonderful music provided by Mark Crory and his California Dreamers band. So many people lent a hand and helped out and that was so heartwarming! Many thanks to everyone who participated!

On to some really important and Big News: Our Governor, Maura Healey filed legislation on May 28th to rename the MA Executive Office of Elder Affairs to Executive Office of Aging & Independence. This is happening because research has identified the fact that residents prefer neutral terms such as "aging" and "older people". Along with the new name, they developed new mission and vision statements and identified 7 different values. These values speak strongly to the need to identify a name for our new building which reflects our value for community, humanity, connection, inclusion, combating ageism and value of partnership. Our new building will be the home of Elder and Human Services, the COA and the Veterans Agent. And yes, the building is designed to meet the needs of aging and older people, not just seniors.

-Marge Payne.

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 programs 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 Monday July 1st 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
Amy DeMichele, Assistant Director
Alicia Rego, Outreach Coordinator
Sue Raymond, Administrative Asst.

Neil Campbell, Driver
Steve Haddad, Driver
Richard Kent, Driver
Sam Palmer, 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
Jeanne Sill

FRIENDS OF THE COA

Sandra Casale, President
Charlie DeStefano, Vice President
Tony Jesensky, Treasurer
Andy Fredette Asst. Treasurer
Beverly Cyr, Secretary
Anne Lee Ellis
Kathy Harlow
Margaret Kelleher
Peggy Larsen

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.

Free Fire Protection Device Evaluations for Littleton Seniors



The Littleton Fire Department has teamed up with Littleton Elder and Human Services to assist senior residents with evaluating their current fire protection devices, such as smoke and carbon monoxide detectors, for conformity with Massachusetts Fire Code. This service includes inspection of devices, assistance with replacing devices, or even help changing batteries, when necessary.

In certain circumstances, this service may include free installation of new battery operated smoke or carbon monoxide detectors.

You are eligible to take advantage of this program if you:

- Are a homeowner in Littleton and are at least 65 years of age.
- Have a residence that was built prior to 1975, that does not have hardwired detectors.
- You have faulty, damaged, or expired battery operated detectors currently installed.

Contact the Littleton Fire Dept. with any questions or to set up an appointment, call 978-540-2302.

Town of Littleton, Department of Health Opioid Settlement Funds Survey

WE WANT TO HEAR FROM YOU!

Massachusetts has secured crucial settlement funds from pharmaceutical companies to combat the opioid crisis and its aftermath. The Town will receive a portion of these funds to address our community's specific needs. We invite you to help us focus on key areas for development, recommend solutions, and identify opportunities for innovative programs.



Please complete our survey to share your insights and suggestions. You can access the survey by scanning the QR code, visiting the Dept webpage at

www.littletonma.org/1174/Health-Department or by picking up a paper copy at the Town Hall in Room B-100.

Your input is invaluable in shaping our community's future.



Questions? Email Francis Dagle, Health Director at fdagle@littletonma.org or call at 978-540-2432.

Friends of the Council on Aging

LITTLETON SENIOR FOLLIES RETURN THE ANGELS ARE BACK *PART 1



PLEASE JOIN US FOR AN AFTERNOON OF LAUGHTER!

SUNDAY, JULY 7TH 2:00-4:30 at the LITTLETON HIGH SCHOOL AUDITORIUM
Two shows from 2014, will be shown on the BIG SCREEN.

Cost is \$10 per person, paid at the door. This is a Fund Raiser for the new Senior Center, sponsored by the Friends of the LCOA.

*Part 2 of these Follies will be shown early this fall.

We hope to see you at the Follies for an afternoon of amusement. Please remember to bring a friend or two. You won't be disappointed!

- The Friends

The Friends meet the first Tuesday of the month, in the Murray Room at the Reuben Hoar Library, at 1:00.



This symbol denotes generous funding support from the Friends of the Littleton Council on Aging

The S.H.I.N.E. Program



Serving the Health Insurance Needs of Everyone.. on Medicare

S.H.I.N.E (Serving the Health Insurance Needs of Everyone.. on Medicare) The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Our certified, trained SHINE counselor will work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs. Call Alicia for your SHINE appointment today at 978-540-2469.



OUTREACH CORNER

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

Farmers' Market Nutrition Program

Farmers' Market Nutrition Program coupons offer low-income Seniors with coupons that can be used to buy fresh vegetables and fruits at approved farmers' markets and farmstands in Massachusetts. Eligible seniors can apply for a \$50 booklet of coupons to purchase locally grown, unprocessed, fruits, vegetables, fresh cut herbs and honey from participating vendors. Each booklet has 10 coupons worth \$5.00 each. Contact Outreach for more information on when the coupons will be available and to explore eligibility.



Car Seat Safety for Grandparents and Caretakers

Michael Deblasio, a trained child passenger safety technician from the Littleton Fire Department, offers one-on-one appointments tailored for local caregivers, emphasizing car seat safety and proper installation to ensure your child travels safely. These classes are free and available to anyone who will be traveling with children in their vehicles. Sessions are by appointment only; to schedule, please email: carseats@littletonfire.org

What is Extra Help?

Are you having difficulty paying for medication? Extra Help may be available!

Extra Help is a program administered by Social Security Administration that pays the annual Part D premium and deductible (\$545 in 2024) while capping generic drugs at \$4.50, and brand name drugs at \$11.20. In some cases, copayments for medications are even lower.

Extra Help is available by application to low-income Medicare beneficiaries and applications may be submitted electronically. For complete details regarding Extra Help please visit: www.ssa.gov/medicare/part-d-extra-help. If you are not eligible for Extra Help and need assistance paying for medications, please schedule an appointment with your Littleton COA SHINE counselors today.

SHINE counselors can tell you how to use GoodRx and other coupon programs, how to contact Mass College of Health Sciences and Pharmacy to identify alternative medications, help you submit a Prescription Advantage application and direct you to other online prescription assistance programs offered by pharmaceutical companies. SHINE counselors also perform screenings for all public health benefits available to Massachusetts Medicare beneficiaries.

SHINE is a program of Minuteman Senior Services, partially funded by the Executive Office of Elder Affairs.



Concerned about a senior?

You can report elder abuse or neglect by phone or online. Report suspected elder abuse any-time day or night at (800) 922-2275 or file a report online at www.mass.gov/how-to/report-elder-abuse

Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309-\$2552 monthly and married couples earning \$3123-\$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call Alicia at 978-540-2469.

SHINE is available to Medicare beneficiaries of all ages by Minuteman Senior Services with partial funding provided by the ACL. For more information about SHINE or other aging and disability services contact Minuteman Senior Services at 781.272.7177

https://www.minutemansenior.org

Conversation Groups

Living Alone & Living Well Group: Group meets via Zoom monthly. Contact Amy to sign up & receive the Zoom link at ADeMichele@littletonma.org. July 11th and July 25th from 1:00pm – 2:00pm.

Caregiver Support: Caregiver group is not meeting in JULY. Next meeting is on Wed. August 28th at 6pm with host Marcia Paasewe from Samaritan Home Care! Group is held monthly in the senior diner with great conversation and dinner! Email Amy for more info: ADeMichele@littletonma.org or call 978-540-2470

Grief & Healing Support Groups

Nashoba BOH welcomes adults who are experiencing grief to participate in monthly, drop-in Grief & Healing Support Groups throughout the region. Facilitated by grief counselor Karen Campbell, MSMHC, these support groups offer a safe space to share experiences of the grief journey. Grief & Healing Support Group honors all types of grief, including grief due to loss, change, and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any point in their journey. No one is required to commit to consistent attendance. Join us on the **2nd Thursday of each month 12PM** @ the Reuben Hoar Library, 35 Shattuck St.

Rental Assistance Program

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 \$500/month to each participating household. Application can be found at: 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



Taxi/Livery vehicle shared rides to get you where you need to go.

Where:

Rides up to 20 miles to and from your pickup location in the Towns of Bolton, Lancaster, Littleton, Lunenburg, Sterling, and Stow.

When:

5:30 AM - 10:00 PM, Daily

Book Rides:

Call Monday - Friday, 8:30 AM - 4:30 PM

1-800-922-5636 Option 4

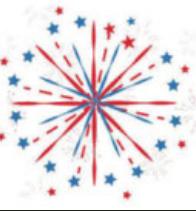
Rides are curb to curb and must be booked at least 1 day in advance by 2:00 PM.

Cost Chart (One Way)

1-10 miles - \$3
11-15 miles - \$4
16-20 miles - \$5

Individuals 12 years and younger must be accompanied by an adult.

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12 -2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	2 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	3 9:00-10 Walking Club 9:30-10:30 Yoga for Strength & Balance	4 CLOSED 	5 CLOSED 
8 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	9 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Friends Board Meeting	10 8:00-9 Women's Break- fast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 WWII Letters presentation	11 11:15-12:15 Stretch & Flex 12:00 Grief & Healing Support Group 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	12 8:30 ROMEO Club Breakfast Trip 9:30 Coffee Club 10-11 Nara Park Stroll 1:00 BINGO & Pizza
15 9:00 - 2:00 Foot Care Clinic 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	16 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	17 8:00 Men's Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance 12:00 Bonnie and Clyde	18 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	19 8:30 JULIET Club Breakfast Trip 10-11 Nara Park Stroll 1:00 BINGO
22 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	23 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	24 7:30 Veterans Breakfast 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	25 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group	26 8:30 ROMEO Club Breakfast Trip 1:00 BINGO
29 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	30 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	31 9:00-10:00 Walking Club 9:30-10:30 Yoga for Strength & Balance	<p>IN PERSON EVENTS -GREEN</p> <p>VIRTUAL EVENTS - RED</p> <p>HYBRID EVENTS - PURPLE</p>	



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for your Real
Estate needs
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CONTACT ME Lisa Templeton
ltempleton@lpicommunities.com
(800) 477-4574 x6377



Minuteman Senior Services		July 2024		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 American Chop Suey Zucchini WW Garlic Roll Mandarins	2 Potato Crunch Fish Rice Pilaf Coleslaw MG Bread Berry Crisp	3 Turkey Pot Pie Mashed Potato Vienna Bread Fresh Fruit	 July 4th No meals served	5  No meals served
8 Pork Roast w/ Mushroom Sauce Sweet Potatoes Cauliflower WW Dinner Roll Applesauce	9 Chicken Meatballs Marinara w/Pasta Mixed Vegetables Vienna Bread Pineapple	10 Yankee Pot Roast Scalloped Potatoes Broccoli WW Bread Fresh Fruit	11 <i>Special</i> Chicken, Egg Salad Finger Rolls Orzo Salad Coleslaw Strawberry Shortcake	12 Vegetarian Chili Brown Rice Cornbread Pudding
15 Lasagna Meat Sauce Squash Blend WW Bread Mandarins	16 Sausage w/Peppers & Onions on Bun Tater Tots Butternut Squash Applesauce	17 Breaded Chicken w/Marry Me Sauce Couscous Green Beans Dinner Roll Fresh Fruit	18 Garlic Salmon Mashed Potatoes Creamed Spinach MG Bread Yogurt Juice (<i>no milk</i>)	19 <i>Cold</i> Tortellini Salad w/Peas Garden Salad Oat Bread Cookie Brownie
22 Hawaiian Chicken White Rice Asian Veggies Dinner Roll Chilled Fruit	23 Mac & Cheese Stewed Tomatoes Oat Bread Chilled Fruit	24 <i>Cold</i> Tuna Salad on Wheat Three Bean Salad Garden Salad Fruit w/Whip Top	25 BBQ Pulled Pork on Bun Sweet Potatoes Sautéed Kale Cake	26 Meatloaf w/Gravy Mashed Potatoes Peas Vienna Bread Fresh Fruit
29 Turkey w/Gravy Mashed Potatoes Carrots LS Wheat Bread Applesauce	30 Cheese Omelet Roasted Potatoes Ratatouille Fruit Loaf Yogurt Juice (<i>no milk</i>)	31 Hot Dog (<i>beef/pork</i>) on Hot Dog Roll Baked Beans Coleslaw Cinnamon Apples	To CANCEL or ORDER your Meal, Call your local meal site by 11AM the DAY BEFORE Littleton: 781-325-7879	For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian 781-221-7018



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.

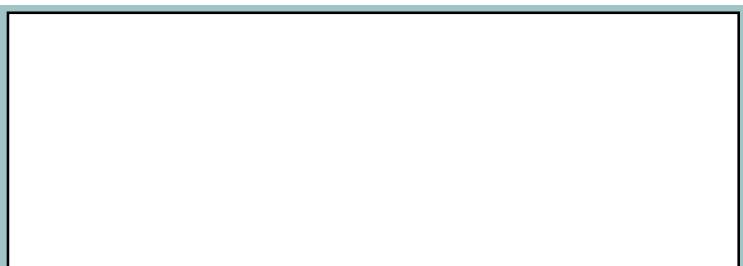


MEET TROY
— OUR MASCOT —

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

Home of CHAMPIONS

LIFE CARE CENTER OF NASHOBA VALLEY
978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com



Craft Class



Well, it is July now and time for vacations and relaxation. Therefore, we will not be holding a craft class in July or August. Sue, Kathy, Anne Lee, and

I will be looking for creative activities for September so stay tuned. Have a great summer and we look forward to seeing all in the fall. Enjoy!!

-Anita, Sue, Kathy, & Anne Lee

Out of the Box Trivia

Thursdays 12:30 - 1:30 in Room 230

Want to know what all the laughter coming out of Room 230 is all about? 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.

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!

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! We are always looking for new players.

Never played before? Give us a call to arrange a lesson on how to play!



Please call 978-540-2470 to register.

BINGO

Fridays @ 1PM-3PM in the MPR

Friday, July 12th: Date change! This month we will do pizza on the second Friday of the month, to give space for 4th of July! A special pizza lunch will be provided for all BINGO players, 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!

Elder Law Drop In

Friday, August 2nd, 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 meetings in July.

No cost for the consultation! Call to reserve your spot in August by calling 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.

Littleton Memory Café

July 27th, 10:00-11:30am

The Littleton Memory Café meets every month on the 4th Saturday from 10 to 11:30am at the First Baptist Church, 461 King Street, Littleton Common, MA.

We have a program from The Butterfly Place in Westford on July 27th, hope you can join us!



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. Instructor Stan Fall

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.

Foot Care Clinic

Monday, July 15th from 9AM—2PM

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Monday, July 15th from 9AM-2PM, \$40 per person.



Please note the new date! Space is limited, call to reserve your time slot. Call 978-540-2470 to register.

Weekly Blood Pressure Screenings

Every Tuesday 10-12, Room 230

Our weekly Blood Pressure Clinic is held every Tuesday 10am-12, in Room 230 at the COA.

Stop by every week and our wonderful RN's will keep a log for you. No sign-up necessary, just drop-in!

Long Lake ADA/AAB Pathway

The Littleton Parks, Recreation, and Community Education department obtained approval from the Park and Rec. Commission to replace a section of the seasonal access mats with a permanent ADA/AAB pathway to ensure year round accessibility to Long Lake Beach from Beach Drive to Town Road. This project was also approved by the Conservation Commission and Disability Commission. The construction work began on May 28th, 2024 and was completed June 3rd, 2024.



Staying Safe in Hot Weather

NIH National Institute on Aging

Watch for these signs of hyperthermia:



Tips to prevent hot-weather illness:





ROMEO Clubs (Retired Old Men Eating Out) 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.

Join the Littleton Chapter of ROMEO! The EHS Van will be taking our ROMEO group to a local Diner for breakfast, meet new friends or bring someone you know.

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

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

July 12th Cliff's Café, Townsend, MA

July 26th: Dream Diner, Tyngsboro, MA

Coffee Club

July 12th, 9:30-10:30, Senior Diner

Join Alan Bell of Edward Jones for a casual discussion of current events, the economy, and investing. Coffee and Muffins will be provided! Call to register 978-540-2470.



Veterans Breakfast

July 24th, 7:30am, Senior Diner

Join us for a light breakfast! Veterans of all ages are welcome to this free offering. We hope you will join us!

Please let us know if you will be attending 978-540-2470.



Lunch in the Senior Diner: Monday – Friday at 12 Noon

The Senior Diner is open for lunch daily, Monday - Friday at noon. Suggested donation is \$2. The menu is on page 7 of this newsletter. **Please call 781-325-7879 by 11am the day before** to let us know you would like a meal.

Women's Breakfast: July 10th, 8:00AM - 9:00AM
Men's Breakfast: July 17th, 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!



Just Us Ladies Into Eating Together

On July 19th the EHS Van will be taking our JULIET group to a local Diner for breakfast. Meet new friends or bring someone you know. You can drive yourself and meet us there or take the van.

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

If you are attending, please call us whether you are driving yourself or taking the van so we have an accurate headcount for the restaurant!

July 19th: Cliff's Café, Townsend, MA

Restaurant Hoppers Monday, July 29th

Restaurant Hoppers is in full swing and ready for another month with lunch at a local restaurant with a brand new day!

On Monday, July 29th we will be headed to Fuchi Asian Cuisine in Westford. If you would like van service please call Dispatch at 978-844-6809, the van will leave Town Hall at 12:30PM, Everyone attending must call the EHS office so we have an accurate headcount, whether you are taking the van or driving yourself: 978-540-2470. Attendees are responsible for their own meal.

Menu: www.fuchiwestford.com/menu-price/
 Please register by Wednesday, July 24th so we are able to reserve your table.



Annual Summer BBQ
Hosted by Senator Jamie Eldridge and
State Representative James Arciero
Wed, August 14th @ 12 in the MPR

Join us for the Annual Summer BBQ on Wednesday August 14th at 12 noon in the multipurpose room and the courtyard. We look forward to this event every year where our legislators grill for us! Come have a hot dog, hamburger, sides, and cake and gather with friends!

Please call to register 978-540-2470



The “Beat Generation”
A Cultural Review of the 1950s Through
Music with Fran Hart
August 7th at 1PM in the MPR

Fran Hart, founding member of the Beatles tribute band 4EverFab, brings you *The “Beat Generation”* a multi-media presentation that highlights the cultural nuances of the 1950s. This presentation features live acoustic music and audience sing-alongs, coupled with audio and video clips highlighting the best (and sometimes the worst) of the 1950s. The decade of the 1950s conjures up images of the Korean War, the beginnings of the Cold War, the Civil Rights movement, the Hula-Hoop, and Elvis, to name just a few.

The music reflected the times and we pay tribute in this presentation to many of the greats: Chuck Berry, Buddy Holly, Jerry Lee Lewis, Ray Charles, Little Richard, James Brown, Fats Domino, Pat Boone, and others.

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

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Special Programs!

"Together They Lived and Together They Died" The Tragic Story of Bonnie and Clyde with Historian Chris Daley Wednesday July 17th, 12pm in the MPR



This presentation, which is part travelogue and part history will chronicle the story of Bonnie and Clyde, separating the reality from the myth! For years the public has been fascinated with the story of this Dust-bowl Romeo and Juliet. However, much of what we know is mainly from the 1967 movie "Bonnie and Clyde" and more recently a highly fictionalized made for T.V. Movie shown on A&E & the History Channel. Much myth, conjecture and outright lies have grown up about the two Texas bandits but when one delves into the true story of the two lovers a much more interesting and human story emerges; much better than Hollywood was able to depict.

This presentation will tell that story through the use of period photographs and movies plus modern photographs and video shot by myself. I have traveled through the states of Arkansas, Louisiana, Texas, Oklahoma and Missouri on the trail of Bonnie and Clyde, photographing and making video of the sites of their homes, murders, robberies, shoot-outs and hide-outs.

The Speaker:

Christopher Daley has been speaking all over New England for the past 30 years and virtually via Zoom throughout the United States for the past two years. He holds a B.A. and an M.A. from Bridgewater State University in Political Science and History. He was formerly the President of the Pembroke Historical Society and Chairman of the Pembroke Historical Commission. He was also a docent at the John Alden House Historic Site as well as Coordinator of Educational Outreach. Additionally, this past June, Chris retired from his position as history teacher in the Silver Lake Regional School System in Kingston, Massachusetts after teaching for 25 years.



Chris has written several articles on varied historical topics for local publications and has written his first book entitled "Murder and Mayhem in Boston: Historic Crimes in the Hub." Chris has also served as historical consultant on the Sacco-Vanzetti Case for the Travel Channel's program "Time Traveling with Brian Unger." He also appeared in two episodes of the Travel Channel's "Kindred Spirits" in the capacity of historian on shows about the Lizzie Borden Case.

Lunch and learn with us! Please call to register 978-540-2470.

World War II Letters To & From a Young Soldier, Presenter: Seema-Jayne Kenney July 10th, 1pm in the MPR



Over three hundred letters found in my uncle's attic tell a compelling story of his life as a young WWII soldier, as well as his family's experiences back home. These letters document his service with the Fifth Army Headquarters, from registering at Fort Devens, training at two separate camps, then travelling overseas to Italy. He describes the work and the leisure, the rules, and the return trip.

Letters from his family tell of their life at home during the war. Learn about or re-live the years 1943-45 as we travel through his time using the words of a 19-year-old country boy and his family! Please call to register: 978-540-2470

The Speaker: Seema started in the business of genealogy after completing the Genealogical Research Certificate Program at Boston University's Center for Professional Education in 2010. Since then, she continued her education via ProGen & NIGR in 2012. Along the way, Seema joined several Genealogy Societies, attended local conferences, and enjoyed several webinars. She started exploring her family history when still in High School. Her paternal family roots go deep into Colonial New England, especially in Connecticut, Massachusetts, and Maine. Her European roots include English, German, and Swedish. DNA has recently added a branch to her family tree from The Netherlands.





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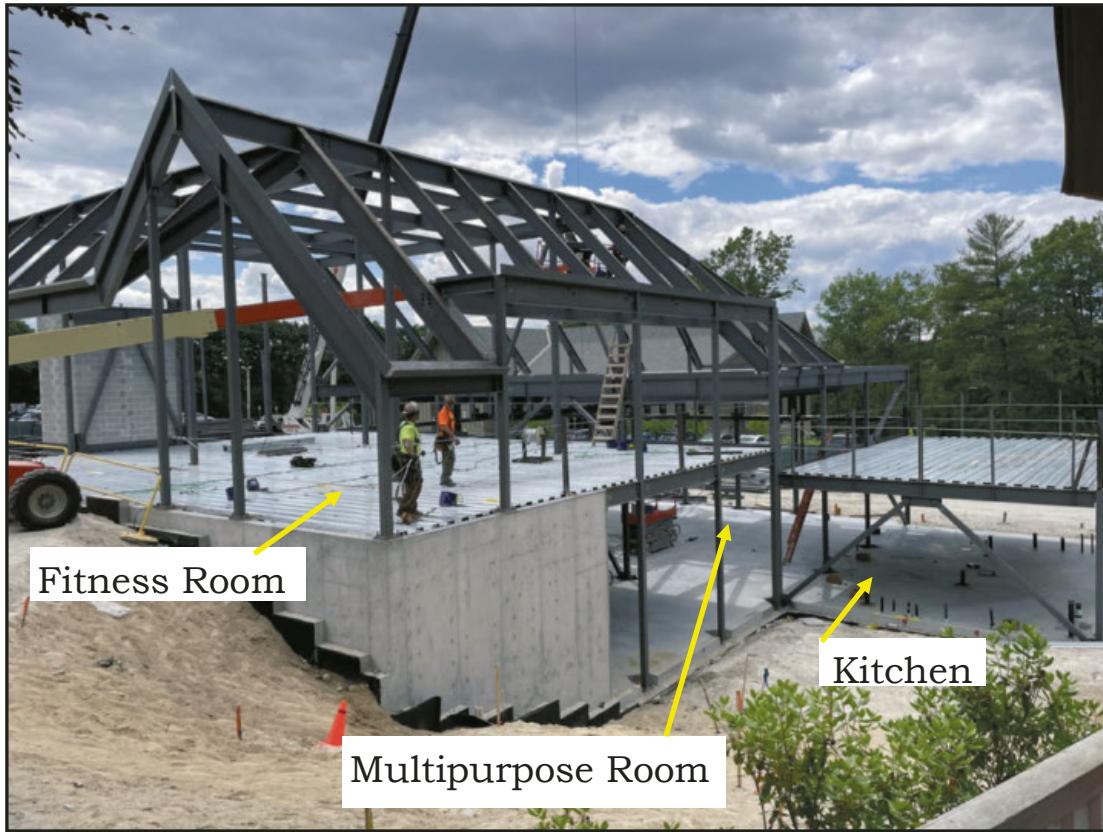
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The Center on Shattuck Street Construction Updates:



Construction of the new building is on schedule! In the top left picture you can see the elevator shaft being constructed. In the top right corner you can see the crane on site for erecting the steel.

To the left of this text box is the progress as of June 14th, 2024. This view from the perspective of Shattuck Street shows the second floor fitness room (where the 2 men are standing.) Below them to the right on the first floor is the future kitchen.



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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.