

# The Broadcaster

## September 2024



### LITTLETON EHS/COA SERVICES

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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 Monday September 2nd in observance or Labor Day.



**From Liz's Desk:** As we welcome the changing seasons, we're excited to share this latest Broadcaster with you as a wealth of information, resources, and events that celebrate and support our community! Whether you're looking for ways to stay active, connect with others, or simply enjoy some enriching programs, we've got something for you.

We are excited to share that we now have a free Little Food Pantry box outside of town hall on the edge of the Courtyard sidewalk. This was the Eagle Scout project of resident Mattias Lacroix from Boy Scout Troop 20 here in Littleton. This box will be stocked with non-perishable food items and hygiene products. Please take what you need, or leave something if you have extra. Special thank you to volunteer Reina Hofeldt for managing the box!

Please join us:



#### **October 2nd for our Annual Police & Fire BBQ, 12PM at the Fire Station**

The Annual Police and Fire BBQ will be held on Wednesday, October 2nd 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!

Thank you for being a part of our little community. Your engagement and feedback are what make our programs and services meaningful. Here's to another great month filled with opportunities to learn, grow, and connect!

**Fall Fling**

**Thursday, September 19th from 4:30-7PM**

Join us to kick off the season with dinner, dancing, and conversation! Delicious dinner will be served and live music from local band, *The California Dreamers*, who will be playing all your favorite songs while you catch up with friends, or head out to the dance floor for an evening to remember!

Town Hall Multipurpose Room, from 4:30PM-7:00PM. \$5/ticket. Please call to reserve your seat, space is limited! #978-540-2470

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



## COA Board Update

Greetings everyone! It is hard to believe that September is here, and fall is around the corner! Perhaps we will have more days when it is pleasant to be outside and not as humid as the past several weeks. Time has a way of speeding by and we would love your help in reminding people that the deadline for applying for the Tax Relief for the Elderly and Disabled (T.R.E.A.D.) program is September 30<sup>th</sup>, 2024.

Recently, I was present when an older Littleton resident was voicing their concern that expecting retired residents to pay for events would cause a financial hardship. If you read the Broadcaster regularly, you know that the following statement is always printed: *If cost is ever a barrier to you attending a program or event, please inquire about a scholarship with any EHS/COA staff member. All scholarships are strictly confidential!*

Folks, we need your help again to let people know that no resident is excluded from participating and all that is needed is a call to 978-540-2470 and request to speak with a staff member. EHS works hard to keep events free or low cost.

Since I am on the issue of "hard to get the word out" do you know that the Town of Littleton Newsletter for September is out? To get to it just go to the Town Website and Click on Town Newsletter. It is 27 pages this month...good reading! I understand that there are some hardcopies but am not sure of the locations. As always, enjoy the month of September and keep in touch with us!

*-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.
- All participants must abide by our Code of Conduct and Standards for Independence
- 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:

Due to the holiday, registration will open on Friday August 30th 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  
Mary Newcombe  
John Peachey  
Mary-Ann Peachey  
Jeanne Sill

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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](mailto:LCOAfriends@gmail.com)

## Broadcaster by Email and Online

You can receive the Broadcaster in your email! Visit our website at [www.littletonma.org](http://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](http://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](mailto:fdagle@littletonma.org) or call at 978-540-2432.

## Friends of the Council on Aging

The Friends are busy this month with two entertaining fundraisers for the new center:

Support the Friends of the Council on Aging, and let someone else do the cooking! On September 7th from 11:30am-10:00pm dine in or order take out from Anthony's Coal Fired Pizza located at 201 Constitution Ave, Littleton (up at The Point) and 20% of your order will be donated back to the Friends!

IF YOU WANT A BREAK FROM THE WORLD NEWS, YOU MIGHT BE READY TO ENJOY AN AFTERNOON OF LAUGHS.

JOIN US FOR THE SENIOR FOLLIES ON THE BIG SCREEN ON SEPTEMBER 15TH AT THE LITTLETON HIGH SCHOOL AUDITORIUM FOR RELIEF FROM, SORROW, SADNESS, GRIEF, AGONY AND WOE.

THE SENIOR FOLLIES WILL GIVE YOU LAUGHS, LAUGHS AND MORE LAUGHS. SEE YOU ON SEPTEMBER 15, FROM 2 TO 4P.M. AT THE HIGH SCHOOL AUDITORIUM FOR THE 2016-THEY'RE NO ANGLES AND 2018-FUTURISTIC FOLLIES

THIS IS A FUNDRAISER FOR THE NEW SR. CENTER/SHATTUCK ST. BUILDING: \$10.00 PER PERSON

The Renew Thrift Shop had a successful Summer clothing sale in early August. With more bargains to be had, we are adding Fall clothing to the mix. We're open Thurs, Fri 11-4, Sat 10-1.



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

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



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.**

### “Navigating The Caregiving Journey With Those We Love”

**Wednesday, October 2nd at 7pm  
Congregational Church of Littleton,  
330 King Street Littleton, MA**

Join us! Geriatric Care Manager & Founder of Pro-Active Eldercare, Joanne Fontaine, will deliver a presentation: *Navigating The Care-Giving Journey With Those We Love*. This will be a presentation with information on how to manage care-giving and offers a variety of resources that are available. This is open to all in the Littleton community and nearby towns.

### Elder Law Drop In

**Thursday, September 5th, 10am-11am**

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

### 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](http://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.



**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](http://www.mass.gov/how-to/report-elder-abuse)

### New (Optional) Medicare Prescription Payment Plan Coming January 2025

Those enrolled in Medicare Part D will soon have the option of enrolling in the Medicare Prescription Payment Plan. By opting-in, consumers will be able to pay out-of-pocket prescription drug costs in the form of capped monthly payments instead of all at once at the pharmacy. Spreading these costs out over a year could help reduce the financial strain of the first months of your plan if you have a high cost sharing plans.

For more information about this new option or for help understanding all your Medicare options, call us at 978-540-2470 and ask to make an appointment with our SHINE Counselor Alicia Rego, or visit Minuteman's website to make a free appointment with a certified SHINE counselor: <https://minutemansenior.org/how-we-can-help/health-benefits-counseling/>

*SHINE is a program of Minuteman Senior Services and part of a state and national network of Medicare benefits counselors.*

## 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. September 12th 1:00pm – 2:00pm.

**Caregiver Support:** Next meeting is on Wed. September 25th at 6pm with host Tori Taylor from Deaconess Abundant Life Services! Group is held monthly in Room 230 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](http://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](http://interface.williamjames.edu/community/littleton)



Coupons & Financial Assistance available!  
Contact Amy at 978-540-2470

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

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

Cost Chart (One Way)

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



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

# September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>HAPPY LABOR DAY</b>	3 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	4 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance	5 9:00 Meet the Chief Coffee 10-11 Elder Law 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia	6 8:30 ROMEO Club Breakfast Trip 11:00 RummiKub 1:00 BINGO & Pizza
9 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	10 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg 1:00 Fleecers, Swindlers, & Con-artists	11 8:00 Women's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance	12 9:30 AARP Driver Safety 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	13 8:30 JULIET Club Breakfast Trip 9:30 Coffee Club 11:00 RummiKub 1:00 BINGO
16 10:00-11:00 Tai Chi 9:00 Foot Care Clinic 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:45-1:30 Chair Yoga w/ Rebecca	17 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	18 8:00 Men's Breakfast 8:30-9:30 Walking Club 9:30-10:30 Yoga for Strength & Balance	19 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 4:30 Fall Fling	20 8:30 ROMEO Club Breakfast Trip 11:00 RummiKub 1:00 BINGO
23 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	24 10:00 Artificial Intelligence and ChatGPT 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex 1:00-4:00 Mah-Jongg	25 7:30 Veterans Breakfast 8:30 Walking Club 9:30-10:30 Yoga for Strength & Balance 1:00 Power of Positive Thinking Ice Cream Social 6:00 Caregiver Group	26 11:15-12:15 Stretch & Flex 12:30 Out of the Box Trivia 1:00-2:00 Living Alone Group 1:00 Thoreau 101: Thoreau-ly Misunderstood	27 8:00 Parker's Maple Barn Breakfast Trip 8:30 JULIET club Breakfast Trip 11:00 RummiKub 1:00 BINGO
30 10:00-11:00 Tai Chi 11:15 Line Dancing 1 12:15 Line Dancing 2 12-2:00 Loving Stitches 12:30 Restaurant Hoppers 12:45-1:30 Chair Yoga w/ Rebecca		IN PERSON EVENTS -GREEN  VIRTUAL EVENTS - RED  HYBRID EVENTS - PURPLE		



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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		September 2024		Meals on Wheels Menu
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Mac & Cheese Stewed tomatoes Oat Bread Applesauce	4 Meatloaf w/Gravy Mashed Potatoes Peas Vienna Bread Fresh Fruit	5 <i>Cold</i> Tuna Salad on Wheat Bread Three Bean Salad Garden Salad Fruit w/Whip Top	6 BBQ Pulled Pork on Burger Bun Sweet Potatoes Collard Greens Cookie
9 Turkey w/Gravy Mashed Potato Carrots LS Wheat Bread Chilled Fruit	10 Cheese Omelet Turkey Sausage O'Brien Potatoes Beets Fruit Loaf Yogurt, Juice ( <i>no milk</i> )	11 Hot Dog ( <i>Beef/pork</i> ) on Hot dog Roll Baked Beans Coleslaw Cinnamon Apples	12 Chicken Piccata WW Spaghetti Broccoli WW Dinner Roll Cookie	13 <i>Cold</i> Rst Beef & Cheese on MG Bread Potato Chips Garden Salad
16 Lasagna Squash Blend WW Bread Mandarins	17 Potato Crunch Fish Sweet Potatoes Green Beans MG Bread Pudding	18 <i>Cold</i> Turkey Cranberry Salad on Wheat Tabouli Garden Salad Fresh Fruit	19 <i>Special</i> Hawaiian Chicken Island Fried Rice Latin Slaw Dinner Roll Pineapple Rhubarb	20 Hamburger Au'jus on WW Burger Bun Roasted Potatoes Beets Applesauce
23 Frittata Roasted Potatoes Ratatouille WW Bread Chilled Fruit	24 Vegetarian Chili Brown Rice Cornbread Mandarins	25 BBQ Chicken on Burger Bun Potato Salad Corn, Bell Peppers Jello Parfait	26 American Chop Suey Broccoli WW Garlic Roll Baked Dessert	27 Turkey Pot Pie Mashed Potato Vienna Bread Fresh Fruit
30 Chicken Meatballs Marinara Pasta Vegetable Blend Oat Bread		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.

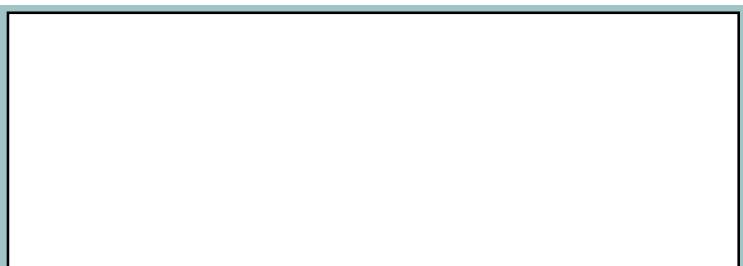


**MEET TROY**  
— OUR MASCOT —

**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



September's craft filled up quickly in August! Here is a sneak peak of the craft we will be doing in October. Enjoy September, and please register for the October craft when the October broadcaster comes out!

-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

Join us for BINGO every Friday 1-3pm!

**Friday, September 6th:** 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!

## Littleton Memory Café

### September 28th, 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. September 28th Mike Slator, an Elvis Impersonator, will be entertaining us with the songs we all remember.

## Rummikub Drop In

### Fridays at 11am, Room 230

Rummikub has all the elements that make a great game. It's easy to learn and fast moving. The "board" changes all the time as players adjust the tiles on the table. It combines luck and strategy and it changes quickly so every player has a chance to win until the very end. Players take turns placing numbered tiles in runs and groups. The Joker tiles add to the fun; they can be any color or number.



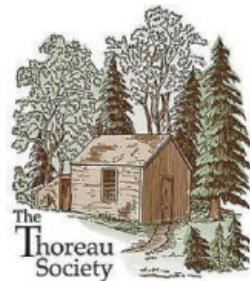
The object is to be the first to play every tile on your rack. Rummikub is ideal for people of different ages to play together, and it's great for a game night too. Join us!

## Henry 101: Thoreau-ly Misunderstood

### Thursday Sept. 26th at 1pm, Room 103

A delightful and informative overview of Thoreau's life, quirks, and lesser-known aspects that challenge common misconceptions.

Presented by Richard Piccarreto, made possible by Mass Cultural Council and Mass Humanities. Please call to register! 978-540-2470



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

## 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.

## Walking Club- New Location: Bruce Freeman Rail Trail, Wednesdays 8:30am

The Bruce Freeman Rail Trail is a rail trail through the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, Concord, Sudbury, and Framingham—following the 25-mile route of the old New Haven Railroad Framingham & Lowell line. The trail is a 10-foot wide paved path and is shaded. Walk at a pace and at a distance that is comfortable to you!



Park and meet the group behind Donelans off 119 in Acton. Dress comfortably and bring water!

## Foot Care Clinic

**Monday, Sept. 16th from 9AM-2PM**

EHS welcomes Foot Care RN, Christine Quiriy, RN CFCN! Monday, September 16th 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

Littleton Parks, Recreation, & Community Education department obtained approval from the Park & 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 was completed June 3rd, 2024.



## 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 caretakers, 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: [car-seats@littletonfire.org](mailto:car-seats@littletonfire.org)

## Genealogy One-on-One

Do you have questions about your family tree? Want to start looking into genealogy but don't know where to start? Are you currently researching, but stuck? Local genealogy expert Marsha Russell is available to meet with you 1-on-1 to answer all your questions. Call to make an appointment: 978-540-2470.



**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!

**Sept 6th: Tiny's in Ayer, MA**

**Sept 20th: Karen's Kitchen, Ayer, MA**

## Coffee Club

**Sept. 13th, 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

**September 25th, 7:30am, Senior Diner**

Join us for a hot breakfast cooked by our very own Police and Fire Depts! 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 Sept 11th 8:00AM - 9:00AM

## Men's Breakfast Sept 18th 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 Sept 13th and 27th 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!

**Sept 13th: Tiny's in Ayer, MA**

**Sept 27th: Karen's Kitchen, Ayer (no Van service)**

## Restaurant Hoppers

**Monday, September 30th**

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

On Monday, September 30th we will be headed to Fishbones in Chelmsford. 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.

Please register by Wednesday, Sept 25th so we are able to reserve your table.

## Meet the Chief — Coffee Hour

### Thursday, Sept. 5th at 9am, Courtyard / Senior Diner

We invite you to come meet Littleton's new Fire Chief, Steele McCurdy! Join us in the Courtyard behind town hall if the weather is nice, or inside the Senior Diner if the weather is not cooperating. Refreshments will be served. Please call to register 978-540-2470



## Annual Police and Fire BBQ

### October 2nd at 12PM at the Fire Station

The Annual Police and Fire BBQ will be on Wednesday, October 2nd at 12PM at the Littleton Fire Department. Join us for delicious lunch prepared by some of Littleton's finest. Please call 978-540-2470 to register. No cost!

## Littleton Citizens Police Academy

### Wednesdays at 11am, September 2024



Join Officer Abu for a special COA Citizens Police Academy starting this September (exact dates TBD, planning to start around 11am, with lunch included!) This unique 10-week program offers community members the opportunity to gain insights into law enforcement, and participate in interactive sessions, to build a stronger connection with our officers.

FREE-Classes are scheduled to be held every Wednesday at the Littleton Police Station. For more details and registration information, please contact Officer Abu at [iabu@littletonpd.com](mailto:iabu@littletonpd.com)

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## Special Programs!

### AARP Smart Driver Safety Course Thursday, September 12th 9:30AM to 2PM

Even the most experienced drivers can benefit from brushing up on their driving skills, so Littleton Elder & Human Services is offering a Driver safety program through AARP on September 12th from 9:30AM 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. The fee is \$20 for AARP members and \$25 for non-members. A light lunch will be provided. Space is limited to 20 individuals. To register for the course, call 978-540-2470.

### Fleecers, Swindlers, and Con-Artists: A History of Fraud Through the Ages Tuesday September 10th, 1pm, MPR

From ancient Greece to today, from seagoing merchants in the Mediterranean to Charles Ponzi in 1920 to Bernie Madoff in the 1990's, to bitcoin on the internet, people have wanted to get rich quick. They wanted easy money. They were no pickpockets looking for a few bucks. They wanted **big** money. And they didn't want just any money. No, they wanted your money, your friends' money, everybody's money. The money you sweated to make and then had the discipline to save.

This presentation is the story of *swindlers*. Please call to register 978-540-2470.

### Artificial Intelligence & Chat GPT Tuesday, September 24th at 10am

Virtual Reality. Chatbots. Deep Fakes. Do you sometimes feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity? Take a breath and enjoy an in-person, real presentation on artificial intelligence. You might not want to use these things, but you should know what they are. So come learn in a fun and supportive manner! (Not to mention, it changes every day!) Bring your opinions and questions! Great for beginners, skeptics, and anyone worried about the fate of humanity.

### Power of Positive Thinking Ice Cream Social Wednesday, September 25th at 1 pm, MPR

Sharon Nolli from Fallon Health – Summit ElderCare will present on Wednesday, September 25th at 1pm from in the MPR on the Power of Positive Thinking. She will discuss how to believe in yourself, create positive energy, expect only the best, create happiness and positive thoughts, and how to stop worrying and realize a peaceful mind generates power. Ice cream provided, no cost for the event! Call to register: 978-540-2470.

### Parker's Maple Barn Trip, Mason, NH Friday September 27th, Van leaves at 8am

Join us for a trip up to Parker's Maple Barn for a delicious breakfast and a walk around their famous giftshop! Space is limited on the van so please register early. Van will leave Town Hall at 8am. Register with the EHS office at 978-540-2470, even if you are choosing to drive yourself.



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## The Center on Shattuck Street Updates:



The exterior makes significant progress as the dens-glass gypsum fiber sheathing goes up (the green sheet boards.) The next step is for the waterproofer to seal the joints between the sheets and spray Air Vapor Barrier over the outside of the building.

Architect Mark Ritz from LLB Architects checking progress inside of the building.

The location he is standing in is in the staff offices area that looks out towards the library.



Interior walls being erected on the first floor in the staff offices area.

The windows here look out towards the RH Library.

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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.**