

# The Broadcaster

## MAY 2021



### REMINDER:

Registration opens on Monday, May 3rd at 9:00 am for all programs and activities included in this newsletter. All programs are open until filled. Please call the Department of Elder and Human Services at 978-540-2470 to register. Priority is given to Littleton residents.

### Let's Celebrate National Older Americans Month



In tough times, communities find strength in people and people find strength in their communities. Over this past year, we have seen Littleton as an example of a Community of Strength, as friends, neighbors, and businesses, have found new ways to support each other. Older adults are a key source of this strength and through their experiences they have built

resilience that helps them to face new challenges.

The Administration for Community Living leads our nation's observance of Older Americans Month every year in May, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

This year, Littleton will celebrate Older Americans Month by encouraging community members to share their experiences. Together, we can find strength and create a stronger future.

Consider joining Littleton in strengthening our community by sharing your experiences over this past year by participating in the following programs:

**Be part of a community-wide puzzle:** We have large blank puzzle pieces to distribute. You can decorate your piece however you would like and it will be added to the collective puzzle and framed within our Department. Each person is welcome to decorate one or two puzzle pieces related to how Littleton has been a community of strength over this past year. The goal is to show our community is one of strength, connection and togetherness. Puzzle piece pick-up is scheduled on **Tuesday, May 18th, from 2:00 pm to 3:00 pm** at the courtyard. Please call the EHS Department at **978-540-2470** to register for this program.

**Share Your Story:** Gather with others during a virtual phone call/Zoom program on **Wednesday, May 19th, 10:00-11:00 am** to share many aspects of your life, past and present. Call to register to obtain the Zoom meeting invitation – you may also call in if you do not have computer accessibility.

When people of different ages, backgrounds, abilities, and talents share experiences through action, story, or service, we help build strong communities. And that's something to celebrate! We look forward to celebrating with you!

*Ashley*

### Reminder: Annual Town Election



The Annual Town Election on Saturday, May 8, 2021, 8:00 am to 8:00 pm, will be

held at the Littleton High School.

### IMPORTANT NOTICE

At the time of printing this issue of The Broadcaster, the Elder and Human Services Department is open by appointment only.

Please feel free to check in with the front office at **978-540-2470** for updates on this ever-changing situation.

As always, EHS staff continues to work to assist the community. Please reach out if you are in need. **However, if you have a life threatening emergency, please call 911.**

## COA Board Update: Re: New Space for Elders!



The March 8<sup>th</sup> COA Board meeting featured Anthony Ansaldi, Town Administrator, who answered questions regarding the LLB (architects) recommendation to construct a new building for senior use on Shattuck Street. Folks, the reality is that we have had our hopes raised the past few years that it might be possible to purchase a building which, with minor renovations, would result in a new space for seniors. However, that does not appear to be realistic. What is realistic is the fact that we have a Select Board and Town Administration who recognize the fact that now is the time to address the needs of the senior community. Will a building on Shattuck Street become a reality? We are sure there are many questions, including funding which comes to everyone's mind when thinking about this new suggestion. Anthony explained that the next step **MUST** be to bring this proposal to Town meeting in June this year to seek \$80,000.00 via re-purposing some funds in existence to finance a Feasibility Study and determine where the actual spot would be to construct such a building. The second request to be brought to Town Meeting would be a request for \$1 million, to be able to move right into the design phase once the location has been determined. So much information was shared with us on March 8<sup>th</sup>. I encourage each of you to watch the tape of that meeting, via LCTV on the Town Website, for additional information and to be attentive to future COA and Select Board meetings to get the information you will need to decide how you will respond to these important issues at Town Meeting. Be informed!! By the way, do you know that the Select Board has explicitly stated their goal this year is for a senior center to become a reality? We need to help them achieve this goal for sure!

The COA Board urges everyone to watch the tape of the March 8<sup>th</sup> meeting if you have access to a computer. If not, please feel free to reach out to the COA as well as our Director, Ashley Shaheen, with questions etc. Ashley can be reached at **978-540-2470**. You can also ask Ashley or Sue to have Marge Payne call you if you wish to connect with the COA. Stay tuned!!!

**Marge Payne, Chair, COA Board**

### Three convenient drop-off points to recycle your hard-to-recycle plastics!



We now have collection bins open for everyone to drop by and use! They're at the Donelan's supermarkets in both Littleton (inside between cashiers and window) and Acton, MA (outside near can and bottle redemption area). And if you have a Littleton transfer station sticker, look for the yellow bin!

TerraCycle gives points for each item which translate into cash for non-profits such as 4-H, the Littleton schools, and the library. Still have questions? Reference the web site <https://tinyurl.com/littletonmarecycles>, or email [littletonma.recycles@gmail.com](mailto:littletonma.recycles@gmail.com)

### REMINDER

**MEMORIAL DAY IS MONDAY, MAY 31st  
EHS Closed, No Meals on Wheels**



The Town of Littleton has compiled information and resources for residents and members of the community.

**Visit:** <https://www.littletonma.org/information-coronavirus-covid-19> for information on the Town's response to COVID-19 and the impact on town services, programs and facilities. The page will be updated as new information becomes available.

## STAFF

**Ashley Shaheen, Director**  
**Nicole Sarvela, Assistant Director**  
**Amy DeMichele, Outreach Coordinator**  
**Sue Raymond, Administrative Assistant**  
**Neil Campbell, MART Driver**  
**Laurie Dee, MART Driver**  
**Richard Kent, MART Driver**  
**John Stenstrom, MART Driver**  
**Gayle Dalton, Senior Diner Manager**  
**Nancy Hilsinger, Editor**

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**Dottie Ruiz, Secretary**  
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**Carol Vales**

33 Shattuck Street,  
 P.O. Box 1305  
 Littleton, MA 01460  
**Main Phone: 978-540-2470**  
**Fax: 978-952-2363**  
**Outreach: 978-540-2472**  
**Senior Diner: 978-540-2474**

**COA Office Hours:**  
 Monday-Friday  
 9:00 am- 4:00 pm  
**COA Outreach Hours:**  
 Monday-Friday  
 9:00 am-3:00 pm

### Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our website [www.littletonma.org](http://www.littletonma.org), select "Sign up to receive Email Notifications," enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

## OUTREACH CORNER

Please contact Amy at 978-540-2472 for Outreach assistance.

### What you need to know about SNAP:



The Department of Transitional Assistance offers the Supplemental Nutritional Assistance Program, also referred to as SNAP. This program is a 100% federally-funded program, helping individuals and families with food insecurities. During the pandemic, all SNAP eligible households will receive the maximum benefit and this will remain in place as long as the federal and state public health declarations are in place. The maximum benefit for a single person household is \$234.00 a month and \$430.00 for a 2 person household.

Another benefit to the SNAP program is that you are eligible for the Healthy Incentive Program or HIP. This program allows you to purchase from local, participating farm stands or farmer's markets.

Those who are eligible are strongly encouraged to apply. **Contact our office at 978-540-2470** to apply or to receive additional information about the program.

### NEW Childcare Subsidy for Income Eligible Local Families



A new program is available to residents of Littleton, which will provide childcare subsidies to low-moderate income families. Littleton and four other local communities (Acton, Boxborough, Maynard and Westford) were awarded these funds to help parents/caregivers be able to work, return to work or seek employment. Having reliable childcare so that parents/caregivers are able to work or seek employment is the main purpose of this program.

Additional details on the program are available at, <https://www.littletonma.org/home/news/new-childcare-subsidy-income-eligible-local-families>.

The program guidelines and application are available on The Elder and Human Services website, <https://www.littletonma.org/elder-and-human-services/pages/childcare-subsidy-program>.

All inquiries regarding the program and completed applications should be directed to **Amy DeMichele at 978-540-2472 or via email [ademichele@littletonma.org](mailto:ademichele@littletonma.org)**.



Applications for Energy assistance are still available through **The Good Neighbor Energy Fund and Fuel Assistance**.

Contact Amy at:

[ademichele@littletonma.org](mailto:ademichele@littletonma.org) or call 978-540-2472.

**New to Town?** Never used the COA before? Call or email Outreach Coordinator Amy DeMichele for a New Participant Packet for all the info you need!

978-540-2472 [ademichele@littletonma.org](mailto:ademichele@littletonma.org)



Special thanks to the Friends of the Council on Aging for sponsoring a festive Saint Patrick's Day lunch at Il Fornos Restaurant. We extend our appreciation to Senator Eldridge and Representative Arciero for wishing residents a Happy Saint Patrick's Day and to all who volunteered in making the event a success!



Senator Eldridge



Handing Out the Meals



Ashley Shaheen,  
Barbara McRae and  
Senator Eldridge



State Representative  
Arciero gives a  
"Thumbs Up"

Photographs by Kirby Dolak

### ELDER ABUSE?



If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services at 781-221-7069** during regular business hours; after hours on evenings, holidays and weekends, call **1-800-922-2275** to speak confidentially to the **Elder Abuse Hotline**.



## CORNER

**QUESTION:** I would love to share what I have been reading over the past several months with other community members in Town. Would there an opportunity to connect and share?

**ANSWER:** Yes! We invite you to join us for a small gathering, hosted by library staff member Amy Totten behind the library on **Thursday, May 13th, at 10:30 am** to discuss what you have been reading. Bring your most recent reads for an engaging conversation while enjoying the beautiful spring weather! Please call to register and adhere to CDC guidelines of wearing a mask and practice social distancing. If you are "between books" and would like some help picking your next title, the library staff can help! Call the library or go to [Littletonlibrary.org](http://Littletonlibrary.org) and click on the "Services" tab at the top, then click on "Readers Advisory." The library is also open **by advance appointment only** for browsing the shelves. Call or check the website for the specific appointment days and times.

### RENTAL ASSISTANCE PROGRAMS AVAILABLE IN LITTLETON



The Littleton Rental Assistance Program (LRAP) provides rental assistance to income-eligible households who are renting qualified housing units in the Town of Littleton. The goal of the program is to provide greater housing stability and housing opportunities to cost burdened renters in Littleton. **This program is managed by the Littleton Affordable Housing Trust, through the Elder and Human Services Department and funded by the Community Preservation Act.**

Emergency Rental Assistance Program (ERAP) provides financial relief for qualifying residents who have been financially impacted by the COVID-19 pandemic. **This program has been created and funded by the Littleton Affordable Housing Trust, utilizing its Community Preservation Act or other non-federal funds.**

LRAP and ERAP guidelines, instructions and the applications are available online on the Elder and Human Services Department page which can be accessed via the Town Website, <https://www.littletonma.org/elder-and-human-services>. Completed applications can be submitted by mail, e-mail or in person.

Contact Amy DeMichele at 978-540-2472, Outreach Coordinator for additional information.

### Transportation Program



The COA Transportation Program continues to operate in limited capacity on Wednesdays and Fridays.

The safety of our riders and drivers is our top priority. In accordance with CDC guidelines, we have implemented a strict sanitizing schedule, mask mandates and a pre-screening questionnaire. Special thanks to the Fire Department for providing the Deep Cleaning at the end of each day!

As always, please contact Dispatch to schedule your ride at 978-844-6809. If you need a ride on a day when the van is not currently running, please contact Nicole at 978-540-2475. We are always looking to fulfill the need for transportation and will add service days as the needs for additional days increase.

### Anne's Baking Corner: Blueberry Bread



2 cups flour  
2 teaspoons of baking powder  
1/2 teaspoon of salt  
3/4 cup of sugar  
1 stick of butter (grate this)  
1 egg  
1/2 cup of milk

2 cups of blueberries (fresh or frozen)

Preheat oven to 350

Sift flour, baking powder and salt in one bowl.

In another bowl, cream butter and sugar.

Add egg and then milk and 1/2 teaspoon of vanilla

Add dry ingredients and fold in blueberries.

Bake in Pam-sprayed loaf pan, about an hour plus. It is done when toothpick comes out clean.

When cool - mix confectionary sugar and a little milk and drizzle over the top

### WILLIAM JAMES INTERFACE

Your mental well being is important! This website is free and can connect you and loved ones to specific support in your area virtually, with someone specializing in what you need and who accepts your health insurance.

<https://interface.williamjames.edu/community/littleton>

### Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more.

Please call John Boroski at 978-540-2485 to make an appointment.



## MINDFUL MEDITATION AT LONG LAKE

A 6 week series combining mindful meditation and gentle yoga stretches.

**WHEN:** Fridays, May 7<sup>th</sup>-June 11<sup>th</sup> from 10:00-11:00 am

**COST:** \$15 per person for 6 week session to be paid in advance.

**WHERE:** Long Lake Beach

Participants must adhere to CDC guidelines of wearing a mask throughout class as well as maintaining 6 feet of social distance.

Please bring a yoga mat,; if you do not have one, please let us know when you register. **Call 978-540-2470** to register— space is limited

This program is funded through a grant by CHNA 15.

## Walk Massachusetts Challenge



Lace up your sneakers - the Walk Massachusetts Challenge is back! This year features more walking options and more prizes! With five individual goals, there's a challenge for everyone - from walking 65 days to walking 692,000 steps - each tied

to a fun Massachusetts fact. And 10 lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin' gift card. The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone.

For each person who completes the challenge, the Littleton COA gets entered into a drawing to win up to \$1,000 for future programming!

### Here's how it works:

1. Participants can sign up at [www.mcoonline.com/walkma](http://www.mcoonline.com/walkma)
2. The program runs from **May 1st to September 30th**.
3. Choose a challenge from one of 5 different levels - walking for days, time, miles, or steps. There's something for everyone!
4. You can track your walking via online by creating a user name and password, or use the chart in our printable walk journal.
5. At the end of the challenge, you can submit your journal (online or to the Department of Elder and Human Services/COA).

## Tech Friend Program

The Tech Friend program is partnering National Honor Society students with fellow senior residents that may be interested in technology assistance with using cellphones, the internet, Zoom accounts or with interacting with friends and family through social media. This program will help with technology use efficiency and will keep connections between family and friends strong during these times. **Please call EHS at 978-540-2470** to express interest in this program.



## Friends of the Littleton Council on Aging



The Friends are in need of containers to use for our Flowers for Seniors Program. Tea cups, mugs, jars, and small vases are needed. **Please call 978-263-7905** and someone will collect what you have. We still have many arrangements to make.

Thank you to all volunteers who are making Flowers for Seniors a success.



## Craft Class



April Showers bring May Flowers! We will be creating May baskets outside on the patio on **Wednesday, May 12th**. We are planting real flowers in our May baskets and decorating the baskets with ribbons and bows.

**There will be two classes: one at 11:00 am and one at 1:00 pm. This class is free of charge.**

**Please call 978-540-2470 to sign up starting Monday, May 3rd.**



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



## Protecting Today What Matters Tomorrow

Many people want the peace of mind that comes from legally protecting their most cherished assets: their health and the financial future of their family. We help you do this by compassionately listening and responding to your needs.

There are many life events that will have an impact on your family - across the Generations - such as the birth of a child or grandchild, a health crisis, retirement, or the death of a loved one. Our experienced attorneys can help you understand the potential impact on your estate and long-term planning. We help you to protect today what matters tomorrow.

We serve MetroWest Boston with convenient locations in Acton and Sudbury

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Littleton Council on Aging, Littleton, MA 06-5119

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> Veal Roulade Piccata Sauce Whipped Potatoes Green Beans Rye Bread Yogurt	<b>4</b> <u>Cold Plate</u> Tuna Salad Macaroni Salad Coleslaw Wheat Dinner Roll Fruit Cup	<b>5</b> Sesame Chicken Vegetable Fried Rice Asian Vegetable Blend Multigrain Bread Fortune Cookie Fruit Cup	<b>6</b> Beef Stew Mixed Vegetables Italian Bread Lorna Doones	<b>7</b> Broccoli Bake Stewed Tomatoes Home Fries Wheat Roll Fresh Fruit
<b>10</b> Beef & Lentil Chili Brown Rice Spinach Wheat Bread Fruit Cup	<b>11</b> Grilled Chicken Breast Honey Mustard Sauce Potatoes O'Brien Mixed Vegetables Multigrain Bread Fresh Fruit	<b>12</b> <u>SPECIAL</u> Baked Salmon Dill Sauce Thyme Roasted Potatoes Green Bean Casserole Marble Rye Bread Banana Cake	<b>13</b> Chicken Fajita Red & Green Peppers Corn Flour Tortilla Vanilla Yogurt	<b>14</b> Meatloaf Beef Gravy Sour Cream & Chive Potatoes Peas & Carrots Wheat Bread Fruit Cup
<b>17</b> Chicken Meatballs Swedish Sauce Egg Noodles California Vegetable Blend Multigrain Bread Applesauce	<b>18</b> Macaroni & Cheese Spinach Wheat Dinner Roll Cookie	<b>19</b> Breaded Chicken Drumstick Baked Beans Scandinavian Vegetable Blend Wheat Bread Fresh Fruit	<b>20</b> Roast Turkey Herb Gravy Whipped Potatoes Green Beans Multigrain Bread Fruit Cup	<b>21</b> Potato Pollock Tartar Sauce Wild Rice Pilaf Capri Vegetable Blend Dinner Roll Fruited Yogurt
<b>24</b> BBQ Beef Patty Potato Wedges Broccoli Hamburger Roll Fruit Cup	<b>25</b> Grilled Chicken Breast Florentine Sauce Brown Rice Mixed Vegetables Wheat Bread Fresh Fruit	<b>26</b> <u>Cold Plate</u> Egg Salad Creamy Potato Salad Beets & Onions Pumpernickel Bread Chocolate Chip Muffin	<b>27</b> Roast Pork Cran-Orange Sauce Whipped Sweet Potatoes Brussels Sprouts Multigrain Bread Fruit Cup	<b>28</b> Chicken Meatballs Marinara Sauce Tri Color Rotini Italian Vegetable Blend Wheat Bread Applesauce
<b>31</b>  No Meals Served			<p><b>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</b></p>	<p><b>For weather emergencies and cancellations, please check Fox 25 TV station</b></p>

 <p><b>LIFE CARE CENTER OF NASHOBA VALLEY</b>                  978.486.3512 • 191 Foster St. • Littleton, MA 01460 • LifeCareCenterOfNashobaValley.com</p>	<p><i>Home of</i>  <b>CHAMPIONS</b>                  Caring with passion &amp; pride</p>		<p><i>Come visit us!</i></p>  <p><small>Alison Salinger-Schwanberg, DMD</small></p> <p>The Point, 802 Constitution Ave, Littleton, MA                  978-501-2222                  www.zubidental.com</p>
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**Zoom**  
Video Conferencing

### Living Alone and Living Well Group-Virtual Meeting

Living Alone and Living Well continues to meet monthly via Zoom, **Thursday, May 20th at 10:30-11:30 am.**

Please contact Amy at 978-540-2472 for Zoom info, and to sign up.

### Virtual Social Anxiety Group

Social Anxiety Group continues to meet every other **Tuesday from 1:00-2:30 pm** via Zoom and we would love to have you join! **May dates will be Tuesdays May 4th and 18th.**

Pease contact Nicole Sarvela at 978-540-2475 for Zoom info and to sign up.

### Virtual Loving Stitches



Meeting every Monday from **12:00-2:00 pm via Zoom.** Join in the fun! Whether you are a former member or brand new, the group welcomes you!

Please contact the EHS Dept. at 978-540-2470 for Zoom information on how to log in.

### Life Ahead Recovery Support Group

Meets virtually on the last Wednesday of the month from **6:00-7:00 pm.** **May's meeting is on Wednesday, May 26th.** Please contact Nicole at 978-540-2475 for details.

### Drop By and Say Hello to the EHS/COA Staff

Join EHS Staff in the Courtyard for a chat, on **Friday, May 14th from 9:00-10:00 am.** **Contact the EHS Dept. at 978-540-2470 to sign up.** Please remember to complete a health screening and participant waiver (see P8 "COVID Precautions") for instructions.



### Meditation with Jenny

Check LCTV listings for a weekly, hour long Meditation and Gentle Chair Yoga with Jenny.

Class is also available on LCTV On Demand, YouTube and on Elder and Human Services Facebook Page. Call the office at 978-540-2470 if you have any trouble finding this class!

### Line Dancing Classes

Kari's Line Dancing classes are available on LCTV, or OnDemand via the LCTV website [littletonma.org](http://littletonma.org).

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### Celebrate National Women's Health Week for Women In Science Day with Dr. Sonali Pandya

**Time: Tuesday, May 18 @ 4:00 pm**

To join Zoom: Email [akelley@needhamma.gov](mailto:akelley@needhamma.gov) to be sent the link.

Join Dr. Sonali Pandya, co-director of the BreastCare Center at BID Needham, for National Women's Health Week. Dr. Pandya will discuss the present and future state of breast cancer management, including surgical and post-surgical advancements in the treatment of breast cancer. This progress has facilitated less invasive interventions and improved patients' quality of life without impacting their survival.

Dr. Pandya received her medical degree from Saint George's University. She completed her residency in general surgery at Albany Medical Center and her fellowship in breast surgical oncology at Women and Infants Hospital and the Warren Alpert Medical School of Brown University. Dr. Pandya joins us from Women and Infants Hospital, where she brings many years of surgical experience in breast care and the management of benign and malignant breast cancer and diseases. Dr. Pandya's clinical interests include breast cancer risk stratification.

### Live Your Life Well

A virtual, 5 part program featuring speakers on 10 Topics to help adults feel stronger and more hopeful!

Hear inspirational and motivational presentations from a Yoga Instructor, a Marketing Specialist, a Nutritionist, a Community Service Professional and more followed by discussion and time for self-reflection, you don't want to miss this!

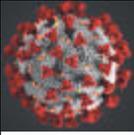
This program will be held on **Wednesdays from 2:00-3:00 pm, June 9<sup>th</sup>-July 7<sup>th</sup>.** Please call the main office at 978-540-2470 by May 24th to sign up by and get the Zoom link. Space is limited!

Funding for the event is provided by the MA Association of Councils on Aging though a grant provided by the MA Executive Office of Elder Affairs.



### Grandparents Raising Grandchildren Support Group

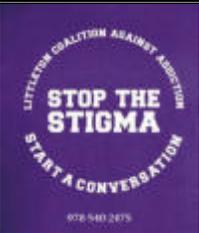
Virtual Meetings on the 3<sup>rd</sup> Wednesday of each month (**May 19th**) at **11:00 am.** Please contact Group Leader, Joe at [j.j.oleary@comcast.net](mailto:j.j.oleary@comcast.net) for the Zoom link.



### COVID Precautions

For the health, safety and well-being of all, please follow the implemented requirements:

- Follow proper hand hygiene and respiratory etiquette.
- Always wear a mask.
- Ensure social distancing is maintained.
- Do not visit if you are feeling ill or if you have been exposed to someone who has tested positive for COVID-19
- Must sign up for programs.
- If you register for a Grab & Go program or outdoor offering, you will be asked to complete a **health screening form and waiver**. Participation Waivers can be completed 1) electronically or 2) pick up at Town Hall. Go to [www.littletonma.org](http://www.littletonma.org), then to the "Departments" tab at the top of the page, then to "Elder and Human Services." Locate and click on "Release and Waiver of Liability and Indemnity Agreement" on the left-hand side. You will get a confirmation of your submittal with an option to print the form if you have completed the form correctly.
- The Elder and Human Services Department, at 978-540-2470 is still open by appointment only.



The Littleton Coalition Against Addiction is intended to be a multi-pronged response to the opioid epidemic playing out across Massachusetts. It aims to act as a body capable of enacting education, social support and material outreach towards residents in local communities who have found themselves affected by the epidemic. From naloxone training sessions for the general public to hosting monthly meetings for individuals in recovery, the Coalition seeks to expand valuable support services in the local area for communities that may still be underserved when it comes to addressing the opioid epidemic's many facets.

Please contact EHS for more information and check out the LCAA tab on the EHS website or the LCAA Facebook page!

### Emergency Contact Information

- ★ Littleton Police Department: 911 or 978-540-2300
- ★ Littleton Fire Department: 911 or 978-540-2302
- ★ Psychiatric Emergency Services: (800) 540-5806 If you are experiencing a mental health or emotional crisis, please call to speak to an Advocates crisis clinician. We are available to help 24 hours a day, every day.
- ★ National Suicide Prevention Hotline: (800)273-8255
- ★ Samaritans Statewide Helpline: (877)870-4673 The Samaritans Statewide Helpline is available to anyone in Massachusetts who is need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers.
- ★ COIN: Community Outreach Initiative Network, Addiction and Recovery assistance 508-488-5072.

### Mystery Bag Program



Many enjoyed our April Mystery Bags! **May bags will be ready for pickup on Mondays, May 10<sup>th</sup> and 24<sup>th</sup> in front of the Library between 11:00 am and 12:00 noon.** The bags continue to be filled with new puzzles, word games and more as we are enjoying the warmer weather. This program is open to all seniors. Join the fun! Our Social Club Leader, Anne-Marie Chernosky, will create the bags that will keep you guessing until we are all back together in person.

**Please remember to sign up for one or both May Mystery Bags at 978-540-2470 and complete and sign the online waver at:**  
<https://littleton.seamlessdocs.com/fl/ParticipantWaiver>.

There is a maximum of 20 bags each of the May dates. *This program is funded through the Emerson Community Grant Award.*

## indian hill music

### Indian Hill Music Virtual Connections:

Missing live musical performances? Join Indian Hill Music online for exclusive interviews with our musicians, uplifting performances by small ensembles from the Orchestra of Indian Hill, "Bruce's Playlist" with Orchestra of Indian Hill conductor Bruce Hangen, and performances from guest musicians in a variety of genres.

Use the following URL to watch our latest **Inspired Ensembles performance video, featuring Angel Hernandez, violin and Caroline Reiner-Williams, cello, play Corelli and Beethoven.**

<https://www.youtube.com/watch?v=priarkCui3A>

Use the following URL to view all of Indian Hill's Virtual Connections content.

<https://indianhillmusic.org/orchestra/>



*The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.*

**Disclaimer:** Some announcements and advertisements in this Broadcaster are not sponsored by EHS/LCOA.

## TECH TIP FROM BILL VALES



COVID deaths continue to rise; we are currently at over 555,000 deaths. Vaccinations have been occurring throughout the country, but getting an appointment for a vaccination is challenging. It requires persistence, patience and luck to acquire an appointment. It has been improving.

COVID cases are starting to tick upwards: 24 states are reporting increases in cases; the virus variants are taking hold causing disease among younger people. New virus cases are at a rate of over 60K per day, which is a high plateau. We need to stay focused on following the mitigation strategies as well as getting vaccinated.

We are currently in a race to reach herd immunity through vaccination before the virus variants gain a strong foothold in the population. We wrote about herd immunity in the October newsletter. We always knew the pandemic would end with herd immunity; the question was whether herd immunity would be reached through vaccination or through infecting the population at large. The latter option of allowing the population to be infected as a lone strategy was advocated by corners of the previous administration; however the death toll was estimated to be between 1 and 2 million, which would have been devastating. This idea was not supported by any respected medical person or organization.

When people get vaccinated, the virus is blocked from causing severe disease or death. It is not yet clear if receiving the vaccine prevents asymptomatic spread of the virus. This means that even if a person is vaccinated you may be able to acquire and spread the virus. This is one reason why continuing to wear a mask is still important.

With virus variants occurring through mutation, the concern is that without herd immunity the variants will continue to spread to unvaccinated people. The question then becomes if the COVID variants bypass the protection from the vaccine.

Vaccine hesitancy is a real problem with reaching herd immunity. Without reaching the herd immunity threshold, the virus will continue to find people to spread to, allowing the virus to spread and mutate.

People resist vaccinations for various reasons. One reason is distrust in the science and the fear that the vaccine is not adequately tested. Other reasons are fear of autism in kids, personal liberty views that clash with public safety, dogmatic direction from various entities and baseless conspiracy theories.

Education of the population is needed to show the medical safety and societal benefits of vaccination. Unfortunately, the politicization of healthcare over the last year has seen an increase in misinformation, lies, bad behavior and unfortunately death.

It is very important to get people vaccinated. Helping to educate people about vaccines, the benefits to you, your family and society being vaccinated are needed. It is possible that proof of vaccination may be needed to attend workplaces and school. There are already precedents in place for requiring vaccination against certain diseases to use public facilities. Key resources for learning about covid should be the:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

In the meantime the best way we can protect ourselves whether vaccinated or not continue to be: 1) wear a mask, 2) social distance from people, 3) avoid congregate or group settings 4) regularly wash your hands. I would also add to this to get a vaccination.

If you need assistance navigating the **mass.gov** website for a COVID-19 appointment or having trouble booking an appointment, **please contact the EHS Department at 978-540-2470**—we are here to assist you.

## Virtual Internet Presentations



Bill Vales' Virtual Internet Presentations (via Zoom) will be held on **Thursdays from 10:30 am to 12:00 noon.**

**May 6**

**Review of topics for 2020-2021.**

New participants are encouraged to sign up for these meetings by calling the **COA at 978-540-2470**. Provide your name and email address. Before the meeting you will receive an email with the Zoom link that you will use to connect to with your web browser.

## Programs and Events—May 2021

Date	Day	Time	Description	Page
May 3,10,17,24	Mon	12:00-2:00 pm	<b>Zoom:</b> Loving Stitches	P7
May 4 & 18	Tues	1:00-2:30 pm	<b>Zoom:</b> Social Anxiety Group	P7
May 6	Thurs	10:30 am-Noon	<b>Zoom:</b> COA Internet Computer Class	P9
May 7-June 11	Fridays	10:00-11:00 am	Mindful Meditation at Long Lake	P5
May 10 & 24	Mon	11:00 am-Noon	Mystery Bag Program Pickup	P8
May 12	Wed	11:00 & 1:00 pm	Craft Class on the Patio	P5
May 13	Thurs	10:30 am	Chit Chat With a Librarian	P4
May 14	Fri	9:00-10:00 am	Drop by and Say Hello to EHS/COA Staff	P7
May 18	Tues	2:00-3:00 pm	Community Wide Puzzle Piece Pick-up	P1
May 18	Tues	4:00 pm	<b>Zoom:</b> Nat'l Women's Health Week Discussion	P7
May 19	Wed	11:00 am	<b>Zoom:</b> Grandparents Raising Grandchildren	P7
May 19	Wed	10:00-11:00 am	<b>Zoom:</b> Share Your Story	P1
May 20	Thurs	10:30 11:30 am	<b>Zoom:</b> Living Alone & Living Well	P7
May 26	Wed	6:00-7:00 pm	<b>Zoom:</b> Life Ahead Recovery Support Group	P7
June 9-July 7	Wed	2:00-3:00 pm	<b>Zoom:</b> Live Your Life Well	P7

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**MAY 31, 2021**

**\*\*\*TRANSPORTATION\*\*\***

**LITTLETON EHS TRANSPORTATION CHARGES**

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

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

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

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

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

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

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

**REMINDER**

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