

Natick SENTINEL

A PUBLICATION OF THE NATICK COUNCIL ON AGING



Reflections on the Virtual Natick COA Programs

The Zoom meetings, "Mondays at the Museum" that the COA have been offering are an excellent way to learn about and enjoy places & art that we couldn't do physically, especially during this time of COVID. What a wonderful tool to use to bring the arts into our lives! Thank you Sharon for enriching us from the comfort of our own homes! ~Paula Moran

I really look forward to our weekly meditation time, offered by the Natick Senior Center! I love the fact that, even though we meet virtually, I get the sense that we are all connected during our meditation practice! I feel very much "in person" with everyone! I do look forward to meeting people in person one day! In the meantime, I love our weekly zoom meditation ~Marie Vetter

Been on a few COA zoom calls and I find them both interesting and worthwhile. The technology is easy to use-access and navigation on the video application is instinctual. I love the programs that are offered at the COA and it's wonderful to have the technology that allows us to participate during the COVID restrictions ~Ray Poirier

I have thoroughly enjoyed the "Mondays at a Museum" lectures on Zoom and have learned a lot. I work fulltime and would never be able to take an in-person class but the convenience and flexibility of these programs on Zoom make it possible. I loved Art History in college and feel like I am back in the classroom listening to these curators walk us through their collections. ~Gail Martin

Zoom has given me a great lifeline to stay in touch during a long winter of social distancing. I've been helping to Host zoom sessions for the COA which has given me new learning opportunities, a chance to socialize and volunteer, all from the comfort of my home. As pandemic fatigue challenges us all, it helps me know what day it is! I've also hosted sessions that I wouldn't normally attend but have found quite interesting such as the Geological Wonders Great Course. ~Connie Pitt

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WELCOME STATEMENT

Our Center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to provide support services, programs, and advocacy for people of all ages and abilities.

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SPECIAL ANNOUNCEMENTS



COUNCIL ON AGING OFFICE

117 East Central Street
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

www.natickma.gov/626/Council-on-Aging

HOURS

Staff are available in the building during our regular working hours of: Monday – Thursday: 8:30 am–5:00 pm and Friday: 8:30am–2:30 pm

You can reach us at 508-647-6540; call us for information, questions or resources.

STAFF

Susan Ramsey, MPA, Director, Senior Center & Community Services

Debbie Budd, LSW

Teri Checket, MS, LSW

Karen Edwards, Program Manager, Volunteer Services

Richard Ives, Transportation Coordinator

Sharon Kirby, Program Assistant

Frank Lam Administrative Assistant

Lorraine McNally, Asst Dir / Program Developer

Sam Mensah, Driver

Kate Moberg, Department Assistant

Lindsay Quillen, LCSW, Let's Talk Natick

Jack Rourke, Transportation Coordinator

Sheila Young, CIRS-A/D I & R Specialist / Executive Asst.

Cont. from Page 1- It's a Virtual COA

It's been almost a year since the Natick COA went virtual for our programs. We quickly pivoted to the zoom platform and there have been some surprising results. One, I've learned a lot about zoom and am still learning! Participants have been patient and supportive thru all the zoom glitches. We've seen more participants than ever before in all our virtual classes and from different parts of the country. I've learned that it's important to take breaks from zoom and my computer screen- it just feels exhausting after a few hours. I never would have thought up a program like *Mondays at a Museum* if it weren't for the virtual push and I never would have thought that it would be so popular and that I'd enjoy researching and hosting it so much!

~Sharon Kirby, Program and Events Coordinator

MASS HORT MEMBER CARD

Visit Mass Hort/Elm Bank by borrowing the Natick Council on Aging member card. Free, *Gardens open April 1.*

Request this by calling the center 508-657-6540 or e-mail koberg@natickma.org to reserve the pass (admits 2). Give us the date you wish to go. The garden is open to members for a timed entry Tuesday through Sunday from 12:30-5:00 pm and 12:30-1:30 pm for senior citizens and those with disabilities. We will send you a confirmation & entry pass to your e-mail. Please send your request at least 5 days in advance of your visit. *Sponsored by Whitney Place Assisted Living Residences, Natick.*

GARDEN TOUR AT MASS HORT

Tuesday, May 25, 10:00am, RSVP required, free, call Natick Community Senior Center to register 508-647-6540.

Garden Tour- limited to 15 participants. Allow 2 hours, but feel free to stop whenever. Rain Date will be Wednesday, May 26, 10:00 am.

GRAB AND GO LOCATIONS EXPANDING- VOLUNTEERS NEEDED

Our Grab and Go program, in partnership with BayPath Elder Services, allows seniors to pre-order a cold or hot lunch and pick up that lunch at a drive through location Monday through Friday. We currently offer this service at the Natick-Community Senior Center.

We are opening up a new Grab and Go site at a senior housing complex in Natick and need up to 6 volunteers to work in pairs. This expanded service will be offered three days each week.

One volunteer will pick up the lunch orders from the Natick Community Senior Center (CSC) between 11:30 am and 11:45 am. Both volunteers will distribute meals at the housing complex and one volunteer will return the insulated food bags to the CSC once the food distribution has ended.

If you would like to volunteer for this exciting new program please contact Karen Edwards at or 508-647-6540. All new volunteers need to fill out an online application, have a CORI check, sign a confidentiality agreement, and attend a Zoom orientation and training.

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SPECIAL ONLINE EVENTS & CLASSES

REGISTRATION FOR ALL ZOOM CLASSES: Pre-registration required **one week** in advance so we can get you the Zoom link and passcode in advance. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

EXERCISE CLASSES AT THE CSC

To Our Community:

Due to an uptick in the number of COVID-19 cases, the CSC had to pause in-person Muscle Building and Chair Yoga exercise classes and Walking in the Gym that had been scheduled for January-February. At the time of this printing, we have not been able to confirm when these classes or Walking in the Gym hours will be able to begin. We are hopeful that by the time you are reading this, we have been able to start up walking sessions, our postponed exercise classes, including some additional sessions of those classes and some new classes, like Yoga, back to the Center. Given the ever-changing nature of the pandemic, it is very hard for us to predict if we'll be able to do this, but we are hopeful! In the meantime, we appreciate your patience as we work through this uncertainty and ask for your understanding if our newsletter doesn't accurately reflect what we are able to provide for our in-person classes. We will publish updated information as we have it in our biweekly e-newsletter. If you are not receiving that but you would like to, please call our Center at 508-647-6540, and provide us your email address. We would love to add you to our e-newsletter list!

SMALL GARDENS FOR SMALL-ISH SPACES

Thursday, March 11, 1:30-2:30 pm

Join Gretel Anspach from Mass Horticultural Society/Elm Bank in this talk on creating a small-sized garden. Whether you have a huge yard without the time or desire to tend it all, or an apartment with no outdoor space at all, this talk will give you tips and techniques to start and maintain a garden you can call your own. Gretel Anspach is a Lifetime Master Gardener with the Massachusetts Master Gardener Association, a Trustee of the Massachusetts Horticultural Society, and a recently-retired systems engineer for Raytheon. Gretel helped to establish and maintain two food production gardens that have provided fresh produce to the Marlboro Food Pantry for the last eight years.

Sponsored by Whitney Place Assisted Living Residences, Natick.

VIRTUAL HISTORY BOOKGROUP WITH BFL AND NATICK HISTORICAL SOCIETY

Thursday, March 11, 11am-noon

Join us for a discussion of historical fiction and nonfiction books. Our non-fiction book pick is *The Mayflower: The Families, The Voyage and the Founding of America* by Rebecca Fraser. Sign up at <https://baconfreelibrary.org/clubs-programs/>



SOCIAL SECURITY NUTS AND BOLTS

Thursday, March 18, 10:30-11:30 am

If you have questions about Social Security as you prepare for retirement now or down the road, we have the answers you need in this pre-recorded webinar. You'll hear from speakers: **Kurt Czarnowski** is currently the principal in "Czarnowski Consulting," a retirement planning firm &



Tom Nicholls is a Senior Legislative Representative in AARP's Government Affairs Department.

BOOK GROUP WITH KAREN MALLOZZI

Friday, March 19, 1:30-2:30 pm

The book pick is *Lessons from Lucy* by comedic writer Dave Barry. From Washington Independent Review of Books- "As Dave Barry turns seventy—not happily—he realizes that his dog, Lucy, is dealing with old age far better than he is. She has more friends, fewer worries, and way more fun. So Dave decides to figure out how Lucy manages to stay so happy, to see if he can make his own life happier by doing the things she does ..."

CURBSIDE COMPOSTING

Monday, March 22, 3:00 pm

Join Karen Mallozzi, a Task Force Member of the Natick Curbside Composting Program to learn how you can do it. Benefits include save money not having to buy the Blue Bags for all your waste. Keep biodegradable matter out of our landfills and saving the town money. About 35 - 40 % of our municipal waste (by weight) is compostable.

VOLUNTEERING IN 2021

Giving Back to the Community

Wednesday, March 24, 1:30-2:30 pm

Join Jeanette Szretter, long standing local volunteer and coordinator of community volunteering along with Frank Foss, Town of Natick Moderator, talk about volunteering during COVID times, how you can explore local volunteer opportunities including volunteering on a Town Board or Commission. Q&A and discussion as well! Participants will receive a list of local Natick nonprofits and volunteer opportunities.

SPECIAL ONLINE EVENTS & CLASSES

REGISTRATION FOR ALL ZOOM CLASSES: Pre-registration required **one week** in advance so we can get you the Zoom link and passcode in advance. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

E-RESOURCES FROM BACON FREE LIBRARY

Monday, March 29, 1:30 pm

Join Casey Stirling and Karen Kassel from Bacon Free Library for a Zoom presentation on how to access library e-resources including Libby, Hoopla, Kanopy and how to sign up for a Boston Public Library card. These resources are available for anyone with a current Natick library card. This is a pre-recorded presentation.



Free
eBooks

TIPS FOR A BETTER NIGHT'S SLEEP

Wednesday, March 31, 1:30-2:30 pm

Join Robb Webb, Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center. Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life! Better sleep is a healthier YOU.

MARK YOUR CALENDARS - UPCOMING PROGRAMS

Forgotten Patriots: Little Known Heroes of the American Revolution- zoom program

Tuesday, April 13, 1:30-2:30 pm

A talk with historian, Paolo DiGregorio.

Meet Martha Washington-dramatization with Anne Barrett- zoom program

Wednesday, April 14, 1:30 pm

Meet the first First Lady, Martha Washington. Known for her genteel and quick-witted personality, she was devoted to her husband, as well as an outspoken and loyal patriot. This performance will include songs from the battlefields. Join us in this live dramatic presentation!

Planning for Medicare- Countdown to 65- zoom program

Monday, April 26, 1:30-2:30pm

Mother's Day Breakfast Goody Bag - Special Give-Away to pick up at Natick CSC

Wednesday, May 5

Pick up will be between 9:30 am-11:30 am.

Sponsored by Mary Ann Morse Healthcare Center, Natick.

Art Matters- Mother and Child- zoom program

Wednesday, May 5, 1:30 pm

Sponsored by Mary Ann Morse Healthcare Center, Natick.

ONGOING PROGRAMS

MINDFULNESS MEDITATION

With Sharon, Thursdays from 1:00-1:40 pm

This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided, some quiet and some reflection with Q & A and sharing.

MARCH MONDAYS AT A MUSEUM

Join us on **Mondays from 11:00 am-noon**, as we preview video highlights from a range of Museums

Monday, March 1, Mary Cassatt and other Impressionists

Monday, March 8, Japanese Edo

Monday March 15, Rembrandt and Sargent

Monday, March 22, Outdoor Art- Murals, Sculpture

Monday, March 29, Degas

GREAT COURSES: LIFE IN THE WORLD'S OCEANS

Tuesdays, 11:30 am-12:30 pm, March 2-April 20

For thousands of centuries, humans lived near the ocean, wandered right up to its edge, and turned back to the relative safety of the known land. What creatures could be living in the unknowable darkness, the bottomless depths? Marine life is even more otherworldly and fantastical than we ever imagined, and **Life in the World's Oceans** brings you face to face with these exciting creatures. The Great Courses has partnered with the Smithsonian to produce a vivid exploration of life in this fascinating space—the environment that accounts for 99 % of Earth's habitable space. Professor Sean K. Todd of the College of the Atlantic—and one of the world's leading marine biologists—shares the latest research from the field's most fascinating areas of study, as well as the Smithsonian's own cutting-edge research work around the world, including the Great Barrier Reef.



COFFEE AND CURRENT EVENTS

Friday, March 26, 10:00-11:30 am

Pre-registration required one week in advance; link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board.

ASK AN ATTORNEY...BY PHONE

Wednesday, March 17 and April 28 : Call the Center for Appointment

Appointments at 10:00 am, 10:20 am & 10:40 am

Private appointments will be scheduled every twenty minutes. Ask your legal questions to an experienced elder law attorney. Schedule subject to change. Call the Center at 508-647-6540 to make a free appointment.

PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, March 16 & April 20: Call the Center for Appointment

Podiatrist appointments are back! Appointments are slotted in 15 minute time slots, with the room thoroughly disinfected between appointments. Appointment and wearing of masks during appointment required, call 508-647-6540 and our front desk staff will make an appointment. Appointment fee is \$45, cash or check.

NATICK CONNECTOR

The Natick Connector vans provide door-to-door transportation Mondays through Fridays (8:45 AM to 3:30 PM) for Natick seniors and residents of all ages with disabilities. The service, which is run by the Natick Community-Senior Center, travels to Natick, Framingham, Sherborn, Wellesley and Wayland, as well as Market Basket in Ashland and the Newton-Wellesley Hospital. Call the MWRTA at 508-820-4650 to create an account or schedule a ride (2 business days advanced notice is required). Currently, all riders must wear a face mask over their mouth and nose. Thank you for your cooperation.



TRANSPORTATION UPDATE

To meet the needs of our community, we are providing transportation for Natick seniors by cab. While the number of rides we will be able to provide is limited, rides to medical appointments only outside of the Metrowest area can be arranged. If you are interested, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.



LET'S TALK NATICK

Any adult should have a Health Care Proxy designated in case of medical emergency. A HCP is the person you choose to make medical decisions on your behalf if ever a time comes where you are not able to speak for yourself. Who do you trust to make those decisions? Do they know what you want them to know? Visit www.LetsTalkNatick.org for more information and a HCP form today! Any questions, reach out to LQuillen@natickma.org for guidance.

GRAB AND GO LUNCH

Our Grab & Go Lunch, which is run through BayPath Elder Services Nutrition Program, offers residents either a hot or cold lunch on Mondays, Tuesdays, Thursdays and Fridays. Reservations are required 2 business days in advance; call the



Center at 508-647-6540 for details, lunch options, and to reserve your lunch. Please be advised that the lunch option is subject to change. A suggested voluntary donation of \$3.00 is requested, but not required to receive your Grab & Go Meal. Volunteers will hand you a pre-ordered lunch as you drive up in your car! This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.

PARKING PERMITS FOR 2021

Pre-registration required; call the Center at 508-647-6540 and speak to our front desk staff. Permits can be picked up at the Center on Tuesdays & Thursdays from 12:00-3:00. Natick residents must be age 65 years or older. Permits cost \$3, cash (small bills, please), check or credit card. Residents will be met at the front door; please bring your MA license or other photo ID and payment. Residents will have to wait outside until the procedure is completed.



VETERAN'S SERVICES

If you have questions about Veterans' services, please reach out to Paul, Natick's Veterans' Agent, who can help you with a variety of services and programs. Paul Carew, Director, Veterans' Services Natick, 508-647-6545



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COA BOARD

With the COVID-19 vaccination process underway and spring around the corner, the future is looking a little brighter for our community, our state, and our nation. For those of you have not yet received a vaccination, the town has a "Notify Me" list for Natick residents interested in learning about upcoming Vaccine Clinics offered by the town's Board of Health. To sign up for this list, please visit <https://www.natickma.gov/list.aspx?ListID=460>. In other news related to the pandemic, a recent study by the Center for Retirement Research at Boston College (where I have my day job) finds that, surprisingly, the impacts of the recession on retirement security have not been as bad as expected. First, the downturn is projected to have only a relatively small effect on the finances of the Social Security program, which serves as a vital source of dependable income for seniors. Second, the recession has also had only modest effects on workers' 401(k) plans, as the stock market has recovered and most employers have maintained their matching contributions. Finally, while many workers have been hit by unemployment, older workers have not been hurt disproportionately compared to younger workers. While we still face a major retirement challenge, these findings suggest some reason for optimism. ~**Andy Eschtruth, Chair**



COA Officers & Board Members

Chair: Andrew Eschtruth

Vice Chair: Judy Sabol

Secretary: Connie Pitt

Board Members: Elaina Danahy, Harriet Merkowitz, Karen Oakley, Susan Peters, Mal Sockol, Rick Subber

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The Board meets the 2nd Monday of each month via Zoom at 7:00 pm.

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HUMAN SERVICES

METROWEST LEGAL SERVICES

The MetroWest Legal Services Senior Citizens Legal Project provides assistance to people 60 and over with:

- ◆ Preparation of Durable Powers of Attorney, Health Care Proxies, Simple Wills
- ◆ Social security, SSI, Unemployment, MassHealth, Department of Transitional Assistance Benefits
- ◆ Divorces, for those unable to afford private counsel; Restraining Orders
- ◆ Bankruptcies, Consumer Rights Issues

MetroWest Legal Services can be reached at 508-620-1830 for an intake.

TIPS FROM SHINE

- * Did you know that if you have a Medicare Advantage (MA) plan and want to change, you can? You have until March 31 to change to another MA plan or back to Medicare A & B with a drug plan.
- * Did you know that in 2021 more people qualify for help to pay for Medicare B and more through the Medicare Savings Program? If your individual income is under \$1,755/ month and assets under \$15,940 you may qualify. Talk to a SHINE counselor for more information.
- * And lastly, the COVID vaccine is free. Insurance information may be asked for by those administering the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to your local police department. To find out more about when and where you can get vaccinated, visit www.mass.gov/covidvaccinephases
- * Everyone in Phase 1 and individuals 75+ can get the COVID-19 vaccine. The vaccine is safe, effective, and free. Due to high demand and limited supply, it may take several weeks to get an appointment.
- * SHINE counselors can help with your health insurance questions or concerns, call the CSC at 508-647-6540.

SMART 911

If you would like to receive important messages and emergency alert notifications from the Natick Police and Emergency Management Team, you can register using the link below. If you do not have access to a computer, please contact Marylee Watkins at 508-647-9510, ext. 2625 to sign up.

<https://www.smart911.com/smart911/registration/>

Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits allow you to purchase healthy food while stretching your grocery budget. If approved for SNAP benefits you will receive monthly funds to purchase foods that meet your dietary needs and preferences; automatic enrollment in the Healthy Incentives Program (HIP), which gives you back \$1 for each dollar spent on eligible fruits and vegetables purchased from a HIP vendor, up to a monthly maximum. At the Natick Winter Farmers Market located at the Common Street Spiritual Center, there are 2 local farms that are authorized SNAP/HIP vendors.

Eligibility for SNAP is based on income, household size and certain expenses. Please call Debbie Budd at 508-647-6540, ext. 1906 to complete an application or for more information on how our Human Services Department can offer assistance to you.



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MARCH TRIVIA QUESTION

Which series had the characters Felix Unger and Oscar Madison? Answer: The Odd Couple

January's trivia question winner was Dan Bartone with the answer—Casablanca.


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Visiting Angels has been providing compassionate and skilled non-medical home care for families in Natick for over 16 years.

617-795-2727
 Call for a Free In-Home Consultation

Explore our award-winning services at VisitingAngels.com/Newton

LET US *carry*
 YOUR MESSAGE
 TO THE *Senior*
 Community

DON'T SHOP. AD. PAW. PT.

This spring, discover the exceptional lifestyle at One Wingate Way.



Meet Stella

Come join us for a Spring Retreat! With spacious apartments and stunning common areas for dining, socializing and wellness activities, you'll find everything you need and want for a luxurious — and safe — getaway. **One Wingate Way has completed both rounds of the COVID-19 vaccine!**

Stella's To-Do's

- Wake up for a Sunday morning yoga class followed by gourmet brunch
- Take a chauffeured ride for errands
- Aqua class in the heated saltwater pool
- Fitness session with personal trainer
- Three course dinner or room service
- Deluxe movie theatre with popcorn & candy

Call One Wingate Way today at 781.423.3134 to schedule your private tour and complimentary lunch.

NEW!
Slimline Rail
for curved stairs

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Enjoy the full use of your home and live independently in comfort and safety!

- For Curved & Straight Stairs
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Stay in the Home You Love!

At Stannah, we've designed chairs that fold up neatly at the push of a button, and recharge themselves constantly for reliable service. For stairs that turn, we have a customizable duo-tube design for the snuggest fit or a single tube design for most curved staircases.

*When purchased directly from Stannah Stairlifts. Guarantee excludes rentals & previous purchases.

Stannah

Mention Safe At Home & SAVE \$200*

*Only one discount per person. Can only be applied to a new stairlift purchased directly from Stannah Stairlift.

For friendly advice, a free survey of your stairs, and no-obligation pricing call:

1-888-356-3130

Visit our showroom for a demo:

**20 Liberty Way, Ste A
Franklin, MA 02038**

For more Stannah stairlift info visit:
Stannah-Stairlifts.com/Safe-At-Home

NATICK COUNCIL ON AGING

117 East Central St.
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

w: <https://www.natickma.gov/626/Council-on-Aging-Human-Services>

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COMMUNITY-SENIOR CENTER HOURS

At the time of publication, the Center was closed to the public, but you can still reach us at:

508-647-6540

Monday through Thursday: 8:30 am–5:00 pm

Friday: 8:30am–12:30 pm

Are you a Natick resident who needs information on how to access some important information on vaccine clinics or how to receive emergency information? Go to:

- ◆ **Vaccine Updates-** <https://www.natickma.gov/1691/Coronavirus-Information>
- ◆ **Sign up for the Vaccine Update E-Mail or Text Message Notification on when and where vaccines are available-** <https://www.natickma.gov/list.aspx?ListID=460>
- ◆ **Subscribe to the Smart 911 Natick Emergency call list:** <https://www.smart911.com/smart911/registration/registrationLanding.action>