



Acton Senior Bulletin



April 2010

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Acton Food Pantry Drive

Each week the Acton Food Pantry serves over 200 families from Acton and surrounding towns. Every year, as we ease into better weather, the food drives slow down and pantry donations drop off precipitously. The Council on Aging will be collecting donations with a **Kick-off drive on April 21st** at the Minuteman Senior Services Special Spring Lunch. Each month we will focus on a different food item starting in April with canned fruit or 100% juice products. If we have 50 people at the lunch we could donate 50 items it could help 50+ people using the pantry. The more we get the more we can help. The collection box will be located in the dining room. Watch the newsletter for our monthly drive focus. Please help us to take small steps toward eradicating hunger.

Live Jazz Performance - John Clark and Henry Francis Duo

Tuesday, April 6th, 1:00-2:00

Many of you will remember John and Henry's lively, toe tapping performance at the Senior Center in 2008 and John's Jazz lectures as well. John plays clarinet and saxophone and Henry is a stride pianist. The duo performs music from "The Great American Songbook," with a focus on the period of early jazz to swing.

Meet Liz Jewell

It is a pleasure to join the Acton COA as your Health and Wellness Coordinator. This part-time position is made possible through a formula grant from the Executive Office of Elder Affairs. My goal is to assist your wonderful COA staff in organizing some new programs and activities to promote the best mental and physical health possible. In early May, I look forward to offering a *Matter of Balance*, an 8-week program designed to prevent falls and increase activity-levels. Please also look for the "The Wellness Watch" monthly bulletin in the senior center entrance for health related articles that I hope you will find of interest. I have enjoyed meeting many of you and I hope to meet more of you soon. Please stop by and say hello, or leave a note for me in the COA office with any of your ideas for new health and wellness programs! *Liz Jewell*

► Honoring Diversity Celebration

Wednesday, April 28th, 6:30-8:00 p.m.

Come join the celebration as the "Honoring Diversity" initiative comes to a close! There will be a dessert reception from 6:30-7, followed by an hour of Chinese, Eastern European and Indian musical and dancing performances. This event is free to the public; reservations requested but not required. This celebration is funded by the Anne Norsworthy Music Initiative and a United Way grant secured by the Friends of the Acton COA.



Look for globe symbol indicating programs and activities from the "Honoring Diversity" series.

Registration for all classes/programs begins in person or by phone Monday, April 5th at 1:00.

The COA will be closed on Monday, April 19th for Patriot's Day.



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CLASSES/WORKSHOPS

FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 5th at 1:00

► **Beginner Line Dancing Class**



Fridays, April 2nd through May 21st, 10:00-12:00

Line dancing is a fun way to exercise, with the added bonus that no partner is needed. You'll learn the Elvira and Boot Scootin Boogie, among others. Now you won't have to sit on the sidelines and watch other people line dancing at weddings! Instructors Mike and Elaine Eannuzzo have been teaching line dancing for 13 years and make their classes lots of fun. Each week they'll teach two new dances and review those taught previously. Call soon as registration for this program began in March.

► **Advanced Beginners Bridge Class with Electra Coumou**

Wednesdays, April 7th through May 12th, 2:30-4:30

This class is for players with some bridge experience, but who are still fine-tuning their knowledge. Emphasis is on playing the hand. Each week a lesson will be presented, followed by playing time. This program is open to out-of-towners for a fee of \$25. Call soon as registration for this program began in March. Drop-in bridge will continue to meet on Mondays for more advanced players!

► **Pastel Art Workshop with Catherine Meeks**

Mondays, April 12th through June 7th, 9:30-11:00 (No class on April 19th, May 24th and 31st)

Acton artist Catherine Meeks will teach this six-week pastel class, which will include a weekly demonstration. Pastels offer the color of painting combined with the immediacy of drawing to create rich and colorful works of art. Catherine has taught at various locations, including through AB Community Ed. You can see her work at Café Ziba through April 30th. Please pick up a copy of the materials list in the COA office. Students are required to bring a desk top easel each week, as using pastels on a flat surface will increase the chances of the dust being blown about and inhaled. Simple A-frame easels can be purchased at craft stores or on-line for \$14 and up.

► **Watercolor Studio Workshop with Cynthia Durost**

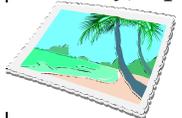
Wednesdays, April 14th through June 16th, 9:00-10:30

Join our watercolor studio workshop and be inspired. Explore landscapes and still life, work on new or old projects, and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome! A supplies list is available in the COA office.

► **Digital Photography Class**

Thursday, April 15th, 12:00-1:30 or

Tuesday, April 20th, 10:00-11:30



What are you going to do with your photos now that you've taken them? We will learn how to transfer photos to the computer. We'll also use basic photos editing software. Class is limited to 4 students; Windows machine users only. Bring your camera, memory card, manual and cable to class.

► **Individual Computer Instruction**

Beginning the week of April 26th through the end of May

One-on-one computer classes are available to all levels of PC users. There will be four, one hour classes for you to work with your teacher on your particular computer needs and interests. All students must fill out a registration form available at the COA office. Registration deadline is Friday, April 16th. Space is limited so don't delay.

► **Introduction to Duplicate Bridge with Neville Harris**

Mondays, April 26th through May 17th, 10:00-12:00

This simple guide to duplicate bridge is designed for those who are familiar with contract bridge but who have not tried duplicate. It is intended for players who like a sociable, relaxed game. Advantages of duplicate are that you play with everyone in rotation and see how others have played the hands you also played. Winning does not depend on getting good cards. No prior knowledge of duplicate is needed. A minimum of 9 people is required to run this class. *Note: Bridge players may continue to meet for drop-in bridge during the lessons.*

► **Indicates that you must register in advance!**

CLASSES/WORKSHOPS (Continued)

FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 5th at 1:00

► **Matter of Balance/Managing Concerns about Falls**

Tuesdays, May 4th through June 29th, 12:30-2:30 (No class June 22nd)



Have you cut down on a favorite activity because you might fall? Have you turned down a chance to go out because you were concerned about falling? If so, this program is for you. Participants will set realistic goals to increase activity, reduce fall risk factors, and learn simple exercises to increase strength and balance. The classes are a combination of group discussion, problem solving, videotapes, exercise training and sharing of practical solutions. Acton COA Health and Wellness Coordinator Liz Jewell and Healthy Aging Coordinator at Minuteman Senior Services Peg Mikkola will co-facilitate the classes. A Matter of Balance is an award-winning program designed by Maine Health's Partnership for Healthy Aging. Call the COA office to register.

► **Indicates that you must register in advance!**

DINING OPPORTUNITIES

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed. The free birthday lunches are paid for by the Friends of the COA.

- **Chinese Lunch: Thursday, April 8th** Featuring restaurant prepared Chinese food. You may make a reservation beginning March 30th by calling the dining room (978-263-5053)--specify if you would prefer the regular Minuteman meal selection. This **free** meal is funded by a grant from the A-B United Way, secured by the Friends of the Acton COA, as part of the "Honoring Diversity" initiative. At 11:15 artist Sharon Wu will give a Chinese brush painting demonstration so come early! See page 6 for information on the film being shown after lunch. Reservations for this meal required by Tuesday, April 6th at 11:00.



- **April Birthday Lunch: Wednesday, April 14th**

- **Special Spring Lunch: Wednesday, April 21st**

- **Mother's Day Lunch: Wednesday, May 5th** See page 4 for details on the musical performance after lunch.

► **Men's and Ladies' "Eastern European" Breakfast**

Friday, April 16th, 9:00-10:00



As part of the "Honoring Diversity" initiative, this month's breakfast will have an Eastern European flavor. Please call the COA by Wednesday, April 14th for a reservation. There is no charge for breakfast, thanks to the Friends of the COA securing a United Way grant. At 9:30 Macy DeLong, Executive Director of English at Large, will speak about English tutoring and volunteering opportunities.

► **Indicates that you must register in advance!**

VOLUNTEERING

Drivers Wanted

The COA is recruiting volunteer drivers to transport seniors to supplement what the COA van or the LTRA Road Runner van can offer. For more information call Carol Steiner at 978-264-9643 or email csteiner@acton-ma.gov.

Friendly Visitor Meeting

Tuesday, April 20th, 1:00-2:00, in the COA conference room

All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. If you are interested in becoming a Friendly Visitor, please call Carol Steiner at the COA.

COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, newsletter mailing and more. Call Carol Steiner at 978-264-9643 to explore your interests.

UPCOMING PROGRAM HIGHLIGHTS

FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 5th at 1:00

► **Resilience: Increase Happiness, Well-Being and Buffer Yourself from Stress**

Tuesday, April 13th, 1:00-2:30

Come join Sarah Reiff-Hekking, Ph.D., of True Focus Coaching, for this interactive discussion about how you can increase your ability to bounce back from stressful experiences. You will learn scientifically proven strategies to increase optimism, happiness and your resilience to life's difficulties. Dr. Reiff-Hekking is a Life and Wellness Coach and Clinical Psychologist whose practice is based in Acton.

► **“Conversations - Life Stories” Seminar**

Thursday, April 15th, 1:00-2:00

This month's topic for discussion is: *travel experiences*. This seminar provides an outlet for discussing personal experiences on a variety of subjects to be determined by the participants. Topic possibilities are war experiences and the value of military life, life in retirement, sports, entertainment, race/ethnic relations, and the lasting effects of professional careers. Acton resident Sal Lopes will facilitate, but the expectation is that participants will suggest topics and help to lead discussions. Our first “conversation” was interesting, animated and thought-provoking!

► **Ask the Lawyer**

Wednesday, April 21st, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers free 20 minute private legal consultations.

► **Gardening Is for the Birds... and the Rest of Us!**

Tuesday, April 27th, 1:00-2:30



Through a colorful slide presentation, we'll learn how to bring birds into the garden with ornamental native plants -berries and seeds for food, evergreens for cover, and insect-attracting blooming plants. We'll view plants that are beautiful year-round, particularly those that feed birds during migrations and winter scarcity. Stay around after the program for refreshments and a discussion. We want your ideas about starting a "Beautiful Garden of Life" group and gardening activities at the Senior Center. Presenter Dori Smith, M.Ed., is a landscape designer, photographer and nature lover from Acton.

► **ABRHS Senior Class Community Service Day – Spring Raking Opportunity**

Friday, April 30th, various times during the day

Every spring the graduating class spreads out over the town for community service projects. If you would like help with spring raking, please call the COA beginning Monday, April 5th at 1:00. **Requests will be filled on a first come first served basis.** Students will bring their own equipment whenever possible. All equipment loaned to the students is the homeowner's responsibility. A responsible adult must be home the day of the raking. Yard debris **cannot be removed** but can be bagged (provided by the homeowner), piled, or raked to a designated area.

Concord Senior Shakers Performance

Wednesday, May 5th, 1:00-1:45

The Senior Shakers of the Concord Council on Aging, a group of tambourine players, will entertain us after the Mother's Day lunch. This fun, uplifting group has performed in many venues, including the Tonight Show with Jay Leno! Make sure to call the dining room (978-263-5053) if you are coming for lunch.

► **“Laugh Yourself Healthy”**

Thursday, May 6th, 12:30-1:30



Did you know that children laugh 300 to 400 times a day while adults on average only laugh 17 times? Come learn about the physical and psychological benefits of humor under the gentle guidance of Stephanie Isabel, community educator at Affinity Hospice. Stephanie will share with us useful tips to live a more humorous lifestyle. Join us for this fun and informative presentation – and don't forget to bring a good joke to share! Laughs provided free of charge!

► **Indicates that you must register in advance!**

TRIPS

► Parker's Maple Barn Breakfast and Sugar House Tour

Wednesday, April 7th, leave Nagog Office Park at 10:15 a.m.



Enjoy a homemade breakfast for lunch at Parker's Maple Barn in Mason, New Hampshire, and a tour of the 19th century Sugar House to view how maple syrup is made. There will be time to shop in the Corn Cob Gift Shop. Our bus does not have a restroom. *Trip is currently full. Please call for the waitlist.*

Depart: 10:15 a.m., Nagog Office Park (directions in "Trip Policies"); approx. return time is 2:15.

Cost: \$35 Includes meal, tour, mini-coach bus transportation, all gratuities.

► Currier Museum of Art Watercolor Exhibit

Thursday, May 20th, 10:45

**CURRIER
MUSEUM
of ART**

View the special exhibit "From Homer to Hopper: American Watercolor Masterworks" which ends in early June. The exhibit includes early American watercolor art through the growth of its popularity in the late 19th century and into the 21st century. The museum's permanent collection features about 13,000 European and American paintings, decorative arts, photographs and sculpture, including works by Picasso, Monet, O'Keeffe, and Wyeth. We will have lunch when we

arrive at the museum (sandwich, side dish, chips, dessert, beverage), followed by a docent-led tour of the watercolor exhibit and highlights of the permanent collection. When registering, please indicate your choice of roast beef sandwich, chicken Caesar wrap or garden salad with grilled chicken.

Depart: 10:45 a.m., Nagog Office Park; Approximate return time: 4:00

Cost: \$50, due May 3rd, includes coach bus transportation (rest room on board), museum admission and tour, luncheon, all gratuities.

► Trip to Flag Hill Winery and Three Chimneys Inn

Wednesday, June 9th, 8:30



Enjoy a day in the picturesque seacoast region of New Hampshire! Our first stop will be Flag Hill Winery and Distillery in Lee, New Hampshire, where there will be a wine tasting (6-7 wines), a tour of the winery/distillery and a visit to the winery store. Flag Hill produces various types of wines including grape, fruit, dessert wines, port and also distills vodka and Sugar Maple Liqueur. Next, we'll head to the historic Three Chimneys Inn, overlooking Oyster River in Durham. The Inn, built

in 1649, has been featured on Phantom Gourmet, New Hampshire Chronicle and in Yankee Magazine. A luncheon buffet will include salad, seafood Newburg in a pastry cup, Shepherd's pie, seasonal cobbler for dessert, and coffee, tea and soda.

Depart: 8:30 a.m., Nagog Office Park. Approximate return time: 4:00.

Cost: \$50, due May 6th, includes coach bus transportation (w/rest room), winery tour & tasting, lunch, gratuities.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. If payment is not received in time, we will attempt to contact you before your name is removed from the registration list. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. For multiple trips, please make separate checks for each.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Nagog Park Drive all the way to the end to the cul de sac (just under one mile) and park in the last lot on the right.
5. Please call Jean Fleming at 978-264-9643 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► **Indicates that you must sign up in advance!**

Smoke Detector Batteries Now that you've changed your clock for daylight savings time be sure to change your batteries in your smoke alarms.

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:30pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. For van reservations call weekdays 978-264-9643 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

LRTA Road Runner Van now offers rides Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner is offering rides to the Market Basket in Westford on Fridays. There is a 3 bag limit on groceries and the ride must be scheduled at least 2 days ahead of time. Please call them for more details on the grocery shopping trip. For all Road Runner services you *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA, on our van or by calling the LRTA at 1-800-589-5782.



LRTA Road Runner Van Service to Bedford/Burlington/Boston

On Wednesdays, the Road Runner Service makes a trip to the VA hospital in Bedford, the Lahey Clinic in Burlington and to Boston area hospitals. Reservations must be made at least two days in advance. The round trip cost to Lahey/Bedford VA is \$12.50 and Boston is \$25. Pick ups for these trips are between 8-9am with a return from Boston beginning at 1:30pm. All riders must be registered with Road Runner prior to transportation arrangements being made. To register call 978-459-0152 or visit www.lrta.com and click on the Paratransit tab.

SENIOR CINEMA

Movies

Due to the closing of local video stores, it may occasionally be necessary to substitute a different movie. You may call the office to confirm the selection on movie days.

Friday, April 2nd, "The Time Traveler's Wife," 12:30-2:20 (2009, PG-13) – Romantic fantasy based on the best-selling book by Audrey Niffenegger. A librarian (Eric Bana) suffers from a rare genetic anomaly that causes him to live his life on a shifting timeline, skipping back and forth through his lifespan. Despite the fact that they are apart often and without warning, Clare (Rachel McAdams) tries to build a life with the man she's loved since childhood.



Thursday, April 8th, 12:45- 2:15, "The Road Home," (2000, G), Subtitles – Heart warming story of the enduring love between a man and woman in rural China. *Note the later start time due to the Chinese lunch.*

Friday, April 16th, 12:30-2:20, "Up in the Air," (2009, R for language, sexual content) George Clooney stars as a corporate downsizing expert whose cherished life on the road is threatened when he meets the woman of his dreams. This film received multiple Oscar nominations including Best Picture, Lead Actor (Clooney), Director, Writing, and Actress in a Supporting Role (Vera Farmiga and Anna Kendrick).

Friday, April 30th, 12:30-2:20, "Coco Before Chanel," (2009, PG-13), Subtitles – The story of Gabrielle "Coco" Chanel (Audrey Tautou), raised in an orphanage after the death of her mother and takes an extraordinary journey to become the legendary couturier who embodied the modern woman and became a timeless symbol of success, freedom and style. Oscar nomination for Best Costumes.

Friday, May 7th, 12:30-2:05 "An Education," (2009, PG-13) -- A coming-of-age story about a teenage girl (Carey Mulligan) in 1960s suburban London and how her life changes with the arrival of a playboy nearly twice her age (Jude Law). Oscar nominations for Best Actress (Mulligan), Best Picture and Writing.

Jazz Series on DVD Available to Borrow

The Ken Burns 10-part *Jazz* series on DVD is available to borrow from the COA to watch at home. Other DVDs available to borrow include: *John Adams* mini-series, *Planet Earth* series, *Gardens of the World*, and *How to Read and Understand Poetry* (VHS). Drop by the office to borrow or call first about availability.

Medicare Scam, Schemes and Con Games Warning

NEVER provide data such as social security numbers, Medicare or other health insurance numbers, dates of birth, bank account information, and similar information to anyone unless you are absolutely certain of who is making the request. Be very wary about responding to someone seeking identifying information if you did not initiate the telephone call, e-mail, written correspondence or conversation.

...to the Acton Lions Club for the annual St. Patrick's Day luncheon! Almost 100 Acton and Boxborough seniors braved the rain to enjoy a traditional corned beef meal with all the fixings and a wonderful Irish dancing show. We are always so grateful for the generosity of the Lions Club members and the energy they bring to the Senior Center through this festive luncheon! If you wish to send a personal note of thanks, the Lions Club mailing address is PO Box 2391, Acton, MA,
 ...to Bob and Marian Evans for their time and expertise helping Acton seniors file their tax returns.
 ...to everyone who contributed at the Minuteman Nutrition Program fundraiser. A good time was had by all!

EXERCISE

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in any COA exercise program must sign a waiver of liability.

► ***New* Chair Yoga Class with Anu Patolowala**

Mondays, April 12th through June 14th, 2:15-3:00 (No class on April 19th and May 31st)

This gentle form of exercise works the joints and muscles to increase flexibility, strength, balance, and circulation. Yoga differs from some other forms of exercise in that it encourages quiet reflection, proper breathing and better posture. Most of the class will take place sitting in a chair, but some movements will be in a standing position, using a chair for support if needed. Anu Patolowala is a certified yoga instructor who has received training in India and the U.S. and has significant experience teaching seniors. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations. A \$10 donation for the series is suggested.



► **Acton Striders Walking Group**

If you are interested in joining this once-a-week walking group, please call to have your name put on the Striders list. Participation in this group has waned over the last year, so we would like to know if there is enough interest to continue. We have tried different days, times, walking distances, and locations, so when you call please let us know your suggestions for what would make this group appeal to your needs.

Exercise Cancellation Policy: If exercise is canceled we will show an exercise DVD instead of calling.

If you are going to miss more than three weeks of Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list. Please only sign up for a class that is held twice a week if you can regularly attend both days.

► **"Stretch and Flex" with Terri Zaborowski**

Class is full. Please call about the waitlist.

Mondays, through June 14th, 8:30-9:30 (No class on April 19th & May 31st)

► **"Senior Cardio-Flex" with Terri Zaborowski**

Class is full. Please call about the waitlist.

*Tuesdays and Thursdays, through June 17th, 8:30-9:30
 or Wednesdays and Fridays, through June 18th, 8:30-9:30*

Class is full. Please call about the waitlist.

► **"Senior Stretch, Flex, Tone and Cardio" with Terri**

Class is full. Please call about the waitlist.

Tuesdays and Thursdays, through June 17th, 9:45-10:45

► **Tai Chi for Beginners with Ray Caisse of the Taoist Tai Chi Society**

Tuesdays, through June 1st, 11:00-12:00

This class began learning the 108 movements last fall, so only people with some Tai Chi experience can join. Please call the COA for more information.

► **Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**

Thursdays, through June 17th, 11:00-12:00

This class is only open to new people with significant Tai Chi experience. Call the COA for more information.

► **Indicates that you must register in advance!**

Durable Medical Equipment Available to Loan: If you know what you need, (walkers, canes etc.) give us a call. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional recommends that you need something, please ask us. It's best to call Mary Lou weekday afternoons (except Wednesdays) and give her a couple of days to gather the equipment.

ONGOING ACTIVITIES

► **Masters of Enterprise with Professor Gary Hylander**

Thursdays, April 1st, 22nd, 29th, 1:00-2:00

This four-part series continues with lectures on John D. Rockefeller, Henry Ford, and Sears & Roebuck. Presented by Dr. Gary Hylander, a Professor of History at Stonehill College, who has lectured here on famous trials and 19th century elections. His programs are informative and entertaining! Call soon as registration began in March.

April 1st - Known as the “Prince of Oil,” **Rockefeller** emerges as one of the giants of American industry. A ruthless competitor, Rockefeller’s Standard Oil Company came to control over 90% of the nation’s petroleum production and dominated the markets of the world. With the invention of the automobile, Rockefeller’s business grew in ways which even he had never imagined.

April 22nd - “I will build a motor car for the multitude,” boasted **Henry Ford**. And he did. By means of mass production, the assembly line and enormous economies of scale, Ford produced, at his River Rouge complex, one Model T every minute of the workday. By 1920, one of every two motor vehicles in the world was a Ford.

April 29th - Issued in the late 19th century and weighing nearly four pounds, the Sears Roebuck catalog revolutionized the mail-order business. The catalog, called the “Wish Book,” connected rural America with an emerging urban industrial nation. Learn how **Mr. Sears** and **Mr. Roebuck** transformed a small retail business into the world’s largest merchandising corporation.

This series is offered in partnership with Sage Educational Services and funded by the Friends of the Acton COA.

► **Watercolor with Sue Nordhausen**

Tuesdays, through April 20th, 1:30-3:00 (Class is full. Call to be placed on the waitlist.)

► **Early Music Recorder Ensemble with Jennifer Barron Southcott**

Thursdays, through May 13th, 3:00-4:00

 Learn to play Renaissance and Baroque music, in duets, trios and quartets on the recorder. Large-print music will be provided. If you do not own a recorder, please call Chris at the COA office before you purchase one as we may have a donated recorder for you to use. Jennifer Barron Southcott has taught recorder ensembles for over 25 years and led a session of this ensemble at the Senior Center last fall. New members are most welcome - no experience necessary! *This program is funded by the Anne Norsworthy Music Initiative.* Class began in March. Please call about availability.

Wii Games - Lessons and Free Play

Fridays, April 9th and 23rd, 12:00-1:30 or any time the living room is available

Wii games can give you a low-impact workout while having fun. Choose from a variety of games and activities. Ask in the office for a lesson if you need one on how to play Wii tennis, bowling, golf or the new Wii Play.

► **Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

Fridays, April 16th, 2:30-3:45

Enjoy a wonderfully relaxing chair massage at the Senior Center. Massages vary depending on individual needs, but often include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long- or short-sleeved t-shirt to make the massage most effective. Make sure to jot an appointment down on your calendar as we aren’t always able to make reminder calls! **Please call the COA if you must cancel an appointment.**

“The Bookies”

Monday, April 26th, 1:00-2:00

The April book club selection is *Double Bind* by Chris Bohjalian, a spellbinding literary thriller, rich with complex and compelling characters, including Jay Gatsby and Daisy Buchanan. Reserved copies of the book are available at the Memorial Library, including a large-print edition. Books can be sent to the West Acton Citizen’s Library upon request, if that location is more convenient. You can attend the lively discussion even if you don’t read the book!

► **Indicates that you must sign up in advance!**

ONGOING ACTIVITIES (Continued)

► **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:00-3:00

For questions regarding health insurance or prescription coverage call the COA office 978-264-9643 for an appt.

Computer Club

Friday, April 2nd, 16th and 30th, 10:00-11:30

Wednesdays, April 7th and 21st, 1:30-3:00

Please see the Monthly Calendar on page 11 for days and times of the following groups and clubs:

Drop-in Pool

Drop-in Watercolor

Poker

Drop-in One-Stroke

Genealogy

Tile & Board Games

Drop-in Bridge

Wii Gaming

Drop-in Ping Pong – (check with the

Knit/Crochet Group

Quilters

office about available times to play)

► **Indicates that you must sign up in advance!**

OUTREACH & SUPPORT SERVICES

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-264-9643 for a confidential chat.

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance

Need help paying your heating bill? Applications for 2009/10 fuel assistance are being taken through April 30, 2010. See below to check if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

Household size *Maximum gross income* (Call for income guidelines for larger families)

1 \$ 29, 126

2 \$ 38, 087

Emergency Fuel Assistance Fund managed by The Friends of the COA; contact Jean Fleming at the COA.



Handyman Program: The Acton Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. Call the COA to make a request.

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten their day or know someone who would enjoy visits, call Carol Steiner at the COA at 978-264-9643.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

Home Care Services: The Acton area has many good private agency and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

Healthy Smiles: Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

AROUND TOWN...AND BEYOND

30th Annual Senior Conference

Thursday, April 22nd, 9:00-3:00, at the *Assabet Valley Regional Technical High School in Marlborough*
Senator Eldridge is once again hosting the Senior Conference. The free conference offers the opportunity to attend workshops, visit informational tables, obtain health screenings, enjoy lunch, entertainment and have a chance to win a door prize. Coffee and donuts will be served in the morning and a catered hot lunch will begin at 11:30.

From the Town Clerk's Office Questions: contact clerk@acton-ma.gov or call 978-264-9615

Annual Town Meeting: *Begins Monday, April 5th at 7:00pm in the ABRHS Auditorium*

Town of Acton Senior Work Program - Work at an hourly rate of \$10 for a maximum of \$750/fiscal year. For more information call the Human Resources department at 978-264-9603.

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 1st at the DPW Garage, 14 Forest Road, 9:00-11:30

A list of acceptable items (including now medical waste) is available at the Health Department Office, Transfer Station and Acton Library. This collection is for Acton residents only and proof of residency is required. There is a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash or checks made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

Acton Recreation Department's Spring-Summer Bulletin offers a variety of bus trips, classes, free concerts, special events and general recreation. It is available on the Recreation Department webpage of the Town website: www.acton-ma.gov or you may obtain a copy at the Town Hall.

Emerson Hospital's Family Health and Wellness Expo

Saturday, May 1st, 9:00-1:30, free at Emerson Hospital

Free screenings, tours, cancer and general health information and conversations with health and wellness experts. Call 1-877-936-3776 for information and to register for certain screenings.

Acton Garden Club's Annual Plant Sale

Saturday, May 15th, 9:00-1:00 at the Acton Center Common. If you have plants in your garden to donate to the sale, the garden club will help you dig, if needed. Please contact Cathy Fochtman, 978-263-5806.

Indian Hill Music, 36 King Street, Littleton Visit www.indianhillmusic.org or 978-486-9524 for information.

Free Bach's Lunch Concert: *Thursday, April 15th, 11:00-12:00 and 1:30-2:30 - NOTE the new times*

Concord Players presents The Scarlet Pimpernel, 51 Walden Street, Concord

Thursday, April 22nd, 8:00PM Senior Dress rehearsal. Cost is \$5. For more, contact Joanne at jbhines@gmail.com.

Emerson Hospital's Fall Prevention Conference

Friday, May 7th, 10:00-1:00 at Holiday Inn on Rte. 111 in Boxborough

Health care professionals will explain how to prevent dangerous slips, trips and falls. Workshops offered on balance, medications, footwear, exercise, vision as well as evaluations and information booths. Lunch provided. Registration is required. For more information call 1-877-936-3776 or visit www.emersonhospital.org.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave

Thursdays, April 22nd, May 27th, June 24th, 12:00 -1:00

Donation suggested. Entertainment will follow the lunch. Reservations required. Call 978-263-5156.

DONATIONS WANTED

- ◆ Vinyl coated dumbbells for exercise class use, particularly 2, 3 and 4 pound sets. Please call the COA before dropping them off to be sure we still need them.
- ◆ Yarn, acrylic in particular, is always needed by our ever busy group of knitters and crocheters.
- ◆ April Food Pantry donations of canned fruit or 100% juice. See page 1 for details on the food drive.

HEALTH NEWS

Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – www.medicare.gov/HHCompare/Home.asp
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Support Groups

- **Alzheimer's Disease Caregivers support group** Life Care of Nashoba Valley, 1st Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Caregivers Support Network**, 1st Thursday of each month 3:30-5:30 at Littleton COA, for families, and loved ones of seniors. Contact Anne Marie Rowse, Senior Care Advisors, 978-456-3756, amrowse@sca-ma.com
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information. This is the support group leaders' phone number, please leave a message.
- **Still Parenting Mentally Ill Adult Children:** 6 sessions beginning April 6th, at Minuteman Senior Services. Call 781-221-7071 for information.
- **Middlesex County Support Groups Website:** www.caregiver.com/regionalresources/states/MA/support/middlesex.htm

Healthcare Websites

- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 for more information.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Help for Tough Times provides information for all ages: *2-1-1 Get Connected. Get Answers.* A Partnership of United Way and MAIRS; www.mass211.org

Road to Recovery -Free transportation by volunteers and information for cancer patients. Call 1-800-227-2345.

Used Fluorescent Light Bulbs for disposal are accepted at no charge by Acton Ace Hardware located at 210 Main Street during regular business hours.

Massachusetts Driver's License Renewals: The MA Registry of Motor Vehicles is no longer sending out



reminders to renew your driver's license. You are now responsible for keeping track of when it expires and then renew it on time. Please check the date and put on your calendar! The Registry has developed a free reminder system to notify you by phone, email or text message that your license is up for renewal. You can register at <https://secure.rmv.state.ma.us/rmvreminder/intro.aspx>.

The Office of Consumer Affairs offers information on a variety of consumer topics. Currently highlighted issues are home improvement contractors, insurance issues and foreclosure assistance. For more information about these topics plus how to manage credit and debt, identity theft visit www.mass.gov/consumer.



Executive Office of Elder Affairs Offers Help

Are you at least 60 and having a problem with your in-home caregiving services? Do you know someone who is? If so, call us at 1-800-AGE-INFO (1-800-243-4636). Press #5 to speak to an Intake Specialist.

Dial-a-Lawyer *Thursday, April 29th, 5:30pm-7:30pm (617) 338-0610* normal phone charges apply.

Free legal advice for veterans and families of veterans with questions involving employment, legal matters, family issues, landlord matters and questions involving access to benefits.



ACTON PUBLIC HEALTH NURSING SERVICE



One of the many functions of Acton Public Health Nursing Service is to assist Acton residents with in-home care. This service is best put in place before you head to the hospital for surgery or as you prepare to be discharged from a hospital stay. Please think about calling us in advance at **978-264-9653** so we can best assist you with your hospital to home transition.

Did you know the Acton Public Health Nursing Service...

- ✓ provides nursing services for post-hospital care and to ill town residents including assessment, medication teaching and wound care.
- ✓ provided nursing services for over 120 patients for an average of 65 days over the last 12 months.
- ✓ provided in-home physical and occupational therapy over the last 12 months to 40 patients who had joint replacement surgery.
- ✓ provided over 2,500 hours of personal care to patients recovering from serious illness.
- ✓ provides a safe and stress-free transition from hospital to home.
- ✓ works with Minuteman Senior Services to provide ongoing care to frail elders in the community.
- ✓ provides a nurse on call 24 hours a day for patient questions and needs and visits a large number of patients on weekends, evenings and holidays.
- ✓ is 1 of only 2 town-sponsored agencies who have a combined certified home care/public health nursing agency in Massachusetts!
- ✓ provides free care to Acton residents whose health insurance does not cover home healthcare. This resulted in over \$6,000 in free care in the past 18 months.
- ✓ contracts with over 20 separate insurance companies to provide nursing, physical, occupational and speech therapy, as well as medical, social services and home health aides.
- ✓ provided over 4,000 home visits last year.
- ✓ provided over 800 hours in Public Health Nursing services to Acton residents in the past year, including vaccinations, lead screening, communicable disease follow up and TB screening.
- ✓ provided 5,500 H1N1 and seasonal flu injections in 34 separate clinics and during office hours in the past 6 months.
- ✓ provided shingles vaccine, as well as tetanus and pneumonia injections, to over 100 adults in the past 12 months.
- ✓ **provided all of the above services to the Town of Acton since 1923 without use of your tax dollars!**

Remember the Acton Public Health Nursing Service is available when you need assistance.

Call Us First: Ask for Acton Public Health Nursing Services when you are discharged from the hospital. If you would like additional information on the Acton Public Nursing Service or on how you could support their initiatives please call us at **978-264-9653**.

Shingles Vaccine for Acton Residents 60 and Over

The Acton Public Health Nursing Service is offering Zoster (shingles) vaccines for \$20. For information call APHNS at 978-264-9653.

Rebates Offered on Old Appliances – April 22nd through May 5th Only

Starting on April 22nd, for two weeks only, you will be able get up to a \$250 rebate to replace your old refrigerator, dishwasher, clothes washer or freezer when you buy a new energy efficient model from a participating retailer. For more information on this program visit www.massave.com/residential or call 1-877-627-9721.

April	Mon	Tue	Wed	Thu	Fri	2010
				1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi Begins 1:00-2:00 Masters of Enterprise-Pt 2 3:00-4:00 Music Ensemble	2 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Line Dancing Begins 12:30-2:20 Movie 1:00-4:30 Poker	
5 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration Begins Town Meeting Begins	6 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Mexican Train only 1:00-2:00 Jazz Performance 1:30-3:00 Watercolor	7 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 10:15 Maple Barn Trip 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Adv. Bridge Begins	8 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:15-11:45 Chinese Painting Demo 11:45 Chinese Luncheon 12:45-2:15 Chinese Movie 3:00-4:00 Music Ensemble	9 8:30-9:30 Cardio Flex 10:00-12:00 Line Dancing 12:00-1:30 Wii Games 1:00-4:30 Poker 1:30-3:00 Genealogy		
12 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class Begins 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 2:15-3:00 Yoga Begins 3:45 COA Board Meeting	13 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Mah Jongg only 1:00-2:30 Resiliency Program 1:30-3:00 Watercolor	14 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Begins 10:00 Quilting 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Advanced Bridge	15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Inter. Tai Chi 12:00-1:30 Digital Photos 1:00-2:00 Life Stories 3:00-4:00 Music Ensemble	16 8:30-9:30 Cardio Flex 9:00 Eastern European Breakfast 10:00-11:30 Computer Club 10:00-12:00 Line Dancing 12:30-2:20 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
19 COA CLOSED Patriot's Day	20 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:30 Digital Photos 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00-2:00 Friendly Visitor Mtg. 1:30-3:00 Watercolor - last	21 Food Drive Kickoff 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit 11:45 Spring Lunch 1:00-3:00 Ask the Lawyer 1:30-3:00 Computer Club 1:00-3:00 Drop-in Pool 2:30-4:30 Advanced Bridge	22 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 Masters of Enterprise-Pt 3 3:00-4:00 Music Ensemble 9:00-3:00 Senior Conf. - Marlboro	23 8:30-9:30 Cardio Flex 10:00-12:00 Line Dancing 12:00-1:30 Wii Games 1:00-4:30 Poker 1:30-3:00 Genealogy		
26 8:30-9:30 Stretch/Flex 9:30-11:00 Pastel Class 10:00-12 Dupl. Bridge Begins 1:00-2:00 Bookies Book Club 1:00-3:00 SHINE 2:15-3:00 Yoga	27 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00-2:30 Gardening for Birds	28 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Advanced Bridge 6:30-8:00 Diversity Reception	29 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 Masters of Enterprise-Pt 4 3:00-4:00 Music Ensemble	30 Senior Class Raking 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-12:00 Line Dancing 12:30-2:20 Movie 1:00-4:30 Poker		May 1 Hazardous Waste Day

Rides to the Annual Town Meeting

To encourage participation and carpooling, we are asking anyone attending town meeting to consider giving a ride to your neighbor who either doesn't or would rather not drive. To help with that, the COA staff is taking names and phone numbers of seniors who would either like a ride or could offer one. So please call us at 978-264-9643 so we can connect people together if possible.

Don't Forget to Fill out Your U.S. Census

The Census counts everyone living in the United States. It takes only 10 minutes to complete and participation is required by law. In April census takers will be visiting homes that did not return the form by mail.



Multi-Cultural Art Exhibit

We are excited to present a multi-cultural art exhibit in the Senior Center living and dining rooms featuring artistic styles from around the globe. This unique, colorful show is part of the "Honoring Diversity" initiative. Many thanks to our artists: Gertrude Benjamin (Mary-Lou Chapski's mother), Alice Brunton, Sue Chase, Chris Flisher, Jacque Friedman, Kaye S. Glass, Pat Gunning, Daquan Liao, Sunanda Sahay and Sharon Wu. Call the COA office for viewing times.

FROM THE FRIENDS OF THE COA

We want to thank all of you who have contributed to our Annual Appeal and to remind others that it's not too late to make a donation! Proceeds from the Annual Appeal letter, which you received in the mail last December, are the main source of funding for the many classes and programs you enjoy here at the Senior Center at no cost to you. About 25% of the residents who participate in Senior Center programs have contributed to the Annual Appeal this year. We hope that more of you will feel you can make a contribution; any amount is welcome. Please drop off your donation at the Senior Center office or mail it directly to the Friends of the COA at PO Box 2006, Acton, MA 01720. Thank you so much!

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, April 13th, 8:20-11:00

Offered by the Acton Public Health Nursing Service, this provides services not covered by insurance. Dr. Sandra Weakland, DPM, provides evaluations and nail clipping. The \$25 fee may be waived in case of hardship. For an appointment call 978-264-9653. *Funded by the Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesday, April 13th and 27th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and answer any medication, nutritional, or health related questions. No appointment necessary.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coordinator
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assistant
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson	Sally Thompson
Stephen Baran	Paul Turner
Pat Ellis	Barbara Willson
Gena Manalan	

Acton COA Board will meet on Monday, April 12th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
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