



# Acton Senior Bulletin



February 2013

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

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](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

**Registration for all programs begins in person or by phone Monday, February 4<sup>th</sup> at 1:00.**

## ► Valentine's Day Performance by Broadway Duo Ben and Brad

*Thursday, February 14<sup>th</sup>, 1:00-2:00*

Join cabaret performers Ben Sears and Brad Conner as they perform favorite love songs by the Gershwins, Irving Berlin, Cole Porter and many more enjoyable tunes. Ben and Brad's shows are always fantastic--you are sure to enjoy this musical afternoon! *Ben Sears and Brad Conner have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. They are theatre historians, noted recording artists and performers. This program is offered in partnership with Sage Educational Services.*

## Chinese New Year Program

*Tuesday, February 12<sup>th</sup>, 1:00-2:00*

Learn about the history of this holiday and enjoy some cultural entertainment. If you'd like to have lunch before the program please see the information on page 4. Also, see page 8 for information on a Chinese movie.

## ► Staying in Balance, Preventing Falls

*Wednesday, February 20<sup>th</sup>, 10:45-11:45*



Falls are the leading cause of serious injuries in people over age 65. Common injuries from falls include fractures at the hip, spine or forearm. Understanding the causes of falls and the techniques to preserve your balance are the keys to prevention. Join Vivien Fiset, M.S., P.T., chief physical therapist at Emerson Hospital's Center for Sports Rehabilitation, for an interactive discussion on the causes of balance problems and fall prevention strategies. Ms. Fiset has over 30 years of outpatient experience and developed Emerson Hospital's *Better Balance* program.

## Shingles Program

*Wednesday, February 13<sup>th</sup>, 12:30-1:30*

Pharmacists from Acton Pharmacy will be here to talk about the virus, its symptoms and the vaccine followed by a question and answer period. For information on a shingles clinic being offered here at the Center on February 25<sup>th</sup>, please see page 5 of this newsletter.



**Director's Corner** - I'm so grateful for the wonderful, talented staff who work at the Senior Center. It is evident that they love

what they do and truly care about helping the seniors in this community. They go above and beyond what is expected or listed in their job descriptions. Thank you!

I would like to remind everyone to please stay at home if you are not feeling well. There have been several viruses going around this winter and they spread quickly.

Happy Valentine's Day, **Sharon**

**The COA office and Senior Center is closed on Monday, February 18<sup>th</sup> for Presidents' Day.**

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## UPCOMING PROGRAM HIGHLIGHTS

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

### ► **Cruising the Balkan Peninsula from Bottom to Top Slideshow Presentation**

*Thursday, January 31<sup>st</sup>, 1:00-1:45* (Call now as registration has begun.)

Mark Hopkins' camera documents a trip that began in Athens, Greece, and continued through the Gulf of Corinth and up the east coast of the Adriatic Sea, with stopovers in Albania, Montenegro and Croatia. After eight days at sea, the tour went overland to the Croatian capital of Zagreb and ended in the Julian Alps of Slovenia. You will experience the famed Acropolis in Athens, the site of the oracle at Delphi, the majestic mountains of Montenegro, and the historic port cities and islands of Croatia. You will also get a sense of Albania's struggle to right itself after years of repression and the region's recent history of political upheaval.

### ► **Everything You Should Know About Real Estate Taxes, Abatements & Exemptions**



*Thursday, February 7<sup>th</sup>, 1:00-2:00* (Registration for this program is open now.)

Representatives from the Town of Acton Assessor's and Finance Departments will discuss taxation as well as the exemptions and abatements are available to the town's senior tax payers. This annual presentation includes information you will want to know about - it will be an hour well-spent!

### ► **Chiropractics: Not Just for Back Pain**

*Monday, February 11<sup>th</sup>, 1:00-2:00*

Have you ever wondered how chiropractic care can help you? In addition to back pain, some patients have found relief for such ailments as carpal tunnel, numbness in arms and legs, and headaches. Some other benefits might include improved mood, sleep, energy and digestion. Learn the latest news in chiropractic care and some myth-busting information from Seth Barron of Barron Chiropractic and Wellness Center in Acton. Dr. Barron is Board Certified in the state of Massachusetts, and has been practicing for over 9 years. He has also been featured on CCTV's Channel 8 in Acton and Concord.

### ► **Sages & Seekers Informational Presentation**

*Wednesday, February 13<sup>th</sup>, 11:00-12:00*

Share your experiences with the younger generation! Elly Katz of the non-profit organization Sages & Seekers will talk about this free intergenerational program. An eight-meeting, once-a-week session for seniors (70 and up) and Concord Academy High School students begins in late March in Concord. Seniors will share their life experiences and invaluable knowledge, allowing for a larger perspective of life for the younger generations to learn from. It's fun, exciting and interesting when these two generations come together! Past participants of all ages, including Acton seniors, have raved about the program.

### ► **How to Prevent Healthcare Errors, Fraud and Abuse**

*Tuesday, February 19<sup>th</sup>, 1:00-2:00*

Did you know that healthcare errors, fraud and abuse cost billions of dollars annually and that approximately 100,000 lives are lost each year due to healthcare errors? Learn what the best practices are to protect, detect and report healthcare errors, fraud and abuse. The presenter, Caroline Cole, is from the Massachusetts Senior Medicare Patrol Program at Elder Services of the Merrimack Valley. All are welcome, but please call the COA to register.

### ► **Senior Circuit Breaker Informational Presentation**

*Wednesday, February 20<sup>th</sup>, 12:30-1:15*

Brian Lynch of the Department of Revenue's Office of Advocacy, Training and Communication will present an informational presentation about the Senior Circuit Breaker Tax Credit. For the 2012 tax year, the tax credit is worth as much as \$1,000 to eligible tax payers. It is a refundable credit on state income taxes for the real estate taxes paid on the residential property you own or rent. The property must be your principal residence, and those who live in public or subsidized housing are not eligible for the tax credit.

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

## UPCOMING PROGRAM HIGHLIGHTS - Continued

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

### **Dietician Discussion: Carbohydrates**



*Wednesday, February 27<sup>th</sup>, 11:15-11:45*

What valuable nutrition do they contribute to our diet? Are they really necessary to include in our daily meal plans? Please come with your questions about carbohydrates and other nutrition concerns for Peg Mikkola, RD, LDN, Healthy Aging Coordinator for Minuteman Senior Services.

### **► Stay Connected with Talking Books**

*Thursday, March 7<sup>th</sup>, 1:00-2:00*

Nothing can keep you connected with the world like reading. The Perkins Braille and Talking Book Library provide audio and large print books as well as access to hundreds of newspapers, movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all of these services can be delivered to your home at no cost – all in a format that is accessible to anyone who is unable to read or hold a book. Applications will be available during the presentation. Gayle is totally blind and has been a Talking Book Library patron for almost 50 years. She will show you how easy it is to keep reading your favorite books and magazines.

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

## TRIPS

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

### **► Tour of the Newly Expanded and Renovated Yale University Art Gallery**

*Wednesday, March 27<sup>th</sup>, leave NARA Park Lower Lot at 9:15*



Enjoy a guided tour of the Yale University Art Gallery in New Haven, Connecticut, which recently completed a 14-year, \$135 million renovation and expansion project. You will have a guided tour of highlights from the permanent collection that includes over 185,000 works and then have time to tour on your own. There are galleries devoted to African, Asian, Pre-Columbian, European, American, ancient, and contemporary art. Before our tour, we will

have lunch at Christopher Martin's Restaurant in New Haven which has been serving Italian and Mediterranean food for over 20 years. Lunch will include salad, choice of entrée (grilled NY sirloin, cavatelli & sausage, grilled chicken and tortellini, or grilled salmon with honey-miso glaze), dessert (crème brulee or white chocolate mousse), coffee or tea. Please indicate your entrée and dessert preferences when you register. This trip is limited to 30 people, so don't delay in registering!

**Depart: 9:15 a.m. from NARA Lower Lot; Approximate return time: 6:00**

**Cost: \$60 due by March 5<sup>th</sup>, includes museum tour, lunch, coach bus (w/restroom), and all gratuities**

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

**Are You Frustrated by Automated Phone Systems** when you call a company for customer service or other information and get a laundry list of buttons to push before you reach a live person? Check out this website [www.Gethuman.com](http://www.Gethuman.com) for information on how to bypass the automated caller system.

## CLASSES

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

### **How to Use Your iPad?**

*Wednesday, February 27<sup>th</sup>, 10:45-11:45, in the living room*

Is your iPad lying around underused? Do you wish you knew what to do with it? Bring your charged iPad to the center and we'll share ideas and suggestions on how to use this fun new technology. If you don't have an iPad but are thinking about getting one, you're more than welcome to join the conversation.

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

## DINING OPPORTUNITIES

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

**\*\*Please sign up in the COA office for the following meals:**

### ▶ **Free Luncheon Provided By Life Care Center of Acton**

*Friday, February 8<sup>th</sup>, 11:45*

Join us for a free lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center. The menu is not known in advance, but it's always delicious!

### ▶ **Chinese New Year Luncheon**

*Tuesday, February 12<sup>th</sup>, 11:45*

Food will be provided by Spice Pepper Restaurant of Acton. A \$3 donation is requested. Please sign up in the COA office. A program on the Chinese New Year will follow at 1:00.

### ▶ **Monthly Breakfast**

*Friday, February 15<sup>th</sup>, 9:00*

Join us for a warm, plentiful breakfast! Typically pancakes or French toast, eggs, fruit, bacon and sausages are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. Cost is \$2.00.



### ▶ **Inn at Robbins Brook Lunch**

*Tuesday, February 19<sup>th</sup>, 11:45*

Chicken Parmesan, garden salad and dessert will be served. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

### ▶ **Town Employees Home Cooked Lunch**

*Thursday, February 28<sup>th</sup>, 11:45*

The Recreation Department will be cooking pulled pork and pulled chicken with corn muffins, cole slaw, potato salad and dessert. A \$3 donation is requested.

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**Please sign up in the Dining Room with Joy for the following meals:**

▶ **Minuteman Lunches** are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

**Birthday Lunch: Wednesday, February 13<sup>th</sup>**

**Valentine's Day Lunch: Thursday, February 14<sup>th</sup>.** Joy is preparing a Beef Burgundy luncheon.

The full menu will be determined closer to the date. \$3 donation.

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



**Durable Medical Equipment Available to Loan:** The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons at 978-929-6652 and please allow her a couple of days to gather the equipment.

## SENIOR CENTER CLINICS



**Podiatry Clinic: Tuesday, February 12<sup>th</sup>, 8:15-11:30 with Dr. Ayleen Gregorian**

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

**Shingles Clinic: Monday, February 25<sup>th</sup>, 2:00**

The vaccine will be administered by the Acton Pharmacy and Acton Nursing service at the Senior Center. You must contact the Acton Pharmacy in West Acton by Monday the 18<sup>th</sup> for pre-screening and insurance approval. Their phone is 978-263-3901.

**Blood Pressure & Wellness Clinic: Tuesday, February 12<sup>th</sup> and 26<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary. **Flu Shots** will be offered during the Wellness Clinics depending on availability. Please bring your insurance card with you.

## EXERCISE

**REGISTRATION .....CALL NOW AS REGISTRATION HAS BEGUN.**

**Exercise Weather Cancellation Policy:** Please see page 8 of the newsletter.

▶ **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call about the waitlist.)  
*Mondays, through March 25<sup>th</sup>, 8:30-9:30* (No class on 2/18)

▶ **"Senior Cardio-Flex" with Terri Zaborowski**  
*Tuesdays and Thursdays, through March 28<sup>th</sup>, 8:30-9:30* (Class is full. Call about waitlist.)  
*or Wednesdays and Fridays, through March 29<sup>th</sup>, 8:30-9:30* (Class is full. Call about waitlist.)

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**  
*Tuesdays and Thursdays, through March 28<sup>th</sup>, 9:45-10:45* (Class is full. Call about waitlist.)

▶ **Yoga Class with Patsy Brightman** (Class is full. Call about the waitlist.)  
*Wednesdays, Feb. 6<sup>th</sup> and March 6<sup>th</sup> through 27<sup>th</sup>, 10:45-12:00* (No class on Feb. 13, 20, 27)



▶ **Beginner Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**  
*Tuesdays, through March 26<sup>th</sup>, 11:00-12:00*

Only open to people with some Taoist Tai Chi experience as it builds on what was learned in the fall session.



▶ **Continuing Level Taoist Tai Chi with Ray Caisse**  
*Thursdays through March 28<sup>th</sup>, 11:00-12:00*

This class is for people who know all 108 movements of the Taoist Tai Chi set.

▶ **Zumba™ & Stretch Class with Yvonne Benelli** (Class is full. Call about the waitlist.)  
*Fridays, through March 22<sup>nd</sup>, 10:00-10:45* (No class on 2/22)

▶ **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**  
*Wednesdays, through March 27<sup>th</sup>, 10:00 -10:30, in living room*  
*Thursdays, through March 28<sup>th</sup>, 11:00 -11:30, in dining room* (Thursday class is full. Call about the waitlist.)

This low-impact program is best suited for people getting little or no physical activity. All of the exercises aim to increase strength, balance and coordination.



▶ **Acton Striders Walking Group**  
*At the Senior Center Mondays, February 4<sup>th</sup>, 11<sup>th</sup> and 25<sup>th</sup>, 12:30-1:15* (No walk on 2/18)  
*At NARA Park Wednesdays, February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>, 8:30-9:15*

Walking will continue as long as the sidewalks and roadways are clear of ice and snow. So join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office to see if we're walking.

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

## ONGOING ACTIVITIES

**REGISTRATION ..... BEGINS MONDAY, FEBRUARY 4<sup>th</sup> at 1:00.**

**Drop-in Spotlight:** There is often space reserved at the Senior Center for drop-in art. People bring their own supplies and paint or draw in a group setting. The artists meet on Mondays at 9:30-11:00, unless there is an art class being taught during that time. The group also meets on Wednesdays at 9:00-10:30, mostly over the summer but occasionally at other times of the year. Check the calendar before heading over or give the COA a call.

▶ **Ask the Lawyer with Elder Law Attorney Margaret Hoag**

*Tuesday, March 5<sup>th</sup>, 9:00-11:00*

Free 20-minute private legal consultations. Call the COA office at 978-929-6652 to schedule an appointment.

**“The Bookies” COA Book Club**

*Monday, February 25<sup>th</sup>, 1:00-2:00*

Please call the COA office to inquire about the book selection for this month as it was not available when this newsletter went to print. Copies of the book will be available at the Memorial Library. You don't have to read the book to join the lively discussion!

**Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas**

*Thursday, February 21<sup>st</sup>, 1:00-2:00*

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or personal essays, come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as how to get started or finding your voice.

**Genealogy Group**

*Friday, February 8<sup>th</sup>, 1:00-2:30*

Beat the winter blues by delving into your family history! Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history.

 ▶ **Watercolor Studio Workshop with Cynthia Durost** (Class is full. Call about the waitlist.)

*Wednesdays, through March 13<sup>th</sup>, 9:00-10:30*

**Beginner Chess Lessons**

*Thursdays, through April 4<sup>th</sup>, 1:00-2:00*

(Class is underway and is closed to new students.)

**Chess Club for Experienced Players**

*Thursdays, 2:00-4:00*

Ken LeBow has organized a Chess Club for players with experience to get together for games at the Senior Center.

 ▶ **Winter Watercolor Class with Sue Nordhausen** (Class is full. Call about the waitlist.)

*Tuesdays, through February 26<sup>th</sup>, 1:30-3:00*

▶ **Veterans Services Appointments with Veterans Service Officer James MacRae**

*Tuesday, February 26<sup>th</sup> and every last Tuesday of each month, 12:00-12:45*

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. You can contact James directly at 978-929-6614 or at [vso@acton-ma.gov](mailto:vso@acton-ma.gov) or to meet Monday through Friday at the Town Hall.

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

*Mondays, 1:30-3:30* (No appointments on 2/18)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

**Computer Club** - Meetings may be self-directed or they may have a leader depending on availability.

*Wednesdays, February 6<sup>th</sup> and 20<sup>th</sup>, 1:30-3:00 and/or Fridays, February 1<sup>st</sup> and 15<sup>th</sup>, 10:00-11:30*

See the Calendar on page 11 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Harmonica Club. These activities are sometimes canceled due to space constraints. Call to confirm.

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

## FUEL ASSISTANCE

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

Need help paying your heating bill? Applications for 2012/2013 fuel assistance are being taken through April 30<sup>th</sup>. See below to know if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Funds from other sources may be available for emergency situations. Call Bev at 978-929-6652 for more information.

<i>Household Size</i>	<i>Maximum Gross Income</i> (Call for income guidelines for larger families)
1	\$31,271
2	\$40,893
3	\$50,515

**Massachusetts Good Neighbor Energy Fund** is available to Massachusetts residents who, because of temporary financial difficulty, cannot meet a month's energy expense and who are *not eligible* for state or federal assistance. Income for either the prior 12 months or the past month (times 12 for a total annual figure) must fall between 60% and 80% of the state's median income levels. Income eligibility guidelines for 2013 are as follows:

<i>Household Size</i>	<i>Total Gross Yearly Income</i>	(Call for income guidelines for larger families)
1	\$31,271 - \$41,695	
2	\$40,893 - \$54,524	
3	\$50,515 - \$67,353	If you have questions contact Bev.

## OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

**Handyman Program:** Help for seniors with small repairs and simple household jobs.

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

**Food Pantries and Community Suppers:** Call for a list of local area suppers and pantries. The **Acton Food Pantry**, 235 Summer Rd., Boxborough, is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

**Home Care Services:** Please call the COA if you have questions on how to obtain home care services.

**Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

**NSTAR Program for Low Income Customers:** Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

**SNAP – Supplemental Nutrition Assistance Program** offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit [www.mass.gov/dta](http://www.mass.gov/dta).

### Support Groups

#### **Alzheimer's, Memory Loss and Dementia Care Givers Support Group**

*4<sup>th</sup> Wednesday of each month, 4:00-5:30*, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

#### **Parmenter's Wayside Hospice Bereavement Support Group**

*Wednesdays, February 6<sup>th</sup> through March 27<sup>th</sup>, 6:00-7:30p.m.*, 266 Cochituate Road, Wayland

To register for more information, please call Jen at 508-358-3000.



### Senior Center Art Exhibit

We welcome Sue Nordhausen's Senior Center watercolor painting class in a display of fine art works to be shown in the living room throughout February and March. The works include a variety of subject matter and demonstrate a broad range of technique and personal style.

Many thanks to Joan McKenzie for sharing her vibrant paintings with us in October/November.

## Winter Weather Exercise and Program Cancellation Policy

*If the Acton Schools are closed:*

- All Senior Center exercise, classes and programs will be canceled and the Minuteman meal site will be closed.
- The Council on Aging office will remain open.
- Check school cancellation information on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.

*If the Acton Schools are delayed:*

- ALL classes, exercise and programs beginning before 10:00 will be canceled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

If there is a storm during school vacations or holidays, call the COA before heading out. **If in doubt, please call the COA with questions about classes.**

### SENIOR CINEMA

*You may call the office to confirm the selection in case a change needs to be made.*



**Friday, February 1<sup>st</sup>, 12:30-2:00** *Mark Twain Tonight* (1999, NR) Hal Holbrook re-creates for the screen his widely acclaimed stage monologue as Mark Twain. The screen actor's award-winning portrayal is considered the quintessential model for one-man theatrical performances.

**Friday, February 15<sup>th</sup>, 12:30-2:30** *Snow Flower and the Secret Fan* (2011, PG-13) Drama about the lifelong relationship of two women in 19th century China, juxtaposed with a modern duo of best friends. English subtitles. Based on the best-selling novel by Lisa See.

**Friday, February 22<sup>nd</sup>, 12:30-2:20** *Trouble with the Curve* (2012, PG-13) Drama about an aging baseball scout (Clint Eastwood) who goes on what looks like his last scouting trip. He ends up mending his relationship with his daughter (Amy Adams), while she becomes involved with a Red Sox scout (Justin Timberlake).

**Friday, March 1<sup>st</sup>, 12:30-2:05** *The Words* (2012, PG-13) A writer earns success by publishing a novel he didn't write. Stars Bradley Cooper, Dennis Quaid, Jeremy Irons, Zoe Saldana.

### HEALTH NEWS

#### Alzheimer's Services

- **Alzheimer's Association Helpline** 1-800-272-3900. 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](http://www.medicare.gov/HHCompare/Home.asp)
- Hospital – [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov)
- Nursing Home – [www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp)

#### Healthcare Websites

- **Alzheimer's Association**, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org).
- **Assistive Technology Website** to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

**Minuteman Senior Services** provides free in-home consultations. Call 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org) for more information.

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

#### Thank You

...to Municipal Properties for a hearty winter lunch. The meatloaf got rave reviews!

...to Veterans Services Officer James MacRae for preparing much of the delicious food for the monthly breakfast. James' crew varies, but often includes Chief of Police Frank Widmayer, Human Resources Director Marianne Fleckner and her assistant MaryJane Kenney.

... to everyone who have so generously provided items to keep the durable medical equipment program going..



## TRANSPORTATION

**Van Snow Policy** - If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00. *If we are able to transport passengers later in the day, we will, weather and road conditions permitting.* If you are unsure about a scheduled ride on a wintery day, call the COA at 978-929-6652 after 8:00.

### ► **Ride to the \*New\* Westford Market Basket or Jo-Ann Fabrics**

*Thursday, February 21<sup>st</sup>, 1:00-3:00, leaving from and returning to the Senior Center*



We will be taking the COA van to Westford's new Market Basket with a stop at Jo-Ann Fabrics. You will have about 1 hour to shop. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the Senior Center, please call Judy in the mornings 8-11 up to 2 weeks in advance.

**COA Senior Van** runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

**MinuteVan Dial-a-Ride Van Service** runs Monday-Friday, 8:00-11:00a.m. and 2:15-7:15p.m. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-12:30. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

**Road Runner Van** - To schedule a ride call 978-844-6809, weekdays, 8:30-12:30, at least a day in advance. You may also schedule rides online at [www.minutevan.net](http://www.minutevan.net). The RR's hours are Monday-Friday, 8:00-3:00pm and the cost is \$1 for in-town rides and \$1.50 for out-of-town rides. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

**Friendly Drivers Available** to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If, however, you need a ride not covered by our existing transportation, please call the COA.

**Yankee Bus Service to Boston** – Weekday service leaving Colonial Spirits, Great Rd., Acton at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$8 one way.

**MART Van Service to Boston** - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

**MinuteVan Commuter Rail Shuttle** runs between the West Acton Fire Station lot on Central St., the Mt. Calvary Church lot on Prospect St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. For information contact Michele Brooks at 978-844-6809 or visit [www.minutevan.net](http://www.minutevan.net) to book online.

**AARP Free Tax Preparation** - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers February through mid-April at the Senior Center and the Memorial Library. *Call the COA at 978-929-6652 to schedule Senior Center appointments.* See page 9 for details on the times. For library appointments call 978-929-6543. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's Federal and State returns as well as all tax forms mailed to you for 2011, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Don't forget to apply for the MA Senior Circuit Breaker tax credit. If you are age 65+, own your home and your real estate taxes plus water and sewer bills are more than 10% of your annual income, you can receive up to a \$1000 tax refund even if you don't owe any taxes. You may also back file for the Circuit Breaker credit for the last 3 years. Renters age 65+ (except those in subsidized housing) whose rent is more than 40% of their income are also eligible.

► **AARP Free Tax Preparation with Paul Motyka**

*Mondays, February 4<sup>th</sup> through April 8<sup>th</sup>, 9:00-12:00* (No appointments on 2/18)

*Tuesdays, February 5<sup>th</sup> through April 9<sup>th</sup>, 1:00-4:00*

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers from February through mid-April. Call 978-929-6652 for an appointment. The library also has appointments and can be reached at 978-929-6543. Please see page 10 for more information on what you need to bring with you.

**AROUND TOWN...AND BEYOND**

**Pet Vaccination and Licensing**

*Saturday, February 9<sup>th</sup>, 2:00-4:00pm, the DogStar Activity Center, 310 School St.*

The Town Clerk's Office, in conjunction with the Board of Health, is offering a low cost rabies vaccination clinic and dog licensing event. Owners must bring the most recent vaccination certificate (tag not sufficient), if applicable. Animals without certificates will receive vaccines good for **one year only**. All dogs must be leashed and cats in carriers. Vaccinations are \$10 for each pet. Dog licenses are \$15 for spayed/neutered animals and \$20 for unaltered. Questions, contact to the Town Clerk's Office at 978-929-6620 or clerk@acton-ma.gov.

**13<sup>th</sup> Annual Creely Poetry Award and Reading**

Naomi Shihab Nye will read from her poetry on *Wednesday, March 6<sup>th</sup> at 7:30 p.m.* in the AB High School Auditorium. This year's winners of the Helen Creeley Student Poetry Prize will open the evening by reading from their work. A book signing session will conclude the evening. Contact the Memorial Library for more information.

**Recreation Department** is preparing its Spring Program full of a variety of classes, bus trips, show tickets, and details of 2013 special events. If you would like subscribe to the popular electronic newsletter with up-to-date information on recreation news, please email recreation@acton-ma.gov.

**AB Community Education New York City Bus Trip**

*Saturday, April 13<sup>th</sup> leaving the Jr. High tennis courts at 6:00am and returning about 11:30pm*

The chartered motor coach will drop off near 8<sup>th</sup> and 50<sup>th</sup> streets. You will be on your own to see a show, go to the Bronx Zoo, tour the Botanical Gardens, or just shop. The bus will leave New York at 7:00pm. Call AB Comm. Ed at 978-266-2525 to register. Cost: Adults - \$59, Seniors - \$51 and Children (12 and under) - \$38.

**Concord Players Present the Senior Dress Rehearsal of "The Musical Comedy Murders of 1940"**

*Thursday, February 7<sup>th</sup>, 8:00pm* at 51 Walden St., Concord. Tickets are \$8.

**Mt. Calvary Community Supper** at 472 Massachusetts Ave.

*Every Wednesday, 5:00-6:00pm*, Free. Everyone welcome. Call 968-263-5156 for info.

**Mt. Calvary Senior Luncheon** at 472 Massachusetts Ave.

*Thursday, February 28<sup>th</sup>, 12:30pm*. Donation is requested.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

*Bach's Lunch Concert – Thursday, February 21<sup>st</sup>, 11:00 and 1:30*, Free admission.



A large group enjoyed music from the Nutcracker.



There was lots of fun and laughter at the re-gifting party.

<b>February</b>	Mon	Tue	Wed	Thu	Fri	<b>2013</b>
					<b>1</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:00 Movie 1:00-4:30 Poker	
<b>4</b> 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Registration Begins 1:00 Drop-in Pool 1:30-3:30 SHINE 3:00 COA Board Mtg.	<b>5</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Preparation 1:30-3:00 Watercolor/Sue	<b>6</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Cynthia 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>7</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:00 RE Tax Abatement Talk 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club	<b>8</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Lifecare Lunch 1:00-2:30 Genealogy 1:00-4:30 Poker		
<b>11</b> 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Chiropractic Talk 1:30-3:30 SHINE	<b>12</b> 8:15-11:30 Podiatry Clinic 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 11:45 Chinese New Year Lunch 1:00-2:00 Chinese New Year Program 1:00-4:00 Tax Preparation 1:30-3:00 Watercolor with Sue	<b>13</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 11:00-12:00 Sages & Seekers 11:45 Birthday Lunch 12:30-1:30 Shingles Program 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>14</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 11:45 Valentine's Day Lunch 1:00-2:00 Valentine's Day Performance 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club	<b>15</b> 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-2:30 Movie 1:00-4:30 Poker		
<b>18</b> <b>COA CLOSED</b>	<b>19</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-1:30 Drop-in Pool 1:00-2:00 Medicare Fraud Prevention 1:00-4:00 Tax Preparation 1:30-3:00 Watercolor with Sue	<b>20</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 10:45-11:45 Preventing Falls Talk 12:30-1:15 Circuit Breaker Talk 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>21</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-3:00 Van to Market Basket 1:00-2:00 Writing Group 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club	<b>22</b> 8:30-9:30 Cardio Flex 12:30-2:20 Movie 1:00-4:30 Poker		
<b>25</b> 8:30-9:30 Stretch/Flex 9:00-12:00 Tax Preparation 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Drop-in Pool 1:00-2:00 Book Group 1:30-3:30 SHINE 2:00 Shingles Clinic	<b>26</b> 8:30 Newsletter Mailing 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 12:00-1:15 Veteran Appointments 12:30-3:00 Board & Tile Games 1:00-4:00 Tax Preparation 1:30-3:00 Watercolor with Sue-last	<b>27</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor with Cynthia 10:00-10:30 Chair Exercise 10:45-11:45 iPad Class 11:15-11:45 Carbohydrates Talk 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>28</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 11:45 Town Employee Cooked Lunch 1:00-3:00 Harmonica Club 1:00-2:00 Chess Lessons 2:00-3:00 Chess Club	<b>March 1</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 12:30-2:05 Movie 1:00-4:30 Poker		

## You Can Get Your Newsletter by Email

For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list, call Judy at 978-929-6652 or email [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov). Thank you!



### FROM THE FRIENDS OF THE COA

Thank you...to all who have responded generously to our Annual Appeal letter.

And a reminder...every gift is vital to help us fund a wide range of classes and programs at the Senior Center.

If you haven't made your gift yet, won't you do it right now?

Please make your check payable to:  
The Friends of the Acton COA  
P.O. Box 2006  
Acton, MA 01720-6006

## SCAMS!! A Reminder from Emmett Schmarsow, of the Exec. Office of Elder Affairs

Given the intense desire of scam artists to obtain valuable personal information, seniors are reminded NOT to give out social security numbers (or any personal information, including date of birth, address, etc.) over the phone.

If the person is insistent, *hang up the phone* and call/contact:

- Social Security Administration (1-800-772-1213) or [www.socialsecurity.gov](http://www.socialsecurity.gov)
- Medicare (1-800-633-4227) or [www.medicare.gov](http://www.medicare.gov)
- Elder Services in MA (1-800-243-4636 or TTY: 1-800-872-0166) or [www.800ageinfo.com](http://www.800ageinfo.com)

If you did NOT initiate the call, *hang up the phone*. Do not trust toll-free or other numbers from the party that called! If

you want to confirm numbers on-line, you should use web-sites that end in .gov. You can/should also call:

- Acton Police business line (if non-emergency) at 978-264-9638
- Better Business Bureau (1-877-485-5906) or [www.bbb.org](http://www.bbb.org)
- MA Office of Consumer Affairs (1-888 283-3757 - toll free) or [www.mass.gov/ocabr](http://www.mass.gov/ocabr)
- Acton COA – to help the COA tell others about your concerns at 978-929-6652

PRSRRT STD  
U.S. Postage Paid  
Acton, MA 01720  
Permit #67

Acton Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
Return Service Requested

*The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.*



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



#### ACTON COA STAFF

Sharon Mercurio, Director  
Judy Peters, Assistant to the Director/Van Dispatcher  
Chris Chirokas, Program Coordinator  
Bev Hutchings, Outreach/Volunteer Coordinator  
Mary Lou Repucci, Staff Assistant  
Priscilla Cotter, Van Driver  
Ron Paskavitz, Van Driver  
Liz Jewell, Health and Wellness Coordinator

#### ACTON COA BOARD MEMBERS

Barbara Willson, Chair  
Charlie Aaronson, Vice Chair  
Stephen Baran  
Ann Corcoran, Secretary  
Connie Ingram  
Marion Maxwell  
Jim Papachristos  
Sally Thompson, Treasurer  
Paul Turner

Acton COA Board will meet on Monday, 2/4 at 3:00  
Friends of the Acton COA will not be meeting in February