



Acton Senior Bulletin



October 2012

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. Go to Government, then down to Council on Aging.

Registration for all classes/programs begins in person or by phone Tuesday, October 2nd at 1:00.

► **Two Evening Programs – Newcomers Dinner and Preparing Financially for Retirement**
*Wednesday, October 17th, 5:00p.m. for dinner and 6:30p.m. for retirement presentation **

*When you call 978-929-6652 to register, please indicate if you are coming to one or both parts of the evening.

Newcomer Night Dinner and Introduction to the Senior Center at 5:30

Residents who have never been to the Senior Center are invited to join us for pizza and salad. COA staff will give a brief overview of the services that the COA has to offer, answer questions and give you a tour of the building.

Preparing Financially for Retirement Presentation at 6:30

Planning for retirement can seem daunting. There may be some institutions and individuals in the financial services industry who may not have your best interests at heart. There can be a great deal of confusion about what to do. In this one-hour presentation, Jarod Bloom will offer his insights about retirement planning from the perspective of an independent, fee-only (meaning he doesn't sell insurance or annuities, and he doesn't receive commissions from any financial products he recommends) Certified Financial Planner and Certified Public Accountant. This program is open to everyone. *Jarod J. Bloom, CPA, CFP, is a Partner in Sechrest & Bloom, LLC and Sechrest Financial Services, LLC in Acton. The CPA firm specializes in tax planning and preparation for individuals, trusts and estates, corporations and partnerships, along with providing accounting and bookkeeping services for corporate clients. The wealth management firm is independent and fee-only. Jarod, an Acton resident, achieved his CPA designation in 1998 and his CFP designation in 2002, and is active in the local community.*

► **“Someone Stole My Diamond Bracelet!” The Truth, Humor and Thievery of Alzheimer’s**
Monday, October 22nd, 6:30–8:00p.m.

Join Registered Nurse and Alzheimer’s Consultant Mal Allard as she explores the truth behind the sometimes seemingly ridiculous behavior, actions and words of those with dementia. Learn techniques of respectful, compassionate and dignified care while also finding guilt-free humor in the situation. Ms. Allard is an advocate for Alzheimer’s patients and caregivers, with years of experience in the field. This presentation is offered in memory of her mother-in-law who wholeheartedly believed that her diamond bracelet was stolen...repeatedly!

Director's Corner - I cannot believe it's October again! It was last October when we were hit with a snowstorm and were out of power for days. It is important to have a plan in place. See the message from NSTAR on page 10 of this newsletter.

The Council on Aging Board has changed its meeting day and time to the first Monday of each month (the second Monday if the first is a holiday) at 3:00pm. These meetings are open to the public and take place in the living room.

Please note some important dates in this newsletter including information on Medicare Open Enrollment, flu clinics and two evening programs we are offering. Hope to see you soon.

Sharon, COA Director

The COA office and Senior Center will be closed on Monday, October 8th for Columbus Day.

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UPCOMING PROGRAM HIGHLIGHTS

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00



► **History of the Supreme Court: Part 2 with Gary Hylander**

Mondays, October 1st and 22nd, 1:00-2:00 (Call now as registration has started for this program.)

Please consider carpooling to the Senior Center for this program, as parking will be limited.

Dr. Gary Hylander concludes his informational and entertaining Supreme Court series.

October 1st: With the death of Justice Vinson in 1953, Earl Warren became the new Chief Justice. The Warren Court emerged as one of the most controversial Courts in the nation's history. Issues of race, speech, gender and rights of defendants crowded the Court's docket. What followed was a series of controversial and highly charged decisions: *Brown v. Board*, *Miranda v. Arizona*, *Mapp v. Ohio*, *Gideon v. Wainwright*, *Tinker v. Des Moines*, etc.

October 22nd: As Chief Justice, William Rehnquist proved to be a master tactician who got opinions out quickly and kept the Court on schedule. As a judicial conservative, he worked to support the concept of federalism and to insist that the Court and not the Congress was the sole interpreter of the Constitution. Rehnquist is perhaps best remembered for his masterful handling of the Clinton impeachment trial and his decision for the Court to settle the 2000 presidential election. After Rehnquist's death, John Roberts emerged as the new Chief Justice in 2005.

► **From Purgatory to Podunk: Pictorial Journey Through the 351 Cities and Towns of MA**

Thursday, October 4th, 12:30-2:45 (Call now as registration has started for this program.)

Join Peter and Debbie Lincoln, retired educators, as they talk about their fascinating journey to each of the 351 cities and towns in Massachusetts. This lively, interactive photographic narrative is filled with history, geography, trivia, and fun facts. Come for a fun and interesting afternoon featuring the variety, richness and beauty of Mass.

► **Free Hearing Screenings**



Friday, October 5th, 9:30-11:30

(Call now as registration has started for this program.)

Join a representative from Mass Audiology Personal Hearing Systems for a free hearing screening. A hearing aid clean and check is also available. Appointments take about 10 minutes.

► **Medicare Open Enrollment Presentation**

Tuesday, October 23rd, 1:00-2:15

Medicare open enrollment comes earlier this year, so be prepared! It starts on October 15th and ends December 7th. A representative from the SHINE program at Minuteman Senior Services will present the Medicare changes for this year and answer any questions. Two examples of changes for the upcoming year: enrollees will now be entitled to an annual Medicare wellness exam and when in the donut hole, enrollees will pay 50% of brand-name drug costs. *SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.*

► **Cooking up Flavor!**

Wednesday, October 17th, 12:30-1:30



Dietician Lucy Hutchings from Emerson Hospital will show us how to prepare some easy healthy snacks and mini-meals. Enjoy some tasty samples and leave with good ideas to try at home this fall! This program is sponsored by Right at Home, an in-home care and assistance organization.

► **Six-week Living Alone Support Group**



Thursday, November 1st, 15th, and 29th, December 13th, January 3rd and 17th, 1:00-2:30

Whether you have been on your own for some time or just recently, living alone can be a challenge. Please join us for a supportive and informative group addressing some of the following issues: stress relief, safety tips, cooking for one, financial concerns, and ways to stay active. The group will be facilitated by Allie Kussin, MA, LPC. Allie has over 20 years experience as a psychotherapist and educator. Participants will share personal issues and experiences, as well as hear from guest speakers on the above topics.

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



TRIPS

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00

► Vermont Trip - Putney Inn and More

Tuesday, October 9th, leave NARA Park Lower Lot at 9:15

(Trip is full. Call now about waitlist.)

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

Cost: \$48 due now, includes bus transportation (with restroom on board), lunch and all gratuities.

► Mark Twain and Harriet Beecher Stowe House Tours

Thursday, November 8th, leave NARA Park Lower Lot at 8:15

(Registration is open. Call now.)

Tour these impeccably restored homes, learn about the lives of their world-renowned residents and discover how two Hartford neighbors changed literature and helped to shape a nation's view of itself. First we will have a 45-minute guided tour of the elegant Victorian Gothic home of Harriet Beecher Stowe, the 19th century abolitionist and author of *Uncle Tom's Cabin*. We will then walk across the lawn to Mark Twain's 25-room Picturesque Gothic mansion for a 45-minute guided tour. The house is where Twain wrote some of his most famous books, including *The Adventures of Tom Sawyer*, *Adventures of Huckleberry Finn* and *The Prince & The Pauper*. After the tours, we will eat lunch together in the museum adjacent to the Twain house, which will include a variety of cold sandwiches, salad, chips, cookies, soda/water. You will have time to explore the museum and gift shop.

****Please note that the Stowe house includes one flight of stairs and the Twain house tour includes three flights of stairs to do the complete tour; neither house has an elevator.*

Depart: 8:15 a.m. from NARA Lower Lot; Approximate return time: 4:00

Cost: \$55 due by October 25th, includes bus transportation (w/restroom), driver tip, tours of both houses, lunch.

► Blithewold Mansion Holiday Tour and Lunch/Live Show at White's of Westport

Wednesday, December 12th, leave NARA Park lower lot at 8:00



Blithewold was so beautiful during Daffodil Days last spring, we are returning to Bristol, Rhode Island, to see the 45-room mansion in its holiday splendor! This year's theme is "The Grand Tour." Marjorie Van Wickle, daughter of the original owners, spent 1903-04 touring Europe and each room will be decorated to reflect a city or country she visited. The focal point is the 20-foot tree that spans two stories of the

grand foyer. *Please note that only the first floor of the mansion is handicapped accessible; the only access to the upper levels is by stairs.* After the tour, we'll enjoy lunch and a holiday show at White's of Westport. Lunch is served family style and includes soup, roast turkey, top round of beef with mushroom gravy, mashed potatoes, vegetable, dessert, coffee/tea. The live show will include music and comedy geared toward the holiday season.

Depart: 8:00 a.m. from NARA Park Lower Lot; Approximate return time: 5:30

Cost: \$62 due by Tues., Nov. 27th, includes tour, lunch, show, bus transportation (w/restroom), and gratuities.

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

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.

Senior Center Art Exhibit – In mid-October through November our featured artist will be Joan McKenzie, whose exhibit will include both acrylic and watercolor paintings. Ms. McKenzie will show studies of familiar Cape Cod scenes and other landscapes as well as floral still lifes. Her work exudes energy and brilliant color. Many thanks to Bonnie McGrath, for sharing her beautiful watercolors with us throughout August/September.



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.

CLASSES

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00



► **Principles of Islam with Prof. Jason Giannetti**

Thursdays, October 11th, 18th, 25th, 12:30-1:30

This course will focus on the principles underlying the Muslim faith. The historical and cultural precursors of Islam, the vision of its prophet Muhammad, the rise of Islam to its Golden Age and its place in the world today will all be examined. Comparative philosophical and theological approaches between the three Abrahamic religions-Judaism, Christianity and Islam as well as the social and political interactions these three world religions have had in the past and the way this history has shaped the current geopolitical situation will also be discussed. This program is offered in partnership with Sage Educational Services. Some of you will remember Dr. Giannetti from his Senior Center presentations of other thought-provoking programs including Religions of the East and Principles of World Religions. *Prof. Giannetti holds a Master's of Theological Studies from Harvard Divinity School, a Master's of Near Eastern and Judaic Studies from Brandeis University and a Juris Doctor degree from Boston College Law School. He currently teaches at Dean College.*



► **Female Artists with Sue Funk**

Mondays, October 15th through December 10th, 9:30-11:00 *(No class on 11/12)*

This class will offer an opportunity to explore the role of women in art by examining their work visually and then hands-on. Men are welcome! Each week instructor Sue Funk will introduce a new artist. After a brief description of each artist's life, we will then delve into her artwork, followed by time to produce artwork in the same genre and medium used by the artist, with students creating their own unique composition based on the artist's vision of art:

Oct. 15: Kathe Kollwitz (1867-1945; social commentary/realism). Medium: graphite.

Oct. 22: Helen Frankenthaler (b.1928; abstract expressionism). Medium: watercolor.

Oct. 29: Artemisia Gentileschi (1593-1651; portraits/attention to drapery, chiascuro). Medium: colored pencils &/or watercolor.

Nov. 5: Joan Mitchell (1925-1992; abstract expressionism). Medium: oil pastels.

Please see the November newsletter for additional class topics.

Materials Required: Items will vary, depending on the artist we are working with. Bring a pencil, eraser and white drawing paper to each class. Other supplies will change weekly but will include: watercolors, pastels, oil pastels, graphite, and colored pencils.

Acton resident Sue Funk is an artist and Mass. Certified teacher with experience teaching students of all ages.

► **Discover Drawing! With Janet Wolahan**

Thursdays, October 18th through December 13th, 9:00-10:30 *(No class on 11/22)*

You will use a variety of techniques to explore the fascinating art of drawing. The first few weeks we will experiment with various ways of mark-making to develop a broad range of drawing skills. We will use these skills to create beautiful, expressive drawings of still life, portrait and landscape subjects. All materials will be supplied.

Oct. 18: Gesture Drawing & Making Marks with Personality! A fun way to loosen up and free ourselves to learn new ways to draw. What can your pencil do?

Oct. 25: Line Drawing/Contour Drawing/Direct Line. Exploring the linear nature of objects.

Nov. 1: Positive/Negative Space. There's more to the background than you thought!

Nov. 8: Light & Shade. Create wonderful 3-D effects using black and white and shades of gray.

Please see the November newsletter for additional class topics.

Janet Wolahan, a Boxboro resident, is a volunteer instructor. She has a BA of Fine Arts in Painting from the Mass. College of Art and studied portrait painting for six years at the Edina Art Center. She has taught drawing classes to adults through Community Ed and to children in the Acton schools. She paints in oils at her Lowell studio.

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

CLASSES - continued

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00



► **Watercolor Class with Sue Nordhausen**

Tuesdays, Oct. 30th through Dec. 11th, 1:30-3:00 and Wednesday, Nov. 7th, 1:30-3:00 (No class on 11/6)

Watercolor made almost easy! Come and learn not only the techniques of handling watercolors, but also the fundamentals of color mixing, design and the importance of values (lights and darks). Each class will incorporate a demonstration and then students will be encouraged within their own style and painting level. Students should bring their own materials; a list is available in the COA office for new participants. *Sue has taught watercolor classes (her favorite medium) at the Senior Center for 10 years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, continues to take classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*



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

DINING OPPORTUNITIES

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00

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

► **Newbury Court Lunch**

Wednesday, October 3rd, 11:45

Newbury Court will be sponsoring a free luncheon of spinach salad, chicken parmesan over spaghetti and apple crisp here at the Senior Center. Newbury Court Residence, located in Concord, offers a variety of living options and provides a continuum of services and amenities as your needs change. Please sign up in the COA office.

► **Volunteer Home Cooked Lunch**

Thursday, October 11th, 11:45

Friends of the COA will be cooking this month. Enjoy shepherds pie, salad and cake. A \$3 donation is requested.

► **Inn at Robbins Brook Lunch**

Tuesday, October 16th, 11:45

Garden salad, Chicken Alfredo 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.



► **Monthly Breakfast**

Friday, October 19th, 9:00-10:00

Join us for a warm, plentiful breakfast! Typically pancakes, eggs, fruit, bacon and sausages are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. Call the COA by Wednesday, Oct. 17th, for a reservation. Cost is \$2.00.



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, October 10th

Special Fall Lunch: Thursday, October 18th

Joy's Special Halloween Lunch: Wednesday, Oct. 31st. The Halloween luncheon is always fun, but add Joy's spaghetti and homemade meat sauce and it's a can't miss event! Don't forget to wear a costume! Cost: \$3.

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

EXERCISE

▶ **“Stretch and Flex” with Terri Zaborowski**

Mondays, through December 10th, 8:30-9:30 (No class on 10/8, 11/12) (Class is full. Call about waitlist.)

▶ **“Senior Cardio-Flex” with Terri Zaborowski**

Tuesdays and Thursdays, through Dec. 13th, 8:30-9:30 (No class 11/22) (Class is full. Call about waitlist.)

or Wednesdays and Fridays, through Dec. 14th, 8:30-9:30 (No class 11/23) (Class is full. Call about waitlist.)

▶ **“Senior Stretch, Flex, Tone and Cardio” with Terri Zaborowski**

Tuesdays and Thursdays, through Dec. 13th, 9:45-10:45 (No class 11/22) (Class is full. Call about waitlist.)



▶ **Beginner Taoist Tai Chi with Alice Brunton and other Taoist Tai Chi Society Instructors**

Tuesdays, through December 11th, 11:00-12:00 (Class is full. Call about waitlist.)

▶ **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

Wednesdays, September 12th through December 12th, 10:00 -10:30, meets in living room

Thursdays, through December 13th, 11:00 -11:30, meets in dining room (No class 11/22)

This low-impact program is for those getting little or no physical activity and aims to increase strength & balance.



▶ **Continuing Level Taoist Tai Chi with Ray Caisse**

Thursdays, through December 13th, 11:00-12:00 (No class 11/22) (Class is full. Call about waitlist.)

▶ **Zumba™ & Stretch Class with Yvonne Benelli**

Fridays, through November 16th, 10:00-10:45 (Class is full. Call about waitlist.)

▶ **Yoga Class with Patsy Brightman**

Wednesdays, October 3rd through Nov. 28th, 10:45-12:00 (No class 11/ 21) (Class is full. Call about waitlist.)

▶ **Acton Striders Walking Group**

Leaving from the Senior Center with Judy Mondays, October 1st, 15th, 22nd and 29th, 12:30-1:15

At Nara Park with Liz Wednesdays, October 3rd, 10th, 17th, 24th and 31st, 8:30-9:15

Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA to see if we're walking.

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



SENIOR CINEMA

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



Friday, September 28th, 12:30-2:15 *Big Miracle* (2012, PG) – Based on a true story, this movie stars Drew Barrymore and John Krasinski in a race against time to rescue a family of gray whales trapped by ice in Alaska.

Friday, Oct. 5th, 12:30-2:20 *Salmon Fishing in the Yemen* (2011, PG-13) A sheik spares no expense to fulfill his dream of bringing salmon fishing to the desert. Stars Ewan McGregor, Emily Blunt & Kristen Scott Thomas.

Friday, October 19th, 12:30-2:30 *Joyful Noise* (2012, PG-13) Musical comedy starring Queen Latifah and Dolly Parton as women at odds with each other as their church choir enters a national championship.

Friday, October 26th, 12:30-2:05 *Hocus Pocus* (1993, PG) Comedy starring Bette Midler, Kathy Najimy and Sarah Jessica Parker as sister witches who after 300 years are resurrected in Salem just in time for Halloween.

Friday, November 2nd, 12:30-2:35 *The Way* (2010, PG-13) Martin Sheen stars in this drama as a father who goes overseas to recover the body of his estranged son (played by real life son Emilio Estevez) who died while traveling the “El Camino de Santiago” and decides to take the pilgrimage himself.

▶ **Falling leaves? Need help raking them up?**

Tuesday, November 6th, during school hours

The ABRHS Junior Class will be available to help rake your leaves. Call the COA beginning at 1:00 on Oct. 2nd. A responsible adult must be home on raking day. Rakers may bring their own equipment. Equipment loaned to rakers is the homeowner's responsibility. Leaves can be bagged (provided by homeowner) or raked to a designated area.

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** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required 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.

Support Groups

Six-week Living Alone Support Group at the Acton Senior Center. Call 978-929-6652.

Thursday, November 1st, 15th, and 29th, December 13th, January 3rd and 17th, 1:00-2:30

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

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

Bereavement Group – For those who are grieving the loss of a close family member.

Tuesdays, through October 30th and/or Tuesdays, November 13th through December 18th.

Session meets 7:00pm-8:30pm. There is no fee, but registration is required. For more information or to register, call Andrea Heinlein, LICSW at 508-358-3000, extension 249. Meetings are held at the Parmenter offices located in Wayland at 266 Cochituate Road, Rt. 27.

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

Healthcare Websites

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

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 or visit www.minutemansenior.org for more information.

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

ONGOING ACTIVITIES

FOR OCTOBER.....REGISTRATION BEGINS TUESDAY, OCTOBER 2nd at 1:00

Drop-in Activity Spotlight: Harmonica Club

If you're musical, drop by the Senior Center dining room on Thursdays from 1:00-3:00 for some playing time. A small group plays some golden oldies on harmonicas, but other instruments (including your voice) are welcome. Please check the calendar each month, as there will be some days when the group does not meet.

► Veterans Services Appointments

Tuesday, October 30th and every last Tuesday of each month, 12:00-1:45

Veterans Service Officer James MacRae is available at the Senior Center to answer questions about veterans' benefits and resources. Call the COA at 978-929-6652 for an appointment. You can also contact James at 978-929-6614 or email him at vso@acton-ma.gov with questions or to set up an appointment to meet Monday - Friday. The Veterans' Services section of the Town's website is being updated with lots of useful information. Check it out!



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

Wednesdays, through November 14th, 9:00-10:30



► Beginning Watercolor Class with Sue Nordhausen (Class is full. Call about the waitlist.)

Tuesdays, through October 16th, 1:30-3:00

Schedule change: The Tuesday, 10/2 class has been

changed to Thursday, 10/4, at 1:30.

► Health Resources with Mindy Bloom

Tuesday, October 16th, 11:00-12:00

Mindy will be available to answer medical questions, assist in completing a Healthcare Proxy, Advanced Care Directive or Field of Life for. Please call for a private appointment.

Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas

Monday, October 29th, 1:00-2:00, in the living room

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 getting organized or how to get started.

“The Bookies”

Monday, October 15th, 1:00-2:00

The book for this month is *The Art of Racing in the Rain* by Garth Stein. A heart-wrenching yet funny and ultimately uplifting story of family, love, loyalty, and hope told through the mind, eyes and nose of a dog. The book will be available through the Memorial Library and a copy can be sent by request to the Citizen's Library if that is more convenient. At the last meeting, group members decided to try taking turns leading the book discussion each month. Questions? Call Chris in the COA office at 978-929-6652.

Genealogy Group

Friday, October 12th, 1:00-2:30

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 with like-minded people.

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:30-3:30

(No SHINE on 10/8)

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, October 3rd, 17th and 31st, 1:30-3:00 and/or Fridays, October 12th and 26th, 10:00-11:30

Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games, Drop-in Pool, Yarn & Thread Ladies, Drop-in Bridge, Harmonica Club. Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Call if you're unsure.

► Indicates that you must register in advance!

AROUND TOWN...AND BEYOND

Mt. Calvary Community Supper at 472 Massachusetts Ave.

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

Acton Recreation is excited to share their Fall-Winter Program which has a variety of programs including art and nature classes, concerts and bus trips. The program is available online at www.acton-ma.gov/register. For more information call 978-929-6640 or stop by their office at the Town Hall.

Farmers Market is open Sundays through October 21st, 10:00-1:00 on Pearl Street in West Acton. SNAP benefits happily accepted. For more information visit www.abfarmersmarket.org.

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

Bach's Lunch Concert – Thursday, October 18th, 11:00 and 1:30, Free admission.

Theatre III presents Brigadoon

Wednesday, October 10th, 7:30pm – Senior Final Dress Rehearsal, Free, Refreshments. 250 Central St., Acton

Concord Players presents Mister Roberts

Thursday, November 1st, 8:00pm – Senior Open Dress Rehearsal, \$8. 15 Walden St., Concord

Town Clerk's Office – Tuesday, November 6th is the Presidential Election! The polls will be open 7:00am-8:00pm. In order to vote in this election you must be a US citizen, a MA resident and 18 on or before election day, and be registered to vote by the deadline of Wednesday, October 17th. The Clerk's Office will be open 8:00am-8:00pm on the 17th to facilitate registration. Won't be in town for the election or have a child in college? Fill out an absentee ballot application at the Clerk's Office or download one at www.sec.state.ma.us/ele/eifev/howabs.htm and mail to us. All absentee ballots requests need to be completed by NOON on Nov. 5th. If you are unsure if you are registered or have other questions, contact the Clerk's Office at 978-929-6620 or email: clerk@acton-ma.gov.

All Precinct One (Nagog Clubhouse) Voters: Please remember that Nagog Clubhouse is no longer a polling location. Remember to vote at the Conant School, 80 Taylor Road.

Emerson Hospital's Driving Safety Series

Saturday, October 13th, 9:00am to 12:00pm, at 57 ORNAC in Concord



The CARfit program is geared toward senior drivers to determine a driver's best fit within their vehicle, but it is free and open to all. A 12-point check list takes about 20 minutes and information about community-specific resources to enhance safety and/or increase mobility is available. To register, call Kristen at 978-287-8244.

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesday, October 9th, 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 the Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, October 9th and 23rd, 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.

Thank You

...To the Acton-Boxborough Rotary Club for their annual Senior BBQ held at the Holiday Inn in Boxborough.

... To the Nursing Department for providing another delicious lunch of chicken stir fry.

Consider Receiving 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. Thank you!

TRANSPORTATION

Road Runner News – Changes beginning October 1

The Town has taken over the RR service and contracted with Transaction to dispatch it. Transaction is the same company that provides the MinuteVan dial-a-ride service. To schedule a ride with the RR call 978-844-6809, weekdays, 8:30-12:30, at least a day in advance. You may also schedule rides on-line at www.minutevan.net. The RR's hours will be Monday-Friday, 8:00-3:00p.m. and the cost will remain \$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.

► **Ride to Westford Market Basket or Jo-Ann Fabrics**

Thursday, October 18th, 1:00-3:00, leaving from and returning to the Senior Center



We will be taking the COA van to Westford's 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.

NEW RATES for MinuteVan Dial-a-Ride Van Service which runs Monday-Friday, 8:00-11:00a.m. and 3:00-8:00p.m. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-12:30a.m. Rides for seniors are now \$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.

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.

A Message from NSTAR: If the power goes out and you experience a service interruption please:

- Call NSTAR at 1-800-592-2000 to report your outage from the phone number linked with your account.
- Stay clear of all fallen tree limbs and electrical wires as well as anything they are touching - such as puddles and metal fences. Assume all downed wires are "live." Call NSTAR and local emergency personnel.
- Those dependent on electrically powered life-support systems should have a pre-arranged plan concerning power outages.
- Prepare a list of emergency phone numbers and have it readily available.
- If using candles or matches, be extremely careful and never leave open flames unattended.
- Food in your refrigerator will keep for 6 to 9 hours and in your freezer 36 and 48 hours. It will help to minimize the number of times the door is opened.

FUEL ASSISTANCE

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

Need help paying your heating bill? Call Bev at the COA beginning the last week in October at 978-929-6652 to set up an appointment for the fuel program which runs November 1 to April 30. All applicants must submit a copy of a current photo ID. Applicants must be within the below income eligibility.

<i>Household size</i>	<i>Maximum gross income (Call for income guidelines for larger families)</i>
1	\$31,271
2	\$40,893

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Sharon Mercurio at the COA at 978-929-6652.

October	Mon	Tue	Wed	Thu	Fri	2012
	1 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Presentation 1:00 Drop-in Pool 1:30-3:30 SHINE 3:00 COA Board Meeting	2 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00 Program Registration	3 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 10:45-12:00 Yoga Begins 11:45 Newbury Court Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	4 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 12:30-2:45 Cities/Towns of MA 1:30-3:00 Watercolor Class	5 8:30-9:30 Cardio Flex 9:30-11:30 Hearing Screenings 10:00-10:45 Zumba 12:30-2:20 Movie 1:00-4:30 Poker	
	8 COA CLOSED	9 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:15 Vermont Trip 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	10 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	11 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 Volunteer Cooked Lunch 12:30-1:30 Principles of Islam begins 1:00-3:00 Harmonica Club	12 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 1:00-4:30 Poker 1:00-2:30 Genealogy 13 9:00-12:00 Flu Clinic @COA	
	15 8:30-9:30 Stretch/Flex 9:30-11:00 Female Artists Class begins 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Book Group 1:30-3:30 SHINE 1:30 Friends of COA Meeting	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Health Resources 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor-last	17 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00 Chair Exercise 10:45 Yoga 12:30-1:30 Cooking up Flavor 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge 5:00 Newcomers Dinner 6:30 Retirement Planning Talk	18 8:30-9:30 Cardio Flex 9:00-10:30 Discover Drawing Begins 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 11:45 Special Fall Lunch 12:30-1:30 Principles of Islam 1:00-3:00 Van to Market Basket 1:00-3:00 Harmonica Club	19 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-10:45 Zumba 12:30-2:30 Movie 1:00-4:30 Poker 20 9:00-12:00 Flu Clinic @DPW	
	22 8:30-9:30 Stretch/Flex 9:30-11:00 Female Artists Class 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Presentation 1:30-3:30 SHINE 6:30-8:00 Alzheimer's Program	23 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 Board & Tile Games 1:00-2:15 Medicare Open Enrollment	24 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	25 8:30-9:30 Cardio Flex 9:00-10:30 Discover Drawing 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-1:30 Principles of Islam 1:00-3:00 Harmonica Club	26 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	
	29 8:30-9:30 Stretch/Flex 9:30-11:00 Female Artists Class 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Memoir Writing Program 1:00 Drop-in Pool 1:30-3:30 SHINE	30 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Begins	31 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Halloween Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	November 1 8:30-9:30 Cardio Flex 9:00-10:30 Discover Drawing 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:30 Living Alone Support Group Begins 1:00-3:00 Harmonica Club	2 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:30-2:35 Movie 1:00-4:30 Poker	



Daylight Savings Ends November 4th

Don't forget to set your clocks *back* 1 hour before going to bed Saturday night Nov.3rd.

Two Flu Clinics by Acton Nursing Service

Saturday, October 13th - 9:00a.m. to Noon

at the Senior Center for those 60 and older

Saturday, October 20th - 9:00a.m. to Noon

at the DPW, 14 Forest Road for all Acton residents

To pre-register visit www.actonnursingservice.com

The **MA Department of Public Health** announced that EEE virus has been detected in mosquitoes in Acton. By taking some precautions you can protect yourself. Be aware of peak mosquito hours, wear long sleeves and pants when outdoors, apply insect repellent, and mosquito-proof your home by repairing or installing screens. In addition, reduce or remove larval habitat by eliminating places around your home where mosquitoes can breed. Empty and clean birdbaths each week, cover or store anything that may capture and hold water such as unused flowerpots, and recycle any containers that are no longer needed. Check rain gutters and drains. If you would like information on services provided by the **Central Mass Mosquito Control Project**, call **508-393-3055** or visit www.cmmcp.org. The CMMCP provides information about disease facts, personal protection tips, as well as an overview on the services CMMCP provides Acton, including a tire recycling program.

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.

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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
Marion Maxwell
Jim Papachristos
Sally Thompson, Treasurer
Paul Turner

Acton COA Board will meet on Monday, 10/1 at 3:00
Friends of the Acton COA will meet on Monday, 10/15 at 1:30