



Acton Senior Bulletin



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

Registration for all programs begins in person or by phone Monday, September 30th at 1:00.

 **► My How You've Grown: Learning, Loving and Laughing Lifelong**
Thursday, October 17th, 1:00-2:15

Michele Tamaren will present 12 simple steps for living your fullest, most joyful life. This talk is inspired by Michele's widely acclaimed spiritual memoir, *ExtraOrdinary: An End of Life Story Without End* about the life and wisdom of her step-dad, Herman Liss. In his mid-90s, Herman taught family, caregivers and a young boy that it is one's own heart that makes the ordinary extraordinary. *Michele C. Tamaren, M.A., is an author, presenter, spiritual director, life coach, and former special educator who lived and taught for in Acton. She presents at national and international conferences on the science and spirit of happiness and well being.*

► Aging and Mental Health – Building Awareness and Resiliency

 *Thursday, October 10th, 1:00-2:00*

As we age we are confronted with many life challenges and with this can bring feelings of sadness and depression. Depression is not a normal part of the aging process. Join Patti Contente for a discussion on the myths and facts about aging and depression. The workshop will discuss how to distinguish between clinical depression and normal sadness and grief. As you age, there will be periods of both joy and stress. We'll discuss how to identify, understand and respond to someone who may be struggling with depression. We'll talk about strategies for healthy aging. *Patty Contente is a licensed clinical social worker and is a certified instructor in Mental Health First Aid and Question and the suicide prevention training program Persuade and Respond. She has 30 years of experience working with individuals and families.*

Director's Corner

We have gotten some feedback regarding our program sign up process. We are aware it can be frustrating as our programs are quite popular. Over the years we have made changes to improve the process. At this time we have separate days for exercise and program sign ups and have all staff members available to take registrations both by phone and in person. Registration begins at 1:00 and is usually complete by 1:45. We ask for your patience and cooperation as we are developing a questionnaire to get your thoughts and ideas. We will be looking into possibly changing this process in the future.

Last month the Board of Selectmen voted to regionalize our transportation dispatch services. A date has not been set as to when this change will occur. We will be working closely with those running the CrossTown Connect program to try to make this transition work as smoothly as possible for our seniors.

We are pleased to have Detective Tricia Sullivan as our Elder Service Officer. We hope to have her or another member of the Police Department join us for lunch the third Tuesday of each month. This will be a wonderful opportunity for you to get to know one another.

The Acton Senior Center has so much to offer. There really is something for everyone. Come down and enjoy!

Thank you! **Sharon**

The COA/Senior Center will be closed on Monday, October 14th for Columbus Day.

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UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

Coffee and Conversation

Friday, September 27th, 9:30-10:30, in the dining room

Join the COA Staff to find out what's new and to share your questions, comments and concerns.

Feel Good Bingo

Wednesday, October 9th, 12:30-1:15

Please join Acton resident Michelle Holmberg of Mental Health Screening for an informative and fun game of Bingo and prizes. Depression causes clinically significant depressive symptoms but it is not a normal part of aging. Depression is a highly treatable illness and the earlier symptoms are detected, the greater the likelihood of recovery. This game is a tool for recognizing how to look out for the well-being of yourself and your loved ones.

Drop-In Guided Meditation with Liz Jewell

Thursdays, October 10th and 17th, 2:30-3:15

Meditation is the practice of mindfulness. Practicing mindfulness improves both physical and mental health. Join Health and Wellness Coordinator Liz Jewell for some guided meditation practice and gentle stretching exercises.

An Apple a Day!

Tuesday, October 15th, 12:30-1:00



It's no surprise that apples are good for you. They have earned the "keep the doctor" away reputation, but there are also a number of lesser-known reasons to pick up a juicy apple today. Come learn about them with health and wellness coordinator Liz Jewell! We'll also share some fun apple facts and enjoy a taste testing of apples from a local orchard.

► Feel Good Nutrition

Thursday, October 24th, 12:30-1:30

Join a nutritionist from Stop and Shop for a talk about what a "whole food" is and why they are so good for you. Learn healthy ways to eat and snack so your body works as efficiently as it can. Eating whole foods not only improves your physical health but also improves your memory and mental health. Taste samples included! This program is sponsored by Home Instead Senior Care.

► Energy Presentation: Energy Audit 101 and Home Heating Basics

Monday, October 28th, 1:00-2:30

National Energy Awareness month is a great time to learn about the ways you can save money and energy while creating a cleaner and safer environment at home. This two-part presentation will begin with Mass Save 101, offering information on the state initiative designed to help residents save money on utility bills and make their homes more energy efficient. Learn how to gain access to the Mass Save no-cost home energy assessment including weatherization services, up to \$2,000 a year on insulation work and other economic incentives for home energy services. After a break for questions and refreshments, part two of the presentation will begin at 2:00: Home Heating Basics, Options for Improving System Performance, Upgrades and Replacements. It compares all methods of home heating and includes the following topics: boilers and furnaces, ways to improve system performance, heat pumps, upgrade and replacement options, environmental impacts, and available rebates. Feel free to come to one or both parts of the program.

► Falling leaves? Need Help Raking Them Up?

Tuesday, November 5th, during school hours

The ABRHS Junior Class will be available to help rake your leaves. Call the COA beginning at 1:00 on September 30th. 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.

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

- ▶ **Beginner Chess Class** (Call now as registration has already started for this program.)
Thursdays, October 3rd through December 19th, 1:00-2:00 (No class on Nov. 28th and Dec. 5th)



Acton resident Ken LeBow will teach a 10-week chess class for beginners. Learn how the pieces move, what are check and checkmate and some basic strategies, including the 10 golden rules of chess. Chess sets and boards are supplied by the COA. Chess is a great way to exercise your brain - studies show playing can improve memory, boost concentration skills and increase creativity.

Prior to living in Acton, Ken started a chess club and lessons for seniors in a Philadelphia suburb. He has played chess for over 50 years and has had several games published in the Boston Globe and New York Times, although he is quick to mention that all except one were losses!

- ▶ **Intermediate Chess Class** (Call now as registration has already started for this program.)
Thursdays, October 3rd through December 19th, 2:00-3:00 (No class on Nov. 28th and Dec. 5th)

Ken LeBow is offering a 10-week course for players who already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback. Chess sets and boards are supplied by the COA.



- ▶ **In Praise of Poetry**
Thursdays, October 24th, 31st, November 7th, 14th, 2:30-4:00

“Poetry, like bread, is for everyone,” said Rogue Dalton. Are you a lover of literature but sometimes feel like you just don’t get poetry? Or, maybe you enjoy poetry but don’t get a chance to read as much as you would like. Join Patti Russo, a certified poetry therapist who believes poetry is for everyone. She will read evocative and accessible poems, facilitate discussion and aid you in some reflective writing. You do not need to be a poet to participate; just come and enjoy this creative and enriching celebration of poetry!



- ▶ **Watercolor Class with Sue Nordhausen** (Class is full. Call about the waitlist.)
Tuesdays, October 8th through November 26th, 1:30-3:00 (Please note the change in the dates.)

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



SENIOR CINEMA

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

****Movies are shown using the closed-captioning feature, when available****



Friday, September 27th, 12:30-2:30 *The Decoy Bride* (2011, PG) When the world’s media descend on a remote Scottish island where a Hollywood actress is getting married, a local girl is hired as a decoy bride to put the paparazzi off the scent. David Tennant and Kelly Macdonald co-star in this romantic comedy.

Friday, October 4th, 12:30-2:35 *Amour* (2012, PG-13) Georges and Anne, retired music teachers in their eighties, have a time-tested love. But as Anne’s health fails, Georges becomes her caregiver, and the couple’s bond is tested like never before. This drama won an Oscar for best foreign language film. French film with English subtitles.

Friday, October 18th, 12:30-2:40 *42* (2013, PG-13) The story of Jackie Robinson (played by Chadwick Boseman) and his history-making signing with the Brooklyn Dodgers in the 1940s under the guidance of team executive Branch Rickey (Harrison Ford).

Friday, October 25th, 12:30-2:30 *The Company You Keep* (2012, R for language) Robert Redford directed/stars in this thriller as a former activist who goes on the run when a journalist discovers his identity. Star-studded cast includes Susan Sarandon, Sam Elliott, Nick Nolte, Chris Cooper, Stanley Tucci, Shia LaBeouf, and Julie Christie.

Friday, November 1st, 12:30-2:25 *Kon-Tiki* (2012, PG-13) The true story of legendary explorer Thor Heyerdal’s epic 4,300 miles crossing of the Pacific on a balsa wood raft in 1947, in an effort to prove it was possible for South Americans to settle in Polynesia in pre-Columbian times. Oscar nomination for Best Foreign Language film. English language version.



TRIPS



REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

► **Lake Winnepesaukee Scenic Railroad with Turkey Lunch** (Trip is full. Call about waitlist.)

Wednesday, October 9th, leaving NARA Park Lower Lot at 7:45 a.m. Approximate return time 4:00

Cost: \$54 due now, includes coach bus transportation, train ride with lunch, all gratuities.

► **Wadsworth Atheneum Art Museum’s Festival of Trees**

Wednesday, December 11th, leaving NARA Park at 8:45

Get into the holiday spirit with a day at the Wadsworth Atheneum Art Museum’s Festival of Trees in Hartford Connecticut. The oldest public museum in the United States is even more special when it is decorated with 100 holiday trees. There will also be live musical performances throughout the day. The Atheneum has a large collection of American art (including Hudson River School pieces and the Wallace Nutting collection of American Colonial furniture and decorative art) and European art (particular strengths are Italian Baroque and Surrealism). Current exhibits include Media Rewind 1963 and An Artificial Wilderness: The Landscape in Contemporary Photography. We will start the day with an early lunch in the museum café. Please indicate your choice of buffalo chicken wrap with blue cheese, turkey club with bacon on a roll, grilled vegetable wrap with provolone, or country chicken salad wrap with American cheese, carrots and peppers. Lunch includes chips, cookie, soda or water. The museum does not offer private tours during the Festival, but you are welcome to join a 1:00 highlights tour, which is open to everyone visiting.



Depart: 8:45 a.m. from the NARA Park Lower Lot; Approximate return time 5:15
Cost: \$50 due by Nov. 20th, includes coach bus transport w/restroom, museum admission, lunch, all gratuities.

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

Trip Bus Transportation Notice: For the October and December trips, we will be using the Buckingham Bus Company, a Groton based company in its third generation of family ownership. Our previous provider, Gokey and Quinn, has gone out of business. Thank you to the Friends of the COA for underwriting the October trip to cover the difference in cost, keeping it affordable for Acton seniors.

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 trip 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 COA office at 50 Audubon Dr. or mail to: COA, Town Hall, 472 Main St., 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 Parking Lot, unless otherwise noted. Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right. Please check the trip description in the newsletter to confirm the parking location.
5. Call COA Director, Sharon Mercurio, at 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. These are available at the COA Office if needed. Please make sure that all sections of the card are filled out and up to date.
7. If you are not self sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
8. If a medical emergency arises on a trip, COA staff will procure treatment if needed, but cannot accompany someone to the hospital.



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.

EXERCISE

REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

► **Zumba Gold™/Stretch Class with Yvonne Benelli** (Call now as registration has already started.)
Fridays, through November 22nd, 10:00-10:45 (No class on 10/25)

This Latin-inspired cardio-based fitness workout is designed to tone the entire body. Floor work is optional and is at the end of the class. This program is designed so you are in control of your movements and intensity, and you will be encouraged to modify your exercise to accommodate your own needs. Participants should wear sneakers, bring water and an exercise mat (if doing floor work). 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.

Striders Walking Group



Mondays, October 7th, 21st, and 28th, 12:15-1:00 at the Senior Center (No walk on the 14th.)

Wednesdays, October 2nd, 9th, 16th, 23rd and 30th, 8:30-9:15 at NARA Park

Both a 1 and 2 mile loop are available. New walkers are always welcome. If the weather is questionable, call the COA to see if we're walking. If you are new to walking we suggest you try the Wednesday walk at NARA Park as the terrain is flatter and easier for beginners to conquer.

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

Wednesdays, through December 11th, 10:00-10:30, meets in living room (Class is full. Call about the waitlist.)

Thursdays, through December 12th, 11:00-11:30, meets in dining room (Space available. Call now.)

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

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

(Class is full. Call about the waitlist.)

Mondays, through December 9th, 8:30-9:30

(No class on 10/14 and 11/11)

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

(Both classes are full. Call about the waitlist.)

Tuesdays and Thursdays, through December 12th, 8:30-9:30

(No class Nov. 28th)

or Wednesdays and Fridays, through December 13th, 8:30-9:30

(No class Nov. 29th)

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

(Class is full. Call about the waitlist.)

Tuesdays and Thursdays, through December 12th, 9:45-10:45

(No class Nov. 28th)



► **Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society instructors**

Tuesdays, through December 10th, 11:00-12:00

(Class is full. Call about the waitlist.)



► **Continuing Level Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society instructors**

Thursdays, September 19th through December 12th, 11:00-12:00

(No class on 11/28)

For people who know all 108 movements of the Taoist Tai Chi set, whether learned at the Center or elsewhere.

► **Yoga Class with Patsy Brightman**

(Class is full. Call about the waitlist.)

Wednesdays, through November 20th, 10:45-12:00

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

Senior Center Art Exhibit - In October through November we welcome Acton artist, Carol Pope, in a fine-art exhibit of oil paintings and pastels. Ms. Pope is a past exhibitor here at the Senior Center and is back by popular demand! Those who have seen her vivid work know her masterful technique. Please call the COA office for viewing times.



Many thanks to William Sawyer for sharing his beautiful watercolor paintings with us in August/September.

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.

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

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

▶ **Inn at Robbins Brook Lunch**

Tuesday, October 15th, 11:45

Please join us for barbequed pulled pork on a fresh roll, garden salad and sheet cake. A \$3 donation is requested. Please sign up in the COA office.

▶ **Monthly Breakfast**

Friday, October 18th, 9:00

Join us for a warm, plentiful breakfast! Typically pancakes or French toast, eggs, fruit, bacon and sausages are served, but our chef, Veteran Services Officer James MacRae, will sometimes have a surprise in store. Cost is \$2.

▶ **Town Employee Prepared Lunch**

Tuesday, October 22nd, 11:45

Municipal Properties will be cooking and serving beef Bolognese, salad, garlic bread and cupcakes. A \$3 donation is requested. Please sign up in the COA office.

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. Birthday Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

Birthday Lunch: Wednesday, October 9th

Joy's Spaghetti/Halloween Lunch: Thursday, October 31st \$3.00 Don't forget your costume!

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

COA Trip Photos – There are photos from some COA day trips online for participants to enjoy. If you would like to view them, go to picasa.com and enter “acton council on aging” in the search box. Then click on the photograph of the trip you are interested in or the words “see more from this album.” You can order prints through Picasa or right click on a photograph to copy, print or save. If you take photos on trips and would like to add them to the on-line albums, please call Chris in the COA office for the password. You do need Picasa, a free photo editing download from Google, to upload photographs.

Dining for a Cause

The Ninety Nine Restaurants Invites You to a Fundraiser to Benefit: Friends of the Acton Council on Aging

Present the voucher below at the fundraiser and the Ninety Nine Restaurants will donate 15%* of your Guest check to the organization. Questions about Dining for a Cause? Call Norma Wu, Friends of the Acton COA President, at 978-263-8118.

Dining for a Cause

Benefiting: Friends of the Acton Council on Aging

Date: Wed, October 16th **Time:** 11:00 AM - 4:00 PM

Location: Ninety Nine Restaurant, 333 Littleton Road, Westford



Coupons, discounts and promotions including “Kids Eat Free” will not be accepted during the fundraiser. **Present this voucher to your server when seated** as this is required for the organization to receive credit for the sale.

*Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, SEPTEMBER 30th at 1:00.

Knitters/Crocheters - The Yarn and Thread Ladies are reaching out for new members to join the group. In addition to making items for their own use, the group makes things for the Friends of the COA Holiday Fair. Stop by the living room on Wednesdays 12:30-2:15.

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Ken LeBow leads this Chess Club for players with experience to get together for games at the Senior Center. New to chess or need a refresher? See page 3 for information on lessons.

“The Bookies” Book Club

Monday, October 21st, 1:00-2:00

The book for this month is *Collateral* by Ellen Hopkins, the gripping story of a woman torn between love for her boyfriend, a Marine deployed to Afghanistan, and the resentment she has for the war that is tearing their lives apart. Lucy will be leading the discussion. Copies of the book will be available at the Acton Memorial Library.

Genealogy Group

Friday, October 11th, 1:00-2:30

Come share your research, seek some advice or simply share your passion for family history with like-minded people in this dynamic group.



► **Watercolor Studio Workshop with Joyce McJilton Dwyer (Class is full. Call about waitlist.)**
Mondays, September 30th through December 16th, 10:00-11:30 (No class on Oct. 14th & Nov. 11th)



► **Robert Frost Seminar with Stephen Collins (Call now. Registration is open.)**
Tuesdays, October 1st, 8th, 15th, 22nd, 1:00-2:00

Stephen Collins continues the seminar on the work of Robert Frost.



► **President Who? with Gary Hylander (Call now. Registration is open.)**
Thursdays, September 26th and October 3rd, 1:00-2:00

This series looks at less remembered presidents such as James Polk, Franklin Pierce, Rutherford B. Hayes, Chester Arthur, Grover Cleveland, Benjamin Harrison, and William Howard Taft and how they contributed to the American presidential experience. This program is offered in partnership with Sage Educational Services.

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

Tuesday, October 29th, 12:00-1:45

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse, you can also contact James directly at 978-929-6614 or at vso@acton-ma.gov to meet with him Monday-Friday at Town Hall.

► **Minuteman SHINE (Serving the Health Information Needs of Everyone)**

Mondays, October 7th, 21st, and 28th, 1:30-3:30

For questions regarding Medicare or MassHealth, 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 9th, 16th, 23rd and 30th, 1:30-3:00

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

Board and Tile games are meeting two days this month: Tuesday, October 1st and 29th, at 12:30.

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

SENIOR CENTER CLINICS

Podiatry Clinic with Dr. Gregorian

Wednesday, October 2nd, 1:00-4:00 and Tuesday, October 8th, 8:15-11:00

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Pre-booking of appointments at the clinic itself or pre-booking at the Nursing office is no longer available. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, October 8th and 22nd, 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.

AROUND TOWN...AND BEYOND

Memorial Library

Wednesday, October 9th, 7 p.m. Reclaiming the Wampanoag Language

Using the public television documentary *We Still Live Here*, MIT Linguistics Professor Norvin Richards will discuss the effort to reinvigorate the Wampanoag language.

Tuesday, October 15th, 7 p.m. From Pine Hawk to Trail through Time: 15 Years of Revealing Our Past

Doug Halley will describe the discovery of Pine Hawk, the dig, the artifacts and its archaeological significance.

Friday through Sunday, October 18-20, Friends of the Acton Libraries Book Sale Friday, 7-9 p.m., Friends members preview; Saturday, 9 a.m.-4:30 p.m.; Sunday, 2:00-3:30 - half price day.

Tuesday, October 22nd, 3:00-4:00 OverDrive Digital Media Catalog

Come learn the ins and outs of downloading free ebooks and audiobooks from the library!

Wednesday, October 23rd, 7 p.m. The Sea Floor: The Next Archaeological Frontier

Peabody award winning filmmaker Ted Timreck shows his latest works including a documentary on the undersea explorations off Block Island. He will focus on developing protocols for the search for artifacts off the NE coast.

Emerson Hospital Hosts AARP Driver Safety Program

Wednesday, Oct. 16th, 10-3, at Emerson Health & Wellness Center, 310 Baker Ave

Five-hour classroom course reviews the rules of the road, demonstrates the updated technology in new vehicles and teaches strategies to compensate for age-related changes in vision, hearing and response time. \$12 for AARP members or \$14 for non-members. No exam or driving test. Call Michele Dolan at 978-287-8244.

Theatre III's Fall Musical "The Wizard of Oz"

Wednesday, October 9th, 7:30 p.m. Free dress rehearsal date is at Theatre III, 250 Central St in West Acton.

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00 p.m. Free. Everyone welcome. Call 978-263-5156 for info.

Mt. Calvary Community Lunch at 472 Massachusetts Ave.

4th Thursday of the month except Nov and Dec. when it will be the 3rd Thursday, 12:15. Cost is \$3.

Indian Hill Music – Free Bach's Lunch Concert

Thursday, October 17th, 11:00 and 1:30 at 36 King St in Littleton

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Heating Assistance Program (LIHEAP)

Need help paying your heating bill? Eligibility is based on household size and gross annual income of every household member 18+ years. Renters whose cost of heat is included in the rent can apply. Call Bev at the COA beginning **October 15th** at 978-929-6652 for an appointment. The fuel program runs November 1 to April 30.

Household size	Maximum gross income (Call for income guidelines for larger families)
1	\$32,065
2	\$41,932
3	\$51,798

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.

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 4th 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.

Medicare - SHINE Update - Serving the Health Information Needs of Everyone

Medicare open enrollment period starting January 1, 2014 begins on October 15th and ends December 7th. Call COA to make an appointment with our SHINE counselor. See page 7 for appointment days/times.

Support Groups

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.

Parkinson's Disease Support Group

3rd Monday of each month 2:00-3:00, Inn at Robbins Brook with Mary Ann Wonn. Call 978-264-4666.

Bereavement Support Group (begins 9/19)

3rd Thursday of each month 4:00-5:00, Inn at Robbins Brook with Nate Lamkin. Call 978-264-4666.

Bereavement Group

Wednesday, through October 30 for 8 weeks, 6:00-7:30, Parmenter at 255 Cochituate Rd., Wayland

For information & registration call Andrea Heinlein @ 339-223-9482

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.

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.

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

TRANSPORTATION

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 9:00-1:00. 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, 9:00-1:00, at least a day in advance. You may also schedule rides online at 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.

RoadRunner Van Grocery Shopping Trips – The RoadRunner van is available to take riders to the Acton Food Pantry on the 1st, 2nd and 3rd Wednesday of each month. Rides are also available to the Westford Market Basket on the 1st and 4th Wednesday of each month and to the Littleton New Oriental Market on the 4th Wednesday of each month. Regular pick up locations for these rides are from 68 Windsor Ave., Sachem Way and Iris Court but rides can be arranged from other locations in town. For more information please call 978-844-6809, weekdays, 9:00-1:00. Call at least a day in advance for a ride. Please note that there is a 7 bag limit on the van.

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.

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. 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 Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. Call 978-844-6809 or visit www.minutevan.net to book online.

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.

Stay Connected! Do You Need Telephone Service?? Lifeline is a federal/state program that lets eligible



low income consumers receive landline home phone service up to \$18 a month, or wireless service up to 250 free minutes monthly from certain providers. Eligibility is based on household income and/or benefits received from certain government programs. One Lifeline discount per household. (Note: This telephone discount program is different from the medical alert system also known as Lifeline.) Call the MA Dept. of Telecommunications and Cable at 1-800-392-6066 to find if you qualify.

Thank You

...to the Friends of the COA for preparing a delicious home cooked lunch.

...to Cucurbit Farms who generously supplied plants for the trough at the office entry for spring and summer as well as materials like pumpkins for the front entry in the fall.

...to the Friends of the COA who funded plant material including junipers, lilac and caryopteris for the front entry.

...to the United Way volunteers who helped with our chili bar luncheon.

October	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2013
	30	1 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 1:00-2:00 Robert Frost Seminar	2 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-10:30 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	3 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 President Who? - last 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	4 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:30-2:35 Movie 1:00-4:30 Poker	
7 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15 -1:00 Walking at COA 1:00-3:00 Friends Meeting 1:30-3:30 SHINE 3:00 COA Board Meeting		8 8:15-11:00 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 Beginner Tai Chi 1:00-2:00 Robert Frost Seminar 1:30-3:00 Watercolor w/Sue Begins	9 7:45 Winnepesaukee Trip 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-10:30 Drop-in Art 10:00-10:30 Chair Exercise 10:45 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 12:30-1:15 Feel Good Bingo 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	10 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 Aging and Mental Health 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	11 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 1:00-2:30 Genealogy 1:00-4:30 Poker	
14 COA CLOSED Columbus Day		15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:30-1:00 An Apple a Day 1:00-2:00 Robert Frost Seminar 1:30-3:00 Watercolor w/Sue	16 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-10:30 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11-4 Dine 99 Rest to support FCOA 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	17 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 1:00-2:15 My How You've Grown 2:00-4:15 Chess Club 2:30-3:15 Meditation	18 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-10:45 Zumba 12:30-2:40 Movie 1:00-4:30 Poker	
21 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15 -1:00 Walking at COA 1:00-2:00 Book Group 1:30-3:30 SHINE		22 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Employee Cooked Lunch 1:00-2:00 Robert Frost Seminar-last 1:30-3:00 Watercolor w/Sue	23 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-10:30 Drop-in Art 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	24 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 12:30-1:30 Feel Good Nutrition 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-4:00 In Praise of Poetry	25 8:30-9:30 Cardio Flex 12:30-2:30 Movie 1:00-4:30 Poker	
28 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15 -1:00 Walking at COA 12:30-2:00 Newsletter Sealing 1:00- 2:30 Energy Audit 1:30-3:30 SHINE		29 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-1:45 Veteran Appointments 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue	30 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-10:30 Drop-in Art 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	31 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 11:45 Halloween Lunch 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-4:00 In Praise of Poetry	November 1 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:30-2:25 Movie 1:00-4:30 Poker	



Daylight Savings Ends November 3rd

Don't forget to set your clocks *back* 1 hour before going to bed Saturday night Nov. 2nd.

Get Your Newsletter by Email

Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

Citizen's Police Academy has been postponed due to low enrollment. Look for it to be offered again in the spring.

Six Steps to Prevent a Fall

From the National Council on Aging. For more information visit www.ncoa.org/fallsprevention.

1. Find a good balance and exercise program. Look to build strength, balance and flexibility.
2. Talk to your health provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe and install grab bars.
6. Talk to your family members. Enlist their support in taking simple steps to stay safe.

FROM THE FRIENDS OF THE COA

It's coming...the Friends Annual Holiday Fair Saturday, November 16th, 9:00-2:00 and we need your help. How?

Bake.....as always this ever-popular table depends on contributions from many in the community. If you can make some goodies, call Carol Lake at 978-263-7635 or sign-up in the dining room at the Senior Center.

Contribute.....we are in urgent need of jewelry and 'attic treasures.' If you've been meaning to do a fall house cleaning this is a great time to start! For details about items that sell well, call Beverly Davis 978-266-0141.

Invite....family, friends and neighbors to help us to make this our most successful Fair ever! Questions about the Holiday Fair? Call Norma Wu, Friends President, at 978-263-8118.

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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	Marion Maxwell
Charlie Aaronson, Vice Chair	Franny Osman
Stephen Baran	Sally Thompson, Treasurer
Ann Corcoran	Paul Turner
Connie Ingram	

Acton COA Board will meet on Monday, October 7^h at 3:00
Friends of the Acton COA will meet on Monday, Oct. 7^h at 1:00