



Acton Senior Center Newsletter

MARCH 2021

The Council on Aging at the Human Services & Senior Center is located at 30 Sudbury Rd Rear.

The Center is currently closed to the public.

Telephone: 978-929-6652. Email: seniorcenter@actonma.gov

Website: www.actoncoa.com

Facebook: <https://www.facebook.com/actoncoa>



The Poets of Tin Pan Alley Music Program, Part 1 via Zoom

Wednesday, March 17th, 1:00-2:00pm

In this first of a two part multi-media series, John Clark will discuss the backgrounds of these prominent Jewish-American songwriters and will highlight the careers of Great American Songbook writers and composers Irving Berlin, George & Ira Gershwin, and Jerome Kern. Watch the April newsletter for details on Part 2 scheduled for April 21. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see "Virtual Programming" description on page 8. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



St. Patrick's Day Drive thru Lunch at the Senior Center

Wednesday, March 17th, 12:00-12:30pm

Open to All Seniors

Provided by Benchmark Senior Living/Robbins Brook. Enjoy a roast beef sandwich, chips and dessert boxed up and ready for you to take away. This meal is subsidized in part by Minuteman Senior Services. A \$2 donation is requested. **Please sign up by March 12th**

Mightier than the Sword: A Brief History of American Political Cartoons via Zoom

Tuesday, March 23rd, 1:00-2:00pm



Politics and society provide endless fodder for the pens of satirists and pundits. Often the most biting and poignant ideas are put forth in the simplest of ways—through the use of an image. Since the 18th century, American political cartoons have enlightened, entertained, divided, and united us. This illustrated presentation by Paolo Di Gregorio will look at the history of the political cartoon in the United States. Please email the COA at

seniorcenter@actonma.gov to register for this program and you will receive the Zoom link by the morning of the presentation. See "Virtual Programming" on page 8 for information on using Zoom. *Paolo Di Gregorio, the Artifactual Scholar, is a historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented historical lectures and discussions on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received!*

Directors Corner

It's hard to believe it has been a year since we have needed to close our doors. The building is eerie without the usual buzz of activities and chattering in the hallways. It reinforces what we all already knew; the Senior Center is just a building, it's the people that make it the warm community we all miss. Having the vaccine has given us hope but trying to get the vaccine has been very stressful. Please know we are advocating for you and doing everything we can to try to make this an easier process. **Stay safe and be well, Sharon**

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Verizon/AOL/Yahoo users: You may find emails from the Council on Aging/Senior Center are sometimes blocked and marked as spam. If you are waiting for registration confirmation or a Zoom link from us, make sure to check your spam folder. You can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base200868/> or contact Verizon customer service for assistance.



American Writers Series via Zoom with Dr. Lawrence Lowenthal:

Thomas Wolfe, Edna St. Vincent Millay, Saul Bellow, Sylvia Plath, and Philip Roth
Fridays, March 12th, 26th, April 9th, 11:00-12:00pm

This continuing series is open to new participants. Dr. Lowenthal will discuss the life of each writer and read from their various works.



March 12th: Saul Bellow. Saul Bellow is widely regarded as one of the 20th century's greatest novelists, winning abundant awards including the Nobel Prize for Literature, Pulitzer Prize, National Medal of Arts, and is the only writer to win the National Book Award three times. His best known works include *The Adventures of Augie March*, *Henderson the Rain King*, *Herzog*, *Mr. Sammler's Planet*, *Seize the Day*, *Humboldt's Gift*, and *Revelstein*. Bellow's protagonists, in one shape or another, all wrestle with "the big scale insanities of the 20th century." They all struggle with the central question of our

time—how should a decent man live in a fallen world?

March 26th : Sylvia Plath. Almost 60 years after her death, Sylvia Plath stands as the most consequential poet of her generation. As a female voice she dominates the 20th century the way Emily Dickinson did the century before. At the time of her suicide at the age of 30, the critic A. Alvarez wrote "the loss to literature is inestimable." Her last poems, collected in a volume known today as *Ariel*, constitute a fierce and brilliant outpouring of confessional poetry which has fascinated and disturbed millions of readers throughout the world. The April newsletter will contain details on the final lecture. If you are new to this program, please register by emailing the COA at seniorcenter@actonma.gov. There will be a new Zoom link for each lecture. For more information on using Zoom, see "Virtual Programming" description on page 8. *Dr. Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show.*



Trivia Game via Zoom

Thursday, March 18th, 1:00-2:00pm

Join us for a virtual trivia game with an Irish twist for St. Patrick's Day with Sarah Turcotte of Bridges by Epoch, Westford. Sarah uses a neat computer program that is a lot of fun—and you'll be giving your brain a nice workout! Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see page 8.



Words Galore via Zoom

Mondays, March 8th, 15th, 22nd, and 29th, 2:00-3:00pm

Join Val Walker for a fun and lively hour of word play and brain twisters—a logophile's paradise! Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. Email the COA at seniorcenter@actonma.gov to register for this popular program. For more information on using Zoom, see "Virtual Programming" description on page 8.

Ask the Lawyer with Margaret Hoag via Phone or Zoom

Thursday, March 25th, 9:00-12pm.

Call the Senior Center on 978-929-6652 from 1:00pm, Wednesday March 3rd to register for a 20 minute free **telephone or Zoom** consultation which will take place on March 25th. If you have requested a Zoom appointment, Margaret will email you a link prior to your scheduled time. Please remember to check your spam folder if you haven't received the link by the morning of the event. Time is strictly limited to 20 minutes. If you need longer we suggest you make a separate appointment with Margaret to follow up.



Real Estate Seminar via Zoom with Heather Murphy

Wednesday, March 31st, 1:00-2:00pm

Buying or selling a home can be an overwhelming process, especially during a pandemic. Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, will share tips on selling your home or buying a new one. Time will be set aside to answer your questions. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see "Virtual Programming" description on page 8.

Sculpture Class via Zoom with Sandy Wilensky

Thursdays, through March 4th, 9:00-11:00am

Class is closed to new participants

Virtual Watercolor Class with Sandy Wilensky

Wednesdays, through March 17th, 9:00-11:00am

Class is closed to new participants



Programs supported by The Board of Health in collaboration with the COA:



Creating Your Psychological First Aid Kit for Surviving the Coronavirus with Henry Quinlan via Zoom

Tuesday, March 9th, 11:00am

Henry Quinlan is an 81-year-old semi-retired publisher who has long spoken on issues involving seniors. He is best known for his presentation, "Building a Life in your Senior Years that has Meaning and Purpose for You." He is currently writing a book, "How to Build Your Emotional Pension." Content will include, taking care of yourself from head to toe, making sure you have access to physical, emotional and social support, basic bodily needs, maintaining your psychological equilibrium whether living alone or with others, setting priorities, building hope and resiliency in your life and staying connected. For more information and to register please email sball@actonma.gov or call 978-929-6453. You can also register via the link in this [flyer](#). *Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process.*

Safety and Wellbeing for Seniors with District Attorney Marian Ryan via Zoom

Tuesday, March 16th, 11:00am

DA Ryan will discuss the far-reaching impacts of the COVID 19 pandemic including the increase in scams that target the elderly and other vulnerable populations. The discussion will also focus on the lasting impacts of isolation and provide advice on how to mitigate feelings of loneliness. Contact Sheryl Ball sball@acton-ma.gov for questions or help with registration for this event. You can also register via the link in the [flyer](#). Zoom information will be sent to you upon registering. The flyer is available to view in the online edition.





The New Normal New England Road Trip (no mask or gas required!) with Ted Reinstein via Zoom

Tuesday, March 30th, 7:00pm

Join Ted virtually during a challenging time when most people are limiting their travel, this talk takes folks along on a rollicking ride around New England—all in just one hour, and all from the comfort of their own home. Author of three books about New England and longtime “Chronicle” reporter Ted Reinstein is your tour guide as you go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield, and Berkshire foliage to Fenway Park. But Ted’s 20-plus years of reporting and telling stories from all over New England means this is not your average bus tour. Prepare to meet colorful characters who’ve done the darndest things, learn odd facts about familiar places, and of course—this being a Ted talk—expect to visit at least a few fabulous classic diners. (Spoiler alert: Ted reveals where to find THE best clam chowdah in America—and it’s right here in New England!) Ted will take questions following the talk. Register via the link in the [flyer](#) or for more information email sball@actonma.gov or call 978-929-6453. *Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health’s Determination of Need (DoN) process.*

Dancing Through the Decades Interactive Program on ActonTV’s Cable and YouTube Channels

Raul Nieves and Eileen Herman-Haase, performers/creators of Dancing Through the Decades with Dance Caliente will entertain you with romantic and energetic period ballroom dances from the comfort of your own home. Throughout the show they will engage you with participatory lessons so you can experience the flavor of each dance, using your chair as your partner. Their aim is to stir your heart, bring joy to your day and exercise your muscles. Please check the ActonTV schedule or watch online at [Dance Thru the Decades](#) or from the Senior Center At Home Playlist at www.youtube.com/ActonTV1. *This program is supported by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency, and the Friends of the Acton COA.*



Book Discussion Group via Zoom

Wednesday, March 3rd, 1:00-2:30pm

Join our monthly virtual book group via Zoom! Ann Kulsick facilitates the gatherings. In March, the group will be discussing *The Dutch House* by Ann Patchett, a Pulitzer Prize finalist that tells the story of the rise and fall of a family over five decades. To place a hold on this title through the Acton Memorial Library, go to find.minilib.net. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov. If you would like to read ahead, the April title is *The Nightingale* by Kristen Hannah. If you are new to the Zoom book group, please register by emailing seniorcenter@actonma.gov. We will email you the Zoom link, which will also be posted in Special Announcements.



Computer Club via Zoom

Wednesdays, March 10th and 24th, 1:30-3:00pm

Bring your computer and hardware questions, problems and related issues to meetings via Zoom. This is a club with no formally planned instruction. Several regulars share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with “how do I” frustrations. MAC and Chrome/Android users are welcome. Regular attendees will receive an email with Zoom meeting information which will also be published on our website under “Special Announcements” prior to each meeting. See “Virtual Programming” on page 8 for more information on using Zoom.





Intermediate Chess Classes with Ken LeBow via Zoom

Thursdays, 1:00-2:30pm; ongoing

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain. Class is ongoing but is open to new participants. To register & receive the Zoom link, email seniorcenter@actonma.gov with your name and phone number.

The Friends of Acton COA

A sincere thank you to all who have generously responded to the FCOA Annual Appeal. Be sure to explore our enhanced website at www.friendsofactioncoa.com where pledges may be made online. If you wish to dedicate your gift in honor or in memory of someone, include details on the yellow form, contact the Senior Center at 978-929-6652, or email friendsofactioncoa@gmail.com

Hopefully many of our population have been vaccinated and that the rest soon will be. Vaccination is a key action we can take to defeat the virus while continuing to mask and socially distanced.

The Friends of Acton COA's next meeting: Monday, March 8th, 1:00pm

The Acton COA Board

The Council on Aging Board hopes you are staying well and finding ways to keep busy. A recent survey revealed that seniors are spending time speaking with friends and family, using online tools to stay connected with others, doing exercise and enjoying television and radio.

We welcome you to participate in the many online activities that are available from the Council on Aging.

We wish you good health and happiness as we start the spring.

COA Board Meeting, Tuesday, March 9th at 10:00am via Zoom link: <https://zoom.us/j/94258881200>

Via Telephone: (646) 876-9923 and enter Webinar ID: 942-5888-1200

For the most up to date Covid vaccination information consult your PCP, or check www.mass.gov/covid-19. The Town will post updates as we have them regarding access to local clinics.

Appointments can be booked at various sites at <https://www.mass.gov/covid-19-vaccine>. See this website regarding availability for accompanying adults. The State of Massachusetts has a help line at 2-1-1 (select option for scheduling an appointment) for anyone unable to arrange an appointment over the website. If you can use the state website, it is recommended that you do so. <https://vaxfinder.mass.gov/> is the easiest site to find locations with availability.



Acton COVID-19 Vaccine Interest Form

Acton has created a COVID-19 Vaccine Interest Form. Acton residents who meet the eligibility criteria for Phase One or the first two priority groups of Phase Two (individuals age 75+ and individuals age 65+, or any age with two or more comorbidities) and are interested in receiving the vaccine are asked to complete this form. The form will be used to notify respondents of their eligibility only. It is not a form for reservations, a waitlist, or appointments. You may fill out the form on behalf of someone else. If you are inquiring about the eligibility of more than one person, please fill out one form for each person. If you don't have someone who can submit the form on your behalf please call the COA for assistance. Find the form on www.actoncoa.com or call the COA to have staff help you complete.

If you did complete the interest form but have received your vaccine elsewhere, please notify us.

Tune in to Java with John, Most Fridays at 10:00am www.youtube.com/actontv1 and Acton Radio WAEM 94.9 FM. The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, as they give a weekly update and answer questions. Check the website (or Facebook) under 'special announcements' for up to date broadcast information and guests.

Questions can be emailed ahead of time to manager@actonma.gov.

Mind, Body and Spirit

Treating Knee Pain Virtual Presentation with Dr. Mike Stare

Monday, March 22nd, 1:00-2:00pm



In addition to discomfort and suffering, knee pain affects our ability to do the things we love and can contribute to serious health problems like falls, heart conditions, and obesity. Evidence suggests that proper treatment can reduce and prevent knee pain and injuries. But misinformation and knowing how to implement proven solutions makes effective treatment a major challenge. Dr. Stare of Orthopedics Plus Physical Therapy (OPPT) in Bedford offers a unique perspective as a practicing Doctor of Physical

Therapy, Fitness Professional, and national lecturer. He will discuss how these challenging issues can be solved so you can have strategies to use right away. This presentation will be via the Go To Meeting video platform. Register for this program by emailing the COA at seniorcenter@actonma.gov. We will forward your email address to OPPT, who will send you a link to the presentation which you only have to click on to participate (no downloads needed). During the presentation, you can opt into receiving notifications from OPPT; otherwise they will not keep or share your contact information.

Tuesday Tips with Terri via Zoom

Tuesdays, March 2nd, 16th, 23rd and 30th, 10:00am (no Tips on March 9th)



Fitness instructor Terri Zaborowski hosts a popular weekly live chat via Zoom. This is a great way to get some inspiration and encouragement concerning fitness and wellness, while seeing familiar faces. Check "Special Announcements" on the COA homepage, www.actoncoa.com, for the meeting link (which changes each week). See "Virtual Programming" on page 8 for information on using Zoom.



Laugh For Your Health with Susan Phillips via Zoom!

Thursdays, March 4th, 11th, 18th, 25th, 11:00-11:45am

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at seniorcenter@actonma.gov to register for this program and we will send you the Zoom link, which will be recurring, or you can view the link on our website www.actoncoa.com. For more information on participating in programs via Zoom, see "Virtual Programming" on page 8. *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*

Virtual Exercise Classes



The Acton COA offers classes and presentations through Acton TV's cable and on-demand YouTube channels, www.actontv.org. You can view all of the classes that have been recorded from your computer, smart TV, smartphone, or tablet from the Acton Senior Center At Home Playlist: Go to www.youtube.com/actontv1, click on "playlists" and scroll down to "Acton Senior Center at Home." If you do not have access to the internet the classes are shown on Acton TV, Comcast 8 and Verizon 45.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Senior Fitness	Line Dancing 2	Senior Fitness	Line Dancing 1	Active Aging
10:00am	Nouvon Fitness	Chair Exercise	Nouvon Fitness	Chair Exercise	Nouvon Fitness
11:00am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging*
12:00pm			Gentle Yoga		Gentle Yoga
2:00pm	Line Dancing 1	Yoga	Chair Exercise	Yoga	Line Dancing 2

Nutrition for Active Agers, on ActonTV, and at youtube/ActonTV1, thru March.



Monday - 8:30am & 3:00pm (Speed up Your Metabolism)

Tuesday - 8:30am & 6:00pm (How to Read Food & Nutrition Labels)

Wednesday - 8:30am & 5:00pm (Foods that Fight Back)

Thursday: - 8:30am & 4:00pm (Insulin Resistant Diet)

This is a four-part series designed and presented by Holly Kouvo, certified personal trainer and nutrition specialist, known to many in the area. This program has been made possible through a CHNA 15 Grant.

Conquering Caregiver Overload, while caring for those with Dementia via Zoom

Saturday March 6th, 10:00-12:00noon

Presented by Mal Allard, this [zoom program](#) discusses what the caregiver can do now to decrease stress and fatigue when assisting those with Dementia. Register for the zoom link at boxborochurch@verizon.net by March 1st. Donations are greatly appreciated.

Virtual Support Group for those with Early-Stage Memory Loss

Wednesday, March 24th 4:30pm



A dementia diagnosis can be overwhelming. We invite those with early-stage dementia to join Bridges® memory care professionals to answer your questions and for a guided conversation to connect with others who truly understand the

specific challenges and emotions that you may be going through. Experts will provide resources, information about the disease, and practical tips and advice to help you live a full, rewarding life while planning for the future. Contact Sarah Turcotte at 978-692-9541 or STurcotte@Bridgesbyeepoch.com for the Zoom link or more information.

Students reaching out to Seniors



Need assistance with Zoom or just someone new to talk to? We have a wonderful group of students that would like to connect with you. They can help you with Zoom or other IT issues over the phone, share life stories as pen pals, chat with you over the phone or via Zoom. Times have been lonely and difficult for everyone; why not connect with someone who could benefit from the contact as much as you can? Please call us at 978-929-6652 if you are interested and we will match you with a student.

Volunteers Needed for Virtual Storytime

Building off the success of an initiative started during Acton-Boxborough United Way's Week of Action, we invite retired volunteers to read to young students. Join us in reducing isolation by making connections online, helping kids with reading, and giving parents support in their child's journey to a love of learning. We provide training. You commit to a weekly virtual connection with your reading buddy. Interested in learning more? Contact Amy Cerel at abcerel@comcast.net.



Follow the Acton Council on Aging/Senior Center on Facebook! Get the latest information on programs and services, plus tips, photographs, aging related information and more. Search for @actoncoa on Facebook. If you follow or like our page, our posts will show in your News Feed.

Thank you to.....

Joy Agule for the goody bags and making an appearance at February's Drive Thru meal.

Benchmark Senior Living/Robbins Brook for the tasty lunch.

Daisy Troop 83800 for the Valentines.

Renate Winter for the donation to the COA Gift fund.



Tax Preparation

The AARP volunteers who normally assist with tax prep for those seniors who qualify have no plans currently* to do in person tax assistance. (*at the time of going to press)

There are commercial and private tax preparers in town or you can consult your financial advisor. The IRS has a website www.IRS.gov which gives a lot of helpful advice and options to obtain paperwork, as well as offering a 'self-filing' option, go to www.irs.gov/filing.

Individuals can also call 800-829-1040, TTY/TDD 800-829-4059. Waiting times may be extended.

The AARP website will also have updates on services and assistance available.

https://www.aarp.org/money/taxes/aarp_taxaide/

Email taxaide@aarp.org, Call Toll free 888-OUR-AARP (687-2277) Toll free TTY 877-434-7598.



Highway61 has expanded access to educational and social programs so that people without internet access can participate via landline. Programs are free of charge.

Please pass on this information to any friends or neighbors whom you think would enjoy the programs.

Dial-in number: 857-347-0880

Dial-in to these programs every day Monday-Sunday:

- Coffee Chat 11am
- Games (Bingo, Trivia etc.) 1pm*
*Bingo is every M, W, F. Please print out a card to play: <https://bingobaker.com/#1228516> The COA can print out cards for you upon request
- Discussion (Various Topics) 2:30pm
- Reading Room 4pm
- Happy Hour 5:30pm



Caring for Generations

Starting in March, Jewish Family & Children's Service is offering **free programming** for older adults via Zoom.

Programs will be on three consecutive Tuesday mornings at 10:30-11:30am each month.

Potluck, second Tuesday:

A different topic will be offered each month from cooking to writing your story to history of Vaudeville.

Jukebox Memories, third Tuesday:

Listen to music, participate in sing-a-longs, name that tune and more.

Spirited Aging, fourth Tuesday:

Explore finding meaning and purpose during the process of growing older.

To register go to: https://jfcsboston.formstack.com/forms/soa_registration_form

Contact Mary Curlew at mcurlaw@jfcbboston.org for more information.

The Healing Garden Virtual Concert, Sunday, March 21st, 3:00pm

The Healing Garden in Harvard, MA is a non-profit service and retreat for people suffering from cancer. For more details on attending the concert, and finding out more about the services which the Healing Garden offers please visit

<https://healinggardensupport.org/concert-at-the-garden/>

The concerts are free, but you need to register to receive a link to the live-stream in advance of the concert. Typically the links are sent out two days before the concert and again on the day of the concert. Donations to the Healing Garden's mission are appreciated but not required.



Bringing Our Programs into Your Home via Zoom

Most Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already! It is very user friendly, but if you'd like some assistance the COA can connect you with an Acton-Boxborough student to help you get acquainted with using Zoom.



- If you have not used Zoom, you can view tutorials on the company's website www.zoom.com; click on the "support" tab. There are many how-to-use Zoom videos on YouTube including this one: <https://www.youtube.com/watch?v=9isp3qPeQ0E>. You can learn how to unmute yourself, allow yourself to be viewed to all other attendees via video, and how to change to speaker view so that the person running a class or giving a lecture will be prominent on your screen.
- If the Zoom program does not require registration, you can find the link on the day of the program under "Special Announcements" on our website www.actoncoa.com.
- To register for a Zoom-based program, email the Council on Aging at seniorcenter@actonma.gov. You will receive an email with the Zoom link by the morning of the scheduled program. If you do not receive the link, please check your spam folder or call the Council on Aging at 978-929-6652 for assistance.
- You do not need a Zoom account to attend a meeting. You can use a computer, smartphone or tablet. Some computers do not have cameras and microphones, so in that case you will be able to view/listen to the meeting but not be seen or heard.
- If you don't have any of these devices, you can join in via telephone call. Ask the COA for the information needed to dial in.
- Emails from the Council on Aging are sometimes blocked by Verizon/AOL/Yahoo. If you find this is happening, remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base-200868/>. Contact Verizon customer service if you need further assistance.

Information for Drivers

RMV Extended Hours for Seniors, 75+ - see [flyer](#)

Senior Hours on Wednesdays are extended through March for customers 75+ who need to conduct RMV transactions, at selected locations including Leominster, reservations are required. Visit www.Mass.Gov/RMV using the "senior transaction" option, call the RMV at 857-368-8005 or if you cannot get to the RMV you can visit a AAA location (members only) for license/id renewal or registration. AAA is offering key timing advice to seniors and family members regarding when the time has come to consider retiring from driving. See www.AAA.com/KeyTiming for a short video, questionnaire and advice, including establishing alternative transportation options.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
<i>Sharon Mercurio, Director</i>	<i>Ellen Feinsand Chair</i>	<i>Alma Sandman, Vice Chair</i>
<i>Rosie Atherton, Office Manager</i>	<i>Lori Cooney, Sec.</i>	<i>Chunsheng (Bill) Fu</i>
<i>Chris Chirokas, Program Manager</i>	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
<i>Bev Hutchings, Senior Services Coordinator</i>	<i>Michael Chautin</i>	<i>Bonnie Lobel</i>
<i>Bernice Nicoll, Activities Assistant</i>	<i>Ann Corcoran</i>	<i>Niru Velankar</i>
<i>Fiona Starr, Staff Assistant</i>	<i>Jacquie Friedman</i>	
<i>Terri Zaborowski, Exercise Instructor</i>	COA Friends, Monday March 8th, 1:00pm Zoom	
	COA Board, Tuesday, March 9th, 10:00am Zoom	

Food Assistance

Healthy Helpings

Has your doctor told you that you have high blood pressure or cholesterol and that eating differently might help? Are you struggling to meet your basic food needs, let alone follow a new diet? If so, the COA in partnership with Open Table has a new program to help! We are offering seniors bi-weekly Healthy Helpings Meal Packages. This program follows the American Heart Association's recommended eating plan to lower or control blood pressure and heart disease. You will receive ready-to-reheat-and-eat meals, select easy-to-prepare pantry items, plus recipes, health tips, and incentives to eat "heart healthy"! If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652. Participation is free and confidential, space is limited. This Project is funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center.



"Grab and Go" Lunches from the Senior Center

In lieu of congregate lunches, Minuteman Senior Services has been providing daily lunches Monday through Friday for pick up, 11:30-12:30pm at the Senior Center.

Additional menu options are available. For menu or to reserve a lunch please call at least 24 hours in advance at * **note new number 781-221-7098** *. A \$2 donation is requested. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough.
www.actonfoodpantry.org

Distribution Schedule 10am-7pm Wednesday & 9:30am-11:30am Thursdays as a DRIVE THRU PANTRY ONLY. During this time you do not need to be a registered client of Acton Food Pantry, They will provide food to anyone in need. CLOSED WEEK OF 4th WEDNESDAY EVERY MONTH. Donations always welcome – call to arrange drop off.

Mount Calvary Community Supper, 472 Massachusetts Ave,
Wednesdays, 4:00-5:00 pm, or until run out. www.mtcalvaryacton.org

We will be handing out meals from the walkway at the back of the church, please follow our volunteers' directions. Bring a box or bag to place your meals in your car to prevent spillage. Please remember to wear your mask at all times when in the driveway. 1 meal per person in the car. [March Menu](#). Watch local TV for storm announcements (channel 4, 5, and 7): If Acton schools are "ALL Remote Learning or Closed", our Supper will be closed. ALSO check: www.mtcalvaryacton.org or www.facebook.com/CommunitySupperofActonMA

Open Table, 33 Main Street Maynard, MA call 978-369-2275 or check website www.opentable.org for "Drive-Thru" pantry information.

Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.



AB Regional School District Free curbside grab and go meal kit pick up is on Wednesday from 3:30-5:00pm at the Acton-Boxborough Regional High School Hayward Road entrance. Each week we provide each person with a bag consisting of meals for the week (5 breakfasts and 5 lunches). Additionally, we provide you with 1/2 gallon of milk and for families of 2 or more we are providing a local fresh produce box to take home.

If for some reason you are unable to drive to pick up the meals (due to illness/quarantine) you can request delivery through the Acton-Boxborough Neighbor Brigade, call **(866) 896-3599** to leave a voicemail or email abqualifiedlunch@neighborbrigade.org.

BE AWARE THAT THE SCHEDULE MAY CHANGE IN THE EVENT OF BAD WEATHER OR SCHOOL VACATION. Twitter updates @ABFoodServices1.



Essential Assistance

Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability or suffering financial hardship in general. To find out if you qualify, visit the Acton town website and click on the "Quick Link" for Property Tax Relief Programs or call the Assessor's office at 978-929-6621, or email assessors@acton-ma.gov

The **Circuit Breaker tax credit** is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2020 is \$1,150. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

- You must be a Massachusetts resident or part-year resident and be 65 or older by Jan. 1, 2021.
- You must file a Massachusetts personal income tax return and own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2020, your total Massachusetts income doesn't exceed:
 - \$61,000 for a single individual who is not the head of a household.
 - \$76,000 for a head of household.
 - \$92,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

If you are eligible for the Circuit Breaker Credit, complete [Schedule CB](#) with your Massachusetts state income tax return. If you qualify for the State Circuit Breaker, and are at least a 10 year resident of the Town of Acton, you may be eligible for local assistance through the Town. Please contact the Assessors' Office at 978-929-6621 for more information.

Senior Citizen Water Bill Discount Policy - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors (65+) having low-to-moderate incomes to a reduction in their bill. Call the Town Assessor's Office at 978-929-6621 or the Water District at 978-263-9107.

Social Security Administration (SSA) www.ssa.gov

During the current coronavirus pandemic, SSA continues to provide help.

You can speak with a representative by calling 1-877-457-1737 or the National Number 1-800-772-1213. Many services are available online.

SNAP – Supplemental Nutrition Assistance Program call Bev for information. 978-929-6652.

Check balance and monthly SNAP benefit amount by calling the DTA Assistance Line @ 877-382-2363. Enter you SSN and year of birth to hear an automated message with your monthly SNAP amount or visit DTAConnect.com

SMOC, Fuel Assistance – Residents that received fuel assistance last winter should have received their re-application form through the mail. Contact the COA if you need assistance completing the form.

Low Income Home Energy Assistance Program (LIHEAP)

Known commonly as Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills thru November-April. The STATE has extended SMOC deadline for applying for Fuel Assistance to May 28th instead of April 30th (*please note: payments are still only for 11/1-4/30*).

Eligible applicant information - Homeowners and renters including households whose cost of heat is included in the rent can apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income.

Household Size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov

SHINE Program (Serving the Health Insurance Needs of Everyone) www.shinema.org

For no-cost, confidential counseling call the COA 978-929-6652 to speak with Beverly to schedule an appointment.



Acton Boxborough United Way is providing much needed assistance at this time after very generous donations have made it possible for them to help those in financial need, go to www.abuw.org for more information and eligibility criteria or call the COA on 978-929-6652, or if you would like to donate.

Minuteman Senior Services, our State Home Care, provides a variety of services including: **Care Management** - In home assessment and support activities of daily living and Meals on Wheels. Minuteman Senior Services can be reached at (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

Help Line Numbers

Alzheimer's Association Helpline 1-800-272-3900,
National Domestic Violence Hotline 1-800-799-7233

Samaritans 1-800-273-8255,
Grief Counselling 978-774-5100

Legal Assistance

The Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-529 Monday-Friday 9:00am-12noon.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders - On the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at 617-338-0610 or 877-686-0711.

Sponsored by the Massachusetts Bar Association.

The COA also offers a bi-monthly "Ask the Lawyer" appointment service, see page 3 for details.

Bereavement Counselling from Care Dimensions. See their [calendar](#) for details.



**ACTON TOWN SERVICES HOTLINE
978-929-6600**

Speak to a town employee with questions you may have on the impact to services, and changes to scheduled opening times.

Window service at the Town Hall, for Land Use and the Collector's Office, is by appointment.

Pay your town bills on-line, and request and pay for permits.

Information can also be found on the Town website www.actonma.gov

The Town of Acton Radio is broadcasting on WAEM 94.9 FM.

Acton TV is broadcasting on Channels Comcast 8 & Verizon 45.



A mixture of sand and salt is available free to Acton residents (no contractors) at the designated area located at the Highway Division, 14 Forest Road. Use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.



Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to, including healthcare and accessing the Covid vaccine. <https://www.va.gov/health-care/covid-19-vaccine/>. Reach out to James at vso@actonma.gov or call 978-929-6614 for a confidential chat about your needs.



Acton Nursing Services

Podiatry Clinics

Acton Seniors Only



Appointments: Thursdays, March 11th and 25th, 12:15pm-4:00pm

Call 978-929-6650, we will start booking on Monday, March 1st at 1:00pm.

Leave a message and staff will return your call with your appointment time.

Patients should call from the parking lot when they arrive and someone will come to escort them in once the appointment prior has exited the building. See additional guidelines below.

1. Reminder calls will include a symptom check to include symptoms of COVID-19, travel and not limited to close contact of positive COVID-19 cases in the two weeks prior to your appointment. Appointment can be cancelled based on these answers.
2. Any signs of fever, cough, shortness of breath, body aches etc. should be reported to ANS before coming to the building for you appointment.
3. ANS will ask questions related to symptoms, travel, risks of close contacts with COVID-19 and take temperatures before you are escorted into the building.
4. The client shall wear a face covering while in the building and during treatment, if this is difficult for you please discuss when booking an appointment.
5. Please follow the guidelines in place by MDPH to help reduce the spread of COVID-19 including hand washing, social distancing of 6' & face masks when social distancing cannot be achieved.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise, weekdays, 8:00am-5:00pm at 978-929-6650.

Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), are suspended until further notice.

- Door-to-door services remain in operation, for essential trips (urgent medical appointments, groceries, etc) however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling [978-844-6809](tel:978-844-6809) during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email acyganiewicz@actonma.gov.



Acton Memorial Library

For up-to-date information visit www.actonmemoriallibrary.org or call 978-929-6655 10:30am-5:30pm Mon-Fri, 10:30am-1:30pm Saturday.

Curbside pickup is currently available.

Stay up-to-date with announcements and library info by following us on Facebook, Instagram (@ActonLibrary) and Twitter (@ActonMemLibrary), or by going to www.actonmemoriallibrary.org

Acton Fire Department -Smoke & Carbon Monoxide Detectors

The Acton Fire Department has a limited supply of battery operated combination smoke and carbon monoxide detectors available. Any senior who currently has a house built before 1975 with battery operated detectors is eligible. Priority will be given to those who have detectors that are non-existent, not working, or older than ten years old. To sign up contact the COA.

Home Oxygen Use

Hello everyone!! Tom Matthews your friendly, neighborhood, firefighter in the Town of Acton. We talked about slip and falls and house numbers last month and we hope you all are doing well!! This month we want to focus on the use of home oxygen use.

Home oxygen Safety what everyone should know:

- No one should smoke in your home – the fire danger is too great.
- Keep at least 10 feet from heat sources: pilot lights, electric appliances, candles.
- Avoid use of petroleum-based products: lip balms, lotions, oils, grease.
- Ensure your home has working smoke alarms.

Again we want all our senior citizens to be safe in their home. If you ever have any questions or concerns do not hesitate to reach out. Until next month please be safe!!



Acton Police Department



The Acton Police Department congratulates Sergeant Fredrick W. Rentschler on his retirement after 32 years of service with the department. Sgt. Rentschler began working at APD in 1988 where he served the community as a patrol officer. Sgt. Rentschler then transitioned to the Special Services Division where he worked in the Traffic Unit and then became the department's Court Prosecutor for 15 years. In 2016, Sgt. Rentschler was promoted to Detective Sergeant. During this time, Sgt. Rentschler worked as a Patrol Supervisor in addition to overseeing the School Resource Unit, Traffic Unit, Court Prosecution, Family Service Unit, and Accreditation.



We greatly appreciate Sgt. Rentschler's dedication and service to the department and the Town of Acton. We will certainly miss his cooking here at the COA. We wish Sgt. Rentschler the best as he begins his well-deserved retirement. Congratulations!!

There has been an **increase** in fraud concerning our senior citizens. The Acton PD encourage you to contact them on their non-emergency number **978-929-7711**, if you experience fraud or have suspicion that you may have been a victim of fraud. Do NOT give any personal information over the phone.

There is NO charge for the Covid vaccine, nor is there a way to pay to get it quicker than you would under CDC and State guidelines. Only accept offers of transportation to clinics from people you know.

Volunteers Sought for Town Boards & Committees


There are more than 40 boards and committees in town run by volunteers, and many need new members. For a list of openings, please visit <https://actonma.gov/jobs.aspx>. Applications may be filed online from the town's website at <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.


Managing your newsletter subscription

Should you wish to be removed from the newsletter mailing list please contact us. If you prefer to receive it electronically follow the instructions under 'subscribe to newsletter' on our homepage at www.actoncoa.com where you can also access the newsletter directly.

If you are going to be away for an extended period please consider suspending your delivery, and subscribing online to our e-newsletter – wherever you are you can always 'zoom' into our programs. Every returned or unread newsletter has a financial cost. We do take names off the newsletter mailing list if the post office returns it for three consecutive months. We are always happy to re-instate you if you return and give us a call. The e-newsletter arrives promptly in your notifications and is full of color and live links. We are very happy to discuss your specific concerns.



Monday	Tuesday	Wednesday	Thursday	Friday
1 MARCH 2021 Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	2 COA via Zoom: 10:00 Tuesday Tips with Terri Action TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	3 COA via Zoom: 9:00 Watercolor Class 1:00 Book Group Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	4 COA via Zoom: 9:00 Sculpture Class 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class Action TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	5 YouTube Acton TV live: 10:00 Java with John* Action TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
8 COA via Zoom 1:00 COA Friends meeting 2:00 Words Galore Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	9 COA via Zoom: 10:00 Tuesday Tips with Terri 10:00 COA Board Meeting 11:00 Psychological First Aid Kit# Action TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	10 COA via Zoom: 9:00 Watercolor Class 1:30- 3:00 Computer Club Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	11 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class Action TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	12 YouTube Acton TV live: 10:00 Java with John* COA via Zoom: 11:00 American Writers Saul Bellow Action TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
15 COA via Zoom 2:00 Words Galore Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	16 COA via Zoom: 10:00 Tuesday Tips with Terri 11:00 DA Marian Ryan # Action TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	17 COA via Zoom:  9:00 Watercolor Class 1:00 Tin Pan Alley At Senior Center 12:00 Drive thru lunch Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	18 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 1:00 Trivia Action TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	19 YouTube Acton TV live: 10:00 Java with John* Action TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
22 COA via Zoom 1:00 Treating Knee Pain 2:00 Words Galore Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	23 COA via Zoom: 10:00 Tuesday Tips with Terri 1:00 American Political Cartoons Action TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	24 COA via Zoom: 1:30- 3:00 Computer Club 4:30 Support group early Memory Loss # Action TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	25 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class By Phone/Zoom 9:00 Ask the Lawyer Action TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	26 YouTube Acton TV live: 10:00 Java with John* COA via Zoom: 11:00 American Writers Sylvia Plath Action TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2

Monday	Tuesday	Wednesday	Thursday	Friday
29 COA via Zoom 2:00 Words Galore Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	30 COA via Zoom: 10:00 Tuesday Tips with Terri 7:00pm – NE Road Trip # Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	31 COA via Zoom: 1:00 Real Estate talk Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary		

Calendar Notes

Schedule correct at going to press. *Subject to change.

For programs marked # see individual descriptions for details on how to register.

Check Acton TV schedule at www.actontv.org Acton TV broadcasts on Comcast 8 and Verizon 45

For YouTube live broadcasts www.youtube.com/actontv1

Contact the COA for information on Zoom links where stated at seniorcenter@actonma.gov

Links may also be posted on the homepage www.actoncoa.com under “Special Announcements”.

There is advice on the homepage of our website if you have Verizon/AOL/yahoo and need to fix your COA emails going to spam.



Acton Historical Society is offering a series of free presentations over zoom.

Email jenkslibrary@verizon.net to register.

Sunday, March 7th, 4:00pm “History of Railroads in Acton.”

Sunday, April 11th, 4:00pm “Overview of Acton’s History”

For more details on each presentation visit www.actonhistoricalsociety.org

This month the following activities are supported by the Friends of the Acton COA:

Poets of Tin Pan Alley Music, Mightier Than the Sword, Words Galore, watercolor class, sculpting class, American Writers.

Visit the Friends website to contribute to their annual appeal www.friendsofactoncoa.com.



Valentines Drive through, Thursday February 11th.
The weather was kind to us, and it was a joy to see Joy!!



Our next drive through is March 17th – St Patrick's Day!!
Sign up soon to avoid disappointment - see page 1.

For up to date information on COVID-19:
Updates will be posted on the Town website www.actonma.gov .You can subscribe to receive updates
from the town directly.

Check our website www.actoncoa.com and facebook: @actoncoa

You can call the staff at the Senior Center, 978-929-6652 with any questions or concerns for yourself or
for a neighbor. Or just call to say 'hello'. We miss you!