



Acton Senior Bulletin



January 2014

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, January 6th at 1:00.



► Good Graffiti: A Sampling of Spanish Street Art

Tuesday, February 4th, 1:00-1:45

Although urban graffiti is often associated with property defacement and vandalism, it also enjoys an internationally recognized redeeming side as well. Many consider it a legitimate art form worthy of serious attention. In this presentation Mark Hopkins turns his camera toward the shop windows, doorways and walls of Spain where graffiti flourishes to the annoyance of some and the delight of many. His talk

explores the surprising breadth of subject matter that Spain's clever street artists address--some of it soulful, some political, some designerly, and some downright funny. What is surprising throughout his presentation is the abundance of remarkable artistic talent—much of it anonymous—that pervades the streets of Spain, pursuing an art form that is distinct, diverse and memorable. *Mark Hopkins is a writer and photographer now retired from a career in the advertising business. He has presented numerous times in Acton to rave reviews. He and his wife Margie Yamamoto live in Lincoln.*

Thank You

...to the Friends of the COA for funding the holiday tea and to everyone who helped the staff bake, wash tea cups, pour tea and cider, greet attendees and clean up.

...to Mike Gowing of the Board of Selectmen for playing the role of Santa at our holiday lunch.

...to Maryjane Costello for your many years of volunteer service to help our seniors with their health insurance plans. We'll miss you and wish you all the best.

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!

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Director's Corner

Happy New Year! I hope everyone enjoyed the holiday season. If you have never been to the Senior Center, then your resolution should include stopping by. We have so much to offer and such wonderful people who come here. If you don't know anyone, you will by the time you leave.

Ron Paskavitz, one of the COA van drivers, has retired after almost 27 years of service to the Town. Ron loved his job and it showed. We wish him well and will miss him.

Sharon, COA Director



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The COA/Senior Center will be closed on Monday, January 20th.

UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, JANUARY 6th at 1:00.

► Railways of the USA

Thursday, January 2nd, 1:00-2:00

(Call now as registration has started.)

Benjamin Stone will discuss his interest in 21st century American railroads. Freight train traffic has increased across the country, giving railroad passengers a needed subsidy, but has added traffic and raise safety concerns. Ben gave an interesting presentation here last June on experiencing WWII as a child in England.



► Re-gifting Party

Tuesday, January 7th, 12:30-1:15

(Call now as registration has started.)

If you receive a gift over the holidays you know you'll never use, wrap it up and bring it to the re-gifting party for some fun and socializing! It's run like a Yankee Swap so there are always some laughs, and you'll go home with a new gift. Light refreshments will be served.

► The Library Comes to Us: Come Learn About e-Books!

Thursday, January 9th, 1:00-2:30

(Call now as registration has started.)

Learn how to use the Minuteman Digital Media Catalog with reference librarian Annie Glater. If you have a device please bring it with you, or you are welcome to just listen. Keep in mind: 1. You need a library card number and PIN to use the catalog. If you don't know your PIN, call the Reference Desk at 978-929-6543. 2. For a Kindle Reader or Fire, you need your Amazon account address and password. 3. For an iPad, iPhone, or iPod Touch, you need your Apple ID and password. 4. For an Android device, you need your Google Play ID and password. 5. For an Adobe ID and password, bring it with you. If you don't already have one, we will show you how to get one.

Drop-In Guided Meditation with Health and Wellness Coordinator Liz Jewell

Thursdays, January 9th and 23rd 2:30-3:15

Meditation is the practice of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching exercises and guided meditation practice.

► Avoiding the Banana Peel: A Conversation about Preventing Falls

Thursday, January 23rd, 1:00-2:00



Darlene Messier from Philips Lifeline will discuss the basic obstacles encountered in day to day life that often cause falls. She will identify the six risk factors for falls and share what you can do to avoid them. Ms. Messier was the recent featured presenter at the Falls Prevention Awareness Day at the MA State House.

Eyeglass Adjustments and Minor Repairs

Monday, January 27th, 11:30-12:30

Alex Thayer, Licensed Dispensing Optician and owner of Look Optical in Maynard, will be at the Senior Center to offer free eyeglass adjustments and minor repairs. No appointment necessary!

► Reliable Health Information on the Internet? It's possible!

Thursdays, January 30th, February 13th and 27th, 12:30-2:30

Have you tried to look up information on the Internet about health matters, prescription drugs or dietary supplements? Do you get confused by the long list of websites that may or may not have the answer to your questions? Faculty and students from the MA College of Pharmacy and Health Sciences in Worcester offers this series to help you navigate the World Wide Web. Session 1: Introduction to Medline Plus; Session 2: Medline Plus: Drugs and Supplements; Session 3: Evaluating Health Websites. Laptops will be available or bring your own. Computer literacy helpful but not necessary; feel free to join us if you would just like to listen and learn.

► Ask the Lawyer with Elder Law Attorney Karen Johnson

Tuesday, February 4th, 9:00-11:00

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

► Indicates that you must register in advance!

CLASSES

REGISTRATION BEGINS..... MONDAY, JANUARY 6th at 1:00.



► **Beginner Chess Class**

Thursdays, January 9th through March 13th, 1:00-2:00

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. If you already have experience but need a refresher, see the Intermediate Chess Class description. *Ken and his wife, Beth, recently moved to Acton from the Philadelphia suburbs, where he started a chess club and lessons at Surrey Services for Seniors. 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 with Ken LeBow**

Thursdays, January 9th through March 13th, 2:00-3:00

A 10-week course for players who have some chess playing experience. You should already know how the pieces move and the concepts of check and checkmate. You will play games and get feedback as part of the class.



► **Winter Watercolor Class with Sue Nordhausen**

(Call now as registration has started.)

Tuesdays, January 14th through March 25th, 1:30-3:00

Come and expand your skills on the techniques of handling watercolors, as well as the fundamentals of color mixing, design and the importance of values (lights and darks). Each class will incorporate a demonstration and then each student will be encouraged within their own style and painting level. Students should bring their own materials; a list is available in the COA office for new participants. This class is for people with some watercolor painting experience. *Sue has taught watercolor classes (her favorite medium) at the Senior Center for 11 years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH, continues to take classes and workshops with nationally known artists, and served as president of the Lexington Arts and Crafts Association where she continues to exhibit.*



► **Watercolor Studio Workshop with Joyce McJilton Dwyer**

Mondays, January 27th through April 7th, 10:00-11:30

(No class on Feb. 17th)

Join this watercolor studio workshop and be inspired! Explore landscapes and still life, work on new or old projects and engage in the joy of painting in watercolor. Group and individual work and individual and shared critique are part of this art experience. Beginners are welcome as well as students continuing their watercolor learning process! Materials list available in the COA office. *In addition to her work at the Senior Center, Joyce teaches watercolor classes at the Minuteman Regional High School and Acton-Boxborough Regional High School Community Education programs and at the Carlisle Recreation Dept. She holds an MA in Art Education and a BA in Studio Art and Arts & Crafts and has studied watercolor at the DeCordova Museum School in Lincoln. She has been drawing and painting since a child and with watercolor for 26 years.*

► Indicates that you must register in advance!

Massachusetts Emergency Management Agency (MEMA)

Winter terminology used by weather forecasters:

- *Winter Storm Watch* – Be alert, a storm is likely.
- *Winter Storm Warning* – Take action, the storm is in or entering the area.
- *Blizzard Warning* – Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Seek refuge immediately.
- *Winter Weather Advisory* – Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists.
- *Frost/Freeze Warning* – Below freezing temperatures are expected and may cause damage to plants, crops or fruit trees.

SENIOR CENTER CLINICS



► **Free Hearing Screenings**

Friday, January 17th, 9:30 -11:30

Heidi Anderson from MA Audiology Personal Hearing Systems will provide free hearing screenings. A hearing aid clean and check is also available. Appointments take approximately 15 minutes.

Podiatry Clinic with Dr. Gregorian

Wednesday, January 8th, 1:30-4:00 and Tuesday, January 14th, 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. Call 978-929-6650. *Funded by Friends of Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, January 14th and 28th, 9:30-11:30

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

DINING OPPORTUNITIES

REGISTRATION BEGINS..... MONDAY, JANUARY 6th at 1:00.

****Please sign up with the COA office staff for the following meals:**

► **Newbury Court Luncheon**

Wednesday, January 8th, 11:45

Enjoy a catered meal from Newbury Court. The menu will consist of stuffed shells with marinara sauce, dinner rolls, garden salad, broccoli polonaise and cranberry crunch for dessert. Sign up in the COA office. A \$3 donation is requested.



► **Monthly Breakfast**

Friday, January 17th, 9:00

Join us for a warm, plentiful breakfast. Our chef, Veteran Services Officer James MacRae always puts out quite a spread, so don't miss out! Call the COA by Wednesday, January 15th for a reservation. Cost is \$2.



► **Inn at Robbins Brook Lunch**

Tuesday, January 21st, 11:45

We will be serving ham dinner with salad and dessert. A \$3 donation is requested. Sign up in the COA office.

► **Life Care Center of Acton Luncheon**

Friday, January 24th, 11:45

As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents. The menu is not known in advance, but it's always delicious! A \$2 donation is now being requested.

► **Town Employee Prepared Lunch**

Friday, January 31st, 11:45

To celebrate Chinese New Year the Building Department will be here cooking chicken teriyaki, rice, vegetables and dessert A \$3 donation is requested. Sign up in the COA office.

Please sign up with Joy in the Dining Room 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, January 8th

► **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, January 3rd, 12:30-2:30 *Mozart's Sister* (2011, PG) Period drama set in the 18th century tells the story of the life of Maria Anna "Nannerl" Mozart. She is a gifted musician in her own right but finds her career cut short by her father's conventional view of gender roles and her brother Wolfgang's talent. French with English subtitles.

Thursday, January 16th, 12:30-2:35 *Cross Creek* (1983, PG) In the 1930's Marjorie Kinnan Rawlings moves to Florida's backwaters to write in peace. She feels bothered by affectionate men, her editor and confused neighbors, but soon she connects and writes *The Yearling*, a classic of American literature. Mary Steenburgen, Rip Torn and Peter Coyote star in this biopic. Nominated for 4 Academy Awards.

Friday, January 17th, 12:30-2:00 *Parkland* (2013, PG-13 for violence and mature theme) A recounting of the chaotic events that occurred at Dallas' Parkland Hospital and around the city following President John F. Kennedy's assassination. Stars Zac Efron, Billy Bob Thornton, Marcia Gay Harden, Paul Giamatti. Based on Vincent Bugliosi's book *Four Days in November: The Assassination of President John F. Kennedy*.

Friday, January 24th, 12:30-2:10 *The Way Way Back* (2013, PG-13) An awkward 14 year old goes on summer vacation with his mother and her overbearing boyfriend and unexpectedly finds a place to belong at the nearby water park. Stars Steve Carell, Liam James, Allison Janney, Sam Rockwell, and Toni Collette. This dramatic comedy was filmed in the Massachusetts towns of Marshfield, Onset, Wareham, and Duxbury.

Friday, January 31st, 12:30-2:25 *Now You See Me* (2013, PG-13) An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money. Mystery thriller stars Morgan Freeman, Mark Ruffalo, Jesse Eisenberg, Isla Fisher, and Woody Harrison.

TRANSPORTATION

Dispatch for COA Van – All COA van rides are scheduled through Transaction Associates/CrossTown Connect. To book a ride, call **978-844-6809** weekdays between 8:30 and 4:00. The COA van will continue to provide the rides for Acton seniors and disabled non-seniors into Acton, Concord and Maynard. Rides are \$1.00 for in-town trips and \$1.50 for out-of-town trips. Punch tickets are available from the driver or in the COA office.



COA Van Snow Policy - If Acton schools are canceled or delayed due to weather, the COA van will not run until at least 10:00. If you are unsure about a scheduled ride on a wintery day, call Transaction at 978-844-6809.

MinuteVan Dial-a-Ride and Road Runner Van Services run Monday-Friday. Call 978-844-6809 weekdays 8:30-4:00 at least a day ahead. 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.

RoadRunner Van Grocery Shopping Trips to the Acton Food Pantry, the Westford Market Basket and the Littleton New Oriental Market. For more call 978-844-6809, weekdays, 8:30-4:00. Call at least a day ahead.

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).

Yankee Bus Service to Boston – Weekday service leaving Colonial Spirits, Great Rd, 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.



Going Away for the Winter? Please Stop Your Newsletter Mailing

Please help us save printing and postage costs by going off the newsletter mailing list while you are away. Just let us know when you return and we'll put you back on.

EXERCISE

REGISTRATION BEGINS..... MONDAY, JANUARY 6th at 1:00.

Exercise DVDs will be shown on a drop-in basis during the break in classes.

Easy Does It Strength and Tone DVD Start Walking, 2 Mile "Walk" DVDs
Jan. 2nd, 9:45-10:35 Jan. 2nd, 9:00-9:30

▶ **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call for waitlist.)
Mondays, January 6th through March 24th, 8:30-9:30 (No class on 1/20, 2/17)

▶ **"Cardio-Flex" with Terri Zaborowski** (Class is full. Call for waitlist.)
Tuesdays and Thursdays, January 7th through March 27th, 8:30-9:30
or Wednesdays and Fridays, January 8th through March 28th, 8:30-9:30

▶ **"Stretch, Flex, Tone and Cardio" with Terri Z.** (Class is full. Call for waitlist.)
Tuesdays and Thursdays, January 7th through March 27th, 9:45-10:45

▶ **Yoga Class with Patsy Brightman** (Class is full. Call for waitlist.)
Wednesdays, Jan. 8th through 29th and March 5th through 26th, 10:45-12:00 (No classes in February.)

 ▶ **Beginner Taoist Tai Chi with Alice Hogan and other Taoist Tai Chi Society instructors**
Tuesdays, January 7th through March 25th, 11:00-12:00

This session is a continuation toward learning the 108 movements in the Taoist Tai Chi set. This class is only open to people with some Taoist Tai Chi experience since it builds on what was learned in the fall session of the class.

 ▶ **Continuing Level Taoist Tai Chi with Ray Caisse**
Thursdays, January 9th through March 27th, 11:00-12:00

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

▶ **Zumba Gold™ & Stretch Class with Yvonne Benelli** (Call now to register.)
Fridays, January 10th through March 21st, 10:00-10:45 (No class on Feb. 21st)

Join the party! Latin-inspired music and dance steps have created "exercise in disguise." This cardio-based fitness workout is designed to tone the entire body and includes a variety of international music with fast and slow rhythms. Stretching floor work is optional and is at the end of the class. This program is designed so that anyone can do it - YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your needs. Participants should wear sneakers (old tread best), bring water, an exercise mat (if doing floor work), and a smile! 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. *Yvonne Benelli is a certified Zumba, Zumba Gold and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in P.E. and has taught fitness classes and American Red Cross CPR/First Aid for over 30 years.*



▶ **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**
Wednesdays, January 8th through March 26th, 10:00 -10:30, living room (Call now to register.)
Thursdays, Jan. 9th through Mar. 27th, 11:00 -11:30, (Class full. Call for waitlist.) (No class 1/16.)

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



Striders Walking Group

Mondays, January 6th, 13th and 27th, 12:15-1:00 at the Senior Center
Wednesdays, January 8th, 15th, 22nd and 29th, 8:30-9:15 at NARA Park

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

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

ONGOING ACTIVITIES

REGISTRATION BEGINS..... MONDAY, JANUARY 6th at 1:00.

► **Safety Sand** has resumed for the winter. Call the COA at 978-929-6652 to request a refill and/or pail.

Thank You Maryjane Costello, SHINE Counselor Extraordinaire We'd like to thank Maryjane Costello, our SHINE counselor from Minuteman Senior Services, for her years of dedication to Acton seniors. Mary Jane has volunteered for Minuteman for over 10 years and has spent that time with us here at the Acton Senior Center. We thank her for helping so many Acton residents and wish her the best in her new endeavors. At this time, Minuteman will be available to answer any health insurance and Medicare questions you may have. The direct number for the SHINE counselor is 781-221-7029.

Chess Club for Experienced Players

Thursdays, 2:00-4:15

Players with some chess experience get together for drop-in games at the Senior Center on Thursday afternoons. Folks pair up according to skill/experience. Out-of-town seniors are welcome. Ken LeBow oversees the group.

Free Stamp Collection Evaluation

Thursdays in January, 12:30-1:00, except for January 2nd

Do you have a stamp collection collecting dust in the attic? Or even just one stamp you think might be special? If so, bring your stamps to the Senior Center dining room on one of the days listed above and get a free evaluation from a knowledgeable Acton senior. He will let you know whether it is worth pursuing a professional appraisal.

“The Bookies” Book Club

Monday, January 27th, 1:00-2:00

The book for this month is *The Art Forger* by B.A. Shapiro, which tells the story of a struggling young artist who discovers information about the Isabella Stewart Gardner Museum art heist 20 years after the crime. Copies of the book will be available at the Acton Memorial Library.

Genealogy Group

Friday, January 10th, 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 facilitated group.

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

Wednesdays, January 15th, 22nd and 29th, 1:30-3:00

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

Tuesday, January 28th, 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)

Days and Times to be determined

For questions regarding Medicare or MassHealth, call MMSS at 781-221-7029 and leave a message.

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

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

Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulbs, flip mattresses, make computer/DVD connections and more. Call Mary Lou weekday afternoons after 1:30 at 978-929-6652 to make a request.

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.

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

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

Bereavement Group

Wednesdays, February 5th through March 26th, for 8 weeks, 6:00-7:30, Parmenter at 266 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein @ 508-358-3000 Ext. 349

Chronic Disease Self-Management

Thursdays, January 9th-Feb. 13th, 9:30-12:00, Concord COA, 1276 Main St. Concord, Call 978-318-3020.

Thursdays, Feb. 13th-Mar. 20th, 2:00-4:30, Acton Medical Assoc., 321 Main St, Acton, Call Carrie Legget at 978- 635-8902 to register.

Winter Emergency Car Kit and Safety Tips

Please be sure to be ready for the winter weather. Consider having the following items in your car especially during the snow season.

- Flashlight with extra batteries
- Basic first-aid kit
- Pocket knife
- Extra clothes (rain gear, mittens, socks)
- Manual can opener
- Shovel and tow rope
- Basic tool kit (pliers, wrench, screwdriver)
- Keep your gas tank full
- Windshield scraper and small broom
- Charged cell phone
- Necessary medications
- Blankets or sleeping bags
- Non-perishable foods (dried fruits, nuts, canned food)
- Container of water
- Sand or chains for tire traction
- Brightly colored cloth to use as a flag
- Good winter tires
- Keep your windshield wiper fluid full



Senior Center Art Exhibit - January continues Mary-Lou Chapski's solo art exhibit. Her technique includes watercolor, pastel, acrylic and mixed media in a show ranging from still lifes to landscapes to modernism. Please call the COA office for viewing times.

AROUND TOWN...AND BEYOND

Recreation Department invites you to Winter Carnival 2014 on Saturday, February 1st from 12-4 p.m. at NARA Park, 25 Ledge Rock Way. Fun activities planned for all ages and admission is free. The event is held snow or no snow. We look forward to seeing you at Winter Carnival or at one of the many class offerings or bus trips planned throughout the year. Visit www.acton-ma.gov/recreation for more information.

Reminders from the Town Clerk's Office – Call 978-929-6620 for further information.

Census Forms have been mailed to all residents. Please remember to return it as soon as possible.

Dog Tags are available 8:00-5:00. Dogs must be licensed by March 1 to avoid a late fee. If the dog owner of record is aged 70+, the license fee is waived, but ID may be required.

Memorial Library Events – If registration is required please call the Reference Dept at 978-929-6543.

Jan. 6, 10:30-11:30 - Using the Minuteman Digital Media Catalog with your Kindle. Registration required.

Jan. 7, 3:30-4:30 - Using the Minuteman Digital Media Catalog with your iOS or Android Registration req.

Jan. 7, 7 p.m. - Western Movie: Stagecoach. Director John Ford's smash hit which revolutionized the western.

January 14, 7 p.m. - Western Movie: High Noon. Won four Academy Awards

January 16, 7-8 p.m. Microsoft Word: Layout and Format Registration required.

January 21, 7 p.m. Western Movie: The Good, the Bad, and the Ugly.

January 21, 7:30 p.m. Book Discussion: The Curse of the Narrows by Laura M. MacDonald portrays the 1917 ship collision and subsequent explosion in Halifax, Nova Scotia. Copies at the circulation desk by January 2.

January 28, 7 p.m. Western Movie: The Wild Bunch. Director

January 31, 7-9 p.m., Feb 2, 2-3:30 and Feb 1, 9 a.m.-4 p.m. Friends of the Acton Libraries Book Sale

West Acton Citizen's Library has expanded its hours. In addition to being open Tuesday through Friday from 9:30–5:00, it is now open Saturdays from 9:30–12:30.

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, 12:15. Donations accepted.

Indian Hill Music – Free Bach's Lunch Concert

Thursday, January 16th, 11:00 and 1:30 at 36 King St in Littleton

Fire Safety within Your Home

- 1) Keep a fire extinguisher handy.
- 2) Inspect and test your smoke and carbon monoxide detectors every 4 months replacing the batteries as needed.
- 3) Do not over load your wiring. Use extension cords sparingly and limit the amount of power strips you use.
- 4) Keep you home as clutter free as possible.
- 5) Use battery operated candles; they still look good and are safer.
- 6) Maintain your furnace and fireplaces. Call professionals to service them. This will lessen the possibility of fires.
- 7) Keep your laundry room and dryer filters free of lint and have a professional clean your entire dryer vent.
- 8) Keep flammable items away from the furnace and fireplaces.
- 9) Remember to keep your Christmas tree watered until you see it drying out. That is when to discard your tree.
- 10) If you have a fire and you extinguish it, remember to call the fire department to check that it is completely out.

High Pressure Sales Tactics on Elders –from Trish Sullivan, Elder Service Officer

Elders have received calls with scam/high pressure sales tactics. The company involved is “Med-Alert. Numerous complaints are posted on-line and several States Attorneys’ Generals are investigating. The caller tells the elder that a system has been ordered for them by a family member or their medical professional. The senior is pressured to provide credit card information. Remember to never give out personal or financial information over the phone unless you are sure of whom you are talking to and/or initiated the phone call. If you should receive calls of this nature contact the Police at 978-263-2911 and they will send patrol out to take report.

Scams in the Area - from Rich Burrows, Deputy Chief, Acton Police

An Acton resident recently received a phone call from someone identifying himself as being with the IRS Federal Investigative Unit. This suspect told the victim he owed \$1,996.00 in state taxes and that if the monies were not paid immediately the victim was subject to arrest. The victim was instructed to go to his bank and get cash and then to CVS and purchase Money Pak Green Dot cards with the cash and give the suspect the numbers on the back of the cards. The victim did this and after giving the suspect the numbers the suspect told the victim that he was now going to charge him more money for lying. At this point the victim became suspicious and notified Acton Police. There is no way to track the money once the number on the back of the card is given to a scammer.

There are multiple variations on this scam. Some scammers pose as utility companies, threatening to cut-off or interrupt service. Some pose as police or sheriffs or marshals and advise there are warrants for your arrest and others claim to be from a district court where there are several court judgments against you and you need to clear them up immediately or be arrested.

The Police remind you that if you get any calls like these to please call the Acton Police at 978-264-9638.

AARP Free Tax Preparation - The American Assoc. for Retired Persons and the IRS are sponsoring free tax preparation for low and moderate income taxpayers February through mid-April at the Senior Center and the Memorial Library. Returns will be prepared on Tuesdays at the COA but the exact times have yet to be determined. *Call the COA after January 15th at 978-929-6652 to schedule an appointment.* Returns will be prepared Thursday and Friday afternoons at the Library. For library appointments call 978-760-9146. This service covers most personal tax returns but does not cover business returns, returns for those who own rental property, or investment advice. Bring a copy of last year's 2012 Federal and State returns as well as all tax forms mailed to you for 2013, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Seniors may be eligible for the MA Circuit Breaker tax credit. Both homeowners and renters may receive a tax credit of up to \$1030 even if you don't owe any state income tax. You may also back file for the Circuit Breaker credit for the last 3 years if you are eligible for it but did not file.

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 at 978-929-6652 for an appointment. The fuel program runs through April 30.

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

Emergency Fuel Assistance Fund - Contact Bev Hutchings at the COA at 978-929-6652.

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.

January	Mon	Tue	Wed	Thu	Fri	2014
	30 9:00-9:45 Stronger Seniors DVD 9:30-11:30 Drop-in Bridge 10:00-11:30 Drop in Art 12:15-1:00 Walking at COA 12:30-2:00 Newsletter Sealing	31 8:30 Newsletter Mailing 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 12:30-3:00 Board & Tile Games	1 COA CLOSED New Years Day	2 9:00-9:30 Walking DVD 9:45-10:35 Easy Does It DVD 11:00-12:00 Continuing Tai Chi 1:00-2:00 Railways Presentation 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	3 10:00-11:30 Wii/Board Games 12:30-2:30 Movie	
6 8:30-9:30 Stretch/Flex Begins 9:30-11:30 Drop-in Bridge 10:00-11:30 Drop in Art 12:15-1:00 Walking at COA 1:00 Registration Begins 3:00 COA Board Meeting	7 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beginner Tai Chi 12:30-1:15 Re-Gifting Party 12:30-3:00 Board & Tile Games	8 8:30-9:30 Cardio Flex Begins 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise Begins 10:45-12:15 Yoga Begins 11:45 Newbury Court/Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	9 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 Begins 12:30-1:00 Stamp Evaluations 1:00-2:30 eBooks 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons Begin 2:00-4:15 Chess Club 2:30-3:15 Meditation	10 8:30-9:30 Cardio Flex 10:00-10:45 Zumba Begins 1:00-2:30 Genealogy		
13 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Drop in Art 12:15-1:00 Walking at COA 1:00-3:00 Friends Meeting	14 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 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor w/Sue Begins	15 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	16 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 -1:00 Stamp Evaluations 12:30-2:35 Movie 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	17 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30-11:30 Hearing Clinic 10:00-10:45 Zumba 12:30-2:00 Movie		
20 COA CLOSED MLK Day	21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	22 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	23 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 12:30-1:00 Stamp Evaluations 1:00-3:00 Harmonica Club 1:00-2:00 Preventing Falls 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 2:30-3:15 Meditation	24 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 LifeCare Lunch 12:30-2:10 Movie		
27 8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce Begins 11:30-12:30 Eyeglass Repairs 12:15-1:00 Walking at COA 12:30-2:00 Newsletter Sealing 1:00-2:00 Book Group	28 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 12:00-1:45 Veteran Appointments 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	29 8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:30-11:00 Drop-in Art 10:00-10:30 Chair Exercise 10:45-12:15 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	30 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 12:30-1:00 Stamp Evaluations 12:30-2:30 Internet Health Info. 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	31 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Employee Cooked Lunch 12:30-2:25 Movie		

Inclement Weather Emergency Phone Numbers

Use these numbers for emergencies but not for regular service:

Fire and Police Emergencies - Call 911

NSTAR – 1-800-592-2000

Hearing Impaired TTY line – 1-800-322-8248

National Grid (formerly Key Span)

Gas Emergencies 1-800-233-5325

Hearing/speech impaired 1-800-233-5325 ext.711

Power Outage Emergencies 1-800-465-1212

Hearing /speech impaired 1-800-322-3223 ext.711

Winter Weather Exercise/Class/Program Policy

If the Acton Schools are closed:

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

If the Acton Schools are delayed:

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

If there is a storm during school vacations or holidays, call the COA before heading out. **If in doubt, please call the COA at 978-929-6652 with questions about classes.**

Support Our Military Serving Overseas – Donate Your Old Cell Phone

Cell Phones for Soldiers Inc. is a 501(c) (3) non-profit organization dedicated to providing cost-free communication services to active duty military members and veterans. There are drop boxes currently at the PSF, transfer station, and both libraries in Town. To learn more visit: <http://www.cellphonesforsoldiers.com/about.php>.

Durable Medical Equipment: The COA has a items such as canes, walkers and tub benches to borrow. Call Mary Lou weekdays after 1:30 at 978-929-6652, and please allow her a couple of days to gather the equipment.

Friends Shopping Fundraiser Thursday, January 16th

Shop at the Acton Woods Shopping Plaza (on corner of Rt. 27 and 2A)

The independent merchants will donate a portion of the day's proceeds to the Friends.

Please patronize them on the 16th and thank them for their support.



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

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

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
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, January 6th at 3:00
Friends of the Acton COA will meet on Monday, Jan. 13th at 1:00