



# Acton Senior Bulletin



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

**Registration for all new programs begins in person or by phone Monday, May 5<sup>th</sup> at 1:00.**

## ► *Aging Well* Dancing & Singing Troupe Performance

*Tuesday, May 6<sup>th</sup>, 12:30-1:30*

(Call now as registration is open.)

*Aging Well* Center Senior Troupe is a group of Chinese-American seniors who are over age 70. They perform traditional Chinese songs and dances but some English and Russian pieces as well. All members are from towns around Marlborough, including Acton. They perform as part of their goal of having a happy and healthy life. *Aging Well Center* is an adult day program and health center in Marlborough.

## ► Nathaniel Hawthorne *Mad Science* Living History Performance

*Monday, May 12<sup>th</sup>, 1:00-2:00*

Literary historian Rob Vellella will portray Nathaniel Hawthorne as a young, reclusive writer who does not enjoy public appearances, preferring to read his work instead of giving presentations. He will give dramatic readings related to the famous 19<sup>th</sup> century author's fictional mad scientists. Hawthorne's characters were so dedicated to their science or art that they lost perspective on everything else. Rob's goal is to bring classic writers of the past back to today's readers and prove these works are neither difficult nor boring! His programs combine both education and entertainment for an enjoyable, enlightening experience. *Rob Vellella holds a Master's degree in English and is an independent scholar specializing in American literature of the 19<sup>th</sup> century.*

## ► 90s Birthday Luncheon

*Friday, May 16<sup>th</sup>, 12:00-1:30*

We are hosting a luncheon in honor of all of our Acton seniors who are aged 90+. Invitations are in the mail to the honorees. Please RSVP to 978-929-6652 by May 9<sup>th</sup>. If you have not received an invitation and are 90 or older, please call the office so we may include you at the luncheon.

## ► Poetry Class: *A Little Madness in the Spring...*

*Tuesdays, May 27<sup>th</sup>, June 3<sup>rd</sup> and June 10<sup>th</sup>, 2:00 -3:30*

*...is wholesome even for the King*, wrote Emily Dickinson. Shake off the winter blues and celebrate spring with some uplifting poetry. Join Patti Russo for this series and explore the themes of renewal and rejuvenation through the lens of poetry. The group will read evocative and accessible poems, share reactions and do some reflective writing. You do not need to be a poet to participate; just come and enjoy a little poetry madness!

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## Director's Corner

I would like to thank everyone who attended Town Meeting and voted in support of our kitchen renovations. We will keep you informed as to when work will be scheduled.

We will be celebrating all age 90+ residents of Acton later this month. According to the Town census we have over 120! Staying active and social has been proven to help increase longevity and Acton is living proof. Enjoy this beautiful spring weather, Sharon, COA Director

**The COA will be closed on Monday, May 26<sup>th</sup>.**

## UPCOMING PROGRAM HIGHLIGHTS

REGISTRATION BEGINS..... MONDAY, MAY 5<sup>th</sup> at 1:00.

### ► Advance Care Planning: Think, Choose, Share

*Tuesday, May 13<sup>th</sup>, 12:30-1:30*

Should there come a time when you cannot speak for yourself, there is a way to communicate your wishes for care. Advance Care Planning is a process to help you think about, make choices and share your wishes for care. Join Acton Nursing Services and Parmenter Home Care & Hospice for ideas on how to: think about what is important to you and how to share your wishes for care; choose someone to be your voice if you are unable to communicate; and share your wishes for care with your health care agent, family and trusted friends.



### ► History of Television Lecture Series with Dr. Brett Rhyne

*Thursdays, May 15<sup>th</sup>, 29<sup>th</sup>, and June 12<sup>th</sup>, 26<sup>th</sup>, 1:00-2:00*

Immerse yourself in the history of television and revisit a lot of memories in this four-part lecture series presented by Dr. Brett Rhyne. The series will cover the Golden Age of Television Drama, Comedy on Television, the Late-Night Talk Show, and the TV News Magazine.

**May 15<sup>th</sup>: The Golden Age of Television Drama.** The Golden Age of TV drama ran from the 1950s to the early 1960s. Viewers enjoyed great original teleplays by writers including Paddy Chayefsky, Rod Serling and Gore Vidal. The dramas were performed live on dramatic anthologies such as *Philco Television Playhouse*, *Kraft Television Theatre* and *Playhouse 90*.

**May 29<sup>th</sup>: Comedy on Television.** Great comedies on television seem to appear every other decade. This lecture will look at the work of 1950s comics like Milton Berle and Sid Caesar; the groundbreaking CBS series of the 1970s that included *All in the Family*, *M\*A\*S\*H* and *The Mary Tyler Moore Show*, and the blockbuster 1990s shows *The Simpsons* and *Seinfeld*.

**June 12<sup>th</sup>: The Late-Night Talk Show.** Television's first original genre was the late-night talk show. This lecture traces the history of the late-night talk show through some of its most significant hosts, including Steve Allen, Jack Paar, Johnny Carson, David Letterman, and Bill Maher.

**June 26<sup>th</sup>: The TV News Magazine.** The news magazine is another kind of program that grew up on television. This lecture looks at some of the most important TV news magazines, starting with Edward R. Murrow's *See It Now* and producer Don Hewitt's *60 Minutes* and including later entries such as *Dateline*, *20/20*, *Inside Edition*, and *Bill Moyers Journal*. *Dr. Brett M. Rhyne is a newspaper and news website editor and reporter and teaches communications and journalism at the college level. He has also produced video, created ceramic art and painted with oils. This program is offered in conjunction with Sage Educational Services.*

### ► Hearing Aid Technology: It's Changing!

*Tuesday, May 20<sup>th</sup>, 1:00-2:00*

Megan Ford, owner of Hear Smart Audiology in Littleton, will share some of the latest changes in hearing aid technology and the impacts of untreated hearing loss. For instance, did you know that the first made-for-Apple hearing aid was released just last month? Many of the changes have helped alleviate the frustration those with hearing loss often experience. *Dr. Ford holds a Doctor of Audiology degree. She began her career at the MA Eye and Ear Infirmary before becoming the Assistant Director of the Cochlear Implant program at University Hospitals in Ohio. She opened her private practice several years ago after returning to Massachusetts.*

### ► Retirement & Estate Planning Strategies Presentation

*Thursday, May 22<sup>nd</sup>, 1:00-2:30*

George and Steve Pessotti, retirement planners and guest speakers from SOFA (The Society for Financial Awareness), a non-profit educational speakers' bureau, will present a financial planning workshop. Attendees will learn about: 12 risks of retirement, estate planning, life estates, lifetime income, 401Ks and IRAs and tax-free income options, and new Medicaid rules. This program is free and does not promote specific financial products.

► Indicates that you must register in advance!



**Durable Medical Equipment:** The COA has 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.

## CLASSES

### **Beginner Microsoft Word with Cal Winroth – Workshop 3**

**Wednesday, May 21<sup>st</sup>, 1:30-3:00**

If you missed the last three workshops, join us for the last in the series. The previous lessons are available for you to complete at home. The meetings are informal and designed to help you better your Word skills no matter your skill level. This month will focus on Headers and Footers. Bring your laptop or use one of the Center's computers.

#### **► ArtMatters Series: Women Artists and Mother & Child Art**



**Thursdays, May 1<sup>st</sup>, May 8<sup>th</sup>, 1:00-2:00**

**(Call now as registration is open.)**

The wonderful staff from ArtMatters will conclude the art series this month. During this lively, engaging program you will learn about various art forms and artists and see many large museum-quality prints. The art will cover an entire wall by the end of each presentation!

**May 1<sup>st</sup>: Women Artists in the 20<sup>th</sup> Century.** In more modern times, our ability to create art was less openly inhibited, but new, modern obstacles arose. Join us for a new look and a discussion about women and their struggle to make art in the 20th Century.

**May 8<sup>th</sup>: Mother & Child.** The bond between parents and their children is very special, very personal, and yet universal. This relationship transcends language, cultures, long distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers & their children throughout our human history. Join us for a special sharing in honor of Mothers' Day and invite your children. Men welcome!

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



## TRIPS



**REGISTRATION BEGINS..... MONDAY, MAY 5<sup>th</sup> at 1:00.**

#### **► New Bedford - Tours of the Whaling Museum and an Historic Mansion and Lunch**

**Tuesday, May 13<sup>th</sup>, leave NARA Park Lower Lot at 8:45 a.m.**

**(Call now as registration is open.)**

We will start at the Rotch-Jones-Duff House & Garden Museum, where we will have a tour of the Greek Revival-style mansion. We'll have lunch at the Airport Grille. Then we will end with a guided tour of the Whaling Museum which has stunning art, a life-size partial replica of a whaling ship and an exhibit of Benjamin Russell's paintings.

**Depart: 8:45 a.m. from NARA Lower Lot;** Approximate return time: 6:00 p.m.

**Cost: \$75 due NOW** includes two museum tours, lunch, coach bus w/restroom, and all gratuities.



#### **► Tour of Nathaniel Hawthorne's House of Seven Gables in Salem and Lunch at Danversport Yacht Club**

**Thursday, June 5<sup>th</sup>, leave NARA Park Lower Lot at 10:30 a.m.**

To expand on our May program on Nathaniel Hawthorne, we're off to the North Shore to learn more about the famous author! We will start off with lunch at the Danversport Yacht Club. Menu will include salad, bread, mashed potatoes, vegetable, dessert and an entrée of your choice— baked scrod with cracker crumb topping or chicken

Danversport, a boneless fried chicken breast with honey and bacon. Please indicate your entrée preference when registering for the trip. After lunch, we're off to Salem for a guided tour of the *House of Seven Gables* where we learn about Nathaniel Hawthorne as well as some of Salem's vast history. The mansion, built in 1668, is the oldest surviving 17<sup>th</sup> century wooden mansion in New England and provided inspiration for Hawthorne's book of the same name. Also on the tour is the circa 1750 house where Hawthorne was born that was moved onto the property. There are also seaside gardens you can view on your own and a gift shop inside the circa 1655 Retire Beckett House. Please note that there are original staircases to view the upper levels of the buildings.

**Depart: 10:30 a.m. from NARA Lower Lot;** Approximate return time: 4:30 p.m.

**Cost: \$59 due by May 15<sup>th</sup>** includes tour, lunch, coach bus transportation (w/restroom), and all gratuities.

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

## COUNCIL ON AGING TRIP POLICIES

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each trip description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: "Friends of the Acton COA." Drop your check off at the COA office at 50 Audubon Dr. or mail to: COA, Town Hall, 472 Main St., Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. Parking for trips is at NARA Park in the Lower Parking Lot, unless otherwise noted. Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right. Please check the trip description in the newsletter to confirm the parking location.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. These are available at the COA Office if needed. Please make sure that all sections of the card are filled out and up to date.
7. If you are not self sufficient or have special needs, you must travel with a companion who can provide assistance for you. Call the COA for details if you are uncertain of the demands of a trip.
8. If a medical emergency arises on a trip, COA staff will procure treatment if needed, but cannot accompany someone to the hospital.

## DINING OPPORTUNITIES

**REGISTRATION BEGINS..... MONDAY, MAY 5<sup>th</sup> at 1:00.**

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

### ► **Monthly Breakfast with Gaining Ground Farm**

**Friday, May 16<sup>th</sup>, 9:00-10:00**

Join us for pancakes topped with maple syrup, tapped from sugar maple trees in Concord and Carlisle. Volunteers from Gaining Ground farm will prepare a delicious breakfast for you. Gaining Ground is the non-profit farm in Concord that grows organic food for hunger relief with the help of community volunteers. You will also receive a sample of syrup to take home and enjoy! Call the COA by Wednesday, May 14<sup>th</sup> for a reservation. Cost is \$2.00.

### ► **Benchmark Senior Living at Robbins Brook Lunch**

**Tuesday, May 20<sup>th</sup>, 11:45**

Beef and broccoli over rice, salad and angel cake for dessert. A \$3 donation for lunch is requested. Please sign up in the COA office.

### ► **Town Employee Prepared Lunch**

**Thursday, May 22<sup>nd</sup>, 11:45**

The Police Department will be preparing chicken teriyaki, noodles, vegetables and dessert. A \$3 donation for this lunch is requested. Please sign up in the COA office.

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

### ► **Soup Bar**

**Fridays, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>, 11:45**



Enjoy hearty soup with add-ons. The soup base on 5/2 is Pesto Tomato, 5/9 is Beef Alfredo, 5/16 is Corn Chowder, 5/23 is Italian Tomato and 5/30 is Beef Stroganoff. For a list of the add-ons see Joy in the dining room. \$2 donation.

► **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 May 14<sup>th</sup>, 11:45**

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

## TRANSPORTATION

**The COA Van, MinuteVan Dial-a-Ride Van and Road Runner Van** runs Monday-Friday. Call 978-844-6809 weekdays 8:30-4:00. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Punch tickets are available from the driver or in the COA office.

**Friendly Drivers** may be 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 \$10 one way.



## 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\*\***

***All of this month's films were Academy Award nominees for Best Picture!***



**Friday, May 2<sup>nd</sup>, 12:30-2:25 Nebraska** (2013, R for language) Thinking he has won a million dollar sweepstakes, an aging curmudgeon makes the trip from Montana to Nebraska with his son. Drama with some comedic elements stars Bruce Dern, Will Forte and Jane Squib. Received six Oscar nominations including best picture and performances by Squib and Dern.

**Friday, May 23<sup>rd</sup>, 12:30-2:10 Philomena** (2013, PG-13) A world-weary journalist (Steve Coogan) picks up the story of a woman (Judi Dench) who is searching for her son who was taken away from her decades ago. Nominated for three Oscars, including Best Lead Actress and Best Picture.

**Friday, May 30<sup>th</sup>, 12:30-2:00 Gravity** (2013, PG-13) Action movie starring Sandra Bullock and George Clooney as astronauts struggling to survive after an accident leaves them adrift in space. Received 10 Oscar nominations, including Best Picture and Best Lead Actress, and had 8 wins.

## 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.

### **Healthcare Websites**

- **Alzheimer's Association**, [www.alz.org/carefinder](http://www.alz.org/carefinder) for recommendations and questions to ask care providers.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.

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

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

- Assistive Technology Website to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

**Services Comparison Websites** help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare)
- Hospital – [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)
- Nursing Home – [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html)

## SENIOR CENTER CLINICS



### **Podiatry Clinic with Dr. Gregorian**

*Wednesday, May 7<sup>th</sup>, 1:30-4:00 and Tuesday, May 13<sup>th</sup>, 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, May 13<sup>th</sup> and 27<sup>th</sup>, 9:30-11:30** The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.

## EXERCISE

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

*Mondays, through June 16<sup>th</sup>, 8:30-9:30*

(Class is full. Call about waitlist.)

(No class on 5/26.)

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

*Tuesdays and Thursdays, through June 19<sup>th</sup>, 8:30-9:30  
or Wednesdays and Fridays, through June 20<sup>th</sup>, 8:30-9:30*

(Classes are full. Call about waitlist.)

(No class on 5/13.)

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

*Tuesdays and Thursdays, through June 19<sup>th</sup>, 9:45-10:45*

(Class is full. Call about waitlist.)

(No class on 5/13.)



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

*Tuesdays, through June 17<sup>th</sup>, 11:00-12:00*

This class has been meeting since September, so some knowledge of Taoist Tai Chi is required at this point to join.



▶ **Continuing Level Taoist Tai Chi with Ray Caisse and other Taoist Tai Chi Society Instructors**

*Thursdays, through June 19<sup>th</sup>, 11:00-12:00*

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

▶ **Yoga Class with Patsy Brightman**

*Wednesdays, through June 11<sup>th</sup>, 10:45-12:00*

(Class is full. Call about waitlist.)

▶ **Zumba Gold™/Stretch Class with Yvonne Benelli**

*Fridays, through June 13<sup>th</sup>, 10:00-10:45*

(Call now, registration is open.)

This cardio-based, Latin-inspired, fitness workout is designed to tone the entire body. Floor work is optional at the end of class. Please wear smooth tread sneakers, bring water and an exercise mat (if doing floor work). This class is funded by an Executive Office of Elder Affairs grant, which requires the COA to ask for donations--a \$10 donation for the series is suggested.

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

*Wednesdays, through June 18<sup>th</sup>, 10:00-10:30, living room* (Call now, registration is open.)

*Thursdays, thru June 19<sup>th</sup>, 11:00 -11:30, dining room* (Class is full. Call about waitlist.)

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, May 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>, 12:15-1:00 at the Senior Center*

*Wednesdays, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>, 8:30-9:15 at NARA Park*

Spring is here. It's a perfect time to start a walking regimen. Join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office. If you are new to walking, we suggest you try the Wednesday walk at NARA as the terrain is flatter and may be easier for beginners.

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

## ONGOING ACTIVITIES

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

*Thursdays, May 8<sup>th</sup> and 22<sup>nd</sup>, 2:30-3:15*

Join us as we practice mindfulness meditation. Mindfulness is paying attention in a particular way; intentionally, in the present moment and nonjudgmentally. Practicing mindfulness has been linked to improved physical and mental health. Join Liz for some gentle stretching and guided meditation. No experience necessary – just drop by!

### **▶ Watercolor Studio Workshop with Joyce McJilton Dwyer (Call now, registration is open.)**



*Mondays, through June 16<sup>th</sup>, 10:00-11:30 (No class on May 26<sup>th</sup>)*

Explore landscapes and still life,. Group and individual work as well as critiques are part of this art experience. Beginners are welcome as well as continuing students. Materials list available in the COA office for new students.

### **▶ Arthritis Self-Management Program**

*Tuesdays, through May 13<sup>th</sup>, 2:00-4:30*

**(Class is closed to new participants.)**

### **▶ One-Stroke Decorative Painting with Alev Bowen (Class is full. Call about waitlist.)**



*Continuing Session: Fridays, May 2<sup>nd</sup> and May 9<sup>th</sup>, 9:30-11:00*

### **▶ Intermediate Chess Class with Ken LeBow (Call now, registration is open.)**

*Thursdays, through May 29<sup>th</sup>, 1:00-2:00*

**(No chess on May 8<sup>th</sup>)**

This 10-week course is 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.

### **Chess Club**

*Thursdays, 2:00-4:15*

**(No chess on May 8<sup>th</sup>)**

Players with some chess-playing experience get together for drop-in games on Thursday afternoons. Folks pair up according to skill/experience. Chess sets supplied. Out-of-town seniors are welcome. Ken LeBow leads the group.

### **“The Bookies” COA Book Club**

*Monday, May 19<sup>th</sup>, 1:00-2:00*

Don't miss the last Book Club meeting before the summer break! This month's book is *The Aviator's Wife* by Melanie Benjamin, an historical novel about Anne Morrow Lindbergh and her famous husband Charles. Copies will be available at the Memorial Library and can be sent to the Citizen's Library if that is more convenient.



### **Genealogy Group**

*Friday, May 9<sup>th</sup>, 1:00-2:30*

Come share your research, seek some advice or simply share your passion for family history.

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

*Wednesdays, May 14<sup>th</sup> and 28<sup>th</sup>, 1:30-3:00*

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

*Mondays, May 12<sup>th</sup>, 12:00-4:00*

A SHINE counselor is available for health care information. Call the office at 978-929-6652 for an appointment.



### **Free Stamp Collection Evaluation**

*Thursdays, May 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, 12:30-1:00*

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.

See the Calendar on page 11 for info on these groups: Yarn & Thread Ladies, Drop-in Bridge, Harmonica. Please check the monthly calendar as drop-in activities are occasionally canceled due to space constraints.

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

## **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.

**LIHEAP/SMOC Program** has been extended from April 30<sup>th</sup> to May 15<sup>th</sup>. The last date to apply for LIHEAP/Fuel assistance is May 15<sup>th</sup>. Service dates for LIHEAP assistance remain unchanged (11/1/2013 through 4/30/2014). This means fuel types (oil, Kerosene, propane, wood) can only be delivered until April 30<sup>th</sup>. Beyond April 30<sup>th</sup> clients will have to pay for deliveries. Utility clients will also be paid from 11/1/2013-4/30/2014. Contact Bev with questions or to book appointment

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

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

**Home Care Services:** Please call the COA if you have questions on how to obtain home care services. **Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

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

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

**Veterans' Services Appointments:** Veterans or surviving spouses needing help with benefits or resources should contact Veterans' Service Officer James MacRae at 978-929-6614 or email [yso@acton-ma.gov](mailto:yso@acton-ma.gov) to schedule an appointment anytime at the COA. You can also call Bev Hutchings at 978-929-6652 for information.

### **Support Groups**

**Diabetes Self Management** at Acton Medical, 321 Main St

*Thursdays, through May 29<sup>th</sup>, 2:00-4:30* Call Carrie Legget to register, 978-635-8902

**Alzheimer's, Memory Loss and Dementia Care Givers Support Group** with Eileen Lawson

*4<sup>th</sup> Wednesday of each month, 4:00-5:30*, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

**Memory Impairment Caregivers Support Group and Dinner** with Alicia Seaver

*Mondays, April 28, May 19-June 23, 4:30*, Bridges by EPOCH at Westford. Guests are encouraged to bring the person they care for to enjoy a meal with our residents while the support group meets.

**Parkinson's Disease Support Group** with Mary Ann Wonn

*3<sup>rd</sup> Monday of each month 2:00-3:00*, Benchmark Senior Living at Robbins Brook. Call 978-264-4666.

**Bereavement Group**

*Wednesdays, April 9<sup>th</sup> for 8 weeks, 6:00-7:30*, Parmenter at 266 Cochituate Rd., Wayland. For information & registration call Andrea Heinlein at 339-223-9482.



**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.

**Art Display** - In May we welcome the Acton-Boxborough School District, grades K-12, in their annual exhibit of student art. Titled "Students Make Their Mark," the show includes a variety of media and is always popular. Call the COA office for viewing times. All are welcome to attend a reception with refreshments on Thursday, May 15, 2:30-4:30pm. Many thanks to Bonnie McGrath for sharing her photography with us in February-April.

**"Bugles Across America"** The first Sunday of each month at 7pm at the fire station across from Town hall. There is a short ceremony to pay our respects to the fallen men and women who served in our military. Please contact Dave Thoma at 978-772-4150 with any questions.



## AROUND TOWN...AND BEYOND

**Recreation Department** - Now is the time to get your NARA Park Beach Membership. We have a special senior resident rate of \$25 per senior age 65 & up. Forms are available at [www.acton-ma.gov/beach](http://www.acton-ma.gov/beach) or stop by the Recreation Dept. in the Town Hall. If you would like a form mailed to you, please call 978-929-6640 extension 0.

**Upcoming Events at Memorial Library** – visit [www.actonmemoriallibrary.org](http://www.actonmemoriallibrary.org) to learn more

**May 6, 3 to 4 p.m.** Learn how the “Minuteman Digital Media Catalog” works

**May 7, 7 p.m.** “Killer Stuff & Tons of Money: An Insider's Look at World of Flea Markets, Antiques & Collection”. *Author* Maureen Stanton will speak and sign books.

**May 15, 7 p.m.** “Henry David Thoreau's Western Journey: A Transcendental Travelogue” with author Corinne H. Smith who will also share passages from her book *Westward I Go Free: Tracing Thoreau's Last Journey*.

**May 20, 7:30 p.m.** Book Discussion: *The Paris Wife* by Paula McLain. Copies are available at circulation desk.

**May 21, 3 to 4 p.m.** Drop-In Computer Help

**May 28, 7 to 8 p.m.** Microsoft Word Basics - Registration required; call the Reference Dept. at 978 929-6543

**May 31, 9 a.m. to 4 p.m.,** Friends of the Acton Libraries Book Sale

**The Friends of the Acton Arboretum's** second annual Yankee Plant Swap and Hat Show on Sunday, June 1 from 4-6 pm at the Arboretum upper lawn. Bring a perennial to swap and wear a horticulturally-decorated hat (optional) to win a prize. Go home with a new plant for your garden or a gift. \$10 requested donation for the swap. \$15 for a membership. Email [babe@acton-ma.gov](mailto:babe@acton-ma.gov) or call Bettina Abe at 978-621-8403 for more information.

**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.

*4<sup>th</sup> Thursday of the month, 12:15.* Donations accepted.

**Indian Hill Music** – For more information call 978-486-9524 x116 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Free Bach's Lunch Concert** *Thursday, May 15<sup>th</sup>, 11:00 and 1:30* at 36 King St in Littleton

**Flute Duo and Piano Concert** *Sunday, May 4<sup>th</sup>, 3:00* at 36 King St in Littleton

**Friday Night Foreign Films Presented by the AB Cultural Council** All films are free, begin at 7:00 in Room 204 of the Town Hall. Visit [www.actonboxboroughculturalcouncil.org](http://www.actonboxboroughculturalcouncil.org) for more.

*Friday, May 2<sup>nd</sup>, La Strada* - Best Foreign Film. 1956 Unrated, mature audience suggested.

*Friday, May 9<sup>th</sup>, Mary and Max* - Best Animated Short Film, 2003. Unrated, mature audience suggested.

*Friday, May 16<sup>th</sup>, WADJDA* - first feature film shot by a female Saudi filmmaker.

**Acton Garden Club's Annual Plant Sale**

*Saturday, May 17<sup>th</sup>, 9:00-1:00* on the Acton Center Common

**Take Control of Your Health: 6 Steps to Prevent a Fall from the National Council on Aging**

Every 15 seconds, an older adult is seen in an emergency department for a fall-related injury.

1. *Find a good balance and exercise program*

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. *Talk to your health care provider*

Ask for an assessment of your risk of falling. Share your history of recent falls.

3. *Regularly review your medications with your doctor or pharmacist*

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4. *Get your vision and hearing checked annually and update your eyeglasses*

Your eyes and ears are key to keeping you on your feet.

5. *Keep your home safe*

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. *Talk to your family members*

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

## Email Scams from the Federal Government

The Executive Office of Elder Affairs for MA reminds everyone that **No federal office will email you!** If you have a concern, contact the federal agency via a secure web-site (typically a “.gov” or occasionally a “usa.gov”). If in doubt about a web-link, go through the COA or call a congressional office (check the web) for an appropriate contact number with respect to federal concerns. If you need to reach Social Security, who typically does not publish their local offices phone numbers, you can reach them toll-free at 1-800-772-1213 (TTY 1-800-325-0778 for deaf or hard-of-hearing).

**Bank Scams** - The Executive Office of Elder Affairs reports that a Hopkinton senior received a phone call telling him that his local bank account had been frozen. Of course the caller requested his personal information. Luckily, the senior was savvy enough to just hang up. He did call his bank and they confirmed that they had not called him and his account was fine but it was still unsettling to think that the scammers knew about his account.

## Fly your American Flag to Honor our Veterans - From Veterans' Service Officer, James MacRae

May 8<sup>th</sup> – V.E. Day

May 17<sup>th</sup> – Armed Forces Day

May 26<sup>th</sup> – Memorial Day – fly your flag at half staff until noon and then raise to full from noon until dusk

**Check Out the Resource Shelf in the COA Office** - There are two shelves with books and DVDs to borrow. Some of the DVDs include the Ken Burns *Jazz* series, *John Adams* mini-series, *Planet Earth* series, *Gardens of the World*, college-level lectures on American Bestsellers and Louvre Masterpieces and some of the programs given at the Center that were recorded for local cable. Books cover subjects ranging from Alzheimer's Disease to cooking for one to mindfulness. There are no strict borrowing guidelines; we just ask that you sign out an item and return it within a few weeks. Drop by the office to see if there's anything you are interested in!

Zumba class gets moving  
and  
Watercolor students watch a  
demonstration.



<b>May</b>	<i>Mon</i>	<i>Tue</i>	<i>wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2014</b>
	<b>28</b>	<b>29</b>	<b>30</b>	<b>May 1</b>		
	8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 19:30-11:00 Drop-in Art 0:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 12:30-4:00 SHINE 1:00-2:00 Myth & Mythology 2:00-3:00 Book Group	8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:15 Got iPad Q & A 11:00-12:00 Beg. Tai Chi 11:45 Employee Cooked Lunch 12:30-1:45 Tick Talk 2:00-4:30 Arthritis Program	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 2:30-4:30 Drop-in Bridge 6:30-7:30PM Dementia Program	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 1:00 Chess Lessons / 2:00 Chess Club 1:00-3:00 Harmonica Club 1:00-2:00 Art Matters 6:00-8:00PM Hoarding Series @PSF	<b>2</b>	8:30-9:30 Cardio Flex 9:30-11:00 One Stroke Painting 10:00-10:45 Zumba 11:45 Soup Bar-Pesto Tomato 12:30-2:25 Movie
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
	8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 9:30-11:30 Drop-in Bridge 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00 Registration Begins 3:00 COA Board Meeting	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-1:30 Aging Well Performance 2:00-4:30 Arthritis Program	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 1:30-4:00 Podiatry Clinic 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 1:00-2:00 Art Matters - last 1:00-3:00 Harmonica Club 2:30-3:15 Meditation 6:00-8:00PM Hoarding Series @PSF	8:30-9:30 Cardio Flex 9:30-11:00 One Stroke - last 10:00-10:45 Zumba 11:45 Soup Bar – Beef Alfredo 1:00-2:30 Genealogy	
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
	8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 12:30-4:00 SHINE 12:30 Friends of the COA Meeting 1:00-2:00 Hawthorne Performance	8:15-11:00 Podiatry Clinic 8:45 New Bedford Trip 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beginner Tai Chi 12:30-1:30 Advanced Care Program 2:00-4:30 Arthritis Program - last	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 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00 Tai Chi 11:00 Chair Exercise 12:30-1:00 Stamp Evaluations 1:00-2:00 TV Lecture Series - Begins 1:00-3:00 Harmonica Club 1:00 Chess Lessons / 2:00 Chess Club 2:30 Art Reception 6:00-8:00PM Hoarding Series @PSF	8:30-9:30 Cardio Flex 9:00 Gaining Ground Breakfast 10:00-10:45 Zumba 11:45 Soup Bar – Corn Chowder 12:00-1:30 90s Luncheon 1:00 Poker	
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
	8:30-9:30 Stretch/Flex 9:30-11:30 Drop-in Bridge 9:30-11:00 Drop-in Art 10:00-11:30 Watercolor w/Joyce 12:15-1:00 Walking at COA 1:00-2:00 Book Group	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 11:45 Benchmark at RB Lunch 1:00-2:00 Hearing Aid Talk	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 Beginner Word Class 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Chair Exercise 11:45 Town Employee Lunch 12:30-1:00 Stamp Evaluations 1:00-2:30 Retirement/Estate Planning 1:00 Chess Lessons / 2:00 Chess Club 1:00-3:00 Harmonica Club 2:30-3:15 Meditation	8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar – Italian Tomato 12:30-2:10 Movie 1:00 Poker	
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>COA CLOSED</b>  10:00 Memorial Day Parade, West Acton	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 Newsletter Sealing 2:00-3:30 Poetry Class - Begins	8:30 Newsletter Mailing 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	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 1:00-2:00 TV Lecture Series 1:00-3:00 Harmonica Club 1:00-2:00 Inter. Chess Lessons 2:00-4:15 Chess Club	8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:45 Soup Bar–Beef Stroganoff 12:30-2:00 Movie 1:00 Poker		



## Memorial Day Parade and Ceremony

**Monday, May 26<sup>th</sup>, 10:00 from Gates School, 11:00 at Mt. Hope Cemetery**

Acton's Department of Veterans' Services and the Celebrations Committee invite you to the Memorial Day parade and ceremonies. The parade will leave Gates School at 10 am and proceed along the following route: Spruce St. to Mass Ave to Windsor Ave into Mt. Hope cemetery. The main ceremony will begin at 11 am. The parade will then proceed down Central St. to West Acton Center for an abbreviated ceremony. Contact Veterans' Service Officer, James MacRae, at 978-929-6614 for more info.

## A Discussion about Clutter/Hoarding and How it Impacts Our Lives and the Lives of Others

**Thursday, May 1<sup>st</sup>, 6-8 pm - Where Do We Draw the Line?**

The Distinction between Clutter and Hoarding - Speaker, Laurie Grant LICSW

**Thursday, May 8<sup>th</sup>, 6-8 pm - How to Reach People who Hoard/Clutter**

- Speaker, Laurie Grant LICSW

**Thursday, May 15<sup>th</sup>, 6-8 pm - The Journey of Getting Help - Speaker,**

Lorraine Gilmore who self identifies as someone who hoards, will share her thoughts with you and talk about what has worked for her.

All programs are free and will be at the Public Safety Facility, 371 Main St. A light

dinner will be served at 6:00. RSVP to the COA 978-929-6652 or email [hoarding@acton-ma.gov](mailto:hoarding@acton-ma.gov). Funding provided through a grant from the Massachusetts Executive Office of Elder Affairs.



**"Meet and Greet"**  
the Friends of the Acton COA  
Throughout the month of May members of the Friends Board will be wearing name tags with this symbol . We use it in the Senior Bulletin to indicate classes and programs supported by the Friends with money raised by your generosity to our Annual Appeal and your support of our Holiday Fair.  
We're eager for you to get to know us, answer your questions about our work, and hear your suggestions about ways we can advocate for the needs of Acton seniors.



**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](mailto:jpeters@acton-ma.gov).

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Acton Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
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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
- Chris Chirokas, Program Coordinator
- Bev Hutchings, Outreach/Volunteer Coordinator
- Mary Lou Repucci, Staff Assistant
- Liz Jewell, Health and Wellness Coordinator
- Peter Tenneson, Van Driver

### ACTON COA BOARD MEMBERS

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

Acton COA Board will meet on Monday, May 5<sup>th</sup> at 3:00  
Friends of the Acton COA will meet on May 12<sup>th</sup> at 12:30