



Acton Senior Bulletin

November 2009

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-264-9643.

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.

► Veterans Day Concert - USAF Band of Liberty's New England Winds

Friday, November 13th, 10:00-11:00

In honor of Veterans Day, the *New England Winds* of the United States Air Force Band of Liberty is performing at the Senior Center! Bringing an attitude that is all their own, the *New England Winds* create an intimate musical setting that will capture the imagination of any audience. This group of five is well versed in traditional quintet repertoire and performs musical selections ranging from the 18th century to the contemporary period. The group surprises listeners with their grasp of popular, Broadway, patriotic, jazz and folk music. Each concert is a combination of musical excellence and showmanship.



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Friends of the COA Craft and Bake Fair

Tuesday, November 17th, 11:00-3:00

Our crafters, bakers and artists have been busy creating a variety of gifts to sell. Stop by to get your holiday shopping done early!

H1N1 Influenza Vaccine Information from Merrily Evdokimoff, RN Administrator

Information from the CDC with additions by Acton Public Health Nursing Service. Contact APHNS at 978-264-9653 with questions.

Why aren't seniors 65 and older recommended to get early doses of H1N1 vaccine?

There are two main reasons why this age group is not included: People age 65 and older are least likely to get sick with this virus, and as there will be initially limited amounts of vaccine available, the first doses are recommended to go to those who are most likely to get infected and become very ill. There has been very little H1N1 illness in seniors. Studies show that older people are the *least likely* to get sick with this virus as they may have some pre-existing immunity to the virus.



Immunization will first focus on children and young adults, pregnant women, and 25-64 year olds who have health conditions associated with higher risk of complications from flu. In addition, the vaccine is prioritized for people who care for younger children, and health care and emergency services personnel with direct patient contact.

Persons 65 and older are a high priority for seasonal vaccine, just as they have been in past years.

What should people age 65 and older do if they feel like they have the flu? You should seek medical advice quickly if you develop flu symptoms to see if you might need medical evaluation and possible treatment with antiviral medications. People 65 and older are prioritized to get antiviral drugs if they become sick with the flu.

Why are people 65 and older prioritized for antiviral treatment if they get sick with the flu, but they are not in one of the early groups prioritized to get H1N1 vaccine? People 65 and older are the least likely to be infected with 2009 H1N1 flu, but, if they become infected, they are more likely than people in some other groups to develop serious complications from their illness.

Registration for activities begins in person or by phone on Monday, November 2nd at 1:00.

The Senior Center will be closed on Wednesday, November 11th for Veterans Day and Thursday, November 26th and Friday, November 27th for the Thanksgiving Holiday.

UPCOMING PROGRAM HIGHLIGHTS

FOR NOVEMBERREGISTRATION BEGINS MONDAY, NOVEMBER 2ND, at 1:00

► **Health Plan Options for People with Medicare**

Monday, November 2nd, 1:00-2:00

This seminar by Blue Cross Blue Shield of MA includes an explanation of Medicare, Medicare prescription drug benefits, Medigap plans and Medicare Advantage plans, as well as provide updates for BCBS of Massachusetts 2010 plan offerings. This seminar is often praised for the way it makes complex information easy to understand, which is especially important during the Open Enrollment period. A question and answer session will follow. All are welcome regardless of your insurance coverage! Call soon as registration began in October.

► **Maintain Your Brain®: How to Live a Brain Healthy Lifestyle**

Thursday, November 5th, 1:00-2:00



Find out what you can do to keep your brain healthy and help reduce the risk of getting Alzheimer's disease in this program presented by the Alzheimer's Association. The workshop features nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading. Scientifically rooted advice on brain health based on strong lifestyle choices will be discussed, including: staying sharp with challenging mental activities; engaging in social interactions; adopting a brain-healthy diet and remaining physically active. Call soon as registration is underway.

► **Tour of the Acton Memorial Library**

Thursday, November 12th, 10:00-11:00



Director Marcia Rich will lead a senior group tour of the Acton Memorial Library on Main Street. Learn about the incredible amount of resources available, such as audio books, museum passes, DVDs, college lectures on audio CDs, and databases (including Consumers' Checkbook, a non-profit organization that evaluates the quality and prices of local services and stores). Meet in the library's first floor meeting room.

► **Fall Prevention/Home Safety Presentation with Emerson Home Care**

Wednesday, November 18th, 12:30-1:30

Statistics show more than one-third of people over age 65 fall each year—but there are things you can do to avoid it happening to you! Learn exercises and tips for staying safe in your home. Wear comfortable clothing as you will be participating in the exercises! Laura Frisard of Emerson Home Care, a Physical Therapist for over 20 years, is the guest speaker. She has participated in many local activities, with the most recent collaboration with Minuteman Senior Services on a fall prevention program for seniors in their homes.

Medication Management and Nutrition Concerns

Thursday, November 19th, 11:15-11:45

Does managing your medications affect what you eat? What about other supplements you might be taking? Bring a list of your medications and supplements, and Peg Mikkola, Healthy Aging Coordinator for Minuteman Senior Services, will discuss nutrition interactions as well as what you need to consider before changing your food and supplement usage. (You'll even receive a new bag to carry your medications home in!) Know your medication responsibilities to be an effective consumer! Make sure to call the dining room if you want to stay for lunch.

Medicare Check-Up Time: Don't Let Changes Surprise You

Thursday, November 19th, 1:00-2:00

It is time to review your health and prescription insurance coverage! Just as you go for an annual medical checkup, it is a good idea to do a yearly medical insurance review. Changes for 2010 coverage can be made from November 15th to December 31st. SHINE (Serving Health Information Needs of Elders) counselors will bring you up-to-date on changes and what you need to consider, such as Prescription Part D coverage changes, which insurance plans may drop out of the Medicare program, Medigap premium increases, co-pay changes, Extra Help qualification guidelines, news on Prescription Advantage, and some Medicare Advantage Plans that will no longer be offered.

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

CLASSES/WORKSHOPS

FOR NOVEMBERREGISTRATION BEGINS MONDAY, NOVEMBER 2ND, at 1:00

► Principles of Islam

Mondays, November 9th, 23rd, December 7th, 1:00-2:00



This course will focus upon the principles underlying the Muslim faith. The historical and cultural precursors of Islam, the vision of its prophet Muhammad, the rise of Islam to its Golden Age and its place in the world today will all be examined. Comparative philosophical and theological approaches between the three Abrahamic religions—Judaism, Christianity and Islam as well as the social and political interactions these three world religions have had in the past and the way this history has shaped the current geopolitical situation will also be discussed. This course is taught by Professor Jason Giannetti who received his B.A. degree from Binghamton University, a Master's of Theological Studies from Harvard Divinity School and a Master's of Near Eastern and Judaic Studies from Brandeis University. He has a Juris Doctor degree from Boston College Law School and teaches at Regis College. Some of you will remember Dr. Giannetti from his presentation of another thought-provoking program on the Principles of World Religions at the Senior Center. *The course is offered in partnership with Sage Educational Services and was formerly a Framingham State Center for Lifelong Learners offering.* Please call soon as registration began in October.

Going Digital? - Find the Right Digital Camera for You

Friday, November 20th, 10:30-12:00

Thinking about buying a digital camera? How do you decide what kind is right for you? Join Judy for a discussion about the features you should look for, and what to avoid, as you consider buying a digital camera.

► Holiday and Winter Scene Greeting Cards with Cynthia Durost

Wednesdays, December 2nd, 9th, and 16th, 9:00-10:30



Create unique and special holiday designs or winter scenes for your loved ones and friends, using a variety of materials. Supplies needed include watercolor pad, colored pencils or watercolor pencils. Bring old holiday cards with your favorite design for inspiration. Envelopes and markers will be provided. Open to people of all abilities; stencils are available for those who do not want to draw free-hand. Come, create and have fun!

► Internet Genealogy Searching

Thursday, November 12th, 9:00-10:30

Would you like to learn how to use the Internet to search for your ancestors? Joy Ivanov will introduce you to websites and offer searching tips to help you begin the discovery of your past. This class is designed for those new to genealogy. Limited to 8 students.

► Cooking With Joy: Thanksgiving Side Dishes

Friday, November 20th, 1:00-2:30



Joy Agule, the Senior Center Mealsite Coordinator and personal chef, will demonstrate how to make several of her favorite Thanksgiving side dishes. If you plan to bring a side dish to Thanksgiving dinner and want some new ideas, please join us! All will be welcome to sample the results and take home copies of the recipes.

Watercolor with Sue Nordhausen

Tuesdays, December 1st, 8th and 15th, 1:30-3:00

In this shortened session, students will work on winter and holiday art projects. All of the participants from Sue's fall class will be able to continue in this class, but it is not open to new registrants. Look for the December newsletter for information on a new session to start in January!

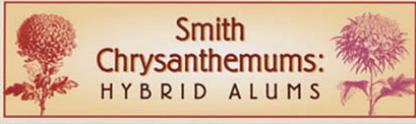
► Indicates that you must register in advance!

The Boston Globe 65+ Senior Subscription Rate for seven days a week delivery to the Acton area is \$9.75. To apply for the senior discount rate, send a letter and a copy of your birth certificate or driver's license to: Customer Service, The Boston Globe, P.O. Box 55579, Boston, MA 02205-5579.

TRIPS

► **Smith College Fall Chrysanthemum Show and Museum of Art Tour**

Wednesday, November 18th, leaving from Nagog Office Park at 8:00



It's time to go back to school! Enjoy a fall day at Smith College in beautiful Northampton. A student docent will conduct a guided tour of the Smith College Museum of Art. The tour will include the current exhibit "Touch Fire: Contemporary Japanese Sculpture by Women Artists." The collection's strength is 19th and early 20th century works, including pieces by Paul Cezanne and John Singleton Copley. It also includes some Asian, ancient and postwar American art. Lunch will be off-campus at nearby Union Station, housed in an historic train station. Menu includes salad, choice of baked sea scallops, turkey with corn bread stuffing or prime rib, apple crisp, and coffee or tea. After lunch, we're back on campus to view the "Bamboo and Blossoms" Chrysanthemum Show in the Lyman Conservatory, which includes a colorful, creative display of mums, as well as bamboo sculpture. *Call soon as registration is underway.*

Depart: 8:00 a.m., Nagog Office Park (directions below in "Trip Policies"); approx. return time 5:00

Cost: \$45 includes coach bus transportation (with restroom), admission to the museum and flower show, lunch, and all gratuities. *Payment is due by Tuesday, November 4th.*

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. If payment is not received in time, we will attempt to contact you before your name is removed from the registration list. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. For multiple trips, please make separate checks for each.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Nagog Park Drive all the way to the end to the cul de sac (just under one mile) and park in the last lot on the right.
5. Please call Jean Fleming at 978-264-9643 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

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

DINING OPPORTUNITIES

► **Veterans Day Men's and Ladies' Breakfast**

Friday, November 13th, 9:00-10:00



Join us for a generous, warm breakfast and some socializing! Veterans are invited to join us free-of-charge this month, thanks to the Friends of the Acton Council on Aging. Cost is \$2.00 for non-veterans. Call the COA by Tuesday, November 10th, for a reservation and please indicate if you are a veteran. Stay after breakfast for a wonderful concert by *New England Winds*, a USAF Band of Liberty quintet! (See page 1 for more information.)

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Friday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed.

- **Thanksgiving Lunch with all the fixings: Tuesday, November 17th**
- **November Birthday Lunch: Wednesday, November 18th**

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



Safety Sand for Seniors is preparing to resume for this winter season. Safety Sand (salted Highway Dept. sand) is delivered in a 3 gallon plastic pail to your home by volunteers from the Acton Boxborough High School. Call the COA at 978-264-9643 to request a sand and/or pail. Refills for current participants will be on November 3rd. There are a limited number of new pails so call soon.

TRANSPORTATION

COA Senior Van runs Monday through Friday. The van is available until 3:45pm in-town and approximately 3:30pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. For van reservations call weekdays 978-264-9643 between **8:00-11:00** at least one day in advance, more if possible. Please have the name, telephone number and address of your destination when you call. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available on Tuesdays, Wednesdays and Thursdays, 8:30-3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



VOLUNTEERING

Friendly Visitor Meeting

Thursday, November 12th, 1:00-2:00

All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. If you are interested in becoming a Friendly Visitor, please call Carol Steiner at the COA.

COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, **office support**, meal delivery, newsletter mailing and more. Please call Carol Steiner at 978-264-9643 to explore your interests.

Handyman Program helps seniors with small repairs and simple household jobs. Volunteers glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. SEEKING new volunteers! Many *handyhands* make lighter *handywork*! Call Carol Steiner to volunteer.

EXERCISE

All exercise classes are currently full. Call for waiting list and watch for next month's newsletter with information on the new January session of classes.

▶ **"Stretch and Flex" with Terri Zaborowski** *Class is Full. Call for waitlist.*
Mondays, through December 14th, 8:30-9:30

▶ **"Senior Cardio-Flex" with Terri Zaborowski**
Tuesdays and Thursdays, through Dec. 17th, 8:30-9:30 (No class 11/17 & 26) Class is Full. Call for waitlist.
or Wednesdays & Fridays, through, Dec. 18th, 8:30-9:30 (No class 11/11 & 11/27) Class is Full. Call for waitlist.

▶ **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski** *Class is Full. Call for waitlist.*
Tuesdays and Thursdays, through December 17th, 9:45-10:45 (No class 11/17 and 11/26)

▶ **Intermediate Tai Chi with Ray Caisse of the Taoist Tai Chi Society**
Thursdays, through December 17th, 11:00-12:00 (No class on 11/26)

Open to people with Tai Chi experience, either in the Senior Center classes or elsewhere. Call the COA to sign up.



▶ **Tai Chi for Beginners with Ray Caisse of the Taoist Tai Chi Society**
Tuesdays, December 1st, 11:00-12:00 (No class on 11/17)

This class began in October and due to the progressive nature of the class students are not able to join now. Please look for more offerings in a future newsletter.

Acton Striders Walking Group

Wednesday, November 4th, 8:30

Join this COA staff supervised group for a one-mile walk in the Alcott Street neighborhood. If you want to walk longer, you are welcome to do so. A handout with the walking routes indicating where to park is available in the COA office. *Note: This will be the last organized walk for the fall. Keep walking on your own when weather permits and we'll see you in the spring!*

ONGOING ACTIVITIES

► **Opera Class - Eugene Onegin and Pique Dame with Martin Segal**

Tuesdays, November 3rd and 10th, 12:30-3:00

Call the COA office if you are interested in attending the final two meetings of the Tchaikovsky opera class that began last month.

► **Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, through November 4th, 9:00-10:30 (Note: The originally scheduled last class, 11/18, has been canceled) ** Class is Full. Call for waitlist.*

► **Bridge Basics for Beginners Part II with Electra Coumou**

Wednesdays, through November 18th, 2:30-4:30 (Note: No class on Nov. 11th)

“The Bookies”

Monday, November 16th, 1:00-2:00



This month's book is *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows. It is a fictional story of the society created during German's WWII occupation of Guernsey, and the woman who decides to write about these quirky, endearing people. Literary reviews include words like "delightful," "charming," "small masterpiece," "poignant," and "timeless." Due to the book's popularity, the Memorial Library may not be able to obtain copies. Please check with the library in November for availability.

► **One-Stroke Decorative Painting with Donna Lynch**

Mondays, through November 16th, 9:30-11:00

*** Class is Full. Call for waitlist.*

► ***NEW* Early Music Recorder Ensemble with Jennifer Barron Southcott**

Thursdays, through November 19th, 3:00-4:00

This class has already begun. It may be possible to still join so please call the office to inquire.

► **Chair Massage at the Senior Center with Nancy Ames, a licensed massage therapist from Acton**

Fridays, November 6th and 20th, 2:30-3:45

Enjoy a wonderfully relaxing chair massage at the Senior Center. Massages vary depending on individual needs, but often include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long- or short-sleeved t-shirt to make the massage most effective. Please call the COA if you must cancel an appointment and make sure to jot an appointment down on your calendar as we aren't always able to make reminder calls!

► **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:00-3:00

For questions regarding health insurance or prescription coverage call the COA office 978-264-9643 for an appt.



Computer Club

Friday, November 13th, 10:00-11:30

Wednesdays, November 4th, 11th and December 2nd, 1:30-3:00

The club is open to all computer users from the novice to the experienced.

Drop-In Spotlight: Genealogy is one of the most popular hobbies in America for a reason: it's interesting, challenging, rewarding, and fun! Whether you are new to tracing your family history or are an experienced researcher, come to the COA's Genealogy Group for tips and advice or share your knowledge with others. The group typically meets twice a month on Friday afternoons and occasionally takes interesting field trips. The only genealogy group meeting in November will be on Friday, November 13th at 1:30.

► **Indicates that you must sign up in advance!**

ONGOING ACTIVITIES (continued)

Please see the Monthly Calendars on page 11 for days and times of the following groups and clubs:

Knit/Crochet Group
Drop-in Pool
Drop-in One-Stroke
Wii Gaming

Quilters
Drop-in Ping Pong
Genealogy
Tile & Board Games

Poker
Drop-in Bridge
Drop-in Watercolor

HEALTH NEWS...

Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. 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

Support Groups

- **Alzheimer's Disease Caregivers support group** Life Care of Nashoba Valley, 1st Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Caregivers Support Network**, 1st Thursday of each month 3:30-5:30 at Littleton COA, for families, and loved ones of seniors. Contact Anne Marie Rowse, Senior Care Advisors, 978-456-3756, amrowse@sca-ma.com
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information. This is the support group leaders' phone number, please leave a message.

Healthcare Websites

- **Alzheimer's Association** sponsored website. Enter info about your situation at www.alz.org/carefinder to get a report with recommendations and questions to ask care providers. Future care giving issues can be addressed.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 for more information.

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

Help for Tough Times provides information for all ages: *2-1-1 Get Connected. Get Answers.* A Partnership of United Way and MAIRS; www.mass211.org

 **Durable Medical Equipment Available to Loan:** If you know what you need, (walkers, canes etc.) give us a call, have your treatment professional make a list, or have them call us directly. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional is recommending that you need something, please ask us if we have it. It's best to call Mary Lou weekday afternoons (except Wednesdays) and give her a couple of days to gather the equipment.

SENIOR CINEMA

Friday, November 6th, "My Life in Ruins," 12:30-2:10 (2009, PG-13) – Tour guide (Nia Vardalos of *My Big Fat Greek Wedding*) leads a group of ragtag tourists (including Richard Dreyfuss) through her native Greece in this comedy.

OUTREACH & SUPPORT SERVICES

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-264-9643 for a confidential chat.

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

Need help paying your heating bill? Applications for 2009/10 fuel assistance are being taken through April 30, 2010. See below to see if you may qualify for fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA.

<i>Household size</i>	<i>Maximum gross income</i> (Call for income guidelines for larger families)
1	\$ 29, 126
2	\$ 38, 087
3	\$ 47, 049
4	\$ 56, 011

Emergency Fuel Assistance Fund managed by The Friends of the COA; contact Jean Fleming at the COA.



Handyman Program: The Acton Handyman Program helps seniors with small repairs and simple household jobs. Volunteer handymen glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer/DVD connections and more. Call the COA to make a request.

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you are interested in visiting someone to brighten their day or know someone who would enjoy visits, call Carol Steiner.

SNAP - Supplemental Nutrition Assistance Program: Low-income seniors may qualify for food assistance through SNAP, formerly the food stamp program, even if you own a home or a car, or have savings. Benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. For more information call Project Bread at 1-800-645-8333, M-F, 8:00-5:00. See Carol Steiner for an application. You can also apply on-line at www.mass.gov/dta.

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

RUOK (Are You Okay) Check-in Service: The Acton Police Department maintains this free, automated phone call program for people living alone or who are caring for someone who may not be able to get help if you are in trouble. You choose the time of day to receive the call. As long as you answer the phone, nothing further happens. BUT, if after several unsuccessful tries to reach you, the police will come and check on you. You can turn the service off, when you are away and are not available to check in. Call Carol Steiner, Outreach Coordinator, at 978-264-9643 for information and to enroll.



Home Care Services: The Acton area has many good private agency and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

Healthy Smiles: Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

Elizabeth White Fund Applications

The Elizabeth White Fund will not be able to offer any holiday stipends this year. If you have particular needs or concerns this holiday season, please contact Carol Steiner or Jean Fleming in the COA office.



Giving Garland

We are collecting knitted/crocheted hats, scarves and mittens to be donated to those in need. Donated items will be hung on our Giving Garland in the Senior Center dining room. If hand made goods are not your specialty please feel free to donate store bought items, particularly socks which are very useful during winter months. We also accept donations of new lap-gans that we donate to Life Care of Acton Nursing Home and the Bedford V.A. If you are dropping off a donation, please be sure to leave your name and address so we may properly thank you for your generosity. You are welcome to join the Knit and Crochet group which meets most Wednesdays at 12:30 at the Senior Center. Any questions please call or email Carol Steiner at 978-264-9643 or csteiner@acton-ma.gov.

AROUND TOWN...AND BEYOND

From the Town Clerk's Office: There is a Special State Primary on December 8th to fill the vacant seat of the late Senator Kennedy. Absentee ballots are available for the primary; contact the Town Clerk's Office at 978-264-9615 or visit: <http://www.acton-ma.gov>. The Special State Senatorial Election will take place on January 19th, 2010. A separate absentee ballot is required for this election. Contact the Town Clerk's Office if you would like more information regarding these elections or would like to participate as a poll worker for the upcoming year.

Open Neighborhood Project/Re-Visioning Kelley's Corner

Monday, November 2nd, 6:00-8:30pm, AB High School

Saturday, November 14th, 10:00-4:00, Acton Town Hall, Room 204

Here's your chance to Model the Future! What do you think Kelley's Corner (rtes 111 & 27) should look like? What kind of buildings, trees, other amenities should be there? Take part in a unique hands-on community design event using computer simulation tools. The Open Neighborhood Project, part of a Tufts University academic exploration, will use computers to look at ways Kelley's Corner could change in the future. There will be a hands-on model-building session on a large-scale floor map of the area. Come share your vision, see other design options, learn about scale and zoning. Visit www.open-neighborhood.org to learn more about the project! Contact Amanda Garfield at amanda.garfield@tufts.edu.

Town of Acton Senior Work Program - Work at an hourly rate of \$10 for a maximum of \$750/fiscal year. For more information call the Human Resources department at 978-264-9603.

Acton Recreation Welcomes Winter!

Join them on a trip to NYC for only \$49 on Saturday, December 5th. Purchase tickets for yourself or as a gift for upcoming shows at the Lowell Memorial Auditorium. Registrations are still being accepted for a variety of winter activities including holiday floral arrangements, winter conservation walks and landscaping workshops. Stop by the Recreation Department at the Acton Town Hall or visit: www.acton-ma.gov for more information.

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

Free Bach's Lunch Concert: Thursday, November 19th, 12:00-1:00

Orchestra of Indian Hill: Sunday, November 22nd, 3:00 at Littleton HS, 56 King St., Littleton

Theater III 250 Central St., West Acton

City of Angels Dress Rehearsal – Wednesday, November 4th, 7:30pm

Concord Players 51 Walden St. Concord

Cat on a Hot Tin Roof – Thursday, November 5th, 8:00pm **\$5 donation**

Wellness University

Saturday, November 14th, 10:00-2:00, Parker Damon Bldg., Charter Rd., Acton

For more information call the Health department at 264-9634 or visit www.acton-ma.gov

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave

Thursday, November 19th, 12:00 -1:00

Donation suggested. Entertainment will follow the lunch. Reservations required. Call 978-263-5156.



The Salvation Army is recruiting Bell Ringers, some volunteers and some paid, for the annual holiday fund drive November 13th through December 24th. Ringers will be paid minimum wage. The red kettles will be located at Donelans, KMart, Roche Bros. and Stop n' Shop. You may choose your location and hours. For more information please call Dr. Mary Donald at 978-263-7855. Please consider helping this organization that helps so many.

Make Informed Consumer Choices

At a recent Better Business Bureau program at the Senior Center, we learned the BBB offers free information on reliable, accredited businesses. You can access the BBB website at www.boston.bbb.org to check company and charity performance ratings. You can also enter something you are looking for (such as buying a new car, installation of a new floor or shopping for a mortgage) and the BBB will provide a list of accredited businesses. Consumers can also give the BBB information on positive or negative consumer experiences. If you prefer to talk to someone on the phone, call 1-800-4-BBB-811.

Senior to Senior Bulletin Board: If you haven't seen the new bulletin board in the dining room, please stop by and check it out. Do you want someone to walk with this fall? Would you like to share rides around town or beyond? Do you have furniture looking for new home? Just post it!! This is your space to sell, swap, trade, barter, share, find most any and all things. See the board for guidelines on size, contact info, etc.



Going Away for the Winter? Please Stop your Mailed Newsletter

Please let us know if you will be gone for a few months. We would like to remove your name from our mailing list during your absence. We'll be happy to put you back on when you return. Visit www.acton-ma.gov. to see what's going on when you're away.

Thank You...

...to everyone who donated toothbrushes and toothpaste in our recent collection for the Food Pantry. We collected hundreds! They were very grateful for all the donations.
 ...to the following dental offices, who, at the time of publication, have contributed:
 Acton Dental Associates, Acton Family Dental, Acton Orthodontics, Dr. Hwang, Dr. Grossman, Drs. Kanbar and Roman, Dr. Supplies and Dr. Carley.

Donations Wanted – There are a number of items that are regularly collected to help local and regional organizations. There are collection boxes in the COA dining room for the following items:

- | | |
|----------------------------|-------------------------|
| Aluminum Pull Tabs | Ink Cartridges |
| Eyeglasses | Digital Cameras |
| Cell Phones | MP3 Players |
| Hand-Held Electronic Games | Button Batteries (only) |

Thank you for your contributions!

Senior Center Art Exhibit



In November/December Acton artist Liz Field returns to show her multi-media paintings in the Living Room. Her work is much admired for its vibrant color and diverse subject matter. This show will include all new art with themes from the Kenyan savannah, inspired by Ms. Field's Peace Corps experience, to historic Acton houses. Please call the COA office for viewing times.

Over 10% of Acton's Senior Households either pickup their newsletter here at the Senior Center each month or have it sent to them by email. Thank you to everyone who has moved away from the printed/mailed version of the newsletter. It saves money, paper and time. For those considering joining them, it's easy to do. Just contact Judy at jpeters@acton-ma.gov or call her at 978-264-9643. She can arrange for the newsletter to be put aside for you to pick up or add you to the email list.

November	Mon	Tue	Wed	Thu	Fri	2009
2 8:30-9:30 Stretch/Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 1:00-2:00 Health Plan Options 1:00 Registration Begins 1:00-3:00 SHINE	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 12:30-3:00 Opera	4 8:30 Striders (last) 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor (last) 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Beginner Bridge	5 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Intermediate Tai Chi 1:00-2:00 Maintain your Brain 2:00-3:00 Computer for Beginners 3:00-4:00 Early Music Group	6 8:30-9:30 Cardio Flex 10:00-12:00 Wii Games/Lessons 12:30-2:10 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
9 8:30-9:30 Stretch/Flex 9:30-11:00 One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Islam Program 3:45 COA Board Meeting	10 8:20-11:00 Podiatry 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 12:30-3:00 Opera	11 Senior Center Closed Veterans Day	12 8:30-9:30 Cardio Flex 9:00-10:30 Internet Genealogy 9:45-10:45 Stretch/Tone 10:00-11:00 Library Tour 11:00-12:00 Intermediate Tai Chi 1:00-2:00 Friendly Visitor Mtg. 2:00-3:00 Computer for Beginners 3:00-4:00 Early Music Group	13 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-11:00 Band of Liberty Perf. 10:00-11:30 Computer Club 1:00-4:30 Poker 1:30-3:00 Genealogy		
16 8:30-9:30 Stretch/Flex 9:30-11:00 One Stroke (last) 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Bookies Book Group	17 11:00-3:00 Friends Craft and Bake Fair 11:45 Thanksgiving Lunch 12:30-3:00 Mah Jongg Only	18 8:00 Smith College Trip 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-1:30 Fall Prevention 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Beginner Bridge (last)	19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Intermediate Tai Chi 11:15-11:45 Nutrition Talk 1:00-2:00 Medicare Checkup Talk 3:00-4:00 Music Group (last)	20 8:30-9:30 Cardio Flex 10:30-12:00 Digital Cameras 1:00-4:30 Poker 1:00-2:30 Side Dishes with Joy 2:30-3:45 Chair Massages		
23 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Islam Program	24 8:30 Newsletter Mailing 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	25 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	26 Senior Center Closed Thanksgiving Holiday	27 Senior Center Closed Thanksgiving Holiday		
30 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration for NON-Exercise Begins	December 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Registration for Exercise Begins 1:30-3:00 Watercolor w/Sue	2 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Cards 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club	3 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Intermediate Tai Chi 1:00-3:00 COA Open House	4 8:30-9:30 Cardio Flex 10:00-12:00 Wii Games/Lessons 1:00-4:30 Poker 1:00-3:00 COA Open House – snow date		

Annual Holiday Tea—Save the Date!



This year's Holiday Tea will be on Thursday, December 10th, at 2:00 (snow date is Friday the 11th). Watch for details in the December newsletter.

Senior Center Open House

Thursday, Dec. 3rd, 1:00-3:00 (Snow date 12/4 at 1:00)



Check out what's happening at the Senior Center! Stop by to learn about the classes, programs, drop-in activities and services available. Your center is a busy and vibrant place with so many options for participation including exercise, art, music and computer classes, day trips, informational and educational programs, movies and a wide variety of drop-in activities. In addition, there are daily lunches served, Meals on Wheels delivery, outreach assistance, durable medical equipment to borrow and local van rides. Staff and instructors will be happy to talk with you, tours will be offered and refreshments served.

FROM THE FRIENDS OF THE COA

We are off and running with some great programs and full classes this fall as we head into the holidays! As most of you know, the focus for the Friends is to raise money to support these classes and events.

Please don't forget to do some of your holiday shopping at our Craft and Bake Fair, which will be held on November 17th, 11:00-3:00, the day of the Thanksgiving luncheon celebration. Our fabulous knitters will have some warm items for the upcoming winter days; the beading group has made some quality gift items for young and old alike just to name a couple of things. We're looking forward to seeing you there!



SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, November 10th, 8:20-11:00

Offered by the Acton Public Health Nursing Service this provides services not covered by insurance. Dr. Sandra Weakland, DPM, provides evaluations and nail clipping. The \$25 fee may be waived in case of hardship. For an appointment call 978-264-9653. *Funded by the Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesday, November 10th and 24th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and answer any medication, nutritional, or health related questions. No appointment necessary.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coordinator
Chris Chirokas, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assistant
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair
Charlie Aaronson
Stephen Baran
Pat Ellis
Gena Manalan
Jim Papachristos
Sally Thompson
Paul Turner
Barbara Willson

Acton COA Board will meet on Monday, November 9th at 3:45pm

ACTON COUNCIL ON AGING

Town Hall, 472 Main Street
Acton MA 01720
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