



# Acton Senior Bulletin



November 2010

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.

## Friends of the COA Craft and Bake Fair



**Tuesday, November 16<sup>th</sup>, 11:00-3:00**

The third annual Craft and Bake Fair is here! Crafters, bakers and artists have been busy creating a variety of gifts to sell. If you would like to bake something for the fair please call Carol Lake at 978-263-7635. Be sure to stop in at the Senior Center to get your holiday shopping done early!

## ► Tips for Downsizing: From A to Z

**Thursday, November 18<sup>th</sup>, 1:00-2:00**

Where do you begin? Whether you are seriously considering a move or just trying to de-clutter and reorganize your home, what do you do with all that STUFF? Move Manager and Downsizing Specialist Marie LeBlanc of Transitions Liquidation Services will help you learn how to plan a manageable transition and give tips on how to deal with the accumulation of personal property. Join us for an informative talk covering everything from the steps involved in an actual move and planning your new space to selecting, sorting, and finding new homes for things you may no longer want or need. Following her presentation, Marie will answer your questions and offer strategies for making decisions. Come and learn how to make these transitions in your life as stress-free as possible!

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

**Friday, November 19<sup>th</sup>, 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 COA. Cost is \$2.00 for non-veterans. Call the COA by Wednesday, November 10<sup>th</sup>, for a reservation and please indicate if you are a veteran. Starting at 9:30, Beth Petr, who started the LTC Dad Iraq Project that collects items for soldiers overseas, and Veterans' Agent Dore' Hunter will speak.

## Thanksgiving Lunch

**Tuesday, November 16<sup>th</sup> 11:45**

Join us for the annual Minuteman Thanksgiving Lunch. There is a voluntary donation of \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before.



## ► Holiday Tea

**Thursday, December 9<sup>th</sup>, 2:00-3:30**

The COA staff is bringing out the beautiful china teacups for the annual elegant tea party! Join us for a cup of tea or mulled cider and light refreshments. Entertainment will be provided by harpist Rebecca Swett. The tea is free for all Acton seniors, and men are most welcome! Snow date is Friday, Dec. 10<sup>th</sup>, at 2:00.

**Registration for all classes/programs begins in person or by phone Monday, November 1<sup>st</sup> at 1:00.**

**The Senior Center will be closed on Thursday, November 11<sup>th</sup> for Veterans Day and Thursday and Friday, November 25 and 26 for Thanksgiving.**

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Please note that activities associated with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



## CLASSES

**FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, NOVEMBER 1<sup>ST</sup> at 1:00**



### ▶ **Watercolor with Sue Nordhausen**

*Tuesdays, November 2<sup>nd</sup>, 9<sup>th</sup>, 30<sup>th</sup>, December 7<sup>th</sup> and Wednesday, November 17<sup>th</sup>, 1:30-3:00*

Dust off your watercolors and “get back in the swing!” Encouragement on both class and individual projects is geared toward students with painting experience. Materials list available in the COA office for new participants. Make sure to register on Monday, November 1<sup>st</sup> beginning at 1:00 p.m. as class starts the next day!

### ▶ **What is Skype?**

*Thursday, November 4<sup>th</sup>, 1:00-2:00, Computer Lab*

Can't be with family and friends during the Holidays? Want to talk with and see a grandchild at the same time? Come and find out how you can visit with them using Skype computer software. This free program allows you to make free video calls over the Internet to other people also on Skype - for as long as you like, wherever, whenever you'd like. Limited to 5.

### ▶ **Computer Basics for Windows – Part 1**

*Friday, November 5<sup>th</sup>, 1:00-2:00, Computer Lab*

Increase your computer comfort level and computer efficiency by learning how to work with Microsoft Windows basic features like folder creation, copy, and print. Limited to 5.

### **Picasa: Free Photo Organizing & Editing Software with Jim McDonough**

*Monday, November 8<sup>th</sup>, 12:30-2:00, Living Room*

Discussion and demonstration will familiarize you with what Picasa can do to help manage your digital photos. Emphasis will be on how to download, install, configure and use Picasa effectively to optimize your photos. The class will also cover creating photo albums and posting your work on the web for friends and family.

### ▶ **Computer Basics for Windows – Part 2**

*Friday, November 12<sup>th</sup>, 1:00-2:00, Computer Lab*

Review of Microsoft Windows to help you sort through these sometimes confusing features. Limited to 5.

### ▶ **Why is My Computer So Slow & What Can I do About It? with Jim McDonough**

*Thursday, November 18<sup>th</sup>, 12:30-2:00, Computer Lab*



Computers are like cars: Neither will run well for long without regular maintenance. Two freeware products will be featured: Glary Utilities and CCleaner. You will see first-hand how to download, install, and use these features to keep the inner workings of your computer neat, tidy, and free of digital dust bunnies. Then you can enjoy the satisfaction of having become the master of your computer.

### ▶ **Going Digital? - Find the Right Digital Camera for You**

*Friday, November 19<sup>th</sup>, 10:30-12:00, Living Room*

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 1<sup>st</sup> and 8<sup>th</sup>, 9:00-11:00*

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!

### ▶ **Learn about Facebook**

*Wednesday, December 8<sup>th</sup>, 1:00-2:00, Computer Lab*

Learn how to download and use this free popular social networking product to communicate with current and “long-lost” friends and relatives. Facebook has over 500 million active world-wise users. Limited to 5.

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

## UPCOMING PROGRAM HIGHLIGHTS

FOR NOVEMBER.....REGISTRATION BEGINS MONDAY, NOVEMBER 1<sup>ST</sup> at 1:00

### ► **Memoir/Non-Fiction Writing Group** facilitated by Chris Chirokas

*Friday, October 29<sup>th</sup> and November 12<sup>th</sup> 10:00-11:30*

Explore your life through writing - no experience necessary! Put your story down on paper, whether for publication, for yourself or for your family. The thought of writing a book can be daunting, so starting a collection of anecdotes or essays may be the preference for some. This is not a class but a discussion group with a particular focus at each meeting. Depending on interest, we may branch out to include other non-fiction creative writing, such as journal writing and penning your family history. Call to register only if you are new to the group.

### ► **Medicare Check-Up Time**

*Thursday, November 4<sup>th</sup>, 1:00-2:00*

Open enrollment is approaching--come hear about 2011 Medicare changes. Information will be provided to: ensure your Prescription Part D plan continues to meet your needs; review your health plan in case of changes or terminations; update you on premiums and co-pays; update you on assistance programs. Provided by SHINE (Serving the Health Information Needs of Elders).



### **What's Up? Blood Pressure?**

*Wednesday, November 10<sup>th</sup>, 11:15-11:45*

Peg Mikkola, nutritionist with Minuteman Senior Services, will speak about how limiting sodium in your diet and taking your medications properly can control blood pressure.

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

## EXERCISE

If you are going to miss more than three weeks of Terri's exercise class, please call the office so we may offer your spot to someone on the waiting list for the remainder of the session. **No exercise classes on 11/16.**

### \* **NEW\*** ► **Improve Balance and Flexibility with Gentle Chair Exercises**

*Thursday, November 18<sup>th</sup> and December 2<sup>nd</sup>, 11:00-11:30*

Join Health and Wellness Coordinator Liz Jewell for a half hour of gentle chair exercises. All the exercises aim to increase strength, balance and coordination and are helpful in fall prevention. This is a low-impact program and suitable for people presently getting little or no physical activity. If there is enough interest, program will continue weekly. Come give it a try – it will be good for your mind, body and soul! Please meet in the dining room.

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

*Mondays, through December 20<sup>th</sup>, 8:30-9:30*

**Class is full. Call for waitlist.**

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

*Tuesdays and Thursdays, through December 21<sup>st</sup>, 8:30-9:30 (No class 11/11, 11/16 and 11/25)  
or Wednesdays and Fridays, through December 22<sup>nd</sup>, 8:30-9:30 (No class 11/26)*

**Limited space is available in T/Th class. Please call.**

### ► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**

*Tuesdays and Thursdays, through December 21<sup>st</sup>, 9:45-10:45 (No class 11/11, 11/16 and 11/25)*

**Class is full. Call for waitlist.**



### ► **Beginner Tai Chi with Ray Caisse and other instructors of the Taoist Tai Chi Society**

*Tuesdays, through December 14<sup>th</sup>, 11:00-12:00*

**Update: Class is canceled on Tuesday, November 16<sup>th</sup>**

Please call the COA for information on joining. *This session of Beginners Tai Chi is being funded by a generous donation from Roche Bros. to the Friends of the Acton COA.*



### ► **Intermediate Tai Chi with Ray Caisse of the Taoist Tai Chi Society**

*Thursdays, through December 16<sup>th</sup>, 11:00-12:00 (No class on 11/11 and 11/25)*

Open to people with Taoist Tai Chi experience. Classes are underway. Call the COA for information on joining.

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

## ONGOING ACTIVITIES

-  ► **Watercolor Studio Workshop with Cynthia Durost** (Class is full.)  
*Wednesdays, through November 10<sup>th</sup>, 9:00-10:30*
-  ► **Landscape and Nature Drawing with Cynthia Durost**  
*Mondays, through November 22<sup>nd</sup>, 9:30-11:00*
-  ► **Bridge Lessons - Learning the Conventions with Electra Coumou**  
*Wednesdays, through November 10<sup>th</sup>, 2:30-4:30* (Class is closed to new students.)

### **Genealogy Group**

*Friday, November 12<sup>th</sup>, 1:30-3:00*

Share your research, get some advice or just enjoy sharing your passion for family history. Everyone is welcome.

### ► **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 978-929-6652 for an appt.

### **Computer Club**

*Friday, November 12<sup>th</sup>, 10:00-11:30*

*Wednesdays, November 3<sup>rd</sup>, 17<sup>th</sup> and December 1<sup>st</sup>, 1:30-3:00*

Everyone welcome from the novice to experienced computer user. Bring your questions and suggestions.

### ► **Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

*Friday, November 19<sup>th</sup>, 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. Make sure to jot your appointment down on your calendar as we aren't always able to make reminder calls! **Please call the COA if you must cancel an appointment.**

### **“The Bookies”**

*Monday, November 15<sup>th</sup>, 1:00-2:00*

This month's selection is *The Big House: A Century in the Life of an American Summer Home*, by George Howe Colt. It is the story of his Boston Brahmin family's life in their Cape Cod home. Reserved copies are available at the Memorial Library, often including a large-print edition. Books can be sent to the West Acton Citizen's Library, if that location is more convenient. You can attend the lively discussion even if you don't read the book!

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

**Drop-in Pool**

**Drop-in One-Stroke-**(11/29 only)

**Drop-in Bridge**

**Tile & Board Games** ( no games 11/16) **Poker** (no cards on11/16)

**Quilters**

**Knit/Crochet Group**

**Drop-in Ping Pong** – (check with the office about available times to play)

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

## VOLUNTEERING

**Meals on Wheels Drivers Needed** – The Acton area has immediate need for drivers to deliver meals to homebound seniors in town. Please call Joy, the Acton Meal Site Manager, if you can help your neighbor by delivering meals once a week. Call 978-263-5053 and leave a message.

**Drivers Wanted** - The COA is recruiting volunteer drivers to transport seniors to supplement the COA and LRTA Road Runner van. For information call Carol Steiner at 978-929-6652 or email [csteiner@acton-ma.gov](mailto:csteiner@acton-ma.gov).

**COA Volunteer Opportunities** - Join the ranks of over 160 COA volunteers! Opportunities for volunteering include meal delivery, home visiting, office support, newsletter mailing and more. Call Carol Steiner at 978-929-6652 to explore your interests.



## TRIPS



### ► **Trip to Patriot Place - Shopping, Eating, Patriot Hall Museum**

**Wednesday, November 17<sup>th</sup>, 9:15**

Start your holiday shopping at Patriot Place, adjacent to Gillette Stadium in Foxboro! The center features a huge complex of about 40 shopping, dining and entertainment destinations. There are major fashion retailers, restaurants, Patriots Hall museum, and the team store. Stores include the Christmas Tree Shop, Bed Bath and Beyond, Bass Pro Shops, Life Is Good, Off Broadway Shoes, Reebok, and Claire's. There's even a nature trail surrounding a pond and cranberry bog! Lunch is on your own from options including CBS Scene, Five Guys Burgers, Bar Louie, and Davios. There may be a lot of walking on this trip, depending on how much shopping you want to do. See [www.patriot-place.com](http://www.patriot-place.com) for a complete list of shops and restaurants. Please indicate if you would like to visit Patriot Hall museum when you sign-up. The museum admission is an additional \$7, due that day.

**Depart:** 9:15 a.m. from Nagog Office Park in a coach bus with restroom on board. Approximate return time: 4:30

**Cost: \$18**, due November 3<sup>rd</sup>, includes coach bus transportation and driver tip.

### ► **Christmas at Victoria Mansion in Portland, Maine**

**Thursday, December 2<sup>nd</sup>, 9:00**

*This trip is full. Please call the office about the waitlist.*

**Depart:** 9:00 a.m. from Nagog Office Park in a coach bus with restroom on board; approximate return time 4:00.

**Cost: \$59**, due November 18<sup>th</sup>, includes museum admission, lunch, coach bus transportation, and all gratuities.

### **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 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. Checks are not cashed until after the trip takes place.
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 the COA Director 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.

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

## DINING OPPORTUNITIES

### ► **Free Luncheon Provided By Life Care Center of Acton**

**Friday, December 3<sup>rd</sup>, 11:45**

Join us for a delicious free lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton residents and deliver this meal to the Senior Center meal site. **Please call the COA by Wednesday, November 24<sup>th</sup>, to make a reservation.** We cannot guarantee a meal for people who do not sign up!

### ► **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 978-929-6652 for transportation, if needed. The free birthday lunches are paid for by the Friends of the COA.

**Birthday Lunch: Wednesday, November 10<sup>th</sup>**

**Thanksgiving Lunch: Tuesday, November 16<sup>th</sup>**



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

## TRANSPORTATION

The options for rides in and around Acton are improving. There is an easy to read table listing all ride options available in the office or ask the van driver for a copy.

**COA Senior Van** runs Monday through Friday, 8:00-4:00. 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 978-929-6652 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.

### **\*NEW\* - MinuteVan Dial-a-Ride Shuttle Service**

The town of Acton has contracted with Transaction Assoc. of Waltham to offer an on-demand shuttle service for all residents aged 12 and older. The shuttle will run Monday-Friday, 8:00-11:00am and 3:15-8:15pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides cost \$2 in town and \$4 out of town each way. For more information on rides and restrictions please call the number above.

**LRTA Road Runner Van** runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner offers rides to Market Basket in Westford on Fridays. There is a 3 bag limit on groceries. Rides must be scheduled at least 2 days ahead of time. You *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA or from the LRTA at 1-800-589-5782.

**Friendly Drivers Available** to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time with Carol Steiner, Outreach Coordinator. This service is offered through the generosity of our volunteers. To use this service you must register with the COA. Please call Carol at 978-929-6652 for information or to register. 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 Carol.



**MinuteVan Commuter Rail Shuttle** runs between a lot located behind the West Acton Fire Station on Central St. and the South Acton Commuter Rail Station. The service will run Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For more information, contact Michele Brooks, Acton Transportation Coordinator, at: 978-844-6809 or [coordinator@minutevan.net](mailto:coordinator@minutevan.net) or visit [www.minutevan.net](http://www.minutevan.net).

### **LRTA Road Runner Van Service to Bedford/Burlington/Boston**

On Wednesdays, the Road Runner van makes a trip to the VA hospital in Bedford, Lahey Clinic in Burlington and to Boston area hospitals. Reservations must be made at least two days in advance. The round trip cost to Lahey/Bedford VA is \$12.50 and Boston is \$25. Pick ups for these trips are between 8-9am with a return from Boston beginning at 1:30pm. All riders must be registered with Road Runner prior to transportation arrangements being made. To register call 978-459-0152 or visit [www.lrta.com](http://www.lrta.com) and click on the Paratransit tab.

## SENIOR CINEMA



*Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.*



**Friday, November 5<sup>th</sup>, 12:30-2:15, “Date Night,” (2010, PG-13)** -- Comedy starring Steve Carell and Tina Fey as the Fosters, a couple whose date night spirals out of control in a case of mistaken identity.

**Friday, November 19<sup>th</sup>, 12:30-2:30, “Temple Grandin,” (2010, NR)** – Biopic about an autistic woman (Claire Danes) who becomes a famed animal behaviorist, designing products to treat cattle humanely. Grandin was born in Boston in the 1940s and is currently a professor at Colorado State Univ. Shown on HBO, it won seven Emmys.

**Friday, December 3<sup>rd</sup>, 12:30-2:15, “Me and Orson Welles,” (2009, PG-13)** – A teenager is cast in *Julius Caesar*, an Orson Welles play in 1930s New York City. The combination of a love triangle and Welles’s controlling nature make for more drama off stage than on. Christian McKay, Zac Efron and Claire Danes star.

## 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 visit rather than for another ride to an appointment? The COA can suggest resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator, at 978-929-6652 for a confidential chat.



**Handyman Program:** The 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:** Volunteers visit seniors at home for about an hour each week. Our next meeting for people actively visiting will be on **Tuesday November 9<sup>th</sup>, 1:00-2:00**, in the COA Conference Room. If you are interested in becoming a visitor or know someone who would enjoy visits, call Carol at 978-929-6652.

**Food Pantries and Community Suppers:** Please call Carol Steiner at 978-929-6652 for the most recent list of local area suppers and pantries.

The **Acton Food Pantry** located at 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.

**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.

**RUOK (Are You Okay) Check-in Service:** The Acton Police Department maintains a 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. 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 pick the time for the phone call and turn the service off when you are away. Call Carol Steiner, Outreach Coordinator, at 978-929-6652 for information and to enroll.

**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. NSTAR will forgive past due balances over a period of time if customers pay a budgeted bill each month on time. For details call NSTAR at 1-866-315-2496.

**SNAP - Supplemental Nutrition Assistance Program:** Low-income seniors may qualify for food assistance through SNAP, 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 at [www.mass.gov/dta](http://www.mass.gov/dta).

## FUEL ASSISTANCE

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

Need help paying your heating bill? Applications for 2010/11 fuel assistance are being taken November 1<sup>st</sup> through April 30<sup>th</sup>. Look 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. FYI: The Friends of the COA manage an Emergency Fuel Assistance Fund. Contact the COA Director for more information

<i>Household size</i>	<i>Maximum gross income</i> (Call for income guidelines for larger families)
1	\$ 30,751
2	\$ 40,213
3	\$ 49,675
4	\$ 59,137

**Emergency Fuel Assistance Fund** managed by The Friends of the COA; contact the COA Director.

## 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.

### **Support Groups**

- **Bereavement Support Group** at Parmenter's Wayside Hospice, 266 Cochituate Rd., Wayland Thursdays, Sept. 30<sup>th</sup> - Nov. 18<sup>th</sup>, 7:00-8:30pm. This 8 week bereavement support group will provide a safe place to talk about your loss with others who are also grieving, and hopefully to provide you support in the process of healing. Contact Jen at 508-358-3000 for information or to register.
- **Alzheimer's Disease Caregivers Support Group** Life Care of Nashoba Valley, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers Support Group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information, please leave a message.
- **Al-Anon:** Wednesdays, 10:00am at Acton Congregational Church, 12 Concord Rd, far rear entrance ground floor. Newcomers Welcome.
- **"Good Grief" Bereavement Support Group** at Trinity Episcopal Church, Concord – a spiritual environment to share experiences and feelings and receive grief process information in 5 weekly sessions, Oct.25-Nov.22. Free program. Led by Buck Grace and Anne Lynch. Call Anne at 978-369-3715 or email [caring@trinity-concord.org](mailto:caring@trinity-concord.org).

### **Healthcare Websites**

- **Alzheimer's Association** sponsored website. [www.alz.org/carefinder](http://www.alz.org/carefinder) to get a report with 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.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org).

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

**Help for Tough Times:** Information for all ages: *2-1-1 Get Connected. Get Answers.* [www.mass211.org](http://www.mass211.org)

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

**Road to Recovery** - Volunteer transportation and helpful information for cancer patients. Call 1-800-227-2345.

**Cleaning for a Reason** provides free housecleaning for women undergoing chemo-therapy - 1 time per month for 4 months while you are in treatment. For information: [www.cleaningforareason.org](http://www.cleaningforareason.org).

### **Education and Support Program for Caregivers of Elders**

The last two parts of this series will be held at Acton Medical Associates, 321 Main St., 3<sup>rd</sup> floor conference room. Free of charge! Registration required to Allison Galbraith at 978-263-1131 ext. 310.

**Nov. 1<sup>st</sup>, 3:00-4:30** "Planning for Long Term Care: Protecting Yourself and Loved Ones" with Margaret Hoag, JD.

**Nov. 8<sup>th</sup>, 3:00-4:30** "Exploring Spirituality in Caregiving" w/Rabbi Carol Mitchell, Life Choice Hospice Chaplain.

### **SENIOR CENTER CLINICS in conjunction with the Acton Public Health Nursing Service**

**Podiatry Clinic:** *Tuesday, November 9<sup>th</sup>, 8:20-11:00 with Dr. Sandra Weakland, DPM*

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

**Blood Pressure & Wellness Clinic:** *Tuesday, November 9<sup>th</sup> and 23<sup>rd</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.

**Senior Center Art Display** - Through November Joe Schatz continues his show of vivid landscape and nature photography gathered from his various world travels, including a recent trip to Africa.

## AROUND TOWN...AND BEYOND

**Town Clerk's Office - State Election - Tuesday, November 2<sup>nd</sup>**

**Town of Acton Senior Work Program** offers qualified seniors the opportunity to earn a maximum of \$1,000 per fiscal year to put toward their property tax bill. The type of work might include clerical, landscaping, research, building maintenance and driving. The Senior Center is looking for help with some regular light cleaning, organizational projects and furniture moving. For information call the Human Resources dept at 978-929-6613.

**Acton Recreation Department** has limited tickets available for shows at Lowell Memorial Auditorium including the Vienna Boys Choir, Friday, 12/10 at 7:30pm, Sara Evans Saturday, 12/11 at 8:00pm and Pop's Holiday Concert, Sunday, 12/19 at 2:30pm. Visit [www.acton-ma.gov/register](http://www.acton-ma.gov/register) or Recreation Dept. at the Town Hall.

**Mt. Calvary Lutheran Church Senior Lunch** at 472 Massachusetts Ave  
*Thursday, November 18<sup>th</sup>, 12:00 -1:00* Donation suggested. Reservations required. Call 978-263-5156.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

*Bach's Lunch Concert: Thursday, November 18<sup>th</sup>, 11:00 and 1:30*

*Family Thanksgiving Concert: Sunday, November 21<sup>st</sup>, 3:00 pm* Tickets \$20-45

### **4th Annual Wellness University**

*Saturday, November 13<sup>th</sup>, 9:00–2:00 at Acton Boxborough High School, 36 Charter Rd.*

**WU**  
**WELLNESS**  
**UNIVERSITY**

This free event is sponsored by the Acton Board of Health and Acton Public Health Nursing Service and addresses health and wellness needs for those 30+ years of age. Classes will focus on different aspects of wellness ranging from nutrition, healthy living, fitness and more. An exhibit area will have information on local health and wellness services. For more information contact the Acton Health Department at 978-929-6632 or [health@acton-ma.gov](mailto:health@acton-ma.gov).

**Theatre III Dress Rehearsal of A Christmas Story**, 250 Central St., Acton

*Wednesday, December 1<sup>st</sup>, 7:30pm*, Call 978-263-9070 for more information

**Concord Players Dress Rehearsal of Crossing Delancey 51 Walden St., Concord**

*Thursday, November 4<sup>th</sup>, 8:00pm* Admission is \$5.00 at the door. Call 978-254-5578 for more information.

A story of the relationship between a young New York girl, her grandmother and the neighborhood Matchmaker.

**From the Highway Department – Snow season is coming!** A winter parking ban is in effect Nov. 1<sup>st</sup> thru April 1<sup>st</sup>. On street parking prohibited 1:00am – 6:00am. Please shovel the snow from the end of your driveway to the "downstream" side of the driveway. Sand and salt mixture is available at the Highway Dept. on Forest Rd.

### **Medicare Open Enrollment Starts November 15<sup>th</sup>**

*November 15<sup>th</sup> through December 31<sup>st</sup> for coverage beginning January 1, 2011*

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011. All people with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare with other plans in their area
- Choose a plan that meets their needs and budget.

Different plans have different premiums, deductibles, co-pays, covered drugs and restrictions. Plan information and cost estimates can be found by entering a drug list into the Medicare Plan Finder on [www.medicare.gov](http://www.medicare.gov).

### **The SHINE Program Can Help You!**

For help understanding your options and finding the lowest cost Part D Plan, call the Senior Center at 978-929-6652 to schedule a free appointment with a SHINE counselor. Bring your insurance information and a list of your prescription drugs with dosages to the appointment. You can also reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and phone number and a SHINE Counselor will call you back.



**Donations Wanted** - Our very active knitters and crocheters are busy producing items for their popular fall craft fair. They appreciate any and all **yarn donations** especially full skeins of **acrylics**. Besides the fall fair they also produce many baby blankets and lap robes to donate as well as hats, mittens and scarves for our Giving Garland to bring the gift of warmth to local families in need. Please try to call ahead about when to bring donations and include your name and address with your donations so we can properly express our gratitude for your generosity.

**Elizabeth White Fund**

The trustees of the Elizabeth White Fund will be considering applications for the very limited funds available to those in need under the George Robert White will. Applications are available at the COA office and the Acton Town website, [www.acton-ma.gov](http://www.acton-ma.gov) must be returned to the Town Clerk’s office by 5:00, Friday, November 5<sup>th</sup>.



**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 978-929-6652 to request sand and/or pail. **Refills** for current participants will be November 2<sup>nd</sup>. There are a limited number of new pails so call soon.

**Durable Medical Equipment Available to Loan:** The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so if your treatment professional recommends something, please give us a call. It’s best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.



**The Salvation Army is recruiting Bell Ringers**, some volunteers and some paid, for the annual holiday fund drive mid-November through December 24<sup>th</sup>. 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.

**Daylight Savings Time Ends**

Remember to move your clocks back 1 hour before you go to bed on November 6<sup>th</sup> and change your smoke detector batteries. It’s also a great time to update your File of Life Card. Stop by the COA office if you need one.

**Acton Food Pantry Drive Continues**

Our drive this month will to collect **canned vegetables**. We hope you will help out with a donation. The collection box is in the dining room. If you would prefer to donate other non-perishable food products, please do. If your family or neighborhood would like to run a food drive, please contact the Food Pantry directly at 978-635-9295. Thank you, every donation helps.

**Jazz Series on DVD Available to Borrow** - The Ken Burns 10-part *Jazz* series on DVD is available to borrow from the COA to watch at home. Other DVDs available to borrow include: *John Adams* mini-series, *Planet Earth* series, *Tower of London*, *The Endurance*, *Gardens of the World*, and *How to Read and Understand Poetry* (VHS). Drop by the office to borrow or call first about availability.

**Acton Transfer Station Hours**

Sunday, Monday	Closed
Tuesday, Wednesday, Thursday	8:00 - 3:00
Friday	7:00 - 3:00
Saturday	7:00 - 4:30

**Thank You...** ...to Janet Hampson and The Wool Pack, now at 340 Great Road, Acton, for their generous donation of yarn. The knitters and crocheters are so grateful.



<b>November</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2010</b>
	<b>1</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Nature Drawing 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE <b>1:00 Registration Begins</b>	<b>2</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Begins <b>VOTE TODAY!</b>	<b>3</b> 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Bridge Lessons	<b>4</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 Skype Talk 1:00-2:00 Medicare Checkup	<b>5</b> 8:30-9:30 Cardio Flex 12:30-2:15 Movie 1:00-4:30 Poker 1:00-2:00 Computer Basics Pt 1	
	<b>8</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Nature Drawing 10:00-12:00 Drop-in Bridge 12:30-2:00 Picassa Program 1:00-3:00 SHINE  3:45 COA Board Meeting	<b>9</b> 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 1:00-2:00 Friendly Visitor Mtg. 1:30-3:00 Watercolor	<b>10</b> 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor - last 10:00 Quilting 11:15-11:45 BP talk 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Bridge Lessons - last	<b>11</b>  <b>CLOSED FOR VETERAN'S DAY</b>	<b>12</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-11:30 Memoir Writing 1:00-4:30 Poker 1:00-2:00 Computer Basics Pt 2 1:30-3:00 Genealogy	
	<b>15</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Nature Drawing 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Book Club Meeting	<b>16</b> <b>11:00-3:00 Holiday Craft Fair</b> 11:45 Thanksgiving Lunch	<b>17</b> 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 9:15 Patriot's Place Trip 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Watercolor 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>18</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class 12:30-2:00 Computer Upkeep 1:00-2:00 Downsizing Talk	<b>19</b> 8:30-9:30 Cardio Flex 9:00 Veterans' Breakfast 10:30-12:00 Buying a Camera 12:30-2:30 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages	
	<b>22</b> 8:30-9:30 Stretch & Flex 9:30-11:00 Nature Drawing-last 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	<b>23</b> 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	<b>24</b> 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 10:00 Quilting 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	<b>25</b>  <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	<b>26</b>  <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	
	<b>29</b> 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	<b>30</b> 8:30 Newsletter Mailing 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 1:30-3:00 Watercolor	<b>December 1</b> 8:30-9:30 Cardio Flex 9:00-10:30 Holiday Greeting Cards 10:00 Quilting 12:30 Knit 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>2</b> 8:30-9:30 Cardio Flex 9:00 Victoria Mansion Trip 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:00-11:30 Balance Class	<b>3</b> 8:30-9:30 Cardio Flex 11:45 LifeCare Luncheon 12:30-2:15 Movie 1:00-4:30 Poker	



Jean – Wishing you all the best in your retirement years. We'll miss you – Carol, Judy, Chris, Ron, Mary Lou, Liz and Priscilla



**Flu Clinics** thru the Acton Public Health Nursing Service  
The combined, 2-in-1 seasonal/H1N1 Flu vaccine will be available at the following clinics:

- **Saturday, November 6<sup>th</sup>, 9:00-12:00**, Highway Dept., 14 Forest Street  
This drive-thru family flu clinic is open to all residents.
- **Tuesday, Nov. 9 & 16, 1:00-4:00**, Town Hall, Rm 204  
This clinic will be open to Acton residents, 18 years of age and older.
- **Monday, November 15, 4:00-7:00**, Town Hall Rm 204  
This clinic will be open to Acton residents, 18 years of age and older.

Preregister at [www.acton-ma.gov/nursing](http://www.acton-ma.gov/nursing) or by calling 978-929-6650. The vaccine is free for those with Medicare and Senior HMO's and \$20 for those without. Please remember to bring your insurance cards!

**FROM THE FRIENDS OF THE COA**

The third annual Friends Crafts Fair will be held at the senior center on Tuesday, November 16<sup>th</sup>, 11:00-3:00. There will be beautiful, hand-made knit and crochet items, a wide array of jewelry, and hand-painted treasures for sale. There will also be delicious baked goods. If you want to make anything for the bakery table please call Carol Lake at 978-263-7635. The Fair is a great way to get an early start on your holiday shopping, and all proceeds are used to support classes and programs at the senior center. P.S. As usual, we'll also be selling raffle tickets for a quilt and afghans at the election sites on November 2<sup>nd</sup>. Look for Friends' volunteers in our new red aprons!



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

**Join the Trend! - Get Your Newsletter by Email** - If you are comfortable with email the COA asks that you consider receiving your newsletter using email rather than through the postal service. For every household that uses email to receive the newsletter the COA saves about \$6.00 a year. 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). Thank you!

**ACTON COA STAFF**

- Jean Fleming, Director
- Carol Steiner, Outreach/Volunteer Coordinator
- Chris Chirokas, Program Coordinator
- Judy Peters, Assistant to the Director/Van Dispatcher
- Mary Lou Repucci, Staff Assistant
- Priscilla Cotter, Van Driver
- Ron Paskavitz, Van Driver
- Liz Jewell, Health and Wellness Coordinator

**ACTON COA BOARD MEMBERS**

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

Acton COA Board will meet on November 8<sup>h</sup> at 3:45.