



Acton Senior Bulletin



October 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. Go to Government, then down to Council on Aging.



► American Art Series with ArtMatters

Thursdays, Oct. 14th, 21st and 28th, 1:00-2:00

ArtMatters is returning to present an art awareness program on American Art. This lively, engaging program is complemented by large, museum quality prints that will cover an entire wall by the end of the presentation.

October 14th (1776 -1900): The United States was not founded by schooled artists, but by people seeking freedom of all kinds. American artists have been like America itself - pioneering, bold and independent. Early American artists had their roots planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation.

October 21st (1900-1950): The center of the art world has always been Europe, and American artists have always followed those begin to develop their own unique voice; the Ash Can School, the flowering of photography and the consciousness of Social Realism were just some of the new developments that reflected the history of the day. Learn how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention, and earning respect.

October 28th (1950-1990): In the second half of the 20th century, America breaks free of its European bonds to defy convention and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality—innovative, sometimes controversial, and whether you swear by it, or at it, always fun. Join in on a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. Where in the world do you think it is going next?

► Retirement Party

Please join us on Wednesday, October 27th, 2:00-4:00 in the Senior Center living room for the COA Director Jean Fleming's Retirement Party. Cake and presentations will be at 3:00. If you would like to donate or volunteer see Judy or Carol in the office.

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Meet the Candidates!

Friday, October 22nd, 10:00-11:30



The candidates for Representative to US Congress, State Representative and State Senator will be invited to a Candidates Forum at the Senior Center. Each candidate will have five minutes to speak to the group, followed by a question and answer period.

Refreshments will be provided. For information on a free luncheon after the Forum, see page 4.

Registration for all classes/programs begins in person or by phone Monday, October 4th, 1:00.



The COA will be closed on Monday, October 11th for Columbus Day.

UPCOMING PROGRAM HIGHLIGHTS

FOR OCTOBER.....REGISTRATION BEGINS MONDAY, OCTOBER 4TH at 1:00

▶ **Sharpen Your Driving Skills with the AARP Driving Course**

Friday, October 1st, 10:00-3:00



Even the most experienced drivers benefit from sharpening their driving skills! This four-hour course is taught by an AARP certified instructor. There will be several breaks, including one for lunch, totaling one hour. You will learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging environment.

You'll learn adjustments to accommodate common age-related changes in vision, hearing and reaction time. The course costs \$12 for AARP members and \$14 for non-members and includes a printed guide and a certificate which may earn a discount on car insurance (check with your insurance agent). Payment is due at the COA office before the start of class, (cash or a check made out to "AARP.") You may make a lunch reservation at the Senior Center dining room (978-263-5053) or bring your own lunch. Please call soon as registration for this program began last month.

▶ **Antivirus for Free! with Jim McDonough**

Tuesday, October 5th, 12:30-2:00

An in-depth look at Avast Free Antivirus software that will help you be comfortable installing, configuring, updating and using it effectively. Two other highly regarded freeware antivirus packages will also be discussed briefly: AVG Free Edition and AntiVir Personal. Future presentations in this series will deal with antimalware, computer optimization utilities, data backup and security, and photo organizing and editing.

▶ **Ask the Lawyer**

Wednesday, October 6th, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers free short private legal consultations.

▶ **Memory Loss Discussion with Acton Public Health Nursing Service**

Wednesday, October 13th, 12:30-1:00

Please join Acton Public Health Nursing Service's Linda Cullen for an enlightening round table discussion regarding memory loss. How much memory loss is normal? When should you be concerned? No need to sign up for this program, but make sure to call the Dining Room (987-263-5053) if you're coming for lunch.

▶ **Coffee and Conversation with Rep. Cory Atkins**

Thursday, October 14th, 10:00-11:00

Join Cory Atkins, State Representative of the 14th District, for coffee, pastry and conversation. Bring your questions and concerns!



▶ **Landscape and Nature Drawing with Cynthia Durost**

Mondays, October 18th through November 22nd, 9:30-11:00

In this workshop participants will learn basic techniques of shading, line, form, perspective, and composition. Building on these skills, they will sketch motifs from nature and landscapes. Methods will be applied to rendering trees, clouds, plants, animals, and architecture. Demonstrations, discussion and shared critique will be part of each session. Materials needed: #2 pencil, sketch pad and/or journal, plastic eraser, black Uniball pen.



▶ **Fashion and Times Gone By**

Tuesday, October 19th, 12:30-1:30

Fashion is such an integral part of our lives and so much fun to talk about - from what actresses wear on the Red Carpet to remembering what we wore during significant moments in our lives. Deborah Viapiana-Ricci will present an interactive activity, where participants can share their memories and the feelings associated with fashions they wore. Deborah was the owner of Teresina Boutique in Maynard and is now a fashion/skin care educator and a life stylist. *This program is generously funded by the Acton Funeral Home.*



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

UPCOMING PROGRAM HIGHLIGHTS (Continued)

FOR OCTOBER.....REGISTRATION BEGINS MONDAY, OCTOBER 4TH at 1:00

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

Wednesday, October 20th, 12:30-1:30

Do you have questions about your Medicare coverage and supplemental plans? A Blue Cross/Blue Shield of Massachusetts Seniors Outreach team will explain Medicare, including the Medicare drug benefit and how Medigap plans and Medicare Advantage plans work with Medicare. They will be able to answer questions on the 2011 BC/BS of Massachusetts Medicare products. All are welcome regardless of insurance coverage.

► **Healthy Holiday Eating for those with Diabetes**

Friday October 22, 12:30-1:30 Concord Health Care presents a program designed especially for people dealing with diabetes. Come participate in a discussion on dietary challenges led by Mary Bannon, MS, GNP, CDE, Diabetes Care Coordinator for Concord Health Care. They will bring some healthy refreshments to share. This program is open also to friends and family learning to live well with diabetes and not limited to Acton residents.



► **Appalachian Trail Multi-Media Presentation with Roger "Hammer" Tetreault**

Monday, October 25th, 12:30-2:30



View an entertaining slideshow of one man's journey, an Appalachian Trail thru-hike stretching across 14 states, from Georgia to Maine! Roger hiked the 2,176.4 miles over 5 ½ months. Come listen to his stories about the hike - the hardships, the weather extremes and the interesting people who come from around the world to complete the hike. The presentation is highlighted with spectacular photographs of the Appalachian mountain range.

Macaroni and Cheese Bake-Off

Thursday, October 28th, 11:45



Whether you make the best mac and cheese on the block or love to sample other people's creations, come to the bake-off! If you're entering in the competition, please make at least eight servings. Everyone in attendance can sample the creations and vote for their favorite! The top vote-getter will win a prize. The Bake-Off will be held the day of the Halloween Luncheon, so make sure to dress up. A variety of macaroni and cheese dishes will be served for lunch, along with salad and dessert. \$3.00 charge to eat; free for entrants. Call the dining room, 978-263-5053, to register for the bake-off or for lunch reservations.

► **Memoir/Non-Fiction Writing Group**

Friday, October 29th, 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, facilitated by Chris Chirokas. Depending on the interest of participants, we may branch out to include other non-fiction creative writing, such as journal writing and penning your family history. If there is enough interest in this group, we will schedule more meeting times.

Medicare Check-Up Time

Thursday, November 4th, 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).

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

Senior Center Art Display In October/November we welcome Joe Schatz, our astute lensman who returns with a vivid show of landscape and nature photography from his various world travels, including a recent trip to Africa. Many thanks to Joyce Dwyer for sharing her beautiful watercolor paintings with us in August/September.

DINING OPPORTUNITIES



▶ **Men's and Ladies' Breakfast and Presentation on Acton Transportation Options**

Friday, October 15th, 9:00-10:00

Join us for a pancake breakfast with some good friendship on the side! Cost is \$2.00. After breakfast, stay for a discussion on transportation options for Acton seniors: the COA van, the LRTA Road Runner van, volunteer drivers, and the new MinuteVan Dial-a-Ride service and train station shuttle. Call the COA by Wednesday, September 13th for a reservation; no need to call if you are just coming for the talk at 9:30.

▶ **Free Luncheon provided by Life Care Center of Acton**

Friday, October 22nd, 11:45

Join us for a delicious (and 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 Thursday, October 14th, 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, October 13th

Halloween Lunch: Thursday, October 28th – see page 3 for information on the Mac & Cheese Bake off.

Please join the fun and come in a Halloween costume.

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

EXERCISE

If you are going to miss more than three weeks of Terri's exercise class, we ask that you call the office so we may offer your spot to someone on the waiting list for the remainder of the session.

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

Class is full. Call for waitlist.

Mondays, through December 20th, 8:30-9:30 (No class on 10/11)

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

Limited space is available on T/Th class. Please call.

Tuesdays and Thursdays, through December 21st, 8:30-9:30 (No class 11/11 and 11/25)

or Wednesdays and Fridays, through December 22nd, 8:30-9:30 (No class 11/26)

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

Class is full. Call for waitlist.

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



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

Tuesdays, through December 14th, 11:00-12:00

Classes are underway. 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 16th, 11:00-12:00 (No class on 11/11 and 11/26)

Open to people with Taoist Tai Chi experience, either at the Senior Center or elsewhere. Classes are underway. Please call the COA for information on joining.

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

Filing a Complaint with the Attorney General's Office - In addition to offering a free, voluntary mediation service, the Attorney General's Office also handles complaints related to health care, insurance policies and investments, civil rights issues and wage and hour disputes. Visit: www.mass.gov/ago or call 617-727-2200.

ONGOING ACTIVITIES

 ► **Watercolor Studio Workshop with Cynthia Durost** (Class is full; call regarding wait list.)
Wednesdays, through November 10th, 9:00-10:30

► **Individual Computer Instruction** (This program is full but will be offered again later in the year.)
Beginning the week of October 4th through October 29th

 ► **Bridge Lessons - Learning the Conventions with Electra Coumou**
Note change in dates: Wednesdays through November 10th, with no class or drop-in bridge on Oct. 27th

This six-week class is on bridge conventions - systems of calls that have a specific meaning during the auction phase of the hand. Each week a lesson will be presented, followed by playing time. This class is also open to out-of-towners for a \$25 fee. Drop-in bridge will continue on Mondays for more experienced players to get together! Please call soon as registration for this program began last month

► **“Conversations - Life Stories” Seminar**
Thursday, October 7th, 12:30-2:00

This seminar provides an outlet for discussing personal experiences with a variety of subjects. Please call the COA after Sept.30th for the discussion topic, as it was not available at press time. Acton resident Sal Lopes will facilitate the group, but the expectation is that participants will suggest topics and contribute to the discussions. Our conversations are always interesting, animated and thought-provoking!

Genealogy Group

Friday, October 8th, 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 (No SHINE appointments on October 11th)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, October 1st, 15th and 29th, 10:00-11:30

Wednesdays, October 6th and 20th, 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, October 15th, 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, October 18th, 1:00-2:00

The book club selection for October is *Strength in What Remains*, by Tracy Kidder, the real-life story of a man who flees war-torn Burundi and against all odds becomes a medical doctor in the U.S. Reserved copies of the book are available at the Memorial Library, often including a large-print edition. Books can be sent to the 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

Poker

Tile & Board Games

Drop-in One-Stroke-(10/4 only)

Quilters

Knit/Crochet Group

Drop-in Bridge

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

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



TRIPS

► **Green Mountain VT Foliage Train Ride/Lunch at Dartmouth College**

Tuesday, October 5th, 9:15 (This trip is full. Please call the COA office if you would like to be put on the waitlist.)

Depart: 9:15 a.m., from Nagog Office Park. Approximate return time: 7 p.m.

Cost: \$73, due Sept. 3rd, includes coach bus transportation, train ride, luncheon, all gratuities.

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

Wednesday, November 17th, 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 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 3rd, includes coach bus transportation and driver tip.

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

Thursday, December 2nd, 9:00

Visit the magnificently decorated Victoria Mansion and enjoy lunch at DiMillo's Floating Restaurant. Victoria Mansion, one of the finest examples of residential design from the pre-Civil War era, was featured on the A&E series "America's Castles." We will go through the mansion, which is decorated by professional designers, decorators and florists, on a self-guided tour. Room stewards will be available to answer questions. Please note there is a full flight of stairs to the 2nd floor, but the most elaborate rooms are located on the 1st floor. There will be time to stop at the museum shop then it's off to DiMillo's at Portland Harbor. DiMillo's is a unique dining experience as it is located on a converted car ferry and offers excellent food and beautiful views. Lunch will include garden salad, choice of baked stuffed chicken breast or broiled scallops, vegetable, roasted potato, bread, Maine blueberry cobbler, and coffee/soda/tea. Please indicate your lunch preference when registering.

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 18th, 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.
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 978-929-6652 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!**

► **Falling Leaves? Need Help Raking them up?**



If you would like help raking your leaves please call the COA beginning 1:00 on Monday, October 4th.

Requests will be filled on a first come first served basis. Raking dates have not been set yet. A responsible adult must be home the day of the raking. Rakers will bring their own equipment whenever possible. All equipment loaned to rakers is the homeowner's responsibility. Leaves cannot be removed but can be bagged (provided by the homeowner) or raked to a designated area.

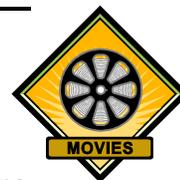
Visitors and Shoppers Needed to Help Senior remain Living Independently at Home

Do you have one hour a week to volunteer? Homebound seniors look forward to Friendly Visitors stopping by for a chat, or Shoppers bringing needed groceries. Call Minuteman Senior Services at 1-888-222-6171 for information.

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, October 15th, 12:30-2:15, "Letters to Juliet," (2010, PG) – Romantic comedy about a young woman (Amanda Seyfried) who finds an unanswered "letter to Juliet" left at the fictional lover's Verona, Italy courtyard and goes on a quest to find the couple in the letter. Vanessa Redgrave co-stars.

Friday, October 29th, 12:30-2:15, "Ghost Busters," (1984, PG) – Get your Halloween off to a ghoulish start with this fun comedy starring Dan Aykroyd and Bill Murray as parapsychologists who exterminate supernatural pests. Sigourney Weaver co-stars.

Friday, November 5th, 12:30-2:00, "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.

TRANSPORTATION

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 or visit 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 and click on the Paratransit tab.

VOLUNTEERING

Meals on Wheels Drivers Needed – The Acton area has immediate needs 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.

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.

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. We will have our fall Visitor meeting, for people actively visiting, on **Tuesday October 12th, 1:00-2:00**. 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.

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.

► **Potential NEW Diabetes Support Group:** Diabetes management is challenging. Would you benefit from a group discussion series to sort through and talk about your experiences dealing with diabetes? Please call the COA and sign up for more information about a possible support group. Also see “Holiday Healthy Eating” pg.3.

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.

Thank You...

...to the Acton-Boxborough Rotary Club for their fall barbecue luncheon.

HEALTH NEWS

► **Potential NEW Diabetes Support Group:** Diabetes management is challenging. Would you benefit from a group discussion series to sort through and talk about your experiences dealing with diabetes? Please call the COA and sign up for more information about a possible support group.

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

- **Bereavement Support Group** at Parmenter's Wayside Hospice, 266 Cochituate Rd., Wayland Thursdays, Sept. 30th - Nov. 18th, 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, 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.
- **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, please leave a message.

Education and Support Program for Caregivers of Elders

This four part series is sponsored by the Acton Council on Aging, Acton Medical Associates, and Senior Care Advisors. All meetings will be held at Acton Medical Associates, 321 Main St., 3rd floor conference room. You can attend one or all programs, free of charge! Registration required to Allison Galbraith at 978-263-1131 ext. 310.

October 18th, 3:00-4:30 "Caring for Loved Ones": An Overview of Homecare" by Acton Pub. Health Nursing.

October 25th, 3:00-4:30 "Memory Challenges: Is This Normal Aging?" by Alzheimer's Association

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

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

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 1st through April 30th. 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

Household size *Maximum gross income* (Call for income guidelines for larger families)

1 \$ 30,751

2 \$ 40,213

3 \$ 49,675

4 \$ 59,137

Fuel Assistance for Re-Applicants

If you applied for SMOC Fuel Assistance last season, you should be receiving your re-application paperwork soon. If you need help getting your documents together for the upcoming season please call Carol for an appointment.

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

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

Podiatry Clinic: Tuesday, October 5th, (Note new October date), 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, October 5th, 9:30-11:30 (Note only one BP clinic in October)

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.

Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers, 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 give her a couple of days to gather the equipment.

AROUND TOWN...AND BEYOND

Town Clerk's Office – Town Clerk's Office will be open until 8:00 on the last day to register for each event
State Election - Tuesday, November 2nd, (Last day to register to vote if NOT already registered is October 13th)

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's new fall/winter program has a great variety of offerings to choose from. Visit www.acton-ma.gov/register to register for programs or www.acton-ma.gov for more information.

Acton-Boxborough Farmers Market

Sundays, through October 31st, 10:00-1:00 on Pearl Street in West Acton

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave

Thursday, October 28th, 12:00 -1:00 Donation suggested. Reservations required. Call 978-263-5156.

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

Bach's Lunch Concert: Thursday, October 21st, 11:00 and 1:30

Orchestra of Indian Hill: Saturday, October 23, 7:30 pm – A tribute to masters of classical music, jazz and art.

4th Annual Wellness University

Saturday, November 13th, 9:30–2:00 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.

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

Thursday, November 4th, 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 in effect Nov. 1st thru April 1st. 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.

Mailboxes installed within the town right of way are placed at the owner's risk. Check the condition of your mailbox and post now before the ground freezes and replace them if needed. After a snowfall please clear snow from in front of the mailbox. If the snow banks are too high, place a temporary box beside the road until the snow has melted enough to shovel. If you have questions, call the Highway Dept. at 978-929-7740.

| October | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | 2010 |
|--|---|--|--|---|--|-------------|
| | | | | | 1 8:30-9:30 Cardio Flex 10:00-3:00 Driving Skills 10:00-11:30 Computer Club 1:00-4:30 Poker | |
| 4 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-11:30 Intermediate Word 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00 Registration Begins | 5 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:15 Green Mt. Trip 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 12:30-2:00 AntiVirus Talk | 6 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 1:00-3:00 Ask the Lawyer 1:30-3:00 Computer Club 2:30-4:30 Bridge Lessons | 7 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter.Tai Chi 12:30-2:00 Life Stories | 8 8:30-9:30 Cardio Flex 1:00-4:30 Poker 1:30-3:00 Genealogy | | |
| 11 SENIOR CENTER CLOSED Columbus Day | 12 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 | 13 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 11:45 Birthday Lunch 12:30 Knit/Crochet 12:30-1:00 Memory Loss 1:00-3:00 Drop-in Pool 2:30-4:30 Bridge Lessons | 14 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:00 Coffee w/C. Atkins 11:00-12:00 Inter. Tai Chi 1:00-2:00 ArtMatters Program | 15 8:30-9:30 Cardio Flex 9:00 Men's/Ladies Breakfast 9:30-10:00 Transportation Talk 10:00-11:30 Computer Club 12:30-2:15 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages | | |
| 18 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 3:45 COA Board Meeting | 19 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-1:30 Fashion Program 12:30-3:00 Board & Tile Games | 20 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 12:30-1:30 Health Plan Options 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Bridge Lessons | 21 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 1:00-2:00 ArtMatters Program | 22 8:30-9:30 Cardio Flex 10:00-11:30 Candidates Forum 11:45 LifeCare Luncheon 12:30-2:00 Diabetes Program 1:00-4:30 Poker | | |
| 25 8:30-9:30 Stretch & Flex 9:30-11:00 Nature Drawing 10:00-12:00 Drop-in Bridge 12:30-2:30 Hiking Program 1:00-3:00 SHINE | 26 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 | 27 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 2:00-4:00 Director's Retirement Party | 28 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Inter. Tai Chi 11:45 Halloween Lunch/Mac & Cheese Bake-Off 1:00-2:00 ArtMatters Program | 29 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-11:30 Memoir Writing 12:30-2:15 Movie 1:00-4:30 Poker | | |



Acton Food Pantry Drive Continues

Our drive this month will recognize **National Dental Hygiene Month**. We hope you will help out with a donation of tooth brushes or toothpaste. The collection box is in the dining room. If you would refer to donate food 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.

2010 Flu Clinics for Acton Seniors

The Acton Public Health Nursing Service will be offering the combined, 2-in-1 seasonal/H1N1 Flu vaccine to Acton seniors at the following clinics:

- **Saturday, November 6th, 9:00-12:00**, Town Highway Dept., 14 Forest Street

This drive-thru family flu clinic is open to all residents.

- **Tuesday, November 9 and 16, 1:00-4:00**, Acton Town Hall, Room 204

This clinic will be open to Acton residents, 18 years of age and older.

- **Monday, November 15, 4:00-7:00**, Acton Town Hall, Room 204

This clinic will be open to Acton residents, 18 years of age and older.

Please preregister *after 10/17* at www.acton-ma.gov/nursing or by call 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!



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Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
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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. 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 | Jim Papachristos |
| Charlie Aaronson, Vice Chair | Sally Thompson |
| Stephen Baran | Paul Turner |
| Pat Ellis | Barbara Willson |

Acton COA Board will meet on October 18th at 3:45.