



Acton Senior Bulletin



September 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.

Director's Corner

Autumn Greetings! It will be good to see so many of you again and meet some new seniors as we start up our fall schedule. Please join us at our September Continental Breakfast, on Friday morning, Sept. 17th, free to all through the support of the Friends of the COA. Our staff will update you on fall events and show you around the Center, if you haven't been here before. It will be a nice opportunity to see old friends and make some new ones!

Please look through this newsletter carefully, as so many new programs and classes start in September and October. Learn some new hobbies, join one of our varied exercise classes, get updated on current insurance and medical information, sharpen your driving or computer skills, come for lunch and to chat with friends.

The Senior Center has had some "sprucing up" over the summer: new kitchen counter-tops and new carpeting in the office reception area. Some parking spaces have been added close to the building. We greatly appreciate the support of the citizens of the Town and of the other Town departments which have made this possible.

Finally, I need to tell you that I am retiring as Director of the Council On Aging at the end of October. I have been here 11 years which have gone by so quickly! It's been a privilege to get to know so many of you as well as to work with our dedicated volunteers, teachers and such a wonderful staff who work so hard to plan and implement the programs and services offered throughout the year. I greatly appreciate the support I've received from the COA Board and the Friends of the COA. You've all been great examples to me of how full retirement years can be; how important it is to keep learning, doing, giving, growing, laughing and loving. Thank you, all. My very best wishes,

Jean

▶▶▶▶▶▶▶ Why it's Important to Register for Classes and Programs ▶▶▶▶▶▶▶

This "▶" symbol requires that you register for the program listed. Registration helps staff plan for COA activities.

- Please remember to register in advance. Sometimes when people do not sign up in advance, we have to cancel programs or trips, only to find that last-minute demand would have allowed the program to run.
- If you find yourself suddenly available on the day of a program, call the office as there may be space for you.
- If you cannot attend a program you have signed up for, please call the COA to cancel as we often have a waiting list for programs. However, it is not necessary to call if you are just going to miss one class in a series.
- Most programs at the Senior Center are free to Acton Seniors, paid for by the Friends of the Acton COA, the town of Acton and grants. If there is a fee or donation requested, that will be specified in the newsletter.

**Registration for all exercise classes begins in person or by phone Tuesday, September 7th at 1:00.
Registration for all other classes/programs begins in person or by phone Wednesday, Sept. 8th, 1:00.**

The COA will be closed on Monday, September 6th for Labor Day.

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UPCOMING PROGRAM HIGHLIGHTS

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPT 8TH at 1:00


Labor Day Lunch with the Primary Candidates

Wednesday, September 8th, 11:45

The candidates for the Sept. 14th primary are invited to join seniors for the Labor Day lunch at the Center. Meet and mingle with some of the candidates for Representative in Congress, State Senate and State House of Rep.

Don't FALL this FALL!

Wednesday, September 15th, 12:15-1:00

 Nancy Powell, Registered Physical Therapist with Acton Public Health Nursing Service, will present tips on staying safe and expand on information presented in the COA's recent Matter of Balance class. Attendance in that class is not required to join in this discussion of innovative ways to keep fit and safe while maintaining an active life style. Come with questions and get ready to move as the weather cools off and walking opportunities abound! No need to register, but make sure to call the Dining Room (978-263-5053) if you are coming for lunch.

► Medicare 101 Refresher

Thursday, September 16th, 1:00-2:00

Elizabeth Killeen from SHINE (Serving Health Information Needs of Elders) will present information on the basics of Medicare. The presentation is ideal for those about to turn 65, for family caregivers, and for those already on Medicare who need a refresher. Topics covered will be: Basic overview of Medicare ABCD, enrollment periods and penalties, working beyond age 65, sources of supplemental coverage, creditable coverage for Part D, preventive services such as annual wellness exam, and a brief overview of the website www.medicare.gov.


► What's New in Macular Degeneration?

Thursday, September 23rd, 2:00-3:00

Dr. Sahana Vyas of D'Ambrosio Eye Care will update us on the latest advances in Macular Degeneration. Learn about dilated exams which detect and monitor your condition, updated recommendations for eye vitamins, and the newest available treatments. Dr. Vyas completed her residency at the University of Louisville, Kentucky Lions Eye Center and her fellowship in Vitreoretinal Diseases & Surgery at the University of Virginia.

► Confessions of a Late Night Radio Host: the Media, the Message and Morality

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

 Jordan Rich will talk about his notable career and what he has learned over the years as a national talk show host on WBZ weekend News Radio. He will discuss media trends, the responsibility that broadcasters have to their audiences and the role that listeners play in relationship to the media. Jordan's popularity is due to his ability to connect with his late-night family of listeners from around the country in a positive and supportive manner, adding a gentle dose of humor and fun. *This program is offered in partnership with Sage Educational Services.*

Free Software Programs for your PC with Jim McDonough

Tuesday, September 28th, 12:30-2:00

An overview of a variety of useful software programs that are legally available to you on the Internet. The software to be discussed includes antivirus, antimalware, photo editing and organizing, defragmentation, and data backup. This presentation will be followed up this fall with an in-depth series on the particular programs discussed.

► "Conversations - Life Stories" Group - Experiences with Other Races and Cultures

Thursday, September 30th, 12:30-2:00

This group provides an outlet for discussing personal experiences with a variety of subjects—the conversations are always lively and interesting! The topic for September is personal experiences with other races, ethnicities and cultures. Future topics will be determined by the participants. Acton resident Sal Lopes will facilitate the group. If you are new to the group, please call to be added to the list of participants

► Indicates that you must register in advance!

UPCOMING PROGRAM HIGHLIGHTS (continued)

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPT 8TH 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.

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.

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

DINING OPPORTUNITIES

► **Free Continental Breakfast - Learn What's Happening at the Senior Center!**

Friday, September 17th, 9:00-10:00



Join us for a continental breakfast - free of charge in celebration of National Senior Center Month!

COA staff members will be on hand to talk about the programs and services available at the Center. If you're a "regular," come and learn what's new and catch up with old friends. If you've never been to the Senior Center, please come and check it out - it's a bustling and vibrant place! Call the COA at 978-929-6652 by Wednesday, September 15th for a reservation. *Funded by the Friends of the Council on Aging.*

► **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.

- Labor Day and September Birthday Lunch: Wednesday, September 8th

** See page 2 for information on meeting local candidates running for office during lunch

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

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

Podiatry Clinic: Tuesday, September 14th and Tuesday, October 5th, (Note new date for October), 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 978-929-6653. *Funded by Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesday, September 14th and 28th, 9:30-11:30

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

CLASSES/WORKSHOPS

FOR SEPTEMBER.....REGISTRATION BEGINS WEDNESDAY, SEPT 8TH at 1:00

Please note: Sue Nordhausen is not teaching an early fall watercolor class. Watch upcoming newsletters for information on a future session.

► **Excel for Beginners**

Thursdays, September 9th and 16th, 10:00-11:00

Do you want to know how to create alphabetized lists or simple budgets? This two week class will teach you the basics of Excel. You'll learn how work with cells, formats and create a simple spreadsheet. Limited to 4 students.

► **Word Processing Basics**

Mondays, September 13th and 20th, 10:00-11:30

What is word processing? How is it different from a typewriter? This class will teach you the basic skills needed to get started in Word. You will learn about fonts, styles, letter size, spell checking, saving, etc. The class meets twice for 90 minutes each. Limited to 4 Windows users.

► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, September 15th through November 10th, 9:00-10:30

Join this watercolor studio workshop and be inspired! Explore landscapes and still life, work on new or old projects, and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome! Materials list available in the COA office.

► **Senior Center Choral Group**

Fridays, September 17th through November 12th, 9:45-10:45 (No class on 10/1 and 10/15)

The choral group director is Acton resident Charles Bull, an accomplished organist and pianist and experienced choral group leader. The intent is to get together and sing, so everyone is welcome,

regardless of experience/ability. Join the fun! Initially the group will sing popular oldies and Broadway show tunes. *This program is funded by the Anne Norworthy Music Initiative.*



► **Intermediate Excel**

Thursdays, September 23rd and 30th, 10:00-11:00

Join us for this two week class to learn how to manipulate cells formats, create more complex spreadsheets and make basic formulas. We'll also explore how to make budgets, keep track of finances, etc. Limited to 4.

► **Intermediate Word Processing**

Mondays, September 27th and October 4th, 10:00-11:30

Want to know more about word processing? In this two week class you will explore numerous features of Word to enhance your writing. Learn to change fonts, styles, borders, add pictures and graphics among other things. Limited to 4 students.

► **Bridge Lessons - Learning the Conventions with Electra Coumou**

Wednesdays, September 29th through November 3rd, 2:30-4:30

Electra will teach a six-week class (for those with some bridge experience) on bridge conventions - systems of calls that have a specific meaning during the bidding phase. Each week a lesson will be presented, followed by playing time. This class is open to out-of-townners for a \$25 fee. Drop-in bridge will continue on Mondays for more experienced players to get together!



► **Individual Computer Instruction**

Beginning the week of October 4th through October 29th

One-on-one computer classes are available to all levels of PC users. There will be four, one hour classes for you to work with your teacher on your particular computer needs and interests. All students must fill out a registration form available at the COA office. Registration deadline is Monday, September 13th. Space is limited, don't delay.

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

EXERCISE

FOR SEPTEMBER.....EXERCISE REGISTRATION BEGINS TUESDAY, SEPT. 7TH, at 1:00

***The summer DVD exercise schedule continues through Sept. 10th. See the calendar for exact times. ***

Note about exercise sign ups: You may register yourself and one other person for exercise classes. This can be done by phone or in person.

Exercise programs are popular and often have waiting lists. In our efforts to offer exercise opportunities to everyone interested, please consider the following:

- * 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.
- * Please only sign up for a class that is held twice a week if you can regularly attend both days.

Exercise has been proven to help increase strength, bone density, endurance, and metabolism while lowering blood pressure and cholesterol. If that's not enough incentive to join, these classes are fun and all participants enjoy the added benefits of friendship and socializing! Please check with your doctor before starting any exercise program and remember to wear loose, comfortable clothing and bring water. *All participants must sign a waiver of liability.*

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

Mondays, September 13th through December 20th, 8:30-9:30 (No class on 10/11)

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the COA).

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

Tuesdays and Thursdays, September 14th through December 21st, 8:30-9:30 (No class 11/11 and 11/25)

or Wednesdays and Fridays, September 15th through December 22nd, 8:30-9:30 (No class 11/26)

Start with a stretch and warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. Floor work is optional. Weights are available at the Center or bring your own. The workout in the Tuesday/Thursday and Wednesday/Friday classes are the same. You may not register for both sessions as it is best to wait at least 48 hours before repeating the same workout.

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

Tuesdays and Thursdays, September 14th through December 21st, 9:45-10:45 (No class 11/11 and 11/25)

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or in a chair.

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

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

Taoist Tai Chi is celebrating its 40th anniversary in countries all over the world! It incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit while improving balance as well. This session will cover approximately 28 of the 108 movements in the Taoist Tai Chi set. It can be done sitting in a chair for those unable to stand for the workout. Wear loose, comfortable clothing and shoes with fairly smooth treads. If you've been participating in the Tuesday class, you may register to continue in this class or move on to the Intermediate class on Thursdays if you feel you are ready. If space is available, students will be welcome to participate in both classes. *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, September 16th 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. Even if you are a continuing student, please call to register.

Taoist Tai Chi Demonstration: Not sure if Tai Chi is for you? Come to the first Beginners class on Tues., Sept. 14th at 11:00 to see a class first-hand. Dress to participate! A short video about Taoist Tai Chi will be shown.

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

ONGOING ACTIVITIES

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

Friday, September 17th, 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.**

Genealogy Group

Friday, September 10th, 1:30-3:00

Share your research, get some advice or just enjoy sharing your passion for family history with like-minded people. Everyone is welcome.

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

Mondays, 1:00-3:00 (No SHINE appointments on September 6th)

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

Computer Club

Fridays, September 3rd, 17th and October 1st, 10:00-11:30

Wednesdays, September 8th and 22nd, 1:30-3:00

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

“The Bookies”

Monday, September 20th, 1:00-2:00

This month's Book Club selection is *The Help* by Kathryn Stockett. This page turner is set in 1960s Mississippi and is told from three points of view: an educated, prosperous young white woman with no real plans for the future and two black female servants who reveal their own stories. At press time there was a long wait to borrow the book, but contact the Memorial Library to put a hold on the book as it may become more readily available.

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

Drop-in Pool

Drop-in Watercolor

Poker

Drop-in One-Stroke

Genealogy

Tile & Board Games

Drop-in Bridge

Quilters

Drop-in Ping Pong – (check with the

Knit/Crochet Group

office about available times to play)

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



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, September 3rd, 12:30-2:20, “Crazy Heart,” (2009, R for language and sexuality) – Jeff Bridges, in his Academy Award winning performance, stars as a broken-down, hard-living, once successful country music singer who looks for salvation in a new relationship. Maggie Gyllenhaal (Oscar nomination) and Robert Duval co-star. The movie also won an Oscar for original music.

Friday, September 17th, 12:30-2:30, “The Ghost Writer,” (2010, PG-13) – Thriller starring Ewan McGregor as a writer who is helping former British Prime Minister (played by Pierce Brosnan) complete his memoirs, but some very powerful people will do anything to make sure parts of the past stay buried.

Friday, September 24th, 12:30-2:25, “The Last Station,” (2009, R for sexuality and partial nudity) – Historical drama explores the fractious relationship between Russian novelist Leo Tolstoy (Oscar nominee Christopher Plummer) and his wife Countess Sofya (Oscar nominee Helen Mirren), as he leads the Tolstoyan Movement, whose basic tenets are brotherly love and world peace through pacifism and a denouncement of material wealth and physical love.

VOLUNTEERING

Drivers Wanted

The COA is recruiting volunteer drivers to transport seniors to supplement what the COA van or the LRTA Road Runner van can offer. For more 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.

TRIPS

► **Sherborn Inn Lunch and Live Music**

Wednesday, September 22nd, 10:15

This trip is full. Please call the COA office if you would like to be put on the waitlist.

Depart: 10:15 a.m. from Nagog Office Park. Approximate return time: 3:15.

Cost: \$42, due Sept. 8th, includes luncheon/show, bus transportation, all gratuities.

► **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.

COUNCIL ON AGING TRIP POLICIES:

Please make checks out to: The Friends of the Acton COA. Trips leave from the Nagog Office Park. Call the COA for directions if you haven't been there before.

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

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.

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 and the ride must be scheduled at least 2 days ahead of time. For all Road Runner services you *must* be registered with the LRTA before a ride can be scheduled. Registration forms are available at the COA, on the COA Senior van or by calling 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.

***NEW* MinuteVan Rail Shuttle Begins Tuesday, September 7th!**

The Town of Acton is launching a shuttle service 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.

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

Senior Center Art Display

Joyce Dwyer's display of fine watercolor paintings and ink drawings will run through September. Ms Dwyer is a professional artist and popular instructor. Her current show includes landscapes and local architecture of special interest to Acton residents. Many thanks to Carol Bull for sharing her beautiful work with us in June/July.

Looking for a New Hobby? Get Involved with Acton Community Access TV (ACAT)!

If you want to learn more about getting involved in filming segments for the Elderberries Cable TV show or planning/conducting interviews on camera, talk to Chris in the COA office. ACAT staff will do the editing, which is the most time-consuming and technical part! Rather than adhere to a strict schedule, a new episode will run when there is enough material. Another chance for involvement is filming programs at the Senior Center, so that people can view them the following month from home or borrow a DVD from the Senior Center. The studio has new lightweight digital cameras which can be used with a tripod - training will be provided to interested people.

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 in October, please see the Oct. issue for details. 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.

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.

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.



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Acton Nursing Service

"Your Home Town VNA-Always There"

Having surgery? New to using a walker or cane?

Can't get out to medical appointments? We accept all insurances.

Call us today at 978-929-6650 (new number)

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

- **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.

Healthcare Websites

- **Alzheimer's Association** sponsored website. 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, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Assistive Technology Website to post or look for items in New England visit 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

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 is an organization that provides free housecleaning for women undergoing chemotherapy - 1 time per month for 4 months while you are in treatment. For information: www.cleaningforareason.org.

Minuteman Senior Services provides free in-home consultations for seniors age 60 years and older. Services range from Adult Day Health, Chore Service, Companions, Meals on Wheels, Housekeeping, Laundry Service, Personal Care and more. Please call 1-888-22-6171 for more information and eligibility guidelines.

DONATIONS WANTED



Our very active knitters and crocheters are busy making items for the popular fall craft fair. All yarn donations especially full skeins of acrylics are appreciated. In addition to the fall fair they also make blankets and lap robes, hats and mittens and scarves to donate. Please call ahead to find a good time to bring in donations and so we can properly express our gratitude include your name and address.

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 Primary Election - Tuesday, Sept. 14th, (Last day to register to vote if NOT already registered is Aug. 25th)
Special Town Meeting - Tuesday, September 28th, 7:00pm, AB High School Auditorium (Last day to register to vote if NOT already registered is September 17th)
State Election - Tuesday, November 2nd, (Last day to register to vote if NOT already registered is October 13th)

Household Hazardous Waste and Unwanted Medication & SHARPS Collection Day

Saturday, September 25th, 9:00-11:30, DPW Garage

Board of Health holds its Fall Household Hazardous Waste and Unwanted Meds. & SHARPS Collection. A list of acceptable items is available at the Health Department, Transfer Station, Acton Library and website www.acton-ma.gov. This collection is for Acton residents only and proof of residency is required. There will be a \$25 charge to dispose of TVs and computer monitors (cash or check). Questions, call the Health Dept. at 978-929-6632.

► Annual Rotary Club Senior Barbecue at the Boxborough Holiday Inn

Sunday, September 26th, 12:00 Noon



For the second year, the Acton-Boxborough Rotary Club Barbecue for seniors will be held at the Boxborough Holiday Inn, off Rte. 111 at 242 Adams Place. BBQ chicken with side dishes, cookies, and ice cream will be served, all prepared by the Holiday Inn culinary staff. The band Dell Smart will provide the musical entertainment. Please call the Acton COA office to make a reservation, not the Holiday Inn. When you call, please indicate if you'd like a ride from a Rotary Club volunteer. Note this free luncheon is for Acton and Boxborough seniors only.

Town of Acton Senior Work Program offers qualified seniors the opportunity to earn money to put toward their property tax bill. Seniors work at an hourly rate of \$13.35 for a maximum amount of \$1,000 per fiscal year. The type of work might include clerical, landscaping, research, building maintenance and driving. In particular, the Town is seeking seniors to work at the Transfer Station from late September through October to affix annual stickers to vehicles. Additionally, the Senior Center is looking for a senior worker who could help with some regular light cleaning, perhaps some organizational projects and furniture moving. For more information call the Human Resources department at 978-929-6613.

Acton Recreation Department now offers online registration in addition to mail-in and walk-in registration. The Fall/Winter program, with an array of bus trips, shows and programs, will be in homes in early Sept. Mark your calendars for Acton Day, Sunday, Sept. 12th from 1-5. The USAF Liberty Concert Band will be performing. 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, September 23rd, 12:00 -1:00 Donation suggested. Reservations required. Call 978-263-5156.

Theatre III 250 Central St. West Acton. Visit www.theatre3.org or call 978-263-9070 for more information.

Wednesday, September 22nd, 7:30pm, The 25th Annual Putnam County Spelling Bee dress rehearsal, Free!

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

Bach's Lunch Concert: Thursday, September 16th, 11:00 and 1:30

American Consumer Credit Counseling has been approved by the Department of Housing and Urban Development and the MA Executive Office of Elder Affairs to provide Reverse Mortgage Counseling Services. Counseling includes: benefits of reverse mortgages, features and associated costs, responsibilities of homeowners and impact on seniors and heirs. For more information visit www.comsumercredit.org or call 866-826-7180.

September	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2010
	30	31	1	2	3	
	8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-4:30 Poker 2:30-3:30 Yoga DVD	8:30 Newsletter Mailing 9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	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	9:00-10:00 Firming DVD 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Inter. Tai Chi	9:00-9:50 Older/Wiser DVD 10:00-11:30 Computer Club 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 12:30-2:20 Movie 1:00-4:30 Poker	
6 COA CLOSED Labor Day Holiday		7 9:00-10:00 Older/Wiser DVD 10:15-10:45 Arthritis DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00 Exercise Registration Begins	8 9:00-10:30 Drop-in Watercolor 9:00-9:30 2 Mile Walk DVD 10:00 Quilting 12:30 Knit/Crochet 11:45 Labor Day/Birthday Lunch 11:45 Primary Candidates Visit 1:00 Other Programs Registration 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	9 9:00-10:00 Firming DVD 10:00-11:00 Beginner Excel 10:15-10:35 1 Mile Walk DVD 11:00-12:00 Inter. Tai Chi	10 9:00-9:50 Older/Wiser DVD 10:30-11:20 Easy Does It DVD 11:30-12:00 2 Mile Walk DVD 1:00-4:30 Poker 1:30-3:00 Genealogy	
13 8:30-9:30 Stretch & Flex Begins 9:30-11:00 Drop-in One Stroke 10:00-11:30 Beginner Word 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 3:45 COA Board Meeting	14 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex Begins 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone Begins 11:00-12:00 Beg. Tai Chi Begins 12:30-3:00 Board & Tile Games	15 Vote Today! 8:30-9:30 Cardio Flex Begins 9:00-10:30 Watercolor Begins 10:00 Quilting 12:15-1:00 Fall Prevention 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:00 Beginner Excel 11:00-12:00 Inter. Tai Chi 1:00-2:00 Medicare Refresher	17 8:30-9:30 Cardio Flex 9:00 Continental Breakfast 9:45-10:45 Choral Grp. Begins 10:00-11:30 Computer Club 12:30-2:30 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages		
20 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-11:30 Beginner Word 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE 1:00-2:00 Book Club Meeting	21 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	22 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00 Quilting 10:15 Sherborn Inn Trip 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	23 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:00 Intermediate Excel 11:00-12:00 Inter. Tai Chi 2:00-3:00 Eye Care Talk	24 8:30-9:30 Cardio Flex 9:45-10:45 Choral Group 12:30-2:25 Movie 1:00-4:30 Poker 25 9:00-11:30 Hazardous Waste/Sharps Collection Day		
26 12:00 Rotary BBQ 27 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 1:00-2:00 Radio Host Talk	28 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 12:30-2:00 Software Program	29 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 2:30-4:30 Bridge Lessons Begin	30 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:00 Intermediate Excel 11:00-12:00 Inter. Tai Chi 12:30-2:00 Life Stories	October 1 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-3:00 Driving Skills 1:00-4:30 Poker		



Acton Food Pantry Drive Continues

Our drive this month will be focused on **juices**. Bottled and canned juices and individual sized juice boxes are always in short supply. Please be careful to donate non-expired foods. Thank you, every donation helps. The collection box is in our dining room. If your family or neighborhood would like to run a food drive, please contact the Food Pantry directly at 978-635-9295.

Food Pantry will be closed on the 4th Wednesday of every month.

Save the Date: ArtMatters is offering a series on American Art on October 14th, 21st, and 28th. Watch for details in the next newsletter.

Phone Numbers for all town departments are in the process of being changed. The old phone number still works but please begin using the new numbers.

COA	978-929-6652
Memorial Library	978-929-6655
Nursing Dept.	978-929-6650
Town Clerk	978-929-6620

FROM THE FRIENDS OF THE COA

A warm welcome from the Friends of the Acton Council on Aging to those receiving the Acton Senior Bulletin for the first time. You've also recently received a mailing from us with several enclosures we hope you will find useful. We especially urge you to complete and post the handy File of Life. We in Acton are fortunate to have a COA/Senior Center offering a wide variety of classes, programs and services designed to serve Acton's growing and diverse senior community. We hope you will take advantage of the many opportunities for learning, exercising, crafting, socializing or just sharing some well-earned "down time."

SHINE NEWS - Review all Medicare payment notices for errors. It will show what was billed, what it paid and what you owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have questions on a claim, discuss it with your physician, provider, or service provider.

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

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

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!

<p>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</p>	<p>ACTON COA BOARD MEMBERS Barbara Tallone, Chair Charlie Aaronson, Vice Chair Stephen Baran Pat Ellis Jim Papachristos Sally Thompson Paul Turner Barbara Willson</p> <p style="text-align: center;">Acton COA Board will meet again in September 13th at 3:45.</p>
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