



Acton Senior Center Newsletter

SEPTEMBER 2020



The Council on Aging at the Senior Center is located at 30 Sudbury Road Rear.
Telephone: 978-929-6652. Email: seniorcenter@actonma.gov
Website www.actoncoa.com Facebook <https://www.facebook.com/actoncoa>



As the year moves into Fall we invite our town's "new" seniors to see what the Senior Center and Council on Aging has to offer. Even during these times we have many of our regular

programs and presenters – such as Sivan Etedgee at the piano, talks on current affairs, our history of music continues with jazz in the 50s, we begin a new digital photography course, all available via Zoom. Highlights this month also include an afternoon of Harp Music with Rebecca Swett and a Drive-Thru ice cream give away in collaboration with the Acton Boxborough United Way. Exercise classes, regular yoga and laughter yoga continues too via Acton TV, YouTube or Zoom. Chess and the Computer Club continue to meet regularly over the internet. Help is available for those getting to grips with Zoom. Join us for a virtual Memory Café on Zoom (page 7).

SHINE Open Enrollment coming in October – see page 8.

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Drive-Through Ice Cream Event

Tuesday, September 22nd 2:00-3:00pm

Acton Seniors Only

Registration Required



Tuesday, September 22 is National Ice Cream Cone Day. September is also our 3rd Anniversary at 30 Sudbury Rd. To celebrate the Acton Boxborough United Way will be joining us for a Drive through Ice Cream event. Drive by the Senior Center between 2:00-2:30 to receive your free frozen treat and a few little goodies! Please sign up prior to the event at seniorcenter@actonma.gov

Director's Corner

The COA staff have been available via phone and email and will now be available for outdoor appointments as well. If you need to meet with one of the COA staff members in person, please contact us at 978-929-6652. We continue to expand the programs and services that the COA is offering virtually. This month we will be having Ask the Lawyer, Memory Café, Harp Music, Digital Photography and much, much more. Acton TV has been a wonderful resource during this time. Look for some of our programs on Acton TV. If you are struggling with technology, give us a call and we can pair you up with a student that will help guide you over the phone.

Stay well, Sharon

An Afternoon of Harp Music with Rebecca Swett via Zoom

Thursday, September 24th, 1:00-2:00



Join us for a live harp performance of light classical music and popular show tunes by Rebecca Swett via Zoom. Rebecca was a regular performer at the Senior Center and in the community before moving out-of-state. We are thrilled that she will be returning to us remotely! Please register for this program by emailing the Council on Aging at seniorcenter@actonma.gov. See “Virtual Programming” on page 2 for more information on using Zoom. *Rebecca Swett began studying the harp at the age of 10 and continued her studies at Boston University School of Music. She has performed in many solo, ensemble and symphony concerts, as well as extensive freelance engagements.*

Drive-Through Household Goods Donation Drive

Wednesday, September 30th, 1:00-3:00pm



Household Goods will have their van at 30 Sudbury Rd. to collect donations. We will be collecting smaller, gently used items (flatware, dishes, cooking utensils, pots, pans, towels, sheets, blankets and lamps) So clean out your closets, put your items in your trunk, and drive through. Volunteers and staff will remove items for your vehicle. Household Goods is accepting larger items by appointment only at their site 978-635-1710 x 4.



Bringing our Programs into your home

Virtual Programming

All Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Some programs, particularly fitness and movement classes, are available on ActonTV's cable and YouTube channels.

Each program description will indicate how to participate. If a program is being offered through Zoom, please note whether you need to register to receive the Zoom link or if you can view the COA website to obtain the link.

To register for a Zoom-based program, email the Council on Aging at seniorcenter@actonma.gov. You will receive an email with the Zoom link by the morning of the scheduled program. If you do not receive the email, please check your email spam folder or call the Council on Aging at 978-929-6652 for assistance. You can request the call-in audio information if you are going to attend via house or regular cell phone. If the Zoom program does not require registration, you can find the link on the day of the program under “Special Announcements” on our website www.actoncoa.com.

You do not need to have a Zoom account to attend a meeting. You can use a computer, smartphone or tablet. Some computers do not have cameras and microphones, so in that case you will be able to view/listen to the meeting but not be seen or heard. To just listen to a meeting, you can dial in using a house phone or regular cell phone. If you have not used Zoom, you can view tutorials on the company's website www.zoom.com and click on “support” tab. There are many how-to videos on YouTube including this one on how to get on a Zoom call for the first time:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>. You can learn how to unmute yourself, allow yourself to be viewed to all other attendees via video, and how to change to speaker view so that the person running a class or giving a lecture will take up the largest amount of space on your screen.

Some seniors are not receiving emails from the Council on Aging. The common denominator is they are Verizon accounts (or Verizon owned AOL and Yahoo). Some seniors found the emails were in their spam folders. If you are finding this to be the case for you, you can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to the Verizon support <https://www.verizon.com/support/knowledge-base-200868/>. Contact Verizon customer service if you need further assistance or attend the next COA Computer Club.



Java with John, Most Fridays at 10:00am www.youtube.com/actontv1 and Acton Radio WAEM 94.9 FM. The show will be aired later on ActonTV. Join the Town Manager, the COA Director and guests, as they give updates and answer questions. Check the website under 'special announcements' for up to date broadcast information. Questions can be emailed ahead of time to manager@actonma.gov Check for an up to date schedule on the website.



Share Your Fall Garden and Décor Photos with Us!

We've really enjoyed sharing photos of seniors' gardens, creative projects and pets on our Facebook page (@actoncoa)! Please share your fall-themed photos, past or present, of gardens, décor, foliage, etc. Please email your photo to seniorcenter@actonma.gov. Only your first name and first letter of last name will be published.



Declaring a Climate Emergency in Acton: A Better Future Starting Now Webinar *Thursday September 3rd, 1:00pm*

At the Acton Special Town Meeting in early September, the Acton Climate Coalition is proposing a Resolution— Declaring a Climate Emergency: A Better Future Starting Now. To learn what a climate emergency would mean and why this is being proposed, sign up for this webinar via Zoom by emailing the COA at seniorcenter@actonma.gov. You can also learn more at www.actonclimatecoalition.org or contact ActonClimateCoalition@gmail.com for more information.



History of 1950s Music: Jazz via Zoom

Wednesday, September 9th, 1:00-2:00

Join John Clark in this multimedia presentation that begins with the tail-end of the 1940s that marked the death of big bands, the beginnings of be-bop and the start of cool jazz. The fifties birthed and developed a variety of jazz subgenres and Miles Davis was a catalytic figure for many of them (bandleader for landmark *Birth of the Cool*). Important musicians from the cool school were Gerry Mulligan, Dave Brubeck and the Modern Jazz Quartet. In addition to Miles, the hard boppers included Sonny Rollins, Clifford Brown, Horace Silver and Cannonball Adderly. *Kind of Blue*'s modal jazz (Miles again!) was the decade's best-selling album and helped launch the solo career of John Coltrane. Thelonious Monk and Charles Mingus almost defied categorization and Ornette Coleman's free jazz challenged everyone. All in all, a fascinating decade for jazz! Please register for this program by emailing the COA at seniorcenter@actonma.gov . For more information on registering, see "Virtual Programming" description on page 2. *Prior to a career as a high school and adult education teacher, John Clark worked in music publishing in Nashville. He enjoys sharing his passion for music with senior centers and senior residences.*



Computer Club via Zoom

Wednesdays, September 9th and 23rd, 1:30-3:00pm

Bring your computer and hardware questions, problems and related issues to meetings via the Zoom platform. This is a club with no formally planned instruction. Several regulars are willing to share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. Regular attendees will receive an email with Zoom meeting information which will also be published on our website under "Special Announcements" prior to each meeting. See "Virtual Programming" on page 2 for more information on using Zoom.

Taking Better Pictures with Your Digital Camera Class via Zoom

Acton Seniors Only

Wednesdays, September 16th through October 14th, 1:00-2:30

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from professional photographer Steve McGrath in this seminar for beginners. Have your charged camera with you for each class. You will learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Students are encouraged to have one or two sample photographs of your previous efforts to share with other students! Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on registering, see "Virtual Programming" description on page 2. *Steve McGrath is professional freelance photographer and photography teacher who has been creating images for 20 years. Steve first began by shooting local sports photography, then weddings, then stock agencies. His love of the outdoors led him to focus on his true passion of "nature photography." Many of his images have been published in school text books.*



At the Piano with Sivan Etedgee Live via Zoom!

Thursday, September 17th, 2:00-3:00pm

Sivan Etedgee will play and discuss favorite compositions by classical composers live from his home studio. Many of you are familiar with Sivan's popular classical music presentations, and this program will be a blend of lecture and performance with emphasis on the latter. There will be time for questions. Please register for this program by emailing the COA at



seniorcenter@actonma.gov. For more information on registering, see "Virtual Programming" description on page 2. A recording of this program will be shown through ActonTV at a later date. *Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year and is a faculty member at the Newton Music Academy. His series at the Senior Center are always received with enthusiasm!*

The July Acton COA program, "At the Piano with Sivan," is now available on ActonTV's cable and YouTube channels. You can watch here [Sivan Etedgee](#). The subject of this program is Classical Music Inspired by Dance. Sivan's August program will also be shown on ActonTV, so stay tuned!

Chess Classes with Ken LeBow via Zoom

Thursdays, continuing with an end date to be determined; see class meeting times below

Instructor Ken LeBow offers two levels of virtual chess classes via Zoom. Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Classes started in July but you can still register by emailing the Acton Council on Aging at seniorcenter@actonma.gov and include the level of class, your email address, and phone number. We will email you the Zoom link. If you are unsure which level class you should take, please call or email the COA and Ken will get back to you to discuss.



Advanced Beginner Chess Class 12:30-1:45pm

Suitable for people who know the basics of chess, such as how the pieces move and the concepts of check and checkmate.

Intermediate Chess Class 2:00-3:30pm (note extended time)

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you.



Ask the Lawyer with Cathleen Summers, Elder Law Attorney Acton Seniors Only
Thursday September 24th, 1:00-3:00pm

Call the senior center on **978 929 6652** from **1:00pm Tuesday September 8th** to register for a 20 minute telephone consultation. Cathleen will call the client at your allocated time on September 24th and discuss any issues in confidence. Time is strictly limited to 20 minutes. If you need longer we suggest you make a separate appointment with Cathleen to follow up.

Watercolor Class for All with Sandy Wilensky

Wednesdays, through September 16th, 9:00-11:00 am

Watercolor class concludes this month and is closed to new students.



Senior Golf, Quail Ridge Country Club is open with restrictions. Unfortunately, one of these restrictions is that we are not allowed to organize group gatherings. Please Call Marc at Quail Ridge directly to reserve a tee time and for senior rates at 978-264-0399 ext. 0.

If you missed the recent presentation with John Paul of AAA, "**It's Uber Easy To Get a Lyft**," you can watch through ActonTV: [Uber Easy with AAA](#)

COA Board Meeting

Tuesday, September 8th at 10:00am zoom link : <https://zoom.us/j/94258881200>

Via Telephone: (646) 876-9923 and enter Webinar ID: 942-5888-1200

Friends of Acton COA will be meeting Monday, September 14th at 1:00pm via zoom. Contact us or a member of the Friends for the link or call in number. www.friendsofactoncoa.com

Mind, Body and Spirit

Terri's Tips Tuesday Tips at 10:00 on Zoom

Tuesdays, September 1st, 8th, 15th, 22nd, 29th, 10:00 am

Fitness instructor Terri Zaborowski hosts a weekly live chat via Zoom. This is a great way to get some inspiration and encouragement concerning fitness and wellness, while seeing friendly faces. Topics have included hand exercises, stretching, exercises for arthritis and fibromyalgia, nutrition and hydration, myths about seniors and fitness. Check "Special Announcements" on the COA homepage, www.actoncoa.com, for the meeting link (which changes each week). See "Virtual Programming" on page 2 for more information on using Zoom.



Laugh For Your Health with Susan Phillips via Zoom!

Thursdays, Sept. 3rd, 10th, 17th, 24th, October 1st, 11:00-11:45 am

Time to shed some stress and get refreshed! Group focus is on cultivating joy, ease, and warm connection — through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Many health benefits are derived from laughter yoga, including increased energy and alertness, mood elevation, stress relief, positive connections with others, and boosting the immune system. Please email the COA at seniorcenter@actonma.gov to register for this program and we will send you the Zoom link, which will be recurring. For more information on participating in programs via Zoom, see "Virtual Programming" description on page 2. *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience, connection, and collaboration.*



Presentation & Discussion on Loneliness & Social Isolation via Zoom Open to All Monday, September 14th, 11:00am



Chances are, you have felt lonely at some point in your life, even if you are a very social person. Loneliness can increase as you age due to factors such as losing friends and loved ones, losing connections such as those you have while working, and having more health concerns that make socializing more difficult. For seniors, loneliness and social isolation can be ongoing concerns. However, seniors can stay connected and feel connected. Join us to learn about

loneliness and ways to mitigate this public health concern for yourself, as well as resources for staying social and healthy during the time of the pandemic. Presented by Carolyn Melbye, LMHC. Please register for this program by emailing the COA at seniorcenter@actonma.gov For the zoom link and more details click [here](#).



Virtual Exercise Classes

The “Senior Center at Home” playlist on ActonTV’s YouTube channel, has exercise and movement class options, search Acton TV on YouTube. Check out the class schedule on your television or at

<http://actontv.org/on-demand/schedules/public>. Our yoga instructor Patsy has been kind enough to share 2 videos with us, one is an hour and twenty minutes and is similar to her Acton class. The other is 45 minutes yoga vidra, which is for deep relaxation. [Click here](#). Please note that of Terri’s classes active Aging on the TV schedule is the same video as Terri’s Chair Exercise on the YouTube playlist.

Acton TV (correct at time of going to press.) Comcast 8 and Verizon 45. Videos are available on demand at www.actontv.org and www.youtube.com/actontv1 look for Acton Senior Center at Home playlist. Check schedule at <http://actontv.org/on-demand/schedules/public>

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Senior Fitness	Line Dancing 2	Senior Fitness	Line Dancing 1	Active Aging
10:00am	Nouvon Fitness	Chair Exercise with Mary	Nouvon Fitness	10:15 Chair Exercise with Mary	Nouvon Fitness
11:00am	Active Aging	Active Aging	Active Aging	Active Aging	Active Aging
12:00pm			Gentle Yoga		Gentle Yoga
2:00pm	Line Dancing 1	Yoga	Chair Exercise with Mary	Yoga	Line Dancing 2

*Line Dance 1 = Beginner (level 1+2 dances), 2 – Beginner (level 1-3 dances),
Acton TV playlist:-Line Dance 3 - Beginner (level 1-3), Line Dance 4 - Upper Beginner/Low Intermediate (L3-6)*

Virtual Memory Café via Zoom

Friday, September 11th, 11:00-12:00noon

We are back, thanks to technology! As we continue to navigate through the very new and challenging times of "our new normal" we invite you to participate in our September Memory Café via Zoom. We are excited to get together to share our stories and experiences from the last few months. New member are always welcome. Contact the Senior Center and provide us with an email address. The meeting invitation will come directly to the given email address with instructions to connect to the Zoom Memory Café. This program is offered in collaboration with Concord Park. See page 2 for how to participate in virtual programs.



Memory Café, offering help and support for those suffering memory loss and their care givers, including information on virtual Memory Cafés.

Memory Café <https://www.memorycafedirectory.com/cafes-connect/>

The Dementia Society www.dementiasociety.org



Aging & Memory Loss Road Map Educational Webinars

Are you or a loved one concerned about memory loss or dementia? Has someone you know recently been diagnosed with dementia? Do you know that you can participate in a clinical research trial? The public is invited to the virtual webinar series *Aging & Memory Loss Road Map Education*.

One meeting remains, featuring speakers from Brigham and Women's Hospital and Harvard Medical School, Tuesday, September 22 at noon: Road Map to Prevention.

Co-sponsored by Massachusetts Alzheimer's Disease Research Center and the Global Alzheimer's Platform Foundation. Please sign up at <https://bit.ly/RoadMapSeries> or contact ncoppelman@bwh.harvard.edu or (617) 278-0383 with questions.



Thank you to.....

Friends of the Acton COA sponsoring our Shredding Event

VSO James MacRae for cooking brunch

John and Nichola Collins for their donation to the COA gift fund in memory of Ray Reeves

And as ever, to all our fabulous volunteers!

Students reaching out to Seniors



Need assistance with Zoom or just someone new to talk to? We have a wonderful group of students that would like to connect with you. They can help you with Zoom or other IT issues over the phone, share life stories as pen pals, chat with you over the phone or via Zoom. Times have been lonely and difficult for everyone; why not connect with someone who could benefit from the contact as much as you can? Please call us at 978-929-6652 if you are interested and we will match you with a student.

Never give out personal or financial information over the phone or at the door. If you are in any doubt call the police non-emergency number on 978-929-7711. Never click on a link in an email which you suspect is fraudulent.

The COA does not endorse any private company or their services.

Please be an informed consumer.



Minuteman Senior Services Regional SHINE Program Open Enrollment

Are you thinking about changing your Medicare Advantage or Medigap Supplement Plan? Are your prescription costs unaffordable? Do you want to learn about Medicare Savings Programs for income eligible beneficiaries? Annual Medicare Open Enrollment October 15th, 2020 – December 7th, 2020 is the best time of year to compare plans, costs and new benefits. Please call **978-929-6652** to talk to Beverley regarding scheduling a telephone SHINE counseling session. Due to COVID19 there will be no in person SHINE counseling this season.

SHINE is a free service of Minuteman Senior Services and partially funded by the Federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.



The Senior Handy Helper program is currently suspended.

facebook



Acton Council on
Aging/Senior
Center
@actoncoa

Follow the Acton Council on Aging/Senior Center on Facebook! Get the latest information on programs and services, plus tips, photographs, aging related information and more. Find us by searching for @actoncoa on Facebook. If you follow or like our page, our posts will show in your News Feed.

**YOUR
VOTE
COUNTS**

Early Voting and Mail-In Voting for November

Information can be obtained from the Town Clerk at the Town Hall for submitting a mail-in ballot and the early voting deadlines.

<https://www.actonma.gov/598/Elections-Voting>

The Aging Together Study at UMass Boston is looking for senior children (aged 65+) of parents (aged 90+) with dementia. We want to learn what your relationship with your parent is like, what challenges you may face, and what types of support you may need. We are also interested in how COVID-19 may be impacting your family, and how you are navigating the current challenges. This is a one-time, approximately 90 minute interview that will be conducted remotely via method of your choice (phone or video calls). You will receive \$40 as a thank you. If you are interested in participating, please call our study team at 617-901-1082 or email us at agingtogether@umb.edu. We look forward to talking to you!





Food Assistance

Information correct at time of going to print

“Grab and Go” Lunches from the Senior Center

In lieu of congregate lunches, Minuteman Senior Services has been providing daily lunches Monday through Friday for pick up, 11:30-12:30pm at the Senior Center.

Additional menu options are available. For menu or to reserve a lunch please call at least 24 hours in advance at 781-221-7085. A \$2 donation is requested.

To register for Meals on Wheels call Information & Referrals at Minuteman Services on 781-221-7064.

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough.

Call 978-635-9295 or check their website www.actonfoodpantry.org

Distribution Schedule 10am-7pm Wednesday & 9:30am-11:30am Thursdays

as a DRIVE THRU PANTRY ONLY. During this time you do not need to be a registered client of Acton Food Pantry, They will provide food to anyone in need. CLOSED WEEK OF 4th WEDNESDAY EVERY MONTH. Donations always welcome – call to arrange drop off.

Acton Community Supper and Food Pantry



Helping Feed our Neighbors since 1984

Mount Calvary Community Supper, 472 Massachusetts Ave, Wednesdays, 5:00-6:00 pm.

Meals - available Wednesday 5:00 to 6:00pm (no exceptions) or until they run out

Pickup - Drive up to the back entrance in the parking lot. Your meal will be brought to you at your car. Information regarding any changes check www.mtcalvaryacton.org or facebook.com/CommunitySupperofActonMA



Open Table, Maynard , 33 Main Street Maynard, MA call 978-369-2275 or check website

www.opentable.org for “Drive-Thru” pantry information. Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited 5:00-6:30pm.

SNAP – Supplemental Nutrition Assistance Program call Bev for information. 978-929-6652.

Check balance and monthly SNAP benefit amount by:

Calling the DTA Assistance Line @ 877-382-2363. Enter your SSN/year of birth to hear an automated message with your monthly SNAP amount or visit DTAConnect.com



AB Regional School District – As the school brings students back to school the program will continue in the form of bagged ingredients for home cooking distributed on a Wednesday afternoon. Please contact the COA for further information.



The **COA Board** hopes that you have enjoyed the summer weather and that you are in good health.

As September arrives and the start of the Acton school year, we'd like to remind everyone to continue to be cautious whenever you may be around children, and families with children, who attend classes at school.

Wishing you a healthy end of summer and look forward to joining you in the many online activities available from the Acton Council on Aging.



Essential Assistance

SHINE (Serving the Health Insurance Needs of Everyone) at the Senior Center



- ✓ Are you turning 65 and want information about Medicare?
- ✓ Are you 65 and losing employer group health insurance due to a recent job loss?
- ✓ Are you disabled and under age 65 covered by Medicare with questions?
- ✓ Are you a Medicare beneficiary and concerned about prescriptions costs, medical billing and co-payments?
- ✓ Are you living on a fixed income and having difficulties keeping pace with living costs, food, and healthcare costs

If you answered yes to any of these questions, the SHINE program is here to help! For no-cost, confidential counseling call Minuteman Senior Services SHINE line at 781-221-7029 or email: SHINE@minutemansenior.org -- most questions can be answered over the phone, information can be emailed or mailed to your home and, when necessary, remote counseling can be arranged.

SEE PAGE 8 FOR OPEN ENROLLMENT DETAILS

Social Security Administration (SSA)

During the current coronavirus pandemic, SSA continues to provide help.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA remains ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Waltham Social Security office Number 1-877-457-1737 or their National Number 1-800-772-1213. They provide local office phone numbers conveniently online with their Social Security Office Locator.

www.ssa.gov also wants you to know they have many secure and convenient online services to:

- Apply for Retirement, Disability, and Medicare benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. That's why they want you to know you can still count on them by phone. And, if you have a critical situation they cannot help you with by phone or online, they may be able to schedule an appointment for you. If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need. Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.

SMOC, Fuel Assistance – Residents that received fuel assistance last year will be receiving their re-application for this coming year in the mail soon. Do not throw it out if you plan on re-applying. Contact the Senior Center if you need assistance completing this. New applicants will be able to apply in the fall. Watch this newsletter for more information.

Senior Citizen Water Bill Discount Policy - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors (65+) having low-to-moderate incomes to a reduction in their bill, Call the Town Assessor's Office at 978-929-6621 the Water District at 978-263-9107.



Acton Boxborough United Way is providing much needed assistance at this time after very generous donations have made it possible for them to help those in financial need, go to www.abuw.org for more information and eligibility criteria or call the COA on 978-929-6652, or if you would like to donate.



Help Line Numbers to call:
Alzheimer's Association Helpline 1-800-272-3900,
Samaritans 1-800-273-8255,
National Domestic Violence Hotline 1-800-799-7233
Grief Counselling 978-774-5100



Minuteman Senior Services, our State Home Care, provides a variety of services including:
Care Management - In home assessment and support activities of daily living and Meals on Wheels. Minuteman Senior Services can be reached at (781)-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

Minuteman's new LGBTQ+ Caregiver Support Group began this summer. Join (virtually) to share experiences, challenges and solutions. Space is limited. To register or with questions, contact us at (781) 221-7055 or A.Fieleke@MinutemanSenior.org. Thank you to Foundation for MetroWest for supporting this initiative!



Together with Emerson Hospital, we are launching a virtual caregiver support group for family and friends caring for older adults. Space is limited. To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org.



Veteran Services Officer for Acton and Boxborough, James MacRae would like to remind veterans and surviving spouses that there are benefits that you may be entitled to, including healthcare. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat about your needs.

Dial-A-Lawyer: Free Legal Advice by Phone for Elders

The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience.

On the first Wednesday of every month, from 5:30-7:30pm, attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

The Massachusetts Senior Legal Helpline - (800) 342-5297

The helpline is a project of the Volunteer Lawyers Project of Boston. It provides free legal information and referral services to Massachusetts residents who are 60 years or older. The helpline is open Monday through Friday 9:00am-12:00pm.

<http://www.esbci.org/pdfs/MA%20Legal%20Svs%20Helpline%20Brochure.pdf>

SEE PAGE 15 for more information from the Massachusetts Bar, Elder Law Division

Ask the Lawyer – see page 4 for arranging a 20 minute telephone appointment to talk confidentially with a local elder affairs lawyer, arranged through the COA.

This may answer some questions you may have - Generations Law Group, P.C., presents a webinar with Nurse-Attorney Cathleen Summers who discusses how to effectively advocate for a loved one who is hospitalized during the covid-19 crisis. Cathleen covers the basics from what estate planning documents should be in place and how to know what your loved one's wishes are, to more in depth information regarding effective communication with health care providers, and managing your loved one's discharge from the hospital. <https://youtu.be/WRgNYgy-UUk>



ACTON TOWN SERVICES HOTLINE

978-929-6619

Speak to a town employee with questions you may have on the impact to services.

Walk up window service is available at the Town Hall, for Land Use and the Collector's Office, Mon – Thurs, 10:00-Noon.

Pay your town bills on-line, and request and pay for permits. Information can also be found on the Town website www.actonma.gov

The Town of Acton Radio is broadcasting on WAEM 94.9 FM.

Acton TV is broadcasting on Channels Comcast 8 & Verizon 45 Facebook live www.facebook.com/ActonTV , Youtube www.youtube/actovtv1 and www.actontv.org



Acton Nursing Services

Podiatry Clinics

Appointments will be scheduled for Thursdays, September 3rd and 17th.

Acton Seniors Only.

Call 978-929-6650, we will start booking on Monday, September 1st at 1:00pm.

Podiatry Clinic times will now be scheduled 15 minutes apart to give time to clean the room between visits. Patients should call from the parking lot when they arrive and someone will come to escort them in once the appointment prior has exited the building. See additional guidelines below.



For all attendees of appointments and classes the following guidelines will be strictly adhered to:

1. Reminder calls will include a symptom check to include symptoms of COVID-19, travel and not limited to close contact of positive COVID-19 cases in the two weeks prior to your appointment. Appointment can be cancelled based on these answers.
2. Any signs of fever, cough, shortness of breath, body aches etc. should be reported to ANS before coming to the building for your appointment.
3. ANS will ask questions related to symptoms, travel, risks of close contacts with COVID-19 and take temperatures before you are escorted into the building.
4. The client shall wear a face covering while in the building and during treatment, if this is difficult for you please discuss when booking an appointment.
5. Please follow the guidelines in place by MDPH to help reduce the spread of COVID-19 including hand washing, social distancing of 6' and face coverings when social distancing cannot be achieved.

Thank you for your understanding to the changes during this difficult time and we look forward to seeing you all again soon!!

Recreation Department

Nara Park is currently open, including the beach. Please observe social distancing and follow the directions of the staff, and posted guidelines. Any enquiries contact recreation@actonma.gov

**ACTON'S SPECIAL TOWN MEETING
WILL TAKE PLACE ON MONDAY, SEPTEMBER 8th
AT 6PM AT THE ACTON-BOXBOROUGH HIGH SCHOOL.
THE WARRANT MAY BE FOUND AT <https://www.acton-ma.gov/ArchiveCenter/ViewFile/Item/13471>**

Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), are suspended until further notice.

- Door-to-door services remain in operation, for essential trips (urgent medical appointments, groceries, etc) however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling 978-844-6809 during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone on 978-929-6513 or email acyganiewicz@actonma.gov.



Acton Memorial Library Service Update

Acton Memorial Library remains closed to the public, but we are offering curbside contactless pick up for library materials. The outdoor book drop is open for returns. Returned items will be quarantined and may remain on your account for up to 7 days. We are unable to take book donations at this time.

You can request library materials by searching the catalog at <http://find.minlib.net>

If you need help or would like suggestions on what to read you can contact the Reference Department at 978-929-6543 or email reference@actonma.gov

Once your materials are ready for pick up you can make a contactless curbside appointment by going to www.actonmemoriallibrary.org or calling 978-929-6655 option 2 between 10:30am - 5:30pm Monday - Friday and 10:30am - 1:30pm on Saturdays. Please note there are 482 appointment slots per week and they can fill up quickly. In July almost 10,000 materials were picked up this way!

When you come to pick up your materials at your designated time they will be located on a table in front of the library's main doors. Look for a bag with the last 4 digits of your library card number and the first 4 letters of your last name.

West Acton Citizens' Library is also offering a curb side and delivery service – call 978-929-6654 or visit www.actoncitizenslibrary.org

Volunteers Sought for Town Boards & Committees



Do you want to get involved in making Acton a better place to live? There are more than 40 boards and committees in town run by volunteers, and many of them are in need of new members. This is your chance to make a difference! There are both Ad Hoc and Ongoing Committee slots available. Examples include the *ANS Advisory Committee, the Senior/Disabled*

Taxation Aid Committee, the Historic District Commission, the Dog Park Committee, and the Recreation Commission. There is sure to be a board that can use your knowledge and skills. For a list of openings, please visit <https://actonma.gov/jobs.aspx>. There is no better way to give back to your community than volunteering. Applications may be filed online from the town's website at <http://www.actonma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

Important Information from the Massachusetts RMV

Currently the RMV are extending renewals dates for licenses and have postponed the deadline for a RealID to next year. For more details go to <https://www.mass.gov/orgs/massachusetts-registry-of-motor-vehicles>



REGISTRY OF MOTOR VEHICLES

August Drive-Thru Events!!



On Thursday, August 13th we hosted a very popular event allowing seniors to dispose of up to 3 grocery bags of paperwork with our on-site shredding truck. Thank you to the National Honors Students for helping out!

Drive-Thru Brunch cooked by our Veterans Services Officer James MacRae, on Monday August 17th.



ACTON COA STAFF		ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director		Ellen Feinsand Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager		Lori Cooney, Sec.	Jacquie Friedman
Chris Chirokas, Program Manager		Jeff Bergart	Chunsheng (Bill) Fu
Beverley Hutchings, Senior Services Coordinator		Michael Chautin	Bonnie Lobel
Bernice Nicoll, Activities Assistant		Ann Corcoran	Niru Velankar
Fiona Starr, Staff Assistant		COA Friends, Monday Sept. 14th, 1:00pm Zoom	
Terri Zaborowski, Exercise Instructor		COA Board, Tuesday, Sept 8th, 10:00am Zoom	

A Note to Newsletter Subscribers



The September newsletter goes out to our annually revised mailing list. We create the mailing list from the Town Census records. If you turn 60 this year this is why you are now receiving it. Welcome! If you do not wish to receive a copy or would rather read the newsletter on line,

PLEASE LET US KNOW. If your name was not on the most recent town census you may not be included on the new mailing list – we will happily reinstate you if you can let us know. Newsletters which are returned as addressees are ‘temporarily away’ for 3 consecutive months are also removed from the mailing list – be sure to let us know if you are going away for an extended time, so we can put a temporary hold on your delivery. If you have recently subscribed to receive the newsletter through the civicplus alert and do not want a paper copy, again just let us know. We are very happy if people “go green”. Viewing the newsletter electronically has many other benefits – you have easy click links and can view it in full color. The newsletter online can also be updated to include extra information or changes in schedules. Check it out, <https://www.actoncoa.com>. Subscribe on the website and be first to get the news!

We are no longer adding virtual engagement programs to the newsletter. If you wish to explore those options further you can find the list that we had in our on-line newsletter archive.

<https://actoncoa.com/202/Newsletter-Archive>

Stop Press! News from the Massachusetts Bar Association

We are proud to announce that the 2020 edition of the Elder Law Education Guide ("Guide"), the Massachusetts Bar Association's 11th Annual resource guide on a wide range of legal issues affecting the lives of older adults, is now available for FREE at www.massbar.org/elderlaw. New for this year is the inclusion of a COVID-19 Checklist, which offers important recommendations on the forms and decisions older adults should have ready in case they are sidelined with COVID-19 or any other potentially serious illness.

This 2020 Guide, which was produced with the generous assistance and continued collaboration of the Massachusetts Chapter of the National Academy of Elder Law Attorneys, is available for you as a resource to post on your website and/or include in your newsletter or other constituent communications. You may also wish to share the companion podcast, "[COVID-19 Checklist for Older Adults](#)," a 22-minute episode featuring members of the Massachusetts Bar Association's Elder Law Advisory Committee, which highlights some of the most important takeaways from the COVID-19 Checklist.

Mon	Tue	Wed	Thu	Fri
31 August Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	1 SEPTEMBER COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	2 COA via Zoom: 9:00-11:00 Watercolor Class Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	3 COA via Zoom: 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 1:00 Climate Change Webinar 2:00 Intermediate Level Chess lessons Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	4 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
7 LABOR DAY Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	8 COA via Zoom: 10:00 Tuesday Tips with Terri 10:00 COA Board Meeting Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	9 COA via Zoom: 9:00-11:00 Watercolor Class 1:00 50s Jazz 1:30- 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	10 COA via Zoom: 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 2:00 Intermediate Level Chess lessons Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	11 COA via Zoom 11:00 Virtual Memory Cafe YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
14 COA via Zoom: 11:00 Combatting Loneliness 1:00 COA Friends Meeting Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	15 COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	16 COA via Zoom: 9:00-11:00 Watercolor Class 1:00 Digital Photography Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	17 COA via Zoom: 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 2:00 Intermediate Level Chess lessons 2:00 Sivan Etedgee "At the Piano" Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	18 YouTubeActon TV live: 10:00 Java with John* Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
21 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	22 2:00-3:00 DriveThru Ice Cream Registration Required. Acton Seniors only COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	23 COA via Zoom: 1:00 Digital Photography 1:30 - 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	24 Phone Appointments: Ask the Lawyer Acton Seniors Only COA via Zoom 11:00 Laughter Yoga 12:30 Advanced Beginner Chess lessons 2:00 Intermediate Level Chess lessons 1:00 Harp Music with Rebecca Swett Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	25 Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2

<p>28 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1</p>	<p>29 COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>30 1:00-3:00 DriveThru Household Goods Donations  COA via Zoom: 1:00 Digital Photography Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary</p>	<p>Schedule correct at going to press. Check Acton TV schedule at www.actontv.org Acton TV broadcasts on Comcast 8 and Verizon 45 For YouTube live broadcasts www.youtube.com/actontv1 *subject to change Contact the COA for information on Zoom links where stated, seniorcenter@actonma.gov</p> <p>Programs Supported by the Friends of the Acton Council on Aging: At the Piano with Sivan, the Harp Performance, Watercolor Class, Jazz of the 1950s, and Digital Photography Class.</p>
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Important messages from the Acton Police Department.

Detective Mike Eracleo of the Family services Division is hoping to make contact with residents this Fall surrounding mental health. If you are currently living with a family member who has been diagnosed with Alzheimer's, dementia, bipolar, autism, etc, please contact him at 978-929-7543 or meracleo@actonma.gov. The Acton Police Department has created a database which alerts officers when responding to your home for service. Having up to date photos of your loved ones, phone numbers on file, and places they may visit if they wander will reduce the time it takes to reunite with your loved ones.

There has been a dramatic increase in fraud concerning our senior citizens. The Acton PD encourage you to contact them on their non-emergency number **978-929-7711**, if you receive any unsolicited checks, calls requesting money (in various forms – gift cards etc), calls claiming to be from a lawyer acting for a family member, calls claiming to be from a 'tech support' agency, that you have been notified of being a winner of a lottery or contest you never entered, etc. The IRS and Social Security do NOT contact by phone, text or email. They do not insist on immediate payment and do not take payment by prepaid debit, Western Union or Green Dot cards. For further information call the Senior Center, or click [here](#) on the online copy of the newsletter for the full police statement. If you think you have been a victim of a crime or fraud immediately contact your credit card company, bank fraud department and inform them of unauthorized use or compromise. Have them freeze or close the account. You can check your credit report for any suspicious activity. Report identity theft to the Federal Trade Commission.



Annual 9/11 Tribute to our First Responders

Each year we take some time to thank Acton's First Responders on September 11th usually with a special luncheon. This year we are not able to have our annual event but want them to know we are grateful for all that they do for us. We are fortunate to have such amazing First Responders there when we need them the most.

Thank you.

Important information about COVID tracing

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. **Here's what to know if you get a call:**

- **A contact tracer may call** to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.
- **You may be asked to self-quarantine for 14 days.** This means staying home, monitoring your health, and maintaining social distance from others at all times.
- **You may be asked to monitor your health and watch for symptoms of COVID-19.** Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, **hang up and report it to us at 1-800-MEDICARE.**

Ending Loneliness and Building Community

AARP and many local organizations are collaborating to help you stay healthy and connected during this pandemic and beyond. The AARP Massachusetts Task Force to End Loneliness & Build Community is launching the #ReachOutMA campaign on Good Neighbor Day (September 28th). The Taskforce will be sharing information about how social isolation and loneliness affect your health, with tips for how to connect with older adults and community members of all ages. There will be an online summit on October 1, to share insights from community research done with support from The UMass Gerontology Institute. To learn more: www.aarp.org/ma. The AARP Foundation also has you covered on this topic at www.connect2affect.org.



A beautiful Senior Center sunset

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