



Acton Senior Center Newsletter

OCTOBER 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>



We All Fall Down: A Brief History of Plagues, Pestilence, and Pandemics Lecture by Paolo Di Gregorio via Zoom

Tuesday, October 20th, 2:00-3:00pm

Life in the 21st century has come to a virtual standstill due to a global pandemic, but this is not the first instance of disease impacting global civilization! In fact, throughout human history infectious diseases have impacted and shaped societies and cultures. Empires have fallen and civilizations have declined due to destructive epidemics and pandemics. This lecture will examine several of these episodes. Please email the COA at seniorcenter@actonma.gov to register for this program and you will receive the Zoom link by the morning of the presentation. See "Virtual Programming" on page 7 for more information on using Zoom. *G.A. Di Gregorio, the Artifactual Scholar, is an historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received!* If you missed the recent Acton COA's virtual lecture on the **History of Prohibition** by Paolo DiGregorio, you can watch it through ActonTV. Check the ActonTV cable listings or [watch](#) online at Acton TV's YouTube channel as part of the Acton Senior Center at Home series.



At the Piano with Sivan Etedgee Live via Zoom

Thursday, October 15th, 1:00-2:00 pm *Note earlier start time!*



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 7. 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: Classical Music inspired by Dance," is available to [watch](#) on ActonTV's cable and YouTube channels as part of the Acton Senior Center at Home series.

Director's Corner

The Senior Center is an empty shell without you in it. It is so strange not to have packed lectures, music echoing down the halls from exercise classes, people in the dining room and friendly faces walking through the doors. We miss you just as much as you miss coming here. Please know we are here for you. Do not hesitate to call if you have a question, a problem or just want someone to talk to. Try to focus on the positive and remember, this is all temporary.

Stay well, Sharon

This online copy of the newsletter has easy to click links.

Consider subscribing to the electronic newsletter if you do not already and be the first to know! Drop us a note to take you off the postal mailing list.

Like us on Facebook
www.facebook.com/actoncoa



Outdoor Social, Wednesday, October 7th, 1:00pm at NARA Park

We had to close our doors so quickly in March people didn't get the opportunity to exchange phone numbers to keep in touch. We would like to give you that opportunity now. Come to NARA Picnic Pavilion Wear your mask and safely connect with some of your Senior Center acquaintances.

History of 1950s Music: Rhythm and Blues Pt. 2 via Zoom

Thursday, October 8th, 1:00-2:00pm

Join John Clark in this multimedia presentation on Rhythm and Blues music of the 1950s. After John's first program on R&B participants asked for more! John uses images, music clips and videos to enhance his lectures. The very first R&B songs to rise to the upper reaches of the Pop market were romantic Doo-Wop songs like *Sh-Boom* and *Earth Angel* and the biggest smash of them all, *Why Do Fools Fall in Love?* Meanwhile down in New Orleans a whole different, raucous piano-based music emerged with hits by Huey "Piano" Smith (*Don't You Just Know It*), Lloyd Price (*Stagger Lee*) and the biggest R&B/Pop star of the decade, Fats Domino with *Blueberry Hill* and many others. The women made their mark in the 1950s as well, with Ruth Brown (*Lucky Lips*), LaVern Baker (*Jim Dandy*) and Dinah Washington providing the crossover hits. Finally, urban blues like Muddy Waters' *Hoochie Coochie Man*, Howlin' Wolf's *Smokestack Lightning*. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on registering, see "Virtual Programming" description on page 7. *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.*

Drive thru Lunch at the Senior Center provided by Benchmark Senior Living/Robbins Brook Tuesday October 20th, 12:00-12:30pm

Open to out-of-town seniors



Enjoy chicken parmesan, pasta with sauce, garden salad and apple crisp, boxed up and ready for you to take away. This meal is subsidized in part by Minuteman Senior Services.

A \$3 donation is requested. Please sign up by Tuesday, October 13th.

Drawing for All Class with Sandy Wilensky via Zoom

Tuesdays, October 13th to November 17th, 9:00-11:00 am.

Acton Seniors Only

REGISTRATION FOR THIS CLASS WILL OPEN VIA EMAIL AT 1:00PM MONDAY, OCTOBER 5th

All levels of experience are welcome to this drawing class using the Zoom platform!

Participants will build skill upon skill while experimenting with various drawing techniques and materials. Learning about line, shape, value, texture and perspective will be woven into the class instruction. Drawing subjects will include still life, landscape and the natural world with a focus on developing a style of one's own.

To register, please email the COA at seniorcenter@actonma.gov and include your full name and a phone number. The instructor will send you the Zoom link before the session begins. *Sandy had a career in education with experience teaching people from age 3 to 93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. She has recently been teaching classes in area senior centers and in her studio at ArtSpace Maynard.*



Contents	Page
Acton TV Exercise	6
Class Schedule	
Around Acton	20
Assistance: Food, Financial, Practical	8-11
Calendar of Programs	15-16
Memory Café	6
Mind, Body, Spirit	5
Program News	1-6
SHINE Open Enrollment Info	9
Town Departments	11-13
Transportation	11
Zoom Help	7

Ask the Realtor® Appointments via telephone

Wednesday, October 14th, 10:00-11:20am

Acton Seniors Only



Wondering about the current real estate market, rates or which renovations are worth doing prior to selling? Are you simply looking for good, reliable tradespeople? This month Heather Murphy, Realtor® with Keller Williams Realty and an Acton resident for over 30 years, is offering phone consultations. Please call the Council on Aging to sign up for a 20-minute one-on-one meeting, and make sure to leave the phone number you would like Heather to call on October 14th.

Home Organization for Seniors via Zoom

Thursday, October 22nd, 11:00-11:45am

Whether you want to de-clutter, downsize or have a troublesome spot in your home that needs order, you will be interested in this presentation by Michelle Kenney of The Lighter Home. Please email the COA at seniorcenter@actonma.gov to register for this program and you will receive the Zoom link by the morning of the presentation. See "Virtual Programming" on page 7 for more information on using Zoom. *Acton resident Michelle Kenney is founder of The Lighter Home, which assists clients with organizing, preparing for moves and staging their homes.*



Health Plan Options (for People with Medicare) Webinar with Blue Cross Blue Shield of Massachusetts

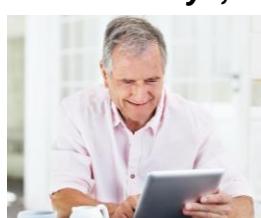
Wednesday, October 28th, 1:00-1:45pm



Making sure you chose the right Medicare options or the right coverage can be confusing! This seminar, led by a Blue Cross/Blue Shield of Massachusetts representative, explains your health insurance options, including the rules for Medicare, to aid you in making the right choices. It typically includes: an explanation of Medicare Parts A, B, and C, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans, such as HMOs and PPOs, and Medicare Part D prescription drug plans. The Medicare Open Enrollment period is October 15th - December 7th. To register go to the online newsletter at www.actoncoa.com to click on the following link <https://attendee.gotowebinar.com/register/1069763650399732492>. After registering, you will receive a confirmation email from BC/BS containing information about joining the webinar. For more health information from Blue Cross/Blue Shield visit <https://coverage.bluecrossma.com/>

Computer Club via Zoom

Wednesdays, October 14th and 28th, 1:30-3:00pm

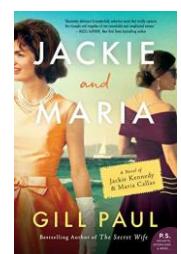


Bring your computer and hardware questions, problems and related issues to meetings via the Zoom platform. This is a club with no formally planned instruction. Several regulars share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, 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 7 for more information on using Zoom.

Book Discussion Group via Zoom

Wednesday, October 21st, 1:00-2:30pm

This month the COA's Book Discussion Group is returning via Zoom! Many thanks to Ann Kulsick for volunteering to facilitate this virtual gathering. The book this month is *Jackie and Maria* by Gill Paul, a novel about how the lives of Jackie Kennedy and Maria Callas overlap because of their relationships with Aristotle Onassis, the world's richest man. To place a hold on this title through the Acton Memorial Library, go to <https://find.minlib.net>. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov.



Chess Classes with Ken LeBow via Zoom

Thursdays, ongoing; 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 are underway but are still open to new students! To register, email 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 let us know and Ken will call 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

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

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.



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.

Subscribe to the newsletter on-line? Please let us know that you do not wish to receive the paper copy through the mail. It saves money and resources, seniorcenter@actonma.gov



Early Voting and Mail-In Ballots

To request a Vote By Mail ballot, go to [MA State voting](#) or [Acton Voting](#)

You can also track your ballot by using this ballot tracking link to make sure your ballot was accepted,



[Track my Ballot](#)

Deadline to register to vote for November 3rd Election is October 24th.

Deadline to apply for a postal ballot for November 3rd Election is October 28th, 5pm.

Early Voting will be available in person at the Town Hall, 472 Main St,

October 17th-October 30th Sat-Sun 9:00am-1:00pm, Mon-Fri 8:30am-5:00pm

Ballots can be submitted at the drop-box at the Town Hall

Any questions or to request a copy of any material if you do not have access to download, call the Town Clerk's Office on 978 929 6620 or email clerk@actonma.gov

Help from the AARP on identifying fact and fiction <https://learn.aarp.org/fact-or-fiction>



The 2020 Census. The deadline for completing the 2020 census has been extended to October 31st. Calls FROM the census will come from the number 844-809-7717 if you are one of the sample that they call to double check



The Senior Handy Helper program is currently suspended.

COA Board Meeting

Tuesday, October 13th 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, October 5th (due to Oct 12th holiday) 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

Mindfulness Meditation Classes with Liz Paley via Zoom

Tuesdays, October 6th, 13th, 20th, 27th, November 3rd & 10th, 10:00 am.

If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Liz Paley for this 6-week program. Liz is the former Health and Wellness Coordinator for the Acton Council on Aging, holds an MA in psychology, and completed the UMass Mindfulness Based Stress Reduction program. This program is offered as collaboration between the Acton Board of Health and the Council on Aging. Register directly [HERE](#). The COA is not managing the registration. Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process.



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

Tuesdays, October 6th, 13th, 20th, 27th, 10:00 am.

Fitness instructor Terri Zaborowski hosts a weekly live chat via Zoom which has received rave reviews! This is a great way to get some inspiration and encouragement concerning fitness and wellness, while seeing familiar faces. Topics have included hand exercises, stretching, balance for seniors, exercises for arthritis and fibromyalgia, nutrition and hydration, and 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 7 for information on using Zoom.

Laugh For Your Health with Susan Phillips via Zoom

Thursdays, October 1st, 8th, 15th, 22nd, and 29th, 11:00-11:45am

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. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, 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 7. *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.*



Get Active and become a Senior Trail Blazer!

A Few Short, Fun, Easy Trails

Fall is a great time to enjoy Acton's natural beauty. In a collaboration with Acton Council on Aging, Health and Natural Resource Divisions there is a 'senior approved' guide to 4 local trails. Try a walk with a friend or neighbor, or maybe meet someone new as you explore the short, fun and easy trails in Acton. All the trails are easy to get to and all have accessible parking spots. Click here on the online newsletter [Trail Blazers Fall 2020](#).



After your walks, you can share your experiences on the Council on Aging Facebook page. People who take all 4 walks will earn a Certificate from the Acton Health Division. Please send an email to sball@actonma.gov after completing your 4 walks. For a copy of the flier contact the COA.

Virtual Exercise Classes



Acton TV Schedule (* 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. 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.

	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, October 9th, 11:00-12:00noon



A Memory Café is a welcoming place for people with memory impairment and their care partners /caregivers. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. We invite you to participate in our Memory Café via Zoom. 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 7 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



United Church of Christ Congregational, Boxborough is offering a zoom webinar "Caring for Persons with Dementia" presented by Mal Allard on Saturday October 17th, 10:00-12noon. The program is free but donations are appreciated. To register for the link email boxborochurch@verizon.net. Any questions call 978-263-7387 (leave a message). Registration deadline is October 12th. For more resources click [here](#) on the online copy.

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.

Bringing our Programs into your home

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: [How to Zoom](#). 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](#). Contact Verizon customer service if you need further assistance or attend the next COA Computer Club.

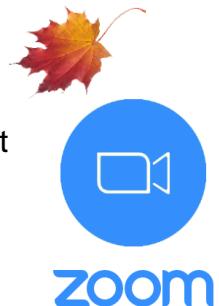
Thank you to.....



The United Way and Acton Boxborough Regional High School Honor Society for assisting with our drive through events.

to Sue Chase who has recently moved out of state. Sue has been a valued member of the Acton Senior Center community over the years...as a watercolor teacher, volunteer Tai Chi instructor, a member of the Friends of the Council on Aging and much more. You will be missed!!

And as ever, to all our fabulous volunteers!



Food Assistance

(Always check ahead as times may be liable to change)

“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 lunch [menu](#) or to reserve a lunch please call at least 24 hours in advance at 781-221-7085. A \$2 donation is requested. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org

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

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

Acton Community Supper and Food Pantry



Helping Feed our Neighbors since 1984

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.

Mount Calvary Community Supper, 472 Massachusetts Ave, Wednesdays, 5:00-6:00 pm or until run out. Time is changing to 4:00-5:00pm **starting 21st October**. (NOT 10/28 as stated in the mailed newsletter.) Please do not arrive earlier than 3:45pm to avoid the school traffic.

New procedure from October 21st. As we prepare for the cold months and the early darkening of the day, Supper will be transitioning into an early service. For the remainder of the Fall and Winter months we will be handing out meals at 4:00PM – 5:00PM from the walkway. There will be no tents in the middle of the driveway. We will have a new traffic pattern, so please follow our volunteers' directions.

Where: We will have a “drive-thru line” in the back driveway of Mt. Calvary Lutheran Church of Acton

When: 4PM to 5 PM throughout the winter months, from October 21st.

PLEASE REMEMBER, YOU MUST WEAR YOUR MASK at ALL TIMES WHEN IN THE DRIVEWAY!

Bring a box or bag to place your meals in your car to prevent spillage.

Information regarding any changes check www.mtcalvaryacton.org

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.



AB Regional School District is continuing to offer meals for curbside pickup at the Acton-Boxborough High School (Hayward Road entrance) every Wednesday from 3:30-5:00pm. There will be 5 breakfasts and 5 lunches in each meal kit. These meals are free of charge to Acton-Boxborough residents.



We are looking for Meals on Wheels drivers in Acton, Boxborough, and Maynard. If you are interested in volunteering 60 - 90 minutes a week, to provide meals to our seniors please call Joy Agule, the Minuteman Senior Services Dining Coordinator for Acton, Maynard and Boxborough at 978-837-8572 or contact the Minuteman Senior Services Volunteer Coordinator Yuen Li at volunteer@minutemansenior.org or call her at 781-221-7093. Please call with any questions you may have especially regarding our Covid19 Protocol. Thank You, Joy and Yuen.



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

Essential Assistance

SHINE Program (Serving the Health Insurance Needs of Everyone)

www.shinema.org

- ✓ 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 health care costs.

If you answered yes to any of these questions, the SHINE program is here to help! For no-cost, confidential counseling call the COA 978-929-6652 to speak with Beverley to schedule an appointment. For more information click [here](#).



Annual Medicare Open Enrollment Program October 15th, 2020 – December 7th, 2020

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? Open Enrollment 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.

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.

Low Income Home Energy Assistance Program (LIHEAP)

Known commonly as Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills thru November-April.

Eligible applicant information - Homeowners and renters including households whose cost of heat is included in the rent can apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income.

Household Size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator @ 978-929-6652 or email bhutchings@actonma.gov

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 or 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 LGBTQ+ Caregiver Support Group. 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 to ask any questions, you contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org.

Tax Assistance 2020 Circuit Breaker is now online: **Circuit Breaker Info** You can also contact the assessor's office at the Town Hall.

Legal Assistance

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.

Generations Law Group, P.C., presents a YouTube 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. [Advocating for a Loved One](#)

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.

News from the Massachusetts Bar Association

We are proud to announce that the 2020 edition of the Elder Law Education 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



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



The Acton Economic Development Committee and the Middlesex West Chamber of Commerce are pleased to announce that Acton's second annual Restaurant Week will take place October 25th -31st. Restaurants are just starting to sign up for the event, but please visit www.actonrestaurantweek.com for the latest information as it becomes available.



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.



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.



Acton Nursing Services

During the COVID-19 Pandemic it is highly recommended that you get vaccinated for Influenza to help reduce the potential impact both diseases will have on the Healthcare system through the fall and winter months. Please watch the Town of Acton website for clinic dates, talk to your physician's office about availability or call the local pharmacies for your immunization against the seasonal Flu.

Podiatry Clinics

Acton Seniors Only

Appointments will be scheduled for Thursdays October 8th and 22nd 12:15pm-4:00pm

Call 978-929-6650, we will start booking on Monday, October 5th 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.

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' & face masks when social distancing cannot be achieved.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan.

Call Denise weekdays, 8:00am-5:00pm at 978-929-6650. (also if you have equipment you would like to donate)

Acton Memorial Library Service Update

See the Acton Memorial Library website or the Town updates for updates on re-opening. While the Library remains closed to the public, 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. 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 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 [Volunteer](#).

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!



Helping Seniors with Fire Safety - Eagle Scout Project

I hope all of you are staying safe during these times. I am Sidarth Krishna and I am a sophomore in Acton Boxborough High School and a Boy Scout from Troop 32. I have started working on my Eagle Scout Project, with the goal of helping seniors with fire safety awareness as they are the most prone to severe injuries in the event of a fire in their residence. On September 9th, I interviewed Acton Firefighter, Mr. Brent Carter, on Acton TV where he shared information on preparing for a fire emergency based on his experience as a firefighter. To view click [here](#). The next step in my project is to reach out to seniors in Acton who could benefit from this project. Scouts will also be dropping off packets with fire safety information at the homes of the seniors. I request seniors to sign up for phone calls where a boy scout from my troop will share information on fire safety as well as gather important information about the senior's smoke alarms to provide to the fire department. I have been working with Ms. Sharon Mercurio, the Director of the Acton Council on Aging to make my project safe and beneficial for the seniors. You may sign up by contacting the Council on Aging, 978-929-6652 or by email seniorcenter@actonma.gov, and please provide a 2 hour time slot on a preferred day when you will be available. Thank you for this opportunity to be of service. Stay safe and healthy.



From the COA Board

The Council on Aging Board encourages you to become a [Senior Trailblazer](#) by taking a few short, fun and easy walks along the trails in Acton. There's information about it in this newsletter, see page 5. We'd also like to encourage you to VOTE in the upcoming election. There are several options - by mail, early voting before Election Day, and in person on Election Day. More information is available on the Acton website, www.actonma.gov.

We wish you a healthy autumn and hope you are participating in the many online activities available from the Acton Council on Aging



Be sure to follow us on Facebook for regular updates and tips.

You can always call the staff at the Senior Center on 978-929-6652 with any questions or concerns for yourself or for a neighbor. Or just call to say 'hi'. We miss you!



THE CLOCKS FALL BACK ON SUNDAY, NOVEMBER 1ST.



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. To learn more: www.aarp.org/ma. The AARP Foundation also has you covered on this topic at www.connect2affect.org.

Resources from the September program on Loneliness and Social Isolation can be found [here](#) on the online newsletter.

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.

facebook



Acton Council on
Aging/Senior
Center
@actoncoa



RMV Senior Days has been extended

The RMV's senior days has been extended to go throughout October with 11 additional locations. Please [see flyer](#) for more details.

ACTON COA STAFF	ACTON COA BOARD MEMBERS	
Sharon Mercurio, Director	<i>Ellen Feinsand Chair</i>	<i>Alma Sandman, Vice Chair</i>
Rosie Atherton, Office Manager	<i>Lori Cooney, Sec.</i>	<i>Chunsheng (Bill) Fu</i>
Chris Chirokas, Program Manager	<i>Jeff Bergart</i>	<i>Michelle Holmberg</i>
Bev Hutchings, Senior Services Coordinator	<i>Michael Chautin</i>	<i>Bonnie Lobel</i>
Bernice Nicoll, Activities Assistant	<i>Ann Corcoran</i>	<i>Niru Velankar</i>
Fiona Starr, Staff Assistant	<i>Jacquie Friedman</i>	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday October 5th, 1:00pm Zoom	
	COA Board, Tuesday, October 13th, 10:00am Zoom	

Mon	Tue	Wed	Thu	Fri
<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, Plagues and Pandemics presentation, 1950s Music Rhythm & Blues II, and Drawing for All.</p>	<p>1 October COA via Zoom: 11:00 Laugh for Your Health 12:30 Advanced Beginner Chess Class 2:00 Intermediate Level Chess Class Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>2 YouTube Acton TV live: 10:00 Java with John*</p>		
<p>5 COA via Zoom: 1:00 COA Friends Meeting Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1</p>	<p>6 COA via Zoom: 10:00 Tuesday Tips with Terri 10:00 Mindfulness with Liz Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>7 1:00 Outdoor Social @ NARA Park Pavilion  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>8 COA via Zoom: 11:00 Laugh for Your Health 12:30 Advanced Beginner Chess Class 1:00 Rhythm & Blues II 2:00 Intermediate Level Chess Class Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>9 YouTube Acton TV live: 10:00 Java with John*</p>
<p>12 Columbus Day COA Office Closed Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1</p>	<p>13 COA via Zoom: 9:00 Drawing for All 10:00 Tuesday Tips with Terri 10:00 COA Board Meeting 10:00 Mindfulness with Liz Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>14 Phone Appointments 10:00 Ask the Realtor  COA via Zoom: 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</p>	<p>15 <i>Medicare Open Enrollment Begins</i> COA via Zoom: 11:00 Laugh for Your Health 12:30 Advanced Beginner Chess Class 1:00 At the Piano with Sivan Etedgee 2:00 Intermediate Level Chess Class Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>16 YouTube Acton TV live: 10:00 Java with John*</p>
<p>19 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1</p>	<p>20 12:00 Drive Thru Lunch COA via Zoom: 9:00 Drawing for All 10:00 Tips with Terri 10:00 Mindfulness with Liz 2:00 Pandemic Lecture  Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>21 COA via Zoom: 1:00-2:30 Book Group 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>22 COA via Zoom 11:00 Laugh for Your Health 11:00 Home Organization 12:30 Advanced Beginner Chess Class 2:00 Intermediate Level Chess Class Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga</p>	<p>23 YouTube Acton TV live: 10:00 Java with John*</p>
				<p>Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2</p>

26 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1 	27 COA via Zoom: 9:00 Drawing for All 10:00 Tuesday Tips with Terri 10:00 Mindfulness with Liz Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	28 Webinar (Pre-Registration required) 1:00 Health Plan Options COA via Zoom: 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	29 COA via Zoom: 11:00 Laugh for Your Health 12:30 Advanced Beginner Chess Class 2:00 Intermediate Level Chess Class Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	30 YouTube Acton 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
--	---	--	---	--

Acton Restaurant Week October 25th-31st.



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 of 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.

Landscape scams will be coming soon with fall cleanups, please contact me if you have any questions or concerns. A reminder that soliciting door to door without a permit is illegal in Acton and we welcome a call if someone knocks on your door selling services.



The Board of Selectmen has also recently accepted Acton Police Department's newest service dog "Zane." Donated by an organization "Puppies Behind Bars," which trains prison inmates to raise service dogs for wounded war veterans and first responders, Zane is a fully trained service dog with two years of training, including ninety-two different commands. Zane is assigned to Detective Jon Stackhouse and provides support for the community, recently visiting election workers after the State Primary, and was also featured on an episode of "Java with John." Welcome, Zane



September event photos:

Ice Cream Drive thru



**Happy 99th
Birthday
Bob W.!**

Zane came for ice cream!



**Thank you United
Way Volunteers**



www.abuw.org to donate or if you need assistance.

**Acton-Boxborough
United Way**

Household Goods Donation Drive

Nearly a hundred folks went through the event on Wednesday September 30th. Huge thanks to the National Honor Society students who volunteered their time to help.

Took a second truck to haul away all the donations!



Fabulous High School Students!



Folks waited patiently to drop off



So much de-cluttering done over the last six months!

A second van was needed!



News from Around Acton

Acton's Theatre III

This season, Acton's Theatre III is presenting monthly online performances via Zoom. Coming up:



Ghost Stories

Come one, come all, the quick and the dead, to an evening of Ghost Stories! Turn down the lights and listen to tales of the creepy, the ghoulish, and the macabre. Halloween costumes and terrified shrieks encouraged. . . .

Friday, October 23, 8:00 pm

Free; donations gratefully accepted

Streaming on Zoom [link

to <https://zoom.us/j/96070544311?pwd=STERYTBD1RRdGQ4dURjKyt1eXBSZz09>]

Passcode: 266884

Questions? Go to www.theatre3.org or email ewilde@theatre3.org.

Green Acton

Panel Discussion on PFAS in Drinking Water: October 14 at 7pm via Zoom

Just last month, the Massachusetts Department of Environmental Protection established a Maximum Contaminant Level (MCL) for PFAS in drinking water. But what are PFAS? Where do they come from? What are the risks? What's being done about them locally? Join Green Acton and the League of Women Voters to learn from experts and ask questions. Oct. 14, 7pm, by Zoom. Register at bit.ly/ActonPFAS.

