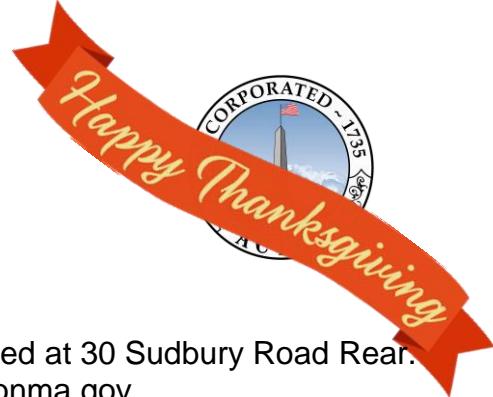




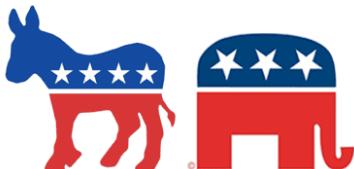
Acton Senior Center Newsletter NOVEMBER 2020



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>



The Contest: A Short History of American Presidential Elections with Paolo Di Gregorio via Zoom

Tuesday, November 10th, 2:00-3:00pm

Every four years, we get to elect a president. Yet the electoral process is rarely smooth and without controversy. This talk will examine some of the more exciting presidential contests. 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 8 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!*

Drive thru Lunch at the Senior Center provided by Benchmark Senior Living/Robbins Brook **Tuesday, November 17th, 12:00-12:30pm**

SIGN UP REQUIRED



Enjoy turkey and some of the fixings 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, November 10th** call 978-929-6652 or email seniorcenter@actonma.gov



The Soviet Union/Russia—Myths, Mysteries and Spying via Zoom

Thursday, November 19th, 2:00-3:00pm

Join Henry Quinlan for this virtual presentation based on his 30 years of involvement with the former Soviet Union, including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. Topics include the three great mysteries of Russia, architecturally and historically significant buildings, the Soviet Union in WWII, the story of a prisoner of war, a look inside Soviet space facilities, and personal experiences about publishing in the former Soviet Union (once by request of President George H.W. Bush). Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see "Virtual Programming" description on page 8. *Henry M. Quinlan, Esq, is owner and publisher of Omni Publishing Company. He is a graduate of Boston College and Suffolk University Law School. Currently he helps seniors self-publish their life stories.*



SUBSCRIBE TO THE E-NEWSLETTER?

Consider subscribing to the electronic newsletter and be the first to know & tell us to take you off the paper mailing list. Go Green! Like us on Facebook www.facebook.com/actoncoa

Director's Corner As the pandemic continues, I try to find things I am grateful for. I see how the community has pulled together to help each other through these difficult times. The COA has formed even stronger ties with a variety of organizations and people in Town, all working together to assist however we can. This Thanksgiving take the time to say hello to your neighbor or pick up the phone and talk to someone you haven't seen for a while. Little things really do mean a lot and we could all use a little kindness right now.

Stay well, Sharon

THE ACTON SENIOR CENTER NOVEMBER 2020 NEWSLETTER

Another busy month is scheduled with many interesting on-line programs. In the aftermath of the Election watch Paolo Di Gregorio's short history of Presidential Elections. Tune in to Sivan Etedgee's popular piano recitals or follow our exercise instructor Terri's Tips for a healthier you. If you can't make Thanksgiving with your family this year, or you just can't get enough turkey we are offering a drive thru Thanksgiving Lunch on November 17th to pick up a turkey dinner! Call or email to reserve. A local Boy Scout is collaborating with the Acton Fire Department to raise awareness of fire safety and he needs your support to make his Eagle Scout project a success, p.14. Support the AB High School Drama by watching two of their most popular musicals broadcast for the first time see p.8 for details!



Happy Thanksgiving!

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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 COA Office is closed Wednesday, November 11th, Thursday 26th and Friday 27th.

At the Piano with Sivan Etedgee Live via Zoom!

Thursday, November 12th, 1:00-2:00pm

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 using Zoom, see "Virtual Programming" description on page 8. If you would like the ActonTV link for recordings of recent "At the Piano" programs, please contact the COA. *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!*



MBTA Travel Training Program for Seniors via Zoom

Tuesday, November 17th, 2:00-3:00pm

Join staff from the MBTA to learn more about using the T! This presentation via Zoom covers all the basics—reading a schedule, boarding and transferring, safety, reduced fare cards for seniors, as well as other topics. There will be time put aside to ask questions or raise concerns. Even if you aren't using the T now, you will gain useful information to use in the future. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see "Virtual Programming" description on page 8.



The Giving Decision Presentation via Zoom with Glenn Frank

Wednesday, November 18th, 1:00-2:00pm

Can you afford the money or time to give to family? To charity? Should you give now or later? What brings you joy? What are your obligations? If gifting to charity, how do you find the right non-profit? What are the tax implications? The answers lie in your personal tradeoffs between time, money and joy. Using a step-by-step process that fits you is key. Do you know “Your Number”—the accumulation amount necessary to ensure your lifestyle? Let’s simplify these complicated questions! Let’s launch a straightforward giving plan! See <https://www.timemoneyandjoy.com/charity> for resources on charitable opportunities. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see “Virtual Programming” description on page 8. *Named 2019 Financial Planner of the Year in Massachusetts and one of the top financial advisors in the country for 10 straight years by Worth, Professor Glenn Frank is currently the Director of Education at fee-only Lexington Wealth Management and is a frequent public speaker. He was the Founding Director of the Master of Personal Financial Planning at Bentley University.*



The Works of Poet Langston Hughes via Zoom with Lawrence Lowenthal

Thursday, December 3rd, 3:00pm



The works of Langston Hughes reflect the lives and struggles of African Americans and celebrate the richness of their culture. From the Harlem Renaissance to Black Power, Hughes spoke to the hopes, dreams, passions, agonies, and triumphs of the African American community. Prolific in his production of poems, essays, plays, short stories, and novels, Hughes remains today, 53 years after his death, one of the most celebrated but also one of the most controversial of all American poets. Please register for this program by emailing the COA at seniorcenter@actonma.gov. For more information on using Zoom, see “Virtual Programming” description on page 8. *Dr. Lawrence Lowenthal received his Ph.D. in English from New York University. He has taught college-level English, American Literature, film, and Jewish history courses, served in the Israeli Army, lectures on a variety of topics in the Greater Boston area, writes about human rights issues for the local press, has appeared on TV and radio, and has hosted a local radio show.*



Ask the Lawyer with Elder Law Attorney Margaret Hoag

Acton Seniors Only

Wednesday, November 18th, 9:00-12 noon

Call the senior center on **978-929-6652** from **1:00pm, Monday, November 9th** to register for a 20 minute telephone consultation. Margaret will call the client at your allocated time on November 18th 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 Margaret.

Drawing for All Class via Zoom with Sandy Wilensky

Acton Seniors Only

Tuesdays, through November 17th, 9:00-11:00 am

This class is full; please call about waitlist.

Computer Club via Zoom

Wednesday, November 25th, 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.

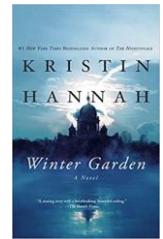
See “Virtual Programming” on page 8 for more information on using Zoom.



Book Discussion Group via Zoom

Wednesday, December 2nd, 1:00-2:30pm

Join in on the virtual book discussion group via Zoom! Ann Kulsick will facilitate the gathering. The group will be reading *Winter Garden* by Kristen Hannah, a powerful, heartbreakingly novel that illuminates the intricate mother-daughter bond and explores the enduring links between the present and the past. To place a hold on this title through the Acton Memorial Library, go to find.minlib.net. If you need assistance, contact the AML reference department at 978-929-6543 or reference@actonma.gov. Please register for this program by emailing the COA at seniorcenter@actonma.gov.



Intermediate Chess Classes with Ken LeBow via Zoom

Thursdays, 1:00-2:30pm; ongoing

If you are playing chess with confidence but are seeking feedback on how to improve your game, this is the class for you! Chess is a great way to exercise your brain—studies show playing can improve memory, boost concentration skills and increase creativity. Class is underway but is still open to new participants. To register and receive the Zoom link, email seniorcenter@actonma.gov and include your name and phone number.



Phone Based Programming

These phone-based communities offer a variety of opportunities for social engagement, lifelong learning, peer interaction, and support groups for older adults who wish to get engaged from the comfort of their own home.

Covia Well-Connected - Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

<https://covia.org/services/well-connected/> Phone (877) 797-7299.

DOROT - DOROT's University Without Walls (UWW) program offers hundreds of teleconference programs, appealing to a wide range of interests – all over the telephone. Participants from New York and across the country can choose from ever-changing topics and perennial favorites such as Museum Discussions, Literature & Storytelling, Music & Performing Arts, Current Events, Jewish Interests, and Health & Wellness. Support groups enable older adults to connect with peers over common experiences such as vision loss and coping with the loss of a loved one. Class size is limited to encourage discussion. Phone (877) 819-9147.

<https://www.dorotusa.org/connect-home-phone-university-without-walls> **Family Eldercare, Lifetime Connections Without Walls**

Lifetime Connections Without Walls is a telephone activities program that provides opportunities for older adults to connect with others in their community and across the country. Social and educational sessions, support groups, and friendly conversation are offered all from the comfort of home.

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/> (888) 500-6472

Mather Lifeways, Telephone Topics - With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. Phone (888) 600-2560,

<https://www.mather.com/neighborhood-programs/telephone-topics>

We have partnered with [Highway61](https://highway61.co) to offer you real time conversation groups via computer, tablet or smartphone. Topics include Aging Alone Support Group, Trivia, French Culture, Entrepreneurs Circle, Opera, Classic Movies and more! If you'd like to participate, here are the instructions:

<https://seniorcommunities.highway61.co/welcome-acton-council-on-aging/> The code to join for Acton seniors is 125645. If you have any questions, please email info@highway61.co

A Message from the **Friends of Acton COA**

The **Button Battery Recycling Program** is coming to an end **this month**.

The Friends are collecting your last batteries preferably in labeled zip-lock plastic bags at two locations – Acton Town Hall/Board of Health and the Senior Center drop boxes, (outside the front door)

Please direct questions or concerns to Pam Lynn 978-263-8281.

Thank you for your support.



COA Board Meeting

Tuesday, November 10th at 10:00am via Zoom link : <https://zoom.us/j/94258881200>

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

Friends of Acton COA

Monday, November 9th at 1:00pm via Zoom. Contact us or a member of the Friends for the link or call in number. www.friendsofactoncoa.com



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.

For voting information go to www.actonma.gov or call the Town Hotline 978-929-6619.

For information from the attorney general's office on voter protocols go to www.mass.gov/ago



Voting in person will take place **Tuesday, November 3rd at the RJ Grey Junior High Building, 16 Charter Rd, between the hours of 7:00am-8:00pm.**

facebook

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



Acton Council on Aging/Senior Center
[@actoncoa](https://www.facebook.com/actoncoa)

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



The Senior Handy Helper program is currently suspended.



Mind, Body and Spirit

Terri's Tips Tuesdays at 10:00 on Zoom

Tuesdays, November 3rd, 10th, 17th, and 24th, 10:00 am

Fitness instructor Terri Zaborowski hosts a popular weekly live chat via Zoom! 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, and 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 8 for more information on using Zoom.



Mental Health First Aid via Zoom

Wednesday, November 4th, 2:00pm

Many of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But, would you know how to respond if we saw someone having a panic attack or if you were concerned that a friend or co-worker might be struggling with addiction? Mental health first aid is a tool that can be used by anyone, a family, a friend, a co-worker, to address these types of concerns and support those people in our lives before. For more information please contact Sheryl Ball at 978-929-6453.



Register at https://zoom.us/webinar/register/WN_in5J5hIVRJ-4PO7A_kd98Q To see the flyer click [here](#).

Sponsored by the Town of Acton Health Division.

Registration is required via a zoom link

Laugh For Your Health with Susan Phillips via Zoom

Thursdays, November 5th, 12th, and 19th, 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 or you can view the link on our website www.actoncoa.com. For more information on participating in programs via Zoom, see "Virtual Programming" description on page 8. *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

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. If you need 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, November 13th, 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 members 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 8 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

Essential Mask Wearing Guidance from the Board of Health



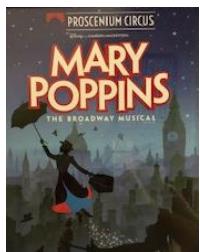
Bringing Our Programs into Your Home via Zoom

Most Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already! It is very user friendly, but if you'd like some assistance the COA can connect you with an Acton-Boxborough student to help you get acquainted with using Zoom.



- If you have not used Zoom, you can view tutorials on the company's website www.zoom.com; click on the "support" tab. There are many how-to-use Zoom videos on YouTube including this one: <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 be prominent on your screen.
- 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.
- 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 link, please check your spam folder or call the Council on Aging at 978-929-6652 for assistance.
- You do not need 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.
- If you don't have any of these devices, you can join in via telephone call. Ask the COA for the information needed to dial in.
- Emails from the Council on Aging are sometimes blocked by Verizon/AOL/Yahoo. If you find this is happening, remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base-200868/>. Contact Verizon customer service if you need further assistance.

Online Encores with Acton Boxborough High School's Proscenium Circus



Due to Covid-19 curtailing the usual Fall musical performances Acton Boxborough Regional High School is giving you the opportunity to watch two of their most successful musicals on November 7th & 8th and December 5th & 6th, via "Online Encore". The full school cast productions of "Beauty and the Beast" and "Mary Poppins" will be available via a pay-to-view platform, \$10 per family. Check out times and 'tickets' at www.abdrama.org/online-encores. If you have never seen an AB produced musical you will be amazed by the talent and the quality of production. For more details see the [flyer](#). There will be a brand new "Virtual Musical" broadcast in the New Year.

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.

Food Assistance

(Information correct at time of going to print – always check ahead)

“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. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit www.minutemansenior.org For November menus [click here](#)

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

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,

Winter hours 4:00-5:00 pm, or until run out. www.mtcalvaryacton.org

For the remainder of the Fall and Winter months we will be handing out meals at 4:00PM – 5:00PM from the walkway at the back of the church. We have a new traffic pattern, so please follow our volunteers' directions. Meals will be given one to each person.

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.

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 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.





Thank you to.....

Open Table for the weekly frozen meals,

AB Honor Society Students for ongoing assistance with events and tech. support,

Acton Family Network and AB United Way for the cards and art work for our seniors.



There's no way to thank our veterans for everything they sacrifice for our freedom, but on Veterans Day, we have to try. So thank you to all our service men and women, both past and present! *For how the Town of Acton will commemorate Veterans Day this year, without an in-person ceremony lookout for information from the town and the COA.*

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 Beverly to schedule an appointment.



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 Beverly regarding scheduling a telephone SHINE counseling session. Due to COVID19 there will be no in person SHINE counseling this season.

If you missed the Blue Cross Blue Shield presentation on selecting health care plans from October 28th, you can view it here [Health Plan Options](#) For the slideshow click [here](#).



Social Security Administration (SSA) www.ssa.gov

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

You can speak with a representative by calling 1-877-457-1737 or the National Number 1-800-772-1213. Online services include:

- 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.

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 should have received their re-application for this coming year in the mail. 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

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

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 hosting 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.

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.

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

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. Sponsored by the Massachusetts Bar Association. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience.

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.

The COA also offers a bi-monthly "Ask the Lawyer" appointment service – see page 3 for details.



ACTON TOWN SERVICES HOTLINE

978-929-6619



Speak to a town employee with questions you may have on the impact to services, and changes to scheduled opening times.

Walk up window service is available at the Town Hall, for Land Use and the Collector's Office, Monday – Thursday, 10:00-2:00pm, Friday, 9:00-11:30am

Please note that this may change – call ahead to confirm.

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



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.

Drive thru clinic at the DPW garage, 14 Forest Rd, Saturday November 7th, 9:00am until 1:00pm.

See www.actonma.gov , www.actonnursingservices.com or call nursing for more details. First come first serve, no high dose available. Limit of 4 per car.

Podiatry Clinics

Acton Seniors Only

Appointments will be scheduled for Thursdays November 12th and 19th, 12:15pm-4:00pm

Call 978-929-6650, we will start booking on Monday, November 2nd 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 to donate)



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 Memorial Library Service Update

For up-to-date information visit www.actonmemoriallibrary.org or call 978-929-6655 ,Monday – Friday 10:30am-5:30pm and Saturday 10:30am-1:30pm.



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](tel: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.



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 need new members. This is your chance to make a difference! 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 <http://www.acton-ma.gov/formcenter/town-managers-office-5/volunteer-application-43>.



Acton Fire Department - Smoke & Carbon Monoxide Detectors

The Acton Fire Department has a limited supply of battery operated combination smoke and carbon monoxide detectors available. Any senior who currently has a house built before 1975 with battery operated detectors is eligible. Priority will be given to those who have detectors that are non-existent, not working, or older than ten years old. To sign up contact the Acton COA. Please consider signing up to receive information from a Scout who is reaching out to seniors with his Eagle Scout project focusing on fire safety, p.14.

The Town of Acton is considering improvements to the 19-21 Maple Street property and has engaged a consulting team to support this effort. The Town is seeking public input as part of the project. We encourage you to complete the linked survey and to join us for a virtual public forum on Thursday, November 5, at 7:00pm. This forum will be an opportunity to review existing conditions on the site and offer comments on potential improvements.

The 19-21 Maple Street property features 40 reserved parking spaces, multiple bicycle racks, and two buildings. Preliminary ideas for site improvements include:

- Parking expansion
- Improved pickup and drop-off
- Additional bicycle parking
- A new access point to the station
- Re-use of existing buildings
- Removal of one or both buildings
- Realignment of the Stow Street intersection with a new and improved lot entrance

Virtual Public Forum: Thursday, November 5, 2020, at 7 PM

Join by Zoom at <https://zoom.us/j/91483153891>

Join by Phone at 1-646-876-9923, Webinar ID 914 8315 3891

Online Survey:

<https://www.surveymonkey.com/r/MapleStreetLot>

The **Acton Council on Aging Board** wishes you a healthy autumn and we hope that you are enjoying outdoor activity. If you like to see beautiful fall color, you might enjoy the fun and easy Senior Trailblazer walks in Acton.

The Council on Aging Board also encourages you to get a flu shot as soon as possible. The vaccines are available at doctor's offices, local pharmacies and from the Town of Acton's Nursing Services. This may help prevent you from falling ill during the upcoming flu season.

We hope you are continuing to participate in the many activities available online from the Council on Aging. Many seniors are keeping in touch with family and friends online and on the phone to stay connected even if getting together in person isn't easy at this time. Stay well and enjoy November!

The Acton Council on Aging Board



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. 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.



ACTION COA STAFF	ACTION COA BOARD MEMBERS	
Sharon Mercurio, Director	Ellen Feinsand Chair	Alma Sandman, Vice Chair
Rosie Atherton, Office Manager	Lori Cooney, Sec.	Chunsheng (Bill) Fu
Chris Chirokas, Program Manager	Jeff Bergart	Michelle Holmberg
Bev Hutchings, Senior Services Coordinator	Michael Chautin	Bonnie Lobel
Bernice Nicoll, Activities Assistant	Ann Corcoran	Niru Velankar
Fiona Starr, Staff Assistant	Jacquie Friedman	
Terri Zaborowski, Exercise Instructor	COA Friends, Monday November 9th , 1:00pm Zoom	
	COA Board, Tuesday, November 10th, 10:00am Zoom	

Mon	Tue	Wed	Thu	Fri
2 NOVEMBER	3 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 Line Dancing 1	4 Via Zoom (see p.6) 2:00 Mental Health First Aid Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	5 COA via Zoom: 11:00 Laugh for Your Health 1:00 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	6 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
9	10 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	11 VETERANS DAY COA OFFICE CLOSED Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	12 COA via Zoom: 11:00 Laugh for Your Health 1:00 Sivan At the Piano 1:00 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	13 YouTube Acton TV live: 10:00 Java with John* COA via Zoom 11:00 Memory Café Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
16	17  12:00 Drive Thru Lunch COA via Zoom: 9:00 Drawing for All 10:00 Tuesday Tips with Terri 2:00 MBTA Program Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	18  By Phone Appt COA via Zoom: 9:00 Ask the Lawyer Acton TV: 1:00 Giving Decision 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	19 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 2:00 Soviet Union Talk Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	20 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
23 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	24 COA via Zoom: 10:00 Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	25 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	26 HAPPY THANKSGIVING COA OFFICE CLOSED Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga 	27 COA OFFICE CLOSED Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2

Calendar Notes

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 at seniorcenter@actonma.gov

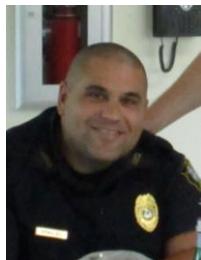
Links may also be posted on the homepage www.actoncoa.com under "Special Announcements".



This month the following activities are supported by the Friends of the Acton COA:

A Short History of Presidential Elections, Presentation on Soviet Union/Russia, The Works of Langston Hughes, Drawing for All and At the Piano with Sivan Etedgee.

www.friendsofactoncoa.com.



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 experience fraud or have suspicion that you may have been a victim of fraud. 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. Freeze or close the account. Landscape scams are appearing with fall cleanups, please contact the Acton PD 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.



Special Visitor

The Police Department's newest employee is a Service dog named Zane. If you would like a visit with Zane and his handler, Det. Jon Stackhouse, please contact the Senior Center. All visits must take place outdoors, wearing masks and social distancing.

RMV are extending Senior Days thru December for 75+ drivers see the [flyer](#).



Recent Drive Thru Events

To re-visit the Ice Cream Day sponsored by the United Way and a review of the United Way Week of Action activities visit [United Way Week of Action](#) to watch a Youtube video. See if you can spot some familiar faces!

On October 20th the Robbins Brook/Benchmark Senior Living drive thru lunch was well attended with 40 lunches given out. We even had a special guest in Zane, the Acton PD service dog. You can schedule a visit with Zane – give the Senior Center a call for details. You can follow Zane on facebook search K9 Zane – Acton MA Police and watch his graduation ceremony from “Puppies behind Bars”, and on Instagram @ofczane.



A reminder to all attendees of our drive thru events – stay in your car, wear your mask and follow the directions of the staff or volunteers in attendance.