



Acton Senior Center Newsletter DECEMBER 2020



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



Drive Through Holiday Tea and Virtual Harp Performance

Tuesday, December 8th, Tea is 12:30-1:00pm and is for Acton Seniors only
Snow date for tea only is Wednesday, December 9th, 12:30-1:00pm



Please register for these events separately

Join us for an afternoon of holiday festivities! Since we cannot host our annual holiday tea in person this year, we are offering it as a drive-through event. As you drive up to the front of the Human Services/Senior Center, we will hand you a package of sandwiches and sweets, as well as tea to brew at home. Then head home, brew your tea, and enjoy a live harp performance of holiday music by Rebecca Swett via Zoom. Registration is required—contact the Council on Aging at 978-929-6652 or seniorcenter@actonma.gov.



Harp Performance by Rebecca Swett is 2:00-3:00pm via Zoom

Harpist Rebecca Swett was a regular performer at the Senior Center and other area locations before moving out of state. Her performances are entertaining and relaxing! Please register by emailing the COA at seniorcenter@actonma.gov and we will send you the Zoom link.

This event is funded by a CHNA 15 grant from Lahey Hospital & Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need (DoN) process received by Acton Health Services and the Friends of the Acton Council on Aging.

Christmas Music of the 40s via Zoom

Wednesday, December 16th, 1:00-2:00pm

Join John Clark for this multimedia presentation on Christmas Music of the 1940s. Get in the holiday spirit as you learn the stories behind the creation of some of the most familiar and best-loved Christmas song of the century. Take a look and listen to the most popular versions of these songs (and sometimes even the more obscure first recordings). You will see video of performances by the original artists (like Bing Crosby, Nat King Cole and Vaughan) and more modern versions. These great songs evoke nostalgic memories and will include *The Christmas Song*, *Baby It's Cold Outside*, *Sleigh Ride*, *Rudolph the Red-Nosed Reindeer*, *I'll Be Home for Christmas*, *Here Comes Santa Claus* and *White Christmas*. 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 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.*



Directors Corner

Holidays can be challenging even under normal circumstances let alone after many months into a global pandemic. Call your family, friends, neighbors, long-ago acquaintances. If you make one call each week, you will impact many lives this winter season. *Take some time to show a little extra kindness, we could all use it this year! A kind word or small gesture can go a long way. Please remember the COA staff is here to help you however possible. We are thinking of you and wish you a Merry Christmas and happy holiday season, Sharon*

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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 7. *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.*



Words Galore via Zoom

Fridays, December 4th, 11th and 18th, 10:00-11:00 am

Join Val Walker for a fun and lively hour of word play and brain twisters—a logophile's paradise—with a holiday twist. Learn new words, explore the history of old words and delve into the origins of words. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-word games. Inspired by Shakespeare, Ogden Nash, or Edward Lear, challenge your wits and have a few laughs. Val Walker, MS, is an author, educator and consultant. She was a counselor for 20 years, is a contributing blogger for *Psychology Today*, and author of *The Art of Comforting* and *400 Friends and No One to Call*. 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 7.



Virtual Watercolor Class for All with Sandy Wilensky

Wednesdays, December 9th through January 13th, 9:00-11:00 am

Acton Seniors Only



All levels of experience are welcome to this watercolor class via Zoom! Beginners will build skill upon skill while experimenting with various watercolor techniques. Those with experience can paint individual projects and choose to participate in lessons that are of interest. Classes will begin with a drawing warm-up/lesson, followed by a skill/technique that will then be incorporated into a watercolor painting. Visual perception, color theory, and elements of composition along with techniques of brush strokes, washes, layering, texture, special effects and transparency will be woven into the class instruction over time. Painting subjects will include still life, landscape and objects from nature. Paintings will be shared with the group with a goal of positive affirmation of learning. Please only sign up if you plan to attend most of the classes. **To register, email seniorcenter@actonma.gov beginning at 1:00 on Wednesday, December 2nd. Early submissions will not be accepted.** If you are a Verizon/Yahoo/AOL email user, check your spam folder as emails from the COA are sometimes blocked. Participants will receive the Zoom link from the instructor. If you haven't used Zoom before, see links to tutorials elsewhere in this newsletter. *Sandy had a career in education with experience teaching people from age 3-93. 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 watercolor classes in area senior centers and in her studio at ArtSpace Maynard.*

Classical Favorites: At the Piano with Sivan Etedgee Live via Zoom!

Thursday, December 10th, 1:00-2:00pm

Sivan Etedgee will play and discuss favorite compositions by classical composers live from his home studio. Sivan's programs are educational, entertaining and relaxing! 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 7. If you would like the ActonTV link for a recording of a recent "At the Piano" program, 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!



Drive Through Holiday Lunch by Benchmark Senior Living/Robbins Brook

Tuesday, December 22nd, 12:00-12:30pm

Open to out-of-town seniors

Enjoy pot roast, potatoes, garden salad and dessert. This meal is subsidized in part by Minuteman Senior Services. Cost is \$3:00. Please sign up by December 14th.



Dancing Through the Decades Interactive Program on ActonTV

Raul Nieves and Eileen Herman-Haase, performers/creators of Dancing Through the Decades with Dance Caliente, will entertain you with five romantic and energetic period ballroom dances from the comfort of your own home. Throughout the show they will engage you with participatory lessons so you can experience the flavor of each dance, using your chair as your partner. Their aim is to stir your heart, bring joy to your day and exercise your muscles. Eileen and Raul's last in-person program at the Senior Center was a huge hit, and we appreciate their finding a way to bring the joy of dance to our seniors during the pandemic! Please check the ActonTV schedule on your television or at actontv.org and look for this program on ActonTV's YouTube channel at <https://www.youtube.com/actontv1>. *This program is supported by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency, and the Friends of the Acton Council on Aging.*

HIGHWAY 61



We have partnered with [Highway61](https://seniorcommunities.highway61.co/welcome-acton-council-on-aging/) 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 Seniors do have to share their name and email address. Activities are free of charge. It's very simple and user friendly to use.

Senior Planet

Are you looking for additional virtual opportunities you can participate in from home? Senior Planet is a project of Older Adults Technology Services (OATS), a not-for-profit organization. There is a large array of activities offered for people age 60 and up that are free of charge. Upcoming activities/lectures: chair yoga, overview of Facebook, how to use the music service Spotify, morning and afternoon stretch classes, holistic wellness discussion group, and balance/strength class. Some programs are offered in Spanish and some can be accessed via phone call. Go to seniorplanet.org and click on "join us online."

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, heartbreaking 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.minilib.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.



Computer Club via Zoom

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



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.

Intermediate Chess Classes with Ken LeBow via Zoom

Thursdays, 1:00-2:30pm; ongoing No meeting on Dec. 24th and 31st

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 open to new participants. To register and receive the Zoom link, email seniorcenter@actonma.gov and include your name and phone number.



COA Board Meeting

Tuesday, December 8th, 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, December 14th, at 1:00pm via Zoom. Contact us or a member of the Friends for the link or call in number. www.friendsofactoncoa.com

SAVE THE DATE!!

Jamie Eldridge will be hosting his 40th Annual Senior conference virtually on December 10th. Contact the Senior Center for more details or click [here](#) to view the flyer, there are several viewing options. Register and watch through www.senatoreldridge.com/seniors, call Bianca at 617 910 6137 for zoom link, or 978 460 8564 to register. Email Bianca.desousa@masenate.gov with senior conference as the subject for more details.



A Message from the Friends of Acton COA

As winter weather and the holiday season approach, the Friends encourage you to make the most of the many opportunities the Senior Center programming offers. The Annual Appeal will support creative adaptations during COVID especially related to health and wellness. Take good care of yourself and stay in touch with family and friends.

Mind, Body and Spirit

Terri's Tips Tuesdays at 10:00 on Zoom

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

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, 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 more information on using Zoom.



Laugh For Your Health with Susan Phillips via Zoom!

Thursdays, December 3rd, 10th, 17th, 24th, and 31st, 11:00-11:45am

Laughter
is the
BEST
medicine.

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 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.*

Mindfulness Meditation with Liz Paley via Zoom

Tuesday, December 15th, 2:00-3:00pm

If you're feeling extra anxiety or loneliness these days due to the pandemic, you are not alone. The holidays can also bring up feelings of sadness. Mindfulness meditation can be a pathway back to steadiness that is immeasurably helpful. In the midst of all that is happening, it can be beneficial to practice moments of mindful gratitude. No experience necessary. Email the COA at seniorcenter@actonma.gov to register for this program and we will send you the Zoom link. For more information on participating in programs via Zoom, see "Virtual Programming" description on page 7.

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.



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](#).

Be sure to let someone know where you are going and heed any weather warnings.

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.



If you missed the presentation via Zoom on Home Organization with Michelle Kenney of The Lighter Home, you can view it on ActonTV. The link to watch it online:

https://www.youtube.com/watch?v=zeLY_ekykKk&feature=youtu.be

You can view other lectures and exercise/movement classes at the Senior Center At Home playlist [here](#).

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



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.

facebook



Acton Council on Aging/Senior Center
@actoncoa

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, December 11th, 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 Cafe 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 Cafe. This program is offered in collaboration with Concord Park. See page 7 for how to participate in virtual programs.

ACTON 
MEMORY CAFÉ

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/cafe-connect/>

The Dementia Society www.dementiasociety.org



Bringing Our Programs into Your Home via Zoom

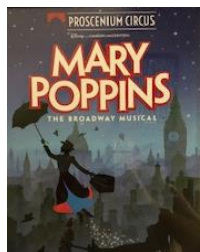
Most Council on Aging/Senior Center programs continue to be offered virtually, many using the Zoom video conferencing platform. Each program description will indicate how to participate. Consider giving Zoom a try if you haven't done so already! It is very user friendly, but if you'd like some assistance 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 one of their most critically acclaimed Disney musicals, **December 5th & 6th**, via "Online Encore". The full school cast productions of "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

(Opening hours over the holidays may differ– 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

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

We will be handing out meals from the walkway at the back of the church. We have a new traffic pattern, so please follow our volunteers' directions. Bring a box or bag to place your meals in your car to prevent spillage. PLEASE REMEMBER TO WEAR YOUR MASK at ALL TIMES WHEN IN THE DRIVEWAY!

December 23rd and 30th Supper will be CLOSED so that all our volunteers can rest and enjoy their families during the Holiday. See December [menu](#).

Open Table, 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 you SSN and 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. We provide shopping bags with 5 breakfasts and 5 lunches to each person. For families of two or more we offer a bonus food box which varies each week.

We hope to see you at our curbside meal pick up!!!

BE AWARE THAT THE SCHEDULE MAY CHANGE OVER THE HOLIDAYS AND IN THE EVENT OF BAD WEATHER. Twitter updates @ABFoodServices1.

MMSS 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 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.



Thank you to.....

Open Table for the delicious cranberry and pumpkin bars they contributed to our Thanksgiving Meal, Chip Agule for all of his help in the kitchen.

As many of you know Joy Agule, Minuteman Senior Services' Dining Room Coordinator, is no longer working for Minuteman. Joy helped make the Senior Center a second home. She always had a fresh pot of coffee on and something to snack on. She was an asset in the kitchen and a friend to all of us. We hope to see her when the Pandemic is over and she can safely return to the Center. Thank you Joy for bringing so much warmth and compassion to those around you. We wish you the best! [Here](#) is a letter Joy wrote us.



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.

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

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 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. Sponsored by the Massachusetts Bar Association.

The 2020 edition of the Elder Law Education Guide, the Massachusetts Bar Association's 11th Annual resource guide is now available for FREE at www.massbar.org/elderlaw.

The COA also offers a bi-monthly "Ask the Lawyer" appointment service. Call for details.



A mixture of sand and salt is available free to Acton residents (no contractors) at the designated area located at the Highway Division, 14 Forest Road. Use caution while entering and exiting as vehicles and equipment are prevalent. Please bring your own shovel and container.

National Grid Gas Emergency: 1-800-233-5325

Eversource Power Outage Emergency Line: 1-800-592-2000



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 : Channels Comcast 8 & Verizon 45, www.youtube.com/actontv1



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 Thursday December 10th and Friday 18th 12:15pm-4:00pm

Call 978-929-6650, we will start booking on Monday, December 7th 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 you 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 ,10:30am-5:30pm Mon-Fri, 10:30am-1:30pm Saturday.

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.



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 are available. Examples include the ANS Advisory Committee, the Historic District Commission, the Volunteer Coordinating 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>.



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.

We would also like you to take the opportunity to help a Boy Scout, Sidarth Krishna with his Eagle Project which he is conducting in collaboration with the Acton Fire Department. Sign up for a phone call with a Boy Scout from Troop 32 who will share information on fire safety as well as gather important information about your smoke alarms to provide to the fire department. Call to register with the COA and if you have any further questions.

Information on Electrical safety can be found [here](#).

Cooking Safety

Happy Holidays everyone!! This is Tom Matthews from the Acton Fire Department. Our Public Education Department is looking forward to contributing to the COA's monthly newsletter. This month we want to focus on cooking safety. With the holidays coming, many of us will be cooking and baking and we want everyone to be safe!

In 2018, there were 9,816 home fires in Massachusetts involving cooking. These incidents resulted in 1 death, 46 injuries, 29 firefighter injuries and an estimated \$5.4 million in property damage. Cooking was the leading cause of residential fire injuries in 2018. So how can we prevent fires? One way is to never leave the kitchen while cooking. We remind people to "Stand by Your Pan!" Similar to the song "Stand by Your Man." Who sang it? Any guesses? If you guessed Tammy Wynette you are correct! So again, if you are cooking, never leave the kitchen while there is a pan on the cook top. If you must leave for a brief moment, bring an oven mitt, cooking spoon or something else to remind you to go back to the kitchen to check the stove.



Here are a few other tips to remember:

- ☐ Put a lid on grease fires to smother them and then turn off the heat. Baking soda will also work, but NEVER use WATER or FLOUR!!!
- ☐ Never move a burning pan. You can be seriously burned or spread the fire.
- ☐ Wear short or tight fitting sleeves when cooking. Loose fitting clothing can easily catch fire.
- ☐ If your clothing catches fire, STOP DROP & ROLL to put out the flames. Flush burns under cool, running water. Call 9-1-1 for help.
- ☐ Keep pot handles turned inward to prevent accidental spills of hot contents.
- ☐ Create a three-foot "child-free zone" around the stove. Keep children and pets away from the stove while cooking to prevent burns and scalds.
- ☐ Keep combustible objects, pot holders, towels, paper or plastic bags away from heating elements.
- ☐ For fires inside an oven or microwave, keep the door closed, turn off the appliance, and call the fire department.
- ☐ Don't place any metal inside a microwave. Utensils, aluminum foil or twist-tie wraps can cause a fire.
- ☐ Microwaved foods and liquids can become very hot. Use caution to avoid scalds.
- ☐ Unplug appliances, such as toasters and coffee makers, when not in use.
- ☐ Don't use the oven to store items.

Just a few safety tips to remember! The biggest tip is to remember that you are not a firefighter...that is our job! If you do have a fire, evacuate immediately and call 911!! Please don't worry about being embarrassed or "what will the neighbors think?" A fire can double in size every 30 seconds, causing everything in a room to burn in as little as three minutes. So the faster you call us, the faster we can respond. Also, please don't forget to check your smoke detectors! Do not take them down if you accidentally set them off. Newer detectors have a "hush" button that you can use to temporarily quiet the alarm should you accidentally burn something while cooking. If you should have any questions or concerns, please do not hesitate to reach out to us! We are here to help. (978) 929-7722.

We hope you have a Safe, Happy and Healthy Holiday Season!





As 2020 draws to a close, the Acton Council on Aging Board would like to express our appreciation to the many people who have helped Acton's seniors all year through. With all of the challenges, Acton was able to continue to provide for the health and well-being of our friends, families and neighbors. Special thanks to the Director and Staff of the Acton Council on Aging, Friends of the Council on Aging, Town Staff and other Departments, Volunteers, Community supporters and to the Seniors who adapted to doing activities in new ways.


We wish everyone a healthy and happy holiday season! We look forward to continuing to use our imagination and creativity to help Acton seniors stay active and connected with others in 2021.

The Acton Council on Aging Board



ACTON COA STAFF		ACTON 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 December 14 th , 1:00pm Zoom	
		COA Board, Tuesday, December 8 th , 10:00am Zoom	

Mon	Tue	Wed	Thu	Fri
30 November Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	1 December COA via Zoom: 10:00 Tuesday Tips with Terri Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	2 COA via Zoom: 1:00 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	3 COA via Zoom: 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 3:00 Langston Hughes Talk Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	4 YouTube Acton TV live: 10:00 Java with John* COA via Zoom: 10:00 Words Galore Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
7 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	8 COA via Zoom: 10:00 COA Board Meeting 10:00 Tuesday Tips with Terri 2:00 Harp Concert 12:30 Drive Thru Holiday Tea** Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga 	9 COA via Zoom: 9:00 Watercolor Class 1:30- 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	10 COA via Zoom: 11:00 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	11 YouTube Acton TV live: 10:00 Java with John* COA via Zoom 10:00 Words Galore 11:00 Memory Café Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
14 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	15 COA via Zoom: 10:00 Tuesday Tips with Terri 2:00 Meditation with Liz Paley Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	16 COA via Zoom: 9:00 Watercolor Class 1:00 40s Christmas Music Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	17 COA via Zoom: 11:00 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	18 YouTube Acton TV live: 10:00 Java with John* COA via Zoom 10:00 Words Galore Acton TV: 9:00 Active Aging 10:00 Nouvon Fitness 12:00 Gentle Yoga 2:00 Line Dancing 2
21 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	22 COA via Zoom: 10:00 Tips with Terri 12:00 Drive Thru Holiday Lunch Acton TV: 9:00 Line Dancing 2 10:00 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga 	23 COA via Zoom: 9:00 Watercolor Class 1:30- 3:00 Computer Club Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	24 COA via Zoom: 11:00 Laugh for Your Health Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	25 HAPPY HOLIDAYS! COA OFFICE CLOSED 

28 Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 2:00 Line Dancing 1	29 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	30 COA via Zoom: 9:00 Watercolor Class Acton TV: 9:00 Senior Fitness 10:00 Nouvon Fitness 11:00 Active Aging 12:00 Gentle Yoga 2:00 Chair Exercise with Mary	31 COA via Zoom: 11:00 Laugh for Your Health Acton TV: 9:00 Line Dancing 1 10:15 Chair Exercise with Mary 11:00 Active Aging 2:00 Gentle Yoga	1 January 2021 COA OFFICE CLOSED 
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Calendar Notes

Schedule correct at going to press. *subject to change ****Snow Date for the Holiday Tea will be December 9th.**

Check Acton TV schedule at www.actontv.org Acton TV broadcasts on Comcast 8 and Verizon 45

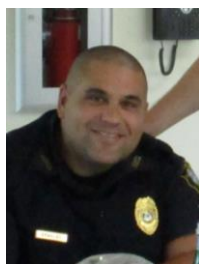
For YouTube live broadcasts www.youtube.com/actontv1

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:

www.friendsofactoncoa.com.- *The Works of Langston Hughes, At the Piano with Sivan Etedgee, Christmas Music of the 40s, Holiday Tea, Harp Performance, Words Galore, Mindfulness Meditation, Watercolor Class, Dancing Through the Decades.*



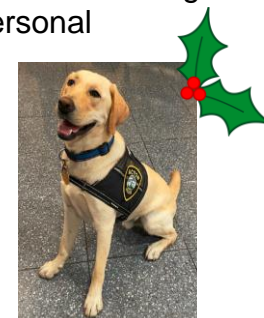
Important messages from the Acton Police Department.

Detective Mike Eracleo of the Family services Division is hoping to make contact with residents this Winter 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 Detective Eracleo 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. A recently reported scam is a phone call with Caller ID showing Acton Medical. Caller states that they can improve their Medicare coverage through Acton Medical and attempts to gather personal information. This is NOT from Acton Medical. Do NOT give any personal information over the phone.

Request a 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.





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 Friday, December 25th and Friday, January 1st 2021.

Thanksgiving turkey lunch drive thru, on Tuesday November 17th. Our drive thrus are very popular and it was so nice to see so many familiar (masked) faces.



With the help of Boy Scout Siddarth, and K9 Police Officer Zane over 70 meals were boxed up and served. Be sure to reach out if you can help Siddarth complete his Eagle Scout project giving out information to seniors regarding home fire safety, see above. Contact the COA for more details. Reach out too if you would like a home visit from Zane or know someone else who would!

