



# Acton Senior Center Newsletter

## JANUARY 2021



Happy New Year!

The Council on Aging at the Senior Center is located at 30 Sudbury Rd Rear.

Telephone: 978-929-6652. Email: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)

Website [www.actoncoa.com](http://www.actoncoa.com) Facebook <https://www.facebook.com/actoncoa>

### From Abolition Through Civil Rights in Music Part 1 via Zoom

**Wednesday, January 13<sup>th</sup>, 1:00-2:00pm**

Join John Clark for this multimedia journey along the road to freedom beginning in the days of the Underground Railroad with the secret and subversive songs of the slaves and the abolitionist protest songs of the Hutchinson Family Singers, as well as post-Civil War music by the Fisk Jubilee Singers and Bert Williams. The journey continues with musical events up through the late 1930s, including songs by John Hammond, Duke Ellington, Marian Anderson, and Billie Holiday. Included are other important musical contributions by Louis Armstrong, Ethel Waters and Paul Robeson. Please note the second part of this series is scheduled for February 16<sup>th</sup>; watch the February newsletter for details. Register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto: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.*



### The Growing Divide:

### Society and Politics in Antebellum America, 1848-1860, via Zoom

**Tuesday, January 19<sup>th</sup>, 2:00-3:00pm**

Since the beginning of the 19th century, American politics had grown increasingly divided along sectional or economic lines. That fissure grew more pronounced, and the politics grew more acrimonious, in the period between the Mexican War and the Civil War. This lecture by Paolo Di Gregorio will discuss the turmoil and upheaval of the Antebellum Period and the road to Civil War. Please email the COA at

[seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this program and you will receive the Zoom link by the morning of the presentation. See "Virtual Programming" on page 7 for more information on using Zoom.

*Paolo Di Gregorio, the Artifactual Scholar, is an historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. His presentations at the Senior Center are always interesting and well-received.*



If you are receiving this newsletter through the mail you can go to [www.actoncoa.com](http://www.actoncoa.com) to access the electronic version which has easy to click links and is in full color.

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### Directors Corner

Happy New Year!

2020 is a year none of us will forget. I have a new appreciation for so many things that I took for granted pre-COVID. I saw a quote today that I thought I'd share; "I think that when the dust settles, we will realize how little we need, how very much we actually have, and the true value of human connection." Please know we are here for you and just a phone call away. We are also happy to spend some time just chatting with you if you need us; it's what we enjoy the most! Wishing you a happy and healthy New Year, **Sharon**

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## Drive through lunch sponsored by RiverCourt Residences *Thursday, January 7<sup>th</sup> at 12 noon.* For Acton Seniors Only

Enjoy a boxed lunch including a chicken caesar salad wrap, smartfood, seltzer water and strawberry layer cake. A \$2 donation is requested.



## Cut Your Costs on Internet/TV/Telephone via Zoom

*Tuesday, January 12<sup>th</sup>, 1:00-2:30pm*

Join Acton resident Murray Bob as he shares his research on ways to cut the ever-increasing cost of telecommunications in your home--internet, television, telephone service and SiriusXM. You will learn options whether you want to cut the cable cord or simply reduce your bill, how to stream television, what is available in the area for telephone service (landlines and cell phones), and



finding the right internet provider to meet your needs. Available options for lower-income folks and various discounts will be covered. Recently Murray suggested a change in wireless provider to someone whose monthly bill went from \$75 to less than \$15—so there are savings to be had! Bring your relevant cable/internet/phone bills to the presentation so you can compare costs to the services discussed.

Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this program and you will receive the Zoom link by the morning of the presentation. See “Virtual Programming” on page 7 for more information on using Zoom.

## Real Estate Tax Primer via Zoom

*Wednesday, January 20<sup>th</sup>, 1:00-2:00pm*

Staff from Acton’s Assessor’s Office will discuss the options for real estate tax abatements, deferrals and exemptions. Massachusetts General Law authorizes communities to exempt certain citizens from part or all of their property tax obligations. The filing deadline for most exemptions for FY21 is April 1, 2021. If you can’t make the presentation, please call the Assessor’s Office at 978-929-6621 for detailed information regarding all exemptions. Some of the most common exemptions are: hardship, blindness, veterans, surviving spouse and elderly person exemption, Senior Work Program, tax deferral, Committee Senior Tax Aid, CPA Surcharge Exemption, and Circuit Breaker. Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this program and you will receive the Zoom link by the morning of the presentation. See “Virtual Programming” on page 7 for information on using Zoom.



## Ask the Lawyer with Cathleen Summers, Elder Law Attorney Acton Seniors Only

*Thursday January 21<sup>st</sup>, 1:00-3:00pm*

Call the senior center on **978 929 6652** from **1:00pm Wednesday, January 6<sup>th</sup>** to register for a 20 minute telephone consultation. Cathleen will call the client at your allocated time on January 21<sup>st</sup> and discuss any issues in confidence.

Time is strictly limited to 20 minutes. If you need longer we suggest you make a separate appointment with Cathleen to follow up.

## Online Safety with the Office of Consumer Affairs via Zoom

*Tuesday, January 26<sup>th</sup>, 1:00-1:45pm*

During the pandemic, many of us are online more than ever before and there are scammers who try to take advantage of that. Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on online safety. Get some tips on how to be safe online whether it be on your smart device, social media or online banking. Learn about phishing emails and general protection from scams and identity theft. Robin will also talk about the responsibilities of the Office of Consumer Affairs and Business Regulation. Please register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) . For information on using Zoom, see “Virtual Programming” on p.7.



**At the Piano with Sivan:** Please note that Sivan is taking January and February off, but will return in March with a new program.

## **Dancing Through the Decades Interactive Program on ActonTV's Cable and YouTube Channels**

Raul Nieves and Eileen Herman-Haase, performers/creators of Dancing Through the Decades with Dance Caliente will entertain you with 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. Please check the ActonTV schedule or watch online at [Dance Thru the Decades](#) or from the Senior Center At Home Playlist at [www.youtube.com/ActonTV1](http://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.*



### **Words Galore via Zoom**

**Mondays, January 11<sup>th</sup>, 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 2:00-3:00**

Join Val Walker for a fun and lively hour of word play and brain twisters—a logophile's paradise! 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](mailto:seniorcenter@actonma.gov). For more information on using Zoom, see "Virtual Programming" description on page 7.

### **Sculpture Class via Zoom with Sandy Wilensky**

**Thursdays, January 14<sup>th</sup> through March 4<sup>th</sup>, 9:00-11:00am**

**Acton Seniors Only**

Have you ever wanted to learn more about sculpture and try your hand at becoming a sculptor? This series will look at historical and modern sculptors and sculptures and use them as motivation for senior creations. Each class will focus on different materials and how to construct with, shape and adhere those materials. We will experiment with paper, cardboard, wire of various gauges, clay, and wood. The instructor will purchase and collect most materials available with contactless pick-up outside her Maynard studio for a \$35 fee. Participants will need a working surface—such as an old table—as well as scissors, pliers (needle-nose best), glue gun and glue sticks, X-Acto knife and blades, wire-cutters (or old scissors you don't care about), odds and ends of paint (spray or brush), paper glue, wood glue and super glue. Optional but helpful are clamps. Also a collection of interesting papers, scrap foils, cardboard flat pieces and tubes, corks and any other such objects you may have around and find inspirational. **Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this program starting Wednesday, January 6<sup>th</sup>, at 1:00pm.**



*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.*

### **Virtual Watercolor Class for All with Sandy Wilensky**

**Wednesdays, through January 13<sup>th</sup>, 9:00-11:00am**

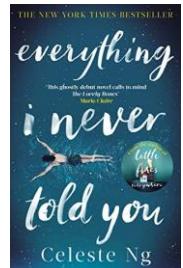
**Acton Seniors Only**

Please note this class is full with a waitlist.

## Book Discussion Group via Zoom

**Wednesday, January 6<sup>th</sup>, 1:00-2:30pm**

Join our monthly virtual book discussion group via Zoom! Ann Kulsick facilitates the gatherings. In January, the group will be reading *Everything I Never Told You* by Celeste Ng, the story of a family dealing with the loss of a child. To place a hold on this title through the Acton Memorial Library, go to [find.minlib.net](http://find.minlib.net). If you need assistance, contact the AML reference department at 978-929-6543 or [reference@actonma.gov](mailto:reference@actonma.gov). If you would like to read ahead, the February title is *The Giver of Stars* by Jojo Moyes. If you are new to the Zoom book discussions, please register by emailing [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). We will email you the Zoom link, which will also be posted in Special Announcements at [www.actoncoa.com](http://www.actoncoa.com).



## Computer Club via Zoom

**Wednesdays, January 13<sup>th</sup> and 27<sup>th</sup>, 1:30-3:00pm**



Bring your computer and hardware questions, problems and related issues to meetings via the Zoom platform. This is a club with no formally planned instruction. Several regulars share their experiences to resolve any computer issues from Windows system difficulties, email setups/usage, networking issues, upgrades and assistance with "how do I" frustrations. MAC and Chrome/Android users are welcome. Regular attendees will receive an email with Zoom meeting information which will also be published on our website under "Special Announcements" prior to each meeting. See "Virtual Programming" on page 7 for more information on using Zoom.

## 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 open to new participants. To register and receive the Zoom link, email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) and include your name and phone number.



## COA Board Meeting

**Tuesday, January 12<sup>th</sup>, 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, January 11<sup>th</sup>, at 1:00pm via Zoom.** Contact us or a member of the Friends for the link or call in number. [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com)

### A Message from the Friends of Acton COA

We wish you a Happy New Year and are looking forward optimistically to 2021.

Please consider contributing to the Annual Appeal which was sent to Acton seniors recently.

The funds will support virtual programming for the time being and in person activities when permissible.

If you were unable to shop for family and friends, consider a donation in honor of one or more of them.

[Friends Appeal 2020](#) and [Donate](#)



**Java with John, Most Fridays at 10:00am** [www.youtube.com/actontv1](http://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](mailto:manager@actonma.gov).

## Mind, Body and Spirit

### **Terri's Tips Tuesdays at 10:00 on Zoom**

**Tuesdays, January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 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](http://www.actoncoa.com), for the meeting link (which changes each week). See "Virtual Programming" on p. 7 for information on using Zoom.



### **Laugh For Your Health with Susan Phillips via Zoom!**

**Thursdays, January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 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](mailto: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](http://www.actoncoa.com). For more information on participating in programs via Zoom, see "Virtual Programming" description on page \_\_\_\_\_. *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 Erin Loporto via Zoom**

**Pre- registration Required**

**6 weeks commencing Monday, January 11<sup>th</sup> 10:00am NO CLASS ON JANUARY 18<sup>th</sup>.**

The Board of Health via a CHNA grant is collaborating with the COA to provide this program. If you're feeling extra anxiety or loneliness these days due to the pandemic, you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 6-week program. For more information contact Sheryl Ball at 978-929-6453 or [sball@actonma.gov](mailto:sball@actonma.gov).

See the [flyer](#) for more details. [Registration link](#)

### **Virtual Exercise Classes**

The Acton Council on Aging offers classes and presentations through ActonTV's cable and YouTube channels. As fitness classes have been especially popular during the pandemic, Terri Zaborowski has created new recordings for Active Aging and Senior Fitness Senior Circuit Workouts. They will replace the existing classes on the ActonTVs cable channel, but you can view all of the classes that have been recorded from your computer, smart TV, smartphone, or tablet from the Acton Senior Center At Home Playlist: [click here](#)

There are now 14 Council on Aging exercise and movement classes on the playlist!

Thank you to Terri as well as Lori Cooney for recording the classes and Pat Snow of ActonTV for editing. More classes taught by Yvonne Benelli are expected soon.

Thank you to Terri and Yvonne as well as Lori Cooney for recording Terri's classes and Pat Snow of ActonTV for editing.



**Acton TV Schedule** (\* correct at time of going to press.) Comcast 8 and Verizon 45. Videos are available on demand at [www.actontv.org](http://www.actontv.org) and [www.youtube.com/actontv1](https://www.youtube.com/actontv1) look for Acton "Senior Center at Home" playlist. For up to date schedule visit [www.actontv.org](http://www.actontv.org)

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

**\*New for January "Nutrition for Active Agers", Monday – Thursday, 10:30am**

"Nutrition for Active Agers" is a four-part series designed and presented by Holly Kouvo, certified personal trainer and nutrition specialist, known to many in the area. Each broadcast will cover a different topic such as: learn how to read food labels, create diets for special health conditions, speed up your metabolism and eat foods that are healthy for your brain.

**Virtual Memory Café via Zoom**

**Friday, January 8<sup>th</sup>, 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 7 for how to participate in virtual programs.



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

**The Dementia Society** [www.dementiasociety.org](http://www.dementiasociety.org)



**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.

**Volunteers Needed for Virtual Storytime**

Building off the success of an initiative started during Acton-Boxborough United Way's Week of Action, we invite retired volunteers to read to young students. Join us in reducing isolation by making connections online, helping kids with reading, and giving parents support in their child's journey to a love of learning. We provide training. You commit to a weekly virtual connection with your reading buddy. Interested in learning more? Contact Amy Cerel at [abcerel@comcast.net](mailto:abcerel@comcast.net).



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. Search for @actoncoa on Facebook. If you follow or like our page, our posts will show in your News Feed.

## 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](http://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](http://www.actoncoa.com).
- To register for a Zoom-based program, email the Council on Aging at [seniorcenter@actonma.gov](mailto: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.



### Thank you to.....

Acton Family Network for the cards and ornaments.

AB High School juniors for the letters.

AB National Honor Society for their ongoing assistance helping seniors with technology.

### A message from The Acton COA Board

"The Council on Aging Board wishes you a healthy and happy 2021!

To help you stay aware of the resources available to Acton's seniors and elderly residents, we encourage you to check out Senator Jaime Eldridge's website using this link:

<https://www.senatoreldridge.com/resources#anchor16> You can find information about Covid-19 and Preparing for Hospitalization, Caregiver Support and other useful topics.

We hope you stay well and continue to participate in the many online classes available through the Acton Council on Aging.

## Food Assistance

(Opening hours over the holidays and during bad weather 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.

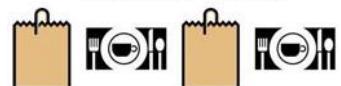
Additional menu options are available. For menu or to reserve a lunch please call at least 24 hours in advance at \* **note new number 781-221-7098**\*. A \$2 donation is requested. Meals on Wheels Minuteman Senior Services can be reached at 781-272-7177, toll free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

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

[www.actonfoodpantry.org](http://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 4<sup>th</sup> 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, 4:00-5:00 pm, or until run out.** [www.mtcalvaryacton.org](http://www.mtcalvaryacton.org) [Menu](#)

We will be handing out meals from the walkway at the back of the church, 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!



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

[www.opentable.org](http://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 and year of birth to hear an automated message with your monthly SNAP amount or visit [DTAConnect.com](http://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 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](mailto: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.



## Essential Assistance

**Tax Assistance 2020 Circuit Breaker** is now online: [\*\*Circuit Breaker Info\*\*](#) You can also contact the Assessor's Office at the Town Hall, 978-929-6621. Consider attending the Real Estate Tax Primer talk via zoom on January 20<sup>th</sup>. See page 2 for details.

### **SHINE Program (Serving the Health Insurance Needs of Everyone) [www.shinema.org](http://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.



### **Social Security Administration (SSA) [www.ssa.gov](http://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. Many services are available online.

**SMOC, Fuel Assistance** – Residents that received fuel assistance last winter should have received their re-application form through the mail. Contact the COA if you need assistance completing the form.

### **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 at 978-929-6652 or email [bhutchings@actonma.gov](mailto:bhutchings@actonma.gov)

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

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

**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](http://www.minutemansenior.org)

### **Help Line Numbers**

**Alzheimer's Association** Helpline 1-800-272-3900,  
**National Domestic Violence Hotline** 1-800-799-7233

**Samaritans** 1-800-273-8255,  
**Grief Counselling** 978-774-5100

## Legal Assistance

**The Massachusetts Senior Legal Helpline** - 800-342-5297, Monday-Friday 9:00am-12noon.

## **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 COA also offers a bi-monthly "Ask the Lawyer" appointment service. See p.2.



## **ACTON TOWN SERVICES HOTLINE 978-929-6600**

Speak to a town employee with questions you may have on the impact to services, and changes to scheduled opening times. Window service at the Town Hall, for Land Use and the Collector's Office, is by appointment.

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



**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](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat about your needs.

## 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.actonma.gov/formcenter/town-managers-office-5/volunteer-application-43>.

## 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](mailto:acyganiewicz@actonma.gov).



## Acton Nursing Services



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

### **Podiatry Clinics**

### **Acton Seniors Only**

***Appointments will be scheduled for Thursdays, January 14<sup>th</sup> and 28<sup>th</sup> 12:15pm-4:00pm***

**Call 978-929-6650, we will start booking on Monday, January 11<sup>th</sup> 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)**

### Acton Memorial Library Service Update

For up-to-date information visit [www.actonmemorallibrary.org](http://www.actonmemorallibrary.org) or call 978-929-6655 ,10:30am-5:30pm Mon-Fri, 10:30am-1:30pm Saturday. [Details](#)

#### **ON-DEMAND CURBSIDE PICKUP**

Memorial Library continues to offer on-demand curbside hold pickups. When you receive notice that your hold is available:

1. Come to the library during curbside pickup hours:  
**Monday- Saturday between 10:30 am - 5:30pm or Sunday between 2:00 - 5:00pm.**
2. When you arrive at the library, call 978-929-6655, option 2
3. Tell us your last name and library card number
4. Wait outside and library staff will put your materials on the tables in front of the main entrance.

**Need help picking out a book?** If you need help or would like suggestions on what to read next please contact the Reference Department at 978-929-6543 or email [reference@actonma.gov](mailto:reference@actonma.gov)

Stay up-to-date with announcements and library info by following us on Facebook, Instagram (@ActonLibrary) and Twitter (@ActonMemLibrary), or by going to [www.actonmemorallibrary.org](http://www.actonmemorallibrary.org)



**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.**



## **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.

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.

### **Electrical and Heating Safety**

Happy New Year Everyone!! Tom Matthews your friendly, neighborhood, firefighter in the Town of Acton. We talked about cooking safety last month and we hope you all managed to have an injury free Holiday Season! This month we want to focus on electrical safety and space heaters:

Just like people, electrical systems need regular check-ups to keep them in good working order. If you see a lot of extension cords, frequently blown fuses or tripped circuit breakers, flickering lights, or smell a vague odor of something burning, it's time to call an electrician to evaluate the system. Extension cords are a fire and a trip hazard and a sign to update the wiring. Check for overloaded electrical outlets and power strips. Check for frayed wires and never ever run cords under rugs or furniture.

Have the heating systems cleaned and inspected by a professional before the start of each heating season. Doing so may find potential problems before a heating system failure. Efficiently running furnaces save money. Heating assistance programs can help low-income homeowners with maintenance. Space heaters need space. Make sure the space heater is 3feet from anything that can catch fire. Discourage the use of extension cords with space heaters, but if needed to put the heater in a safe place, make sure it is properly rated for the appliance. To see flyer click [here](#).

Again we want all our senior citizens to be safe in their home. If you ever have any questions or concerns do not hesitate to reach out. Until next month please be safe!!

## **2020 CPA Project Funding - Restoration of Historic Streetscapes**

**The Acton Tree Warden** was awarded 2020 Community Preservation funds (CPA funds) for the restoration of street trees within Historic Districts. The proposed project would result in the planting of approximately 25 trees in the various Historic Districts. These trees shall be planted within designated Local Historic Districts on publicly owned land, street rights of way, or, where no public space is available, on adjacent private properties as provided by Massachusetts General Law Chapter 87.

**Site Control** - As noted above, the majority of the trees will be planted on public land. However, Massachusetts law does permit the expenditure of public funds to plant trees up to twenty (20) feet back from the edge of the public way, with landowner permission. The new trees will be Public Shade Trees, as legally defined, and are therefore given a degree of protection from removal, unless they are deemed to be hazardous by the Tree Warden.

No trees shall be planted in locations where they would interfere with future sidewalks.

**Project Scope** - The type of tree shall be selected by the Tree Warden. The decision will be made based on several factors such as soil type, proximity to road salt, overhead wires, etc. and the need for diversity of plantings to avoid tree cover loss due to diseases and insects. In the recent past, considerable tree death was caused by Chestnut Blight, Dutch Elm Disease, and Gypsy Moth, and we are now threatened by Asian Longhorned Beetle. The previous historic streetscape project was well received and resulted in 24 new trees planted; 13 in the West Acton District, 9 in the Acton Center District, and 2 in the South Acton District. For more information, please contact Ryan Hunt, Acton Tree Warden, at (978) 929-7743 or by email [treewarden@actonma.gov](mailto:treewarden@actonma.gov)



## Important messages from the Acton Police Department.

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](mailto: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. Do NOT give any personal information over the phone. Vaccine scams are also circulating. The vaccine will be free and you cannot pay to add your name to a list or to receive preferential treatment.

### 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.



### Christmas Tree disposal



After the holidays you can dispose of your tree at the Transfer Station or you can have a local Boy Scout Troop pick it up from you and take to the Transfer Station for a small donation (suggested \$15), and save the hassle and mess. Call 978-795-4225 or visit [ActonBSA.org](http://ActonBSA.org) to sign up for collection. Pick up days are Saturdays Jan 2<sup>nd</sup> (limited availability), 9<sup>th</sup> and 16<sup>th</sup>. [More details](#)

**Acton Historical Society** is offering a series of free presentations over zoom.



Email [jenkslibrary@verizon.net](mailto:jenkslibrary@verizon.net) to register.

Sunday January 10<sup>th</sup>, 4:00pm

“Ice Harvesting in Acton and New England.”

Sunday, February 7<sup>th</sup>, 4:00pm

“Debate over the Battle of the North Bridge, April 19<sup>th</sup>, 1775.”

Sunday, March 7<sup>th</sup>, 4:00pm

“History of Railroads in Acton.”

Sunday, April 11<sup>th</sup>, 4:00pm

“Overview of Acton’s History”

For more details on each presentation see the [flyer](#).

| ACTON COA STAFF                            | ACTON COA BOARD MEMBERS  |                                 |
|--|--|---------------------------------|
| Sharon Mercurio, Director                  | <i>Ellen Feinsand Chair</i>                                      | <i>Alma Sandman, Vice Chair</i> |
| Rosie Atherton, Office Manager             | <i>Lori Cooney, Sec.</i>   | <i>Chunsheng (Bill) Fu</i>      |
| Chris Chirokas, Program Manager            | <i>Jeff Bergart</i>  | <i>Michelle Holmberg</i>        |
| Bev Hutchings, Senior Services Coordinator | <i>Michael Chautin</i>   | <i>Bonnie Lobel</i>             |
| Bernice Nicoll, Activities Assistant       | <i>Ann Corcoran</i>  | <i>Niru Velankar</i>            |
| Fiona Starr, Staff Assistant               | <i>Jacquie Friedman</i>  |                                 |
| Terri Zaborowski, Exercise Instructor      | <b>COA Friends, Monday January 11<sup>th</sup>, 1:00pm Zoom</b>  |                                 |
|  | <b>COA Board, Tuesday, January 12<sup>th</sup>, 10:00am Zoom</b> |                                 |

| Mon   | Tue   | Wed  | Thu   | Fri  |
|---|---|--|---|--|
| <b>Center is closed Jan 1</b><br><br><b>4 JANUARY 2021</b><br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>2:00 Line Dancing 1  | <b>5</b><br><b>COA via Zoom:</b><br>10:00 Tuesday Tips with Terri<br><br><b>Acton TV:</b><br>9:00 Line Dancing 2<br>10:00 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga  | <b>6</b><br><b>COA via Zoom:</b><br>9:00 Watercolor Class<br>1:00 Book Group<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>12:00 Gentle Yoga<br>2:00 Chair Exercise with Mary  | <b>7</b> <b>COA via Zoom:</b><br>11:00 Laugh for Your Health<br>1:00 Intermediate Level Chess Class<br><b>At 30 Sudbury Rd:</b><br><b>12:00 Drive thru lunch</b><br><br><b>Acton TV:</b><br>9:00 Line Dancing 1<br>10:15 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga                           | <b>8</b><br><b>YouTube Acton TV live:</b><br>10:00 Java with John*<br><b>COA via Zoom:</b><br>11:00 Memory Café<br><br><b>Acton TV:</b><br>9:00 Active Aging<br>10:00 Nouvon Fitness<br>12:00 Gentle Yoga<br>2:00 Line Dancing 2 |
| <b>11</b><br><b>COA via Zoom</b><br>10:00 Meditation**<br>1:00 COA Friends Meeting<br>2:00 Words Galore<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>2:00 Line Dancing 1 | <b>12</b> <b>COA via Zoom:</b><br>10:00 COA Board Meeting<br>10:00 Tuesday Tips with Terri<br>1:00 Cut your Internet Costs<br><br><b>Acton TV:</b><br>9:00 Line Dancing 2<br>10:00 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga | <b>13</b><br><b>COA via Zoom:</b><br>9:00 Watercolor Class<br>1:00 Civil Rights Music I<br>1:30- 3:00 Computer Club<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>12:00 Gentle Yoga<br>2:00 Chair Exercise with Mary | <b>14</b><br><b>COA via Zoom:</b><br>9:00 Sculpture Class<br>11:00 Laugh for Your Health<br>1:00 Intermediate Level Chess Class<br><br><b>Acton TV:</b><br>9:00 Line Dancing 1<br>10:15 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga  | <b>15</b><br><b>YouTube Acton TV live:</b><br>10:00 Java with John*<br><br><b>Acton TV:</b><br>9:00 Active Aging<br>10:00 Nouvon Fitness<br>12:00 Gentle Yoga<br>2:00 Line Dancing 2   |
| <b>18</b><br><br><b>COA OFFICE CLOSED</b><br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>2:00 Line Dancing 1   | <b>19</b><br><b>COA via Zoom:</b><br>10:00 Tuesday Tips with Terri<br>2:00 The Growing Divide<br><br><b>Acton TV:</b><br>9:00 Line Dancing 2<br>10:00 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga                              | <b>20</b><br><b>COA via Zoom:</b><br>1:00 Real Estate Tax Primer<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>12:00 Gentle Yoga<br>2:00 Chair Exercise with Mary  | <b>21</b><br><b>COA via Zoom:</b><br>9:00 Sculpture Class<br>11:00 Laugh for Your Health<br>1:00 Intermediate Level Chess Class<br><b>COA via phone appointment</b><br>1:00 Ask the Lawyer<br><br><b>Acton TV:</b><br>9:00 Line Dancing 1<br>10:15 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga | <b>22</b><br><b>YouTube Acton TV live:</b><br>10:00 Java with John*<br><br><b>Acton TV:</b><br>9:00 Active Aging<br>10:00 Nouvon Fitness<br>12:00 Gentle Yoga<br>2:00 Line Dancing 2   |
| <b>25</b><br><b>COA via Zoom</b><br>10:00 Meditation**<br>2:00 Words Galore<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>2:00 Line Dancing 1                             | <b>26</b><br><b>COA via Zoom:</b><br>10:00 Tips with Terri<br>1:00 Online Safety<br><br><b>Acton TV:</b><br>9:00 Line Dancing 2<br>10:00 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga   | <b>27</b><br><b>COA via Zoom:</b><br>1:30- 3:00 Computer Club<br><br><b>Acton TV:</b><br>9:00 Senior Fitness<br>10:00 Nouvon Fitness<br>11:00 Active Aging<br>12:00 Gentle Yoga<br>2:00 Chair Exercise with Mary   | <b>28</b><br><b>COA via Zoom:</b><br>9:00 Sculpture Class<br>11:00 Laugh for Your Health<br>1:00 Intermediate Level Chess Class<br><br><b>Acton TV:</b><br>9:00 Line Dancing 1<br>10:15 Chair Exercise with Mary<br>11:00 Active Aging<br>2:00 Gentle Yoga  | <b>29</b><br><b>YouTube Acton TV live:</b><br>10:00 Java with John*<br><br><b>Acton TV:</b><br>9:00 Active Aging<br>10:00 Nouvon Fitness<br>12:00 Gentle Yoga<br>2:00 Line Dancing 2   |

## Calendar Notes

Schedule correct at going to press. \*subject to change

\*\* Pre-registration required – see program details on p. 5.

Check Acton TV schedule at [www.actontv.org](http://www.actontv.org) Acton TV broadcasts on Comcast 8 and Verizon 45

For YouTube live broadcasts [www.youtube.com/actontv1](https://www.youtube.com/actontv1)

Contact the COA for information on Zoom links where stated at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)

Links may also be posted on the homepage [www.actoncoa.com](http://www.actoncoa.com) under “Special Announcements”.

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

*Words Galore, Watercolor Class, The Growing Divide, From Abolition Through Civil Rights in Music, and Sculpting Class.*

Visit the Friends website to contribute to their annual appeal [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com)  
[Friends Appeal 2020](#) and [Donate](#)

It was so nice to see so many of you at our Holiday Tea drive through.....

65 Holiday teas were distributed and over 30 people tuned in for the afternoon harp concert with Rebecca Swett.



Drive thru Holiday Lunch December 22<sup>nd</sup>



Zane is always happy to see everyone.



Our next Drive Through Lunch is scheduled for January 7<sup>th</sup>, 12noon for Acton Seniors.  
See page 2 for details. Registration is required.



**CENTER IS CLOSED JANUARY 1st**

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 'hello'. We miss you!