



# Acton Senior Center Newsletter

## APRIL 2021

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

The Center is currently closed to the public.

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>



### Drive thru Lunch at the Senior Center

**Tuesday, April 13<sup>th</sup>, 12:00-12:30pm**

Provided by Benchmark Senior Living/Robbins Brook. Enjoy a chicken salad wrap, chips and dessert boxed up and ready for you to take away. This meal is subsidized in part by Minuteman Senior Services. A \$2 donation is requested. **Please sign up by April 7<sup>th</sup>.**

**Open to All Seniors**



### John Singer Sargent: Master with a Brush via Zoom

**Wednesday, April 14<sup>th</sup>, 1:00-2:00pm**



Join Jane Oneail, founder of Culturally Curious, for this virtual art appreciation program. John Singer Sargent, a masterful nineteenth-century artist, is celebrated for his grand manner portraiture of the European and American elite. This program will explore his most beloved as well as rarely seen images, including portraits, forays into Impressionism and stunning watercolors. Please register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). Jane Oneail holds a master's in Art History

from Boston University and a master's in Education from the Harvard University Graduate School of Education. She has worked at some of New Hampshire's most esteemed cultural institutions, including the League of New Hampshire Craftsmen and the Currier Museum, where she founded the Alzheimer's Café. She has taught Art History at the college level for more than a decade, most recently at Southern New Hampshire University.

### The House of Hanover: British Monarchs from George to Victoria via Zoom

**Tuesday, April 20<sup>th</sup>, 1:00-2:00pm**

In the early 18<sup>th</sup> century, a new royal dynasty came to the throne of Great Britain. Plucked from the relative obscurity of a small German principality, the Hanoverians helped establish long-lasting political stability in Britain. This lecture by Paolo Di Gregorio will look at the often-colorful characters of the House of Hanover, and their impact on Britain, Europe, and America.

Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register. Paolo Di Gregorio, the Artifactual Scholar, is a 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 subscribe to the e-newsletter have you asked to be removed from the postal mailing list?

► Like us on Facebook  
[www.facebook.com/actoncoa](https://www.facebook.com/actoncoa)

### Directors Corner

It is so nice to be heading into the nicer weather. Being out in the fresh air and sunshine can definitely lift your spirits. We have lots of wonderful programs planned for April including two different drive through events, several virtual programs, and some outdoor walks. We have developed a short survey that is available on our website as well as in hard copy form at the COA. We look forward to your feedback.

**Stay well, Sharon**

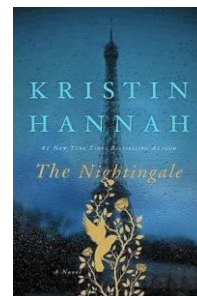


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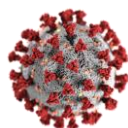
## Book Discussion Group via Zoom

**Wednesday, April 7<sup>th</sup>, 1:00-2:30pm**

Join our monthly virtual book group via Zoom! Ann Kulsick facilitates the gatherings. The group will be discussing *The Nightingale* by Kirsten Hannah, which tells the story of two sisters living in France during WWII. To place a hold on this title through the Acton Memorial Library, go to [find.minilib.net](http://find.minilib.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 title for the May 5<sup>th</sup> meeting is *My Dear Hamilton: A Novel of Eliza Schuyler Hamilton* by Stephanie Dray and Laura Kamoie. If you are new to the Zoom book group, 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).



## Everything We Know About COVID via Zoom

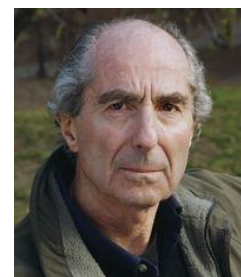
**Thursday April 8<sup>th</sup>, 1:00pm**

Dr. Schoenthaler will give an update on "Everything We Know About COVID," reviewing the science about staying safe and protecting each other. She will also discuss the vaccines, the variants, and will be available to answer any questions you have at the end of her presentation. Dr. Schoenthaler worked as an Oncologist at Emerson and MGH for almost three decades. Since March 2020 she has become a "COVID-translator" writing a weekly column on Covid-19 with a worldwide audience and is a sought-out speaker on the subject as well. She has been written up in The Boston Globe, the Business Insider, Yahoo News, and most recently by Katie Couric. Please register at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) and we will forward you the zoom link from the Concord COA.

## American Writers Series via Zoom with Dr. Lawrence Lowenthal: Philip Roth

**Friday, April 9<sup>th</sup>, 11:00-12:00noon**

In this last presentation in the series, Dr. Lowenthal will discuss the life and works of one of the most honored—and certainly the most controversial—writers in post war American Literature. Philip Roth created an immense and brilliant body of work up until his retirement at age 80. He wrote 31 novels, an autobiography, highly acclaimed short stories, and ground-breaking essays. His early works elicited ferocious criticism from the American Jewish community, particularly his novella *Goodbye Columbus* and *Five Short Stories*, and most particularly his infamous novel *Portnoy's Complaint*, which made him rich, famous and a flashpoint for communal outrage.



If you are new to the series, please register by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). 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.

## Prescription Advantage Prescription Drug Plan Explained via Zoom

**Monday, April 12<sup>th</sup>, 1:00-2:00pm**

Kathy Devine from the Massachusetts Executive Office of Elder Affairs will explain how Prescription Advantage can lower your Prescription Drug costs. Prescription Advantage a state-sponsored prom that helps fill gaps in prescription drug coverage for seniors and people with disabilities. Even if you have Medicare Part D, Prescription Advantage can lower your co-pays. Don't miss this important presentation! Please register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).



## Drawing for All Class via Zoom with Sandy Wilensky

**Tuesdays, April 13<sup>th</sup> through May 18<sup>th</sup>, 9:00-11:00 am**

### Acton Seniors Only

All levels of experience are welcome to this drawing class using the Zoom platform! Participants will build skill upon skill while experimenting with various drawing techniques and materials. Learning about line, shape, value, texture and perspective will be woven into the class instruction. Drawing subjects will include still life, landscape and the natural world with a focus on developing a style of one's own. **Registration begins on Wednesday, April 7<sup>th</sup> at 1:00pm.** Email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) and include your full name and phone number. The instructor will send you the Zoom link before the session begins. *Sandy had a career in education with experience teaching people from age 3 to 93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. She has recently been teaching classes in area senior centers and in her studio at ArtSpace Maynard.*



## Computer Club via Zoom

**Wednesdays, April 14<sup>th</sup> and 28<sup>th</sup>, 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.

## The Poets of Tin Pan Alley Music Program, Part 2 via Zoom

**Wednesday, April 21<sup>st</sup>, 1:00-2:00pm**

John Clark concludes this series with a multimedia presentation devoted to the songs of composer Richard Rodgers and his two lyricists, Lorenz Hart and Oscar Hammerstein. Rodgers & Hart wrote their witty sophisticated music from 1919-1943 and Rodgers & Hammerstein are credited with the longest running shows and best songs of the golden era of Broadway, including *Oklahoma*, *Carousel*, *South Pacific*, *The King and I* and *The Sound of Music*. Please register for this program by emailing the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov). *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.*



### Earth Day

**Thursday, April 22<sup>nd</sup> from 1:00 -1:30pm** drive through the Senior Center for a colorful Earth Day surprise! Sign up at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov).

Limit one per household. Funding was made possible from CHNA 15.

### Acton Seniors Only



## Frequently Asked Questions about Health Care Directives via Zoom with Attorney/RN Cathleen Summers

**Tuesday, April 27<sup>th</sup>, 1:00-2:00pm**

The month of April features a National Healthcare Decisions Day (NHDD), a nationwide initiative that encourages adults to plan ahead of a health crisis. This presentation will help with that planning! Elder Law Attorney and Registered Nurse Cathleen Summers of Generations Law Group will help take the mystery out of choosing, creating, and using your health care proxy and other health care directive documents. Please email the COA at [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register for this presentation.

For more information on using Zoom, see “Virtual Programming” description on page 7



## 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 ongoing but is open to new participants who should email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) and include full name and phone number.

### The Friends of Acton COA

“If we had no winter, the spring would not be so pleasant:

if we did not sometimes taste of adversity, prosperity would not be so welcome”

How apt are the words of New England poet Anne Bradstreet written over three centuries ago as we look back at the year past and forward to a return to normal.

Until then continue to take care, get vaccinated and look out for each other.

**The Friends of Acton COA's next meeting: Monday, April 12<sup>th</sup>, 11:00am  
(not 1:00pm as previously advertised)**

**The Council on Aging Board** is looking forward to sharing Spring with Acton seniors.

Everyone is happy to see the sunnier and longer days bringing the chance to be outside.

We encourage you to consider taking walks in your neighborhood or in and around Acton.

There's the Senior Trailblazer easy walks in Acton that you can enjoy.

We also are planning some more ways to safely enjoy the outdoors with others.

We hope you stay well and look forward to sharing plans for a delightful spring!

**COA Board Meeting, Tuesday, April 13<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

## COVID Information

For the most up to date Covid vaccination information *consult your PCP, or check [www.mass.gov/covid-19](http://www.mass.gov/covid-19)*. The Town will post updates as we have them regarding access to local clinics. Eligible people who live, work, or study in Massachusetts can preregister for a COVID-19 vaccine appointment at a mass



vaccination location, with plans (at time of writing) to add further locations. The new pre-registration system calls, texts, or emails you directly and provides you with a unique code to sign up for an appointment. After you preregister, you will receive weekly status updates on your preferred contact method and will be contacted when an appointment is available. You have 24 hours after being contacted and receiving the code to sign up for your appointment.

The website to use is [www.vaccinesignup.mass.gov](http://www.vaccinesignup.mass.gov) or visit [www.mass.gov/vaccine](http://www.mass.gov/vaccine) and the website link and additional information can be found on the page.

The State of Massachusetts also has a help line at 2-1-1 (select option for scheduling an appointment) for anyone unable to arrange an appointment over the website. If you can use the state website, it is recommended that you do so. CVS Pharmacy, Great Rd, Acton is offering the vaccine [www.cvs.com](http://www.cvs.com).

### **Acton COVID-19 Vaccine Interest Form**

Acton has created a COVID-19 Vaccine Interest Form. Acton residents who are interested in receiving the vaccine are asked to complete this form. The form will be used to notify respondents of their eligibility only. It is not a form for reservations, a waitlist, or appointments. You may fill out the form on behalf of someone else. If you are inquiring about the eligibility of more than one person, please fill out one form for each person. If you need to have someone submit the form on your behalf you can call the COA for assistance. Find the form on [www.actoncoa.com](http://www.actoncoa.com) or call the COA for help.

If you did complete the interest form but have received your vaccine elsewhere, please notify us.

**Tune in to 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 a weekly update and answer questions. Check the website (or Facebook) under 'special announcements' for up to date broadcast information and guests. Questions can be emailed ahead of time to [manager@actonma.gov](mailto:manager@actonma.gov)



**Verizon/AOL/Yahoo users:** You may find emails from the Council on Aging/Senior Center are sometimes blocked and marked as spam. If you are waiting for registration confirmation or a Zoom link from us, make sure to check your spam folder. You can remove the COA email domain (@actonma.gov) from your Verizon spam block. Follow this link to Verizon instructions: <https://www.verizon.com/support/knowledge-base200868/> or contact Verizon customer service for assistance.



## **Mind, Body and Spirit**

### **Walk the Neighborhood with Terri**

**Acton Seniors Only**

***Mondays, beginning April 12<sup>th</sup>, at 9:00am. No walk on April 19<sup>th</sup>***

Join fitness instructor Terri Zaborowski for some exercise and connecting with friends in the neighborhood around the Senior Center! The group will begin and end with static stretches and walk for about a mile at a moderate pace. Walking is mostly on flat terrain with sidewalks. Wear comfortable sneakers, bring water and face coverings are required. No walk in the event of steady rain. Meet outside near the entrance to the Human Services/Senior Center building. Please call 978-929-6652 or email [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov) to register your interest.



Starting in April, **Terri's Tips Tuesdays at 10:00** will no longer be meeting as Terri's schedule has changed. Thank you, Terri, for generously sharing your time and expertise over this past year!

### **Mindfulness/Meditation with Erin Loporto via Zoom**

**Pre-Registration Required**

***Mondays, April 12<sup>th</sup> – May 24<sup>th</sup> (no class April 19<sup>th</sup>), 10:00am***

The Board of Health via a CHNA15 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 program. For more information contact Sheryl Ball at 978-929-6453 or [sball@actonma.gov](mailto:sball@actonma.gov). [Access the link to registration here.](#)



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

***Thursdays, 11:00-11:45am, ongoing***

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). *Susan Phillips, M.Ed. is an Integrative Health Coach and Laughter Yoga Teacher. Her workshops promote laughter as a tool to build joy, resilience and collaboration.*



For more information on using Zoom, see "Virtual Programming" description on page 7



## Senior Trailblazer Walk at NARA Park with Natural Resources Staff

**Monday, April 26<sup>th</sup>, 1:00pm**

Spring is a great time to explore the outdoors and Acton has many lovely walking destinations!

Join Bettina Abe from Acton's Natural Resources department to walk NARA Park in North Acton. Walk the half-mile loop and learn about this gem of open space in town! Park in the lower lot (25 Ledge Rock Way) and meet by the bathhouse. Bring binoculars, wear comfortable sneakers for walking; face covering required. Space is limited so please email or call the Council on Aging to secure your spot: [seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov); 978-929-6652. Walk will be canceled in event of steady rain.

### A Few Short, Fun, Easy Trails

Spring is a great time to enjoy Acton's natural beauty. In a collaboration with Acton Council on Aging, Health and Natural Resource Divisions there is a 'senior approved' guide to 4 local trails. All the trails are easy to get to and all have accessible parking spots. Click here on the online newsletter [Trail Blazers Spring 2021](#). After your walks, you can share your experiences on the Council on Aging Facebook page. For a paper copy of the flyer contact the COA.



### Virtual Exercise Classes



The Acton COA offers classes and presentations through Acton TV's cable and on-demand YouTube channels, [www.actontv.org](http://www.actontv.org). 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: Go to [www.youtube.com/actontv1](http://www.youtube.com/actontv1), click on "playlists" and scroll down to "Acton Senior Center at Home." If you do not have access to the internet the classes are shown on Acton TV, Comcast 8 and Verizon 45.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am</b>	Senior Fitness	Line Dancing 2	Senior Fitness	Line Dancing 1	Active Aging
<b>10:00am</b>	Nouvon Fitness	Chair Exercise	Nouvon Fitness	Chair Exercise	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	Yoga	Line Dancing 2

### 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.

**Building Bridges** is a free virtual program dedicated to connecting older adults and college students founded by Bethany Tsiaras, a Virginia Tech student and ABRHS graduate. There are two program options that run through April 21<sup>st</sup>.

- Coffee Hour, Monday & Wednesday, 10:00AM-11:00AM. An open discussion and topic-based conversation run by students.
- Activity Hour Monday & Wednesday 11:00AM-12:00PM. A time for students and older adults to connect and socialize while participating in virtual games such as Two Truths and a Lie, Scattergories, Charades, Virtual Scavenger Hunt, Trivia, This or That and more!

For more information, visit: <https://tbeth17.wixsite.com/buildingbridges> and click on "programs."



## Tax Return Assistance



The pandemic has prevented the AARP Tax-Aide volunteers from working in person with taxpayers at an approved site. To assist taxpayers, a method using Virtual Returns has been implemented in the Acton area. First, request service by going to <https://taxaide.aarpfoundation.org/request-help>. That request will generate a response in 5 days or less, and taxpayers will be asked to complete a few forms electronically, scan their tax documents into PDF (Adobe) or JPG (pictures), and send them via email (it's secure) to the Virtual Return Coordinator at [AARPFoundation.org](mailto:VirtualReturnCoordinator@AARPFoundation.org). The return will be prepared, an electronic copy of the return will be sent, and reviewed with the taxpayer by phone or Google Meet (like Zoom), then filed electronically within 7 days. If you have difficulty with electronic forms or scanning, the staff at the Senior Center can schedule an appointment and assist you. Call 978-929-6652.

This service is intended for eligible seniors with simple tax returns. For other options there are commercial and private tax preparers in town or you can consult your financial advisor. The IRS has a website [www.irs.gov](http://www.irs.gov) which gives a lot of helpful advice and options to obtain paperwork, as well as offering a 'self-filing' option, go to [www.irs.gov/filing](http://www.irs.gov/filing).

Individuals can also call 800-829-1040, TTY/TDD 800-829-4059. Waiting times may be extended.

## 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.

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

Sunday, April 11<sup>th</sup>, 4:00pm "Overview of Acton's History"

Sunday, April 18<sup>th</sup>, 4:00pm "April 19, 1775 – A Tale of Two Trails"

[www.actonhistoricalsociety.org](http://www.actonhistoricalsociety.org) Email [jenkslibrary@verizon.net](mailto:jenkslibrary@verizon.net) to register.





## Food Assistance

### Healthy Helpings

Has your doctor told you that you have high blood pressure or cholesterol and that eating differently might help? Are you struggling to meet your basic food needs, let alone follow a new diet? If so, the COA in partnership with Open Table has a new program to help! We are offering seniors bi-weekly Healthy Helpings Meal Packages. This program follows the American Heart Association's recommended eating plan to lower or control blood pressure and heart disease. You will receive ready-to-reheat-and-eat meals, select easy-to-prepare pantry items, plus recipes, health tips, and incentives to eat "heart healthy"! If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652. Participation is free and confidential, space is limited. This Project is funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center.



### "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. **Closed Monday April 19<sup>th</sup>.** Additional menu options are available. For [menu](#) or to reserve a lunch please call at least 24 hours in advance at 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 and 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.

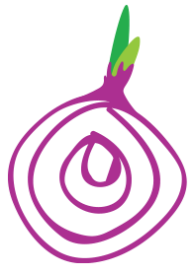
**Mount Calvary Community Supper**, 472 Massachusetts Ave,

**NEW TIME \*Wednesdays, 5:00-6:00pm\*, or until run out.** [www.mtcalvaryacton.org](http://www.mtcalvaryacton.org)

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.

1 meal per person in the car. [April menu.](#)

[www.mtcalvaryacton.org](http://www.mtcalvaryacton.org) or [www.facebook.com/CommunitySupperofActonMA](https://www.facebook.com/CommunitySupperofActonMA)



**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. **Closed school vacation week.**

Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.



**AB Regional School District Free** curbside grab and go meal kit pick up is on Wednesday from 3:30-5:00pm at the Acton-Boxborough Regional High School Hayward Road entrance. Each week we provide each person with a bag consisting of meals for the week (5 breakfasts and 5 lunches). Additionally, we can provide you with 1/2 gallon of milk and for families of 2 or more we are providing a local fresh produce box to take home.

If for some reason you are unable to drive to pick up the meals (due to illness/quarantine) you can request delivery through the Acton-Boxborough Neighbor Brigade, call **(866) 896-3599** to leave a voicemail or email [abqualifiedlunch@neighborbrigade.org](mailto:abqualifiedlunch@neighborbrigade.org).

Twitter updates @ABFoodServices1. **Distribution will continue through Spring break.**

Food Services also provide food to be ordered and paid for online with a contactless pickup at the RJ Grey Junior High School every Tuesday afternoon from 3:00-4:00 pm. We open up our Food Service online site on Thursday afternoon and keep it open until Sunday early evening for food orders. Check it out! We have fish from Red's Best Seafood, Produce Boxes, Premium Meat Boxes and Boar's Head items. [HERE](#) is the link to the online food ordering.





## Essential Assistance

**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)** 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. The STATE has extended SMOC deadline for applying for Fuel Assistance to May 28th instead of April 30th (please note: payments are still only for 11/1-4/30)

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.

**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](http://DTAConnect.com)

**Serving Health Information Needs of Everyone (SHINE)** is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability. State certified counselors can provide impartial answers to *all of your Medicare questions* before you retire and well into retirement as your medical needs change. Confidential counseling is available by telephone or ZOOM until in person counseling can resume. To make an appointment with your local SHINE counselor please contact Beverly Hutchings on 978 929 6652. SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation, The Acton/Boxborough United Way and local support of individual donors.

### **Medicare Savings Programs (MSP)**

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? **The Medicare Savings Program** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call the COA at 978-929-6652

- Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940
- Couples with incomes between \$1888 and \$2396 with assets less than \$23,920

**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** for low-income seniors

1-800-342-529 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.



### **Information for Drivers**

#### **RMV Extended Hours for Seniors, 65+**

Senior Hours on Wednesdays are extended through April for customers 65+ who need to conduct RMV transactions, at selected locations including Leominster, reservations are required. Visit [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) using the "senior transaction" option, call the RMV at 857-368-8005 or if you cannot get to the RMV you can visit a AAA location (members only) for license/id renewal or registration. AAA is offering key timing advice to seniors and family members regarding when the time has come to consider retiring from driving. See [www.AAA.com/KeyTiming](http://www.AAA.com/KeyTiming) for a short video, questionnaire and advice, including establishing alternative transportation options.



## **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.

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.

**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 and accessing the Covid vaccine.

Reach out to him at [vso@actonma.gov](mailto:vso@actonma.gov) or call 978-929-6614 for a confidential chat about your needs.



### **Acton Memorial Library**

For up-to-date information visit <http://www.actonmemoriallibrary.org> or call 978-929-6655.

Look out for details for in-person browsing which plans to resume from April 5<sup>th</sup>.

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

## Acton Nursing Services

### Podiatry Clinics

Acton Seniors Only



**Appointments: Tuesdays April 6<sup>th</sup> and 20<sup>th</sup>**

**Call 978-929-6650, we will start booking on Monday, April 5<sup>th</sup> at 1:00pm.**

**Leave a message and staff will return your call with your appointment time.**

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, or if you have items to donate, call Denise, weekdays, 8:00am-5:00pm at 978-929-6650.**

### Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), are suspended until further notice. Call the hotline for up to date information.

- 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 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 COA. There is still time to sign up via the COA for information on fire safety from a Boy Scout, Sidarth Krishna, who has designed a fire safety information packet as part of his Eagle project.



Hello everyone!! Tom Matthews your friendly, neighborhood, firefighter in the Town of Acton. We talked about home oxygen use last month and we hope you all are doing well! The days are getting longer and hopefully the warmer weather isn't far behind. This month we want to focus on the **File of Life** program. In an emergency, time is critical!!



Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact





their family or friends? File of Life puts these answers at their fingertips. It allows our Firefighter/Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. The program consists of a small red magnetic envelop that hangs on the front of your refrigerator. Inside the envelope, you place a completed medical questionnaire. When our Firefighter/Paramedics respond for a medical emergency at your home, they retrieve the questionnaire from the front of your refrigerator and then have the necessary information they need to provide you with the most appropriate care. If you would like a "File of Life" kit or have questions about the program, please do not hesitate to contact the COA or us at the Acton Fire Dept. We strongly recommend you write your medications in pencil as those would be the items that change from time to time. It is also good to review this information every few months to make sure nothing has changed. The Files of Life available through the COA are kindly supplied by the generosity of the Friends of Acton COA.

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!!

### **Acton Police Department**



There has been an **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. **Be aware that now that the better weather is coming so are the landscaping, roofers and driveway sealer scammers – if in doubt of the legitimacy of any unsolicited offers call the non-emergency number.**

There is **NO** charge to you for the COVID vaccine, nor is there a way to pay to get it quicker than you would under CDC and State guidelines. Only accept offers of transportation to clinics from people you know.

### **Safer Homes, Safer Communities: Community Gun Buy Back Program**

**Saturday, May 15<sup>th</sup>, 9:00am-12:00pm**

Saint Matthew's United Methodist Church 435 Central Street, Acton, MA 01720

From a collaboration between Minuteman Senior Services, AB Cares and Acton Boxborough Suicide Prevention Community Coalition. You will receive a gift card for each firearm you turn in and help reduce the risk of suicide, accidental discharge, and domestic violence.

#### **NO I.D. REQUIRED NO QUESTIONS ASKED.**

Bring firearms unloaded with the safety engaged in a bag, box, or case. Leave the unloaded firearms inside the trunk of your vehicle upon arrival. The Middlesex Sheriff's Office and Massachusetts State Police will safely destroy all guns. For further information please visit [www.middlesexsheriff.org](http://www.middlesexsheriff.org). See [flyer for more event details](#).



### **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>.

## Opportunities to connect



**Highway61** has expanded access to educational and social programs so that people without internet access can participate via landline. Programs are free of charge. Please pass on this information to any friends or neighbors whom you think would enjoy the programs.

Dial-in number: 857-347-0880

Dial-in to these programs every day Monday-Sunday:

- Coffee Chat 11am
- Games (Bingo, Trivia etc.) 1pm\*
- \*Bingo is every M, W, F. Please print out a card to play:  
<https://bingobaker.com/#1228516> The COA can print out cards for you upon request
- Discussion (Various Topics) 2:30pm
- Reading Room 4pm
- Happy Hour 5:30pm



**FISCO or the Friends of Indian Senior Citizens Organization** seeks to bring together and assist the elderly South Asian community. They offer support and friendship to elders. Join them for Sunday chat in Indian languages on ZOOM video every Sunday at 1:00pm until further notice to share our stories ("Mann ki Baat") and for some fun activities and Meditation Wednesdays at 10:30 am. For more information visit their website at [thefisco.org](http://thefisco.org)

## ***A Discussion on Covid-19, Isolation & Seniors with the Liberty***

### ***Alzheimer's Partnership with the Alzheimer's Association***

***Thursday April 15, 2021 from 10:00-11:30 am***

Presented by our own Maryellen King and Daniel Petitt

**Description:** This presentation will delve into the many symptoms of Covid-19, including those that appear more often within the senior population. The presentation will:




- Discuss the diagnosis of seniors in the early stages of the pandemic and what we have since learned.
- Examine the deterioration of cognition and what impact loneliness and isolation have had on seniors, especially those living with dementia.
- Learn the many residual effects (physical, cognitive, emotional and spiritual) that Covid-19 has had on our senior population.
- Construct new practices to combat isolation for future surges in the virus.
- Be able to share their personal experiences and discuss strategies they can use to battle isolation and loneliness in their communities.

Individuals can register through the Helpline at 1-800-272-3900 or through the Zoom registration link.

For more details and to register [see the flyer.](#)



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		Jacque Friedman	
Terri Zaborowski, Exercise Instructor		COA Friends, Monday April 12 <sup>th</sup> , 11:00am Zoom	
		COA Board, Tuesday, April 13 <sup>th</sup> , 10:00am Zoom	

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Calendar Notes</b> Schedule correct at going to press. *Subject to change. For programs marked # see individual descriptions for details on registering. Acton TV broadcasts on Comcast 8 and Verizon 45 Check Acton TV schedule on page 6 and at <a href="http://www.actontv.org">www.actontv.org</a> For YouTube live broadcasts <a href="http://www.youtube.com/actontv1">www.youtube.com/actontv1</a> Contact the COA for information on Zoom links where stated at <a href="mailto:seniorcenter@actonma.gov">seniorcenter@actonma.gov</a> Links may also be posted on the homepage <a href="http://www.actoncoa.com">www.actoncoa.com</a> under "Special Announcements".			<b>1 APRIL 2021</b>  <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class	<b>2</b> <b>YouTube Acton TV live:</b> 10:00 Java with John*  
<b>5</b>	<b>6</b>	<b>7</b> 1:00pm Drawing Class Registration opens via email  <b>COA via Zoom:</b> 1:00 Book Group	<b>8</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class 1:00 Everything You Want to Know About COVID	<b>9</b> <b>YouTube Acton TV live:</b> 10:00 Java with John* <b>COA via Zoom:</b> 11:00 American Writers Philip Roth
<b>12</b> <b>At the Senior Center</b> 9:00 Walk with Terri# <b>COA via Zoom</b> 10:00 Mindfulness with Erin# 11:00 COA Friends Meeting (not 1pm as previously advertised) 1:00 Prescription Drug Plans	<b>13</b> <b>COA via Zoom:</b> 9:00 Drawing for All 10:00 COA Board <b>At the Senior Center</b> 12:00 Drive Thru Lunch	<b>14</b> <b>COA via Zoom:</b> 1:00 John Singer Sargent 1:30- 3:00 Computer Club	<b>15</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class	<b>16</b> <b>YouTube Acton TV live:</b> 10:00 Java with John*
<b>19</b> <b>Patriots Day</b> <b>COA Office Closed</b> 	<b>20</b> <b>COA via Zoom:</b> 9:00 Drawing for All 1:00 House of Hanover	<b>21</b> <b>COA via Zoom:</b> 1:00 Tin Pan Alley pt 2	<b>22</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class <b>At the Senior Center</b> 1:00 Earth Day Drive Thru	<b>23</b> <b>YouTube Acton TV live:</b> 10:00 Java with John*
<b>26</b> <b>At the Senior Center</b> 9:00 Walk with Terri# <b>COA via Zoom</b> 10:00 Mindfulness with Erin#  1:00 Walk at NARA see p.6	<b>27</b> <b>COA via Zoom:</b> 9:00 Drawing for All 1:00 FAQ Health Care Directives	<b>28</b> <b>COA via Zoom:</b> 1:30- 3:00 Computer Club	<b>29</b> <b>COA via Zoom:</b> 11:00 Laugh for Your Health 1:00 Intermediate Level Chess Class	<b>30</b> <b>YouTube Acton TV live:</b> 10:00 Java with John*



**This month the following activities are supported by the Friends of the Acton COA:**  
*Drawing for All, American Writers series, John Singer Sargent lecture, the House of Hanover and the Poets of Tin Pan Alley.*  
Visit the Friends website to find out how you can contribute [www.friendsofactoncoa.com](http://www.friendsofactoncoa.com).



**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. Follow or like our page and our posts will show in your News Feed.

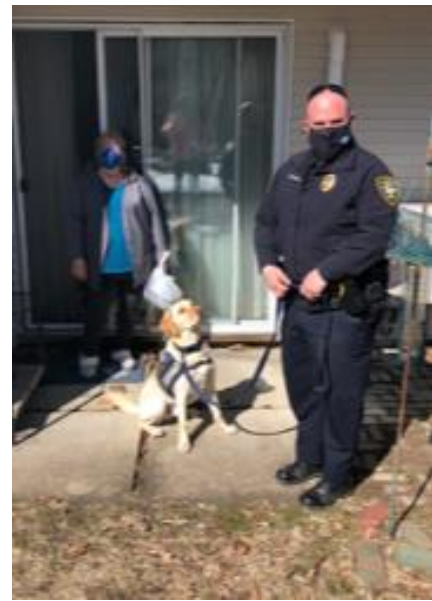


**Thank you to.....**

Middlesex savings bank for the 2021 calendars



Zane is always happy to meet the folks at Windsor Green. If you would like a personal visit call the COA who would be happy to arrange this.



Zane welcomed 75 seniors to our drive thru St Patrick's Day lunch, courtesy of Robbins Brook and Minuteman Services.



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