



Acton Council on Aging

At the Human Services Building & Senior Center

FEBRUARY 2023



30 Sudbury Rd, Rear, Acton MA 01720
Telephone: 978-929-6652
Email: seniorcenter@actonma.gov
Facebook: www.facebook.com/actoncoa
Website: www.actoncoa.com
Town Website: www.actonma.gov

Closed Monday, February 20th

Opening Hours:

Monday: 8:00am-5:00pm

Tuesday: 8:00am-7:30pm

Wednesday & Thursday: 8:00am-5:00pm

Friday: 8:00am-12noon

► Beeyonder Virtual Tour: A March Through Time: A Historic Walking Tour of Cape Town, South Africa

Wednesday, February 15th, 10:30-11:30am

Open to all seniors/free



We have a partnership with Beeyonder, a platform for live interactive virtual travel experiences that occur in real time with qualified local guides in locations around the world! Tour guide Anita Hermanus will take you to Green Market Square, the iconic St. George's Cathedral, the Company Gardens, the flower sellers at Trafalgar Place, and the Grand Parade. The tour will end at the gorgeous City Hall where Nelson Mandela made his first speech after 27 years of imprisonment. This tour is in recognition of Black History Month and the 33rd anniversary of Nelson Mandela's speech. You may participate via Zoom from home or from the Senior Center with a group watching on a large-screen television. Please register with the COA at seniorcenter@actonma.gov or call 978-929-6652 and indicate if viewing from home or at the Senior Center. Beeyonder has eliminated the registration process to log onto the tour, which was frustrating for some. *This program is funded by a grant from Community Health Network Area (CHNA) 15, a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, schools, businesses, boards of health, non-profit organizations and citizens working together to improve the health of member communities.*

A Splendid Little War: Politics, the Press, and the Spanish-American War

Tuesday, February 7th, 1:00-2:00pm

Open to out-of-town seniors for \$5



Join Paolo Di Gregorio for a presentation on the Spanish-American War. At the end of the 19th century, the United States experienced a tremendous transformation in our international standing. Having subdued the continent, the US soon began to emerge as an important player on the international stage. One of the central acts in the drama was a brief war with Spain, a war that would extinguish one empire, while giving birth to another. *Paolo Di Gregorio is a historian, archaeologist and educator with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.*

Events requiring registration call the COA 978-929-6652, seniorcenter@actonma.gov

- AARP Tax Prep Appts
- Book Group on Zoom, 2/14
- Cape Town Tour, 2/15
- Caregiver Support Group
- Gallery Talk, 2/8
- Laugh for your Health
- Medicare Fraud 2/28
- Memory Lane Café, 2/28
- Valentine Card Making 2/7
- Watercolor Class, full
- Words Galore

Meals

- Chef McGuire Lunch, 2/7
- Robbins Brook Lunch, 2/15
- Monthly Breakfast, 2/17
- Light Dinner, 2/28

Call Acton Nursing Services, 978 929 6650 for programs on page 8.

► indicates that you must register in advance, call 978-929-6652

Director's Corner

Winter is upon us. We are hearty New Englanders but we should be prepared for the next storm (we all know it's coming!). Keep your phone charged, have flashlights ready with extra batteries, don't wait until the last minute to fill prescriptions, have some non-perishable food on hand and have a plan in place of where you will go if you need to leave your home. Register on the Town's website to be notified if there is an emergency. This will keep you informed if a shelter or warming station has been opened.

I would also like to remind everyone to please stay at home if you are not feeling well. Stay warm and well. Happy Valentine's Day, **Sharon, COA Director**

Security for You and Peace of Mind for Your Family:

The Documents You Need to Write

Thursday, February 9th, 1:00-2:00pm

Open to all/free

In this illustrated talk Attorney Philip Arcidiacono will show how to state your priorities about your health and your property. A few steps now will help your family follow the course you set! *Philip Arcidiacono is principal of Archdeacon Law Associates of Concord. He specializes in elder law.*



California Dreamin' with Collette Travel

Wednesday, February 15th, 1:00pm

Open to all

Join us for an exciting and informative presentation by Collette travel on this wonderful guided tour that will be departing October 2nd, 2023. This trip is the essence of Northern California - from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a classic yacht-style vessel. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. Embrace the laid-back life of the Golden State.

Judy Garland Celebration

Thursday, February 16th, 1:00-2:00pm

Open to out-of-town seniors for \$5

In this second of a two-part series, Ben Sears and Brad Conner, song duo and American music historians, will present the career of Judy Garland from her earliest years with the Gumm Sisters, as a child star with MGM, her film career as an adult, along with a look at her concert career and classic television appearances. One of the brightest stars of Hollywood's Golden Age, Garland would have celebrated her 100th birthday in 2022. *Ben Sears and Brad Conner, entertainers and theatre historians, have been called "Boston's favorite song duo" by the Boston Globe. Their programs and performances are always well received at the Senior Center!*



The Roots of Gospel Music

Thursday, February 23rd, 1:00-2:00pm

Open to out-of-town seniors for \$5

John Clark's multimedia presentation on the roots of gospel music begins with the centuries-old African ring shout dances and the 18th century spirituals of enslaved people. A hundred years later *Slave Songs of the United States* was published, and the Fisk Jubilee singers began singing many of those spirituals publicly. This evolved into the jubilee quartets of the early 1900s, among them the Golden Gate Quartet and the modern day Dixie Hummingbirds, Soul Stirrers and Swan Silvertones. The program then traces the origins of the modern gospel choir and solo gospel performers. In the late 1920s former blues pianist Thomas Dorsey started gaining exposure for his gospel songs, including *Take My Hand, Precious Lord*. From there his female prodigies, including Sallie Martin and Mahalia Jackson, traveled the country mentoring choirs and young singers and promoting Dorsey's music. The more secular Clara Ward Singers, Staple Singers and Aretha Franklin round out the story of this exciting and inspiring religious music that has blessed so many through the years. *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.*



► Presentation: Protect Yourself from Medicare Fraud!

Tuesday, February 28th, 2:00-3:00pm



Open to all/free

Did you know that over \$60 billion in tax dollars is lost to Medicare fraud each year? Come meet Judy Gertler, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, to participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This informational workshop will provide you with the tools to become a more informed and engaged health-care consumer, including the importance of protecting your Medicare number. Although Medicare cards no longer include Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. *The Mass. Senior Medicare Patrol Program is funded in part by grant number 90MPPG0051 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.*

February 14th is the official day on which we celebrate “love”.

Would you help us out by bringing in a special wedding photo, pictures of family, friends, pets, etc. for our display?

What better way to “share the love”!



Arts & Crafts

► Valentine Greeting Card Workshop with Nancy Dodge

Tuesday, February 7th, 2:30-4:00pm

Open to out-of-town seniors for \$5

In this workshop suitable for all skill levels, you will make one or two greeting cards with a Valentine's Day theme. You can choose from several designs based on your experience level and make your creation unique by selecting from a variety of embellishments and sentiments. All supplies provided by instructor. Examples will be available to view in the reception area. *Nancy Dodge is an avid crafter and a Stampin' Up distributor.*



► Watercolor Painting Class with Fran Hewitt

Tuesdays through March 7th, 9:30-11:30am

Acton seniors only

Class is currently full. Call the COA about waitlist.

► Gallery Talk with Photographer Neal Rantoul

Wednesday, February 8th, 2:00pm

Open to all



This *Gallery Talk* is a chance to hear from Photographer and Exhibitor, Neal Rantoul. Hear how he made the pictures you've seen this past month on the Lounge wall at the Senior Center. Each image from each year of his retirement has a great back story and this is a perfect opportunity to ask him questions about his work. Neal has exhibited widely and taught at Harvard and Northeastern Universities.

Needle Arts Group

Open to out-of-town seniors/free

Wednesdays, 12:30-2:30pm

This friendly, social group is open to anyone interested in gathering to sew, knit or crochet.



Drop-in Art

Tuesdays, 9:00-12noon

Open to out-of-town seniors/free

Come to the Senior Center and paint or draw with your peers. Please bring your own supplies.

Java with John

Acton seniors only



Friday, February 17th, 9:45am

John Mangiaratti, the Town Manager, will be at the Senior Center to keep you up to date on what is going on around Town, answer your questions and listen to your feedback.

► indicates that you must register in advance, call 978-929-6652

A Message from the Friends of Acton COA

The FCOA wishes everyone a happy and healthy New Year.

The Annual Appeal, our major fundraiser, was sent to households and by email in December.

A hearty thank-you to all Acton seniors who responded immediately.

Gifts may be made in **honor** of or in **memory** of easily online at <http://www.friendsofactoncoa.com/>.

Additional donation forms are also available in the lounge at the Senior Center.

The Friends of the Acton COA will next meet Monday, March 13th at 1pm.



Winter weather is happening...

- Check the Lost & Found if you mislay a glove or hat.
- For exercise & gym users remember to bring dry, clean and appropriate footwear to change into.
- Classes and programs in person will not run in the event of snow closings at the schools. Call us if in any doubt. Follow us on Facebook to keep up-to-date, www.facebook.com/actoncoa
- If the weather is bad do not travel. If you have an appointment we can try to re-schedule.

Support Groups

□► Caregiver Support Group via Zoom

Tuesdays, 3:00-4:30pm **note time change

Open to all caregivers of older adults/free

Join Julie Norstrand for this Caregiver Support Group that meets weekly via Zoom. New participants always welcome! Being a caregiver can be very challenging for many. You may feel stretched thin with the many demands you face, including work and family life. This can leave you feeling physically exhausted, isolated and alone. Julie has found caregiving groups to provide tremendous practical and emotional support to the members. She ensures safe, non-judgmental settings where members can share and learn from one another and witnesses the strong bonds that develop as members gain each other's trust and friendship. The goal is to ensure that people feel heard and supported. If you are new to the group, please sign up with the Council on Aging at seniorcenter@actonma.gov or call 978-929-6652. *Julie Norstrand, PhD, MSW, and MSc, is an adjunct Professor at Regis College. She is the founder of Help My Aging Parents and is on the Newton COA Board. See page 17 for additional presentation on February 21st at 3:00pm.*

□► Memory Lane Café at the Acton Senior Center

Open to all/free

Tuesday, February 28th, 12:00-1:30pm

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, enjoy lunch and an activity or entertainment together. We do ask attendees to bring their care partners. This month we will be doing Haiku Poetry with Jeannie. Lunch will be provided. Sponsored by the Acton COA, Concord Park and Cooperative Elder Services. Please let us know if you plan to attend.

Grandparents Raising Grandchildren Support Group at the Senior Center

Tuesday, February 21st, 11:00-12noon

Open to all/free

Participants will learn from other grandparents and experts about legal strategies and practices, ways to relieve the stress, and resources available. For additional information, contact group leader Joe O'Leary of the Commission on the Status of Grandparents Raising Grandchildren at 978-760-0360.

Powerful Tools for Caregivers (Virtual Workshop)

Six-week course beginning Tuesday, February 7th, 5:30-7:00pm OR Thursday 9th, 1:30-3:00pm

By taking care of your own health and well-being, you become a better caregiver. [Powerful Tools for Caregivers](#) is a six-week online course and is designed to build the skills caregivers need to take better care of themselves while caring for an adult. For more information and to register, contact Marianne DiBlasi at 781-221-7095 or m.diblasi@minutemansenior.org.

□► indicates that you must register in advance, call 978-929-6652

The **COA Board** hopes you & your family are enjoying good health as the winter progresses. We are committed to helping you live well in Acton & want to share a resource that you may find useful: www.emersonhealth.findhelp.com This has lots of information on many topics of interest to help you. Some topics include transit, health, money, & food. We wish you joy & health throughout the whole year. **COA Board meeting via Zoom Tuesday, February 14th, 10:00am**
Please use the link to join the webinar: <https://tinyurl.com/2zz6n4pb> or telephone: US: +1 301 715 8592 or +1 646 876 9923 Webinar ID: 833 9842 6076 Passcode: 644937

Money Matters...

► AARP Tax-Aide Program

Mondays, commencing February 6th, 9:00am.

No appointments Feb. 20th

Call 978-929-6652 or email seniorcenter@actonma.gov . Appointments are required, and a form must be completed before the appointment. This form is available electronically and in paper versions from Reception at the Senior Center. Taxpayers will need to leave their tax documents with the preparer and return later with a second appointment, for a review of the completed return. Taxpayers with complex returns or high levels of income are advised to seek professional tax preparers. Taxpayers who are not fully vaccinated are expected to wear masks. Please bring a copy of last year's tax returns with you to your appointment. Priority will be given to Acton senior residents. Taxes are due this year by Tuesday, April 18th for Massachusetts tax payers.

Real Estate Seminar: Preparing Your House for the Spring Market

Thursday, February 16th, 11:00am - 12noon

Open to all seniors/free

Heather Murphy, Realtor® with Keller Williams Realty & an Acton resident for over 30 years, is offering a seminar to discuss how homeowners can utilize the winter to get a home ready for the spring real estate market. Direction will be given on what to focus on now and what details should wait. You are not alone; with Heather's guidance, you can take this big task down to small tasks that seem manageable!



Senior Real Estate Tax Relief

There are numerous ways you might qualify for tax relief if you are: over 65 with income and assets that are low-to-moderate, over 70, veteran with a disability or experiencing financial hardship in general. To find out if you qualify, visit the Acton town website and click on the "Quick Link" for Property Tax Relief Programs or call the Assessor's office for more details at 978-929-6621.

Movies

Open to out-of-town seniors/free. Shown with closed captioning, when available. After being shown, some of the DVDs will be available to borrow from the resource shelf in the lounge.



Monday, February 6th, 1:00-3:00pm Ocean's Eleven (remake) (2001, PG-13)

Danny Ocean and his ten accomplices plan to rob three Las Vegas casinos on the same night. Cast includes George Clooney, Brad Pitt, Matt Damon, Julia Roberts, Bernie Mac, and Andy Garcia.

Monday, February 13th, 1:00-3:05pm Ocean's Eleven

(original) (1960) Danny Ocean gathers a group of his WWII compatriots to pull off the ultimate Las Vegas heist. Stars Frank Sinatra, Dean Martin, Sammy Davis Jr., Peter Lawford, and Angie Dickinson.



Monday, February 27th, 1:00-2:45pm and Tuesday, February 28th, 5:00-6:45pm

The Good House (2021, R for language and sexuality) Hildy Good struggles to



maintain her image as a top-selling real estate agent in her coastal Massachusetts town while dealing with alcohol dependency, financial worries, and trauma from the past. Based on the best-selling novel by Ann Leary. Sigourney Weaver and Kevin Kline co-star.



Games

▢► Scrabble Tournament

Tuesdays, February 14th and March 21st, 1:30pm

This program is cancelled.

Open to all seniors/free



Game Night

Tuesday, February 7th, 5:00-7:00pm

Open to all seniors

Spend an evening socializing and enjoying some games with your peers. You can play Mah Jongg, cards, chess, bridge, pool, Scrabble or bring your favorite game to play. You are welcome to bring a brown bag dinner if you'd like. Organize some friends to come along or make new ones!



Play Pool!

The Senior Center has a pool table located in the lounge. Come play! Don't forget to sign in on the MSC kiosk if you decide to shoot a few frames!

Morning Open Activity Time

Open to all seniors/free

Weekday mornings, 9:00-11:30am

No activity time February 17th and 20th

The Senior Center dining room is open weekday mornings for drop-in activities. We provide the space, tables, chairs, and a variety of games (Scrabble, chess, Mah Jongg, playing cards). You may also work on your own art or craft project. Ask your friends to meet here or make new ones!

Mah Jongg Time

Open to out-of-town seniors/free

Mondays, 1:00-4:00pm & Tuesday, February 21st for experienced players only

Thursdays, 1:00-4:00pm open to all skill levels

No Mah Jongg Feb.20th

The Thursday Mah Jongg group is open to all skill levels, but people must at least know the basics of the American version of the game. The Monday group is for more advanced players who can play a game in 15 minutes. Games follow National Mah Jongg League rules. If you have a Mah Jongg set, please bring it along.

Drop-In Bridge

Open to out-of-town seniors/free

Wednesdays, 1:30-3:30pm

The group is for people with an intermediate to advanced skill level and knowledge of conventions, partnership play, and bidding levels.

Chess Club

Open to out-of-town seniors/free

Thursdays, 1:00-4:00pm



Players with some chess experience get together for games at the Senior Center. You only need to know the basics to play.

Thank you to....Sid B. for helping seniors with their IT issues;



Sarah W. for assisting with the Photography Reception & dinners;

Liz Packard for the new decks of playing cards for the Bridge Club;

All our gym monitors who have helped people reach their exercise targets this past year.

NEW COVID-19 TREATMENT HOTLINE: Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. Learn more [Free telehealth for COVID-19 treatment with Paxlovid | Mass.gov](https://mass.gov/Free-telehealth-for-COVID-19-treatment-with-Paxlovid-Mass.gov).

Groups

□► Words Galore via Zoom

Thursdays through March 9th, 9:00-10:00am

Join Val Walker via Zoom for this 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. Session started last month but you are still welcome to join. 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*. Contact the COA at seniorcenter@actonma.gov to register to receive the Zoom link.

Open to all seniors/free

□► Book Discussion Group via Zoom

Tuesday February 14th, 10:00am

The discussion for this meeting will be around the life of Belle de Costa Green, having read the "Personal Librarian", and or having read "An Illuminated Life", or watched the You Tube video "The Private Lives of Private Woman of the Gilded Age". Copies of the book are on hold for the group at Acton Memorial Library. You may also check availability at Citizen's Library (978-929-6654). If you would like to read ahead, "Circe" by Madeline Miller is for the March 14th meeting, Tuesday 10:00am. Ann Kulick facilitates the virtual gatherings. If you are new to the group, please register by emailing seniorcenter@actonma.gov. Ann will send you the link in the week before the meeting.



Open to out-of-town seniors/free

LitLovers Study Group: American Bestsellers

Tuesday, February 28th, 2:30-3:45pm

Open to all seniors/free

This month our group will view the lecture from *The Great Courses DVD Bestsellers: The Books That Shaped America* on *Uncle Tom's Cabin* by Harriet Beecher Stowe. We will discuss the lecture, the featured novel and the author. Copies of the book are on hold for group members at Acton Memorial Library. Facilitated by Program Manager Chris Chirokas.

Genealogy Group

Open to out-of-town seniors/free

Tuesday, February 14th, 1:00-2:30pm



Whether you are new to genealogy or have been researching for years, come discuss your research, seek some advice or simply share your passion for family history with like-minded people. This month's meeting's show-and-tell topic is *MARRIAGE RECORDS*. Try to bring a document showing a marriage (or divorce) event in your family's history or your questions about marriage records (March: *Death Records*).

Computer Club

Wednesday, February 8th and 22nd, 1:30-3:00pm

Open to out-of-town seniors/free

Tech help available! All seniors are welcome to participate in Computer Club. Bring your computer and hardware questions, problems and related issues. If possible bring the problem hardware to the meeting. This is a club with no formally planned instruction. Several regulars are there willing to share their experiences, and work one-on-one, 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. If you are unable to attend in person and would like to talk with a club member via Zoom or phone, please contact the COA and we will forward your information.



Community Newspaper Workshop

Saturday, February 4th, 2:00pm at the Acton Town Hall

Hosted by the League of Women Voters – Acton Area. Learn what it would take to launch and sustain a non-profit and non-partisan newspaper dedicated to local reporting. You must register for this event and space is limited. <https://tinyurl.com/mtnhr8m7> For more [details](#).

Acton Nursing Services



For Acton Nursing programs we will begin booking when the newsletter is posted to the Acton COA website, **Wednesday, February 1st. Call 978-929-6650 to register.**

► Therapeutic Horticulture

Acton seniors only

Tuesday, February 14th 6:00-7:00pm, Wednesdays, February 8th and 22nd, 10:30-11:30am

Bunches of Hearts. Adorn a bunch of fire-red branches with punched heart decorations All supplies are provided. Limit 12 participants per class.

► Energy Healing with Jacqui Burak

Tuesdays, February 21st, 6:00-6:45pm

All ages are welcome

Join us for a powerful exploration into the world of energy healing. During this group session Jacqui will take you on a journey through guided visualization. You will leave the session feeling more empowered having self-care tools you can use on your own. Chairs will be provided. Feel free to bring a yoga mat, towel, blanket or pillow. Call 978 929 6650 to register or for more information. Sponsored by ANS.

► Meditation and Gentle Chair Yoga

All ages welcome

Tuesday, February 7th, 6:00-7:00pm

Meditation is about developing calmness, practicing awareness and decluttering the mind. Pam Saarinen, a Certified Yoga Instructor will lead this class. Together you will practice meditation, using mindful breathing & visualization techniques to release tension and create a sense of calm and balance. You will learn breathing techniques that can be practiced at home. Chair yoga will be a short, gentle and functional sequence, designed to strengthen and create flexibility in the body. Please wear comfortable clothing. Sponsored by the ANS.

► Podiatry Clinics

Acton seniors only

Appointments: Thursday, February 2nd, 10:00-4:00pm, Tuesday February 7th, 2:00-7:00pm, and February 21st, 12noon-4:00pm. Call 978-929-6650 to make an appointment.

Sarah Kinghorn BSN RN CFCN is a certified Footcare nurse and is the owner of Footcare Focus. Sarah provides assessment, toenail clipping and filing, non-surgical callus/corn reduction, gentle foot massage and education to keep your feet healthy and happy! Appointments are 30 minutes for \$45. Please be advised that there is a \$45 cancellation fee if appointment is not cancelled at least 24 hours ahead of time. Payment is cash or check; please make checks payable to Footcare Focus LLC. Acton Nursing Services is happy to provide space for the Podiatry Clinics for the benefit of our residents.

► Maintenance Balance Training Sponsored by an Anonymous Donor **Acton seniors only**

Tuesdays, ongoing, 11:00am Call 978-929-6650 to register

Wednesday, ongoing, 12:30pm Call 978-929-6650 to register

Join Karen Patterson PT as she provides maintenance balance classes as a continued follow-up to her 6-week Balance Matters! Each class is independent of the other but you MUST have attended the Balance Matters! 6 week sessions to join.

Monthly Wellness Discussion: Memory Loss

Open to all seniors

Wednesday February 8th, 11:00am

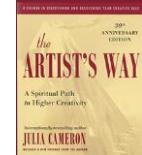
Please join Jill Salamon, Public Health Nurse, for a discussion on "Memory Loss". We will talk about different types of dementia, warning signs, risk factors and prevention.

Wellness Clinic – Wednesday, February 15th, 10:30-12noon

The Acton Nursing Services' Public Health Nurse, Jill Salamon can check blood pressure, weight and answer any medication, nutrition and health related questions you may have. No appointment required.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan, or if you have items to donate, call Denise at 978-929-6650.

► For Nursing programs please call 978 929 6650



► The Artist's Way Study Group

Thursdays, February 9th through May 4th, 11:00-12noon

Open to all/free

This group will meet for 13 weeks to work through the book *The Artist's Way* by Julia Cameron, one of the most popular self-help books of all time. The book offers a spiritual path to higher creativity, teaching techniques to gain self-confidence in harnessing creative talents and skills. The group will cover one chapter each week. There will be homework, mostly reading the chapters ahead of time. Group is facilitated by Tracy Woods, a certified Older Adult Peer Specialist and is a joint venture between the Acton Council on Aging and the Lawrence Recovery Learning Community. Register with the Council on Aging, but if you'd like to reserve a copy of the book call Tracy Woods at 978-687-4288 ext. 172.

► Laugh For Your Health via Zoom with Susan Phillips

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

Open to all seniors/free

Time to shed some stress and get refreshed! Group meets weekly via Zoom and the focus is on cultivating joy, ease, and warm connection—through contagious group laughter exercises, with short breaks of soothing belly breaths. Each class ends with guided relaxation. This practice is called Laughter Yoga, but there are no mats or yoga poses. Health benefits include increased energy and alertness, mood elevation, stress relief, positive connections with others, and an immune system boost. If you are a new participant, email the COA at seniorcenter@actonma.gov to receive the Zoom link, which is recurring, or you can view the link in the News section at 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, connection, and collaboration.*

Gym Hours & Monitoring

Open to Acton seniors only

*Hours are: Monday, 9:00-1:00pm Tuesday, Wednesday, Thursday 9:00am-12:00pm, and Friday 10:00am-11:00am. Gym users are expected to sign up to monitor the gym. You will be required to be on our sub list if you have no assigned monitor hour. Everyone using the gym needs to be trained to use the equipment and learn how to monitor the gym. Please call if you are interested and we can sign you up for training. *Hours are subject to change. You can call us at 978-929-6652 to confirm the current schedule.



Exercise Classes

- Exercise classes are limited to Acton residents age 60 and up
- If you are new to a class, read the description to judge whether it will be a good match for your fitness level and call us with any questions
- Instructors have final say on whether a class is suitable for an individual
- Check with your doctor before starting any exercise program
- Wear comfortable clothing and bring water in a non-breakable container
- Bring clean, supportive shoes to change into for class, especially important in the winter months
- All attendees must have an exercise class waiver on file and up-to-date emergency contact information.

Active Aging with Terri Zaborowski

Mondays through March 27th, 8:30-9:30am

No class Feb. 20th

Tuesdays through March 28th, 9:45-10:45am

Thursdays through March 30th, 9:45-10:45am

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at



the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing. *Terri Zaborowski has been teaching fitness classes for the Council on Aging since 2000. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.*

Tai Chi with Linda Sango

Mondays through March 27th, 11:00-12noon

No class Feb. 20th



This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Senior Fitness with Terri Zaborowski

Tuesdays through March 28th, 8:30-9:30

Thursdays through March 30th, 8:30-9:30am

Wednesdays through March 29th, 8:30-9:30am

Fridays through March 31st, 8:30-9:30am

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.



Wellness Yoga with Patsy Brightman

Wednesdays through March 29th, 10:00-11:15am

The last Wednesday of each month is a healthy joint class



This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional, especially for joint class). The last Wednesday of each month is a Healthy Joint Class offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired RN..*

Thursday Tai Chi Practice

Open to out-of-town seniors/free

Thursdays, 11:00-12noon

Those who practiced the specific form previously offered in the Thursday 11:00 Tai Chi class are welcome to use the Senior Center space to practice together.

Stretch and Flex with Terri Zaborowski

Thursdays through March 30th, 3:00-4:00pm



This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays through March 31st, 10:00-11:00am

No classes February 3rd, 10th and 24th

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*



Meals and Refreshments at the Senior Center



Sign up for all meals/refreshments at 978-929-6652.

Drop-in Continental Breakfast available Monday-Friday in the dining room for \$1.00. A variety of items will be available each day. Just pop in if you're hungry. No need to register ahead of time.

□► Lunch with Chef McGuire

Tuesday, February 7th, 12noon

Acton seniors only

Enjoy pasta and meat sauce, cheesy garlic bread, salad and dessert for a \$3:00 donation. Please sign up prior to the event.

□► Monthly Lunch by Benchmark Senior Living/Robbins Brook

Wednesday, February 15th, 12noon

Open to out of town seniors

Join us for meatloaf, green beans, roasted potatoes, and a Valentine's Day dessert. \$3.00 donation is requested. Sign up is required.

□► Breakfast

Friday, February 17th, 9:00am

(followed by Java with John at 9:45am – see page 3)

Acton seniors only

Join us for a warm, delicious breakfast which may include French toast, scrambled eggs, fruit, bacon or sausages prepared by Veteran Services Officer James MacRae. Cost is \$3.00. Sign up required.

□► Light Dinner

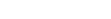
Tuesday, February 28th, serving will start at 4:45pm

Open to all seniors

We will be serving finger sandwiches, chips and dessert that you can bring with you into the movie or enjoy in the dining room. A \$3:00 donation is requested. Please sign up prior to the event.

Sand and Salt Available

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



The COA Handy Helper Program helps Acton seniors with small repairs and simple household jobs. Volunteers glue chair legs, replace light bulbs, flip mattresses, help with computer issues and more. This is not an emergency service. Call the COA at 978-929-6652 to make a request, or if you would like to volunteer as a 'Handy Helper'.

□► indicates that you must register in advance, call 978-929-6652

Support and Services



Lunches at the Senior Center

Birthday Lunch, Thursday, February 9th, 12noon. Anyone with a birthday this month can enjoy a free lunch and special dessert this day. Sign up with John Day in the kitchen on 781-221-7098 and let him know if it's your birthday month.

Minuteman Senior Services are serving congregate lunches Monday thru Thursday at noon. Grab and go lunches will continue to be offered including Fridays. Sign up with John, the dining room coordinator, in person or at 781-221-7098 **by 11:00am the day before**. Voluntary donation is \$2.00.

Frozen Meals -Every week we have a number of tasty pre-cooked frozen meals from **Open Table** available to anyone who would like to take one home. Call 978-929-6652 or ask at the COA front desk.

Meals on Wheels Minuteman Senior Services, visit www.minutemansenior.org or call 781-272-7177, toll free (888) 222-6171. For menus ask in the dining room (781-221-7098) or click [here](#).

Healthy Helpings - the COA in partnership with **Open Table**, funded by CHNA 15, is offering seniors Healthy Helpings Meal packages. Packages to be picked up at 2:00pm, 2nd & 4th Thursday of each month. This program follows the American Heart Association's recommended eating plan. If you are interested in signing up or have questions, call Beverly or Sharon at 978-929-6652.

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

10am-7pm Wednesday and 9:30-11:30am Thursdays. CLOSED WEEK OF 4th WED. EVERY MONTH.

Open Table Pantry, 33 Main Street, Maynard, call 978-369-2275, Tuesdays 1:00pm-6:30pm, Thursdays 1:00-4:30pm. New guests are invited between 5:00-6:30pm.

South Acton Church (35 School Street) has a free Mini Pantry on the side lawn. Available 24 h/day.

Mount Calvary Community Supper, Menu for February

472 Massachusetts Ave. Wednesdays; 4:45-5:45pm, doors open at 4:15pm.

If you are 60 years of age or older call Beverly Hutchings, Senior Services Coordinator at 978-929-6652 or email bhutchings@actonma.gov to enquire of available services, such as:

SHINE, Serving Health Insurance Needs of Everyone Program (1-800-243-4636) **SNAP**, Supplemental Nutrition Assistance Program and **LIHEAP**, fuel assistance, call Beverly for information, 978-929-6652.

SMOC Home Fuel Assistance Program

Home Fuel Assistance Program (LIHEAP): Eligible households have assistance paid directly to their heating vendor. The program is designed to help low-income people afford the cost of heat in the winter months November 2022 – April 2023. Eligibility is based on gross annual income and family size.

Number of People in Household
/Income per Household

1	\$42,411
2	\$55,461

 Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically. Don't let this happen to you! Prescription Advantage can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00am - 5:00pm, or visit prescriptionadvantagema.org.

For additional information, call 978-929-6652 to schedule an appointment with our SHINE counsellor.

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. You can call (781)-272-7177, toll free (888) 222-6171.

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. Reach out to him at vso@actonma.gov or call 978-929-6614 for a confidential chat.

Help Line Numbers



Social Security 1-800-772-1213, TTY 1-800-325-0778

Medicare 1-800-633-4227, TTY 1-877-486-2048

Alzheimer's Association Helpline 1-800-272-3900,

Grief Counselling 978-774-5100

Natl. Suicide Prevention 1-800-273-8255 or 988

Natl. Domestic Violence Hotline 1-800-799-7233

Natl. Alliance on Mental Illness (NAMI) 781-982-3318 – leave a message and a trained volunteer will call back within 24 hours.

Massachusetts Council on Gaming & Health, 1-800-426-1234.

Mental Health Resources www.mass.gov/lists/dmh-multicultural-mental-health-resource-directory

Massachusetts Senior Legal Helpline for low-income seniors

1-800-342-5297 Monday-Friday 9:00am-12noon. Topics for which seniors can access assistance may be limited.

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.



Ask the Lawyer: free 20-minute appointments with a local elder law specialist, every other month at the Senior Center. Ask the Lawyer will next be available in March.



TOWN OF ACTON SERVICES INFORMATION, 978-929-6600, www.actonma.gov

Acton PD would like to make seniors aware of a scam which may affect those with grandchildren. Scammers are gaining access to personal information and then either imitating a grandchild or someone on their behalf asking for money following an accident. In some cases they are even sending a courier to pick up the cash. HANG UP! Contact Acton PD on the non-emergency number **978-264-9638** if you would like further advice. Check out <https://www.fcc.gov/watch-out-grandparent-scams>.

A few winter tips from the DPW/Highway Division

Residents with hydrants in front of or near their property are requested to clear the snow away from the area so that in an emergency the hydrant will be accessible. Please check that your mailbox & post are secure and in good condition prior to the snow season. More information can be found at www.actonma.gov

Updates from the Town Planning Department

Planning Office hours are 2:00-4:00pm Mondays. Residents are welcome at other times but staff availability may be limited.

South Acton Vision and Action Plan: this covers the area around the commuter rail station. For updates visit the website www.mapc.org/resource-library/south-acton-plan/

Kelley's Corner Infrastructure Project: this project is now underway and “*moving in positive directions*”. For bi-weekly updates, plans, pictures and notice of pedestrian detours visit www.actonma.gov/kc

Powder Mill Rd Corridor Initiative: this Maynard/Acton collaboration will work on re-zoning this route with a view to creating a vibrant and welcoming environment for residents and businesses. Follow the project at <https://www.mapc.org/resource-library/powder-mill-road-corridor-initiative/>

Transportation You can take the van from home to the Senior Center! Door-to-door services are in operation. Call the town hotline, 978-929-6600 for more information, or see the COA website. To schedule rides, call 978-844-6809 during normal business hours. Plan ahead and book your ride at least 24hours in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
30 8:30 Active Aging 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	31 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 1:30 Scrabble Tournament 3:00 Caregivers Support Group via Zoom 4:45 Light Dinner 5:00 Movie	1 February 8:30 Senior Fitness 10:00 Wellness Yoga 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	2 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 8:30 Senior Fitness No Nouvonne Fitness
6 8:30 Active Aging 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	7 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Lunch with Chef Maguire 1:00 Spanish-American War Talk 2:30 Valentine Card Workshop 3:00 Caregivers Support Group via Zoom 5:00 Game Night 6:00 Meditation and Chair Yoga - ANS	8 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Therapeutic Horticulture – ANS 11:00 ANS Talk – Memory Loss 11:30 Balance Matters - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge 2:00 Gallery talk with Neal Rantoul	9 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Estate Planning 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	10 Center closes at 12 8:30 Senior Fitness No Nouvonne Fitness
13 8:30 Active Aging 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	14 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 10:00 Book Discussion Group via Zoom 10:00 COA Board Meeting via Zoom 11:00 Maintenance Balance – ANS 1:00 Genealogy Group 3:00 Caregivers Support Group via Zoom 6:00 Therapeutic Horticulture - ANS	15 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Virtual Tour Cape Town 10:30 Wellness Clinic - ANS 11:30 Balance Matters – ANS 12:00 Robbins Brook Lunch 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:00 California Dreamin' 1:30 Drop in Bridge	16 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Real Estate Seminar 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Judy Garland Pt II 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	17 Center closes at 12 8:30 Senior Fitness 9:00 Breakfast 9:45 Java with John 10:00 NouVonne Fitness
20 Building Closed	21 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 11:00 Grandparents Raising Grandchildren 1:00 Mah Jongg 3:00 Caregivers Support Group via Zoom 6:00 Energy Healing - ANS	22 8:30 Senior Fitness 10:00 Wellness Yoga 10:30 Therapeutic Horticulture - ANS 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Computer Club 1:30 Drop in Bridge	23 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Roots of Gospel Music 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	24 Center closes at 12 8:30 Senior Fitness No Nouvonne Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
27 8:30 Active Aging 9-3:00 AARP Tax Appts 11:00 Tai Chi 1:00 Movie 1:00 Mah Jongg	28 8:30 Senior Fitness 9:00 Drop-in Art 9:30 Watercolor with Fran 9:45 Active Aging 11:00 Maintenance Balance – ANS 12:00 Memory Lane Café 2:00 Caregivers Support Group via Zoom 2:00 Protection from Medicare Fraud 2:30 LitLovers Group 4:45 Light Dinner 5:00 Movie	1 March 8:30 Senior Fitness 10:00 Wellness Yoga 12:30 Maintenance Balance-ANS 12:30 Needle Arts Group 1:30 Drop in Bridge	2 8:30 Senior Fitness 9:00 Words Galore via Zoom 9:45 Active Aging 11:00 Laugh for your Health via Zoom 11:00 Tai Chi Practice 11:00 <i>The Artist's Way</i> Study Group 1:00 Chess Club 1:00 Mah Jongg 3:00 Stretch & Flex	3 Center closes at 12 8:30 Senior Fitness 10:00 NouVonne Fitness

ANS = programs provided by Acton Nursing Services. Call 978-929-6650 with questions or to register.

Programs and Classes are correct at time of going to press; circumstances beyond our control may result in cancellation, postponement, or a change in how we deliver the program. Follow us on Facebook for updates. The COA does not endorse or promote any service or company who makes a presentation. We encourage you to be an 'educated consumer' before entering into contract with any service provider.

For movie titles see page 5. Reservations are required for all meals except the daily continental breakfast which is served 8:30-10:00am. Minuteman Senior Services serves lunch everyday – see page 12 for details. Access to the Pool table is available every day.



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

watercolor class, Words Galore, greeting card workshop, Roots of Gospel Music, Judy Garland series, A Splendid Little War, and Tai Chi class.

Help Us Help You!

Have your contact details changed or do your emergency contacts need updating? Stop by the front desk and have us update your information.



Staff News: Kathy Horigan, Volunteer Coordinator & Customer Service Assistant has moved on. We wish her well in her future endeavors.

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, Secretary</i>	<i>Chunsheng (Bill) Fu</i>
Chris Chirokas, Program Manager	<i>Emi Azar</i>	<i>Michelle Holmberg</i>
Bev Hutchings, Senior Services Coordinator	<i>Jeff Bergart</i>	<i>Niru Velankar</i>
Rose Murphy, Human Services Customer Service & Communication Assistant	<i>Michael Chautin</i>	
Bernice Nicoll, Activities Assistant	<i>Ann Corcoran</i>	
Fiona Starr, COA Customer Service Coordinator	<i>The Friends and the Board will next meet: COA Board, Tuesday, February 14th, 10:00am- this will be virtual - see page 5 for details</i>	
Terri Zaborowski, Exercise Instructor	<i>COA Friends, Monday, March 13th, 1:00pm</i>	

We had a fabulous time with Ben and Brad at the first part of their Judy Garland celebration – join us for part 2!



We certainly were not alone for the fascinating presentation from Kelly Beatty on the science and wonder of astronomy.



3 High School students entertained us with their talents one Tuesday evening.

We are open until 7:30pm on Tuesday evenings. We host movies, programs, dinners, and nursing programs. Staff are available to access for social services information. Check the calendar for specific programs.

See Caregivers Group on page 4.

If you would like the Zoom details call 978-929-6652 or email seniorcenter@actonma.gov

LTCi & Caregiving Presentation for Action Senior Center
February 21st, 2023, 3-4:30pm via Zoom
Presenter: Noel Evans

As our population ages, combined with advancements in medicine and treating chronic illness, people are living longer. The challenge is how do Americans fund LTC expenses in retirement in addition to living and other expenses.

Caregiving is, as First Lady Rosalyn Carter said, "There are only four kinds of people in the world- those who have been caregivers, those who are caregivers, those who will be caregivers, and those who will need caregivers." The costs of caregiving and LTC extend beyond dollars and involve the affects of physical & mental health, lost wages, retirement, benefits, and career advancement, relationship fractures, and in the workplace, significant costs related to retention, turnover, and morale.

In this presentation I will discuss these issues in more detail, how to begin the LTC/caregiving conversation, how to pay for LTC and the options in the market, and how to create a written plan that involves your wishes regarding these personal issues while involving your family so that when you are faced with a LTC event, you have in writing how & where you want to receive care. This leaves your possible caregivers a gift so that planning is not done in the midst of a crisis.

Noel Evans (Director on LTC Solutions)

LinkedIn profile: <https://www.linkedin.com/in/noel-e-94094233/>