

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

March 2007

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at [www.town.acton.ma.us](http://www.town.acton.ma.us), Click on Departments then on Senior Center.

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## Winter Weather Policy

*If the Acton Schools are closed:*

- All Senior Center classes, programs and the Minuteman meal site will be **canceled**.
- The Council on Aging office will remain open.
- Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

*If the Acton Schools are delayed:*

- ALL classes beginning before 10:00am will be cancelled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

*The COA van:*

- Will run if road conditions allow, although there may be delays.

Please call the COA with questions about classes and van rides if in doubt.

## ► Wellness University

**(Because it’s never too late to go back to school!)**

***Saturday, April 28<sup>th</sup>, 9:00-4:00 at Parker Damon Building, 5 Charter Rd.***

The Town of Acton Board of Health, Acton Council on Aging, Acton Recreation Department and Acton Public Health Nursing Service are pleased to announce the First Annual “Wellness University”. Wellness University has been designed to address the health and wellness needs of those within the Town of Acton aged 50 and older. The day’s programming will focus on different aspects of wellness

ranging from the physiology of aging, changing sleep patterns, the aging brain, healthy eating, emotional transitions, relationships, spirituality, fitness and much, much more. The educational aspect of the day will be complemented by an exhibit area available throughout the day for participants to receive information on local health and wellness services as well as information on health care, a variety of fitness, nutrition and other age appropriate topics. Lunch will be provided to registered attendees. Wellness University is funded through the Northwest Suburban Health Alliance/ CHNA 15 DoN funds from Lahey Clinic. Additional funding and resources are being provided by Emerson Hospital. Please contact Debby Mozzicato at the Acton Council on Aging at 978-844-2574 or email [dmozzicato@acton-ma.gov](mailto:dmozzicato@acton-ma.gov) if you have any questions or to register for this event. Registration, which is FREE, will be taken on a first come-first served basis and starts on March 1<sup>st</sup>!

**Registration for NEW Classes and Programs begins Monday, March 5<sup>th</sup> at 12:00 noon.  
You may stop in or call to register.**

**All Classes and Programs are held at the Senior Center unless otherwise noted.**

## CLASSES/GROUPS/PROGRAMS

**NEW FOR MARCH & APRIL.....SIGN UPS BEGIN MARCH 5th at 12:00 NOON!**

### **\*New\* Computers for Beginners**

***Mondays in March starting March 5<sup>th</sup>, 10:00-11:30***

Are you new to the world of computers? Does the idea of this technology overwhelm you? Not to fear, this class is just for you. Each week will focus on a different topic while leaving time for general computer questions. Class topics are: March 5<sup>th</sup> - Understanding the Desktop, March 12<sup>th</sup> - Using Word Processing, March 19<sup>th</sup> - Navigating the Internet and March 26<sup>th</sup> - Using Email. Come once or come every week.

### **► Beginner's and Advanced One-Stroke Decorative Painting with Donna Lynch**

***Mondays, March 5<sup>th</sup> through April 9<sup>th</sup>, 9:30-11:00***

This class will demonstrate the art of one-stroke painting. Create beautiful, simple paintings using shading methods through one stroke of the paintbrush! Materials are provided by the instructor.

### **Bob Schneider, Pianist**

***Wednesday, March 14<sup>th</sup>, 12:30***

Join us for an hour of musical entertainment! Bob has lived in Acton since 1973 and is a retired scientist from the Woods Hole Oceanographic Institute. He plays light classical and jazz piano and often accompanies other instrumental and vocal artists. He frequently plays at the Cahoon Museum in Cotuit and for social events in Falmouth and Hyannis. He studied physics and music at Oberlin and completed his graduate work at Wesleyan and Tufts Universities. Please join us for this enjoyable program. Thank you, Bob, for sharing your talent!

### **► Men's and Ladies Breakfast**

***Friday, March 16<sup>th</sup>, 9:00***

Join us for a generous, warm breakfast! Call the COA by Wednesday, March 14<sup>th</sup> for a reservation. Cost is \$2.00.

### **► Meet the Board of Selectman Candidates at the St. Patty's Day Luncheon**

***Thursday, March 15<sup>th</sup>, 11:45 (Luncheon), 12:15 (Candidates)***

The Board of Selectman candidates have been invited to join us for lunch and conversation.

### **► The Acton Lions Club Annual New England Boiled Dinner**

***Sunday, March 18<sup>th</sup>, 1:00***

Come to a traditional New England boiled dinner at the Senior Center. Call the COA, 978-264-9643, by Thursday, March 15<sup>th</sup> for your required reservation and transportation, if needed. Sign-up is on a first come, first served basis. Parking is limited, please carpool. Thank you Lions Club for providing good food, company and entertainment!

### **MBTA ½ Price Charlie Cards**

***Monday, March 19<sup>th</sup>, 1:00-3:00***

The Lowell Regional Transit Authority will be offering half priced MBTA Charlie Cards for seniors 65 and older. The card allows seniors to ride all Massachusetts public transportation and MBTA subways for half price. Cost of the card is \$3. Please bring photo identification.

### **► Bridge Class with Electra Coumou**

***Mondays, March 19<sup>th</sup> through April 30<sup>th</sup>, 10:00-12:00***

This is a six week session offering a review of the basics of bidding. This class is aimed towards the intermediate player. As usual, the first hour will be a lesson and the second hour will be free play.

### **► Beginner Digital Photography Class**

***Thursday, or March 22<sup>nd</sup> or March 29<sup>th</sup>, 1:30-3:00***

What are you going to do with your photos now that you've taken them? We will learn transferring of photos to the computer. We'll also use Picassa, free web-based software, to edit and ready our photos for printing. Class is limited to 3 students; Windows machines only. Bring your camera, memory card, manual and cable to class.

**► Indicates that you must sign up in advance!**

**NEW FOR MARCH & APRIL (continued)..... SIGN UPS BEGIN MARCH 5th at 12:00 NOON!**

► **\*New\* Pool Lessons**

*Wednesdays in March and April beginning March 21<sup>st</sup>, 1:00*

There will be a kick-off meeting on Wednesday, March 21<sup>st</sup> for all levels of interested pool players followed by free play. Lessons will continue on Wednesdays through April. Bring a pool cue if you have one.

► **\*New\* Spanish for Beginners**

*Thursdays, March 22<sup>nd</sup> through May 24<sup>th</sup>, 1:00 – 2:00*

Come have fun learning the basics of the Spanish language. This class will cover pronunciation, greetings, numbers, telling time, days and months, food, and some grammar. No language can be understood without its culture, so we will also talk about what makes the Spanish speaking world what it is today. If time allows, we will prepare a Spanish meal as part of the class. If you have traveled to any Spanish speaking country, please bring pictures, souvenirs, information, crafts, etc. to share with the class the first meeting. The instructor, Maria Cevallos Warren teaches Spanish classes at A/B Comm. Ed., lectures at Assumption College, and is the owner of Spanish for All, an Acton business teaching Spanish and translations between English and Spanish.

► **Cooking Class**

*Monday, March 26<sup>th</sup>, 1:30*

If cooking for yourself has gotten to be boring or tedious, learn how you can transform the experience and eat better than ever. In this class you'll learn how to shop creatively so that you can have variety in your food without spending a fortune. We'll also explore the options of cooking in batches so that there's always something great to eat in your freezer. Learn how you can share the shopping and cooking with friends and start a cooking club rather than eating alone. Andrea Mason is the Chef/Owner of Catering by Dinner is Served, a local Catering and Personal Chef Service. Chef Andrea has studied cooking with Mollie Katzen (author of the original Moosewood Cookbook), and taken classes at the Institute for Culinary Education. Her secret desire is to write a cookbook.

► **Watercolor with Sue Nordhausen**

*Tuesday, April 3<sup>rd</sup> through April 24<sup>th</sup>, 1:30-3:00*

Instruction geared to students of all levels on both class and individual projects. Areas covered will include composition, color qualities and light and dark values. Materials list available in the COA office.

► **Watercolor and Drawing with Cynthia Durost**

*Wednesdays, April 4<sup>th</sup> through June 6<sup>th</sup>, 9-10:30*

This class will work in still life, spring floral landscape and portraits.

► **Masspro, the Medicare Quality Improvement Organization for Massachusetts**

*Wednesday, April 4<sup>th</sup>, 12:30*

As Beneficiary Outreach and Mediation Coordinator at Masspro, Ellen Pothier's mission is to help MA Medicare beneficiaries learn about the rights and protections built into the Medicare program so they can better navigate the complex healthcare system. Come learn more about how Medicare is changing to meet the needs of beneficiaries.

**Ruth Harcovitz, Soprano Extraordinaire**

*Wednesday, April 11<sup>th</sup>, 1:00*

Join us to enjoy the charm, magnetism and artistry of local artist Ruth Harcovitz. She was last at the Senior Center in 1997 so we would like to give her a warm welcome back. Funded by the AB Cultural Council.

► **A Taste of German Opera**

*Tuesdays, April 17<sup>th</sup> and 24<sup>th</sup>, May 1<sup>st</sup>, 15<sup>th</sup> and 22<sup>nd</sup>, 12:30-3:00*

From Beethoven's "Fidelio", "arguably the greatest of all operas" as one commentator said, through Richard Strauss's "Der Rosenkavalier", "the opera from which you learn all you need to know about life" as another writer has said, to the very scary "Hansel and Gretel" plus a surprise TBA, here is a class that will be a delight from beginning to end. Extremely good and colorful films accompany a complete presentation of all the operas along with the insightful comments by the leader of the group, Martin Segal.

► **Indicates that you must sign up in advance!**

## ONGOING CLASSES/GROUPS/PROGRAMS

**ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!**

### **Drop-in Mah Jongg and Mexican Train**

*Thursdays, March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and Tuesday, March 27<sup>th</sup>, 1:00*

### **Drop-In Watercolor**

*Wednesdays, March 7<sup>th</sup> and 28<sup>th</sup>, 9:00-10:30*

### **Computer Club**

*Tuesdays, March 13<sup>th</sup> and 27<sup>th</sup>, 10:00-11:30 and/or Wednesdays, March 7<sup>th</sup> and 21<sup>st</sup>, 1:30-3:00*

The club is open to all computer users from the novice to the experienced. Come as often as you'd like.

### **Friendly Visitors**

*Tuesday, March 13<sup>th</sup>, 1:00*

We will meet in Carol's office. Please mark you calendar and plan on joining us.

### **► Ask the Lawyer**

*Wednesday, March 14<sup>th</sup>, 1:00-3:00*

Attorney Leslie Madge, a certified Elder Law Attorney, offers 20 free minute private legal consultations.

### **Acton Senior Quilters**

*Wednesdays, 10:00-12:00*

Self-directed group meets to work on various group and individual projects. Quilters of all levels are welcome.

### **Knit/Crochet**

*Wednesdays, 12:30-2:00 (No session on Wednesday, March 14<sup>th</sup>)*

This great group of gals enjoys knitting and crocheting and always enjoys welcoming new crafters.

### **Genealogy Group**

*Friday, March 9<sup>th</sup> and 23<sup>rd</sup>, 1:00 – 3:00*

This congenial group meets on a "drop-in" basis and is always anxious to learn and to share. If you are interested in your ancestry please join this group in the Senior Center living room; newcomers are always welcome!

### **"The Bookies"**

*Monday, March 19<sup>th</sup>, 1:00*

The book of the month is Snow Flower and the Secret Fan by Lisa See. You don't have to read the book to join the group and learn something about it!

### **Pool/Ping Pong/Poker**

*Daily, 12:30 for pool and ping pong and Fridays, 1:00 for poker*

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

### **► SHINE (Serving the Health Information Needs of Elders)**

*Mondays, 1:00-3:00*

MaryJane Costello will help you navigate the confusing world of health insurance. Please call the COA office to schedule an appointment. SHINE is managed and funded by the MA Exec. Office of Elder Affairs.

**► Indicates that you must sign up in advance!**

### **Senior Center Art Display**

Many thanks to Acton resident Linda Gilberti for her international photographs that were thoroughly enjoyed during the month of February. Linda enjoys travel and photography and this exhibit was a fusion of these passions with her fascination with people. March brings the watercolor works of Joy Ivanov and Connie Ingram, active Senior Center artists. Their landscapes and still lifes are soothing! The center is open 8-5 but please check the calendar to make sure the room is available for viewing the show.

**Bonjour**...My name is Edie Dietrich. I have been working 14 years for Minuteman Senior Services as an associate of their nutrition department. I manage the congregate lunch and the Meal on Wheel program from the Senior Center in Acton. My everyday reward is to see a smile on people's faces as they come for their daily congregate meal and socialize with each other. The MOW program serves the 65 and older and handicapped population of Acton. The meals are delivered on a daily basis by volunteer drivers who themselves bring a lot of happiness to the elderly. So come on by the dining room to say hello and join us for lunch or better yet bring a friend along.

## SENIOR CINEMA

### *Thursday's at 12:30*

- **Thursday, March 8<sup>th</sup>, "Little Miss Sunshine"** – Take a hilarious ride with the Hoovers, one of the most endearingly fractured families in comedy history. R 2006
- **Thursday, March 15<sup>th</sup>, "An Uncommon Kindness"** – The story of Father Damien began from humble beginnings over a century ago. His remarkable kindness and courage have become legend throughout the world. Documentary 2003
- **Thursday, March 22<sup>nd</sup>, "Shadows in the Sun"** – If you liked Under the Tuscan Sun, you'll love this wonderful romantic comedy set in the stunning Italian countryside. 2005
- **Thursday, March 29<sup>th</sup>, "North Country"** – The searing story of women who broke the gender barrier laboring in hazardous Minnesota iron mines...and broke legal ground with the nation's first class-action sexual-harassment lawsuit. R

## STAYING FIT .....SIGN UPS BEGIN MARCH 5th at 12:00 NOON!

### ► "Stretch and Flex" with Terri Zaborowski

*Mondays, April 2<sup>nd</sup> through June 18<sup>th</sup>, 8:30-9:30*

Start with a gentle warm-up and then progress to easy resistance training using Thera-bands or free-weights (both provided by the Center). This class is designed for all fitness levels. Exercise has been proven to help increase strength, bone density, endurance and metabolism while lowering blood pressure and cholesterol. If that's not enough incentive to join, this class is fun and all participants enjoy the added benefits of friendship and sociability!

### ► "Senior Cardio-Flex" with Terri Zaborowski

*Tuesdays and Thursdays, 8:30-9:30 or Wednesdays and Fridays, 8:30-9:30*

*Week of April 2<sup>nd</sup> through the week of June 17<sup>th</sup>*

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

### ► "Beginner to Intermediate Stretch and Tone" with Terri Zaborowski

*Tuesdays and Thursdays, 9:45-10:45*

*Week of April 2<sup>nd</sup> through the week of June 17<sup>th</sup>*

This class is the same as the above class but at a lower-impact level.



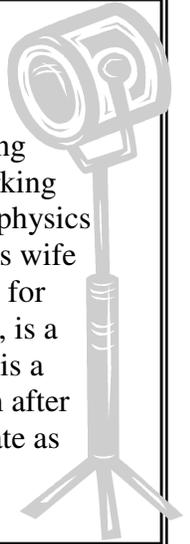
► Indicates that you must sign up in advance!

**Volunteer Opportunity: Seeking Digital Photographer** to photograph our 130+ volunteers over several weeks. You will work closely with the volunteer coordinator and have use of the Senior Center's camera. Good photo skills and experience with digital photography necessary. Please call Carol Steiner.

**Seniors On Line** The number of seniors using the Internet for information about health, financial, travel, politics, religion and technology is quickly multiplying. Seniors often visit online communities to share information, help each other cope and make a difference in each other's lives. Here are some sites you might visit to help you get started: [www.aarp.org/boards](http://www.aarp.org/boards), [www.caregiver.org](http://www.caregiver.org), [www.overfifties.org](http://www.overfifties.org) and [www.seniornet.org](http://www.seniornet.org).

## Volunteer Spotlight

Handyman Laurence Ullmann has been part of the Handyman Program almost since the beginning. Laurie suggests that his skills are basic yet he will attempt to fix just about anything. An Acton resident for 38 years Laurie was born in Illinois and established his New England roots after graduating from Amherst College with a BA. He finished his business career at Texas Instruments before embarking on a teaching career. After earning his teaching credentials from Harvard, Laurie taught high school physics at Bedford, Lexington and Melrose High Schools before finally retiring around age 63. Laurie and his wife Helen raised their 4 children here in Acton and have one grandchild. He currently volunteers not only for the COA through the Handyman program but also organizes Salvation Army bell ringers (Donelan's), is a Nashoba Brook Conservation area land steward, co-organizes the Acton town-wide clean up day and is a regular administrative volunteer for the Mormon Temple in Belmont. An avid hiker, I spoke with him after a recent winter hike in the New Hampshire's White Mountains. New England's geography and climate as well as his community involvement has held him here all these years and we are so glad he is here.



**The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund.  
Contact Jean Fleming at the COA for information.**

### **South Middlesex Opportunity Council (SMOC) Low Income Home Energy Assistance**

**Fuel Assistance** - Need help paying your heating bill? New applications for 2006/07 fuel assistance are being taken through April 30<sup>th</sup>. If your yearly gross household is at or below the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA for information.

<i>Household size</i>	<i>Maximum gross income</i>
1	\$ 19,600
2	\$ 26,400
3	\$ 33,200
4	\$ 40,000

(Call for income guidelines for larger families)

### **Citizen's Energy**

Help with a delivery of reduced cost heating oil.  
Call 1-877-563-4645 (1-877-JOE-4-OIL).

### **Good Neighbor Energy Assistance Program**

– Winter energy assistance from Salvation Army is available for people with income within the guidelines below. Regular applications start Jan.1, 2007. Call Jean Fleming or Carol Steiner at the COA for more information and income guidelines for larger families.

<i>Household size</i>	<i>Maximum gross income</i>
1	19,600 - 26,950
2	26,400 - 36,300
3	33,200 - 45,650

(Call for income guidelines for larger families)

## **AARP Free Tax Preparation**

The American Association for Retired Persons (AARP) is sponsoring a free tax preparation service for low and moderate income taxpayers, through the end of March at the Senior Center and mid April at the Acton Memorial Library. Please call the COA at 978-264-9643 to schedule Senior Center appointments. Call 978-264-9642 for Library appointments. Trained preparers will answer questions or provide assistance in preparing most tax returns. E-filing is available to ensure prompt receipt of you tax refund. This service will not include preparing business returns, returns for those who own rental property, giving investment advice, or complex Schedule D calculations. Please bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2006, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, brokerage statements or other documents which might be related to the income tax return. New this year for Massachusetts and Federal – tax credits are available for home improvements such as new windows, doors or insulation. If you are applying for the Circuit Breaker Tax Credit (MA), you should bring a copy of your 2005 Real Estate tax bills or a copy of your rental contract, plus 2005 sewer and water bills. Also, please bring your Mass. Form #1 booklet.

## **Circuit Breaker State Tax Credit**

We encourage all seniors to be sure to apply for the Circuit Breaker Tax Credit if you are eligible. **YOU NEED TO FILE FOR THIS CREDIT WITH THE STATE INCOME TAX RETURN, EVEN IF YOU DON'T PAY STATE TAXES.** AARP tax consultants will be available, by appointment, at the Senior Center, from February through the last week in March, if you need assistance applying for this credit. The maximum credit is \$870. You may also be able to claim up to three years credit retroactively. To be eligible, you must be 65 or older and own or rent your primary residence in MA. Maximum assessed value of your home, before exemptions but after abatements, has been raised this year to \$684,000. The income limits have been raised to \$46,000 for a single person and \$70,000 for couples. This state program is designed to assist seniors with their real estate taxes. If you don't receive the Circuit Breaker form in the mail with your state tax packet, forms (in Form 1 booklet) are available at the library or call the COA. **BE SURE TO APPLY IF YOU ARE ELIBIGLE!**

## **Telephone Tax Refund**

A one-time refund is available to all persons who paid for any long-distance telephone service for the period after Feb 28, 2003 and before Aug 1, 2006. The amount of the refund is based on the size of your household (number of personal exemptions). The standard refund is \$30 for one person, \$40 for a two-person household, \$50 for a three-person household, and \$60 if there are four or more persons. This comes about because of a recent court ruling that such taxes were improperly collected. For those who file a Federal tax return, the refund can be claimed by filling out a special line on the standard 1040 tax form. **THIS REFUND IS AVAILABLE EVEN IF YOU DON'T TYPICALLY FILE A FEDERAL TAX RETURN.** For people who do not otherwise have to file a federal tax return, there is a new simple form (1040EZ-T) that can be used to get this refund. Copies of this form will be available at the COA office.

## **COA Volunteer Opportunities**

- Handymen/Electronics Specialists
- Friendly Visitors
- Workshop Leaders
- Newsletter Mailers: once a month
- Quilters: once a week informal
- Office Support: set hours, 2 hour min., basic skills required
- Wheel-A-Meal Drivers: always looking to add both regular and substitute drivers

If you are interested in these or any other volunteer jobs, call Carol Steiner at the COA.

► **Safety Sand** - Refills are available throughout the winter so call the COA when you need more sand.

**Elderberries Broadcast** Please tune into the Acton Senior Magazine broadcast three times a day Monday through Friday on Comcast Channel 8 at 8am, 12 noon and 6pm.

## **A Friendly Thank You and Reminder**

In November you received our annual appeal letter, sent to 2000+ senior households in Acton. As of February 1<sup>st</sup> we have received 140 gifts for a total of \$6315. Thank you to all whose generous response has helped us set a new record. All of the money raised helps to fund classes and programs at the senior center. In this newsletter you'll notice several ongoing, popular classes: One Stroke Painting, Watercolor (two series), Bridge, and Opera. In addition, the Friends are pleased to announce a new offering - a series of classes in Introductory Spanish in response to requests made by many people on the COA survey. In order to continue maintaining old favorites as we respond to new interests, we depend heavily on our annual appeal. It is our largest single source of income.

So...if you set aside our letter in the holiday rush, we ask you to respond now and be our partner in keeping the senior center offerings growing and varied? Donations can be mailed to: Friends of the Acton Council on Aging, PO Box 2006, Acton, MA 01720.

Thank you! *From the Friends of the Acton Council on Aging*

## Are You OK Program

Would you be reassured if you received a call everyday at the same time? Maybe the "Are You Okay?" program is for you. This telephone reassurance program is being offered to any Acton resident who would benefit from a daily scheduled contact for a "well-being" check. To enroll in this free service call Carol Steiner at the COA.

### Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Requested voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. Call the COA at 978-264-9643 for transportation, if needed.

- **March Birthday Lunch** will be on **Wednesday, March 14<sup>th</sup>**.

Anyone celebrating a March birthday is welcome to make a reservation to join us for a complimentary lunch funded by The Friends of the Acton COA.

- **St. Patty's Day Lunch** will be on **Thursday, March 15<sup>th</sup>**. Please call by March 13<sup>th</sup> for a reservation.



## Veterans Benefits Information

For information on Massachusetts benefits for eligible veterans and surviving spouses, please call Donna Rochette in the Town Human Resources Dept., 978-264-9603. She will connect you with our Veterans Services Officer, Dore' Hunter, who will arrange a time to meet with you.

## Email Hoax

The US General Services Administration warns about a scheme that sends seniors emails pretending to be from FirstGov.com, the consumer site operated by the agency. The message frightens seniors into thinking their bank information may have been stolen and asks them to type in private information. NEVER give out personal/financial information online or on the telephone unless you are confident about whom you are talking to.

### SENIOR VAN SCHEDULES

The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00-3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.



## English at Large is Seeking Volunteers

This volunteer organization has helped numerous immigrants improve their English skills and become part of American life. Currently over two hundred are waiting for tutors. You can learn more about us on the March Elderberries program. For more information call Lynne Osborn 978-263-3149 or Mary Ann Angle 978-263-2123.

## Town of Acton Election Officials Needed

The Town Clerk and Board of Registrars for Acton are looking for registered voters who are interested in becoming Election Officials. You would work at the polls as tellers and checkers for the upcoming Annual Town Election, March 27th, 2007. These are paid positions. Positions are available from 6:30am to 9:30pm for workers in six precincts. If you would like more information please call the Town Clerk's Office at 978-264-9615.

### ACTON HANDYMAN PROGRAM

The Acton Handyman Program, offered entirely by volunteers, is designed to help Acton seniors with small repairs and simple household jobs. Handymen are available to glue loose handrails and chair legs, replace light bulb/smoke detector batteries, assemble bookshelves, flip mattresses, connect simple computer, TV, VCR, DVD connections. Nothing on ladders, please. Call the COA to request a Handyman.

## SHINE...

SHINE Websites: [www.medicare.gov](http://www.medicare.gov) , [www.massmedline.com](http://www.massmedline.com) , Medicare Advocacy Project: 1-800-323-3203

### Become a SHINE Counselor

The SHINE program is recruiting for new counselors. First master the insurance material and then provide a valuable service to your fellow seniors. The 10 day training program begins in April. For more information call Cindy Phillips at 781-221-7070.

## HEALTH NEWS...

**Masspro Website** at [www.masspro.org](http://www.masspro.org) – for information about Medicare beneficiaries and providers. It also links to resources and tools to support ongoing initiatives.

### Medicare “Compare” Websites

Home health Compare – [www.medicare.gov/HHCompare/Home.asp](http://www.medicare.gov/HHCompare/Home.asp)

Hospital Compare – [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov)

Nursing Home Compare – [www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp)

**Medicare Prescription Drug Plan Finder** at [www.medicare.gov/MPDPF](http://www.medicare.gov/MPDPF)

### Alzheimer’s Disease Services

- **Alzheimer’s Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-0046. Provides adult day health and Alzheimer’s day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

### Support Groups

- **Alzheimer’s Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4<sup>th</sup> Wednesday of each month in the early evening. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Life Care of Nashoba Valley**, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Early stage Patient and Carepartner Support Group** for people with early stage memory problems and their care partners. 1st Tuesday of each month, early afternoon., Concord COA, Harvey Wheeler Building. Call Rebecca Tamasanis 978-369-6889 or Carol Steiner 978-264-9643.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information.

**New Information and Referral Service:** toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

### Healthcare Websites

- **Alzheimer’s Association** sponsored website for people who care for a loved one with Alzheimer’s disease. Enter info about your situation at [www.alz.org/carefinder](http://www.alz.org/carefinder) and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org). For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

**\*Save the Date\* Achieving a Healthier State of Living: Is Living with your Chronic Condition Preventing you from Really Living?**

**Tuesday, April 10<sup>th</sup>, 1:00** - Introduction and registration for this Chronic Disease Self-Management program, being offered to adults of any age who are living with one or more chronic condition. Can you share what you know and are you eager to learn from others who are experiencing similar challenges? If so, take advantage of this unique opportunity. Groups members will make a commitment to meet for 6 weeks from 12:30-3:00 on Wednesdays at the Senior Center, starting April 18<sup>th</sup>. This proven program was developed by researchers at the Stanford University Medical Center and is offered by the Mass Dept. of Public Health and the Acton Council on Aging. Learn more in the April Newsletter or by calling Carol Steiner at the COA at 978-264-9643.

**AROUND TOWN...**

**Cholesterol Clinic: Tuesday, March 20<sup>th</sup>, 9:00-12:00, Nursing Office - 2<sup>nd</sup> floor of Town Hall**

Please call the Acton Public Health Nursing Service with questions or to schedule an appointment. Fee \$10.00

**Acton Women's Club**

**Silent Movies with Piano, Sunday, March 11, 1pm** at the Acton Woman's Clubhouse, 504 Main Street.

Four short silent films starring Charlie Chaplin, Laurel & Hardy and others, accompanied by authentic old-time live piano. Tickets are \$8. For more information, call 978-263-0469.

**Mary Cassatt and the Impressionists, Sunday, April 29, 4pm** at St Matthew's Methodist Church, 435 Central St. Actress, author, director and producer Robin Lane portrays 19th Century artist Mary Cassatt. Advance tickets until March 20 are \$12, \$15 after 3/20. For more information, call 978-263-4989.

**► 2007 Aleppo Shrine Circus**

**Friday, April 20<sup>th</sup>** For complimentary tickets to the annual Aleppo Shrine Circus, in Wilmington, please contact the COA office to reserve up to 4 tickets. No transportation is provided for this event.

**Acton Memorial Library**

**Acton Memorial Library Hosts Town-wide Volunteer Recognition Day** on Sunday March 4<sup>th</sup>, 2:30-4:00.

Everyone is invited to join in honoring these special people. Refreshments will be served.

**Friends of Acton Libraries Book Sale** Friday, March 9<sup>th</sup> through Sunday, March 11<sup>th</sup> in the Meeting Room of Memorial Library. The Book Sale is open to the general public Saturday 9-4. Sunday is 'Half-Price Day' 2-4pm.

**Yusef Komunyakaa to Receive Creeley Poetry Award** - Pulitzer Prize winning poet Yusef Komunyakaa will read from his poetry on Wednesday, March 28<sup>th</sup> at 7:30 p.m. in the Parker Damon School Cafetorium.

**Concord Players**

**"She Loves Me" – April 26<sup>th</sup>** – Musical comedy - Free, dress rehearsals. Call the Concord Players, 978-369-2990.

**SENIOR CENTER CLINICS**

*Please note that the winter snow closure policy on page one of this newsletter also applies to the clinics.*

**Hearing: Thursday, March 8th, 1:00-3:00**

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. Please call to register.

**Podiatry Clinic: Tuesday, March 13<sup>th</sup>, 8:15-11:00**

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

**Blood Pressure & Wellness Clinic: Tuesday, March 13<sup>th</sup> and 27<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will continue to offer a free wellness clinic at the COA but has changed the dates & times. A Registered Nurse will be available to check blood pressure, pulse, or weight, answer any medication, nutritional, exercise or health related questions on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month from 9:30-11:30 am. No appointment is necessary.

## Newsletter Options – Receive it Via your Email

The survey indicated that a number of you would like to start receiving your COA Newsletter by email instead of by snail mail. This will hopefully help us save printing and mailing costs. If you are interested in receiving your newsletter by email and NOT by snail mail please send your name, home address and email address to [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov). I will send you a confirming email in response. Thank you for helping us save some trees, time and money.

## Annual Town Meeting

**Monday, April 2<sup>nd</sup>, 7:00pm** location TBD – Please call the Town Clerk’s office at 978-264-9615 for the location. In recognition of religious observances the annual town meeting will be called to order and immediately move to adjourn the meeting to **Monday, April 9<sup>th</sup> at 7:00pm**. The April 9<sup>th</sup> meeting will be held at the ABRHS Auditorium.

## Annual Town Election

**Tuesday, March 27<sup>th</sup>, 7:00am – 8:00 pm**

Voting locations are back to their original places prior to the last election when everyone voted at the Jr. High. For assistance in determining your voting location please call the Town Clerk’s office at 978-264-9615.

### SENIOR CENTER SURVEY SAYS...

- ...66% of our respondents are women.
- ...50% of our respondents are married.
- ...69% of our respondents are retired.
- ...62% of our respondents have lived in Acton more than 20 years.
- ...86% of our respondents own their own home.
- ...26% of our respondents did not know about local Real Estate tax relief programs. For more information call Brian McMullen, Town Assessor, at 978-264-9622.
- ...30% of our respondents did not know about the Senior Work Program. For more information please call Donna Rochette, Human Resources Dept., at the Town Hall, 978-264-9603.

*Look for more survey results in upcoming newsletters.*

#### ACTON COA STAFF

Jean Fleming, Director  
Carol Steiner, Outreach/Volunteer Coord.  
Debby Mozzicato, Program Coordinator  
Judy Peters, Van Dispatcher/Admin Assist  
Ron Paskavitz, Van Driver  
Steve Ryan and Peter Colby, Sub. Van Drivers

#### ACTON COA BOARD MEMBERS

Stephen Baran, Chair  
Edwin Carell  
Barbara Cantrill  
Anita Dodson  
Pat Ellis  
Bill Ely  
Gena Manalan, Vice-Chair  
Sally Thompson  
Barbara Tallone  
Paul Turner  
The Acton COA Board will meet on Tuesday, March 20<sup>th</sup> at 4:15pm at the Senior Center.

### ACTON COUNCIL ON AGING

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