

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

June/July/August 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, Click on Departments then on Senior Center.

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Farewell...

It is with very mixed emotions that I leave my position as Program Coordinator at the Senior Center. I could probably write a book about all of our adventures together...but I won't! Thank you for the memories, the good times and the friendships that have evolved over my six years at the Senior Center and Council on Aging. The Center is a vital and supportive place and I am very proud of the activities, programs and services that the staff and teachers provide for the senior residents of Acton.

My heartfelt best wishes for a wonderful summer and the continued success and growth of the Senior Center. I hope to see you out and about Acton.

Fondly,

Lightning Safety



Summer is coming and that means thunderstorms.

Here are some tips from the National Weather Service to keep in mind about lightning:

- Lightning can strike as far as 10 miles from the area where it is raining. That's about the distance you can hear thunder. So, if you can hear thunder, you are within striking distance and should seek safe shelter immediately.
- By counting the seconds between the flash and the thunder and dividing by 5, you can estimate your distance in miles from the strike.
- If you are outdoors in a storm avoid water, high ground, open spaces and metal objects. If lightning is striking nearby do not lie down but rather crouch down on the balls of your feet with your feet together.
- If you are in a car and it has a hard top, stay inside and keep the windows rolled up.

- If you are indoors stay at least a few feet away from open windows, fireplaces, radiators, sinks, toilets and tubs. Avoid using the house telephone, appliances and electronics. Cordless and cell phones are safe to use.

**Registration for NEW Classes and Programs begins Monday, June 4th 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.

The Senior Center and COA Office will be closed on both Wednesday, July 4th and Wednesday, August 15th.

CLASSES/GROUPS/PROGRAMS

NEW FOR SUMMER.....SIGN UPS BEGIN JUNE 4th at 12:00 NOON!

► Deaconess Abundant Life Communities Provides Lunch

Friday, June 8th, 11:45

The Groves in Lincoln, a new community being built by the Deaconess Abundant Life Communities, is pleased to provide luncheon at the Senior Center. After a brief presentation, a light lunch of wrap sandwiches and side dishes will be served at no charge. Please call the COA by June 5th to reserve your seat for this complimentary luncheon.

► Indian Cultural Program and Authentic Catered Luncheon (Sign up with the Meal site)

Tuesday, June 12th, 11:30 for the program followed by lunch at 12:15

Join us for an authentic Indian luncheon catered by Bollywood Café of Lexington along with native programming including traditional Indian songs and American folksongs. The program will begin at 11:30 with lunch being served at 12:15. Call the meal site by 11:00 on Thursday, June 7th to reserve this special meal or the alternate Swedish meatball entrée. The suggested \$2.00 donation is requested for either lunch.

► The Golden Tones Perform in Honor of Father's Day!

Thursday, June 14th, 12:30

The Golden Tones musical group, based in Wayland, will entertain us with song and some light acting in honor of Father's Day. Please bring a friend and join us to enjoy the talent of this adult performing group in its 19th season.

► Life Care of Acton Lunch

Friday, June 15th, 11:45

Plan to join us for another delicious luncheon provided by the culinary staff at Life Care of Acton. Please call the COA office by June 13th at 978-264-9643 to reserve your space. As always, the more the merrier!

► Elder Law Essentials

Wednesday, June 20th, 1:00

Attorneys who work primarily with the elderly appreciate complex financial and social realities and are able to address their clients' legal issues in a comprehensive way. They often work with other professionals such as accountants, financial planners, and geriatric care managers to ensure a coordinated plan. Attorney Leslie S. Madge will speak on current legal issues affecting seniors:

- When and why do you want to work with an Elder Law Attorney?
- Reverse mortgages

This program is co-sponsored by the Mass. Chapter of the National Academy of Elder Law Attorneys. Please call the COA office at 978-264-9643 by June 15th to register for this program. Invite friends and family! We are hoping for an audience of at least 10-12 people to have this be a dynamic program.

► Scams and Fraud Prevention

Thursday, June 21st, 1:00

Learn how to prevent and detect scams and frauds, and find out about the Better Business Bureau's helpful services. The topics covered will include identity theft, giving wisely to charities, sweepstakes and prize scams, diet claims and more. Also learn how to utilize the BBB's services such as how to validate a company or charity. Questions and comments will be encouraged during and after the presentation.

► "Secrets of the Spine" presented by Dr. Seth Barron

Tuesday, June 26th, 1:00

Are aches and pains, taking medication or having surgery normal as we age? Learn how previous sprains and strains that you have had can lead to a degeneration of the spine and body that doesn't allow your body to function the way it should. The chiropractic's role in preventing or slowing down this degeneration process will be discussed.

► Indicates that you must sign up in advance!

NEW FOR SUMMER (continued)SIGN UPS BEGIN JUNE 4th at 12:00 NOON!

► **Medication Safety Program followed by Ice Cream Sundaes!**

Tuesday, July 3rd, 12:30

Mass. Medline, the Pharmacy Outreach Program from the Massachusetts College of Pharmacy and Health Sciences, in collaboration with the Acton Pharmacy, will be bringing a program on Medication Safety to the Senior Center. Pharmacists will be available for questions and review of your medications after the presentation. Interested participants may pick up a brown bag beforehand at the COA Office to bring medications in for review, including prescriptions, vitamins, creams, eye drops and any over the counter products you are currently taking. The event is free and open to the senior public of Acton. An ice cream sundae buffet will be provided.

► **Northeast Correctional Facility Luncheon**

Friday, July 13th, 12:00 noon

Join us for this always popular lunch at the price of \$1.42! Guests are asked to either drive themselves to the facility at the rotary in Concord or to reserve a seat on the COA van by calling the office by Wednesday, July 11th. Please call the COA office to sign-up for this luncheon as we are limited to 30 seats.

► **Ask the Lawyer**

Tuesday, July 17th, 1:00-3:00

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

► **“Sunny Skates” at the Nashoba Valley Olympia Skating Rink in Boxborough**

Thursday, August 2nd, 2:30

You are cordially invited to enjoy this free ice skating show featuring figure skaters of all ages in a cool spot. Please call the COA office to sign up so that the rink knows how many to expect. Please wear warm clothes and consider bringing a lap blanket! Homemade refreshments will be served.

► **Ice Cream Sundaes provided by the Inn at Robbins Brook**

Wednesday, August 22nd, 12:30

Join us for homemade ice cream sundaes, with a choice of toppings, courtesy of the Inn at Robbins Brook.

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

The Acton Striders

Friday mornings all summer, 9:00 and/or 9:30

The group has several walks under its belt and is having a great time! Walks are scheduled throughout the summer and are listed below. If you would like to join them please call the COA office at 978-264-9643 to discuss the time and routes of upcoming walks and have your name added to the communications list. The 9:00am group walks one mile in about 30 minutes. The 9:30 group walks two miles in approximately 30 minutes. Six walks have been laid out and distributed to the Acton Striders. Please call the COA office to obtain this list as the walks are numbered and referred to below. Always remember to wear comfortable walking shoes and clothing and to bring your File of Life and water bottle! Look for further information and future walks by the Acton Striders in the September newsletter! Happy walking and be safe out there! To eliminate extra communication please use common sense: if the weather is poor, the walk will be cancelled and the group will meet the following week for the next walk listed in the newsletter.



Friday, June 1st – Walk #1
Friday, June 8th – Walk #2
Friday, June 15th – Walk #3
Friday, June 22nd – Walk #4
Friday, June 29th – Walk #5
Friday, July 6th – Walk #6
Friday, July 13th – Walk #1

Friday, July 20th – Walk #2
Friday, July 27th – Walk #3
Friday, August 3rd – Walk #4
Friday, August 10th – Walk #5
Friday, August 17th – Walk #6
Friday, August 24th – Walk #1
Friday, August 31st – Walk #2

TRIPS/OUTINGS

► **Tall Ships in Newport and The Bay Voyage Inn**

Wednesday, June 27th

Join us to cruise Narragansett Bay viewing approximately two dozen Tall Ships visiting Rhode Island from all over the world. The tour boat is enclosed downstairs and the upper floor is covered; be prepared for any type of weather. There will be no “assigned seating” for the group but the boat will purposely be undersold for our comfort. Before we cruise at 1:00 p.m. you will enjoy a wonderful luncheon on the water at The Bay Voyage Inn in Jamestown...just a short distance from the Marina. Choose from baked salmon with a cream sauce, mushroom stuffed chicken breast or grilled top sirloin with compound butter. Dessert, coffee and tea are included. This is a rain or shine trip and is sure to be a great day! **PAYMENT IS DUE AT THE TIME OF REGISTRATION DUE TO THE POPULARITY OF THE TRIP.** You must register with a check or cash in hand.

DEPART: 8:00am Nagog Woods Office Park – end of cul de sac

COST: \$90.00 (includes bus, full luncheon with dessert, boat tour, all taxes and gratuities)

► **The Lowell Spinners vs. the Oneonta Tigers**

Monday, August 6th

Join us to watch the Class A affiliate of the Boston Red Sox play the Oneonta Tigers. Night games are always fun under the lights and LeLacheur Stadium is a great place to watch a game. The concession stands will be open and your choice of food is at an additional cost to the price of the trip. Come along and help us root for the home team!

DEPART: 5:30pm from the Acton Senior Center, 50 Audubon Dr., South Acton. (PLEASE NOTE CHANGE OF LOCATION FOR THIS TRIP ONLY!)

COST: \$21.00 (includes ticket, tip, bus)

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the sign-up. Your check will return if you can't go, and if your place can be filled. For multiple trips please make separate checks for each.
3. Checks should be made out to: The FRIENDS of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is at the end of Nagog Woods Office Park Rd. Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

Stay Cool at the Senior Center this Summer

If the summer heat gets to be a little too much, please consider joining us at the Senior Center, Monday through Friday, 9:00-4:00 to stay cool, watch TV, chat with new friends, or join in one of our activities!

► **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 10:30 the day before you wish to come. Call the COA at 978-264-9643 for transportation, if needed.

- **Indian Program and Lunch: Tuesday, June 12th**, 11:30. Call by June 7th for a reservation.
- **Father's Day Lunch: Thursday, June 14th**. Please call by June 11th for a reservation.
- **Summer Birthday Lunches: Wednesday, June 13th, Wednesday, July 11th and Wednesday, August 8th**. Anyone celebrating a summer birthday is welcome to join us for a complimentary lunch funded by Friends of the Acton COA. For a reservation please call the meal site at least 3 days before the day of the lunch.
- **Mealsite 30th Anniversary Party: Tuesday, June 19th**. Call by the June 15th for a reservation to this free lunch.
- **4th of July Lunch: Tuesday, July 3rd**. Please call by June 29th for a reservation.
- **Summer Lunch: Thursday, August 23rd**. Please call by August 20th for a reservation.

ONGOING CLASSES/GROUPS/PROGRAMS

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

Drop-in Mah Jongg

Tuesdays in June, July and August, 12:30

Drop-in Bridge

Mondays in June, July and August, 10:00-12:00 and Thursdays in July and August 1:00-3:00

Acton Senior Quilters

Wednesdays in June, July and August, 10:00-12:00. No meeting on July 4th or August 15th

Knit/Crochet

Wednesdays in June, July and August, 12:30-2:00. No meeting on June 20th, July 4th or August 15th

Drop-in Pool

Wednesdays in June, July and August, 1:00-3:00. No meeting on July 4th or August 15th

Drop-in One-Stroke Decorative Painting

Mondays in June, July and August, 9:30-11:00

Watercolor and Drawing with Cynthia Durost

Wednesdays through June 6th, 9:00-10:30

Drop-in Watercolor

Wednesdays in June, July and August, 9:00-10:30. No meeting on Wednesday, July 4th and August 15th

Friendly Visitors

No Friendly Visitor Meetings over the summer months. We will next meet in September. Anyone interested in becoming a visitor or requesting visits please call Carol Steiner at the COA.

Genealogy Group

The group will return in the fall. Please check the September Newsletter.

“The Bookies”

Please look in the September Newsletter for fall plans. Happy summer reading!

Daily Drop-in Ping Pong and Pool

The dining room is generally available each afternoon (Monday through Friday) throughout June, July and August for pool or ping-pong. Please consult the COA calendar for conflicts or call the COA office.

Poker

Mondays and Fridays, 1:00

New players always welcome!

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

Mondays in June, 1:00-3:00

Appointments as needed for July and August

MaryJane Costello will help you navigate the confusing world of health insurance. Call for an appointment.

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

Durable Equipment Loan

The Acton COA maintains a cellar of donated medical equipment to be loaned out to seniors as needed. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed items are tub benches, shower seats and raised toilet seats. They are often in short supply, so if you have items taking up space, we would be glad to add them to the loan cellar. We also have wheelchairs, grabbers, crutches and canes. *Please call ahead to drop off donations.* All equipment must be clean and in very good condition.

SENIOR CINEMA ****Note the new day****

Fridays and Mondays at 12:30

Friday movies in the summer will generally be new releases. Monday movies in July will feature musicals and Monday movies in August will be film noir. Please join us for some entertainment in an air conditioned space.

- **Friday, June 1** - “Ladies in Lavender”
- **Friday, June 8** - “Freedom Writers”
- **Friday, June 15** - “The Last King of Scotland”
- **Friday, June 22** - “The Queen”
- **Friday, June 29** - “Charlotte’s Web”
- **Monday, July 2** - “Chicago”
- **Friday, July 6** - “Monster-In-Law”
- **Monday, July 9** - “Fantasia”
- **Friday, July 13** - “When Harry met Sally”
- **Monday, July 16** - “Moulin Rouge”
- **Friday, July 20** - “March of the Penguins”
- **Monday, July 23** - “The Wizard of Oz”
- **Friday, July 27** - “The Italian Job”
- **Monday, July 30** - “The Sound of Music”
- **Friday, August 3** - “Miss Potter”
- **Monday, August 6** - “Double Indemnity”
- **Friday, August 10** - “Dream Girls”
- **Monday, August 13** - “Mildred Pierce”
- **Friday, August 17** - “Fever Pitch”
- **Monday, August 20** - “Laura”
- **Friday, August 24** - “Night at the Museum”
- **Monday, August 27** - “Sorry, Wrong Number”
- **Friday, August 31** - “Déjà vu”

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.

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.



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.

COA Volunteer Opportunities

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

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



Save Paper and Postage - Receive our Newsletter by Email

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. You will be sent a confirming email in response. Thank you for helping us save some trees, time and money.

AROUND TOWN...

Acton Memorial Library Offers Five New Museum Passes

Through the generosity of the Friends of the Acton Libraries, Memorial Library passes are available for Mass. Audubon Society which includes Drumlin Farm, Worcester Ecotarium, Isabella Stewart Gardner Museum, Peabody Essex Museum and Roger Williams Park Zoo. Other passes offered by the Library include: Museum of Fine Arts, Museum of Science, Concord Museum, Fruitlands Museum, Garden in the Woods, Acton Discovery Museums, The Boston Children's Museum, De Cordova Museum, Tower Hill Botanic Garden, and the Massachusetts State Parks Pass. These and the Library's other museum passes may be reserved online at www.actonmemoriallibrary.org. Reservations may also be made by phone at 978-264-9641 or in person.

Acton Recreation Department Summer Programs

Registrations are now being accepted for membership at NARA Park Beach. There are many upcoming activities this summer including a bus trip to Red Sox games in Baltimore. Be sure to mark your calendars... the Air Force Liberty Band will have a free concert at NARA Park's Amphitheatre on June 15th, the Second Story Band performs on July 19th and T-Bone entertains the whole family on August 2nd. Contact the Recreation Department for more information on trips, concerts or other summer activities.

Acton-Boxborough Community Education

Join them on a trip to Tanglewood on July 28th. Details are in your Summer *Interaction*. Call Community Education at 978-266-2525 to register.

Indian Hill Music School Programs

Garden Tour: "Rhapsody in Bloom", Saturday, June 2, 10:00 am - 4:00 pm. Tour six country gardens in Harvard, MA. Instrumental music performed in each garden. TICKETS: \$20 in advance.

"Bach's Lunch" Concert: Classical program with soprano Nancy Howells and pianist Michelle Kelley: Thursday, June 21, noon - 1 pm.

Art Exhibit: "Light Rhythms"- an exhibit of acrylic paintings on paper and panel by Dian Hosmer of Lowell.

Student Recitals: Free recitals throughout the month of June. Call 978-486-0540 for more information.

Senior Center Art Display



Many thanks to the students of the Acton Public and Acton Boxborough Regional Schools who showed their work in the Senior Center living room during the month of May. Please come enjoy the works of Angelo Urso in June and then a variety of paintings and handworks by Acton resident Barbara Cowley in July and August. If you are an Acton artist, please contact the COA office as we are continuing to "book" monthly art shows. This is a wonderfully successful program due to "The Friends of the COA" sponsorship and our talented senior artists.

Outreach Coordinator Available to Help You Find Resources

Are you finding that you need to ask your friends and neighbors for help more often? Are you concerned that your requests are getting to be too much? Are family members extra busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than another ride to an appointment? The COA can offer resources in the community to address your concerns. Call Carol Steiner our Outreach Coordinator at 978-264-9643 in the COA office for a confidential chat.

STAYING FIT - Exercise Classes – Current classes end on June 22nd for the summer. Please see the September newsletter for fall programming and sign-up information.

SHINE...

SHINE Websites: www.medicare.gov , www.massmedline.com , Medicare Advocacy Project: 1-800-323-3203

HEALTH NEWS...

Masspro Website at 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 Agencies Compare – www.medicare.gov/HHCompare/Home.asp

Hospital Compare – www.hospitalcompare.hhs.gov

Nursing Home Compare – www.medicare.gov/NHCompare/Home.asp

Medicare Prescription Drug Plan Finder at 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 4th 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,** 1st Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group,** 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information.

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 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, click on elders.
- **Long Term Care,** 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.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

SENIOR CENTER CLINICS

Hearing: *Thursday, June 14th, July 12th and August 9th, 1:00-3:00*

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

Podiatry Clinic: *Tuesday, June 12th, July 10th, and August 14th, 8:20-11:00*

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, June 12th & 26th, July 10th & 24th, August 14th & 28th, 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. No appointment is necessary.

Attention Veterans

Massachusetts provides financial and medical assistance for indigent veterans and their dependents separate from the Federal Veterans Administration's programs. Qualifying veterans and their dependents receive financial assistance for food, shelter, clothing, housing and medical supplies using a formula taking into account the number of dependants and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as they would were the veteran still living. For Massachusetts' benefits, a "veteran" is a person who received a discharge under honorable conditions and served for at least 90 days of regular active duty, one day of which was during wartime, or served for 180 days during peacetime and received a discharge under honorable conditions. This does not include active duty for training days in the Guard or Reserve. These State veterans' benefits are provided in Acton and other communities through their Veterans Service Officers. Acton's VSO's office is in Town Hall and can be reached at VSO@acton-ma.gov or by calling 978-264-9603.

The Acton COA celebrates
The Magic of volunteering
at an afternoon reception in their honor
at the Acton Senior Center
Thursday June 7, 2-3:30 pm
COA Board and COA Friends
AARP Tax Preparers
Senior Center Office Volunteers
Computer Teachers
Elderberries
Friendly Visitors
Handymen
Knitters/Yarn Keepers
Librarians
Men's & Ladies' Breakfast Corps
Newsletter Mailers
Personal Drivers
Quilters
SHINE Counselors
Wheel-A-Meal Drivers

**RSVP by June 4th
978-264-9643**

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
Mike Gowing
Sally Thompson
Barbara Tallone
Paul Turner

The Acton COA Board will meet on Tuesday,
June 19th and August 21st at 3:45pm.

ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested

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