

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

September 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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## Directors Corner

*Greetings from the Acton Council on Aging!*

*September always feels like the beginning of a new year and indeed it is the time when so many of you return to the Senior Center after a summer spent with family and friends. Others have kept us company all summer and we are glad you did! Favorite classes resume and new programs are offered, including a fall foliage trip we think will be very popular. We are paying close attention to the senior survey many of you participated in last fall as we plan our classes, programs and trips throughout the coming year. Occasional evening programs will be offered, so keep an eye out for those in upcoming newsletters.*

*For those of you who are newly turning 60 (the magic age to receive our newsletter), we hope some of our activities will catch your eye and entice you to come up and see what the Senior Center is all about. Call early to register, as many of our classes fill quickly. Please let us know your ideas, so we can try to include them in future planning.*

*A feasibility study for Senior Center expansion is taking place this year and we will ask for your input this fall.*

*When you visit the center, please stop by to meet Chris Chirokas, our new Program Coordinator, who just started in July. We are very pleased she has joined our staff.*

*In addition to all the programs we offer, we are a resource for information about housing and long term care options, caregiver resources, health insurance, financial assistance, etc. Please call Carol Steiner and she'll be pleased to help you find the information you need. Judy Peters keeps all the van schedules straight in addition to being our office organizer and a top notch painter to boot! I just feel lucky they are all members of our staff, doing a great job for the Town and for all of you. Call us or drop by – we look forward to enjoying a rewarding year together.*

*Jean Fleming, COA Director*

**Registration for NEW Classes and Programs begins Tuesday, September 4<sup>th</sup> at 12:00 noon.  
You may stop in or call to register.**

**The Senior Center will be closed on Monday, September 3<sup>rd</sup> for Labor Day.**

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

**CLASSES/GROUPS/PROGRAMS**

**NEW FOR SEPTEMBER.....SIGN UPS BEGIN SEPTEMBER 4<sup>th</sup> at 12:00 NOON!**

**► Pool Lessons**

*Wednesdays, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>; lessons 1:00-2:00; free play 2:00-4:00*

Lessons for people of all levels of experience. Class size is limited to five people. Please bring a pool cue if you have one.

**The Acton Striders**

*Thursday, September 6<sup>th</sup>, 10:00-11:00*

For anyone currently involved, or interested, in this walking group, there will be an organizational meeting in the living room to talk about plans for the program for the upcoming year. If you have ideas for walks routes, days/times to take walks or anything else, please come!



**Friendly Visitor Meeting**

*Tuesday, September 11<sup>th</sup>, 1:00-2:00*

Our first meeting of the fall! All current Visitors are invited to come and share experiences to better understand the fine art of friendly visiting. If you are interested in becoming a Friendly Visitor call Carol Steiner at the COA.

**► Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, September 12<sup>th</sup> through November 14<sup>th</sup>, 9:00-10:30*

Learn basic watercolor techniques, composition, and use of color, beginning with a special focus on fall landscapes and foliage. Beginners and new members always welcome! Materials list is available in the COA office.

**WWII Model Building Club**

*Wednesdays, September 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>, 1:00-2:30*

We have model kits of mostly WWII era U.S. and German armor, just waiting to be assembled! You may come by and pick up a kit if you would like to work on it on your own or plan to join us on Wednesdays to work as group. If you have experience with model building and might be interested in leading this group, please call Chris Chirokas, COA Program Coordinator. Many thanks to Acton resident Phillip Alvarez for his generous donation.

**► Candle-Making Workshop**

*Thursday, September 13<sup>th</sup>, 12:30-2:00*

Join us to make a pair of tapers or a pillar candle in fall colors. Beeswax candles are easy to make and aren't messy to use! Please sign up by September 10th. A \$2.00 donation is requested.

**► Men's and Ladies' Breakfast!**

*Friday, September 14<sup>th</sup>, 9:00*

Welcome to a new "COA year" of Men's and Ladies' Breakfasts! Join us for a generous, warm breakfast with some good friendship on the side! Jennifer Friedman, the new director of the West Acton Citizens' Library, will talk to us about the library's services. Call the COA by Wednesday, September 12<sup>th</sup> for a reservation. Cost is \$2.00

**River Lunch Cruise**

*Tuesday, September 18<sup>th</sup>, 1:15*

Enjoy a 1 ¼ hour lunch cruise along the Concord and Sudbury Rivers aboard a pontoon boat. Watch for turtles, blue herons, geese, and ducks and see historical homes and the Old North Bridge. Lunch consists of a variety of sandwiches, salad, fruit, and dessert. Cruise departs from the South Bridge Boat House at 469 Main Street/Route 62, Concord. The \$24.00 cost includes tip and gratuity and must be paid when you arrive at the boat house by cash or check. This is *not* a trip being organized by the COA, so please make a reservation directly by calling 978-371-1785. You will need to provide your own transportation or call the COA office to reserve a spot on the van.

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

**NEW FOR SEPTEMBER (continued) .....SIGN UPS BEGIN SEPTEMBER 4<sup>th</sup> at 12:00 NOON!**

► **Ask the Lawyer**

*Tuesday, September 18<sup>th</sup>, 1:00-3:00*

Attorney Leslie Madge, a certified Elder Law Attorney, offers 20 minute private legal consultations by appointment at no charge to Acton seniors. Call 978-264-9643 to schedule an appointment.

► **Big Bands and Their Ballrooms**

*Thursday, September 20<sup>th</sup>, 1:00-2:00*

Bill Patton presents his one-hour photo essay of “Big Bands and Their Ballrooms,” which consists of a slideshow accompanied by music. Experience the sights and sounds of the big band era from Goodman to Miller, Sinatra to Crosby. Bill will wind up the program with a sing-a-long. Call to sign up and join us for this lively program.

► **Widowed Seniors Coping with Grief**

*Thursdays, September 20<sup>th</sup> through November 1<sup>st</sup>, 3:00-4:30, at the Senior Center*

“Giving it time” is not the only remedy for seniors overcome by grief. When a loved one dies, we still need to put one foot after the other and carry out life’s practical tasks, as, for example, - making legal and financial arrangements; planning, shopping and cooking for one; maintaining a clean and safe home; accessing the health care system; becoming comfortable in the community as a single; coping with stress. Along with all of that we worry, “Am I going crazy?” as we learn to adjust being without our loved one. No, it’s called grief! We need to actively cope with practical issues and we want to have enough energy to cope with grief itself. Life doesn’t come with a manual neither does the grief experience itself. The **Seniors Coping with Grief** seminar will provide support and expertise in a seven-week, sign-up series of meetings beginning Thursday, September 20<sup>th</sup>. We will:

- Discuss what the bereaved can do in dealing with common grief reactions
- Sharpen our self-care skills
- Prepare our own personal goals
- Learn from each other how to deal with the world as newly single

Steve Baran, Board Chair, and Carol Steiner, Outreach Worker and Volunteer Coordinator, will serve as leaders. Please call Carol Steiner to register at 978-264-9643 before September 14<sup>th</sup>.

► **Prison Pups Program**

*Monday, September 24<sup>th</sup>, 12:30-2:30*

Come view “*Prison Pups*,” a documentary about the NEADS program that uses inmates at the Northeast Regional Correctional Center in Concord to train puppies to become service dogs. NEADS provides service dogs to people with physical disabilities, including disabled veterans. We will also be joined by Barbara Donohue and several other volunteer puppy raisers and their puppies. The volunteers take the puppies home from the prison each weekend for additional socialization.

► **Bridge Class**

*Mondays, September 24<sup>th</sup> through November 5<sup>th</sup>, 10:00-12:00, No class on October 8<sup>th</sup>*

Instructor Electra Coumou will be starting a six-week session geared towards players with at least some bridge playing experience. Please indicate if you are first time participant in Electra’s class when registering. Drop-in bridge will be held on September 10<sup>th</sup> and 17<sup>th</sup>.



► **Middlesex Probate and Family Court “Family Issues from Birth to Death”**

*Tuesday, September 25<sup>th</sup>, 12:30-2:00*

The Middlesex Probate and Family Court, the busiest court in New England, handles a wide variety of matters, including the probate of wills and trusts, Administration of Estates, guardianships of the aged, infirmed, children and the mentally ill and the issuance of abuse prevention orders. Join us for a fascinating presentation about this Court and an update on the recent changes which may impact your life, presented by Register John R. Buonomo.

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

**NEW FOR SEPTEMBER (continued) .....SIGN UPS BEGIN SEPTEMBER 4<sup>th</sup> at 12:00 NOON!**

### **Can You Sudoku?**

*Thursday, September 27<sup>th</sup>, 12:30-1:30*

Want to know what the craze called Sudoku is all about? This number puzzle is a great workout for your brain. If you'd like to learn the basics of this pencil and paper game join us in the dining room for the "how to" on Sudoku.

### **► Northeast Correctional Facility Luncheon**

*Friday, September 28<sup>th</sup>, 12:00 noon*

Call the COA office to sign up for the luncheon provided by the culinary training program at the Northeast Correctional Facility in Concord. There is only room for 30 and it fills up fast because of the good food and the bargain price of \$1.42! Please arrange your own travel or reserve a seat on the COA van by calling the office.

### **► One-Stroke Decorative Painting with Donna Lynch**

*Mondays, October 1<sup>st</sup> to November 19<sup>th</sup>, 9:30-11:00 (No class Oct. 8 and Nov. 12)*

*Please Note: Intermediate/advanced painters attend class from 9:30-11; Beginners attend from 10:15-11.*

You will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! All paints, varnishes and paper are provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store. Please bring Styrofoam plates, a container for water and paper towels.

### **► Watercolor with Sue Nordhausen**

*Tuesdays, October 2<sup>nd</sup> to December 4<sup>th</sup> (no class Oct. 30<sup>th</sup> and Nov. 20<sup>th</sup>), 1:30-3:00*

Dust off your watercolors and "get back in the swing!" Encouragement 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 for new students.

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

## **EXERCISE OPPORTUNITIES**

**STAYING FIT.....► SIGN UPS START SEPTEMBER 4<sup>th</sup> at NOON!**

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

*Mondays, September 10<sup>th</sup> through December 17<sup>th</sup>, 8:30-9:30 (No class on 10/8 or 11/12)*

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the Center). 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, September 11<sup>th</sup> through Thursday, December 20<sup>th</sup>, 8:30-9:30 (No class 11/22) or Wednesdays and Fridays, September 12<sup>th</sup> through Friday, December 21<sup>st</sup>, 8:30-9:30 (No class 11/23)*

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, September 11<sup>th</sup> through Thursday, December 20<sup>th</sup>, 9:45-10:45 (No class 11/22)*

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

## **COA Volunteer Opportunities**

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

- Handymen/Electronics Specialists
- Plant care inside and outside (seasonally)
- Video organizer
- Newsletter Mailers: once a month
- Workshop Leaders
- Friendly Visitors
- Quilters: once a week informal
- Wheel-A-Meal Drivers: both regular and substitute drivers

## TRIPS/OUTINGS

### ► **Foliage Trip to Woodstock and Brooklyn, CT**

**Thursday, October 18<sup>th</sup>**

We will enjoy lunch at the Golden Lamb Buttery in Brooklyn, an exquisite, creative and memorable dining experience, located in an old red barn on a thousand-acre farm in the “quiet corner” of northeastern Connecticut. A gourmet lunch with live music will be followed by a hayride around the grounds of the farm. The lunch entrée choices are: Hillandale Hash made with beef tenderloin, French Chicken served over puff pastry with a mushroom sauce or Crab and Asparagus Crepes. On the way to the restaurant we will drive along Route 169, through the historic and picturesque village of Woodstock, CT, stopping at The Christmas Barn, a shop with 12 rooms full of gifts and collectibles, including some with a Christmas, Halloween or fall theme. The shop also offers a variety of dip mixes and other items for gift baskets. *Please sign up early as the trip may fill up quickly.*



**Departs:** Nagog Office Park at 8:45 (Approximate return time 5:15)

**Departs:** Boxborough Town Hall at 9:15

**Cost:** \$49.00 (includes lunch, bus, hayrides, and tips)

### **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.

### ► **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.

- **Labor Day Lunch: Wednesday, September 5<sup>th</sup>.** Please call by August 31<sup>st</sup> for a reservation.
- **September Birthday Lunch: Wednesday, September 12<sup>th</sup>.** Anyone celebrating a September 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.
- **Barbecue Lunch: Wednesday, September 26<sup>th</sup>.** Join us at the meal site for hamburgers, hotdogs, salads and watermelon. Please sign up by the 20<sup>th</sup> as there is a minimum number needed for this meal to be served.

### **COA Photograph Displays**

With the purchase of a new display board for the front entrance we will be capturing more photos of activities and programs around the center. Please note that we are a public building and that by participating in activities here you may be photographed and have the pictures displayed on our bulletin board. If you would rather not be a group photo please feel free to move out of camera range when we are photographing an event.

### **Senior Center Art Display**

Acton artist Pat Gunning will be the featured artist for September, beginning with a reception on *Thursday, September 6<sup>th</sup>, 2:00-3:00*, in the living room. Light refreshments will be served. You can view Pat's art at the reception or anytime this month, weekdays, 8-5. Please check the calendar for conflicts when the living room may be in use. Pat is a landscape watercolor artist and has traveled extensively, which is reflected in her art.



## ONGOING CLASSES/GROUPS/PROGRAMS

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

### **Mah Jongg and Mexican Train**

*Tuesdays, 12:30*

### **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*

This great group enjoys knitting and crocheting for donations (see article on the “Giving Tree”), working on their own projects and enjoying each other’s company. More creative crafters are always welcome!

### **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, beginning September 10<sup>th</sup>, 1:00-3:00*

MaryJane Costello will be returning to 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.

### **Genealogy Group or “Do You Know Your Ancestors?”**

*Friday, September 14<sup>th</sup> and 28<sup>th</sup>, 1:30 to 3:30*

This self-led group is open to new or experienced genealogists and is always eager to learn and to share information. Please join the genealogists in the living room to start or pursue your genealogical work.

### **“The Bookies”**

*Monday, September 17<sup>th</sup>, 1:00*

Cold Comfort Farm by Stella Gibbons, is the book for this month. It is a comic novel, published in 1932, that follows the story of Flora, who stays at her aunt’s isolated farm in the fictional village of Howling in Sussex. You don’t have to read the book to join the group, and please come to the meeting if you have wondered what the group is all about!

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



### **Senior Pool League**

We are considering forming an Acton team to enter the Eastern Massachusetts Senior 8-Ball Travel League starting the middle of September. We need four players, plus alternates, to form a team. The fall season lasts six weeks, with one match a week and there is some travel involved.

Please contact Chris Chirokas at the COA office if you are interested in participating.

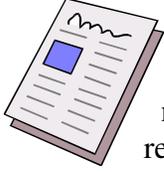


### **Friday Flicks!**

*Fridays, 12:30*

- *Friday, September 7<sup>th</sup>* - **“Stranger Than Fiction”** - As a novelist (Emma Thompson) struggles with how to kill off her main character, IRS auditor Harold Crick (Will Ferrell) begins hearing her narration in his head and realizes he must prevent his own demise.
- *Friday, September 21<sup>st</sup>* - **“The Devil Wears Prada”** - After taking a job in New York as assistant to powerful fashion magazine editor Miranda Priestly (Meryl Streep, in an Oscar-nominated role), small-town girl Andrea Sachs (Anne Hathaway) is thrilled, at first. But the magic soon wears off, leaving Andrea feeling battered and used. This adaptation of Lauren Weisberger's best-seller also stars Stanley Tucci.

**Acton Board of Health** is happy to announce that Merrily Evdokimoff is returning as Administrator of the Acton Public Health Nursing Service. She will be starting in September and is looking forward to working with Acton's seniors again.



**Save Paper and Postage - Receive Your 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](mailto: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...**

**Concord Health Care Center End of the Summer Barbeque**

*Thursday, September 13<sup>th</sup>, 12:00*

Please join them for a complimentary lunch in appreciation of their customers and friends. RSVP to 978-371-3400.

**Indian Hill Music School**

*Thursday, September 20<sup>th</sup>, 12:00-1:00*

Classical program featuring cellist Arkady Beletsky at Indian Hill Music, 36 King St., Littleton. Free. Coffee, tea and cookies served; bring your lunch. For more information call 978-486-0540 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Acton/Boxborough Cultural Council Presents an Evening of Native American Traditions**

*Friday, September 21<sup>st</sup>, 7:00 pm, Acton Town Hall*

Spiritual Chiefs from the Pine Ridge Reservation, South Dakota will preside over ceremonies in the traditions of the Lakota Indians. There will be drumming, singing, dancing and a time for questions. This is a free event.

**Household Hazardous Waste Collection Day**

*Saturday, September 15<sup>th</sup>, 9:00-11:30 am, DPW Garage*

Acton Board of Health holds their Fall Household Hazardous Waste Collection day on Saturday, September 15<sup>th</sup>, at the DPW Garage, located at 14 Forest Road. A list of acceptable items is available at the Health Department, Transfer Station and Acton Library. This collection is for Acton residents only and proof of residency is required. Residents who wish to dispose of TVs and computer monitors will be charged \$25 per unit (pay by cash or check payable to the Town of Acton). Please contact the Acton Health Department at 978-264-9634 with any questions.

**Acton Board of Health Obesity Awareness through Nutrition and Education**

*Wednesdays, September 26<sup>th</sup> through November 7<sup>th</sup>, 7:00-9:00 pm, COA Living Room*

The Acton Board of Health is continuing their campaign *Acton Takes Action! Obesity Awareness through Nutrition and Education*. The seven-week educational series is designed to educate adults on the importance of a healthy diet and nutrition and how they play a role in not just weight loss but overall good health. Interested parties may range from college students to busy parents to recent widows who are relearning how to cook for themselves. Healthy eating has no age limit. Pre-registration is required. Class size is limited to 35 people so register early. Please call 978-264-9634 or email [Hhasz@acton-ma.gov](mailto:Hhasz@acton-ma.gov) for course information or to register.

**Acton-Boxborough Community Education**

*Sunday, October 7<sup>th</sup>*, - bus to Newburyport, tour the lighthouse and Custom House, have lunch and shop. Cost \$92.

*Saturday, October 13<sup>th</sup> or December 8<sup>th</sup>*, - daytrip to New York City. Cost is \$46.

*Classes:* Genealogy; Boxwood Wreath or Tree; Memoir Writing; Beginners Oil Painting; Financial Planning for Retirees; Water Walking. For more information see their brochure or online at [www.comed.ab.mec.edu](http://www.comed.ab.mec.edu).

**Elliot Steger Jazz Quartet, 5<sup>th</sup> Annual Concert to Benefit the Massachusetts Alzheimer's Association**

*Friday, October 12<sup>th</sup>, 7:00pm, Concord Performing Arts Center, 51 Walden Street*

Presented by the Liberty Alzheimer's Partnership of Greater Concord. The organization comprised of community members and professionals, works in alliance with the Alzheimer's Association to provide education, outreach, advocacy and support for people with Alzheimer's and related disorders. Tickets available at The Minor Chord, 77 Great Rd., Acton, The Cheese Shop, 29 Walden St. in Concord, or by contacting Sally Lopez at 978-287-3173.

## Acton Community Housing Corp – Affordable Rental Housing

Avalon Acton located at 84 Nagog Park Drive

One and two bedroom apartments available. Garden style rents \$606 for 1 bedroom, \$716 for 2 bedrooms. Mid-rise rents \$617 for 1 bedroom and \$731 for 2 bedrooms. On-site management, outdoor heated pool and private fitness club. Income limits for 1 person household: \$29,450, 2 person household: \$33,650. Section 8 Certificate holders are encouraged to apply. Application forms available from Avalon Blue Skies Advantage 866-736-8013 or email [dana\\_sillers@avalonbay.com](mailto:dana_sillers@avalonbay.com). Open enrollment period is Aug. 6, 2007 – Sept. 8, 2007. All applications received during this period will be pooled for a lottery selection. Applications must be postmarked before Sept. 9<sup>th</sup>.

### SUPPORT SERVICES

#### **Outreach Coordinator Available to Help You Find Resources**

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members 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 for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator at 978-264-9643 for a confidential chat.

**Food Pantries and Community Suppers:** If finances are tight and skimping on meals is the only way to make ends meet, please know there are community suppers and food pantries in our area that are available to help. Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

**Healthy Smiles** Full service dentistry at reduced rates for low income clients not covered by any dental plan. Accepts Mass Health and other plans. Address is 169 Pleasant Street, Marlboro. Call 508-229-3131.

#### **Durable Equipment Loan**

We maintain a supply 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 before picking up or dropping off items. All equipment must be clean and in very good condition.*



#### **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.

#### **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.

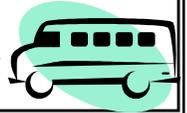
#### **Giving Tree**

Starting in September we will be collecting hand knitted/crocheted hats, scarves and mittens to be donated to those in need over the cold months. Donated items will be hung on our Giving Tree set up in the Senior Center. If hand made goods are not your specialty and you would like to donate useful new winter goods please feel free to donate store bought items, particularly socks which are very useful during winter months. We also accept donations of new lap robes that we continue to donate to Life Care of Acton Nursing Home and the Bedford V.A. If you are dropping off a donation, please be sure to leave your name and address so we may properly thank you for your generosity. You are welcome to join the Knit and Crochet group which meets most Wednesdays at 12:30 at the Senior Center. Any questions please call or email Carol Steiner at 978-264-9643.

## 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.



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

## 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 Agencies 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.
- **Early Stage Alzheimer’s Disease Carepartner Support Group**, 1<sup>st</sup> Tuesday of month starting in October. Contact Carol Steiner at 978-264-9643 or Lori Kalinoski at 978-38-3111
- **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.
- **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.

**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.

**Assistive Technology Website** to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

## **SENIOR CENTER CLINICS**

### **Hearing:**

Our hearing specialist, Fred Gerulakis has retired and at the present time we will not be offering hearing clinics.

### **Podiatry Clinic: *Tuesday, September 11<sup>th</sup>, 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, September 11<sup>th</sup> and 25<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. No appointment is necessary.

## **The Top 10 Reasons to Join Prescription Advantage...**

10. There is no monthly premium.
9. Prescription Advantage helps lower co-payments.
8. You may qualify to have Prescription Advantage help pay your Part D premium.
7. Coverage available to individuals not eligible for Medicare.
6. As a Prescription Advantage member, you can change your Part D plan without waiting for Medicare's open enrollment.
5. Live customer service.
4. Prescription Advantage will cover a 72-hour emergency supply of medication if the pharmacy is unable to bill your Part D plan.
3. Prescription Advantage puts a limit on what you will spend each year for your prescription drugs.
2. With Prescription Advantage there is no need to worry about the "donut hole."

*And, the # 1 reason to join Prescription Advantage...*

1. There is no reason not to join!

You no longer have to wait for an open enrollment to apply for Prescription Advantage. You can apply at any time, so call today for an application form. Call Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

## **Attention Veterans**

Massachusetts provides financial and medical assistance for indigent veterans and their dependents separate from the Federal Veterans Administration's programs. For details, please contact the the Veterans Service Officer at [VSO@acton-ma.gov](mailto:VSO@acton-ma.gov) or by calling 978-264-9603.

**New! 2-1-1** is an easy-to-remember telephone number that can connects people with important community services, volunteer opportunities and provides callers with information about and referrals to human services for every day needs and in times of crisis. The implementation of 2-1-1 is spearheaded by United Ways, Alliance for Information and Referral Systems and local and states referral agencies.

## **North Acton Fire/ EMS Station Project**

A Special Town Meeting is expected to be held on October 29, 2007, to bring the proposed North Acton Fire/ EMS Station to the voters. The architectural firm of Jackunski Humes has been selected and principal architect Brian Humes is completing a space needs assessment with the Fire Chief and fire department members. Analysis of soil conditions is being conducted. A traffic study will commence, conceptual drawings will be drafted and comparable communities will be studied for cost comparison of the project. During September, all this information will be reviewed by the Fire/ EMS advisory task force group, the Finance Committee and Board of Selectmen. One or more public meetings are expected to be held in the latter part of September to provide updated information to residents prior to the Special Town Meeting.

**► What is the field of Geriatric Medicine-Why is it Necessary?** *Thursday, October 11<sup>th</sup>, late afternoon, (exact time TBD), Senior Center Living room*

Join us to hear Dr. Juergen H.A. Bludau present his thoughts on how important it can be for our aging population to work with a geriatrician and for caregivers to understand the benefits of geriatric services.

Dr. Bludau, MD, CMD, is a board-certified, fellowship-trained geriatrician, and the Acting Clinical Chief and Director of the clinical geriatric services at the Brigham and Women's Hospital, Division of Aging. Among other responsibilities, Dr. Bludau is an Instructor in Medicine at Harvard Medical School. His interests are the primary care of dementia patients, the development of improved geriatric services and the training of nurses in geriatric care. Dr. Bludau was quoted in an April 2007 New Yorker article titled "The Way We Age Now - Modern medicine has increased the ranks of the elderly. Can it make old age any easier?"

[www.newyorker.com/reporting/2007/04/30/070430fa\\_fact\\_gawande?currentPage=all](http://www.newyorker.com/reporting/2007/04/30/070430fa_fact_gawande?currentPage=all). The presentation is open to all ages and towns. Please call us by October 5<sup>th</sup> at 978-264-9643 to let us know you are coming.

**A NOTE FROM THE FRIENDS OF THE COA**

Hello from the Friends,

It is hard to believe summer is coming to an end. Many seniors enjoyed the center over the summer: painting, quilting, playing bridge, poker and watching movies. We are looking forward to the 2007-08 year of exciting programs, some new and some of the successful on-going programs.

A hearty thank you to all seniors who contributed to the Friends. This 2007 year is a record one for senior donations to the Friends. Contributions are still welcome. Make checks out to the Friends of the Acton Council on Aging and drop at the senior center. Thank you again for your continued support.

On Behalf of the Friends of the Council on Aging,  
Elaine M. Giberti (978-263-8555)

**Don't forget to vote on September 4<sup>th</sup>!**

The Council on Aging thanks Debby Mozzicato for her commitment to Acton's seniors during her six years as COA Program Coordinator. We look forward to seeing her "around town" and wish her the best in all her future endeavors.

**ACTON COA STAFF**

Jean Fleming, Director  
Carol Steiner, Outreach/Volunteer Coord.  
Chris Chirokas, Program Coordinator  
Judy Peters, Van Dispatcher/Admin Assist  
Ron Paskavitz, Van Driver  
Steve Ryan, Nancy Andersen, Dan Thomas  
and Peter Colby, Sub. Van Drivers

**ACTON COA BOARD MEMBERS**

Stephen Baran, Chair	Gena Manalan, Vice-Chair
Edwin Carell	Mike Gowing
Barbara Cantrill	Sally Thompson
Anita Dodson	Barbara Tallone
Pat Ellis	Paul Turner
Bill Ely	

The Acton COA Board will meet on Monday, September 10<sup>th</sup> at 3:45pm.

**ACTON COUNCIL ON AGING**  
**Town Hall, 472 Main Street**  
**Acton MA 01720**  
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