

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

October 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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## ► What is the Field of Geriatric Medicine-Why is it Necessary?

*Thursday, October 11<sup>th</sup>, 5:00-7:00pm, Senior Center*

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, an Acton resident, 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.

## ► Four Italian Operas with Martin Segal

*Tuesday, October 30<sup>th</sup>, November 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>, 12:00- 3:00*

From the frothy, bubbly (pun intended) comedy “The Elixir of Love” by Donizetti and the highly dramatic and noble “Norma” by Bellini to the verismo operas: the powerful story of the French Revolution “Andrea Chenier” by Giordano and the fantastic “Mefistofele” by Arrigo Boito this opera class

provides a great variety for enjoyment. The instructor will provide you with background information on each opera, and plays a complete video for your enjoyment. There will be a packet of information at the COA office for you to pick before the classes start so you can familiarize yourself with the plots. Any questions may be directed to the instructor at [martinsegal@verizon.net](mailto:martinsegal@verizon.net).

**Registration for NEW Classes and Programs begins Monday, October 1<sup>st</sup> at 12:00 noon.**

**You may stop in or call to register.**

**The Senior Center will be closed on Monday, October 8<sup>th</sup> for Columbus Day.**

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

## CLASSES/GROUPS/PROGRAMS

**NEW FOR OCTOBER .....SIGN UPS BEGIN OCTOBER 1<sup>st</sup> at 12:00 NOON!**

### ► **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 October 8<sup>th</sup> and November 12<sup>th</sup>)*

*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>, 1:30-3:00 (No class October 30<sup>th</sup> and November 20<sup>th</sup>)*

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. *Please note this class is full. Names registrations will go on a waitlist.*

### **Computer Club**

*Fridays, October 5<sup>th</sup> and 19<sup>th</sup>, November 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>, 10:00-11:30*

*Wednesdays, October 10<sup>th</sup> and 24<sup>th</sup>, November 7<sup>th</sup> and 21<sup>st</sup>, 1:30-3:00*

Please join us in the computer lab for a lively round table discussion as well as hands-on experience about anything computer related. The Computer Club will be facilitated by a volunteer and will cover any variety of topics each week. The club is open to all computer users from the novice to the experienced. We'll go home each week with new software ideas, websites to visit and hopefully our computer problems solved. Come as often as you'd like.

### ► **Duplicate Bridge**

*Fridays, October 5<sup>th</sup> - November 16<sup>th</sup>, 10:00-12:00*

Join us for this new, self directed group, for the experienced bridge player interested in duplicate bridge. Duplicate boards will be available, but please bring along scoring sheets if you have them.

### **Friendly Visitor Meeting**

*Tuesday, October 9<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.



### ► **Computing for Beginners**

*Tuesdays, October 9<sup>th</sup> through November 20<sup>th</sup>, 1:00-2:00*

Are you new to computing? Do you wonder what to do after you've turned your computer on? If so, join us in this multi-week class geared towards helping the new computer user. The open format style will allow you to focus the instruction to your particular interests, needs and problems.

### **Find out more about the Elderberries Cable Show!**

*Thursday, October 11<sup>th</sup>, 12:30*

*Elderberries*, the monthly Acton cable television show by and for seniors, needs new crew members. If you are considering getting involved (training is provided!) or are already on board, please come to our meeting.

### ► **Arboretum Walk**

*Tuesday, October 16<sup>th</sup>, 10:00 (Note: If there is a steady rain, we will walk on October 23<sup>rd</sup>)*

Join us for a nature walk at the Acton Arboretum, led by Tom Tidman, Director of Conservation. The guided walk will take about 1 ½ hours and there are benches for those that need a rest. Please meet at the Arboretum or call the COA to reserve a ride on the van. Remember to wear comfortable shoes and bring a water bottle.

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

**NEW FOR OCTOBER (continued) .....SIGN UPS BEGIN OCTOBER 1<sup>st</sup> at 12:00 NOON!**



▶ **Men's and Ladies' Breakfast!**

*Friday, October 19<sup>th</sup>, 9:00*

Join us for a generous, warm breakfast with some good friendship on the side! Merrily Evdokimoff, RN, who has recently returned as Director of the Acton Public Health Nursing Service, will be our guest speaker. Call the COA by Wednesday, October 17<sup>th</sup> for a reservation. Cost is \$2.00

▶ **Annual Rotary Club Barbeque**

*Sunday, October 21<sup>st</sup>, 12:00 Noon at the Acton Senior Center*

The Rotary Club of Acton-Boxborough will again sponsor their delicious barbeque luncheon for Acton and Boxborough Seniors. The "best barbequed chicken you have ever tasted" will be accompanied by potato salad, coleslaw, rolls, ice cream, coffee and beverages. We will dine indoors, so this event is not weather dependent. Call the COA by Wednesday, October 17<sup>th</sup> to reserve a spot. Call us if you need a ride and please carpool if possible.

**Breast Cancer Awareness Program**

*Wednesday, October 24<sup>th</sup>, 12:30*

October is "Breast Cancer Awareness Month". Stefanie Bilowich, of A&A Medical Supply, Corp. will talk about breast cancer, the insurance benefits available to you, and show some of the newest products that help women get on with their lives. A brief question and answer period will follow. There will also be a surprise "giveaway". Bring a friend and support the cause.

▶ **Indian Cultural Program and Luncheon**

*Thursday, October 25<sup>th</sup>, 11:00*

The Friends of the Acton Council on Aging is hosting an Indian-themed luncheon. The Indian meal, and the alternate menu will be free of charge. A cultural program will begin at 11:00 and the luncheon will begin at 11:45. For reservations for the lunch please call 978-263-5053. If transportation is needed please call the COA at 978-264-9643 by October 19<sup>th</sup>.

▶ **Come Bead a Bracelet!**

*Monday, October 29<sup>th</sup>, 12:30*

We will be making a beaded bracelet in lovely colors to complement your fall wardrobe. The bracelets are elasticized, so easy to put on. If you have time, you can make one for yourself and one to give as a gift. A \$2.00 donation per bracelet is requested.

▶ **Saving Money on Health Care Costs in 2008**

*Wednesday, October 31<sup>st</sup>, 12:30*

With so many Medicare plans out there what's the best way to learn about and choose the best plan? In addition to learning about the changes in their own plans, many people are wondering about the special needs plans. Now that Prescription Advantage is open continuously, how can it help with drug costs? What about this "extra help" people keep talking about? What about the new state plans? Who has to purchase one? Join us for a discussion, bring your questions and meet with a SHINE insurance counselor. Presented by the S.H.I.N.E. Program at Minuteman Senior Services. SHINE stands for Serving the Health Information Needs of Elders and is funded/managed by the Executive Office of Elder Affairs in coordination with local agencies. For more information, call 1-888-222-6171.

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

**Senior Center Art Display**



The art of the late Jo-Ann Prince Ehrenfried will be on display at the COA for the month of October. The paintings and photographs have been selected for display by her husband Al Ehrenfried and friend Alice Brunton. Jo-Ann was active in COA art classes and many of her photographs are of local scenes of flora and fauna. Please check the calendar for conflicts when the living room may be in use before coming to see Jo-Ann's beautiful artwork. If you are interested in displaying your artwork please contact Chris Chirokas at 978-264-9643 for details.

## ONGOING CLASSES/GROUPS/PROGRAMS

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

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

*Thursdays, 12:30 \*\*Please note the NEW day*

#### ► **Bridge Class**

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

#### ► **Widowed Seniors Coping with Grief**

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

This seven-week seminar provides support and expertise. sign-up series of meetings which began 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 and 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. We will continue to accept new members. Please call Carol Steiner to register at 978-264-9643.

### **Acton Senior Quilters**

*Wednesdays, 10:00-12:00*

### **Drop In Pool**

*Wednesdays, 1:00-4:00*

### **Knit/Crochet**

*Wednesdays, 12:30-2:00, no gathering on October 24<sup>th</sup>*

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, 1:00-3:00 (No appointments on October 8<sup>th</sup>)*

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.

#### ► **Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, 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.

### **Genealogy Group or "Do You Know Your Ancestors?"**

*Friday, October 12<sup>th</sup> and 26<sup>th</sup>, 1:30- 3:30*

At the October 12<sup>th</sup> meeting Carolyn Holbrook, Regent of the Old Concord DAR, will speak on searching ancestors. New and returning genealogy members are welcome to attend.

### **"The Bookies"**

*Monday, Oct 22<sup>nd</sup>, 1:00*

This month's book Sidney Poitier's autobiography, The Measure of a Man. Poitier writes about his poverty-stricken childhood on the Bahamas and the barriers he encountered on his way to becoming a legendary actor. The book includes themes of sacrifice and commitment, pride and humility, rage and survival, and paying the price for artistic integrity. Please come to the meeting if you are curious about what the group is all about!

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

## TRIPS/OUTINGS

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

*Thursday, October 18<sup>th</sup>* Please note that this trip is full. New registrations will go on a waitlist.

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

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

**Cost:** \$49.00 due by October 4<sup>th</sup> (includes lunch, bus, hayrides, and tips)



### ► **Museum of Fine Arts Trip**

*Thursday, November 8<sup>th</sup>*

Enjoy a day at the Museum of Fine Arts in Boston. The trip includes admission to the museum, as well as a tour of museum collection highlights (if desired). We will not be seeing the exhibit in the Gund Gallery. The MFA has a variety of dining options available for lunch. Note: Please indicate whether you would like the guided tour when you sign up for the trip for an additional \$10 fee. Please sign up by October 10 so we may book the guided tour.

**Departs:** Boxborough Town Hall 9:00 am

**Departs:** Nagog Office Park, 9:15 am Depart the MFA at 2:00, arrive in Acton about 3:00 and Boxborough 3:15.

**Cost:** \$27 (includes general admission and bus) or \$37 (includes general admission, tour and 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.
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.

## EXERCISE OPPORTUNITIES

**STAYING FIT.....EXERCISE CLASSES ARE CURRENTLY FILLED!**

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

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

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

*Tuesdays and Thursdays, through Thursday, December 20<sup>th</sup>, 8:30-9:30 (No class 11/22)  
or Wednesdays and Fridays, through Friday, December 21<sup>st</sup>, 8:30-9:30 (No class 11/23)*

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

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

### ► **"Keep Moving" with the Acton Striders**

*Wednesdays in October, 9:30*

Join us each Wednesday in October as the Acton Striders Senior Walking Group continues short walks in Acton. We will take a one mile walk as a group, which usually takes about a half hour, departing from various locations around town. You are free to go on a longer walk if you wish. Please call Chris at the COA office to have your name put on the communications list. The list of the walks and Strider T-Shirts (\$8 fee) are available at the office. Always remember to wear comfortable walking shoes and clothing and to bring your File of Life and water bottle! We do not walk on days when there is a steady rain. Walking Schedule for October:

October 3 – Walk #3

October 24 – Walk #1

October 10 – Walk #4

October 31 – Walk #2

October 17 - Walk #5

## Hill Top Café Volunteers

Wednesday, October 3<sup>rd</sup>, 12:30

Come to the planning meeting to work with the Volunteer and Program Coordinators to enhance our meal site, "The Hill Top Café". We are looking for volunteers to:

1. Make coffee, hot water for tea and put out the tea, milk, sugar and goodies, turn the pots off after the meal
2. Seasonally decorate the café to enhance the dining experience
3. Call the birthday celebrants early each month and remind them that there is such a thing as a free lunch and to address and mail home cards (made by a volunteer) to those who couldn't make the lunch
4. Help with Special meals to set tables, decorate, oversee the café raffles to benefit the coffee fund which covers expenses for decorating, buying coffee and tea items. (A volunteer often does the ticket selling.)

## 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

### ► Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed.

- **October Birthday Lunch: Wednesday, October 10<sup>th</sup>** - Anyone celebrating an October 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.
- **Indian Program and Luncheon: Thursday, October 25<sup>th</sup>, 11:00** - The Friends of the Acton Council on Aging is hosting an Indian-themed luncheon. The Indian meal consisting of lentils, vegetables, rice, yogurt, bread, pudding and the alternate menu will be free of charge. Call the meal site to sign up.
- **Halloween Lunch – Wednesday, October 31<sup>st</sup>** - Join us for the Halloween Lunch. Come in a costume to be eligible for a prize. Call the meal site to sign up. Voluntary \$2.00 donation requested.



### Friday Flicks!

Fridays, 12:30

- **Friday, October 5<sup>th</sup> - "Breach"** – Eric O'Neill is promoted at FBI headquarters working for respected agent Hanssen. Then he learns his true mission: proving that Hanssen has been selling secrets to the Soviet Union.
- **Friday, October 19<sup>th</sup> - "Evening"** - This drama explores the romantic past and emotional present of Ann Grant and her daughters, Constance and Nina. As Ann lays dying, she remembers, the defining moments in her life 50 years prior, and the man she loved in the 1950s and never forgot.
- **Friday, November 2<sup>nd</sup> - "Sweet Home Alabama"** - Beautiful, ambitious Melanie leaves Alabama and high school-sweetheart husband behind in favor of Manhattan's fashion and social circles. When her new boyfriend proposes, it's time to finally get those divorce papers signed. But will it really be that easy to forget her past?



### Go Green and Save Paper! - Receive Your Newsletter by Email

Please consider receiving your newsletter by email instead of by snail mail. If interested send your name, home address and email address to [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov).

### Evening Activity Ideas Needed

Feedback from the COA survey indicated many people would like to see evening activities offered. Our goal is to eventually offer a monthly evening activity, alternating between social and educational events. If you have any ideas for evening activities, please contact Chris in the COA office.

## AROUND TOWN...

**Acton Recreation Department...** is accepting registrations for a variety of day trips including a shopping trip to NYC during the holiday season, Bright Lights in western Massachusetts and many others! Programs and events can be found in their Fall/Winter program. To receive one, call the Recreation Dept at 978-264-9608 ext. 0.

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

*Wednesdays, 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. Class size is limited to 35 people. 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.

For more information on classes and trips 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. 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.

### **43<sup>rd</sup> Acton Congregational Church Antiques Show** in Acton Center on Concord Rd.

*Friday, October 12<sup>th</sup> (10:00am – 8:00pm) and Saturday, October 13<sup>th</sup> (10:00am – 4:00pm)*

Over 25 dealers sell everything from furniture to quilts, jewelry, glass, porcelain, books and prints, and more. Admission to the show is \$5. Discount coupons will be printed in local papers just prior to the show and available at the COA Office. For more information, call 978-263-2728 or visit [www.actonc.org](http://www.actonc.org).

**Indian Hill Music School** - 36 King Street, Littleton. For info 978-486-0540 or [www.indianhillmusic.org](http://www.indianhillmusic.org).

**"Bach's Lunch" Concert** on *Thursday, October 18<sup>th</sup>, 12:00 – 1:00 pm*

Free and open to the public. Coffee, tea and cookies served; bring your lunch.

**Orchestra of Indian Hill Opening Night** on *Saturday, October 27<sup>th</sup>, 7:30 pm, Littleton High School*

Guest pianist Max Levinson. Pre-concert talk at 6:45 pm. Tickets: \$46, \$33, \$20

**Acton/Boxboro Cultural Council** will present the second in the series of **Our World** programs

*Sunday, October 21<sup>st</sup>, 2:00-4:00pm*, Acton Memorial Library.

It will feature Brazilian music, martial arts, a Carnival mask art project for children and a soccer demonstration.

**Theatre III** - 250 Central St., Acton

**"The Full Monty"**, *Thursday, November 1<sup>st</sup>, 7:30*

All senior citizens are invited to attend the Senior Dress rehearsal of this musical. Visit: [www.theatre3.org](http://www.theatre3.org).

**The Longwood Opera Company** in cooperation with the Acton/Boxboro Cultural Council

*Friday, November 2<sup>nd</sup>, 8:00pm, at the Acton Center Congregational Church*

Johann Strauss' DIE FLEDERMAUS (The Flying Mouse or The Bat). Advance tickets are \$15 for seniors. Send check and a return envelope to: Longwood Opera Company, 42 Hawthorne Avenue, Needham, MA 02492.

### **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 Veterans Service Officer at [VSO@acton-ma.gov](mailto:VSO@acton-ma.gov) or by calling 978-264-9603.

## 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.

### **► Falling Leaves?**

If you would like help with leaf raking please call the COA beginning Monday, October 1<sup>st</sup> at noon and ask to put on the list. We rely on the generosity of volunteers to be able offer this service. Raking dates have not been yet. Requests will be filled on a first come first served basis. Rakers will bring their own equipment whenever possible. All equipment loaned to rakers is the homeowner's responsibility. A responsible adult must be home the day of the raking. Leaves cannot be removed but can be bagged (provided by the homeowner) or raked to a designated area.

### **Mental Illness Awareness Week**

*October 7-13*

The National Alliance for the Mentally Ill has planned activities for this week. For information, [www.nami.org](http://www.nami.org).

### **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 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, 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**

We are collecting knitted/crocheted hats, scarves and mittens to be donated to those in need. 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 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.

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

**Assistance** - Need help paying your heating bill? Applications for 2007/08 fuel assistance are being taken November 1<sup>st</sup> 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 (Call for income guidelines for larger families)</i> |
|-----------------------|--|
| 1                     | \$ 20,420  |
| 2                     | \$ 27,380  |
| 3                     | \$ 34,340  |
| 4                     | \$ 41,300  |

### 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.



### Blue Cross Blue Shield of Massachusetts Medex® Update

No more waiting... You will now be able to enroll in a Medex® plan, or upgrade or downgrade your existing Medex® plan any time of the year. BC/BS of Massachusetts also offers seminars titled “Health Plan Options for People with Medicare.” If you would like more information about the Medex® plans or seminars, you may visit the website [www.bcbsma.com](http://www.bcbsma.com) (click on Medicare Options), or call 1-800-678-2265 (TTY 1-800-522-1254).

### Taking Control: Techniques for Early-Stage Persons with Memory Impairments

*Tuesdays, November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>, in Concord*

This four-part series discusses the nature of memory loss: lifestyle changes that can help including diet, exercise, mental exercises, social engagement, medications and vitamins; the basics of legal and financial planning; assembling your healthcare team; safety and driving; new methods of communication and services you may need. This program is designed especially for individuals with Mild Cognitive Impairment or early-stage Alzheimer’s disease and their family members. Early-stage persons and care-partners must attend together. This course is free of charge and has limited enrollment. Pre-registration is required. To register or for more information: Call Nicole McGurin at 800-272-3900.

### Protecting Yourself and Friends: News from the Acton Public Health Nursing Service

Don’t be the “typhoid Mary” of your social circle! If you are ill, it is important to take care of yourself and stay home, so you don’t expose other people. If you are the caregiver of a child or parent, you are on the “high risk” list from the Department of Public Health and need to get a flu shot. “Cough etiquette” is also a way to prevent the spread of the flu: cover nose and mouth when sneezing or coughing, preferably with the inside of your arm, to prevent the spread of virus by hand to hand contact; keep disposable Kleenex on hand for immediate use.

Yes, it is that time of year and we are already planning for another busy Flu season. Town clinic dates will be announced in mid-October. The Massachusetts Department of Public Health has assured us there will a greater supply of vaccine this year than last. Majority of doses will be given in November and December which is later in the season to provide the highest immunity in winter months, when influenza is at its peak.

Merrily Evdokimoff, RN,MS, Administrator, Acton Public Health Nursing Service

## Are you Reaching the “Donut Hole”?

If you reach that gap in your Medicare prescription drug coverage (Part D) often called the “donut hole,” you may have to pay up to \$3,051.25 out-of-pocket for your prescriptions before your Part D plan starts paying again. Prescription Advantage can help. If you are single with income below \$30,630, or are married with combined incomes below \$41,070, Prescription Advantage can help to pay for drugs covered by your Part D plan when you reach the donut hole. You will only pay a Prescription Advantage co-payment. If your income is higher, you still may be eligible for some benefits. You don’t have to wait for an open enrollment to apply for Prescription Advantage. Call 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

**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

**Podiatry Clinic: Tuesday, October 9<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, October 9<sup>th</sup> and 23<sup>rd</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 necessary.

## A NOTE FROM THE FRIENDS OF THE COA

We want to thank Anne Norsworthy for all her contributions to the Friends of the COA for the past 7 years. Anne, who recently stepped down from the Friends, helped to make us a more professional organization with her strong writing and organizational skills and was a positive presence in each meeting, always contributing constructive ideas. Thank you, Anne; we'll miss you!

When you go to the polls on October 16<sup>th</sup> for the congressional election, please purchase a raffle ticket for a beautiful quilt or afghan, proceeds to benefit the Friends, which then support Senior Center classes and programs. Raffle tickets will be sold at Conant and Grey Junior High. Tickets will also be available at the Senior Center, with the drawing to take place at the Holiday luncheon in December. The quilt is handmade by the Senior Center Quilting Group, led by Dawn Edwards, and the afghan was made by Margaret Flynn, a participant in the Senior Center Knit/ Crochet group. We thank them for their donations of this beautiful handiwork.

Thanks to all of you for your support,  
Elaine Giberti, Friends of the Acton COA

Remember to move your clocks back 1 hour on November 4<sup>th</sup> and change your smoke detector batteries.

It's also a great time to update your File of Life Card. Need one, stop by the COA office.



**Don't forget to VOTE in the General Election on October 16<sup>th</sup>!**

### 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, October 15<sup>th</sup> at 3:45pm.

## ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street  
Acton MA 01720  
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