

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

April 2008

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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Senior Center Expansion Project

The Senior Center Expansion Project Team is working to determine the best way to deliver services to Acton seniors for the next 10 to 20 years. The Project Team will use the funds allocated at last year's Town Meeting to produce a recommendation for the Board of Selectmen.

The Team is investigating various models of delivering senior services including stand-alone centers and co-locating with other Town services. The steering committee is analyzing the trade-offs between enhancing the current site, leasing property elsewhere in town or building a new senior center.

The Project Team is organizing a series of public focus groups and we encourage all Acton residents to participate. The first of these will be on March 30th at the Acton Chinese Language School. The second will be organized in cooperation with the Commission on Disability. The final groups will be aimed at soliciting input from a large cross section of Acton residents within a wide age range. The dates for these focus group meetings have not been set yet but will be widely publicized.

In addition, all Acton citizens will have the opportunity to fill out a senior center survey at Town Meeting. This survey will collect opinions on the desired services for a proposed expanded senior center. Submitted by:

Paulina Knibbe

Senior Center Expansion Steering Committee Chairperson

► Three French Operas with Martin Segal

Tuesdays, April 22nd, 29th, May 6th and 13th, 12:30 - 3:30

During the four weeks three French operas will be discussed in detail and then shown on the large screen, with films from the Metropolitan Opera: Carmen, The Tales of Hoffmann and the Dialogues of the Carmelites. A breakdown of the classes and synopses of the plots will be available as handouts which you should pick up at the COA office before the first class.

Any questions may be addressed to martinsegal@verizon.net.

April 1st, Annual Town Election

Acton Annual Town Meeting Monday, April 7th, 7:00pm, AB Regional High School Auditorium

Registration for Classes/Programs begins Monday, March 31st at 1:00

Senior Center will be closed on Monday, April 21st for Patriots Day.



CLASSES/GROUPS/PROGRAMS

NEW FOR APRILSIGN UPS BEGIN MARCH 31st at 1:00!

► Ask the Lawyer

Wednesday, April 2nd, 1:00-3:00

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

► Registry of Motor Vehicles Workshop

Thursday, April 3rd, 12:30

Could you be eligible for a disability placard or plate that allows you to use handicapped parking spaces? Join us at the presentation by the RMV to learn how to apply for a disability plate or placard, what the most frequent causes of collisions are for elder drivers, the warning signs of unsafe driving, and adaptive equipment for elders.

► Mail Fraud and Other Scams

Friday, April 4th, 1:00

Every day people get mail offering free vacations, mail that looks like it comes from the government, items that look like a bill or an invoice, or a solicitation that seems to come from a charity. Some of this mail is "for real," but some is a swindle. Join Postal Inspectors Stacey Santoro and Dan Bondato to learn how to avoid being taken in by unscrupulous offers. The presenters are with the Mail Fraud Teams of the Boston Division of the USPS.

► Computers for Beginners

Friday, April 4th and 11th, 9:00-10:00

Are you new to the world of computers? Does the idea of this technology overwhelm you? Fear not, this class is just for you. The class will meet twice for one hour each and you will be introduced to computing at your speed. Topics covered might include mouse practice, the Internet, email, and word processing. Limited to 3 students.

► Famous Trials of the American Justice System

Mondays, April 7th, 14th, 28th, and May 5th, 1:00-2:30



This informative, four-part program will focus on a different famous trial each week: the Sacco and Vanzetti Trial; the Lindbergh Kidnapping; the Rosenberg Atomic Spy Trial; and Darrow for the Defense: The Scopes Trial. The history and controversies of each trial will be discussed. The presenter, Gary Hylander, Ph.D., is an American History Professor at Stonehill College, and brings an enthusiastic and interactive approach to his programs. This program is offered in collaboration with Framingham State Lifelong Learners program and is funded by the Friends of the Acton COA.

► Watercolor with Cynthia Durost

Wednesdays, April 9th through June 4th, 9:00-10:30



This class will work in still life, spring floral landscape and portraits, and is open to anyone from beginning to advanced artists.

► Pool Lessons

Wednesdays, April 9th, 16th, 23rd and 30th; lesson from 1:00-2:00 p.m.; free play 2:00-4:00

Lessons for people of all levels of experience. Class size is limited to five people, so sign up early! Please bring a pool cue if you have one.

► Organizing for Downsizing with Susan C. Pinsky

Thursday, April 10th, 1:30-2:30

Special challenges come along with downsizing; the elimination of storage and living area can stress not just our ability to organize our possessions, but our relationships as well. You will learn how to: decide 'what stays' and 'what goes'; discover what has value and what is 'donate-able'; divide heirlooms and items so that family harmony is maintained; and master the techniques that will help you make the most out of your reduced space. Susan C. Pinsky is a Professional Organizer who lives in Acton. She is the author of Organizing Solutions for People with ADD, is a member of both NAPO and NAPO-NE, and has been featured on both radio and TV around the country.

► Indicates that you must sign up in advance!

NEW FOR APRIL (continued).....SIGN UPS BEGIN MARCH 31st at 1:00!

► **Drawing Class presented by ActonArt Drawing School**

Friday, April 11th, 9:30-11:00

Many people think that drawing is an artistic "talent" limited to a small number of lucky people. What may be closer to the truth is that drawing is a skill that can be learned by nearly everyone, and once learned opens the door to creativity and artistic expression. If you appreciate art and wish you could express your creative visions on paper



or canvas, try a free drawing class! This class will be fun and useful for all skill levels, from absolute beginners to those with experience. There will be NO critique or group sharing of any participant's artwork during this session, although feedback will be provided to anyone who requests it. All materials will be provided at no charge. Thank you to ActonArt for offering this free class to our seniors!

► **Luncheon with Life Care Center of Acton**

Friday, April 11th, 11:45

Join us when Life Care Center of Acton provides us with a delicious luncheon at no charge. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with area residents and deliver this meal to the Senior Center meal site. Please call the COA by Thursday, April 3rd to sign-up.

Acton Community Planning Discussion

Friday, April 11th, 12:15, following the Life Care lunch

Acton is conducting community outreach as part of the first phase of developing a Comprehensive Community Plan. They are in the process of identifying what the residents think about the town and its future in order to develop goals around a shared vision. Please join Selectwoman Paulina Knibbe, Planning Board Rep. Ryan Bettez and Daphne Politis, Sr. Planning Assoc. at Planners Collaborative to share your views about what you like most and least about Acton and what you would like to keep or change. For more information www.actonoutreach.com.

► **Dessert and Conversation with your Legislators**

Tuesday, April 15th, 12:00-1:00

Senator Pam Resor, Rep. James Eldridge and Rep. Cory Atkins will be joining us in the Senior Center dining room for a special dessert while updating us on legislation of particular interest to seniors. They welcome your questions. Call the office to sign up for the program. Call the meal site at 978-263-5053 if you would like lunch at 11:45.

► **Tour of the Acton Memorial Library**

Thursday, April 17th, 10:00

Director Marcia Rich will lead us on a tour of the Acton Memorial Library. Learn about the incredible amount of resources available, with a focus on items of interest to seniors, such as large print materials, recorded books and large print monitors. We will also receive a behind-the-scenes look at areas library patrons ordinarily do not see! The tour will last about one hour and there will be opportunities to sit and rest, if needed. This is limited to a small group, so sign up early. Call the COA office if you need to schedule a ride on the COA van.

Chinese Luncheon and Cultural Program

Thursday, April 17th, 11:00 for the program followed by lunch at 11:45

The Friends of the Acton Council on Aging invite you to be their guests at a Chinese luncheon and cultural program. There is no charge for this event thanks to generous support from the Acton Boxborough United Way. However, reservations must be made by Monday, April 14th. Please call 978-263-5053 and be sure to specify your choice of the Chinese meal or the alternate menu. If you need transportation, please call 978-264-9643.

► **Men's and Ladies Breakfast!**

Friday, April 18th, 9:00

Join us for a generous, warm pancake breakfast! Call the COA by Wednesday, April 16th for a reservation. Cost is \$2.00. Breakfast will be followed at 9:30 by a presentation by Acton Public Health Nursing Administrator Merrily Evdokimoff, RN, MSN. She will answer all those questions you've been afraid to ask: I've heard about the vaccine for shingles--should I get it? I heard about getting a tetanus shot, but why me? Why can't they get the flu shot right?! If you cannot attend both the breakfast and the talk, you are welcome to come to one or the other.

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

► **Winterthur Exhibit Presentation, Worcester Art Museum Outreach**

Friday, April 18th, 1:00-2:00

The Worcester Art Museum staff will present, “An American Vision: Treasures from the Winterthur Museum,” the former country estate of Henry Francis du Pont, an avid antiques collector and horticulturist. The collection is divided into thematic and chronological categories: Early Settlement and Sophistication, A Passion for Rococo, East Meets West, The Arts of the Pennsylvania Germans, and American Classicism. A forty-five minute slide show and art discussion will be followed by a question and answer period.

► **“Eat Better, Move More,” Nutrition Program**

Tuesday, April 22nd, 11:15, Followed by lunch at 11:45

A nutritionist from Minuteman Senior Services will present a nutrition program, followed by a lunch. It is well-known that we generally need to move more. To help us do that we need to use our muscles and muscles are fed by protein. Do you get enough protein and other nutrients in your daily diet to feed your muscles? Just how much is enough? Sign-up for lunch by calling 978-263-5053.

► **Update for Veterans**

Wednesday, April 23rd, following the Spring Lunch, 12:15

Acton Veterans’ Service Officer Dore’ Hunter will speak about the duties of the Veterans’ Service Officer, as well as veterans’ benefits that can be obtained through that Town of Acton channel and assistance available for veterans for applications and claims for Federal benefits administered by the Dept. of Veterans Affairs. Please join us just for the talk or come at 11:45 for lunch as well. For a lunch reservation, call the dining room at 978-263-5053.

► **Luncheon with Concord Healthcare Services**

Friday, April 25th, 11:45

Concord Healthcare and Rehabilitation Center, a facility that offers multi-faceted healthcare services, is providing us with a free lunch, prepared and delivered by their staff. Call the COA by Thursday, April 17th for a reservation.

► **Individual Computer Instruction**

Beginning the week of April 28th through early June

One-on-one computer classes are available to all levels of PC and Mac users. With your teacher, you will spend 5 classes working together on your particular computer needs and interests. All students must fill out a registration form available at the COA office. Registration deadline is Wednesday, April 18th. Space is limited so don’t delay.

► **Taking Your Best Photos**

Thursday, May 1st and 8th, 1:30-3:00

Please join photographer Joe Schatz to learn tips and techniques for framing and capturing the best photographs you can. The class will be going outside around the senior center so please dress appropriately. Please bring your charged digital or SLR camera to both classes.



► **Long Term Care Insurance Program**

Wednesday, May 7th, 7:00-8:00 p.m.

A specialist from the LTC Insurance Group will present a program to answer all of your questions about this type of insurance and discuss some common misconceptions. For instance, did you know that Medicaid funding for nursing home care expenses is a loan and that they want the money back and can place a lien on your home?

► **History of Jazz Lecture and Performance**

Thursday, May 8th and 15th, 1:00

John Clark, who recently performed here as a member of the Justin Meyer Swing Trio, will present a history of jazz program on May 8th, followed by a performance by a jazz duo on the 15th. More information to follow in the May newsletter, but you may sign up beginning on March 31st at 1:00.



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

TRIPS/OUTINGS

► **Museum of World War II in Natick**

Wednesday, April 16th

Take advantage of the chance to visit the Museum of World War II, a private museum that is open only by appointment for groups! The museum is a 10,000 square foot, fully staffed, private collection containing the most comprehensive display of original World War II artifacts on exhibit anywhere in the world. To learn more about the museum visit: <http://www.museumofworldwar2.com/>. We will spend about two hours at the museum and then stop for lunch at Bertucci's in Framingham, where you can order from the menu. Please sign up early--we are limiting this trip to 20 people because the museum cannot accommodate large groups. We will be taking a mini-coach bus that does not have a bathroom on board. Reservation and payment is due by April 2nd.

Departs: Nagog Office Park at 9:45 (approximate return time 2:45)

Cost: \$18 for transportation; lunch will be on your own (average lunch entrée is \$8.00).

► **John Adams Courthouse Tour**

Wednesday, May 7th

Come tour the 19th century John Adams Courthouse, one of Boston's architectural gems and the home of the Massachusetts Supreme Judicial Court. We will learn about John Adams and his contributions to the legal system, the rich history of the building, famous statues and artwork, an overview of the state's judicial system, and we are tentatively scheduled to meet with a judge, if one is available. If you are attending the COA's Famous Trials program, this will be especially interesting, as the courthouse has a Sacco and Vanzetti exhibit. After the tour, we will enjoy a family-style lunch at Maggiano's Little Italy, which will include appetizers, salads, pasta, entrees, dessert, and coffee, tea and soda. Reservation and payment due by April 23rd.

Departs: Nagog Office Park at 9:00 (approximate return time 2:00)

Cost: \$39, includes coach bus transportation, lunch and all gratuities

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 for trip is due within one week of reserving a spot. Please see newsletter description of the trip for the absolute payment deadline. If payment is not received in time, your name will be removed from the sign-up list. No refunds will be issued unless a trip is canceled by the COA, there is someone on the waiting list who can take your spot or you can find someone to go in your place. 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, MA 01720.
4. Parking for trips is at Nagog Office Park. Enter from Rte. 2A/119 at Bickford's Restaurant and follow Office Park Road all the way to the end to the cul de sac (just under one mile) and park in the 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.

Senior Center Art Display



Our guest artist for April is Acton's Beverly Fell. Ms. Fell's third exhibit here at the Senior Center includes her most recent work as it follows the changing seasons. Her colorful style combines love of nature with love of watercolor painting and related mixed media to create landscapes. She explores New England's scenic beauty including familiar subjects such as our native trees and marshes. Come celebrate winter melting into spring! Please check the calendar for conflicts when the Living Room may be in use. Many thanks to Sue Nordhausen's Watercolor Class for sharing their wonderful display with us through the month of March!

Thanks to the Acton Lions Club!

The annual St. Patrick's Day luncheon was just as delicious as ever! Eighty Acton and Boxborough seniors enjoyed a traditional corned beef meal with all the fixings and great entertainment. We are always so grateful for the generosity of the Lions Club and for the energy they bring to the Senior Center through this festive luncheon! The Lions Club mailing address is PO Box 2391, Acton, MA if you wish to send a personal note of thanks.

ONGOING CLASSES/GROUPS/PROGRAMS

Please note that the Spanish Class has been canceled due to low enrollment.

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

Mah Jongg and Mexican Train *Tuesdays, 12:30*

Drop-in Watercolor *Wednesday, April 2nd, 9:00-10:30*

▶ **One-Stroke Decorative Painting with Donna Lynch**

Mondays, April 7th, 14th, 28th, 9:30-11:00

Acton Senior Quilters *Wednesdays, 10:00-12:00*

▶ **Watercolor with Sue Nordhausen** **Please note that this class is full.*

Tuesday, April 1st, 8th, 15th, 1:30-3:00

Cribbage Anyone? *Fridays, 11:00-12:00*

New and experienced players always welcome.

▶ **Bridge Class with Electra Coumou**

Mondays through May 5th, 10:00-12:00 *Note: No class on April 21st*

A six-week session geared toward players with bridge playing experience.

Friendly Visitor Meeting

Tuesday, April 8th, 1:00-2:00

If you are interested in becoming a Friendly Visitor, call Carol Steiner at the COA.

Computer Club

Wednesdays, April 9th and 23rd, 1:30-3:00

Fridays, April 4th, 18th and May 2nd, 10:00-11:30

Open to all computer users from the novice to the experienced. Come as often as you'd like.

“The Bookies”

Monday, April 28th, 1:00 *Please note this month's meeting will take place in the dining room*

This month's book is Infidel by Ayaan Hirsi Ali, an autobiographical book and *New York Times* bestseller, published in 2007. Hirsi Ali tells her life story from her Muslim upbringing to her intellectual awakening and activism in the Netherlands. Please come for a lively discussion--reading the book is not required. The Memorial Library has copies of the book, which can be sent to the Citizens Library branch if that is more convenient. Call Chris at the COA if you would like a large-print edition or the book on CD or cassette.

Genealogy Group

Friday, April 11th and 25th, 1:30- 3:30

This self-led group meets on a “drop-in” basis and is eager to welcome new members who wish to learn and share.

Pool/Ping Pong/Poker

Daily, 12:30 for pool and ping pong and *Fridays, 1:00* for poker **** Poker on 4/11 is at 1:30**

Drop-in Pool *Wednesday, April 2nd, 1:00*

Knit/Crochet *Wednesdays, 12:30-2:00*

This group enjoys knitting and crocheting for donations, working on their own projects and each other's company. New crafters are always welcome! Yarn donations are welcome, just call first.

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

Please call the COA for an appointment

If you have questions or issues regarding health insurance or prescription coverage please call the COA office at 978-264-9643. We will connect you with a SHINE counselor.

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

Theater Group

If you are interested in getting together with other Acton seniors to attend theater productions together, please call Chris at the COA office to be added to the contact list. People are needed to help plan what productions to attend, organizing ticket purchases and working out a carpool group.

EXERCISE OPPORTUNITIES

► Acton Striders Walking Group

Wednesdays, Beginning April 9th, 9:30

With spring comes the return of the Acton Striders walking group! Join us each Wednesday (unless it's raining steadily) for a one-mile walk. If you want to walk longer, you are welcome to do so. Call the COA if you are new or would like more information. A handout with the walking routes and parking locations is available in the office.

April 9th – West Acton Cemetery

April 30th – Alcott Street neighborhood

April 16th – Concord Road Cemetery

May 7th – Minuteman Road neighborhood

April 23rd – NARA Park

All morning exercise classes are full. If your name is on a waiting list and a spot becomes available you will be called by someone on the COA staff.

► Indicates that you must sign up in advance!

Senior Cinema

Please note that the movie on April 17th starts at 1:00. The other movies begin at 12:30.

- **Thursday, April 17th, 1:00, “Dan in Real Life”, (2007, PG-13)** Acton’s Steve Carell stars in this romantic comedy as an advice columnist who struggles in his own relationships.
- **Thursday, April 24th, 12:30, “Sicko”, (2007, PG-13)** Michael Moore’s latest documentary investigates the state of America’s healthcare system.
- **Friday, May 2nd, 12:30, “Becoming Jane”, (2007, PG)** Anne Hathaway stars in this period drama portraying the romantic life of Jane Austen in her early 20s.

► 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.



- **April Birthday Lunch: Wednesday, April 16th** – If you have a birthday in April, please join us for a complimentary lunch by calling 978-263-5053 by Friday, April 11th.
- **Spring Lunch: Wednesday, April 23rd** – Stay after lunch to hear Doré Hunter update us on Veteran’s Services.

Town of Acton Election Officials Needed

The Town Clerk and Board of Registrars for Acton are looking for registered voters who are interested in becoming Election Officials and would work at the polls as teller and checkers for the upcoming elections. These are paid positions. For more information please call the Town Clerk's Office at 978-264-9615.

In-Home Technical Support Available

Do you need help with your computer or printer? Is your email or Internet acting up? Did you need help installing some new software? We may be able to help. Please call the COA at 978-264-9643 to request a visit.

What Would You Do With An Extra \$350?

Prescription Advantage may be able to help you save as much as \$350 in premium costs for your Medicare prescription drug plan (Part D). Prescription Advantage can also save you money by paying your Part D deductible and lowering your co-payments. And most important, Prescription Advantage will cover you if you reach the “donut hole”. Call Prescription Advantage Customer Service at 1-800-243-4636 or TTY at 1-877-610-0241.

Senior Work Program

The Senior Work Program employs senior citizens on a temporary basis within the departments of Acton's municipal government. Up to \$750 can be earned each fiscal year with the goal of assisting seniors with their real estate taxes. Please contact the Council on Aging or Human Resources at the Town Hall for an application.



Thank You for Saving Paper! - Receive Your Newsletter by Email

Thank you to the almost 100 of you who have decided to receive your newsletter electronically. If you would like to join the trend send your name, home address and email address to jpeters@acton-ma.gov.

Pension Action Center (PAC) Recovers \$30 Million for New England Retirees

In addition to working on recovering pension money for retirees, PAC helps people find lost pensions and assists individuals with survivor benefits. For help with pension questions call 800-425-6067 or www.pensionaction.org.

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.

Handyman Program: The Acton Handyman Program, is designed to help seniors with small repairs and simple household jobs. Volunteer handymen can glue handrails and chair legs, replace light bulb/smoke detector batteries, flip mattresses, make computer, VCR, DVD connections and more. Call the COA to make a request.

Friendly Visitors: Volunteer Friendly Visitors visit seniors at home for about an hour each week. If you think you might be interested in visiting someone to brighten a lonely day please call Carol Steiner at the Senior Center.

Durable Equipment Loan: Donated medical equipment is available to be loaned out to seniors. Please call before you buy new equipment - we may have it in our cellar! Currently in **short supply** are tub benches, shower seats, regular adjustable canes and raised toilet seats. Please donate these items if you no longer need them. We have plenty of commodes at present. 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.*

Food Pantries and Community Suppers: Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

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

Good Neighbor Energy Assistance Program – Winter energy assistance from the Salvation Army is available for people with low incomes. Call Jean Fleming or Carol Steiner at the COA for more information and income guidelines for individuals and families.

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 through April 30th. If your yearly gross household is at or below \$27,380 for a household size of 2 you may qualify for some fuel assistance as well as discounts on utility and telephone bills. (Call for income guidelines for larger families.) Call Carol Steiner at the COA 978-264-9643 for more information. Contact Jean Fleming for information about a local emergency fuel fund.

Support Groups

Due to a space crunch in the newsletter this month, call Carol Steiner for information on area support groups.

File for your Federal Tax Rebate

Seniors who have at least \$3,000 of Social Security income and who normally do not file a federal return will qualify for a rebate of \$300 per person - **but only if they file a 2007 tax return.**

Appeals: An Important Right for Medicare Beneficiaries

Sometimes, Medicare beneficiaries feel they have been released from hospital, nursing home, home health agency or hospice care before they are ready to leave. All Medicare beneficiaries have appeal rights. Medical professionals will review the beneficiary's medical record and decide whether the beneficiary has been released too soon. If you feel you are being released from a hospital, nursing home, home health agency or hospice too soon:

- Talk to your doctor about continuing your care.
- Ask your case manager or social worker for an official (written) Medicare notice.
- Follow the instructions on the notice. Masspro's helpline telephone number will be listed on the notice.

You have the right to a fast appeal decision when you receive a Medicare notice that your services will be ending. Call Masspro at 1-800-252-5533 or Medicare at 1-800-MEDICARE (1-800-633-4227) after receiving the notice.

COA Volunteer Opportunities

Join the ranks of over 125 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, and more. Please call Carol Steiner to explore your interests.

Dial-a-Lawyer

Wednesday, April 9th, 5:30-8:30pm only

Free legal advice for veterans. Call 617-338-0610. This is a public service from the Mass Bar Association.

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 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.

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. Enter info about your situation at www.alz.org/carefinder to get a report with recommendations and questions to ask care providers. Future care giving issues can be addressed.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

National Institute on Aging! "End of Life: Helping with Comfort and Care"

Older people need increasingly more care as they near the end of life. Families and friends want to provide comfort, but may not know what to do or say. This new publication can help. Written in a compassionate tone, End of Life: Helping with Comfort and Care features large print, helpful questions to ask and resources for those who want to learn more. To print the publication go to: www.nia.nih.gov/HealthInformation/Publications/endoflife .

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

Simple Sewing and Pet Watch

An Acton resident and the 4-H group she mentors are offering *free* simple sewing and pet watching/walking services to Acton Seniors. They will pick up your sewing project, do the work and return it to you. Hems, open seams, buttons, etc. Also, if you need help caring for your pet while you are in the hospital or home recovering call Elaine Shirron at 978-635-0122 to ask for assistance.

AROUND TOWN...AND BEYOND

Wellness University 2008

Saturday, April 26th, Parker Damon Building, Charter Rd., Acton

The Acton Board of Health and Public Health Nursing Service will be hosting "Wellness University," a FREE event addressing the health and wellness needs of those aged 50 and older. Programs will focus on the physiology of aging, changing sleep patterns, the aging brain, healthy eating, emotional transitions, relationships, spirituality, fitness and more. There will be an exhibit area for information on local health services, fitness, nutrition and other topics. Lunch will be provided. Register at the Town Hall, main library or: www.acton-ma.gov - Wellness Univ.

28th Annual Senior Conference with Senator Pam Resor

Thursday, April 24th, 9:00-3:00 at Assabet Valley Regional Technical High School, Bolton, MA

Join Senator Resor for workshops, health screenings, fitness classes, entertainment and informational booths. Workshops will cover a variety of topics including: healthy eating, legal issues, senior discounts, scams and how to avoid them, reverse mortgages, and property tax relief. For information call 508-786-3040.

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 3rd at the DPW Garage, 14 Forest Rd., 9:00-11:30

A list of items that are acceptable at the collection day can be obtained at the Health Department Office, Transfer Station and Acton Library. This collection is for Acton residents only, and proof of residency is required. There will be a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash or check made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

West Acton Citizens' Library

If you have old photographs of Citizens' Library, please contact Jennifer Friedman at 978-263-9652. They would be used as reference during the restoration project and to create a display for the 125th library's anniversary.

Acton Recreation Steps into Spring

The Spring/Summer Program is now available with new class offerings along with popular favorites, bus trips and special events. Highlights include trips to Trump Taj Mahal in Atlantic City, Lobsterbake & Foxwoods Resort, Tower Tulip Festival, and a shopping trip to NYC. There are classes in tennis, arts and crafts and adult fitness, as well as concerts and movie nights. For more information call 978-264-9608 ext. 0 or visit www.acton-ma.gov.

Concord Players presents West Side Story, 51 Walden St. Concord

Thursday, April 24th, 8:00pm for the open dress rehearsal. Suggested donation \$3.

Acton Memorial Library

Saturday, April 12th, Civil War Exhibit Dedication, Time to be determined

Sunday, April 13th, AB Cultural Council 'Russia Day', 2:30-4:30

Alzheimer's Today: Physician and Family Perspectives

Friday, April 4th, 9:00-11:00am at the Concord COA, 1276 Main St., Concord

The discussion will include the role of the caregiver and family in managing and treating Alzheimer's Disease as well as the latest developments in treatment, research and medication. A question and answer forum will follow.

Indian Hill Music School Presents: (For information call 978-486-0540 or www.indianhillmusic.org)

"Bach's Lunch" Concert: Thursday, April 17th, 12:00 - 1:00

Lunchtime concert with percussionist Abe Finch., Indian Hill Music, 36 King Street, Littleton. Free admission.

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, April 8th, 8:20-11:00

The clinic offered by the Acton Public Nursing Service provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides services as evaluation and nail clipping. The new \$25 fee (beginning March 08) 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, April 8th and 22nd, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, answer any medication, nutritional, or health related questions. No appointment necessary.

A MESSAGE FROM THE FRIENDS OF THE ACTON COA

A Thank You and a Reminder:

Thank you to all who have responded so generously to our annual appeal letter. Your gifts are helping us fund a wide variety of classes and programs this spring. If you meant to send a gift, but haven't yet, please take a minute to do it now. Remember, every gift to the Friends is returned to you through the many great offerings at the Senior Center.

Please make checks payable to:
The Friends of the Acton Council on Aging

Please mail to:
*Friends of the Acton COA, PO Box 2006
Acton, MA 01720-6006*

COA SENIOR VAN SCHEDULE

The COA van runs Monday through Friday for all Acton seniors (age 60 and over) and disabled younger Acton residents when space is available. The van is available until 3:45pm in-town and approximately 3:00pm for out-of-town rides. The last ride in the morning will be at 11:30 and the first ride after lunch will be at 12:30. Please schedule your appointment with the lunch break in mind. For van reservations call weekdays 978-264-9643 between 8:00-12:00. Please have the name, telephone number and address of your destination when you call and 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 for the COA van.



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
Mary Lou Repucci, Staff Assistant
Steve Ryan, Nancy Andersen, Dan Thomas
and Peter Colby, Substitute 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, April 14th at 3:45pm

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested**

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