

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

March 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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► Famous Trials of the American Justice System

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

This informative and thought-provoking 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 Council on Aging.

Acton 2008 Election Calendar

Annual Town Election – April 1st

Annual Town Meeting – April 7th, 7:00pm at the

Acton/Boxborough Regional High School Auditorium

Absentee Ballots will be available at the Clerk’s Office three weeks before the election. You may request a ballot to be mailed to you by sending a note with your name and Acton address. You must sign the request and mail or bring it to the Town Clerk’s Office, 472 Main St., Acton, MA 01720. Remember to give the “mail to” address if it is other than your Acton address. You may also get an application on the Town web page www.acton-ma.gov. The last day to register to vote in order to be eligible to vote at the Annual Town Election and Annual Town Meeting is March 12th. If you have questions, please call the Town Clerk's office at 978-264-9615.

► Holocaust Program

Wednesday, March 19th, 7:00-8:30 p.m., at the COA

Author Susie Davidson will appear with WWII Veteran and Dachau concentration camp liberator Chan Rogers. Davidson’s book, I Refused To Die: Stories of Boston-Area Holocaust Survivors and Soldiers who Liberated the Concentration Camps of World War II contains the stories of twenty local Holocaust survivors and ten local World War II veterans who liberated the camps. These stories give perspective in the face of continuing global genocide. People of all ages are welcome, but call the COA to sign-up as space is limited. Carpooling is recommended. Light refreshments will be served.



See page 2 for important information regarding Senior Center Expansion

***** NEW TIME - Registration for Classes/Programs begins Monday, March 3rd at 1:00 *****

Senior Center Expansion Status Report - February 2008

The Council on Aging (COA) makes very effective use of the limited space in the Senior Center as it provides services such as health and wellness programs, home safety consultations, health insurance assistance, legal consultations, fuel assistance, long-term care planning and caregiver issues.

Opportunities are available to help seniors stay physically active, such as aerobics, stretching classes and walking groups. Classes in opera and classical music, computer instruction, foreign language, multi-cultural programs, book discussions and genealogy provide intellectual stimulation. Activities designed to help seniors stay socially connected, such as bridge, quilting, mah-jongg, billiards, arts, crafts, card games and luncheons take place each week.

Unfortunately, demand for services has outstripped the building's capacity, limiting the COA's ability to offer a wider range of programming and resulting in seniors being turned away from popular programs.

To address this issue, the Board of Selectman has formed an advisory committee to investigate expanding the Senior Center. The following people are serving on this committee: Paulina Knibbe, Peter Ashton, Steve Baran, Ann Chang, Jean Fleming, Mike Gowing, Heather Harer, Dore' Hunter, Herman Kabakoff, Lori Krinsky, Gena Manalan, John Murray, Charlie Aaronson, Linda Chance, Xin Hong, Joan Gardner, Barbara Willson, Mary Ann Angle, Tom Regan and Barbara Tallone.

The committee is working on answering a series of key questions:

- *What purpose does the Senior Center serve?*

The Senior Center serves two related functions.

1. It provides social services to seniors and their families.
2. It provides a community center for seniors enabling them to remain engaged in the community and to live long, healthy lives. One hallmark of a great town is its support of lifelong residency for its citizens. Ideally, a town retains its members throughout their later years because a community with a range of ages and good "connectivity" among residents provides better quality of life for everyone.

- *Why expand the Senior Center?*

The current senior center cannot meet the current demand for programs from Acton seniors. Seniors are turned away from popular programs because the physical capacity of the building and because of parking limitations. In addition there is demand for more types of programs that cannot be met because the configuration of the building makes it difficult or impossible to run simultaneous programs.

- *Who does use and who will use an expanded Senior Center?*

Acton's senior population is the fastest growing demographic group in town. From 1990 – 2006 the senior population grew by 67% while the total population growth was 14%. The growth is driven by a number of factors. First, the Baby Boomers are becoming seniors. There are more seniors and they are living longer, healthier lives. Second, Acton seniors are choosing to stay here rather than moving away. The annual town census shows that out-migration of seniors has slowed in the last eight years. Third, there is a growing in-migration of seniors partly due to the construction of more senior housing in Acton.

If we assume that the current ratio of use (1/3 of Acton's seniors use the senior center now), then the Senior Center will need to support 1200 seniors in 2010. However, if an expanded Senior Center is constructed, it is highly likely that a higher proportion of seniors will be drawn to the Senior Center due to the lifting of size and parking limits and to a larger range of program choices.

	Current Senior Population	2010 Projected Senior Population	2020 Projected Senior Population
Senior Population	3305	3620	4927
Users of Senior Center (1/3 use rate)	1101	1206	1642
Users of Senior Center (1/2 use rate)	1652	1810	2463

- *What functionality needs to be supported by the Senior Center?*

The COA Board has been working on the answer to this question for almost a year now.

- They have been visiting senior centers in surrounding communities. They have learned a lot about what functionality other communities provide and how to organize a building that works well to provide that functionality.
- They constructed a survey of current Acton Seniors to discover what functionality is important to Acton’s current seniors
- They have held a series of ‘Coffee and Conversation’ opportunities to discuss the future Senior Center with current users.

The Senior Center Expansion Committee will build on this work by organizing a series of focus group meetings with the Chinese community, the disabled community and the “soon to be seniors” community.

- *Where should the Senior Center be located?*

The Senior Center Expansion Committee will be investigating a large range of options, including (but not limited to) expanding the current center at Audubon Hill, constructing a single, larger center elsewhere in town, leasing existing space, and using the current center plus satellite locations to deliver services.

- *How will the expansion be funded?*

The Senior Center Expansion Committee is building a model that describes how Acton currently funds Senior Services and how other communities do the same. This model will be used to evaluate various choices as we proceed.

- *When will this happen?*

The Senior Center Expansion Committee has made a lot of progress but it will soon be necessary to have professional help to proceed further. The Senior Center Expansion Advisory Committee has voted unanimously to ask the Board of Selectman to include a Warrant Article at the April Town Meeting to request feasibility money for this project. The feasibility money will be used to hire an architect to evaluate the site (or sites), produce a conceptual plan and a rough cost estimate. This conceptual plan will be presented at a future Town Meeting for consideration.

The Senior Center Expansion Committee is hard at work figuring out the best way to provide expanded services for seniors. We welcome your input. There is a suggestion box in the main entrance of the Senior Center or please contact any member of the committee (listed above) or send an email to: SCEX@acton-ma.gov.

Submitted by: Paulina Knibbe, Chairperson, Senior Center Expansion Steering Committee

CLASSES/GROUPS/PROGRAMS

NEW FOR MARCHSIGN UPS BEGIN MARCH 3rd at 1:00 - NEW TIME!

► Word Processing Basics

*Friday, March 7th and March 14th, 9:00-10:00 or
Wednesday, March 26th and April 2nd, 10:00-11:00*

What is word processing? How is it different from a typewriter? This class will teach you the basic skills needed to get started in Word. You will learn about fonts, styles, letter size, spell checking, saving, etc. The class meets twice for one hour each. Limited to 3 students.

► Pet Care with Dr. Karen Geissert

Friday, March 7th, 10:00-11:00

Dr. Karen Geissert, owner of the Acton Animal Hospital, will present a talk on the latest information on pet care, with a focus on cats and dogs. Often times it is hard to talk about everything that is on your mind during a short veterinarian exam, so be sure to bring your questions. One of Dr. Geissert's dogs may come along for a visit as well. Thank you to Dr. Geissert for giving her time so generously!

► The Acton Lions Club Annual New England Boiled Dinner

Sunday, March 9th, 1:00

Celebrate St. Patrick's Day with a traditional New England boiled dinner at the Senior Center. Sign-up for this free dinner is on a first come, first served basis. Parking is limited, so please carpool. Call the COA at 978-264-9643 by Thursday, March 6th for your required reservation and indicate if you need transportation. Thank you to the Lions Club for providing good food, company and entertainment to Acton and Boxborough seniors!

► One-Stroke Decorative Painting with Donna Lynch

Mondays, March 10th through April 7th, 9:30-11:00

Beginners will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! Advanced students will continue with an overview of what they have learned, including the art of glass painting using special glass paints and conditioners. You will work on individual projects and gifts from slates and note cards to wine glasses and decanters. Please bring your brushes to the first class. All paints, paper, glass conditioners, and polyurethanes will be provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store. Please bring paper plates, a container for water and paper towels.

► Computers for Beginners

*Wednesday, March 12th and March 19th, 11:30-12:30 or
Friday, April 4th and April 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.

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

Wednesday, March 12th, 11:45 (Luncheon), 12:15-1:00 (Candidates)

The Board of Selectman candidates have been invited to join us for lunch and conversation. To make a lunch reservation for the New England Boiled Dinner, please call the Dining Room at 978-263-5053.

► Understanding the Internet

*Wednesday, March 12th and March 19th, 10:00-11:00 or
Friday, April 18th and April 25th, 9:00-10:00*

Would you like to start using the Internet or use it more efficiently? You will be introduced to the basic features of the Internet, including search engines, marking favorite sites, printing portions of websites as well as other time-saving and useful tools. The class meets twice for one hour each. Limited to 3 students.

► Indicates that you must sign up in advance!

NEW FOR MARCH (continued).....SIGN UPS BEGIN MARCH 3RD at 1:00 - NEW TIME!

► **Boston Symphony Orchestra Rehearsal**

Thursday, March 13th, 8:15 am, Nagog Office Park – parking lot at end of drive on the right of the cul de sac. We will leave Symphony Hall at 1:00, returning to Acton at about 2:00. We will be taking names for the waitlist only.

► **Safe Disposal of Expired Medications**

Thursday, March 13th, 12:30 (after lunch in the dining room)

Acton Public Health Nursing Service will discuss the safe disposal of expired medication. Please bring your questions and concerns on this very important topic. Everyone is welcome, so please tell your family and friends!

► **Men's and Ladies Breakfast!**

Friday, March 14th, 9:00



Join us for a generous, warm pancake breakfast with some good friendship on the side! Please call the COA by Wednesday, March 12th for a reservation. Cost is \$2.00. Gail Sawyer of Acton's Emergency Management will join us to talk about what free services her agency provides to Acton residents.

► **“The Bookies”**

Monday, March 17th, 1:00

This month's book, Suite Francaise by Irene Nemirovsky, contains two narratives, one fictional and the other a fragmented factual account of life in France in 1940-1941. The author died at Auschwitz in 1942 and her book was not published until 2004. Please come for a lively discussion--reading the book is not required. The Memorial Library will have copies of the book available, which can also 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.

► **How to Use Your New Digital Camera**

Tuesday, March 18th, 12:30-2:00

Did you just get a camera or has one been tucked in your closet unused? This class will focus on some important features of your camera to get you started taking quality photos. Please bring your camera (with battery charged) and the instruction book to class. Couples may sign up together. Limited to 6.

► **Come Watch the Red Sox Spring Training Game on our New HDTV!**



Wednesday, March 19th, 12:00

The Red Sox will be playing the Toronto Blue Jays at Fort Myers. The game is sure to look spectacular on our new high definition TV. No matter what the weather is outside, if the Red Sox are on then warm weather can't be far behind!

► **Trip to Butterfly Place in Westford**

Thursday, March 20th, 1:30-3:00, The van will depart the COA at 1:00 and return about 3:30

Cost: \$5 admission(for 65+), payable at the door, \$5 van fee, payable to the driver



Celebrate the first day of spring walking among beautiful butterflies and colorful plantings in the warm environment of the Butterfly Place in Westford. We'll take the COA van, so space is limited to just nine people. If more want to come, we could carpool. If you need a van ride to the Senior Center, please call the COA office to make that reservation separately. The building is handicapped accessible.

► **Excel Spreadsheets**

Friday, March 21st and March 28th, 9:00-10:00 or

Wednesday, March 26th and April 2nd, 11:30-12:30

Do you want to know how to create alphabetized lists or simple budgets? This class will teach you the basics of Excel. You will learn how to manipulate cell formats, create simple spreadsheets and make basic formulas. The class meets twice for one hour each. Limited to 3 students.

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

NEW FOR MARCH/APRIL (continued).....SIGN UPS BEGIN MARCH 3RD at 1:00 – NEW TIME!

► **Bridge Class with Electra Coumou**



Mondays, March 24th through May 5th, 10:00-12:00 Note: No class on April 21st

Instructor Electra Coumou is offering a six-week session geared toward players with bridge playing experience; it is **not** for beginners. Please indicate if you are a first-time participant in Electra's class when registering. As usual, the first hour will be a lesson and the second hour will be free play.

► **Beaded Necklace Workshop with Joan McKenzie**

Thursday, March 27th, 1:00-2:30

Materials Fee: \$4.00 for one necklace

Participants will make one necklace, choosing from a variety of beads. These necklaces are strung on elastic, so they are easy to make and simple to put on without having to struggle with clasps.

► ***New* Spanish for Beginners with Maria Cevallos Warren**

Thursdays, March 27th through May 29th, 8:30-9:30

Come have fun learning the basics of the Spanish language. This 10-week class will teach pronunciation, greetings, numbers, telling time, days and months, food, some grammar, and also common phrases used while traveling in Spanish-speaking countries. No language can be understood without its culture, so we will also talk about what makes the Spanish speaking world what it is today. If time allows, we will prepare a Spanish meal as part of the class. If you have traveled to any Spanish speaking country, please bring pictures, souvenirs, etc. to share at the first meeting. The instructor teaches Spanish for A/B Comm. Ed., lectures at Assumption College, and is the owner of Spanish for All. If you took this class last spring, please feel free to join in again as repetition helps learn a language and there will be some new topics this year as well.

► **Luncheon with Life Care Center of Acton and Talk on Fall Prevention**

Friday, March 28th, 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, March 20th to sign-up. After lunch, Life Care Rehabilitation Manager Jill Ashworth will present "Fall Prevention Exercises and Tips."

► **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.

► **Learn about Disability Placards and Plates RMV Workshop**

Thursday, April 3rd, 12:30

Have you ever wondered if you are eligible for a disability placard or plate that allows you to use handicapped parking spaces? Come to this hour-long workshop presented by the Registry of Motor Vehicles to learn how to apply for a disability plate or placard, what the most frequent causes of collisions are for elder drivers, some of 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.

► **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.



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

ONGOING CLASSES/GROUPS/PROGRAMS

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

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

▶ **Bridge Class** * *Please note that this class is full.*

March 3rd, 10th, 17th, 10:00-12:00

▶ **Bowling at the Acton Bowladrome**

Tuesdays, 10:00

Join your fellow bowlers for some winter fun and exercise! The Bowladrome offers a senior discount of \$1.75 per game or three games for \$5.00.

▶ **Watercolor with Cynthia Durost** *Wednesday, March 5th, 12th, 9:00-10:30*

Drop-in Watercolor *Wednesday, March 19th, 26th and April 2nd, 9:00-10:30*

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

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

Tuesday, March 4th, 11th and March 25th through April 15th, 1:30-3:00

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

New and experienced players always welcome.

Friendly Visitor Meeting

Tuesday, March 11th, 1:00-2:00

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.

Computer Club

Wednesdays, March 12th and 26th, 1:30-3:00

Fridays, March 7th and 21st, April 4th, 10:00-11:30

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

Genealogy Group

Friday, March 14th and 28th, 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. Please join the genealogists in the Senior Center living room to begin or continue your genealogical pursuits.

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 any schedule conflicts.

Drop-in Pool *Wednesdays, 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!**

EXERCISE OPPORTUNITIES

Snow Cancellation Policy: If either Acton or Littleton is canceled or the start of school is delayed because of inclement weather, exercise class at the COA is **canceled**. Please watch for cancellations on the news as we only activate the phone tree in the event of a cancellation that is NOT publicized on TV and radio.

**STAYING FIT SIGN-UPS BEGIN ON MARCH 3RD at 1:00 – NEW TIME!
FOR THIS NEW SESSION OF EXERCISE CLASSES!**

► **Stretch and Flex** with Terri Zaborowski

Mondays, March 31st through June 16th, 8:30-9:30 Note: No class on April 21st or May 26th

Start with a gentle warm-up and then progress to easy resistance training using Thera-bands or free-weights (both provided by the Center). This class is designed for all fitness levels. Exercise has been proven to help increase strength, bone density, endurance and metabolism while lowering blood pressure and cholesterol.

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

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

Week of March 31st through the week of June 16th

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

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

Tuesdays and Thursdays, 9:45-10:45, Week of March 31st through the week of June 16th

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

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



Winter Weather Policy

If the Acton Schools are closed:

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

If the Acton Schools are delayed:

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

If the Littleton Schools are closed or delayed: All exercise classes will be cancelled.

The COA van: Will run, if road conditions allow, although there may be delays. Please call the COA with questions about classes and van rides if in doubt.

Senior Center Art Display

Sue Nordhausen's watercolor class will put on a show of student work in March in the COA Living Room. While class members have studied the same principles of composition, color qualities and light and dark values, the range of individual expression will lend particular interest to this exciting and varied exhibit. Please check the calendar for conflicts when the Living Room may be in use before coming to see their work. Many thanks to photographer Joe Schatz for sharing his vivid landscapes with us through the month of February!

Attention Veterans

The Department of Veterans Services is charged with providing assistance to veterans, and when necessary to their spouses and/or dependents. Potential claims include, but are not limited to, disability compensation, death and indemnity compensation or a widow's pension for a surviving spouse, housebound aid and attendance benefits, income supplements, shelter allowances, and some potential help with medical expenses. For details, please contact F. Doré Hunter, our Veterans Service Officer, at VSO@acton-ma.gov or by calling 978-264-9603.

Military Retirees Newsletter is available on line at www.hanscom.af.mil/rao

Senior Cinema

Select Mondays, Thursdays and Fridays in March, 12:30

Thank you to Verizon for their generous donation of our new 58-inch wall-mounted high-definition TV! The picture quality is excellent!

- **Thursday, March 6th, “Glory Road,” (2006, PG)** It’s March Madness at the Senior Center! Josh Lucas stars as legendary college basketball coach Don Haskins, who during the time of segregation in 1966 took an all African-American team to the NCAA championship against the all-white Kentucky Wildcats.
- **Friday, March 7th, “De-Lovely,” (2004, PG-13)** A musical portrait of composer Cole Porter’s life, starring Kevin Kline and Ashley Judd. If you want to borrow the movie after March 7th, talk to Chris in the office.
- **Monday, March 10th, “The 2007 World Series: Boston Red Sox vs. Colorado Rockies”**, Matt Damon narrates this MLB production of World Series highlights, as well as clips of celebrations and the parade. (This is rescheduled from a cancellation because of snow in January.)
- **Friday, March 21st, “3:10 to Yuma,” (2007, rated R for violence)** A remake of the Western of the same name stars Russell Crowe and Christian Bale.

► 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.

- **March Birthday Lunch and St. Patrick’s Day Lunch: Wednesday, March 12th.** Anyone celebrating a March birthday is welcome to join us for a complimentary lunch courtesy of the Friends of the Acton Council on Aging. For a reservation call the meal site at least 3 days before the day of the lunch.

Elderberries Cable Show

The Elderberries monthly show on local cable is produced by seniors. Air times on Comcast (channel 8) and Verizon (channel 45) are at 8am, 11am and 6pm. You may also borrow a copy from the COA office.

Bead Donations Needed!

Seniors have been making beaded jewelry this winter and are in need of beads! If you have glass, semi-precious stones, pearls, gold or silver beads (no plastic or seed beads please) or even old beads from broken necklaces and bracelets to donate, please drop them off at the COA office or call Chris at 978-264-9643 for more information.

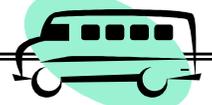
In-Home Technical Support Available

Do you need help with your computer or printer? Is your email or Internet acting up? Did you buy a new DVD player that needs connecting? We may be able to help. Please call the COA at 978-264-9643 to request a visit.

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.



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, 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 and more. Nothing on ladders, please. Call the COA to request a Handyman.

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.

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.

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 the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA, 978-264-9643, for more information. FYI: The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA for information.

<i>Household size</i>	<i>Maximum gross income</i> (Call for income guidelines for larger families)
1	\$ 20,420
2	\$ 27,380
3	\$ 34,340

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

<i>Household size</i>	<i>Maximum gross income</i> (Call for income guidelines for larger families)
1	20,420 – 28,078
2	27,380 – 37,648
3	34,340 – 47,218

Exercise Your Brain: Become a SHINE Counselor

SHINE health benefits counselors learn to master the Medicare prescription drug program and other complex insurance material. The 10-day SHINE training program begins in late April at Minuteman Senior Services in Burlington. Other sites in the Acton/Boxborough area may be considered. For more information call Cindy Phillips, Regional SHINE Program Director at 1-888-222-6171 or 781-221-7070. The SHINE Program is funded and managed by the Executive Office of Elder Affairs in coordination with local agencies.

Property Tax Exemptions

Massachusetts General Law authorizes communities to exempt certain citizens from part or all of their property tax obligations. Here are the most common of these exemptions: Surviving Spouse, Minor Children, Elderly Persons Exemption, Hardship, Blindness, Veteran and Tax Deferral. The deadline for FY 08 is March 30th. For more information regarding all available exemptions please contact the Acton Assessor's office at 978-264-9622.

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.** So, people who have been filing only a MA return to get the Circuit Breaker should also file a federal return in order to get this one-time rebate. Even people who don't qualify for the Circuit Breaker and don't normally file even a federal return should file this year even if they have no withholding and owe no tax as long as they have at least \$3,000 Social Security income.

AARP Free Tax Preparation

The American Association for Retired Persons (AARP) is sponsoring free tax preparation for low and moderate income taxpayers through mid-April at the Senior Center and the Acton Memorial Library. *Call the COA at 978-264-9643 to schedule Senior Center appointments.* Call 978-264-9642 for Library appointments. Trained preparers will answer questions or provide assistance in preparing most tax returns. E-filing is available to ensure prompt receipt of you tax refund. This service will not include preparing business returns, returns for those who own rental property, giving investment advice, or complex Schedule D calculations. Bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2007, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, brokerage statements or other documents related to the income tax return. If you are applying for the Circuit Breaker Tax Credit (MA), you should bring a copy of your Real Estate tax bills or a copy of your rental contract, plus any sewer and water bills.

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

HEALTH NEWS...

Masspro Website at www.masspro.org – for information about Medicare beneficiaries and providers. It also links to resources and tools to support ongoing initiatives.

Medicare “Compare” Websites

Home Health Agencies Compare – www.medicare.gov/HHCompare/Home.asp

Hospital Compare – www.hospitalcompare.hhs.gov

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

Medicare Prescription Drug Plan Finder at www.medicare.gov/MPDPF

Alzheimer's Disease Services

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

Support Groups

- **Alzheimer's Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4th Wednesday of each month in the early evening. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Early Stage Alzheimer's Disease Carepartner Support Group**, 1st Tuesday of month starting in October. Contact Carol Steiner at 978-264-9643 or Lori Kalinoski at 978-318-3111.
- **Life Care of Nashoba Valley**, 1st Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information.

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

AROUND TOWN...AND BEYOND

Wellness University 2008

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

The Acton Board of Health and Acton Public Health Nursing Service are pleased to announce the 2nd Annual "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 and wellness services, fitness, nutrition and other topics. Lunch will be provided. Register at the Town Hall, main library or on the town website: www.acton-ma.gov - Wellness University.

John Ashbery to Receive Creeley Poetry Award

Tuesday, March 18th, 7:30 pm, RJ Grey Jr. High School Auditorium, 16 Charter Rd, Acton

Pulitzer Prize winning poet John Ashbery will read as part of the presentation. There will be a book signing. Tickets (free) are required and are available at both Acton Libraries, Willow Books and the West Acton Market.

Acton Memorial Library

Saturday, March 1st, 2:30-4:00, Volunteer Recognition Event

Saturday, March 8th, 9:00-4:00 and Sunday, March 9th, 2:00-4:00, Friends of the Acton Libraries Book Sale

Seniors Luncheon

Thursday, March 27th, 12:30, Faith Evangelical Free Church, 54 Hosmer Street, Acton

Park in the lot by the white fence. For reservation call the Mount Calvary Lutheran Church at 978-263-5156.

Speaker Series Offered by the Acton Area League of Women Voters

Monday, March 24th, 7:30 pm, R.J. Grey Junior High School

John Warner, President and Chief Technology Officer for the Warner-Babcock Institute for Green Chemistry, will discuss "Beyond Benign: Regional Economic Development and Green Chemistry". Tickets are available at www.MKTix.com or by calling 978-266-0148. Additional details are available at www.lwv-aa.org.

Free Tai Chi Classes for Seniors in Littleton

Wednesdays, 10:00 am, Plum Blossom Kung Fu Academy, 222 Great Rd., Littleton (next to Donelan's)

The Wednesday class has some free spots for seniors 65+. Call 978-486-3095 for information.

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

Fashion Show & Silent Auction: *Sunday, March 9th, 2:00, Indian Hill Music, 36 King Street, Littleton*

See the newest spring fashions, bid on a unique array of items, and enjoy champagne & dessert. Tickets are \$35.

Bach's Lunch Concert: *Thursday, March 20th, 12:00-1:00, Indian Hill Music, 36 King St. Littleton*

Free concert. Coffee, tea and cookies served; bring your lunch.

Indian Hill Chamber Orchestra: *Sunday, March 30th, 3:00, Indian Hill Music, 36 King St. Littleton*

Baroque masterpieces including Bach (Brandenburg Concerto No. 3) and Telemann. Tickets are \$25.

Silent Movie Double Feature

Sunday, March 2nd, 1:00 and 4:00, Acton Woman's Club, 504 Main St.

Big Business, with Stan Laurel and Oliver Hardy, and *Cops*, with Buster Keaton will be accompanied with live dramatic mood music by pianist Richard Hughes. Tickets are \$8, send your check to Acton Woman's Club, to P.O. Box 2253, Acton. Tickets are also available at Roche Bros. For information call Colleen Meller at 978-263-0469.

Gardeners Wanted

The Acton Discovery Museums are looking for people interested in pruning, dividing, planning and planting the gardens around the museum. Call Debbie at 978-264-4200 ext. 27 for further information or to volunteer.

Please note the NEW 1:00 sign up time for classes on March 3rd.

SENIOR CENTER CLINICS

Podiatry Clinic: Tuesday, March 11th, 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, March 11th and 25th, 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

Phoneraiser

The Friends of the Council on Aging are looking for donations of unwanted cell phones, used printer cartridges, digital cameras, MP3 players, and video game handhelds as a way to raise funds for our programs. Your donations, which will also help protect the environment, will be sent to a company that specializes in recycling and refurbishing. Be sure to delete any personal information from the phone or remove the SIM card. We cannot accept any accessories for recycling so please only deposit those items listed above in the plastic container on the floor in the Senior Center front entrance. If you have any questions, please call or email Sue Chase at 978-263-1864 or sue67chase@verizon.net.



Remember to set your clock ahead 1 hour before you go to bed on Saturday, March 8th!

Save the Date for a Chinese Program and Luncheon

Thursday, April 17th, 11:00 The Friends of the Acton COA invite you to be their guests in our Dining Room.

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,
March 10th at 3:45pm.

ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street
Acton MA 01720
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