

# Acton Senior Bulletin

September 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.acton-gov.ma](http://www.acton-gov.ma). Click on Departments then on Council on Aging.

## Director's Corner

Greetings from the staff of the Council On Aging!

The format of our September newsletter has been revised a bit; we are always looking for better ways to present a large variety of information. Let us know what you think!

Summer is a busy planning time for us; the fall is always chock-full of activities. We hope you will find some classes and programs that entice you to participate: something new or an activity tried and true. If you've never been here, we want to meet you! Every senior who walks through the door brings his/her own talents, interests and ideas and contributes to the overall vitality of the Acton Senior Center.

On Wednesday, September 17<sup>th</sup> at 1:00, I will be hosting *Dessert with the Director* and invite you to join me and all the COA staff as we have a chance to talk with you about what's going on this fall, show you around if you haven't been here before and hear your ideas. Come by yourself or bring a friend.

We look forward to seeing you in September!

Best Wishes,

*Jean Fleming, COA Director*

<b>Index</b>	<b>Page</b>
Trips	2
Classes	3
Upcoming Programs Highlights	4-5
Ongoing Activities	5
Transportation	5
Senior Cinema	6
Dining Opportunities	6
Outreach & Support Services	7
Exercise	7-8
Volunteering	9
Around Town and Beyond	9
Health Updates & Websites	10
Calendar	11
Clinics	12
Friends of the COA	12

## Acton Council on Aging Food Pantry Drive

Our first ever collection for the Acton Food Pantry will run from September 8-12<sup>th</sup>.

Please bring your much needed donations to the collection boxes in the Senior Center dining room. Please check expiration dates.



*Spaghetti sauce*                      *Canned fruit*  
*100% Fruit juice*                      *Cereal*  
*Dry milk*                                  *Evaporated milk*  
*Canned tuna*                              *White rice - 2 pound bags*  
*Disposable Diapers (any size)* *Baby formula*

## Senior Center Expansion Project Update

The Senior Center Expansion Committee has been hard at work determining the most effective way to expand Acton's Senior Center. The Committee is currently investigating three possible strategies:

- Expand the current senior center on Audubon Drive, including additional parking.
- Move into existing unused commercial space available within Acton.
- Build a new center. The committee has identified several possible pieces of town-owned land that might be appropriate for this project.
- Whichever option is selected, some space will be available during evenings and weekends for community use.

The committee plans to present all three options at a public meeting this winter before making a recommendation to the Board of Selectmen about which option (if any) should be placed on the warrant for Town Meeting in April. If you have comments or questions about this project, please contact: [SCExpansion@acton-ma.gov](mailto:SCExpansion@acton-ma.gov).

**The Senior Center will be closed on Monday, September 1<sup>st</sup> for Labor Day.**

## Registration begins Monday, Sept 8<sup>th</sup> at 1:00

You may walk in or call the COA. You may register yourself and ONE other person on this first day of registration. In programs with size limits, Acton seniors receive priority. People from out-of-town will be put on a waiting list and contacted if space is available. The cost for out-of-town tuition is \$25/program series.

## TRIPS

### ► **Foliage Trip to the Quabbin Reservoir Area**

*Wednesday, October 8<sup>th</sup>, 9:00, Leaving Nagog Office Park*

Travel along the Quabbin Reservoir in North Central Massachusetts first to the Brookfield Orchards, home of one of New England's largest apple growers, where you may purchase apples or have a snack in the coffee shop. Next lunch at the Salem Cross Inn in West Brookfield, featuring soup du jour, garden salad, the Inn's famous flaky chicken pot pie and a delicious dessert. After lunch, visit Atkins Farm to shop for gifts, baked goods, produce, and specialty foods. Lastly, travel through the scenic Pioneer Valley to view beautiful foliage, stopping at the Yankee Candle Shop in Deerfield. Transportation provided by luxury Silver Fox motor coach, with a restroom on board.

**Departs: 9:00 am**, Nagog Office Park. Return approximately 5:30

**Cost: \$57**, coach bus transportation, lunch, gratuities.

### ► **Metropolitan Opera House Live Transmission of *Salome***, Solomon Pond Theaters, Marlboro, MA *Saturday, October 11<sup>th</sup>, 11:45, leaving from the Acton COA*

The next best thing to seeing a live performance at the New York Metropolitan Opera House - The Met: Live in HD! Soprano Karita Mattila reprises her acclaimed interpretation of the title character of Strauss's *Salome*, with baritone Juha Uusitalo as Jochanaan. Mikko Franck conducts. We will arrive early to choose seats for the 1:00 performance. Food is sold at the cinema, but you are welcome to bring a lunch to eat on the bus ride. Please note there is no restroom on board mini-coach bus. Opera instructor Martin Segal will preview *Salome* in the Opera class on October 7<sup>th</sup> and will accompany the group on the 11<sup>th</sup>. Attending the class is not a requirement for the trip.

**Departs: 11:45 am**, The Acton COA/Senior Center, 50 Audubon Drive. Approximate return time 3:45.

**Cost: \$40**, includes mini-coach bus transportation, driver tip and ticket to performance

### ► **John Adams National and Historical Park in Quincy**

*Wednesday, October 29<sup>th</sup>, 8:30, Leaving Nagog Office Park*

*Note: This trip will be open to out-of-town seniors on September 15<sup>th</sup>*



Two hour guided tour of the homes where John Adams and John Quincy Adams were born, the oldest Presidential birthplaces in America, and the Old House, built in 1731, that housed five generations of Adams. Transportation from the Visitors' Center to the antique homes will be by trolley. Lunch will be at the Inn at Bay Pointe, with lovely views of the Quincy waterfront. Options for lunch will include a seafood, chicken and beef dish, which will be selected that day. Please note we are traveling on a mini coach bus that does not have a restroom on board and the only restroom at the park is located at

the Visitors' Center, where the tour will start and end. Please wear sturdy shoes as there is a significant amount of walking on a variety of surfaces, including gravel paths. This trip is limited to 20 people, so sign up early!

**Departs: 8:30 am**, Nagog Office Park. Approximate return time 3:30

**Cost: \$60**, includes mini-coach bus transportation, admission to the park, lunch and all gratuities

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### **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 a trip is due within 1 week of reserving a spot, unless another date is specified in the description. If payment is not received in time, we will attempt to contact you before your name is 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.

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

## CLASSES

**FOR SEPTEMBER & OCTOBER.....SIGN UPS BEGIN Sept 8<sup>th</sup> at 1:00!**

### ► **\*New\* Robert Frost Poetry Class**

*Thursdays, September 18<sup>th</sup>, October 16<sup>th</sup>, November 20<sup>th</sup>, 1:30-2:45*

An integrated, three-part series on the poetry of Robert Frost, presented by Dr. Eugene Narrett, literature professor with a PhD from Columbia University. Dr. Narrett will offer a lively presentation to teach participants how to read poetry and will lead a discussion about what makes a quality poem. Frost's poetry is poignant, witty, skeptical, keenly sensitive to nature and the human desire to find truth in it. His poetry rewards careful reading, especially by reading aloud and discussed as a group. The September poems covered will be "Design" and, if time permits, "Mowing." This is the first part of what will be a year-long exploration of poetry at the Senior Center.

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

*Tuesdays, September 30<sup>th</sup> to December 2<sup>nd</sup>, 1:30-3:00, No class Nov. 11<sup>th</sup> & Nov. 25<sup>th</sup>*

Dust off your watercolors and "get back in the swing!" Encouragement on both class and individual projects geared to students with some painting experience. Areas covered will include composition, color qualities and light and dark values. Materials list available in the COA office for new students.

### ► **\*New\* Drawing Class with John Goodnough of ActonArt Drawing School**

*Fridays, October 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup>, Nov. 14<sup>th</sup>, Dec. 5<sup>th</sup>, 19<sup>th</sup>, 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. If you appreciate art and wish you could express your creative visions, register for this drawing class! The 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 artwork, although feedback will be provided to anyone who requests it. When calling to register, let us know if there is any particular subject matter you are interested in. There is a \$10 materials fee due to the instructor at the first class.

### ► **Bridge Class**

*Mondays, October 6<sup>th</sup> through November 17<sup>th</sup>, 10:00-12:00 (No class on Oct. 13<sup>th</sup>)*

Instructor **Electra Coumou** is back to teach a six-week session geared towards players with at least some bridge playing experience. Please indicate if you are first-time participant in Electra's class when registering.

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

*Mondays, October 6<sup>th</sup> to November 17<sup>th</sup>, 9:30-11:00 (No class Oct. 13)*

You will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! You may paint on paper or bring in a glass item or slate as a personal project. All paints, glass conditioners, 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. View examples of completed one-stroke paintings in the dining room. Please bring paper plates, a container for water and paper towels. No experience is necessary and beginners are always welcome!

### ► **"Richard Strauss: Three Operatic Princesses" with Martin Segal**

*Tuesdays, October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>, 12:30-3:30*

Complete operas discussed in detail and shown on the large screen. *Salome* and *Elektra* belong to the realistic and expressionistic styles: lush and often brutal. *Ariadne* (shown in both versions) is like a cream puff in comparison: legendary with a fairy-tale atmosphere. Contact [martinsegal@verizon.net](mailto:martinsegal@verizon.net) for more information. Handouts for the class can be picked up in the COA office for those who want to do some reading about the operas beforehand.

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

*Wednesdays, October 8<sup>th</sup> through December 3<sup>rd</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.

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

## UPCOMING PROGRAM HIGHLIGHTS

**FOR SEPTEMBER & OCTOBER.....SIGN UPS BEGIN Sept 8<sup>th</sup> at 1:00!**

### **Red Sox Game in High Definition!**

*Wednesday, September 3<sup>rd</sup>, 1:30*

Come watch the Red Sox at home versus the Orioles on the COA's high definition, big screen TV! Please note that baseball games are at the mercy of the weather, so if you question if the game will be played that day, check [www.redsox.com](http://www.redsox.com), local news channels, NESN, or call the COA office.

### **Meet the Candidates!**



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

Acton seniors will have the opportunity to meet the candidates for state senator and state representative. The candidates will speak briefly to the group at 12:30 and will then be available for informal discussions. There is a special free luncheon provided by LifeCare of Acton at 11:45; if you would like to make a reservation for this lunch please call the COA office by September 8<sup>th</sup>.

### **► Never Forget a Name or Face Again!**

*Tuesday, September 16<sup>th</sup>, 1:00-2:30*

This workshop will offers methods to train the brain to remember names. Learn about normal brain changes during the aging process, how memories are stored and techniques for overall memory enhancement. Some of you may remember Mary Driscoll from last spring's Wellness University. Mary has 15 years of experience teaching at the college level and holds a Master's degree in education. Please sign up early as space in this program is limited.

### **Dessert with the Director**

*Wednesday, September 17<sup>th</sup>, 1:00-2:00*

Whether you are a Senior Center regular or have never visited and wondered what might be available here, please come to a free, informal gathering with Director Jean Fleming and other COA staff members to ask questions, offer suggestions or tour the center. Bring a friend, enjoy some sweets and learn more about this vibrant place!

### **► Men's and Ladies' Breakfast with Town Manager Steve Ledoux!**

*Friday, September 19<sup>th</sup>, 9:00-10:00*

Welcome to a new "COA year" of Men's and Ladies' Breakfasts! Join us for a generous, warm breakfast with some good friendship on the side! Acton Town Manager Steve Ledoux will be attending, so bring any questions or comments you may have and help welcome him to the Senior Center. Call the COA by Wednesday, September 17<sup>th</sup> for a reservation. Cost is \$2.00.

### **► Chair Massage at the Senior Center**

*Fridays, September 19<sup>th</sup>, October 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup>, 2:30-3:30*

Nancy Ames, a licensed massage therapist from Acton, will be offering chair massages at the Senior Center. What is done in the 15-minute massage varies depending on individual needs, but often includes massage of the back, neck, shoulders, arms, and hands (for those with arthritis). Please check with your doctor before coming in for a massage. Cost is \$20 for a massage, paid directly with cash or check to Nancy. Please wear a t-shirt or tank top under your clothing to make the massage most effective. It is important to sign-up for a massage by calling the COA office at least one week in advance of the desired date. Since there is a limited number of appointments available, we ask that you only sign up for one massage per month.

### **Evening Social Planning Committee Meeting**

*Tuesday, September 23<sup>rd</sup>, 1:30-2:30*

Volunteers needed to help plan an evening social event at the Senior Center! Please come to this planning meeting where we will discuss ideas for a fun occasion. If you are unable to come to the meeting, but would still like to be involved in the planning process or have ideas for an event, call Chris at 978-264-9643.

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

## UPCOMING PROGRAM HIGHLIGHTS

**FOR SEPTEMBER & OCTOBER.....SIGN UPS BEGIN Sept 8<sup>th</sup> at 1:00!**

### ► **Antiquing with Mary**

*Thursday, October 2<sup>nd</sup>, 1:00-3:00*

Acton's own Mary Westcott is returning for an antiques appraisal day at the COA! Bring one item you would like to learn more about, including its approximate value. You may bring a photo if an item is too large to transport. No coins or jewelry, please. All Acton and Boxborough seniors welcome. If you do not have an item to be appraised, come and expand your knowledge of antiques. A question and answer period will follow the appraisals. You do not want to miss this fun, interesting and informative program!

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

## ONGOING ACTIVITIES

**Friendly Visitor Meeting** The next meeting for Active Visitors is *Tuesday, September 23<sup>rd</sup>, 1:00.*

### **“The Bookies”**

*Monday, September 15<sup>th</sup>, 1:00*

The book club selection for September is Three Cups of Tea, by Greg Mortenson and David Oliver Relin. It tells the true story of Mortenson's mission to build schools in some of the most remote regions of Afghanistan and Pakistan, inspired by the impoverished villagers who cared for him after a failed climbing adventure. Please come for a lively discussion--reading the book is not required. The Memorial Library can obtain copies of the book, which can be sent to the Citizens Library branch if that is more convenient. The library may also have a large-print edition or the book on CD or cassette. If you would like a copy of the recommended discussion questions for the book, please drop by the COA office or visit [http://us.penguingroup.com/static/rguides/us/three\\_cups\\_of\\_tea.html](http://us.penguingroup.com/static/rguides/us/three_cups_of_tea.html).

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

*Mondays, 1:00-3:00* (No appointments on September 1<sup>st</sup>)

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 our SHINE counselor.

**Please see the Monthly Calendar on page 11 for days and times for the following groups and clubs:**

**Mah Jongg**

**Mexican Train**

**Quilters**

**Knit/Crochet Group**

**Cribbage** (note new time -10:30)

**Board Games**

**Drop-in Bridge**

**Computer Club**

**Genealogy**

**Poker** (no meeting on Friday, Sept 12<sup>th</sup>)

**Ping Pong** (available daily – check for conflicts)

**Drop-in Watercolor**

**Drop-in One-Stroke** (no meeting Sept 1<sup>st</sup>)

**Horseshoes**

**Pool** (available daily – check for conflicts: No pool on Wednesday, Sept. 17<sup>th</sup>)

## TRANSPORTATION

**COA Senior 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 appointments with the lunch break in mind. For van reservations call weekdays 978-264-9643 between **8:00-11:00**. (Please note the new time.) 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, 8:30–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as for the COA van.



## SENIOR CINEMA

### **John Adams Mini-Series**

*Various Mondays, Thursdays and Fridays, 12:30-1:45*

Come view this award-winning series and get prepared for the COA trip to the Adams National Park in October! This biopic of John Adams' life, based on David McCullough's book, spans a fifty year period beginning with the Revolution. Paul Giamatti and Laura Linney star in this 7 part series, averaging 75 minutes an episode.

*Friday, Sept. 19th—Part 1, Join or Die*

*Thursday., Oct. 9<sup>th</sup>,—Part 5, Unite or Die*

*Monday, Sept. 22<sup>nd</sup>—Part 2, Independence*

*Friday, Oct. 17<sup>th</sup>—Part 6, Unnecessary War*

*Monday, Sept. 29th—Part 3, Don't Tread on Me*

*Monday, Oct. 27<sup>th</sup>—Part 7, Peacefield*

*Friday, Oct. 3<sup>rd</sup>—Part 4, Reunion*

Please note that the October 27<sup>th</sup> episode includes scenes about breast cancer and mastectomy surgery, which may be disturbing to some. The DVD series will be available to borrow in the COA office after October 27<sup>th</sup>.

### **Famous Trials Documentaries**

*Thursdays, September 11<sup>th</sup> and 25<sup>th</sup>, 12:30-1:30*



Some trials take on a significance that is larger than the verdict itself and are shaped by the tenor and emotions of the era in which they occur. If you attended last spring's "Famous Trials" program at the COA or are just interested in learning more about these trials, come watch these "Landmark American

Trials" videos. The videos will be available to borrow from the COA office after they are shown.

*Thursday, September 11<sup>th</sup>—Sacco and Vanzetti Trial*, covering the 1921 Massachusetts trial of two Italian immigrants found guilty of robbery and murder and executed.

*Thursday, September 25<sup>th</sup>—Julius & Ethel Rosenberg Trial*, in the 1951 trial the accused were executed after being found guilty of conspiracy to commit espionage.

### **Movies**

*Friday, September 5<sup>th</sup>, 12:30-2:15, "Big," (1988, PG)* Tom Hanks stars in this story about a 12 year old boy who makes a wish at a carnival machine and becomes a 35 year old man.

## DINING OPPORTUNITIES

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

*Friday, September 12<sup>th</sup>, 11:45*

Come to the COA for a free, delicious lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with Acton seniors and offer this meal.

**Call the COA by September 8<sup>th</sup> for a reservation.** We cannot guarantee a meal for people who do not sign up!

### **► Men's and Ladies' Breakfast with Town Manager Steve Ledoux!**

*Friday, September 19<sup>th</sup>, 9:00-10:00* Please see the full description on page 4.

### **► Annual Rotary Club Barbeque**

*Sunday, September 28<sup>th</sup>, 12:00 Noon*

The Rotary Club of Acton-Boxborough will again sponsor a barbeque luncheon for Acton and Boxborough Seniors at the Acton Senior Center. Barbequed chicken will be accompanied by potato salad, coleslaw, rolls, ice cream and beverages. You will dine indoors, so this event is not weather dependent. Parking space is limited, so please carpool if possible. Call the COA by September 24<sup>th</sup> to reserve a spot and indicate if you would like a ride.

### **► 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.

- **Special Labor Day Lunch: Wednesday, September 3<sup>rd</sup>** - Please call by August 28<sup>th</sup>.
- **September Birthday Lunch: Wednesday, September 10<sup>th</sup>** - If you have a birthday in September, please join us for a complimentary lunch by calling 978-263-5053 at least 5 days ahead of the date of the lunch.
- **Indian Lunch: Thursday, September 25<sup>th</sup>** - This a Minuteman lunch and has a regular donation request of \$2.00. You may chose the Indian lunch or the regular lunch when reserving a lunch for that day.

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

## EXERCISE

**FOR SEPTEMBER .....SIGN UPS BEGIN Sept 8<sup>th</sup> at 1:00!**

*Note about sign ups: You may sign up yourself and one other person for maximum of two exercise classes. This can be done by phone or in person. For a third class you will be wait listed and notified if space is available.*

*Exercise programs are popular and often have waiting lists. One way we are addressing this issue is by continuing the chair exercise videos into the fall for people who are looking for additional workouts or are waitlisted for another class. In our efforts to offer exercise opportunities to everyone interested, please consider the following:*

- \* If you are going to miss more than three weeks Terri's exercise class, we ask that that you call the office so we may offer your spot for the remainder of the session to someone on the waiting list.*
- \* Please only sign up for a class that is held twice a week if you can regularly attend both days.*

*Please check with your doctor before starting any exercise program, wear loose, comfortable clothing and bring water. All participants in Terri's exercise classes, the exercise videos and Tai Chi must sign a waiver of liability.*

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

***Mondays, September 15<sup>th</sup> through December 15<sup>th</sup>, 8:30-9:30 (No class on 10/13)***

This class is designed for all fitness levels. Start with a gentle warm-up and then progress to resistance training using Thera-bands or free-weights (both provided by the Senior Center). Exercise has been proven to help increase strength, bone density, endurance and metabolism while lowering blood pressure and cholesterol. If that's not enough incentive to join, this class is fun and all participants enjoy the added benefits of friendship and socializing!

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

***Tuesdays and Thursdays, September 16<sup>th</sup> through December 18<sup>th</sup>, 8:30-9:30 (No class 11/11 and 11/27)  
or Wednesdays and Fridays, September 17<sup>th</sup> through Friday, December 19<sup>th</sup>, 8:30-9:30 (No class 11/28)***

*Warm-up and stretch aerobics and muscle conditioning, followed by a cool-down segment.*

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

***Tuesdays and Thursdays, September 16<sup>th</sup> through December 18<sup>th</sup>, 9:45-10:45 (No class 11/11 and 11/27)***

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

**Drop-in Video Chair Strength Exercise**

***Tuesdays, September 2<sup>nd</sup> and 9<sup>th</sup>, 3:00-3:50 and Thursdays, September 4<sup>th</sup> and 11<sup>th</sup>, 9:30-10:20***

***Tuesdays, Beginning September 16<sup>th</sup>, 11:00-11:45***

*This 50 minute "Stronger Seniors" exercise routine was developed by Anne Pringle to improve strength, stamina and balance, all while sitting in your chair. A 2-5 pound single hand weight is needed and is available at the COA.*

**Drop-in Video Chair Stretch Exercise**

***Monday, 8:30-9:15, September 8<sup>th</sup>***

***Wednesdays, Beginning September 17<sup>th</sup>, 3:00-3:50***

*This 45 minute exercise routine works to improve flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders, all while sitting in your chair. No equipment is needed for this program.*

► **\*New\* Beginners Tai Chi Class**

***Thursdays, September, 18<sup>th</sup> through December 6<sup>th</sup>, 11:00-12:00***

Ray Caisse of the Taoist Tai Chi Society will lead this eight-week introductory class. Taoist Tai Chi incorporates stretching and turning into a series of slow, rhythmic moves that improve the health of body, mind and spirit. The class will teach 28 of the 108 movements in the Taoist Tai Chi set. It can be taken sitting in a chair or wheelchair for those unable to stand for the workout. Ray, who gave a demonstration at the Senior Center in June, has been practicing the discipline for ten years and teaching for four. Wear shoes with smooth treads that will not get caught up on the carpet. This program is funded by a United Way grant secured by the Friends of the Acton COA.

*\*\*Because learning the movements for Tai Chi class is ongoing, we are unable to add people from a waiting list once the class is underway, so only register if you plan to attend all eight classes.*

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

## EXERCISE

**FOR SEPTEMBER (continued).....SIGN UPS BEGIN Sept 8<sup>th</sup> at 1:00!**

### ► **Acton Striders Walking Group**

*Wednesdays, 9:30*

Now that the hot weather should be behind us, the Striders group will return to the regular time for walks. Join this active group each Wednesday (unless it's raining steadily) for a one-mile walk. If you want to walk longer, you are welcome to do so. Please call the COA office if you are new to the group or would like more information. A handout with the walking routes indicating where to park is available in the COA office.

*Sept. 10<sup>th</sup> – Central St. Cemetery*

*September 24<sup>th</sup> – NARA Park*

*September 17<sup>th</sup> – Concord Rd. Cemetery*

*October 1<sup>st</sup> – Alcott St. neighborhood*

Note: Striders are walking on **Tuesday, Sept. 2<sup>nd</sup>, at 8:30**, in the Indian Village area

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

## OUTREACH & 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 can 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/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 are interested in visiting someone to brighten a lonely day or know someone who would enjoy visits, please call Carol Steiner at the Senior Center. First meeting of the fall season for all current visitors will be September 23<sup>rd</sup> at 1 pm.

**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.

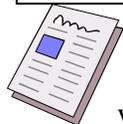
**Are You OK Program:** Would you be reassured if you received a call every day at the same time? Maybe the "Are You Okay?" program is for you. This telephone reassurance program is offered free to any Acton resident who would benefit from a daily scheduled "well-being" check. To enroll call Carol Steiner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

**Food Stamps:** Please call the COA for information on applying for food stamps. Eligibility is income based.

**Home Care Services:** The Acton area has many good private and state supported services. Please call the COA and speak to Carol Steiner if you have questions on how to obtain home care services.

**Medical Equipment Available to Loan:** If you know what you need give us a call, have your treatment professional make a list, or have them call us directly. We also have some less frequently needed items such as long-handled shoe horns, sock aids, etc., so if your treatment professional is recommending that you need something please feel free to ask us if we have it.

**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.



### **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](mailto:jpeters@acton-ma.gov).

## Good News For Seniors - Help is Available to Beat the High Cost of Food

Low-income seniors may qualify for food assistance through the Food Stamp Program, even if you own a home or a car, or have savings. Food Stamp benefits are primarily based on income and certain other expenses. The average monthly benefit is \$88. That's \$1,056 per year! For more information, call Project Bread's Food Source Hotline at 1-800-645-8333, weekdays, 8:00-5:00.

**Social Security** wants to make retirement planning as easy as possible and is introducing a new online financial and retirement planning tool, called the *Retirement Estimator*. Visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

**Economic Stimulus:** There is still time to file for your economic stimulus payment. You have until October 15<sup>th</sup> to file form 1040A with the IRS. For more information visit [www.irs.gov](http://www.irs.gov).

**Recycle Your Books** at the Conant School, 80 Taylor Rd. It is a collection site for books (only) through the "Got Books" organization. The books are sold to raise money for charitable organizations. For more information visit [www.gotbooks.com](http://www.gotbooks.com).

### COA Volunteer Opportunities

Join the ranks of over 130 COA volunteers! Opportunities for volunteering include home visiting, office support, meal delivery, newsletter mailing and more. Please call Carol Steiner to explore your interests. Thank you to everyone who is already volunteering!

**Volunteers Needed** to help with clean-up for monthly Men's and Ladies' Breakfast. The breakfast usually wraps up by 9:45 and cleaning would involve clearing tables, washing tables or loading dishwasher, so not more than a half hour commitment. The best part--breakfast is free for volunteers! Call Chris if you can help out.

**Meals on Wheels Needs Substitute Drivers** to deliver meals to homebound seniors in Acton. As a substitute driver you could be called occasionally or you could sign up for a regular one day a week schedule. The time commitment each day would be about 1 ½ hours. Call Joy at the meal site, 978-263-5053.

### Senior Center Art Display



In September and October we are pleased to present a show of watercolor painting by Acton's Liz Field, whose work is inspired by the natural world. Her style is characterized by unique vision with a mystical, other-worldly quality, at the same time it boasts bold color and dramatic line. Please check the calendar or call the COA office for availability of the living room exhibit space. Many thanks for the superb show of WWII black and white photography by Joe Simon during the summer months.

### AROUND TOWN...AND BEYOND

#### Acton Recreation Department

Stop by the Recreation Dept., visit [www.acton-ma.gov](http://www.acton-ma.gov) or call 978-264-9608 for information on fall programs.

#### Carlisle COA Trip to Northern Italy

March 17-31, 2009 Deposits must be in by Sept. 25, 2008. Call Joanne Willens 978-371-8023 for more info.

**Indian Hill, 36 King Street, Littleton** (visit [www.indianhillmusic.org](http://www.indianhillmusic.org))

**Bach's Lunch:** Thursday, September 18<sup>th</sup>, 12:00. Coffee, tea and cookies; bring your lunch. FREE admission.

**Open House:** Saturday, September 6, 10:00-1:00. Enjoy musical activities, including performances, instrument demonstrations, and more! FREE admission.

### Help Needed in Chronic Disease Self-Management Program

Individuals would be trained and work with leaders to bring information to seniors in their local communities on chronic diseases including arthritis, diabetes and blood pressure. Contact Peg Mikkola at Minuteman Senior Services, 781-221-7018.

**Recyclable Grocery Bags** are available from Minuteman Senior Services as a fundraiser to support their services to seniors and caregivers. The bags are just \$3 each and are available at the Acton COA meal site.

## **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. 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 1-800-633-4227 after receiving the notice.

## **Attention Veterans**

Although it has been poorly publicized, the U.S. Department of Veterans Affairs (VA) some time ago instituted an "Improved Pension Program" which can provide pension income to veterans or their surviving spouses, at three different levels and under relaxed eligibility requirements. For details, contact F. Doré Hunter, our Veterans Service Officer, at [VSO@acton-ma.gov](mailto:VSO@acton-ma.gov) or by calling 978-264-9603.

## **HEALTH UPDATES & WEBSITES**

**American Parkinson's Disease Association MA Chapter**, [www.apdama.org](http://www.apdama.org)

### **Alzheimer's Services**

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day. New 8 week Bereavement support group starts in September. Call Lindsay 627-868-6718.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

### **Support Groups**

- **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 978-318-3111.
- **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 p.m. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523.
- **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.
- **Life Care of Nashoba Valley**, 1<sup>st</sup> Wednesday of each month 5:30-7. Contact Gail Mallardo 978-486-3512.
- **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.

### **Healthcare Websites**

- **Alzheimer's Association** [www.alz.org/carefinder](http://www.alz.org/carefinder) Enter information about your situation and 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](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org). For information financing, area specific care locator service and guides to selecting nursing or assisted living residences.
- **Masspro Website** at [www.masspro.org](http://www.masspro.org) – for information about Medicare beneficiaries and providers.
- **Medicare Prescription Drug Plan Finder** at [www.medicare.gov/MPDPF](http://www.medicare.gov/MPDPF)
- **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)
- **Assistive Technology Website** to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

## Hazardous Waste Collection Day

*Saturday, September 13<sup>th</sup>, 9:00-11:30, DPW Garage*

Acton Board of Health holds its Fall Household Hazardous Waste Collection day on Saturday, September 13<sup>th</sup>, at the DPW Garage, located at 14 Forest Road. A list of acceptable items is available at the Health Department, Transfer Station and Acton Library. This collection is for Acton residents only and proof of residency is required. Residents who wish to dispose of TVs and computer monitors will be charged \$25 per unit (pay by cash or check payable to the Town of Acton). Contact the Acton Health Department at 978-264-9634 with questions.

**Fluorescent Light Bulbs** are now accepted free for recycling at Acton Ace Hardware – 210 Main St. during regular business hours.

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**New fall offerings include: Poetry Classes, Tai Chi, Drawing Classes, Foliage Trip to Quabbin Reservoir. Check them out!**

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## FROM THE FRIENDS OF THE COA

The Friends of the ACOA warmly welcome you back to Fall and exciting events to come! Thanks to your involvement and support we've enjoyed many interesting programs so far this year. We welcome your input and feedback, and especially suggestions for new fund-raising projects to help keep stimulating activities ongoing at our Senior Center. If you would like to become a member of the Friends or would like to chair a project or simply pass on your ideas, please call Sue Chase at 978-263-1864.

Reminder: We are still collecting cell phones, used ink-jet cartridges, digital cameras, MP3 players and PDAs. A company called *Phoneraiser* will pay us for items that can be repaired or will properly dispose of them if they can't. You will be helping the Friends with fund-raising and protecting the environment at the same time! There are collection boxes at the Senior Center, the West Acton Market and Donelan's Supermarket.

## SENIOR CENTER CLINICS

**Podiatry Clinic: Tuesday, September 16<sup>th</sup>, 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 \$25 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. For an appointment call 978-264-9653.

**Blood Pressure & Wellness Clinic: Tuesday, September 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>, 9:30-11:30**

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

### 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

### ACTON COA BOARD MEMBERS

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

The Acton COA Board will meet on Monday, 9/8 at 3:45pm.

## ACTON COUNCIL ON AGING

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