

Carlisle Connection



April
2015

Serving
Carlisle's 60+
Community



COA Official Town website: www.carlislema.gov
Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

Greetings Everyone,

Hot off the press from a Brown University researcher is a report on a "randomized, controlled trial commissioned by Meals on Wheels America, that found that home-delivered meals provide health and psychological benefits to seniors beyond basic nutrition."

This is probably not surprising news to anyone who has worked or volunteered delivering food to Meals on Wheels recipients, many of whom are homebound and often feel isolated. Researcher Kali Thomas at Brown noted that "meal deliveries can help seniors stay in homes and save states money, but in this study, which was funded by AARP, she also documents that the psychological and health benefits should not be overlooked. Seniors living alone who received MOW meal deliveries, especially if the deliveries were done on a daily basis, felt less lonely, less worried about staying in their homes, and safer." The study supports the hypothesis that 'the delivery,' in addition to the meal itself has numerous positive impacts on clients' lives."

We're proud that through the efforts of Minuteman Senior Services, our COA Transportation Coordinator, Debbie Farrell, and our crew of wonderful volunteer MOW drivers, the COA is able to deliver about 50 to 100 meals to Carlisle residents each month!

In other news, keep your eyes peeled for our new COA email updates. They're coming soon! If you'd like to be included, please send us your email address.

Best Regards,
David

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A Note from the Friends

Thanks to the generosity of our contributors we've reached 90% of our fundraising goal for this year. With two months to go, and a little help from our community, we'll reach that goal. We truly appreciate your ongoing support of COA services and programs for the past 20 years! Contributions can be made to the Friends of the Carlisle COA, P.O. Box 38, Carlisle, MA 01741.

Student Council Tea Thursday, April 30



The Carlisle Student Council invites all Carlisle seniors to tea Thursday, April 30, 1-2pm in the school's Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. Tara Callahan, choir director, will offer a sing-along during the second half of the Tea. The students are looking forward to seeing the seniors again! Please call the COA (978) 371-2895 by noon on Friday, April 24 to RSVP.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm
(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
Outreach & Prog. Mgr. Angela Smith
asmith@carlisle.mec.edu
Transportation Coord. Debbie Farrell
coaride@carlisle.mec.edu
Admin. Assist. Linda Cavallo-Murphy
coadmin@carlisle.mec.edu
LICSW - Peter Cullinane

COA Board Officers

Board Chairperson
Liz Thibeault
Vice-Chair
Abha Singhal
Treasurer
Peggy Hilton
Secretary
Liz Bishop

Board Members

Elizabeth Acquaviva
Lillian DeBenedictis
Walter Hickman
Donna MacMullan Jean Sain
Associate Members
Stephanie Blunt Mary Daigle
Gio DiNicola Verna Gilbert
Reuben Klickstein
Joan Rosazza Patti Russo



TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

“WE MADE IT TO APRIL, NO MORE SNOW!”

If we do have a storm, please keep your driveways and sidewalks clear of snow/ice as best as possible. If Carlisle schools are cancelled, all COA classes and programs will be cancelled as well. The COA van will not run until 10am. Call the COA if you are unsure about a class or scheduled ride.

Donations/Fees*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5. *Parking fees are the responsibility of the rider.

Medical appointments

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

Local grocery /Shopping trips



Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.



Flatbread Company Monday, April 13

Enjoy lunch at the Flatbread Company in Bedford. Van leaves VC at 10:40am, CC at 10:55am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, April 6.

Bamboo

Monday, May 4



Enjoy lunch at the Bamboo in Westford. Van leaves VC at 10:40am, CC at 10:55am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, April 27.

Day Trips

Call Joanne Willens at (978) 371-8023 to register.



Merrimack Premium Outlets Tuesday, April 7

Join us for a great trip to Merrimack Outlets and take advantage of a 10% discount with the 50+ Shoppers Perk program. Just present your photo ID to the cashier upon check-out at participating stores. Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Deadline to register is Wednesday, April 1.

Theatrical Happenings @



Call Lillian DeBenedictis at (978) 369-1848 to register.



How to Succeed in Business Without Really Trying Wednesday, May 27

Ticket price is \$35.00/pp., payable upon registration. Deadline to register May 6. First come, first served. Lunch on your own at Felicia's restaurant. Van leaves VC at 10:45am, CC at 11am. Return between 5 - 6pm. Van fee \$2.00. Please make checks payable to Carlisle COA.

Late Night Catechism: Summer School Thursday, June 25



Ticket price is \$30.00/pp., payable upon registration. Deadline to register June 11. First come, first served. Lunch on your own at Felicia's restaurant. Van leaves VC at 10:45am, CC at 11am. Return between 5 - 6pm. Van fee \$2.00. Please make checks payable to Carlisle COA.



I changed all my passwords to
"incorrect", so that whenever I forget,
it will tell me, "Your password is
incorrect."

FOOD COURT & Miscellaneous Activities



Chelmsford Crossing/ Minuteman Senior Services Lunch Wednesday, April 1, 12pm

The FRS is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy roasted turkey breast, cranberry sage stuffing, mashed potatoes, butternut squash and pumpkin pie. All gluten-free except for the stuffing and pie. Register at (978) 371-2895 by noon on Thursday, March 26. **Following the lunch:** come along for a fun adventure with Carlisle resident Jim Saltonstall as he presents a video slideshow of a recent early-morning hot air balloon trip over Cappadocia (Central Turkey), where there is fascinating terrain and historically significant rock dwellings.



Monthly Coffee Thursday, April 2, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Village Court's Sleeper Room. Coffee's hosts: Carlisle School Administration.

Men's Breakfast Thursday, April 9, 8am



Held at the Sleeper Room at Village Court, 145 Church St., each month. Enjoy this generous, delicious, hearty breakfast prepared by our volunteer chef, Walter Hickman, and helpers. Suggested donations: \$3 for Men's Breakfast. Gluten-free option available.

"SENIOR MOMENTS" at

Monday, April 13 & 27, 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% coffee discount to senior attendees.



Minuteman Reg. HS Lunch Tuesday, April 14, 11:45am

Menu choices include: baked haddock, chicken cordon bleu, or vegetarian. To register call the COA at (978) 371-2895 by Tuesday, April 7. **Cost:** \$10 plus tip, payable at school.

COA Lunch

Thursday, April 16, 11:45am



Join us for lunch at FRS. This meal is run by our wonderful team of COA Volunteers. Menu: sweet and sour chicken, rice, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, April 13. Shuttle available, see page 2. **Following the lunch:** Stay after lunch and be entertained by the New Orleans Traditional Jazz Band including our own Santo Pullara. Come enjoy the Dixieland music and feel free to dance in the aisles!

Need Help with Spring Yard Work?

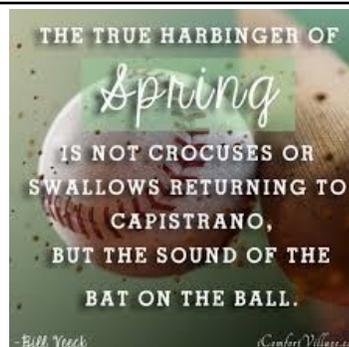
Carlisle School teacher Mr. Gale & the 6th Grade Advisory Group will provide community service to 4 or 5 seniors with one-time yard work this spring. First come, first served. Preference given to new clients. Call (978) 371-2895 and put your name on this list.



GO



SOX!



****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

Outreach with Angela

NATIONAL HEALTHCARE DECISIONS Week (April 12 – 18)

Estimates indicate that less than 30% of the population has an advance directive, such as a healthcare power of attorney or living will, which guides decisions about healthcare if a person is unable to make his wishes known. In the absence of knowing a person's wishes, families and healthcare providers are frequently faced with making difficult decisions that may not reflect the desires of the individual.

For most people, it isn't easy to talk about how you want the end of your life to be, but it is one of the most important conversations you can have with a loved one. The Conversation Project <http://theconversationproject.org/> provides tools anyone can use to help start this discussion, either about what you want, or to help someone else get ready to talk.

Minuteman Senior Services, Our Local ASAP (Aging Service Access Point), has information on their web site including forms for Health Care Proxies and Living Wills <http://www.minutemansenior.org/resources/health-care-planning>. The Carlisle Council on Aging can also provide you with names of vendors for many of your needs including attorneys in the area whom others have used and liked. Many folks like to use the Five Wishes document to plan because it is written in everyday language and helps start and structure important conversations about care in times of serious illness. The COA office has some of these documents and you can find out more about them at <http://www.agingwithdignity.org/five-wishes.php>.

Whatever you use to document your wishes, PLEASE take the time during April to plan.

Best wishes for a warm and wonderful spring! *Angela*

Community Events

Community Conversations

Tuesdays @ 1:30pm

- Gleason Library, Hollis Room -

Please join us! No registration required.

- **Tuesday, April 14: Being Mortal.** Peggy Hilton, former director of the Gleason Library, facilitator. Join us for a discussion of Atul Gawande's book, *Being Mortal*. If you haven't read the book, you will likely have something from your own experience to add to the discussion. Or, just plan to come listen. Dr. Gawande's experiences with his parents' illness, and the choices that caregivers face along with their loved ones during illness, are part of the human condition. The situation is universal. The choices made, differ.
- **Tuesday, April 28: Writing (and Publishing!) Your Memoir.** Nancy Shohet West, journalist. Everyone has a story to tell, no matter what kind of life they have had, and there is simply no better way to preserve your personal stories, history, and heritage than in written form. Join in the conversation about memoir-writing. We'll talk about who does it and why, what to include, how to shape your story, and how to get it into print for your friends and family to treasure. To learn more about Nancy's approach to memoir writing, go to: www.NancyShohetWest.com/memoirs. Nancy Shohet West is a professional journalist and Carlisle resident with a passion for helping people of all ages to write and self-publish their memoirs.

Hair Cuts on the Go!

Monday, April 6, Town Hall



Stylists Suzanne and Georgia provide haircuts to seniors for \$10.50. Call the COA at (978) 371-2895 for your 15 min. appt. between 9 - 11am.

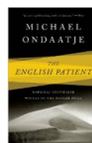
Book Club

Monday, April 13, 10:30am

- Gleason Library, Hollis Room -

The English Patient by Michael Ondaatje

For info. contact Mary Zoll, (978) 369-5236.

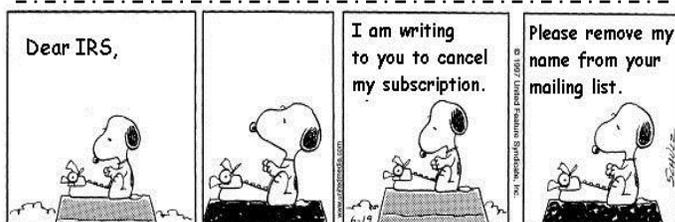


Knitting in Service Society

Thursday, April 16, 7:30pm



Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who knit hats/scarves to benefit the Boston homeless through Common Cathedral. For meeting location, call the COA at (978) 371-2895.



FOR YOUR HEALTH**EXERCISE CLASSES - Mind & Body**

Note: To sign up for the following programs, call the COA office at (978) 371-2895 (*minimum # required*), unless otherwise noted. Stop in and try a class/day for **FREE!**

MONDAYS**April 6, 13, 27 @ FRS, Union Hall**

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Mar.-May).

TUESDAYS**April 7, 14, 21, 28 @ St. Irene**

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Mar.-May).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Mar.-May).

Ballroom Dancing - 2pm. Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn. (No class 4/7.) Please call the COA to register.

WEDNESDAYS**April 1, 8, 15, 29 @ St. Irene (No class 4/22.)**

Yoga - 9:30-10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS**April 2, 9, 16, 23, 30**

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (Mar.-May).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (Mar.-May).

FRIDAYS**April 3, 10, 17, 24**

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com or call the COA.

FREE Blood Pressure Clinics**Wednesday, April 1, 11:30am****Chelmsford Crossing Lunch**

FRS, sponsored by
COA Volunteer.

Thursday, April 2, 9am

COA Coffee, Sleeper Room, sponsored by
Life Care Center of Nashoba Valley.

Thursday, April 9, 8am

Men's Breakfast Sleeper Room, sponsored
by Home Instead.

Thursday, April 16, 11am

COA Monthly Lunch, FRS, sponsored by
FOCCOA and Emerson Home Care.

Monday, April 27, 10am

Senior Moments, Ferns, sponsored by
Right at Home.

Podiatry Clinic**Tuesday, May 5**

- Benfield, 2nd Fl., 575 South St. -

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

**Inside Walking @****Carlisle School Gym**

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open.

Caregiver Support Group

Monday, April 13, 3:30pm

- Gleason Library, Hollis Room -

Anne Marie Rowse of Senior Care Advisors, will facilitate a **FREE** Caregiver Support Group for those caring for aging loved ones experiencing challenges, as well as provide family members or elders looking for health care information. For more info, email amarowse@charter.net.

April 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>NOTE: Inside walking - Mon.-Fri. 6:45 - 7:30am CPS. See pg. 5 for more info.</p>		<p>1 Yoga - 9:30am, St. Irene Chelmsford Crossing Lunch - 12pm, BP 11:30am, FRS; <i>following lunch: Hot Air Balloon Ride Over Turkey</i></p> <p></p>	<p>2 COA Coffee & BP - 9am, Sleeper Rm. Fitness - 9:45am Cardio - 10:45am</p>	<p>3 Grocery Shopping - 9am SAMA - 10:45am</p> <p>Good Friday</p>	4
<p>5</p> <p></p>	<p>6 Hair Cuts on the Go! - by appt., Town Hall Tap - 1:30pm, FRS</p>	<p>7 Merrimack Outlets - VC 9am, CC 9:15am Senior Poetry - 10am, Town Hall Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene *No Ballroom Dancing*</p>	<p>8 Yoga - 9:30am, St. Irene Health Lecture Series - 7pm, Gleason Library: <i>Cancer Care in 2015</i></p>	<p>9 Men's Breakfast & BP - 8am, Sleeper Rm. Fitness - 9:45am Dermatology Clinic - by appt., Cong. Church Cardio - 10:45am</p>	<p>10 Grocery Shopping - 9am SAMA - 10:45am</p>	11
12	<p>13 Sr. Moments - 9:30am, Ferns Book Club - 10:30am, Gleason Library Restaurant Review - Flatbread, VC 10:40am, CC 10:55am Tap - 1:30pm, FRS Caregiver Support - 3:30pm, Gleason Lib.</p>	<p>14 Zumba - 10:45am, St. Irene Minuteman H.S. Lunch - 11:45am Tai Chi - 12:30pm, St. Irene Community Conversation - 1:30pm, Gleason Library: Discussion of <i>Being Mortal</i> Ballroom Dancing - 2pm, St. Irene</p>	<p>15 Yoga - 9:30am, St. Irene</p> <p></p>	<p>16 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am, BP 11am, FRS; <i>after lunch: the New Orleans Traditional Jazz Band</i> KISS Knitting - 7:30pm</p>	<p>17 Grocery Shopping - 9am SAMA - 10:45am</p>	18
19	<p>20 COA Closed Patriot's Day</p> <p></p>	<p>21 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene Ballroom Dancing - 2pm, St. Irene COA Board Mtg. - 7:00pm</p>	<p>22 *No Yoga* Health Lecture Series - 7pm, Gleason Library: <i>Cognitive Aging</i></p> <p></p>	<p>23 Fitness - 9:45am Cardio - 10:45am</p>	<p>24 Grocery Shopping - 9am SAMA - 10:45am</p> <p></p>	25
26	<p>27 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm, FRS</p>	<p>28 Zumba - 10:45am, St. Irene Tai Chi - 12:30pm, St. Irene Community Conversation - 1:30pm, Gleason Library: Writing Your Memoir Ballroom Dancing - 2pm, St. Irene</p>	<p>29 Yoga - 9:30am, St. Irene Health Lecture Series - 7pm, Gleason Library: <i>Be Your Own Best Healer</i></p>	<p>30 Fitness - 9:45am Cardio - 10:45am Student Council Tea - 1pm, CPS Community Room</p>		

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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Spring Health Lecture Series

Wednesday, 7:00pm

- Gleason Library, Hollis Room -

The Friends of the Carlisle COA & the Gleason Library invite you and your friends to attend the 11th Annual Carlisle Health Series. To register call the Library at (978) 369-4898 or go online at gleasonlibrary.org/calendar. If you need a ride call the van line at (978) 371-6690 by April 1.

April 8 - Dr. Jon DuBois, Director of Cancer Services at Mass General Cancer Center at Emerson Hospital-Bethke will present *Cancer Care in 2015: The Past, the Present and the Future*. Learn about newer “targeted” cancer therapies.

April 22 - Dr. Margie Lachman, Director, Lifespan Initiative on Healthy Aging and Lifespan Lab at Brandeis will be presenting *Everything You Always Wanted to Know About Cognitive Aging (But Forgot to Ask)*.

April 29 - Lisa MacDonnell, M.T., presents *Be Your Own Best Healer - Prepare for Surgery Holistically to Heal Faster and Optimize your Brain Functioning with NeuroOptimal NeuroFeedback Training*.

Dermatology Clinic

Thursday, April 9

- Congregational Church -



Call the COA (978) 371-2895 to set up a 15 minute appointment for a **FREE confidential** dermatology screening in individual rooms at the Congregational Church. Dr. Terry Hadley of Dermatology Associates of Concord will be conducting the clinic. Dr. Hadley is affiliated with multiple hospitals in the area, including Emerson Hospital & Mt. Auburn Hospital. Attendance is limited so please register early.

*if you watch how nature deals with
adversity, continually renewing itself,
you can't help but learn.*

- Bernie Siegel, MD



This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest
for their support of COA programs and their assistance over the years.