



Carlisle Connection

December 2012



Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

An Open Letter to the Citizens of Carlisle

For those who may not be familiar with the Council on Aging, or the COA for short, you might be surprised to learn some of the things that we do. The COA is of course charged with lending assistance to the elders of Carlisle. As you turn these pages, you will see that we organize and sponsor many services and activities aimed at elevating the quality of life, both physically and otherwise of Carlisle seniors, most commonly those age 60 and above. However, we are also in many ways the default social services organization in Carlisle and it is not uncommon for our staff to assist residents of all ages, especially when it comes to food and fuel assistance. The COA partners with other town departments and advocates for some of our most vulnerable residents. If you'd like to know more, please contact us. P.S. We're always looking for volunteers; however, if time is not yours to give, please consider contributing to the Friends of the Carlisle Council on Aging, which is a non-profit organization that supports many COA programs (See more info on page 3).

Important Information for Carlisle Residents in an Emergency

- **LEPC** (Local Emergency Planning Committee) Convenes to marshal resources in emergencies utilizing the combined resources of the Police, Fire and DPW departments as well as the Board of Health, Council on Aging, Town Administrator, Selectmen and other volunteers.
- **Special Needs Registry** - Confidential service where you can register with the Fire Department or the COA to receive a phone call or home wellness visit from police during a local emergency or disaster.
- **Blackboard Connect** - A Town service that delivers emergency updates directly to your phone. Register at the Town's website www.carlislema.gov or come to the COA office (at Town Hall), and we will help you.



COA Annual Holiday Dinner - Thursday, December 20, 11:45am at FRS

Enjoy a delicious ham dinner followed by Carlisle's own Middle School Concert Band Students, directed by Kevin Maier, performing selections from a variety of genres. Also, Santa "Nick" Lunig will be passing out goodies. Come hear these amazing young performers! Call the COA ASAP to register for this popular event, but no later than December 13 at noon. Call (978) 371-6690 at least two days in advance if you need a ride. **Suggested donation: \$3.** (Please note, Carlisle seniors will be given preference).



Fuel Assistance - Need some help with your fuel bills? Fuel Assistance is available from a number of sources. LIHEAP fuel assistance is a government program to help low-income families pay their heating bills. The benefit depends on family income and heating costs. This program runs from November 1 to April 30 each year. Income guidelines also depend on family size. *See page 4 for income guidelines.* Fuel Assistance is also available through the Salvation Army Good Neighbor Fund starting in December. Income criteria for the Salvation Army is similar, but slightly higher than LIHEAP...*Continued on p. 3.*

<p><u>CARLISLE COA</u> <u>OFFICE HOURS</u> Monday 9am - 5pm Tues. - Th. 9am - 3pm Friday 9am - 1pm (978) 371-2895 Office (978) 371-6690 Van line</p>	<p><u>COA Staff</u> David Klein Director coadirector@carlisle.mec.edu (978) 371-6693 Angela Smith Outreach Coordinator asmith@carlisle.mec.edu (978) 371-2895 Debbie Farrell Transportation Coord. coaride@carlisle.mec.edu (978) 371-6690 Marna Sorenson Admin. Assist. Peter Cullinane LICSW</p>	<p><u>COA Board Officers</u> Liz Bishop Board Chairman Abha Singhal Vice-Chair Verna Gilbert Treasurer Elizabeth Secretary Acquaviva</p>	<p><u>Board Members</u> Mary Daigle Joanne Willens Tom Dunkers Jean Sain Peggy Hilton Liz Thibeault Lillian DeBenedicis <u>Associate Members</u> Jim Elgin Sandy McIlhenny Phyllis Goff Natalie Ives</p>
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DECEMBER 2012

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Yoga - 9:30am Lunch Review - Grassfields in Waltham 11:30 Leaves at VC at 10:40 and CC at 10:50	4 Bridge - 10-Noon Zumba - 10:45am - St. Irene CCC - 1:00pm	5 Chelmsford Crossing Lunch Cong Church 12:00 plus BP at 11:30 Intergenerational Tap - FRS Union Hall - 2:45	6 Coffee - 9am, BP (Sleeper Room) Fitness - 9:45am Cardio - 10:45am Wreath making at 11am at FRS	7 Van errands / local grocery shopping - 9am	8 First night of Hanukkah
9	10 Yoga - 9:30am Sr. Moments - at Ferns 9:30am, BP 10am	11 Bridge - 10-Noon Zumba - 10:45am - St. Irene Minuteman Reg Tech Lunch - 11:45am	12 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	13 Men's Breakfast & BP 8am at VC Fitness - 9:45am, Cardio - 10:45am	14 Van errands / local grocery shopping - 9am	15
16	17 Yoga - 9:30am Book Club - Library, Hollis Rm 10:15	18 Bridge - 10-Noon Zumba - 10:45am - St. Irene	19 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm	20 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am FRS, BP 11 to 11:45am Middle Sch Band Ensembles at 12:45	21 Van errands / local grocery shopping - 9am	22
23	24 Christmas Eve	25 Merry Christmas Town Hall Closed	26 Boxing Day in England	27	29 Van errands / local grocery shopping - 9am	30
30	31	Happy New Year Town Hall Closed		<u>Note:</u> In case of bad weather please call 978- 371-2895 to check on COA	<u>Wanted:</u> Bingo prizes are needed for January. Please drop off at the COA office at Town Hall.	

TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

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

Our **DONATIONS/FEES*** are as follows: Within Carlisle rides or Friday shopping trips - no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Van Pick-up for COA Lunch at FRS - For the winter COA lunches we'll do a van pickup at Village Court at 11:15 and the Cong. Church at 11:30. Please call the van line to confirm attendance.



COA Van Dreams



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 care.

Local grocery /Shopping trips: We go to local grocery stores on Friday mornings at 9am for Free. Please call the van line in advance to make reservations.

Day Trips - Joanne's Restaurant Reviews -

Monday, December 3rd Join us for a great meal! We're going back to Grassfields in Waltham! Come try some succulent steak or seafood. Call Joanne at (978) 371-8023 to register; deadline is November 26. \$2 van fee. Leaves VC at 10:40 and CC at 10:50.



More Travel: SAVE THE DATE, Friday, May 17th 2013 – COA trip to the Isabella Gardner Museum!

International Trips - For more information call Joanne Willens at (978) 371-8023

- Tropical Costa Rica trip - March 16-24, 2013 (deposits due now)
- Southern Italy & Sicily trip - October 17-28, 2013 (save \$250 by signing up early)



Fuel Assistance - Continued from p. 1: For this year's LIHEAP program a one person household may have gross annual income of up to \$31,271. The limit for a two person household is \$40,893. For a three person household the limit is \$50,515 and for a household of four it is \$60,137. Call for info on larger families. Criteria for the Salvation Army is \$31,271 to \$41,695 for one person households, family of 2 \$40,893 to \$54,524, family of 3 \$50,515 to \$67,353, family of 4 \$60,137 to \$80,182. Please contact the Council on Aging to find out about other resources. **IMPORTANT NOTE:** The LIHEAP and Salvation Army Fuel Assistance programs are for all families; there is **no age restriction**.

Support the Friends of the Carlisle COA

The Friends of the Carlisle COA (FOCCOA) is a non-profit volunteer organization that contributes to so many COA programs that they are too numerous to mention, but include some of our most integral services including food and fuel assistance, health clinics, and multi-generational cultural programs. They are about to commence their annual drive. Please consider supporting their efforts to help Carlisle. Contributions may be sent to their attention at PO Box 38, Carlisle, MA 01741.

Continued from Page 8 - Carlisle Town Trivia Quiz:

6. The Gleason Public Library replaced an earlier one room Free Public Library in what year?
7. Bonus question: The year was 1731. Who founded the first public library in the American Colonies?

Quiz Answers: 1. Thoreau. 2. Douglas Stevenson. 3. No name, Conquered Journal, The Mosquito. 4. Town Constables & Selectmen. 5. A copper mine. 6. 1896. 7. Benjamin Franklin. (Sources: Local experts, Charlie Forsberg & Elizabeth Barnett, [The Carlisle, As The Mosquito Saw It](#) publication, and of course the Internet).



FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Wednesday, December 5, 11:30 am** Congregational Church at the lunch sponsored by *Chelmsford Crossing*. **Thursday, December 6, 9:00 am** - *Village Court at the COA Coffee*, sponsored by *Life Care Center of Nashoba Valley*. **Thursday, December 13, 8:00 am** during the Men's Breakfast at the Sleeper Room, sponsored by Home Instead. **Thursday, December 20 from 11 to 11:45 am** at the COA Lunch at FRS, sponsored by *FCOA & Emerson Hospital Home Care*. **Senior Moments Coffee - Monday, December 10**, sponsored *Right at Home*. Stop by and see *Emily Tamilio*. **Podiatry Clinic** - Next Podiatry Clinic: **January 29th** (Note: For Carlisle "60+ residents" only)

Tarry Not!! - Medicare Open Enrollment Deadline is December 7th!

The deadline is almost here. It's important to review your Medicare Part D and Medicare Advantage (managed care) options EVERY year to make sure you have the plan that works best for you. Some Medicare plans are leaving and some new ones are entering. *If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2013.* Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. Or call the Carlisle COA at (978) 371-2895 to have a SHINE appointment set up for you. Note the SHINE counselor has appointment hours at the Carlisle COA on Wednesday afternoons.

EXERCISE CLASSES - (December to February, unless otherwise noted)

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

Remember, in case of bad weather, if there is no school there will be no exercise class.

BALLROOM DANCING - Will return in April - Thanks to Barry & Cynthia!

CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (No classes the week of December 24)

FITNESS CLASS - Thursdays (Clark Room at Town Hall) at 9:45am - Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (No classes the week of December 24)

INTERGENERATIONAL TAP - Wednesdays (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (No classes the week of December 24)

SAMA EXERCISE CLASS - Fridays at 10:45am SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks. Visit www.osbkarate.com and go to SAMA for more info. **[Please Note: No SAMA classes in December, next session to start in January]**

YOGA - Mondays (St. Irene) from 9:30 - 10:30am (classes will be held on 12/3, 12/10, & 12/17) Session I: January 7 - March 11 (no class 1/21 & 2/18). **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. **Make checks payable to Carlisle Recreation Dept.**

ZUMBA® - Tuesdays (St. Irene) 10:45 - 11:30am

Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40 (No classes the week of December 24)

Carlisle Community Conversations

Tuesday at 1:00 pm at the Hollis Room of the Gleason Public Library

December 4, 2012 - Buying Great Wine, Tim Hult, Presenter (*Please note: 1:00 pm Start Time*)

Have you ever been confounded by what should be a simple thing- finding and buying a good bottle of wine? In this session we will spend some time talking together about how to make this process a little easier and more enjoyable. We will talk about food and wine, what might taste good with various kinds of wine. Of course we will talk about vintages, price, varietals, wine producing countries and how to read wine labels. Most importantly we will share insights about tastes and favorites. Wine can be a complex subject but above all buying and tasting wine should be enjoyable and easier than it seems. I have collected and tasted wine for many years, regularly keeping approximately 500 bottles in my personal cellar. I would love to share some insights and experiences with you and hear your ideas. After all wine appreciation is a personal thing. Sorry, no tasting in the library.

TEDDY ROOSEVELT COMES TO CARLISLE

As part of Carlisle's 5th Annual Community Read (*The River of Doubt*, by Candice Millard), Ted Zalewski actor/author/educator brings to life one of America's greatest presidents. His presentation, *Teddy Roosevelt: Mind, Body, and Spirit* gives voice to many of TR's own words, writings and beliefs. Mr Zalewski has brought his presentation to 25 states including performances at The White House, many Presidential Libraries, universities, historical societies, etc.. This event, which will take place on Wednesday, January 23rd at 1:30 p.m. at St. Irene Church is sponsored by the Friends of both the Carlisle COA and the Gleason Library.



26. Theodore Roosevelt

CHECK OUT PROF. HYLANDER'S PRESIDENTIAL ELECTION SERIES

If you missed Gary Hylander's informative and entertaining series on the history of "The American Presidency", it is now available on DVD at the Gleason Library. Dr Hylander, who is a Presidential Historian and a pedagogical specialist for the National Endowment for the Humanities, presented the presidential elections of 1968, 1932, 1912, 1876, 1860, 1800 and the establishment of the Electoral College.



(Jane Blair pictured at the St. Irene Hall from her "Art Matters" Series - Photo courtesy of Estelle Keast)

Carlisle Community Book Club

The December read is *The Housekeeper and The Professor*, by Yoko Ogawa on December 17 at 10:15 am in the Hollis Room. Chg Note: Author, Andre Dubus III will speak at the Friends of the Library's annual mtg on Wed, December 12, at 7 pm. The CC book club is co-sponsored by the Library and the Carlisle COA and is open to anyone 18 and older. Contact Mary Zoll at At (978) 369-5236 for more information. *All are welcome whether or not they have read the current book selection or have book suggestions!*

December Chuckle

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse I found one elderly gentlemen already dressed and sitting on the bed with a suitcase at his feet, who insisted that he did not need my help to leave the hospital. After a chat about rules being rules he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said, "she's still upstairs in the bathroom changing out of her hospital gown."

(Courtesy of our friends from the Abington COA Newsletter Staff)

FOOD COURT & Miscellaneous Activities

Chelmsford Crossing Lunch - Wednesday, December 5 at 12:00pm

Come to the Congregational Church for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Bacon wrapped meatloaf, brown gravy, red bliss mashed, peas'n carrots, roll & dessert. Register at (978) 371-2895 by noon on Thursday, November 29th. Suggested donation: \$3.



Monthly Coffee - Thursday, December 6 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Holly Salemy, Carolyn Shohet, & Donna MacMullen will be hosting.

Men's Breakfast - Thursday, December 13 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donation: \$3.



Minuteman Regional Technical High School Lunch - Tuesday, December 11 at 11:45am

Call the COA by Thursday, December 6th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Baked Stuffed Shrimp: Four jumbo shrimp, butterflied & filled with a crab and crumb stuffing.
- Tuscan Chicken: Parmesan encrusted chicken breast with tomatoes, white wine sauce, basil, potato & veg
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice

Cost: \$10 plus tip, payable at school, sodas are \$1.00.

Restarting: The Bridge Group is starting up again and will meet **Tuesday mornings** from 10:00am to 12:00pm at the Sleeper Room, Village Court, 145 Church Street. In December the dates are the: 4th, 11th, and 18th. Please call Linda Lineback at (978) 369-8544 with any questions.

Annual Wreath Making - Thursday, December 6 at 11:00am

The Carlisle Garden Club, the Council on Aging and Friends of the COA will host a holiday wreath making seminar from 11:00 am to 12:00 noon at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. Please call the COA office to register no later than November 29th So that we can let the Garden Club know how many wreaths will be needed.



This particular event is for Carlisle residents only please.

"SENIOR MOMENTS" at Ferns – December 10, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first serve! Stop in to say hi to Emily Tamilio & get BP check.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens 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.

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OPEN ME

See if you have a GOLDEN Ticket inside

Open this issue to explore interesting things going on in your Carlisle Community.

Take the CARLISLE Town Trivia Quiz

1. Beginning easy-referring to Carlisle, which 19th century writer coined the phrase “City in the Woods”?
2. Which current Selectman or Selectmen attended school at the Highland Building?
3. What names did the Mosquito newspaper go by in it’s first three issues at its founding in 1972?
4. Prior to the 1964 establishment of the Carlisle Police Department, what group(s) functioned as the town’s law enforcement officers?
5. Between 1840 and 1850 there was a very special resource on the Heald farm in Carlisle. What was it?

(Open to Page 3 to continue the quiz and for answers)

About the Carlisle Connection - “Fifty Shades of Gr...Gray...COA”

The Carlisle Connection is a monthly newsletter created by the Carlisle Council on Aging and sent to town residents age 60 and above. Once a year we try to reach a broader audience and thus do a mailing to every residence and PO box in town. This year we have targeted the December issue and we hope that everyone that reads it gets a sense of the myriad of activities that are going on both with the COA and in Carlisle in general. Newsletter issues can also be found online at: http://www.carlislema.gov/Pages/CarlisleMA_COA/index.

Intergenerational note - while it’s true that many activities and services listed are for seniors, there are others, such as the Fuel Assistance program and the cultural programs at the library that are either intergenerational in nature, such as our tap dancing group, or are regularly open to all Carlisle residents. Please do not hesitate to stop in at Town Hall (1st Fl) or call the COA for more info on how to participate.