



# Carlisle Connection

December 2013



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>

**From the Director** - Greetings and Happy Holidays to everyone in Carlisle and all of our neighbors. As we approach the end of 2013 and the beginning of 2014 I'd like to thank my wonderful staff and fellow Town Hall colleagues as well all of the volunteers that make the COA and so many other Carlisle institutions what they are today. This interesting picture to the right is from the Benfield Farms construction site in late October. For residents that may not be familiar with the project, Benfield Farms will include two buildings with a total of 26 rental units for those age 62 or older. As you can see, one of the buildings was designed to resemble a barn so as to fit into the neighborhood. The management company, Peabody Properties, is currently interviewing applicants from Carlisle and beyond. The lottery to determine interview slots has already been held, but if you know of anyone who may be interested even one little bit in downsizing into one of these units, please encourage them to apply anyway. There is no penalty and they may just find a great new home. *Best Wishes, David*



## COA Annual Holiday Dinner Thursday, December 19, 11:45am

Please join us at FRS and enjoy the company of your senior friends and neighbors. Santa "Nick" Lunig will be passing out goodies to all the seniors. This meal is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: delicious ham dinner. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Thursday, December 12. Shuttle available, see page 4.

**For your entertainment:** Stay with us after lunch on Dec 19 for a special performance by Carlisle's own Middle School Concert Band Students, directed by Kevin Maier, performing selections from a variety of genres. Come enjoy the wonderful sounds of some of our talented Carlisle Public School Students. Please note, Carlisle Seniors will be given preference.



## Annual Wreath Making Monday, December 9 at 1:30pm

The Carlisle Garden Club, the Council on Aging and Friends of the COA will host a holiday wreath making seminar from 1:30pm to 2:30pm at FRS Union Hall. Light refreshments will be served. Please call before December 1st, if at all possible to reserve a wreath.

## "SENIOR MOMENTS" at Ferns December 9 & 23 from 9:30-11am

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

### 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 Coordinator Angela Smith**  
asmith@carlisle.mec.edu  
**Transportation Coord. Debbie Farrell**  
coaride@carlisle.mec.edu  
**Admin. Assist. Marna Sorenson**  
coadmin@carlisle.mec.edu  
**LICSW Peter Cullinane**

### COA Board Officers

**Board Chairman**  
Abha Singhal  
**Vice-Chair**  
Liz Thibeault  
**Treasurer**  
Verna Gilbert  
**Co-Secretary**  
Elizabeth Acquaviva  
Liz Bishop

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Tom Dunkers Joanne Willens  
Peggy Hilton Melinda Lindquist  
Jean Sain Lillian DeBenedictis

### Associate Members

Mary Daigle  
Sandy McIlhenny  
Natalie Ives  
Stephanie Blunt

# DECEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Yoga-9:30am 	3 Poetry Group-10:00am Zumba-10:45am St Irene Community Conversation 1:30 Life Sustaining Treatment, Hollis Rm Gleason Library Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	4 Chelmsford Crossing lunch Congo Church 12 noon, followed by Two Old Friends 12:45pm, BP 11:30am	5 COA coffee & BP 9:00am Sleeper Rm  Fitness - 9:45am Cardio - 10:45am	6 Grocery Shopping-VC 9am SAMA- 10:45am	7 <b>Pearl Harbor Remem- berance Day</b>
8	9 Hair Cuts On The Go 9:30am Town Hall Yoga-9:30am Sr. Moments 9:30 at Ferns Book Club-10:15am Hollis Rm Library Wreath Making 1:30pm FRS Care Givers Support 3:00pm Hollis Rm	10 Zumba-10:45am Clark Rm Town Hall Minuteman Regional Tech Lunch 11:45am Tai Chi-3:00pm Clark Room Town Hall	11 Newport Playhouse "Angel on My Shoulder" VC 8:45am, CC 9:00am FOGPL Annual Mtg 7pm Hollis Room Gleason Public Library	12 Men's Breakfast & BP 8:00am Sleeper Room New Rep Theatre "Camelot" VC 9:40am, CC 9:50am Fitness - 9:45am Cardio - 10:45am	13 Grocery Shopping-VC 9am SAMA - 10:45am	14
15	16 Yoga-9:30am Restaurant Review- Mangia Mangia, VC11:00am, CC11:10am	17 Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	18 One week to shop! 	19 Fitness - 9:45am Cardio - 10:45am COA Lunch-11:45am FRS followed by CPS Band Ensemble, BP 11-11:45am	20 Grocery Shopping - VC 9am SAMA - 10:45am	21 Winter begins! 
22	23 Senior Moments 9:30 & BP 10:00 at Ferns	24 <b>Safe Travels!</b> 	25 <b>COA CLOSED Happy Holidays!</b>	26 <b>Leftover Dinner Day!</b> 	27 Grocery Shopping-VC 9am	28
29	30	31 <b>Official End of WWII</b>  New Years Eve!	<b>Happy New Year!</b> 	NOTE: inside walking-M- F 6:45-7:30am Carlisle Public school. <b>School closed 12/23-1/1.</b>		



Say "Thank you" with your patronage to the sponsors who support this newsletter.

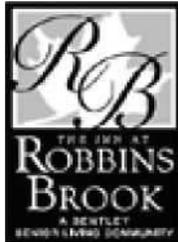
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## FOR YOUR HEALTH



### **EXERCISE CLASSES - Mind & Body**

**NOTE:** To sign up for the following programs, please call the COA office at (978) 371-2895 (minimum # required). Stop in and try a class/day for free (except yoga)! New members are always welcome. Make check payable to Carlisle COA unless otherwise noted.

#### **Mondays (St. Irene) Dec 2, 9, 16**

**Yoga** - from 9:30 - 10:30am Fee: \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

**Intergenerational Tap (Jan-Feb only)-1:30-2:30pm FRS Union Hall.** Everyone 12 & older. **Fee: \$25.00**

#### **Tuesday Dec 3, 17 St Irene, Dec 10 Clark Room**

**Zumba-10:45-11:30am** Taught by Zumba Certified Instructor Katrina Rotondi. **Fee: \$40** (Dec - Feb)

**Ballroom Dancing - Dec 3 only! 2pm** Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

**Tai Chi- 3:00pm** No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program!

#### **Thursdays December 5, 12, 19**

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

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

#### **Fridays December 6, 13, 20**

**SAMA-10:45am Clark Room at Town Hall.** (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. **Fee: \$100/10wks.**

#### **Monday-Friday**

**Inside Walking at Carlisle School Gym 6:45-7:30am.** For security reasons the gym will not be left open. To walk in the morning you **MUST** call David Flannery (978) 371-2279 any time after 4:00pm the day before and before 5:00am of the day you would like to walk and he will open the doors. Gym is not open when there is no school, ice or new snow. Note: School closed from Dec 23rd - Jan 1st for the holiday.

### **Free Blood Pressure Clinics**

**Wednesday, December 4, 11:30am,**  
**Congregational Church, Chelmsford**  
**Crossing Lunch**, sponsored by COA volunteer.

**Thursday, December 5, 9am Sleeper Room,**  
COA Coffee, sponsored by Life Care Center of  
Nashoba Valley

**Thursday, December 12, 8am, Sleeper Room,**  
Mens Breakfast, sponsored by Home Instead.

**Thursday, December 19, 11:00am,** COA  
monthly lunch, FRS, sponsored by FCOA and  
Emerson Home Care.

**Monday, December 23, 10:00am, Ferns,**  
Senior Moments, sponsored by Right at Home.

### **Podiatry Clinic**



**Tuesday, January 7**  
**Sleeper Room at Village Court**

Call the COA (978) 371-2895 to make an appointment.

**Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

### **Getting fit through SAMA** **(Senior Approach to Martial Arts)**

Stop by on a Friday morning and join us for our weekly SAMA exercise class. They have lots of fun and get fit at the same time!

***Come try a class for free!***



If you have any questions about any of our exercise classes, please call the COA at (978) 371-2895.

## TRANSPORTATION / TRIPS



### Do you have errands, medical appointments or shopping needs?

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**  
**DONATIONS/FEES\***: 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.



### Winter Weather/Snow Van & Class Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

**PLEASE NOTE:** *Correct change for van fee is greatly appreciated for all trips and rides.*

**Local grocery /Shopping trips** Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to the Market Basket in Westford. Call the van line to make reservations (978) 371-6690. Van leaves VC at 9:00am. 

**Van Pick-up for the FRS monthly lunches**– Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

**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.

### Theatrical Happenings

If you would like to join us please register by calling Joanne Willens at (978) 371-8023  
 Make checks payable to Carlisle COA.

#### Newport Playhouse – Lunch & Play “Angel On My Shoulder” Wednesday, December 11

Ticket price \$46.00. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

#### **NEW! JUST ADDED!** New Rep Theatre Lunch & Play “Camelot” Thursday, December 12

Join us on our trip to Watertown to see the New Rep Theatre’s performance of the Tony Award-winning musical Camelot. Lunch is on your own at a local restaurant. Due to the late notice of this play please call Joanne Willens (978) 371-8023 immediately if you would like to sign up for this play so we can purchase good seats! Ticket price \$25.00. \$5.00 van fee. Leave VC at 9:40am, CC 9:50am returning around 5:00pm.

#### Stoneham Theater “Something’s Afoot” Wednesday, March 12, 2014

Ticket price \$30.00. Lunch on your own at Felicias. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

### Restaurant Reviews

#### Mangia Mangia in Billerica, Monday, December 16

We will be returning to Mangia Mangia to enjoy another wonderful Italian lunch. Call Joanne Willens at (978) 371-8023 to register. \$2 van fee. Leave VC at 11:00 am, CC at 11:10 am, return around 2pm.

#### Omega Pizzeria & Grille Monday, January 20<sup>th</sup>

Join us as we travel to Omega Pizzeria & Grille in Chelmsford for amazing pizza and many other exquisite tastes you will love. They always use the freshest ingredients and are renowned for their excellent food and great prices. Quality and value you can enjoy! Call Joanne Willens at (978) 371-8023 to register. Register by January 15<sup>th</sup>. \$2 van fee. Leave VC at 11:00 am, CC at 11:15 am, return around 2 pm.

A group of our lovely seniors on a trip to Sandwich, Ma.  
 and the Heritage Museum.

Plan to join us on one of our future trips!



**Boston Flower Show**  
**Thursday, March 13**



Come join one of our COA tour volunteers, Sandy McIlhenny, to the annual Boston Flower show. The theme this year is "Romance in the Gardens." Whether it's in the fairytale elegance of a royal rose garden or the sleek site of a modern meet up, romance will blossom in this year's landscapes and floral designs. Bus leaves from CC at 9:30am and return home around 3:30pm. Tickets are \$20 and bus fee is \$5. Lunch on your own at the show. Reserve your spot now, call Sandy at (978) 369-9038.



**Bingo is coming!**

If you have an item that you would like to donate as a prize for our January 16 Bingo (after COA luncheon), please contact the COA at (978) 371-2895 or drop off at the COA office during our office hours. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine, nuts, festive napkins/plates, candles, or jams.



**Carlisle Trivia Questions!**

(Thanks to Carolyn Shohet & Melinda Lindquist for their submission)

- 1) What is the highest point in Carlisle?
- 2) What is the earliest date cranberries are harvested each year, according to farmer Mark Duffy?
- 3) What is the Fire Depts secret to superior grilled chicken for the Old Home Day barbecue?
- 4) How many bicyclists are on the roads in Carlisle on an average afternoon in October?
- 5) How did Carlisle teams come to be called the Huskies?

(See page 7 for answers)



**Carlisle Community Book Club**  
**Monday, December 9, 10:15am**  
**Gleason Public Library Hollis Room**

"Things Fall Apart" by Chinua Achebe. For information contact Mary Zoll, (978) 369-5236.



On August 6th a group went on a private tour of the JFK Presidential Library & Museum given by former museum curator, Frank Rigg. They enjoyed a "first hand" experience of Kennedy's life, legacy, and leadership. The group then enjoyed lunch at Sullivan's (Sully's) at Castle Island before returning home.

**Hair Cuts on the Go!**



Suzanne Hickey and Georgia Triantafilles have worked together for 18 years and have 25 years of experience as licensed hairdressers. They come to Carlisle Town Hall and provide haircuts to the Seniors for \$10.50. Each appointment is 15 minutes. This is becoming very popular so sign up early! **Our next 'Hair Cuts on the Go' will be on Monday, December 9th.** Call the COA at (978) 371-2895 for your appointment. Times range from 9:30am-11:30am.

**Plan to join us on Friday, June 6, 2014 at our Annual Spring Fling!**

A good time is had by all! Below is a group from this year's event which was a blast.



## Library Happenings

### Friends of the Library Annual Meeting, featuring Margot Livesey

Wednesday, December 11, 7pm, The Hollis Room, Gleason Public Library

Margot Livesey is the bestselling author of *The Flight of Gemma Hardy*, *The House on Fortune Street*, *Learning By Heart*, *Homework*, *Criminals*, *The Missing World*, *Eva Moves the Furniture*, and *Banishing Verona*. Copies of her books will be available to purchase after her talk, courtesy of Porter Square Books. Please register for this free event by calling (978) 369-4898.

### 6<sup>th</sup> Annual Carlisle Reads: *American Nations* by Colin Woodard

What if all of Carlisle read and discussed one book? This January's Carlisle Reads title at the Gleason Library is *American Nations: A History of the Eleven Rival Regional Cultures of North America*, by Colin Woodard.

### Schedule of events:

#### **1776 Film Showings**

Saturday, January 11, 2pm & Wednesday,  
January 15, 1:30pm

#### **Book Discussions**

Monday, January 13, 10:15am  
Evening discussion, TBA

### **Americana Concert & Regional Supper, with the Savoyard Light Opera Company**

Saturday, January 18, 5pm

#### **Author Talk: Colin Woodard**

Sunday, January 26, 2pm

#### **Poetry with Mary Zoll: Sherman Alexie**

Tuesday, January 28, 10:30am

### **Regional Identities in American Art, with Martin Fox**

Thursday, January 30, 7pm  
Sponsored by the Friends of the Carlisle  
Council on Aging

*All events are sponsored by the Friends of the Library unless otherwise noted.*

## Community Conversations at Gleason Public Library Hollis Room 1:30-2:30pm

### *Life Sustaining Treatment: Communicating Your Wishes to Those Who Need To Know*

December 3, 2013

#### **Attorney Linda Butterworth-Till and Carlisle Fire Department Chief David Flannery.**

Not long ago a DNR, or a Do Not Resuscitate order was all you needed. Now there are several life sustaining treatments doctors suggest. This conversation will focus on life sustaining treatments and how important it is for elders to communicate their wishes about those treatments to their family, friends, doctors, and others. Health Care Proxies, Living Will Declarations, Advanced Directives and an initiative by the Mass. Department of Public Health called MOLST or Medical Orders for Life Sustaining Treatment will be discussed. Fire Chief David Flannery will join the conversation to discuss the "File of Life" Program and other efforts by the Carlisle Fire Dept to know of residents' special needs so they can reach out, particularly during power outages and winter storms.

### Family Circus Reflections



Dedicated to Adoptive parents from Carlisle & beyond. November was national adoption month. Go to: [www.childwelfare.gov/adoption/nam/](http://www.childwelfare.gov/adoption/nam/) to learn more.

### Caregiver Support Group

#### Hollis Room Gleason Public Library Monday, Dec 9, 3-5pm

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 information for family members or elders looking for health care information. For more info, email [amarowse@charter.net](mailto:amarowse@charter.net).

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee**

**Thursday, December 5 at 9:00am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Jean and Jack Sain. Opposite is a picture taken at our November Monthly Coffee. Show up early as this event generally fills up quickly!



### **Men's Breakfast - Thursday, December 12 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.



**Suggest donations: \$3 for both the Mens and Women's Breakfasts**

### **Women's Breakfast Tuesday, Jan 14 at 9:30am**

Come celebrate the new year with another amazing breakfast cooked by Lady Di (Dian Cuccinello!) at the Sleeper Room, 145 Church Street. Bring a friend or neighbor, eat a delicious breakfast, and enjoy some time catching up! Call the COA (978) 371-2895 by Tuesday, Jan 7 by noon to register.



Lillian DeBenedictis, Jean Bates, Joanne Willens and Joan Sarcia enjoy the October monthly coffee hosted by Lillian and Angelo DeBenedictis and Joan Sarcia on October 2nd. Plan to join us on Dec 5th at Village Court Sleeper Room.

### **Chelmsford Crossing/Minuteman Senior Lunch Wednesday, December 4 at 12noon**

Come to the Congregational Church for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Braised boneless pork chop, rice pilaf, steamed spinach, rolls, and dessert. Register at (978) 371-2895 by noon on Wednesday, November 27. **Following the lunch:** Two Old Friends, Jim Prendergast and Emery Hutchins, perform American blues pieces juxtaposed with Irish jigs and reels. There are "shout tunes" and plaintive ballads. The performance represents the American experience in a real and vibrant way. Come and enjoy an afternoon with "Two Old Friends!"

### **Minuteman Regional Tech HS Lunch, Tuesday, December 10 11:45am** **With a special treat !**

Call the COA by Thursday, December 5 at noon to choose from meals created with great care by the culinary arts students at Minuteman:

- Baked stuffed shrimp with a crab stuffing.
- Tuscan Chicken: with tomatoes, white wine sauce, potato and fresh vegetables.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

**Cost:** \$10 plus tip, payable at school.

**Participant will take home Holiday Cookies!**  
*Be on time so food can be served when ready.*



### **Carlisle Trivia Answers (from page 5)**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. McAllister Drive</li> <li>2. October 15</li> <li>3. Hot coals &amp; slow cooking – the Flannery touch</li> </ol> | <ol style="list-style-type: none"> <li>4. A LOT!</li> <li>5. Named from then Carlisle Public School principal Peggy Grant's husky dogs</li> </ol> |
|--|---|

**\*\*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.



### Hearing Evaluations

Tuesday, Jan 28  
11:00am-1:00pm

Because we had so much demand to our hearing clinic in October we have scheduled another clinic in January. Mass Audiology will be conducting **Free** hearing evaluation at Carlisle's Town Hall starting at 11:00am. A hearing professional will check your ear canal and screen for hearing loss with an audiometer. Residents who have hearing aids can have them checked and batteries replaced.

Appointments are for 15 minutes. Call the COA at (978) 371-2895 by Tuesday, January 21 to schedule an appointment. Don't delay, this fills up fast!

### Emergency Kit Checklist

Disaster Preparedness: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparations done today. This list may help you get through the first 3 days, after a disaster. It is a starting point, as individual needs vary depending upon circumstances. For additional information, visit: [www.ready.gov](http://www.ready.gov) or [www.mass.gov/mema/ready](http://www.mass.gov/mema/ready).

- \* Three days of nonperishable/non-cook food and water (1 gal. per day per person), medications
- \* Flashlight, battery operated radio, extra batteries
- \* First aid kit, cash, cell phone and charger
- \* ID cards, information: (Dr., meds, allergies), family/friends contacts
- \* Toothbrush/toothpaste, blanket and washcloth
- \* Clothes and baby or pet supplies if you need them.

*It is always best to be prepared!*



### Would you like the Fire or Police Dept. to check in when there is a weather emergency?

If you live alone or have compromised health, and would like a wellness check or a call in the event of a weather-related emergency or disaster, call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Mail the completed form with signature to the Carlisle Fire Department, Box 575, Carlisle, MA 01741-0575 or drop it off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with outside agencies.

Also, if you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice to ensure you are ok; we never know when we can fall) or a File of Life (document to list your medicines and emergency contacts), call the COA (978) 371-2895 for more information.



### NOVEMBER'S CHUCKLE

One day a man went to an auction. While there, he bid on a parrot. He really wanted this bird, so he got caught up in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher. Finally, after he bid way more than he intended, he won the bid--the parrot was his at last!

As he was paying for the parrot, he said to the Auctioneer, "I sure hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!"

"Don't worry," said the Auctioneer, "he can talk. Who do you think kept bidding against you?" (

*Courtesy of our friends at the Abington COA).*

### COA Respite Care Program - Announcement



There's no substitute for you, but in order to be at your best you should probably take some time for yourself once in a while. And the COA can Help. Our new Respite Care pilot program, funded by a grant from the Concord Carlisle Community Chest is aimed at helping a few local caregivers who would like a break, but may not be able to afford to leave their loved ones in the care of a professional. The COA will pay for respite care on a limited basis, once a week for up to a month. If you or another Carlisle resident would be interested in participating please contact the COA Office at (978) 371-2895 or email directly to: [coadirector@carlisle.mec.edu](mailto:coadirector@carlisle.mec.edu).

# Carlisle Council on Aging

Serving Carlisle's 60+ Community  
 66 Westford Street, Carlisle, MA 01741  
 (978) 371-2895 - www.carlislema.gov

## Important 2014 Dates to Remember

COA Valentine Lunch & Tea - Feb 20

Spring Day Light Savings - Sunday, March 9th at 2:00 am.

Spring Fling - Fri, June 6th

Old Home Day - Sat June 28th

Fall Day Light Savings - Sunday, November 2nd at 2:00 am.

### Carlisle Town Holidays Town Hall Closed

Jan 1 - New Years Day  
 Jan 20 - Martin Luther King Day  
 Feb 17 - Presidents Day  
 April 21- Patriot's Day  
 May 26 - Memorial Day  
 July 4 - Independence Day  
 Sept 1 - Labor Day  
 Oct 13 - Columbus Day  
 Nov 10 - Veterans Day\*  
 Nov 27 - Thanksgiving Day  
 Nov 28 - Day after Thanksgiving  
 Dec 25 - Christmas Day

\*Veterans Day observed on the 10th in 2014, but the original commemoration was for the end of WW1, which was Nov 11th.

"To the world you may be one person; but to one person you may be the world." Dr. Seuss or Bill Wilson (founder of AA) or Unknown

January 2014							February 2014							March 2014									
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July 2014							August 2014							September 2014									
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							30																

COA Director: David Klein (978) 371-6693

COA Transportation Coordinator: Debbie Farrell (978) 371-6690

COA Outreach Coordinator: Angela Smith (978) 371-2895

COA Administrative Assistant: Marna Sorenson (978) 371-2895

COA Office Hours: Mon - 9 AM to 5 PM, Tues—Thurs - 9 AM to 3 PM, and Fri 9 AM to 1 PM

## Did You Know?

The Carlisle Council on Aging (COA) provides many areas of support to the Seniors as well as other town residents. Below are some of the ways in which the COA can assist you or someone you know so that those in need can live a fuller life. If you would like any additional information on these services or if you have a special need or request, please contact the COA at (978) 371-2895.

**Medical Equipment:** The Carlisle Council on Aging (COA) has medical equipment to loan to any Carlisle resident in need. We have walkers, crutches, commodes, shower chairs, grabbers, wheelchairs and more. Just call the Council on Aging (978) 371-2895 to check that we currently have the item you need “in stock.”

**Outreach/Social Worker:** Do you need help with an issue as you or your family member age? If so, please contact our Outreach Coordinator, Angela Smith, for information and referrals. Angela can help you look for data on available housing options, help with Medicare Insurance choices, home care support, support groups, etc. The Council on Aging Social Worker, Peter Cullinane, is also available for confidential support by calling the main Council on Aging number (978) 371-2895.

**Volunteering:** We are always looking for help. Maybe you would be willing to drive someone to a local appointment, deliver some Meals on Wheels, help in the office, help with a newsletter mailing, help with programming, photography, provide information at one of our Community Conversations, or have some other talent you are willing to share. Just call the COA office to acquire more information.

**Friends of the COA:** The “Friends,” as we like to call them, provide funding that subsidizes many of the senior programs that are offered through the COA, including several of the activities listed on this page, such as Fuel Assistance, Health Clinics and Exercise programs. They also support programs that help Carlisle seniors to get out of their homes and socialize, whether it be for a nutritious meal at one of our local churches or a cultural activity at the Gleason Library.

**Other Helpful Information:** Check out our newsletters and other information (such as how to become a Senior Tax Worker) at our COA website [www.carlislema.gov/pages/carlisleMA\\_COA](http://www.carlislema.gov/pages/carlisleMA_COA).

**Exercise Programs:** Maybe you aren't sixty as yet, but if you are fifty or older you are welcome to join our Fitness, Cardio, Zumba, Martial Arts and Tai Chi classes. Our Tap class welcomes anyone twelve or older. Please stop in and try one session of any exercise program for FREE!

**Community Conversations:** If you see our Community Conversations listed in the Mosquito under COA doings, feel free to join in for any or all (no age restriction)! Conversations are usually held twice a month during the school year and cover a variety of topics from learning about Clark Farm, understanding and alleviating pain through chiropractic care, information on legal matters to learning about rescue horses. *These events are free!*

**Fuel/Food Assistance:** Based on financial eligibility, all Carlisle residents will be helped by the Carlisle COA with fuel assistance. Various programs are available for support during the winter months. No age restrictions.

**Resource Guide:** Did you know that the Carlisle COA has a Senior Resource Guide online? Need some info for a family member or friend, check out our guide <http://www.carlislema.gov>, select Senior Services, select Carlisle COA Elder Resources Guide.

**Transportation:** We have two COA vans as well as volunteer drivers to provide transportation for our seniors. We can take you to places such as hair salons, Dept. of Motor Vehicles, appointments and food shopping. Exciting and fun day trips are offered to restaurants, museums, coastal towns like Newburyport and the city of Boston. Call (978) 371-6690 with *any* questions regarding transportation.

**Are You OK:** If you would like a wellness check or a call in the event of a weather-related emergency or disaster, call us for a “Special Needs” form. If you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice) or a File of Life, call the COA at (978) 371-2895.

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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.

### **Need Some Help With Fuel Bills?**

The following assistance is available to all households that Qualify  
Guidelines for Gross Annual Income (GAI) for households

#### **LIHEAP (Federal/State Program)**

#### **Applications accepted thru 4/30/14**

- One member household, **GAI** up to \$32,065
- Two member household, **GAI** up to \$41,932
- Three member household, **GAI** up to \$51,798
- Four member household, **GAI** up to \$61,664

#### **Salvation Army Good Neighbor Fund**

#### **Applications accepted beginning 2/1/14**

- One member household, **GAI** \$31,271 - \$41,695
- Two member household, **GAI** \$40,893 - \$54,524
- Three member household, **GAI** \$50,515 - \$67,353
- Four member household, **GAI** \$60,137 - \$80,182

Additional support may be available thru Friends of COA and other sources depending on criteria.

Please contact COA at (978) 371-2895 for a confidential appointment or to acquire more details.

### **A MESSAGE FROM THE FRIENDS OF CARLISLE COA**

Each December, we conduct our annual fund raising drive. Despite all the turmoil on Wall Street in recent years, you have responded wholeheartedly to our appeals by making a record number of donations. Did you know that all your contributions go **directly** and **totally** to support COA services and programs? For the past 19 years, the Friends have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. The Friends want to thank you for your past generosity and hope that you will continue to support us when the needs are even greater. Donations small and large are always very much appreciated. We promise to continue doing our best to ensure that your gift is used wisely and well. Look for our flyer in the mail in December, and please respond as best you can.

Your tax deductible gift can be sent to the *Friends of the Carlisle COA at PO Box 38, Carlisle, MA 01741.*