



# Carlisle Connection

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

Hello! I want to thank everyone who contributed during the Friends of the Carlisle COA's recent fundraiser. Your contribution to the "FCCOA" really goes a long way to helping out in Carlisle's senior community. If you forgot to contribute, or just inherited a bundle from Aunt Louise & Uncle Charlie, it's not too late. Checks can be sent to the "Friends of the Carlisle COA" at PO Box 38 or just dropped off at the COA office in Town Hall.

Coming soon! Please keep an eye out for our new COA Information Form, which we're hoping as many people as possible will complete so that we can have up to date emergency contact and other information on file. One of the fields on our new software system asks "Deceased: Yes or No." If your answer is yes, please notify our friends over at the Mosquito as they'll probably want to set up an interview with you. - *Best Wishes, David*



## COA Monthly Luncheon & Valentine Tea Thursday, February 21, 11:45am at FRS



Lunch is run by our wonderful team of COA Volunteers at FRS while our Tea will be hosted by the National Charity League Mothers and Daughters from Concord and Carlisle. Enjoy a delicious meal of filled finger sandwiches, pickles, chips, delicious desserts, a variety of teas and coffee. If you are willing to make a dessert for this event, call the COA by February 14th. To register call the COA at (978) 371-2895 by noon on Monday, February 18. If you need a ride, call (978) 371-6690 at least two days in advance. **Suggested donation:** \$3. Shuttle leaving VC at 11:15am and Congregational Church at 11:30am. **Following Lunch:** COA volunteer, M.J. Cramer and Pastor Steve Weibley of the Congregational Church, will bring a Valentine's program of romance and love songs, concluding with a sing along of love songs over the years.

**Inside Walking is back!** - Thanks to the completion of the repairs to the gym floor at the Carlisle Public School, indoor walking is back. Bring a friend between 6:45 - 7:30 am and get healthy. Please note, the gym is not available on days when there are storms, or when there is no school. Reminder, the walkways may not be cleared of snow until 7:30 or 7:45. Due to school vacation, the gym will not be open Feb 18-22.

**Fuel Assistance** - Are you having trouble paying your fuel bills during these cold winter months? You may be eligible for assistance from one of several programs. Benefits depend on family income and heating costs. This program runs from November 1 to April 30 each year. Income guidelines also depend on family size. 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**.

### CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
Tues. - Th. 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

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# FEBRUARY 2013

| SUN   | MON  | TUE   | WED   | THU  | FRI   | SAT |
|---|--|---|---|--|---|-----|
|   |  |   |   |  | 1<br>Indoor walk 6:45-7:30 am<br>Van errands/local grocery shop - 9am<br>SAMA - 10:45am               | 2   |
| 3   | 4<br>Indoor walk 6:45-7:30am<br><br>Yoga – 9:30am  | 5<br>Indoor walk 6:45-7:30am<br><br>Zumba - 10:45am – St. Irene<br><br>Tai Chi-3:00pm St. Irene<br><br>Community Conversations 11:00am<br>Library | 6<br>Indoor walk 6:45-7:30am<br>Bridge - 10-Noon<br>11:30am BP,<br>Chelmsford Crossing Lunch<br>Congo Church-12:00pm, to follow: “staying healthy as you age” presentation<br>Intergen Tap - FRS Union Hall 2:45 - 3:45pm<br>How to Listen to Music 1:30<br>Library Hollis Rm | 7<br>Indoor walk 6:45-7:30am<br>COA Coffee & BP 9am at VC<br><br>Fitness - 9:45am,<br><br>Cardio - 10:45am           | 8<br>Indoor walk 6:45-7:30am<br><br>Van errands / local grocery shopping - 9am<br><br>SAMA - 10:45am  | 9   |
| 10<br><br>Solar Presentati on-Ferns 2:00 pm | 11<br>Indoor walk 6:45-7:30am<br>Yoga - 9:30am<br>Sr. Moments - at Ferns 9:30am,<br>Lunch review-Owl Diner leaves VC 10:45-CC 11:00<br>Book club-library | 12<br>Indoor walk 6:45-7:30am<br><br>Zumba - 10:45am - St. Irene<br>Minuteman Reg Tech Lunch 11:45am<br>Tai Chi-3:00pm St. Irene                  | 13<br>Indoor walk 6:45-7:30am<br><br>Bridge - 10-Noon<br>Intergen Tap-FRS Union Hall- 2:45 - 3:45pm<br>How to Listen to Music 1:30<br>Library Hollis Rm   | 14<br>Indoor walk 6:45-7:30am<br><br>Men’s breakfast & BP 8am - Sleeper Room<br>Fitness - 9:45am<br>Cardio - 10:45am | 15<br>Indoor walk 6:45-7:30am<br><br>Van errands / local grocery shopping - 9am<br><br>SAMA - 10:45am | 16  |
| 17  | 18<br><b>PRESIDENTS HOLIDAY</b><br><br><b>COA CLOSED</b>   | 19<br>Zumba - 10:45am - St. Irene<br>Comm. Conversation 11am<br>Tai Chi-3:00pm St. Irene  | 20<br>Bridge - 10-Noon<br>How to Listen to Music 1:30<br>Library Hollis Rm  | 21<br>COA Lunch -11:45am FRS,<br>BP 11 to 11:45am<br>Music at 12:45<br>KISS– 7:30pm                                  | 22<br>Van errands / local grocery shopping - 9am<br><br>SAMA - 10:45am                                | 23  |
| 24  | 25<br>Indoor walk 6:45-7:30am<br>Yoga - 9:30am<br>Sr. Moments - at Ferns 9:30am,<br>BP– 9:45am   | 26<br>Indoor walk 6:45-7:30am<br>Zumba - 10:45am - St. Irene<br>Tai Chi-3:00pm St. Irene<br>Comm. Conversations 11:00am Library                   | 27<br>Indoor walk 6:45-7:30am - 10-Noon<br>Bridge– noon<br>Intergen Tap - FRS Union Hall -2:45-3:45pm<br>Nashoba Valley Tech HS breakfast—9:00am  | 28<br>Indoor walk 6:45-7:30am<br><br>Fitness - 9:45am<br>Cardio - 10:45am  | <u>note:</u> In case of bad weather please call 978-371-2895 to check on COA events                   |     |



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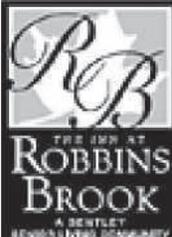
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## TRANSPORTATION / TRIPS



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](mailto:coaride@carlisle.mec.edu)**

**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, the 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 care.

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

**Winter weather/snow Van & Class Policy:** If Carlisle schools are cancelled all classes and programs will be cancelled and the COA van will not run until at least 10am. *If the Carlisle Schools are delayed:* All classes beginning before 10am will be canceled. Please call the office for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride on a wintery day.

### The Owl Diner Restaurant Review

Monday, February 11th



**Join us for a great meal!**

We're going to the **Owl Diner Restaurant** (also known as the "**Four Sisters**" in Lowell that serves a variety of wholesome, homestyle American meals, as well as delicious hot coffee. Call Joanne at (978) 371-8023 to register: deadline is February 4th. \$2 van fee. Leaves VC at 10:45 and CC at 11:00.

Also, call Joanne for info on her "Octoberfest in Canada" trip, scheduled for Oct. 11-15.

### The Isabella Stewart Gardner Museum

**May 17th Trip - deadline for payment February 15th - Reserve Now**

Our day will start with a stop at Cracker Barrel for breakfast. We will then go to the Gardner Museum which is housed in a stunning 15th-century Venetian-style palace with three stories of galleries surrounding a flower filled courtyard, the Gardner is a jewel in Boston. At 11:30am we will take a 1 hour tour of one of the great privately acquired art collections in the country. After the tour you will have an hour to roam the museum at your leisure. Museum reservation cost is \$17.00. \$5.00 Van Fee. Breakfast is on your own. Van will leave the Congregational Church at 9am. Please park in the parking lot at the rear of the church! Call Joanne at (978) 371 8023 to register. Make registration checks payable to the Carlisle COA and send to Joanne Willens, 145 Church St., B-12, Carlisle, MA 01741. Please be sure to include your phone number on your check.

### *February Chuckle & other Humor*

*An elderly woman decided to have her portrait painted. She told the artist, "Paint me with diamond earrings, a diamond necklace, emerald bracelets, a ruby broach, and gold Rolex."*

*"But you are not wearing any of those things." replied the artist.*

*"I know," the woman said. "It's just in case I should die before my husband. I'm sure that he will remarry right away, and I want his new wife to go crazy looking for all of that jewelry."*



*Old accountants never die, they just lose their balance.*

*Old actors never die, they just drop apart.*

*Old architects never die, they just lose their structures.*



## **FOR YOUR HEALTH!**



### **Free Blood Pressure Clinics**

**Wednesday, February 6, 11:30 am Congo Church** at the lunch sponsored by *Chelmsford Crossing*.

**Thursday, February 7, 9:00 am - Village Court** at the COA Coffee, sponsored by *Life Care Center of Nashoba Valley*.

**Thursday, February 14, 8:00 am Sleeper Room** during the Men's Breakfast, sponsored by *Home Instead*.

**Thursday, February 21, 11 to 11:45 am FRS** at the COA Lunch, sponsored by *FCOA & Emerson Hospital Home Care*.

**Monday, February 25, 9:45 am Ferns** during Senior Moments Coffee - sponsored by *Right at Home*.

### **Podiatry Clinic**

**Tuesday, March 5**, Sleeper Room at Village Court. Call the COA at (978) 371-2895 to register. **Cost:** \$20 (partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents" only.) BP by COA volunteers 8:30-12:30.



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

*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.***

#### **CARDIO-BOOST CLASS - Thursdays February 7, 14, 28 (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 class 2/21)

#### **FITNESS CLASS - Thursdays February 7, 14, 28 (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 class 2/21)

#### **INTERGENERATIONAL TAP - Wednesdays February 6, 13, 27 (FRS Union Hall) at 2:45 - 3:45pm**

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (no class 2/20)

#### **Inside Walking at Carlisle Public School Gym**

**6:45 - 7:30 am.** No school February 18th-22nd. Bring a friend, get healthy, and enjoy walking around the school gym. The gym is not available on days when there are storms & no school. The walkways may not be cleared until 7:30 or 7:45.

#### **TAI CHI- February 5, 12, 19 and 26 at 3:00pm St. Irene**

Informal Tai Chi class for any age willing to try it out. Free for now, thanks to our volunteer instructor. Wear loose fitting slacks or gym clothes and soft soled shoes. No registration, just show up!

#### **YOGA - Mondays (St. Irene) from 9:30 - 10:30am**

Session I: January 7 - March 11 (no class 2/18). **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

#### **SAMA EXERCISE CLASS - Fridays at 10:45am Clark Room at Town Hall**

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](http://www.osbkarate.com) for more info.

#### **ZUMBA® - Tuesdays February 5, 12, 19, 26 (St. Irene) 10:45 - 11:30am**

Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40

**The Bridge Group** will meet **Wednesday** mornings from 10:00 am to 12:00 pm at the Sleeper Room, Village Court, 145 Church Street. In February, the dates are: Feb 6, 13, 20, and 27<sup>th</sup>. Contact Gwen Charter at (978) 369-3025 with any questions.



## ***How to Listen to Music: Lecture Series at the Gleason Public Library***

**Wednesdays, Feb 6, 13, and 20 (snow date Feb 27), at 1:30 p.m. in the 3<sup>rd</sup> floor Hollis Room.**

Music is in every culture and is part of the daily life of many people. It can be used for so many reasons – in religious services, in military activities, for sheer entertainment, for inspirational moments and also, in the elevator! But do you hear what I hear? This February, music director and educator Richard Travers will present a three-part series of lecture/discussions, covering the basics of music-making and the development of music from the Renaissance to the 20<sup>th</sup> century. Topics will include a look at the Great American Song Book, folk music, ear training, and 'earobics,' rhythmic dictation and elements of music. Please call 978-369-4898 to reserve your spot for this free program, sponsored by the Friends of the Council on Aging Rose Pullara Fund and the Friends of the Gleason Public Library in partnership with Sage Educational Services. Visit [www.gleasonlibrary.org](http://www.gleasonlibrary.org) for more information on all library programs.

### **Carlisle Community Conversations**

#### **February 5, 2013-Tax exemptions for Carlisle Seniors**

Town Assessor - Melissa Stamp, presenter.

Are you sixty or older? If you are, and if you have limited income, you may find that you are eligible for Senior Tax Exemption(s), Tax Deferrals and/or Community Preservation Act Exemptions. Melissa M. Stamp, Principal Assessor will explain what real estate tax relief is available to Carlisle Seniors, and will answer your questions. Also, Angela Smith, Carlisle Council on Aging Outreach Coordinator, will discuss our town's Aid to the Elderly & Disabled Fund, eligibility and how to apply. All these programs accept applications between January and the end of March.

#### **February 26, 2013- Support for Caregivers**

Anne Marie Rowse, presenter.

Anne Marie, a principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years experience in the field. She will talk about how to support the caregiver in helping their loved one make educated decisions governing their health care and living arrangements. She will inform us about sources of caregiver support, and options available for your loved one through state, federal and private services.



#### **February 10, 2013 2:00 pm - Solar Electric Presentation at Ferns Country Store**

Ever wonder how you can produce electricity at your own home? If so, come to Ferns on Sunday, February 10th at 2:00 to learn about photovoltaic systems (PV). The presentation is being hosted by Larry Bearfield, co-proprietor of Ferns Country Store. This Home Energy Efficiency presentation is being sponsored through the Carlisle Energy Task Force, which as part of the Green Communities program, is working with our partner Next Step Living to encourage Carlisle residents to take advantage of the no-cost MASS Save energy efficiency audits. Come also learn how you can lower your energy bills, increase the comfort of your home and decrease your environmental impact. If you have questions or like to sign-up for your **no-cost** Mass Save home energy assessment, call (866) 867-8729 or visit [www.nextsteplivinginc.com/carlisle](http://www.nextsteplivinginc.com/carlisle).

**February 11, 2013—Carlisle Community Book Club - Hollis Room** - Contact Mary Zoll for information on the book for February, (978) 369-5236.

**Thursday, February 21 – KISS – 7:30pm** **Know how to knit or want to learn?** Now you can do something you enjoy and also provide a gift to someone in need. Knitting in Service Society (KISS) is a group of girls and women who have been knitting since 2006 to benefit those in need. New members are always welcome, or feel free to knit at home. We work on hats and scarves from easy to advanced — using any pattern of your choice. They are knit for Boston's homeless through Common Cathedral. If you have any questions, please contact Angela at the Carlisle Council on Aging at (978) 371-2895. To be added to the monthly email reminder, email [frs@carlisle.org](mailto:frs@carlisle.org). KISS meets monthly on Thursday nights 7:30 to 9:30 (February 21, March 21, April 18, May 16, June 20); call for the location.

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee - Thursday, February 7 at 9:00am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Abha Singhal & Melinda Lindquist.

### **Men's Breakfast - Thursday, February 14 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.**



### **Nashoba Valley Technical High School Breakfast-Wednesday, March 27th at 9am**

It's time for another quarterly scrumptious breakfast! Cost: \$5.50 plus tip, payable at the Elegant Chef Restaurant. Please call the COA at (978) 371-2895 no later than Thursday, March 21st at noon to register. Call the Van Line at (978) 371-6690 at least two days in advance if you need a ride.

### **"SENIOR MOMENTS" at Ferns – February 11 & 25, 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.

### **Chelmsford Crossing/Minuteman Sr Lunch - Wednesday, February 6 at 12:00pm**

Come to Congregational Church for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Beef wellington, herbed rice, steamed broccoli, rolls and dessert. Register at (978) 371-2895 by noon on Thursday, January 31st. **Suggested donation: \$3.**

### ***Staying Healthy as You Age - Presentation***

Following the Luncheon on February 6<sup>th</sup>, please join Mary Bannon, Geriatric Nurse Practitioner and Certified Diabetes Educator with the Diabetes Specialty Program at the Concord Health Care Center, for a lively discourse. This interactive presentation will address current guidelines for health screenings and medication management in older adults. Recognition and treatment of common illnesses will also be discussed with important info on the often missed sign and symptoms of diabetes. Come learn how lifestyle modifications can improve your health and wellbeing.

### **Minuteman Regional Technical High School Luncheon - Tuesday, Feb 12 at 11:45am**

Call the COA by Thursday, February 7th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Baked stuffed cranberry chicken— a boneless chicken breast filled with savory bread and cranberry stuffing topped with supreme
- Broiled salmon filet—salmon filet broiled to perfection and garnished with a lemon crown.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

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



**\*\*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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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

### **Letter to a Carlisle COA Board Member**

Dear Friend,

As I have aged, I have become kinder and less critical of myself. I have become my own friend. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4:00am or sleep until noon? I will dance with myself to those wonderful tunes of the 60's & 70's and, if I at the same time, wish to weep over lost love...I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the "jet set." They too will get old.

I know that I am sometimes forgetful. But, there again, some of life is just as well forgotten. And, I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lost a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never Broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning grey, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair turned silver. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore... I have even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it). It is a blessing to know you. Wishing you all the blessing and joy that you are so deserving of, because you are a special reflection of God's most precious love.

May our friendship never come apart, especially when it is straight from the heart!

**Quote from *The Best Exotic Marigold Hotel***

**"Everything will be all right in the end... if it's not all right then it's not the end"**