

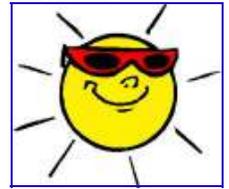


# Senior Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

July/August 2011



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

### From the Director's Desk

As July welcomes us with its warmth and patriotic spirit, we are reminded of our Declaration of Independence. Our nation's founders understood that securing the blessings of a better future would require dedication, devotion, and action. Your COA is here to help all seniors in Carlisle to realize their rights to Life, Liberty, and the pursuit of Happiness. Our goal at the COA is to provide support to allow our citizens to live independently at home, for as long as they can. We run health and fitness programs to enrich people's lives. We provide van trips and transportation and outreach support services that allow people to maintain independence and the ability to access the care they have the right to. We offer lots of opportunities for laughter and happiness at our luncheons and programs, trips and coffees. We welcome you all to join us in a better today, and a brighter tomorrow. Respectfully, Debi

*"We must be free not because we claim freedom, but because we practice it."*

*~William Faulkner*



### COA Monthly Luncheon - Thursday, July 21 at 11:45am at the FRS

Run by our wonderful team of volunteers at FRS, this luncheon will include finger sandwiches and chips, dessert and cold drink. Suggested Donation is \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, July 18.

#### *After the July COA Luncheon...*

Piano and violin students of Anthony Bondi will be performing after the COA luncheon at FRS on July 21. Mr. Bondi was a violin student of Itzhak Perlman and Naoko Tanaka, and studied piano under Mary Hysom. He has been teaching music in greater Boston for the past 20 years and is passionate about the enthusiasm and advancement of his students.

**FREE!**

### Intergenerational Program with The Discovery Museums

Wednesday, August 3 from 1-3pm

Carlisle COA is inviting seniors and their grandchildren (or neighbor's children or bring a friend of any age) to join us at St. Irene Church Hall for two wonderful hours of table-top activities which correspond to exhibits at The Discovery Museums and focus on the joy and wonder of math, science, art and engineering. Stations will include electricity board, magnetic pendulum, optical illusions, Mobius strips, tornado bottles, topography puzzles, levitated revolution top, hand-held microscopes and more. Adults and children can work alone or together. Refreshments will be served. Please register by July 25<sup>th</sup> at noon by calling (978) 371-2895.

#### CARLISLE COA OFFICE HOURS

**Monday - Friday  
9:00am - 3:00pm**

**(978) 371-2895 Office  
(978) 371-6690 Van line**

#### COA Staff

Debi Siriani Director  
dsiriani@carlisle.mec.edu (978)371-6693  
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(978)371-6690  
Donna Perkins Newsletter Format  
Peter Cullinane LICSW

#### COA Board Officers

Liz Bishop Board Chairman  
Verna Gilbert Vice-Chair  
Abha Singhal Treasurer  
Elizabeth Secretary  
Acquaviva As of 7/1/11

#### Board Members

Tom Dunkers Joanne Willens  
Jim Elgin Jean Sain  
Phyllis Goff Helen Taylor  
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Sandy McIlhenny Ted Read

# RESERVED FOR SENIOR CITIZEN PUBLISHING

## JULY 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	Walking Daily 8:15a - 9a July 1- Aug. 5				1 Van Errands / Local Grocery - 9a	2 Old Home Day
3 Old Home Day	4 Holiday	5 Podiatry Bridge - 10a	6 Ogunquit - 8:30a depart Cong. Church	7 Coffee - 9, BP 9:15a Fit 9:45a / Cardio 10:45a	8 Van Errands / Local Grocery - 9a	9
10	11 Rest. Review-11a Yoga-9a & 10:15a Ask Lawyer 1-3p	12 Bridge - 10a Wii - 1-3p	13	14 Fit 9:45a/Card 10:45a Ice Cream Social - 1-3p	15 Van Errands / Local Grocery - 9a Wii - 1-3p	16
17	18 Yoga-9a & 10:15a	19 Bridge - 10a	20	21 Fit 9:45a/Card 10:45a BP 11a/COA Lunch-11:45a Piano & Violin 12:45p	22 Van Errands / Local Grocery Shopping - 9a	23
24	25 Yoga-9a & 10:15a	26 Bridge - 10a	27	28 Fit 9:45a/Card 10:45a Wii - 1-3p	29 Van Errands- 9a Wii - 1-3p	30

## AUGUST 2011

	1 Walking M-F 8:15a-9a 'til Aug. 5 Yoga-9a & 10:15a	2 Xmas Tree Shop/ Kowloon - depart 9a Bridge - 10a	3 Int'l Program at St. Irene 1-3p	4 Coffee - 9, BP 9:15a Fitness - 9:45a Cardio - 10:45a	5 Van Errands / Local Grocery Shopping - 9a	6
7	8 Yoga-9a & 10:15a	9 Bridge - 10a Wii - 1-3p	10 Newburyport Trip - depart 9a	11 Fitness - 9:45a Cardio - 10:45a	12 Van Errands / Local Shopping - 9a Wii - 1-3p	13
14	15	16 Bridge - 10a	17 "Footloose" at North Shore Theater	18 Fitness - 9:45a Cardio - 10:45a	19 Van Errands / Local Grocery Shopping - 9a	20
21	22	23 Bridge - 10a Wii - 1-3p	24 State House Trip - depart 9:30a	25 Fitness - 9:45a Cardio - 10:45a	26 Van Errands / Local Shopping - 9a Wii - 1-3p	27
28	29	30 Bridge - 10a	31			

# RESERVED FOR SENIOR CITIZEN PUBLISHING

## TRANSPORTATION INFORMATION

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events, both local and out of town. Riders make their request for services by calling the Van Line at least two business days before transportation if at all possible.

**Van Line Reservations: (978) 371-6690; Weather Info/Cancellations: (978) 371-2895**

Did you know?

that our services are not only for medical appointments? We can drive you to the registry, the supermarket, or other errands too!

**Medical appointment transportation:** Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. We are unable to provide transportation for Emergency care- Please call 911.

**Local grocery /Shopping trips:** Each Friday- these trips are FREE, and NOT dependent on how many sign up. We will go to Market Basket in Westford or other Local Grocery stores upon request Friday mornings at 9am. Please call the van line in advance to make reservations.



- In-town rides or Friday grocery trips - no fee
- Rides within 15 miles - \$2.
- Van Trips over 15 miles away - \$5.
- Parking fees are the responsibility of the Rider.

*Experiencing hardship?* Please call or visit the COA office to discuss how we can help.

### For this month's "DAY TRIPS" please see page 5.

you may register by sending checks made out to the *Friends of the Carlisle COA* to:

**COA DAY TRIPS c/o Joanne Willens  
145 Church St. Apt. B12  
Carlisle, MA 01741**

**NOTE:** Please note that any COA programs, trips, or activities may have a change in time, place, pickup, or event venue due to weather or circumstances otherwise out of our control. If a COA Department day trip is cancelled by the COA, we will refund your check. If you have to cancel, there are no refunds but call the COA to see if there is a wait list for someone to purchase your ticket or place held. \*Please note that clients are responsible for any parking fees incurred. Thank you for your understanding. \*\* Please call Joanne Willens at (978) 371-8023 to register for the trips on page 5.

### PLEASE ACKNOWLEDGE OUR SPONSORS

#### ***SPONSOR THIS NEWSLETTER!!!***

*It makes sense to concentrate your advertising where it does most good - right in your neighborhood!*

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### **Ask A Lawyer - July 11 appointments between 1 and 3pm**

Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford will be available to answer estate planning, elder law and Medicaid planning questions on July 11 between 1 and 3pm at our Town Hall. If you would like to review your estate plan, or if you have general questions about estate or long-term care planning, please give us a call to schedule a short, free appointment to meet with Attorney Prichard. We will be booking time in half-hour increments, on a first-come, first-serve basis. Please give us a call at (978) 371-2895.

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## **FOR YOUR HEALTH!**

\*\*\*Please Note changes in our exercise programs for the summer months\*\*\*

**Inside Walking group:** *will continue until August 5<sup>th</sup>*. A great chance to exercise while getting away from the heat, this group is very casual, and everyone walks at their own pace. Join us weekday mornings at 8:15am to 9:00am.

**Fitness** - July and August on Thursdays only from 9:45am to 10:30am at Town Hall.

**Cardio-Boost** - July and August - Thursdays from 10:45am to 11:30am at Town Hall.

**No Line Dancing or Tap** in July and August. Classes resume in September.

**Interested in a different kind of exercise class?** In the Metro section of the Boston Globe on April 24, an article on "Still Kicking" lists how a martial arts class helps keep joints and minds flexible see website [http://articles.boston.com/2011-04-24/lifestyle/29469526\\_1\\_martial-arts-cinder-blocks-hand](http://articles.boston.com/2011-04-24/lifestyle/29469526_1_martial-arts-cinder-blocks-hand). We have talked with the instructor Tony Hanley, and he is willing to teach a program for senior men and women of all physical capability on Friday mornings from 10:45 to 11:45. You can learn more about the program by visiting their website [osbkarate.com](http://osbkarate.com) (One Step Beyond Martial Arts Training Center) and going to SAMA (Senior Approach of Martial Arts). If you would like to see the article, stop by the COA Office. If you are interested in having the program come to Carlisle, classes will be \$100 for a 10-week session, please contact the COA at (978) 371-2895. If we have enough interest, we'll work on having the program in the fall.

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**FREE BLOOD PRESSURE CLINICS** – Thursday, July 7 at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

Thursday, July 21 from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



**PODIATRY CLINIC: Tuesday, July 5.** For an appointment, call the COA at (978) 371-2895. Dr. Ayleen Gregorian, DPM will see patients at the Sleeper Room at Village Court, 145 Church St. **Fee:** \$20 – payable by cash or check made out to the Friends of COA.



## COA DAY TRIPS

**Note:** *Van space for summer trips is limited, as we operate with one van for the season. First preference will be made to Carlisle seniors.*

### Last month's Restaurant Review:

Cracker Barrel was a great success; the attendees loved the food and thought it was "Yummy!" The prices were low, the gift shop was great, and they want to go back again soon.

### Restaurant Review –Aprile's European Restaurant - N. Chelmsford - Monday, July 11

People loved Aprile's last time so much, that we decided to go again! 11:00am pick up at Village Court and 11:15am at Congregational Church. Van fee is \$2 cash due on day of the trip. Register to Joanne at (978) 371-8023 by July 5th, so she can make reservations.

### Christmas Tree Shops in Lynnfield/ Lunch at Kowloon in Saugus - Tuesday, August 2

Leave at 9am from the Congregational Church. "Don't you just love a baaahgin" at the Christmas Tree Shops?! Enjoy lunch at Kowloon Restaurant in Saugus, voted Best Chinese Restaurant in New England (News 7 Boston). Van fee is \$5cash due on day of the trip. Register to Joanne at (978) 371-8023 by July 26th so she can make reservations.

### Newburyport Day Trip - Wednesday, August 10

This is a thriving community with unique shopping, fine dining, arts and culture, a rich history and breathtaking scenic beauty. In the summer you can sun yourself on the beaches of Plum Island, or stroll through the many shops and museums. Leave the Congregational Church at 9am. Van fee is \$5 cash due on day of the trip. Register to Joanne at (978) 371-8023 by August 3<sup>rd</sup>.

### Tour of the State House, Boston - Wednesday, August 24

Leave at 9:30am for a personal tour of this historical landmark in the heart of Boston. Hear the legends and anecdotes connected to rooms, artwork, and past and present occupants of the oldest State House in the country. Have lunch on "The Hill" before you leave. Lunch not included in price. Van fee is \$5 cash due on day of the trip. Register to Joanne at (978) 371-8023 by August

### Upcoming Stoneham Theatre Trips

*"Steel Magnolias"* Wed. Sept. 21.

Tickets are \$25. All checks made out to Friends of Carlisle COA and sent to Joanne Willens, 145 Church St., Apt. B-12 Carlisle, MA 01741

We leave Carlisle Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). Van fee \$2.00 cash on day of trip.



### Upcoming North Shore Plays

North Shore Music \$5 Van fee paid on van.

Lunch at Sylvan Street Grille (not included in price).

*"Footloose"* Aug. 17, 2011

"\$45 check made out to the Friends of Carlisle COA sent to Joanne Willens.

We leave the Congregational Church at 10:40am.



### Oktoberfest at Lake Pearl Luciano's - Wrentham, MA, October 12

\$59.95/pp includes Oktoberfest Luncheon, one free glass of beer or wine, Bavarian Music performed by the Oberlaendler Hofbrau Band. \$5 van fee due day of the trip.

## **FOOD COURT**



### **Monthly Coffee: Thursday, July 7 and August 4 at 9am**

COA Board members Joanne Willens & Sandy McIlhenney will be generously hosting our coffee on July 7 and Joanne Willens and Carol and Dave Jewett on August 4 at the Sleeper Room at Village Court. Don't miss it! FREE! Would YOU and a friend be willing to host a Coffee at the Sleeper Room?! We have the instructions, and are willing to assist you if you would like to volunteer.



### **Summer Intergenerational Ice Cream Social and Sing-A-Long Thursday, July 14 in the Sleeper Room at Village Court 1-3 pm**

All **SENIORS** and **GRANDCHILDREN** are invited to a **FREE** Ice Cream Sundae Social (make your own sundae or have a sugar-free dessert). Come at 1 pm for a treat and stay for the sing-a-long lead by Reverend Steve Weibley. Enjoy the company of friends and neighbors and enjoy the air conditioning of the Sleeper Room. FREE!! Please call the COA at (978) 371-2895 to register (to ensure we have enough ice cream and toppings!) no later than noon on Thursday, July 7<sup>th</sup>. Please park on the street as Village Court parking is for residents only. This event is sponsored by Visiting Angels Living Assistance Services and Kimball Farms. If you would like to request specific "songs", written prior to 1931 please, contact the COA by July 7<sup>th</sup> with your suggestions.



**GO GREEN** with our Newsletter! You can help save the COA about \$5/year AND save the environment by viewing our newsletter online at: [carlislema.gov](http://carlislema.gov) then follow Boards and Committees, Council on Aging, COA Newsletter. If you are going away for more than a few weeks, please let us know (978-371-2895) so that we can stop the mailing of your newsletter. If you have come back and are not receiving your newsletter, please let us know and we will put you back on distribution. We are trying to update our mailing list and apologize if we are not meeting your preference. Please let us know by calling (978) 371-2895.

**\*\*NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, 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.

### Are you in the Donut Hole?

There are new changes to your Medicare prescription drug coverage (Part D). These changes start to happen if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price in the donut hole. You will automatically receive a 50% discount on **brand-name prescription drugs covered by your Part D plan**. For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail.

If you have already reached the donut hole, you should already be receiving these discounts. **In the Donut Hole, you should not be paying full price for your drugs!** If you are, you need a SHINE appointment.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. 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

**Reminder: New Dates for Medicare Open Enrollment October 15 – December 7**

***DID YOU KNOW?!.....*** We have a *Medical Equipment Loan program* at the COA. Here are just a few of the items you may borrow for you or your loved ones for NO FEE:

lightweight transfer wheelchair (short-term please)      wheelchairs      crutches  
shower chairs      walkers      canes      commodes

### Joanne's Travelers

National Parks & Canyon Country - Sept. 22-29, 2011

Eastern Europe & the Black Sea - Sept. 24, 2011

Spain's Classic - Nov. 6-15, 2011



*For flyers or additional information, please call Joanne Willens (978) 371-8023 or pick up flyers at Carlisle COA office in Town Hall.*

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

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**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs  
and formatted by a grant from the Concord-Carlisle Community Chest.**

### **The COA now owns a Wii Fit!**

Join us in the Sleeper Room from 1-3pm on Tuesdays, July 12 and 28, and August 9 and 23 to learn how to use this great fitness game, **OR** come to our **Wii Fit Parties** on Fridays, July 15 and 29, August 12 and August 26 in the Sleeper Room from 1-3pm.

*Make exercising FUN!*

### **Ogunquit, Maine Day Trip Wednesday, July 6**



Leave the Congregational Church at 8:30am. Your day will start out with a beautiful brunch at “The Egg and I Pancake and Waffle House”, voted the Best place to have breakfast in Maine (cash only, cost not included). You will then be free to browse through the village shops, take a trolley down to the beach, or walk the 1 ¼ mile long “Marginal Way” along the coast down to Perkins Cove. Van fee \$5 due day of trip. Register to Joanne at (978) 371-8023 ASAP but no later than July 1<sup>st</sup>.

*(More Day Trips on Page 5)*

**July/August Book Club:** Call Mary Zoll (978) 369-5236 for summer plans.

### **“SENIOR MOMENTS” @ Ferns Country Store**

*The patio is a great place to start your morning! Every Monday Morning 9:30am to about 11am a casual weekly drop-in for Carlisle seniors 60+ to greet, meet, eat & talk about whatever is of interest! Ferns is providing a 10% Discount to "Senior Moments" attendees for coffee.....as well as goodies are provided by the Carlisle Council on Aging. First come, first served!*

**BP Checks at Ferns** on the 4<sup>th</sup> Monday of every month from 9:30am-10:30am sponsored by *Right at Home*.