



# Senior Connection

June 2011



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's Desk...*

The COA board and staff would like to thank all of our volunteers. Did you know that approximately 46 of our individual activities per month rely on volunteer support? At least 100 volunteer jobs are performed each month! Volunteers assist in editing and mailing this newsletter, help to organize and serve for our luncheons, breakfasts and coffees, offer phone coverage at the office, deliver Meals on Wheels, and provide rides for people to medical and other appointments. Volunteers coordinate trips, teach classes, do home visits for homebound seniors, and produce and tape our cable TV shows. And at the core of it all is the Board of the COA, who help create future goals, and the Friends, who raise the money needed to reach those goals and support our seniors. There are so many tasks each day that are performed "behind the scenes," and the Town of Carlisle is indebted to you all for your selfless work. We Love You!!

Gratefully, Debi and the entire Staff of the Carlisle Council on Aging

*We make a living by what we get, we make a life by what we give ~ Winston Churchill*

### **COA Monthly Luncheon - Thursday, June 16 at 11:45am at the FRS**

Gather at FRS to enjoy a lunch of assorted sandwiches, chips, dessert, and cold drinks, served by our wonderful volunteers. Suggested Donation is \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, June 13.

### **After the June COA Luncheon... Beijing China Slideshow**

Beijing China: a modern city with ancient roots. Alison Saylor and Kathy Booth will present a slide show and share stories of their time in Beijing. Alison lived there from September 2008 to June 2009, and Kathy was her guest in May 2009. From climbing the Great Wall of China to visiting local markets, Kathy's time with the Saylor family in Beijing was filled with sights and smells that you just do not see very often in Carlisle. They will bring some of their treasures they bargained hard for from the Silk and Pearl markets. They will show some funny pictures of the taxi and bicyclists that share the streets with the crazy Beijing drivers. The food, the people, the diversity of sites from squalor to splendor... come share the experience of an extended visit to the capital city of China.

### **Friends of COA Annual Meeting & Celebration! - Sunday, June 12, starting at 3pm**

ALL are welcome to attend the 17th Anniversary of the founding of the Friends of the Carlisle COA. This event will be held at the Richardson's' home, 121 Skelton Road, Carlisle. R.S.V.P. Estelle Keast at [ekkeast@comcast.net](mailto:ekkeast@comcast.net) or (978) 369-2445. Refreshments will be served.

|  |  |   |   |
|--|--|---|---|
| <p><b><u>CARLISLE COA OFFICE HOURS</u></b></p> <p><b>Monday - Friday</b><br/><b>9:00am - 3:00pm</b></p> <p><b>(978) 371-2895</b> Office<br/><b>(978) 371-6690</b> Van line</p> | <p><b><u>COA Staff</u></b></p> <p>Debi Siriani Director<br/>dsiriani@carlisle.mec.edu (978)371-6693</p> <p>Angela M. Smith Outreach Coordinator<br/>asmith@carlisle.mec.edu (978)371-2895</p> <p>Carol Killpartrick Transportation Coord.<br/>(978)371-6690</p> <p>Donna Perkins Newsletter Format<br/>Peter Cullinane LICSW</p> | <p><b><u>COA Board Officers</u></b></p> <p>Marje Stickler Board Chairman</p> <p>Liz Bishop Vice-Chair</p> <p>Abha Singhal Treasurer</p> <p>Helen Taylor Secretary</p> | <p><b><u>Board Members</u></b></p> <p>Jim Elgin Ted Read<br/>Phyllis Goff Sandy McIlhenny<br/>Jean Sain Verna Gilbert<br/>Elizabeth Acquaviva</p> <p><b><u>Associate Members</u></b></p> <p>Joanne Willens Tom Dunkers<br/>Natalie Ives Nadine Bishop</p> |
|--|--|---|---|

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**JUNE 2011**

| SUN   | MON   | TUE       | WED  | THU  | FRI  | SAT   |
|---|---|-----------|--|--|--|---|
|   |   |           | <b>1</b><br>Tap - 10:30a<br>Robbins Brook<br>lunch - noon at<br>Congregational<br>Church | <b>2</b><br>Coffee - 9, BP 9:15a<br>Fitness - 9:45a<br>Cardio - 10:45a   | <b>3</b><br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>CCC - 11a                         | <b>4</b><br>Pass<br>It<br>Forward                   |
| <b>5</b>  | <b>6</b><br>Inside Walking Grp<br>- 6:45a M - F<br>Yoga - 9a & 10:15a<br>Senior Moments -<br>9:30a at Ferns   | <b>7</b>  | <b>8</b><br>Tap - 10:30a   | <b>9</b> Men's Brkfast - 8a<br>BP - 8a<br>Fitness - 9:45a<br>Westford Senior Ctr -<br>leave Cong. Ch 10a<br>Cardio - 10:45a            | <b>10</b><br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>Carlisle Garden Tour<br>10a - 4p | <b>11</b><br>Carlisle<br>Garden<br>Tour<br>10a - 4p |
| <b>12</b><br>Friends<br>Annual<br>Meeting<br>3p | <b>13</b><br>Inside Walking Grp<br>- 6:45a M - F<br>Yoga - 9a & 10:15a<br>Senior Moments -<br>9:30a at Ferns<br>Friends Annual<br>Mting & Celebration | <b>14</b> | <b>15</b><br>Tap - 10:30a<br>"My Fair Lady" at<br>North Shore Theater<br>10:40a          | <b>16</b><br>Fitness - 9:45a<br>Cardio - 10:45a<br>BP - 11a -11:45a<br>COA Lunch -<br>11:45a at FRS<br>Beijing -12:45p<br>KISS - 7:30p | <b>17</b><br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>CCC - 11a                        | <b>18</b>   |
| <b>19</b>                                       | <b>20</b> Lawyer - 1-3p<br>Inside Walking Grp<br>- 6:45a M - F<br>Yoga - 9a & 10:15a<br>Senior Moments -<br>9:30a at Ferns<br>Glenview Rest - 11a     | <b>21</b> | <b>22</b>  | <b>23</b><br>Fitness - 9:45a<br>Cardio - 10:45a  | <b>24</b><br>Van Errands /<br>Local Grocery<br>Shopping - 9a                                     | <b>25</b>   |
| <b>26</b>                                       | <b>27</b> Inside walk -<br>8:15a M-F<br>Yoga - 9a & 10:15a<br>Senior Moments -<br>9:30a at Ferns  | <b>28</b> | <b>29</b><br>Tap - 10:30a  | <b>30</b><br>Fitness - 9:45a<br>Cardio - 10:45a  |  |   |

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## 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!*

*You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.*

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### **Ask A Lawyer June 20 and 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 June 20 and 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.

## **FOR YOUR HEALTH!**

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

**Inside Walking group:** *will continue until August 6<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 on weekday mornings at *-6:45am for the first few weeks of June*  
*-starting at 8:15am after June 27*

**NEW Tap Class - Wednesday, June 1, 8, 15 and 29 - 10:30 to 11:30 at FRS Union Hall**  
This is a new program and a fun way to get exercise. This class is taught by Katrina Rontondi and coordinated by Alice Hardy. **Cost:** \$40/session. If you would like more details, stop in and see a class or call the COA! If you are interested in having this class again in the fall, please call Angela at (978) 371-2895.



**No Line Dancing** in June, 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 for \$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.

**FREE BLOOD PRESSURE CLINICS** – **Thursday, June 2 at 9:15–10:00am** at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*

**Thursday, June 9 from 8-8:45am** at the Men's Breakfast in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* **Thursday, June 16 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.*

### Tour/Lunch at the Westford Senior Center - Thursday, June 9 at 11:30am

We have re-scheduled from our "snow out" last attempt, and will be touring this newly renovated Center, and have been invited for lunch! \$3 donation suggested. No van fee. We will leave the Congregational Church at 10am and lunch will be at 11:30am. Please call to register no later than Friday, June 3<sup>rd</sup> at noon. Hopefully June will have no snow...!

### Restaurant Review – Monday, June 20 at Glenview Restaurant in North Chelmsford

The Glenview is known for great "comfort food" and generous portions at a great price! 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 June 8<sup>th</sup> so she can make reservations.

### Upcoming Stoneham Theatre Trips

"Steel Magnolias" Wed. Sept. 21.

"Sister's Christmas Catechism" on Wed. Dec. 7

Tickets are \$25.00 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 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).

"My Fair Lady" June 15, 2011

"Footloose" Aug. 17, 2011

"The King & I" Oct. 5, 2011

"Legally Blonde" Nov. 2, 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/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.

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**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**

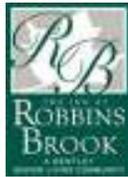
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**Book Club:** Call Mary Zoll (978) 369-5236 for date and location.

**This month's book:** Mennonite in the Little Black Dress: A Memoir of Going Home

"Rhoda's life may not sound amusing at first: She's a poet/professor whose husband just left her for Bob, whom he met on Gay.com. But what happens after she heads home to her Mennonite parents is beyond funny. Her wry, affectionate depictions of her frugal dad, sweet but slightly scatological mom and a youth in which jeans and dancing were off limits make for an honest and entertaining memoir."—*Family Circle*

## **FOOD COURT**



**Minuteman** SENIOR SERVICES  
Options for everyday life.

### **Robbins Brook/ Minuteman Senior Services Luncheon**

**Wednesday, June 1 at noon**

*Hosted by our lovely volunteers at Congregational Church*

This month's delicious *menu*:

Ziti and Meatballs with Salad and Dessert.

*Suggested Donation \$3.*

Please call Angela @ (978) 371-2895 by Friday, May 27 to register.



### **Monthly Coffee - Thursday, June 2 at 9am**

COA Board members George & Nadine Bishop & Joanne Willens will be generously hosting our coffee at the Sleeper Room at Village Court. Don't miss it! FREE!

### **FREE Men's Breakfast "In Celebration of Fathers"**

**Thursday, June 9 at 8am**

Whether you are a father, or have a father, you are welcome to this Men's Breakfast to celebrate the spirit of fathers everywhere. They say the way to a man's heart is through his stomach. You're gonna LOVE us after this hearty breakfast! Sleeper Room, Village Court, 145 Church St. No registration needed.

*Happy Father's Day!*



**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.

**Carlisle Community Conversations - First and Third Fridays at 11am**  
*Held at the Gleason Public Library in the Hollis Room*

**June 3 – What you should know before you purchase a home or condo** Angelo DeBenedictis, owner of DeBenedictis Home Inspections, will share his years of experience and give us hints on what we should know before we buy our next home or condo. He will also provide some of the pros and cons of buying a condo, and provide safety tips for your home.

**June 17 – Your Summer Reading and More – Martha Patten** Join Martha to discuss some of the new books that are coming out that would be good vacation reads. Read a book you really enjoyed? Come and share your suggestions. Want a quick lesson in how to find things at the library, including book reviews? Even learn all the neat things you can do in the virtual “Gleason Public Library” from the comfort of your home on your computer. Great ready for that fun summer!

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**Important info:** Do you have a “File of Life” on your refrigerator? A File of Life is an orange folder that holds a sheet of emergency information which includes contacts, medical conditions, allergies, medications and more. Emergency responders are trained to look for the orange folder. Take your “File of Life” with you when you go to the doctor. If you don’t have a “File of Life,” stop by the COA office in town hall to pick one up or call 978-371-2895! If you are home alone, have compromised health, or just want a wellness check or call in the event of a weather related disaster, please call the COA to acquire a Fire Dept “Special Needs Resident” form.

**Joanne’s Travelers**

**Niagara Falls** June 21-24, 2011 (Passport needed for this trip)  
**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.**



**Pass It Forward Day - Saturday, June 4, 10am to 3pm**

Carlisle will hold Pass It Forward Day at the Transfer Station on Lowell Street. Now in its ninth year, Pass It Forward Day is an annual donation drive to benefit local charities. Take new and gently used items that you no longer want to the Transfer Station, where representatives from the charities will gratefully receive them. Check out the Mosquito for requested items.

Thank you in advance for your generosity.



**Carlisle Country Gardens Tour & Plant Sale - June 10 & 11, 10am to 4pm**

On the tour there will be eight lovely and varied private gardens including stunning formal gardens, charming rustic gardens, enchanted woodland gardens, and one with beautiful water vistas. There is also a **Plant Sale** from the gardens of Carlisle Garden Club Members. Tickets in advance are for \$15 or \$20 the day of the tour. \$10 for seniors.

**Volunteers needed**, please contact Jane Williams at (978) 369-7601 for info.

**"SENIOR MOMENTS" @ Ferns Country Store - Mondays from 9:30am to ~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. FREE pastries are *provided compliments of the COA*. First come, first served!