

Carlisle Connection



November
2014
Serving
Carlisle's 60+
Community



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

66 Westford Street Carlisle, MA 01741

Message from the Director

COA Presents our New Long Range Plan

The Council on Aging Board and staff are proud to announce the release of our new Long Range Plan, the product of a year's hard work, research and contributions by many, in particular the members of our 'LRP' sub-committee under the inspired leadership of current board chair, Elizabeth (Liz) Thibeault. Committee members included last year's board chair, Abha Singhal, the prior year's board chair Liz Bishop, Melinda Lindquist, Mary Daigle, Jace Tilton, and document control help from many time over board chair, Verna Gilbert.

The Long Range Plan sets out goals and anticipated areas of focus for the COA in fiscal years 2015, 2016 and 2017. Chronologically, these include:

- FY'15 Transportation and Marketing & Communication
- FY'16 Nutrition and Space Needs
- FY'17 Tax relief and Housing Options

The document is meant to be a 'living' plan, which can and will be adjusted as things change or opportunities arise in these or other areas of need in Carlisle.

Copies of the Long Range Plan are available at the COA Office, the Gleason Public Library, or it may be viewed online at: http://www.carlislema.gov/Pages/CarlisleMA_COA/COA%20LRP-vg-v10.pdf.

We greatly appreciate your past feedback and beg your indulgence in asking for your opinions in any future surveys.

Yours, David

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COA November Focus - Concord Carlisle Community Chest



Won't you Join Us in Support of Our community?

The Concord-Carlisle Community Chest has announced the start of its 2014-15 Annual Campaign, during which it hopes to raise \$650,000 to support neighbors in need. The Campaign relies on the generosity of Concord and Carlisle residents to continue its commitment of *neighbors helping neighbors*. Appeal letters have been mailed to every Concord and Carlisle household, and the Chest hopes every resident will consider making a donation this year.

The Chest was founded 68 years ago by a dedicated group who felt that neighbors helping neighbors was just the right thing to do. Today, the Community Chest distributes more than \$500,000 each year to help residents from birth through their elder years by providing funding to more than 30 human services programs. The organization's mission is to strengthen our community by marshaling resources to help those in need. For more info. please visit www.cccommunitychest.org or call Karen or Christine at (978) 369-5250.

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

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Reuben Klickstein
Joan Rosazza Patti Russo



TRANSPORTATION

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

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. Seat beats must be worn & no one is allowed to walk around when vehicle is in motion.

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.

Donations/Fees*

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5. *Parking fees are the responsibility of the rider.

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.

Local grocery /Shopping trips



Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

Shuttle pick-up for the COA monthly lunch at FRS

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

TRIPS & More

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.



Glenview Grille & Pub Monday, November 3

Join us as we return to one of our favorite lunch spots, the Glenview Grille & Pub in Chelmsford. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, October 27.

Ken's NY Deli & Brick Oven Pizzeria



Monday, December 1



Join us as we travel to Ken's NY Deli & Pizzeria in Bedford. Van leaves VC at 10:45am, CC at 11am, returning around 2pm. Van fee \$2.00. Deadline to register is Monday, November 24.

Day Trips

Call Joanne Willens at (978) 371-8023 to register.
(Exact amount for van fee is appreciated.)



Merrimack Premium Outlets Monday, November 10



Get an early start on your holiday shopping and join us for a day trip to Merrimack Outlets. Van leaves VC at 9am, CC at 9:15am, returning between 3-4pm. Lunch on your own. Van fee \$5. Deadline to register is Monday, November 3.



Wegmans at Chestnut Hill Monday, November 17



We are off to a day of shopping at Wegmans in Chestnut Hill. Van leaves VC at 9:15am, CC at 9:30am, returning between 3-4pm. Lunch on your own. Van fee \$5. Deadline to register is Monday, November 10.



Hair Cuts on the Go!

Monday, November 17, Town Hall

Suzanne Hickey and Georgia Triantafilles provide haircuts to seniors for \$10.50. Appointment is 15 minutes. Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.

Carlisle Community Book Club Monday, November 10, 10:15am (Gleason Library, Hollis Room)



"The Last Juror"
by John Grisham



For info. contact Mary Zoll, (978) 369-5236.

FOOD COURT & Miscellaneous Activities



Chelmsford Crossing/ Minuteman Senior Services Lunch Wednesday, November 5, 12pm

FRS is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy a sausage cacciatore, butter egg noodles, steamed broccoli, dinner roll, dessert, chicken for the gluten free with baked potato. Register at (978) 371-2895 by noon on Thursday, October 30. **Following the lunch:** Come learn about Louisa May Alcott, famed local author of *Little Women*. Louisa and her family were active reformers especially regarding anti-slavery and women's rights. Hope Luder will be our guide. Hope is a history and anthropology teacher, and docent at the Alcott family Orchard House. Hope will tell us about how Louisa's ideas, including those on women, differed from the majority views of her time, and will answer your questions regarding the Alcott family.



Monthly Coffee Thursday, November 6, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court, 145 Church St. Coffee is hosted by Gio DiNicola & Patti Russo. Come, enjoy good food and meet old and new friends.

"SENIOR MOMENTS" at Monday, November 10 & 24, 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 senior attendees for coffee.



Men's Breakfast Thursday, November 13, 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, delicious, hearty breakfast prepared by a volunteer chef and helpers. Suggested donations: \$3 for Men's Breakfast.

Nashoba Valley Tech Lunch Tuesday, November 18, 11:45am



Choose from meals created with great care by the culinary arts students at Nashoba Valley Tech. Call the COA at (978) 371-2895 no later than noon, Thursday, November 13 at noon to register. Menu choices include Chicken Parmesan, Seafood Casserole or Vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** \$10 plus tip, payable at school.



COA Lunch Thursday, November 20, 11:45am



Join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers. Menu: turkey dinner with all the fixings, dessert and cold & hot drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Wednesday, November 12. Shuttle available, see page 2. **Following the lunch:** a special performance by members of the *Carlisle Middle School Choir*. The group is directed by Tara Callahan, our Carlisle School music teacher. Come enjoy the wonderful sounds of some of our talented Carlisle Public School students. Preference given to Carlisle Seniors; out-of-town on wait list until Wednesday, November, 12.



Large Print New York Times & Bestsellers



Squinting to keep up with the news? The New York Times Large Print Weekly is available to read at the Gleason Library, thanks to a donation from the Friends of the Carlisle Council on Aging. It offers a selected package of the week's news including articles, editorials and The New York Times crossword puzzle - the only newspaper in America in large type.

The Gleason's collection of large print books is also updated every month with new fiction and nonfiction bestsellers and award-winners, from David Baldacci to Elizabeth Strout. Recent additions include "Power Play" by Catherine Coulter, "Hard Choices" by Hillary Clinton, and "The Kraken Project" by Douglas Preston.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's 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.

Outreach with Angela

Stress, Depression & the Holidays: Tips for Coping

I know that for many of you the holidays can be a very difficult time, because of that I turned to my favorite source of health info. - Mayo Clinic. Let me summarize their input. To see their full article go to: <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress/art-20047544>.

1. **Acknowledge your feelings.** Don't try to force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you are feeling lonely or isolated, attend some of our COA events or join in other community events.
3. **Be realistic.** Things change so look for opportunities to enjoy the holidays; what you do to celebrate doesn't need to be the same as it was in the past.
4. **Set aside differences.** Now is the time to try to accept family & friends as they are. Maybe they are feeling stressed themselves!
5. **Stick to a budget.** Ensure you understand what you can afford before you purchase food or gifts. Consider making a gift, making a donation in someone's name or even starting a gift exchange.
6. **Plan ahead.** Set aside time for shopping, baking, visiting and other activities.
7. **Learn to say no.** Saying yes when you really shouldn't can leave you to feeling resentful & overwhelmed.
8. **Don't abandon healthy habits.** Overindulgence can lead to stress and guilt.
9. **Take a breather.** Find something that reduces stress by clearing your mind, slowing your breathing & restoring inner calm.
10. **Seek professional help if you need it.** Still having difficulties, talk with your doctor or a mental health professional. Whatever you do, take care of yourself and remember to exercise! Have a great holiday season, and most importantly think of one thing you are thankful for every night as you go to sleep!

Best, Angela



Community Events



Community Conversations

Tuesday, November 4, 1:30pm

Please join John Bakewell, arborist of Carlisle Arboriculture, at the Gleason Library for a conversation on pruning. Pruning is a crucial skill for gardening woody plants. Most plants evolved with herbivores and in the absence of their browsing simply become overgrown. Other plants have mature sizes that are too large for the space allotted. Strategic pruning can reduce the likelihood of major branch breakage from winter storms. John will guide the class through some basics on both tools and techniques and answer your questions.



Caregiver Support Group

Monday, November 10, 3:30pm

Grace Tilton, RN, LICSW, C-ASWCM, will facilitate this month's **FREE** Support Group at Gleason Library, Hollis Room. Grace has over forty years' experience in the health field, has worked in state home care, visiting nursing, & private nursing agencies as well as nursing homes. She is a past president of the New England Chapter of Professional Geriatric Care Managers. For more info., please call the COA at (978) 371-2895.



Music from the Cold War



Wednesday, November 5, 12, & 19, 1:30pm

(Gleason Library, Hollis Room)

The Friends of the Carlisle COA and the Gleason Library invite you to attend a three part lecture/discussion series on Music from the Cold War 1947-1991. Music educator and director Richard Travers will present the Music of the Cold War era looking at the facts, films and musicians of a dark period of American/Soviet relations. 11/5 - Part 1: the beginning of the Cold War, McCarthyism, Protest Music. 11/12 - Part 2: public understanding of the nuclear bomb and the rock music of the 1950s-1970s. 11/19 - Part 3: Reagan, Perestroika, and Glasnost, and the influence of Soviet classical music and perspectives at the end of the Cold War. The series is free. Please call the Library at (978) 369-4898 to register or if you have any questions. Sponsored by FOCCOA Lee Milliken Fund & the FOGPL.



Wreath Making



Wednesday, December 3, 2:30pm

The Carlisle Garden Club, the Council on Aging will host a holiday wreath making seminar from 2:30-3:30pm at St. Irene. Light refreshments will be served. Please call the COA at (978) 371-2895 to register no later than Friday, November 21 so that we can let the Garden Club know how many wreaths will be needed. This particular event is for Carlisle residents only please. Max 2 pp; 2nd nominal fee.

FOR YOUR HEALTH**EXERCISE CLASSES - Mind & Body**

Note: To sign up for the following programs, call the COA office at (978) 371-2895 (**minimum # required**), unless otherwise noted. Stop in and try a class/day for **FREE** (except yoga)!

MONDAYS**November 3, 10, 17, 24 @ FRS, Union Hall**

Intergenerational Tap - 1:30pm. For everyone 12 and older. Instructor: Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

TUESDAYS**November 4, 18, 25 @ St. Irene**

Zumba - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept.-Nov.).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (Sept.-Nov.).

Ballroom Dancing - 2pm. Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn.

WEDNESDAYS**November 5, 12, 19, 26 @ St. Irene**

Yoga - 9:30-10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Fee for Yoga classes: \$120 for 8 wks., \$40 for Carlisle seniors. Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

THURSDAYS**November 6, 13, 20**

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

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

FRIDAYS**November 7, 14, 21**

SAMA - 10:45am, Town Hall, Clark Room. (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** For more info contact osbkarate.com.

FREE Blood Pressure Clinics**Wednesday, November 5, 11:30pm****Chelmsford Crossing Lunch**

St. Irene, sponsored by COA Volunteer.

Thursday, November 6, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, November 13, 8am

Men's Breakfast Sleeper Room, sponsored by Home Instead.

Thursday, November 20, 11am

COA **Monthly Lunch**, FRS, sponsored by FOCCOA and Emerson Home Care.

Monday, November 24, 10am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic **Tuesday, November 4**

(Benfield, 2nd Fl., 575 South St.)

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

**Inside Walking @****Carlisle School Gym**

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open.

Knitting in Service Society

Thursday, November 20, 7:30pm

Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who knit hats and scarves to benefit those in need. New members are welcome. Feel free to knit at home. We knit for Boston's homeless through Common Cathedral. For meeting location, please contact Angela at the COA at (978) 371-2895. 

November 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Fall Back 	3 Restaurant Review: Glenview Grille & Pub VC 10:45am, CC 11am Tap - 1:30pm FRS	4 Podiatry Clinic by appt., Benfield, 2nd Fl. Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Community Conversation 1:30pm, Gleason Library: Pruning w/ John Bakewell Ballroom - 2pm St. Irene.	5 Yoga - 9:30am Chelmsford Crossing Lunch 12pm, BP 11:30am at FRS; <i>following lunch:</i> a talk on Louisa May Alcott Richard Travers - 1:30pm, Music from the Cold War - Part 1, Gleason Library	6 COA Coffee & BP - 9am Sleeper Rm. Outside Walking - 9:30am Center Park Fitness - 9:45am Cardio - 10:45am	7 Grocery Shopping - VC 9am SAMA - 10:45am	8
9	10 Merrimack Outlets - VC 9am, CC 9:15am Sr. Moments - 9:30am Ferns Book Club - 10:15am Gleason Library Tap - 1:30pm FRS Caregiver Support - 3:30pm, Gleason Lib.	11 COA Closed Veterans Day	12 Yoga - 9:30am Richard Travers - 1:30pm, Music from the Cold War - Part 2, Gleason Library	13 Men's Breakfast & BP - 8am Sleeper Rm. Outside Walking - 9:30am Center Park Fitness - 9:45am Cardio - 10:45am Intergenerational Structured Playgroup - 2pm St. Irene	14 Grocery Shopping - VC 9am SAMA - 10:45am	15
16	17 Hair Cuts on the Go! - by appt. Wegmans, Chestnut Hill - VC 9:15am, CC 9:30am Tap - 1:30pm FRS	18 Zumba - 10:45am St. Irene Nashoba Valley Tech Lunch - 11:45am Tai Chi - 12:30pm St. Irene Ballroom - 2pm St. Irene	19 Yoga - 9:30am Richard Travers - 1:30pm, Music from the Cold War - Part 3, Gleason Library	20 Outside Walking - 9:30am Center Park Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am BP 11am at FRS; <i>following lunch:</i> Carlisle Middle School Choir KISS Knitting - 7:30pm	21 Grocery Shopping - VC 9am SAMA - 10:45am	22 CCHS Dinner - 12pm 
23	24 Sr. Moments - 9:30am Ferns, BP 10am Tap - 1:30pm FRS	25 Zumba - 10:45am St. Irene Tai Chi - 12:30pm St. Irene Ballroom - 2pm St. Irene	26 Yoga - 9:30am	27 COA Closed  Happy Thanksgiving	28 COA Closed	29
30		NOTE: <i>Inside walking</i> - Mon.-Fri. 6:45-7:30am Carlisle Public School. See page 5 for more info.	NOTE: <i>Outside walking</i> - Thursdays, until 11/20. Meet at 9:30am, Center Park for a 2 hour walk.			



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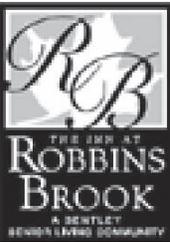
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Concord Carlisle High School Thanksgiving Dinner



Saturday, November 22, 12pm



Come enjoy a **FREE** lunch sponsored by the Junior Class of CCHS. You must sign up by calling the COA at (978) 371-2895 no later than noon on Thursday, November 13. Please arrive early so dinner can be served at noon. The van is available for a maximum of 13 people, first come, first served. When you register, please let us know if you need a ride. The van leaves Town Hall at 11:00am.

“Fall Back” Time Change



Sunday, November 2



It's that time again to adjust your clocks for Day Light Savings. Remember to set your clocks **back** one hour on Sunday, Nov. 2. At the same time you should change your batteries in your smoke and CO2 detectors. If you can't do this yourself and don't have a family member to help, call the COA at (978) 371-2895.



Intergenerational Structured Playgroup

Thursday, November 13, 2-3pm

St. Irene Church



First Connections & COA invite seniors for the second of three opportunities to meet up with families with children aged 2-5 for some fun and a chance to spend time with people of a different generation. We'll read stories, sing songs, and work on a craft activity--Thanksgiving placemats in November. Seniors are welcomed to bring grandchildren or other children in their lives. Seniors without grandchildren to accompany them are all encouraged to take part in this entertaining afternoon. Please call First Connections at (978) 287-0221 to register.

YOU DON'T HAVE TO BE
CRAZY TO HANG OUT WITH
ME... I'LL TRAIN YOU! 😊



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.