



# Carlisle Connection

March 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

The good news is that Spring is here...well almost, the vernal equinox actually begins at 7:02 am on March 20th. The word *equinox* is derived from the Latin words meaning "equal night." Days and nights are approximately equal everywhere and the Sun rises and sets due east and west.



But, before spring starts **Daylights Savings begins on March 10th. Remember to *SPRING FORWARD* by setting your clocks ahead one hour.** This is also a really good time to replace the batteries in your smoke detectors. If you need help give us a call at the COA. Spring is also a great time to get out of the house and get your body and mind moving. Consider signing up for a trip, taking one or more of our exercise programs or going to one of the Carlisle Community Conversation events over at the Gleason Public Library. Details for these events and more can be found in the following pages. You can even get free help with your tax returns through the Bedford COA (see p. 5). Don't forget to see if you're eligible for the Circuit Breaker tax credit!

*Best Wishes, David*

### COA Monthly Luncheon Thursday, March 21, 11:45am at FRS

Join us at the FRS for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of lasagna, salad and dessert. Please call the COA at (978) 371-2895 by noon Monday, March 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: "A Musical Journey Through The Years" by singer/entertainer Tommy Rull**

His show reaches across generations with classic and contemporary songs from Sinatra, Barry Manilow, Neil Diamond, David Foster and Cole Porter to mention just a few and many other very well known entertainers we have come to love through the years. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



### Concord-Carlisle High School St. Patrick's Day Lunch Saturday, March 16th at 12pm



This **FREE** event, hosted by CCHA Seniors (class of 2013), is for senior citizens of Concord and Carlisle. A traditional corned beef and cabbage dinner with dessert and coffee. Entertainment is provided. It is recommended that you arrive around 11:30am. Please call the COA at (978) 371-2895 by Thursday, March 7th to register for this event and request a ride on the van.

#### 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**

#### COA Board Officers

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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, van pickup at Village Court at 11:15, Congregational Church at 11:30. **As of April 1<sup>st</sup>** there will NO longer be a van pick up for the COA Lunch.



**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 cancelled. 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.

### Mangia Mangia Restaurant Review

Monday, March 11th



**Join us for a great meal!**

We are going to **Mangia Mangia** in Billerica for a delicious Italian lunch! They serve traditional Italian food such as homemade baked lasagna, scampi, spaghetti & meatballs, and parmigiana. You can also order a pizza, calzone, grilled Panini, subs, and salads. Call Joanne at (978) 371-8023 to register: deadline is March 4th. \$2 van fee. Leaves VC at 11:00 and CC at 11:10.

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

### Carlisle Mosquito Eaters

Wednesday, March 13,

7:00pm—8:30pm

Hollis Rm Gleason Library



Come learn about our local dragonflies and damselflies. Alan Ankers, board member of the Carlisle Conservation Foundation, will present a talk and slideshow.



### BOSTON FLOWER & GARDEN SHOW

Wednesday, March 13th

Spend your day enjoying the breathtaking beauty of hundreds of spectacular professional garden and floral designs. Lunch at a variety of food courts, explore the "garden market place" to browse or shop for plants, jewelry, floral items and more. To join in on the fun, please contact Sandy McIlhenny at (978) 369-9038. \$17 for seniors entrance fee. Checks should be made out to the Carlisle Council on Aging, mailed and received no later than March 5th to Sandy McIlhenny, 238 Monroe Hill Road, Carlisle, MA, 01741. \$2 van fee due the day of the trip. Leaves VC at 9:15am, CC at 9:30am. Return approximately 3 pm. Please include your phone number on your check.

### The Isabella Stewart Gardner Museum

**May 17th Trip - deadline for payment March 25th - 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. Surrounded by 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.



## **FOR YOUR HEALTH!**



### **Free Blood Pressure Clinics**

**Wednesday, March 6, 11:30 am FRS** at the lunch sponsored by *Chelmsford Crossing*.  
**Thursday, March 7, 9:00 am - Village Court** at the COA Coffee, sponsored by *Life Care Center of Nashoba Valley*.  
**Thursday, March 14, 8:00 am Sleeper Room** during the Men's Breakfast, sponsor: *Home Instead*.

**Thursday, March 21, 11 to 11:45 am FRS** at the COA Lunch, sponsored by *FCOA & Emerson Hospital Home Care*.  
**Monday, March 25, 9:45 am Ferns** during Senior Moments Coffee - sponsored by *Right at Home*.  
**Thursday, March 28, 9:00 am Sleeper Room** during Woman's Breakfast sponsor: *Home Instead*

### **The Bridge Group**

**Wednesday** mornings from 10:00am to 12:00 noon at the Sleeper Room, Village Court, 145 Church Street. March 6, 13, 20, and 27<sup>th</sup>. Contact Linda Lineback at (978) 369-8544 with any questions.

### **Podiatry Clinic**

**Tuesday, March 5**, 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".



## **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 March 7, 14, 21, 28 (Congregational Church) at 10:45am**

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40

### **FITNESS CLASS - Thursdays March 7, 14, 21, 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, bring hand weights. **Fee:** \$40

### **INTERGENERATIONAL TAP - Wednesdays March 6, 13, 20, 27 (FRS Union Hall) at 2:45 - 3:45pm**

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

**BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm** April 2, 9, 16, 23, 30 and May 7, 14, 21 and 28. 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- Tuesday March 5, 12, 19 and 26 at 3:00pm St Irene**

No registration, just show up!  
 A local senior is leading an informal group of **any age** in Tai Chi to give folks a chance to try it out and determine if they would like to continue. Wear loose fitting clothing and soft soled shoes.

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

Session I: March 4, 11. Session II: March 18 - May 13.  
**Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept. No class 4/15.*

### **SAMA EXERCISE CLASS - Fridays March 1, 8, 15, 22 at 10:45am Clark Room**

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.

**ZUMBA® - Tuesdays March 5, 12, 19, 26 (St. Irene) 10:45 - 11:30am** Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40

**Inside Walking at Carlisle Public School Gym 6:45 - 7:30 am.** 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.

### Carlisle Community Conversation

#### Federally-Approved Mortgage Foreclosure Counseling and Information on Mortgage Modifications March 27th, 1:30 Hollis Room, Carlisle Library

Speaker: Deborah Mullins, Director of the Home Preservation Center (HPC), Lowell.

Moderator: Elizabeth DeMille Barnet, Carlisle Housing Coordinator.

This program is for anyone interested in learning about no-cost federally-approved mortgage foreclosure counseling, the mortgage modification process and other options. The Lowell-based Home Preservation Center serves over 51 Mass. Communities, including Carlisle. According to the HPC: foreclosure can happen to anyone, regardless of socio-economic status, demographics or type of mortgage. Millions of people across the U.S. have trouble with their mortgages every year. The HPC is a federally funded counseling center, provides free counseling and other services to homeowners facing foreclosure. The center's primary goal is to keep people in their homes-preserving not only the individuals and families affected, but also strengthening the local and regional economy. If you or someone you know is worried about a mortgage, acting quickly is the best strategy to prevent the loss of the home.

#### Community Conservation Septic Loan Program March 5th 11am Hollis Room, Gleason Library

Linda Fantasia, lead; Elizabeth Barnett, co-presenter.

Linda Fantasia, Carlisle Health Agent, will talk about the Town of Carlisle Septic Loan Program. This is a low interest septic loan program administered by the Board of Health to help homeowners replace failed septic systems. The talk will describe who is eligible, how the program works and what it covers. Elizabeth Barnett, Carlisle Housing Coordinator, will also be available to talk about other home modification programs and housing resources available to Carlisle residents.



#### Free Tax Preparation Assistance at the Bedford Council on Aging

An AARP-certified volunteer tax consultant is available. Please bring last year's Federal and State returns, estimated taxes paid in 2012, totals of itemized deductions, property tax bill for possible use for the Circuit Breaker tax credit, and any other documents related to income. To make appointments, (1-1.5 hours), call the Bedford COA at (781) 275-6825. Appointments can be made through April 5th.

**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. Programs generally run to April 30 each year. Income guidelines also depend on family size. Please contact the Council on Aging for more information. **IMPORTANT NOTE:** The LIHEAP and Salvation Army Fuel Assistance programs are for all families; there is **no age restriction**.



#### Monday, March 4, 2013—Carlisle Community Book Club - 10:15am Hollis Room

We will be reading *The Book Thief* by Markus Zusak. A coming-of-age story about a girl in World War II Germany whose family hides a Jew in the basement, intended by the author to be young fiction. Plan to join us at the Hollis Room in the Carlisle Public Library. For more information contact Mary Zoll, (978) 369-5236.

#### March Chuckle

My neighbor was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up on his front lawn. He rushed to help the elderly lady driver out of the car and sat her down in a lawn chair. He said with excitement, "You appear quite elderly to be driving."  
 "Well, yes I am," she replied proudly. "I'll be 97 next month and I am now old enough that I don't even need a driver's license anymore. The last time I went to my doctor he examined me and asked if I had a driver's license." I told him, "Yes," and handed it to him. "He took scissors out of a drawer, cut the license into pieces, and threw them into the wastebasket, saying, 'You won't need this anymore.' SO, I thanked him and left!"

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee - Thursday, March 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 Liz Bishop and friend.

### **Men's Breakfast - Thursday, March 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 – March 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 of Right at Home & get BP check.

### **WOMAN'S BREAKFAST—THURSDAY, MARCH 28th at 9:00 am**

Come celebrate spring with another amazing breakfast 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 by Thursday, March 21 by noon to register. A **donation** of \$3 is requested. If you would like a ride, contact our Van Line at (978) 371-6690 at least two days before.

### **Chelmsford Crossing/Minuteman Sr Lunch - Wednesday, March 6 at Noon**

Come to FRS for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Corn beef and cabbage, boiled red bliss potatoes, carrots with turnips, rolls and dessert. Register at (978) 371-2895 by noon on Thursday, February 28th. **Suggested donation: \$3. Speaker Alan Carpenter, Esq.** **Do you have a current Health Care Proxy?** If not, or if your proxy document is out-of-date, this session is for you! A Health Care Proxy is a very important document, and one that is critical for you and your family. We all feel that filling in this document can be put off, but **it shouldn't be** since we never know when we will be in an accident or suddenly get sick. Come and learn what a Health Care Proxy is, why everyone of all ages should have one, and walk away with a document (either a Health Care Proxy or Five Wishes document) ready to be finalized with our designated proxy. This session is **FREE** (thanks to Attorney Carpenter's generosity).

### **Nashoba Valley Tech High School Luncheon - Tuesday, March 12 at 11:45am**

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

- Crab Cakes– delectable sweet crabmeat with just the right amount of spices cooked to perfection served with a roasted red pepper sauce.
- Roast Turkey– tender turkey with all the fixings
- 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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**THE BEST EXOTIC MARIGOLD HOTEL *Review by David Klein***

As described by IMDB.com, the set-up for Director John Madden's movie adaptation of Deborah Moggach's novel is that "British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways." Indeed, "slowly begins to charm in unexpected ways" is the key, for *The Best Exotic Marigold Hotel* is a movie that many mature adults seem to enjoy more than the critics at large. And, count me as among those that liked this movie. I'll call it a slightly age-biased four stars (out of five) as it includes one of my favorite all-time quotes, "Everything will be all right in the end...if it's not all right then it's not the end." The cast is a who's who of great British actors including Judi Dench and Maggie Smith, but it also includes Dev Patel as the overly optimistic Indian hotel owner. Some may remember Patel as the young lead actor from the Oscar winning hit *Slumdog Millionaire* of a few years ago. If you missed it in the theaters, *The Best Exotic Marigold Hotel*, while not brilliant, makes a very enjoyable rental.

**Healthy Community: Learn about Staying Sharp, Tick-Borne Illness, Rheumatology, and More**

Please call the Library at (978) 369-4898 to register for the following **FREE** programs.

**Staying Sharp with Rebecca, Wednesday, April 10, at 7 pm Hollis Rm.** Rebecca Shafir, an author, speech pathologist and neurotherapist, will discuss topics on ways to prevent Alzheimer's and dementias, your brain on exercise, boost working memory, how stress affects thinking and how to manage it, and drug-free ways to improve concentration. Sponsors: Friends of the Carlisle Council on Aging and the Friends of the Gleason Public Library.

**Rheumatology and More, Wednesday, April 17, 1:30pm at the Gleason Public Library Hollis Room.** Understand the signs and symptoms of Rheumatoid Arthritis, Osteoarthritis, Gout. Attend an informational session with Dr. Alan Marks. Dr. Marks practices rheumatology and internal medicine and is a board-certified physician with over thirty years of experience.

**Lyme Disease and Other Tick-Borne Illnesses, Wednesday, April 24, 7 pm, FRS (Union Hall).** Board of Health, Council on Aging, and Gleason Public Library will co-sponsor a presentation featuring Dr. Sam Telford, who is a leading researcher on tick-borne diseases. This project is funded through the Northwest Suburban health Alliance/CHNA 15 DON funds from Lahey Clinic.