



# Carlisle Connection

September 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** - Greetings, I hope that everyone's been having a great summer. Welcome to our 'back to school' issue. As with teachers launching into the new school year, we're excited to kick off the fall with a myriad of culinary, cultural, health & travel activities and events including:

- Day trips throughout the fall: Join us for lunch trips to Grassfields, Bamboo and the Newport Dinner Train, or to see a play at the Stoneham Theater or the Newport Playhouse. Call our Travel Coordinator, Joanne Willens as soon as possible to reserve your spot. Check out the details on page three.
- Exercise for your body & your mind: Join our Bridge Group or register for one of the great lectures occurring at the Library, Town Hall or St. Irene. Some classes, such as Tai Chi, Ballroom Dancing, the lecture series on Immigration and Home Oxygen Safety, or the Poetry Group are even free.
- Health Clinics: Take advantage of Dermatology Screenings on Sept 13th, a Flu Clinic on October 18th and Hearing Evaluations on October 22nd. Read inside and on the back page for further information.
- Senior Housing at Benfield Farms - If you know someone that's interested in a one or two bedroom apartment, please let them know that applications for the Benfield Farms lottery drawing are due by noon on September 9th. For more information, see page five. *Best Wishes, David*

## COA Annual Town Employee Appreciation Luncheon – Thursday, Sept 19, 11:45 am

Please join us at FRS to thank our town employees, and enjoy the company of your senior friends and neighbors. This lunch is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: cold cut and cheese platters, breads, condiments, desserts, and cold drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on September 16. **For your entertainment:** Enjoy the music of our own Santo Pullara and Ray Taylor who will serenade us with a variety of sounds that are sure to bring a smile to your face. Shuttle available, see page 3.



## Caregiver Support Group - Hollis Room of the Gleason Public Library

Monday, September 9, 3-5 pm; Wednesday, October 9, 3:30-5 pm

Wednesday, November 13, 3-5pm; Monday, December 9, 3-5pm



Anne Marie Rowse, BS, LNHA, CMC principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care. Anne Marie volunteered to facilitate a **free** Caregiver Support Group for those caring for aging loved ones experiencing medical challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's dementia or related conditions, as well current information for family members or elders themselves looking for health care information. She will provide information with life's transitions: requiring more support, understanding the medical maze, living with Alzheimer's and options. For more information contact Anne Marie at [amarowse@charter.net](mailto:amarowse@charter.net).

### 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

**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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# SEPTEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 COA CLOSED LABOR DAY 	3 Podiatry Clinic -call for appointment Sleeper Room at VC Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	4 Chelmsford Crossing Lunch Congregational Church-12 noon, BP 11:30am, followed by Satin Wellness training	5 COA Coffee & BP 9am Sleeper Room Fitness - 9:45am Cardio - 10:45am	6 Grocery Shopping- VC 9am SAMA- 10:45am	7
8	9 Yoga - 9:30am Sr. Moments-at Ferns 9:30am Book Club-10:15am Hollis Rm Library Caregivers Support Group 3pm-5pm, Hollis Rm Library <b>Benfield Applications due at 12noon to Peabody Properties</b>	10 Zumba-10:45am St Irene Bridge group-1:00pm Sleeper Room at VC Tai Chi-3:00pm St Irene	11 US PATRIOT DAY!	12 Men's breakfast & BP 8am Sleeper Room Fitness - 9:45am, Cardio - 10:45am	13 Grocery Shopping- VC 9am SAMA - 10:45am Dermatology clinic call for appointment-St Irene	14
15	16 Yoga - 9:30am Hair on the Go 9:30am Town Hall Restaurant Review- Grassfields, VC10:40am, CC10:50am	17 Zumba-10:45am St Irene Nashoba Valley Tech lunch, 11:45am Bridge group-1:00pm Sleeper Room at VC Tai Chi-3:00pm St Irene	18 <b>Benfield Application Lottery 1pm</b>	19 Fitness - 9:45am Cardio - 10:45am COA Employee Appreciation Lunch - 11:45am FRS followed by Music with Santo & Ray, BP 11-11:45 am KISS knit- 7:30pm	20 Grocery Shopping -VC 9am SAMA- 10:45am	21
22	23 Sr. Moments & BP at Ferns 9:30am Yoga - 9:30am	24 Sandwich trip, VC 9:00am, CC 9:15am Zumba-10:45am St Irene Bridge group-1:00pm Sleeper Room at VC Tai Chi-3:00pm St Irene	25 Immigration Series, 1:30pm Gleason Library Hollis Rm	26 Fitness - 9:45am Cardio - 10:45am	27 Grocery Shopping- VC 9am SAMA- 10:45am	28
29	30 Yoga - 9:30am		NOTE: inside walking-M-F 6:45-7:30am Carlisle	Intergenerational Tap-date and time to be determined		



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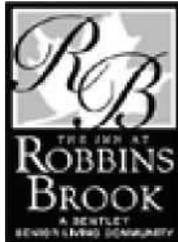
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**TRANSPORTATION / TRIPS**



COA Van Dreams



**Do you have errands, need to go to the DMV, medical appointments or shopping?**

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

**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 the monthly lunches**– Monthly lunches return to FRS in September. Village Court pickup at 11:15 and 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**



Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to the new Market Basket in Westford. Call the van line to make reservations (978) 371-6690. Van leaves VC at 9:00am.

**Grassfields in Andover**

**Restaurant Review**

**Monday, September 16**



Join us as we return to Grassfields Restaurant in Andover. Call Joanne Willens to register (978) 371-8023. Deadline for registration is September 10. \$2 van fee. Leave VC at 10:40am, CC at 10:50am. Return around 2 pm.

**Heritage Museums, Gardens &**

**Sandwich Village**



**Sandwich, MA, Tuesday, September 24**

We will visit the Heritage Museums, Gardens and the Village of Sandwich. Enjoy lunch on your own at one of the many pubs or restaurants. Call Joanne Willens at (978) 371-8023 to register. Deadline is September 18. \$5 van fee. Leave VC at 9:00am and CC at 9:15am, return around 4pm.

**Bamboo Lunch Review, Monday, October 21**

Join us as we return to Bamboo Restaurant in Westford for a delicious Asian meal and good company. Call Joanne Willens at (978) 371-8023 to register. Deadline is October 15. \$2 van fee. Leave VC at 11:10am, CC at 11:15am, return around 2pm.

**Newport Dinner Train, Thursday, October 24**

Join us for a 2 ½ hour scenic ride on the Newport Dinner Train – The choices for the lunch menu are: Baby Back Ribs, Chicken Forestiere, Filet of Sole. For a description of the meals please go to [www.newportdinnertrain.com](http://www.newportdinnertrain.com). Price is \$44.88 per person and includes meals, tax & gratuity. Register by October 10 with meal selection. Send check made out to Carlisle COA to Joanne Willens (978) 371-8023 at 145 Church Street unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am, CC at 9:00am. Returns around 4:00pm.

**Stoneham Theater “Jekyll & Hyde”-**

**Wednesday, November 6**

Ticket price \$15.00. Deadline to register is Sept. 30 with check made out to Carlisle COA. Call Joanne Willens at (978) 371-8023 to register. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

**Newport Playhouse – Lunch & Play “The Perfect Wedding” Wednesday, November 13**

Ticket price \$46.00. Deadline to register is Sept. 9 with check made out to Carlisle COA. Send to Joanne Willens (978) 371-8023, 145 Church Street Unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

**Merrimack Outlets in NH, Tuesday, November 19**

Tuesday is “Senior Day” & No tax! Lunch on your own. Deadline for registration Nov. 11. Call Joanne Willens to register (978) 371-8023. \$5 van fee. Leave VC at 9:00am & CC at 9:15am.

**Newport Playhouse – Lunch & Play**

**“Angel on My Shoulder” Wednesday, December 11**

Ticket price \$46.00. Deadline to register is Sept. 9 with check made out to Carlisle COA. Send to Joanne Willens (978) 371-8023, 145 Church Street Unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.



## FOR YOUR HEALTH!



### Free Blood Pressure Clinics

**Wednesday, Sept 4, 11:30am** Congregational Church, sponsored by Chelmsford Crossing

**Thursday, Sept 5, 9am** Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley.

**Thursday, Sept 12, 8am, Sleeper Room, Mens Breakfast**, sponsored by Home Instead.

**Thursday, Sept 19, 11:45am**, COA monthly lunch, FRS, sponsored by FCOA and Emerson Home Care.

**Monday, September 23, 9:30am, Ferns, Senior Moments**, sponsored by Right at Home.

### Podiatry Clinic

**Tuesday, September 3rd, 9am**, 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 following programs, please call the COA office at (978) 371-2895.*

**Minimum attendance is required for new sessions of all 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.

#### FITNESS CLASS - Thursdays September 5, 12, 19, 26 (Clark Rm 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

#### CARDIO-BOOST CLASS - Thursdays September 5, 12, 19, 26 (Congregational Church) at 10:45am

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

#### ZUMBA- Tuesday September 3, 10, 17, 24 (St Irene) at 10:45-11:30am

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

#### INTERGENERATIONAL Tap- (FRS Union Hall) Please note that the dates and time for this class is under review.

For everyone 12 and older. A minimum of 7 attendees required to hold this class. **Call the COA if you are interested!** Taught by Katrina Rotondi. **Fee:** \$40.00

**TAI CHI- Tuesday September 3, 10, 17, 24 at St Irene, 3:00pm** No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program!

#### YOGA - Mondays (St. Irene) Session 1 September 9, 16, 23, 30 October 7, 21, 28 Session 2 Nov 4-Dec 30 (no classes 11/11,12/23) from 9:30 - 10:30am

**Fee:** \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

**SAMA EXERCISE CLASS - Fridays September 6, 13, 20, 27 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. 50 and older are welcome. \$100/10wks.

**BALLROOM DANCING - Tuesdays (St Irene Church) - at 2pm starting on October 1** 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.

**Inside Walking at Carlisle Public School Gym 6:45-7:30am.** Bring a friend, get healthy, and enjoy walking around the school gym. The gym is not available on days when there is no school.

#### Bridge Group - Tuesdays from 1 - 3pm Starting September 10

Sleeper Room, Village Court, 145 Church Street



A friendly game with friendly players. We always welcome new people! For more information please call Gwen Charter at (978) 369-0325 or Lin Lineback at (978) 369-8544.



**Immigration Series with Jason Giannetti, Esq.**  
**Wednesdays, September 25, October 2, and October 9, 1:30 p.m.**  
**Gleason Public Library third-floor Hollis Room**

Jason Giannetti returns to Carlisle for a three-part series on immigration law in the United States, past, present, and future. Immigration to the US is a hot-button issue in the news and political discourse. Navigating the legal labyrinth involved with immigrating here is crucial to the approximately two million people who come to the United States each year to live and work. This series of lectures aims at providing an understanding of the politics and mechanics of our immigration policy and law.

**September 25**, Professor Giannetti will present a Historical Overview of U.S. Immigration Law and Policy, from the 19<sup>th</sup>-century days of migrations driven by famine, revolution, and gold, to the 20<sup>th</sup>-century origins of a quota system. **October 2's** topic is Navigating the Labyrinth of the Current Immigration System. And on **October 9**, Professor Giannetti will discuss Proposed Changes to US Immigration Law and its Opposition, including both political and practical hurdles and the potential consequences.

Attorney Jason Giannetti has a JD degree from Boston College, a Masters of Theological Studies from Harvard Divinity School and a Masters of Near Eastern and Judaic Studies from Brandeis University. He has practiced immigration law for more than a decade and has taught at private and public colleges and universities in Massachusetts since 2001.

Please call (978) 369-4898 to reserve your spot for these free lectures, offered in partnership with Sage Educational Services, and sponsored by the Friends of the Carlisle Council on Aging's Lee Milliken Fund, and the Friends of Gleason Public Library.

**Community Conversations at Gleason Public Library 1:30-2:30pm**

**Perkins Braille and Talking Book Library**



**Gayle Yarnall, Adaptive Technology Specialist**  
**Tuesday, October 1**

The Perkins Braille and Talking book Library provides audio and large print books as well as access to over 200 newspapers over the phone and audio described DVDs containing movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost. All this in a format that is accessible **to anyone who can't read print or hold a book**. Gayle Yarnall is totally blind and has been a Talking Book Library patron for almost 50 years.



**Using Medical Home Oxygen Safely**  
**Linda Fantasia, Agent, Carlisle Board of Health and U.Mass Medical School Interns, Tuesday, October 15**

Medical Home Oxygen Use is a growing phenomenon in the senior population. Long term oxygen use is an important medical therapy but carries with it risks that you may not be aware of. The Carlisle Board of Health has invited a group of second year graduate nursing and medical students from the U. of Mass Medical School to increase awareness about the safe use of medical oxygen in the community. The students are interested in your experiences and knowledge and will provide safety tips that you may not be aware of. **Safe use of home oxygen is essential for the well-being of patients, families, firefighters/EMT's and home health workers.**

**Poetry Group - Town Hall 10am - 12pm**

Starting this October, join us on the first Tuesday of each month and experience the joys of poetry. We'll read evocative and accessible poems, share our reactions, and do some reflective writing. You will enjoy lively and thought-provoking discussions and the pleasurable company of like-minded friends. You don't need to be a poet to participate. Enrollment is limited. Call the COA to register (978) 371-2895.

**Benfield Farms Senior (62+) Housing**

Affordable 1 & 2 bedroom apartment homes offer a lifestyle of comfort and convenience and are located just 2 miles from the center of Carlisle. Applications available online at **benfieldfarmsapts.com**; by phone (978) 369-2400; or pickup from Carlisle Town Hall & COA office or Gleason Public Library. **Applications due by NOON September 9. Lottery drawing September 18 1:00pm at Carlisle Town Hall.**

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee**

**Thursday, September 5 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 and Peggy Hilton.

### **"SENIOR MOMENTS" at Ferns**

**September 9th & 23th**

**from 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 attendees for coffee. First come, first serve!

### **Men's Breakfast - Thursday, September 12 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. **Suggest donations: \$3.**



### **Chelmsford Crossing/Minuteman Sr Lunch**

**Wednesday, September 4 at 12noon**

Come to Congregational Church for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. A delicious lunch of cranberry sage stuffed chicken breast, mashed potatoes, butternut squash, gravy, dinner roll and pumpkin pie. Register at (978) 371-2895 by noon on Thursday, August 29. **Suggested donation:\$3.**

#### **Following the lunch: For Your Health Program.**

Steve Satin, Carlisle resident and President of Satin Wellness In-Home personal Training since 1991, will present a program of simple exercises you can do in your home that can help increase your strength and help maintain/build strong bones and joints. This program will also include safe and effective exercises if you have heart disease or diabetes. Whether you are physically fit, have an injury or health challenge, these exercises can be done by anyone. Come have fun with Steve!

### **Nashoba Valley Tech High School**

**Luncheon Tuesday,**

**September 17 11:45am**

Call the COA by Thursday, September 12 at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Sirloin Kebob with peppers, onions, mushrooms and brown sauce
- Baked Scallops: Fresh scallops served en casserole with a light crumb stuffing and lemon sauce.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

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

### **Carlisle Community Book Club**



**Monday, September 9,**

**10:15am Hollis Room**

The Bonesetter's Daughter, by Amy Tan  
For information contact Mary Zoll, (978) 369-5236.

### **September Chuckle**



One recent Saturday morning my daughter told her 7-year old that they were going to a place called the "Wrentham Mall" to get her new summer clothes. After a moment's hesitation, my granddaughter replied: "So we rent clothes and then we have to bring them back?"

*Submitted by Marcia Culhane to the Boston Globe's Tales from the City section.*



### **Hair on the Go!**

**Monday, September 16**

Unisex Haircuts by Suzanne Hickey & Georgia Triantafilles (formally of Quick Cuts in Acton) at Town Hall 9:30-11am. Senior cuts \$10.50. Call COA (978) 371-2895 to book your appointment.

**\*\*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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## Save the Dates!



**Friday, October 18**

### **Flu Clinic-10am-12pm Town Hall**

Sponsored by the Carlisle Board of Health and support by the Carlisle COA. This clinic will provide this year's influenza vaccine to Seniors 65 and older. Nurses are provided by Emerson Home Care. No appointment is needed. **BRING YOUR MEDICARE CARD!** If you need a ride, call the COA van line (978) 371-6690. Homebound seniors, call (978) 371-2895 to arrange a home visit.

**Tuesday, October 22**  
**Hearing Evaluations**



Mass Audiology will be at Carlisle's Town Hall to provide free hearing evaluations. A hearing professional will check your ear canal and screen for hearing loss with an audiometer. Residents who have hearing aids can have them checked and batteries replaced. Call the COA at (978) 371-2895 by Tuesday, October 15 to schedule an appointment.



**Dermatology Screening**  
**Friday, September 13 9-11am**

**NEW: Free Cancer Screening!**

Call the COA (978) 371-2895 to set up a 10 minute appointment for a **FREE confidential** Dermatology screening at individual rooms at St. Irene Hall. Dr. Christy Williams of Adult & Pediatric Dermatology, PC will be conducting the free screenings. AP Dermatology has offices in Concord, Westford, Marlboro, and Ayer, MA as well as Wolfeboro, NH.

### **IMPORTANT: MEDICARE OPEN** **ENROLLMENT DATES!**

Medicare open enrollment starts on October 15 and ends on December 7. The SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer questions at the ***Sleeper Room at Village Court*** on **Thursday, October 24 at 10 am. Please RSVP to the Carlisle COA by calling (978) 371- 2895 by Thursday, October 17 by noon.** SHINE (Serving the Health Insurance Needs of Everyone) provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services helps seniors and people with disabilities live in the setting of their choice. For more information, call toll-free (888) 222 -6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).