



# Senior Connection

Carlisle Council On Aging Serving Carlisle's Senior Community

66 Westford Street, Carlisle, MA 01741

March 2011



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

### From the Director's Desk...

*I was reading recently that "Gratitude practiced daily will strengthen your immune system and help you approach life with greater optimism." Taking just five minutes a day to think about or jot down what you are thankful for can make you healthier. What am I grateful for? The sound of melting snow dripping outside my window! I am grateful for the way my husband still likes me after all these years (22 and counting). And I am grateful for each chance I have to help others in my work at the COA... Did I mention chocolate? I am definitely grateful for chocolate! Warmly, Debi*

### COA Monthly Luncheon - Thursday, March 17

(St. Patrick's Day!) at 11:45am



We feel so LUCKY to have our volunteers serving the March COA luncheon at Union Hall, FRS! We will be serving Shepherd's Pie and roasted vegetables, dessert, cold drinks, coffee and tea.

**Suggested Donation** is \$3. For reservations, call the COA office at (978) 371-2895 by noon on Monday, March 14. For transportation, call the van line at (978) 371-6690.

### After the March COA Luncheon...

**"The Art of Identification" with author, David Sibley**

David Sibley has been watching and drawing the natural world since the age of 7. This interest has led him to travel extensively throughout North America, studying and painting birds and trees. Twenty years of intensive bird study culminated in the publication of *The Sibley Guide to Birds* in 2000, which became the fastest-selling bird guide ever. This was followed by several other books about birds, and in 2009, after eight more years of work, the comprehensive *Sibley Guide to Trees* was published. Beginning with early childhood drawings of birds through his most recent full-color field guide illustrations of trees, he will talk about his drawings as tools to encourage observation and help in identification. That process of discovery and understanding, and a connection to the natural world, is the ultimate goal of Sibley's work. David has generously agreed to sign your books after the program. A representative of the Mass Audubon Shop will have books for sale at a special event price from 11:15am to 12 noon, and after the program. Additionally, you are welcome to bring your own books for signing.

**Please NOTE:** Carlisle residents given priority for lunch from Feb 21 to March 7; after that all others are welcome to sign up (up to allowable 80 for lunch). Lecture Registration alone will be taken from Feb 21 to March 14 up to the available seats (about 100 in total).

\*\*\* COA events are cancelled if the school is closed! When in doubt, check our voicemail. \*\*\*

(978) 371-2895

<p><b><u>CARLISLE COA OFFICE HOURS</u></b></p> <p><b>Monday - Friday</b> <b>9:00am - 3:00pm</b></p> <p><b>(978) 371-2895 Office</b></p>	<p><b><u>COA Staff</u></b></p> <p>Debi Siriani Director dsiriani@carlisle.mec.edu (978)371-6693</p> <p>Angela M. Smith Outreach Coordinator asmith@carlisle.mec.edu (978)371-2895</p> <p>Carol Killpartrick Transportation Coord. (978)371-6690</p> <p>Donna Perkins Newsletter Format</p> <p>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 Phyllis Goff Sandy McIlhenny Jean Sain Verna Gilbert Elizabeth Acquaviva</p> <p><b><u>Associate Members</u></b></p> <p>Joanne Willens Tom Dunkers Natalie Ives Nadine Bishop</p>
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**RESERVED FOR  
SENIOR CITIZEN PUBLISHING**

**MARCH 2011**

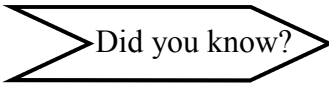
SUN	MON	TUE	WED	THU	FRI	SAT
	Inside Walking Grp - 6:45a M - F	<b>1</b> Podiatry Clinic Fitness - 9:45a	<b>2</b> Intgl Poetry - 9:30a Fun & Games - 10a	<b>3</b> Coffee - 9 with B/P 9:15a - 10a Fitness - 9:45a Cardio - 10:45a Robbins Brook Lunch - noon @ St. Irene "Going Green"-12:45p	<b>4</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	<b>5</b>
<b>6</b>	<b>7</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a Poetry for seniors - 10a	<b>8</b> Fitness - 9:45a Bridge - 10a Nashoba Tech Lunch - 11:45a	<b>9</b> Intgl Poetry - 9:30a Book Club - 10a Fun & Games - 10a Cultural Series - 1:30p "Smithsonian"	<b>10</b> Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a	<b>11</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	<b>12</b>
<b>13</b>	<b>14</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a	<b>15</b> Fitness - 9:45a Bridge - 10a COA Brd Mtg - 10:35a	<b>16</b> Intgl Poetry - 9:30a Fun & Games - 10a Cultural Series - 1:30p "Cosmology"	<b>17</b> Fitness - 9:45a Cardio - 10:45a B/P - 11 - 11:45a COA Lunch - 11:45a "Art of ID" - 12:45p Aching Joints - 7p	<b>18</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a CCC - 11a	<b>19</b>
<b>20</b>	<b>21</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a Aprile's Restaurant - 11a Rheumatology - 3p	<b>22</b> Fitness - 9:45a Bridge - 10a	<b>23</b> Intgl Poetry - 9:30a Fun & Games - 10a	<b>24</b> Fitness - 9:45a Cardio - 10:45a	<b>25</b> Van Errands / Local Grocery Shopping - 9a Line Dancing - 9:30a	<b>26</b>
<b>27</b>	<b>28</b> Inside Walking Grp - 6:45a M - F Yoga - 9a or 10:15a	<b>29</b> Fitness - 9:45a Bridge - 10a	<b>30</b> Intgl Poetry - 9:30a Fun & Games - 10a Russian Icon Museum - 10:30a	<b>31</b> Fitness - 9:45a 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**



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 "DAY TRIPS" in this section, please 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 below.

### **Restaurant Review Group - Monday, March 21 at Aprile's European Restaurant**

"For over 80 years, the European Restaurant was an institution in Boston's North End. Now Eddie Aprile has brought back the recipes and the spirit of the European to North Chelmsford. Located in a historic brick millhouse, Aprile's European Restaurant combines a comfortable, yet elegant, atmosphere with authentic Italian cuisine." 11:00am pick up at Village Court / 11:15am at Congregational Church. \$2 van fee is due day of trip. Call Joanne Willens to register no later than noon on March 11 at (978) 371-8023.

### **Russian Icon Museum Trip, Clinton, Ma./Lunch at Old Timer Restaurant - March 30**

You'll experience rare icons named after the legendary icon painter and monk, Andrey Rublev. This is a renowned gallery of early Orthodox art. A tour is planned for 1pm. The museum is free, but donations are appreciated. At 11:30am we will lunch at the World Famous Old Timer Restaurant. This place has been the landmark restaurant for 4 generations of Clintonians. Every politician, sports star and celebrity who has visited Clinton since 1929 has been to the Old Timer! We leave the Congregational Church at 10:30am. Van fee is \$5 cash due on day of the trip. Call Sandy McIlhenny, (978) 621-0611 for reservations by March 15.

## 2011 HEALTH LECTURE SERIES

*Sponsored by the Friends of the COA and the Friends of the Gleason Public Library.....  
(Lectures are in the Hollis Room , Gleason Public Library, call the Library to register (978) 369-4898)*

**Thursday, March 17 at 7pm – Oh, Your Aching Joints; Hip & Knee Arthritis and Modern Joint Replacement - Dr. Dean Howard** Dr. Howard is a board certified Orthopedic Surgeon who practices at Concord Orthopedics and is affiliated with Emerson Hospital. He has over twenty years of experience, and will discuss: who is a candidate for hip and knee replacement surgery, when the right time to have the surgery is, what is involved with this type of procedure, and what you can expect after the procedure.

**Monday, March 21 at 3pm – Dr. Alan Marks - Rheumatology and more.** Would you like to understand the signs and symptoms of Rheumatoid Arthritis, Osteoarthritis, and Gout? If so, please join Dr. Alan Marks, who practices rheumatology and internal medicine in Concord, Ayer and Leominster Massachusetts. Dr. Marks is board certified physician with over thirty years of experience. Dr. Marks will provide information and answer your questions.

**Thursday, April 7 at 7pm – Kathleen Laferriere RN, BSN, CCRN – Heart Health** – Kathleen Laferriere is a Cardiac Health Educator for Lowell General and has been working as a nurse for over twenty years and specialized in Cardiac medicine for the last eleven years. Kathleen will review what heart disease is and how we can get it; she will provide information on heart attacks, angina and heart failure. Understand who is at risk of heart disease and the affects of high blood pressure, diabetes, and high cholesterol. Learn how to prevent and treat heart attacks.

**Thursday April 28, 2011 at 7pm - Mind and Body: Carole Legro, MA, RNC** is a mind body educator and psychotherapist with over 35 years experience in Integrative Medicines' healing arts. Carole serves as an adjunct faculty for the Center for Mindfulness research studies at UMASS Medical Center and Harvard/Mass General Hospitals' Mindfulness Study Programs. She will discuss how Mind Body practices positively affect health, immunity and disease.

*The COA greatly depends on the supplemental support of the Friends to fund health clinics, fuel assistance, food certificates, medical equipment, exercise programs, day trips, the Lecture Series at the library and so much more . The COA and all we serve appreciate their unending efforts to enhance and supplement so many "critical needs" services each year.*

## FOR YOUR HEALTH!

We have several exercise classes available. Here is a list of classes. The dates and times for these classes are located on the calendar on page 2. Fitness, Cardio, and Line Dancing sessions run from Mar-May, but anyone can join at any time. Yoga sessions are Mar 7-April 25 and May 2 –June 27. Inside walking group is free, cardio, line dancing and fitness are \$40/session (fitness 2 days/wk/\$60). Because of the generosity of the Friends, Yoga is \$35 (Mar-April) and \$40 (May-Jun). Please call the COA office for more information.

**FITNESS CLASS**

**YOGA CLASSES**

**CARDIO BOOST**

**LINE DANCING**

**INSIDE WALKING GROUP**

**FREE BLOOD PRESSURE CLINICS** – Thursday, **Mar. 3** at 9:15–10:00am at the Monthly Coffee in the Sleeper Room. *Sponsored by Life Care Center of Nashoba Valley.*  
Thursday, **Mar. 10** from 8-9am in the Sleeper Room. *Sponsored by Home Instead Senior Care of Chelmsford.* Thursday, **Mar. 17** from 11-11:45am before the Monthly Luncheon at FRS Union Hall. *Sponsored by FCOA & Emerson Hospital Home Care.*



**PODIATRY CLINIC:** Tuesday, March 1. 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.



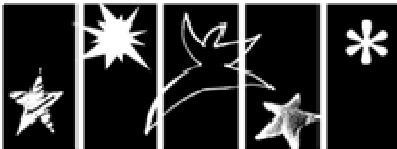
Actor Richard Clark performs:

**Life, Language and the Pursuit of Happiness-Ernest Hemingway Alive!**  
**by B. L. Walker and Richard Clark April 1<sup>st</sup> at St. Irene 12:30-2:15pm**

This is the story of a remarkable life, a rough-and tumble journey into the soul of one of the twentieth century's greatest literary figures. The New York Times heralded him as the "greatest writer since Shakespeare". His passion carried him to the pinnacle of his profession and his life ended in a tragic final act that seemed his destiny from the start. *Light refreshments served.*

Call the COA (978) 371-2895 to register by March 28.

*~I know now that there is no one thing that is true - it is all true~ [Ernest Hemingway](#)*



Massachusetts Cultural Council

This program is supported by a grant from the Carlisle Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

**FUN AND GAMES-Wednesdays 10am-12pm at the Sleeper Room**

Love playing games? Stop by the Sleeper Room on Wednesdays from 10am-12pm for an informal game of Scrabble, Uno, Yahtzee, or a game YOU bring! Light refreshments served.

**Intergenerational Poetry Group at Concord Carlisle High School**

Join CCHS English department chair, Dr. Loprete; poetry specialist, Patti Russo; and a small class of sophomore students to explore intergenerational themes in poetry. Don't miss this chance to connect with a local teenager and get a taste of high school life. No preparation is required, and you don't need to be a poet to participate. Just come and enjoy this creative and enriching experience!

Program dates are **Wednesdays, March 2, 9, 16, 23, 30, April 6 from 9:30 to 10:30.**

The COA van will take you to and from the high school, leaving from the Carlisle Town Hall.

**\*\*This program is funded by a Concord/Carlisle Community Chest Grant**

**Monthly Poetry for Seniors** to meet on the first Monday of the month from 10am to noon (2 hours) at the town hall. Free. Drop in!

**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 2009, 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 an appointment (1-1.5 hours), call the Bedford COA at (781) 275-6825. Appointments can be made thru the end of March.**

**Book Club:** Next meeting, Wednesday, March 9 at 10am. Hosted by Florence Newman at 555 Autumn Lane. For more info, call Mary Zoll at (978) 369-5236 or Seba Gaines (978) 369-4618. *This month's book: Crossbone* by Kathy Reichs.

**Bridge Group:** Meets most Tuesday mornings from 10am-noon at the Sleeper Room. All are welcome! If you have any questions contact Dot Milne at (978) 369-1834 or Gwen Charter at (978) 369-0325.



## **FOOD COURT**

### **Robbins Brook/ Minuteman Senior Services Luncheon - Thursday, March 3 at noon at St. Irene (Register by Feb. 28)**

Hosted by the lovely volunteers at St. Irene Church, this month's delicious menu will include meat or vegetable lasagna with salad, appropriate sides, and dessert! **Suggested Donation \$3.** Please call Angela at (978) 371-2895 by Monday, February 28 at noon to register. **Next month's lunch – April 6 at FRS**

*And following the luncheon...*

**Going Green at Home and Work - March 3, at 12:45pm** Paula Fleming, V.P. of Communications and Marketing for the Better Business Bureau (BBB), will review tips on how to make your home and office more energy efficient. These tips will help your family and your office become more environmentally friendly and save money at the same time. A representative of at least one of the various Carlisle groups involved with energy efficiency will attend to update us on what's happening in town.



### **Monthly Coffee - Thursday, March 3 at 9am**

Members of the School Administrative Staff including Claire Wilcox, School Principals and David Flannery will be generously hosting our coffee! Don't miss it! Coffee is in the Sleeper Room at Village Court. Mingle with your neighbors, at this relaxed, sociable and FREE coffee hour.

### **Nashoba Valley Tech. Luncheon - Tuesday, March 8 at 11:45am**

Call Angela by Thursday, March 3 at noon to reserve your choice of:

**Chicken Cordon Bleu:** Boneless breast of chicken filled with imported ham and Swiss cheese, finished with a delicate velouté sauce. **OR**

**Seafood Casserole:** A delicious combination of Haddock, Scallops, Shrimp and Crabmeat baked with Nashoba Tech's famous crumb stuffing.

**Fee:** \$10.00 plus tip (COA recommended tip of \$1.50 -\$2/person)

### **Men's Breakfast - Thursday, March 10 at 8am**

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast.

Cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested donation: \$3**



### **Concord-Carlisle High School St. Patrick's Day Lunch – Saturday, March 12 - noon**

This **FREE** event is for senior citizens of Concord and Carlisle. Feel free to bring a friend to the Concord-Carlisle High School Cafeteria on Saturday, March 12, for the St. Patrick's Day lunch hosted by CCHS Seniors (Class of 2011). It is recommended that you arrive about 11:30 so that you will be in place for the noon lunch! Lunch will include corned beef with tender cabbage, carrots, and potatoes.

Entertainment provided! Reservations required. Call the COA by **Friday, March 4 at noon to register.**

### **Mark your calendars! Student Council Tea: Tuesday, April 5 from 1:30 – 2:30pm**

The Carlisle Middle School Student Council invite all of the Carlisle Seniors to an afternoon tea. Students will greet seniors at the Spalding Circle doors. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. The students are looking forward to seeing the seniors again this year! Please call the COA (978) 371-2895 to let us know if you will be able to attend by March 31 at noon.

***\*\*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**

Drop in to the Hollis Room of the Gleason Public Library and meet your neighbors, make new friends, discuss a given topic or something else that interests you. If you have a topic you would be willing to share with this informal group, please call Angela Smith at the COA (978) 371-2895.

**March 4<sup>th</sup> - Peter Cullinane (LICSW) will lead “Caregiver Discussions”:** use our Social Worker as a resource for the many issues that arise with becoming a caregiver. What services are available to help? What are the problems you can avoid? How do you take care of *yourself*? We are hoping this will be a chance for caregivers to meet each other, and share support as well. If you are interested, but unable to attend, please call Deb at (978) 371-6693 to set up an individual appointment/phone call with Peter. *You don't have to do this alone!*

**March 18 – Mike Hanauer Prostate Cancer:** In the US, over 200,000 men are diagnosed with prostate cancer every year. The choices of which treatment, if any, to choose and where to obtain that treatment are overwhelming--even after dealing with the shock of knowing you have cancer. And at that point, you need to balance the treatment of the cancer with the impact of side effects which can include loss of urinary control and impotence. Of course, all these considerations impact the man as well as his partner and entire family. Mike has been through this experience, is willing to share what he has learned and invites others who have an interest to do the same.

### **JOANNE'S TRAVELERS**

- **Penn-Dutch Tour** - April 17-20, 2011 \$585 dbl
- **Vermont's Green Mountains** - May 10-12, 2011 \$369 dbl
- **Mackinac Island, Michigan** - June 5-11, 2011 \$1695 dbl
- **Niagara Falls** - June 21-24, 2011 \$785 dbl
- **National Parks & Canyon Country** - Sept. 22-29, 2011 \$1399 dbl

**Joanne's Trips** – If you are interested, please contact Joanne for more information including deadlines to ensure that Joanne has enough time to confirm trips for all who are interested. Brochures available in the COA office. Call Joanne at (978) 371-8023 or email [joannewillens@comcast.net](mailto:joannewillens@comcast.net). Mail checks to Joanne's Travelers at 145 Church St., Apt. B-12, Carlisle, MA 01741

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

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**Return Service Requested**

**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.**

**A Special Volunteer Opportunity** Across our community many Medicare beneficiaries and their families are unaware of, or overwhelmed by, their health and drug insurance choices. **SHINE** (Serving Health Information Needs of Elders) is part of a national program funded by the federal government and administered through each state which provides free, unbiased and confidential information. It assists people with Medicare (including those under 65 with disabilities) to get the most value from their health insurance dollars (and your tax dollars). Volunteer to help out in your own town or a nearby town if you prefer. A few hours per week makes a huge difference! The 2011 extensive training program begins in late March, after which schedules are flexible. For more information or to participate, please call (781) 221-7006 or send an e-mail to [m.kennedy@minutemansenior.org](mailto:m.kennedy@minutemansenior.org)

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***Financially struggling? If so, contact the COA at (978) 371-2895 for information  
on Aid to the Elderly, tax credits, fuel and food assistance.***

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***As part of our Cultural Lecture Series sponsored by the Friends of the COA and  
the Friends of the Gleason Public Library.....***

**David Aguilar, Smithsonian Center for Astrophysics - March 9 from 1:30-3pm in the Hollis Room**

David Aguilar will speak about his latest book Superstars: 15 most amazing stars in the Milky Way and his new book "13 Planets" due to be released in March 2011. David created the illustrations for each book, and his artwork has been featured on the History Channel's series "The Universe", Time magazine, CNN, USA Today, National Geographic, Astronomy, et al. Please contact the library at (978) 369-4898 to register.

**Cosmology at the South Pole - March 16 from 1:30-3pm in the Hollis Room**

Physicist Colin Bischoff, Harvard-Smithsonian Center for Astrophysics, will discuss his recent trip to the South Pole to install the Keck Array, a new microwave telescope designed to explore the earliest moments of the universe. The talk will cover the Keck Array, cosmology with the Cosmic Microwave Background, and other physics research taking place at the bottom of the world. Please contact the library at (978) 369-4898 to register.