

HARVEST HAPPENINGS

A SENIOR NEWSLETTER FROM THE CONCORD FRIENDS OF THE AGING VOL. XI, ISSUE III

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APRIL 2007



A NOTE FROM MARY ANNE MORTENSON

Hi Everyone!

Well, March sure walloped us with the St. Patrick's Day storm. Let's hope that April is much kinder! We all certainly need a good dose of spring!

I want to mention a couple of things to you. First, I'd like to say a word about grocery shopping on the COA van. Our drivers are mostly senior citizens themselves. They willingly help you carry your groceries into your home but PLEASE do not take unfair advantage of these good hearted souls! The rule is and always has been that each passenger is allowed to bring 5 bags of groceries home on the van. Just think about it! If 6 seniors go on the shopping trip that is 30 bags of groceries for the driver to carry! That is plenty! I know I'd need a nap after carrying that many bags! **So, remember, 5 bags per person!**

Secondly, do you know about our good friends at F.I.S.H. (Friends in Service Helping) who provide medical transportation to seniors? They often help seniors out when our van can't. F.I.S.H. is in dire need of volunteer drivers. If you are a safe driver, able to drive out of town, have a generous spirit and can give a day or two a month please consider becoming a F.I.S.H. volunteer driver. This is a wonderful service. Hope you will consider helping! Stay well and happy.

Mary Anne

Y.E.S. CLUB EVENING PROGRAMS

ARE YOU A YOUNG ENERGETIC CONCORD SENIOR? (60 YRS. OLD & OLDER) Then join the **Y.E.S. Club!** Do you think you are too young for the COA's activities? The Y.E.S. Club is for you. Throughout the coming year we will be presenting evening & weekend programs geared towards the "younger" crowd. For more information call 978-318-3111 or email lkalinowski@concordnet.org

BACK BY POPULAR DEMAND Friday Night Movies

Friday April 13, at 7:00 p.m. BLOOD DIAMOND

Nominated for five Academy Awards and winner of none. The story revolves around Africa's tumultuous blood diamond trade, in which the precious stones are mined and sold to finance war efforts.

Friday April 20, at 7:00p.m. VOLVER

Pedro Almodovar and Penelope Cruz are at the top of their game in this luminous comedy-drama about ordinary family problems: ghosts, killings and an adulterous curse from the past.

Friday April 27, at 7:00p.m. THE QUEEN

"The Queen" tells the "behind the scenes" story of how the British Royal Family and the new Tony Blair government dealt with the first week after the death of Princess Diana in August 1997. The event shocked the world on so many levels, but especially the British Royal Family who struggled to keep things quiet.

APRIL WELLNESS EVENTS

Call the COA to sign-up for any Wellness Events

“How can I get the care I need?” - Thursday, April 12, 12:30 pm to 1:30 pm.

Which websites can you trust? Can you believe those ads for anti-aging creams? How can you get the healthcare you need in a 15 minute appointment? Come learn how to organize your health history and questions in a way that will help you and your physician. Paula Lawrence, RN, Wellness Coordinator speaking. You will receive a pill organizer, health history organizer, and File of Life. **Includes a light lunch.**

“Don’t take your Lipitor with grapefruit juice!” - Friday, April 27, 10:00 am to 11:30 am.

Come join us to hear Saad Dinno, R.Ph., pharmacist and owner of Acton Pharmacy, speak about medications, their interactions with foods and herbs, and the right way to take your medications. Bring all your medicines, vitamins, herbs and over-the-counter medications along in a bag, bring a list of your medications, or just come listen! You will receive a health history organizer and File of Life.

Podiatry Clinic. - **Wednesday, May 2** - Please note Dr. Hamilton accepts only Medex and Medicare. There is a \$20 charge if you are not covered by either. At Harvey Wheeler Community Center from 8:30 am to 10:00 am and at Peter Buckley Terrace from 11:00 am to 12:15 pm.

Safe Meds at Home - Are you having trouble managing your medications, and have no one to help you with them? “Safe Meds at Home” is a new program offered by the Council on Aging to assist you with managing your medicine. A trained volunteer will visit to assist you in setting up a pill box every other week. You’ll also receive a File of Life and health history organizer. Call the Council on Aging to see if you’re eligible for this program!

Get your ducks in a row! Organize your health history and medications in one easy to locate place. Come to the Council on Aging for a health history organizer and a File of Life so that emergency workers will know where to find it. Call Nurse Paula for more information.



Wellness Clinic Schedule

HWCC, Wednesdays from 10:00 – 12:00

Diabetic Screening “Table Talk” for Diabetics and friends
May 2 – Podiatry, see times above

PBT 10:00-12:00

April 25 – BP Screening and Consultation

April 4 – BP Screening and Consultation

April 11 – BP Screening and Consultation

April 18 – BP Screening and Consultation

April is Chocolate Lovers’ Month! There’s been a lot of good news for those of us who like chocolate. Dark chocolate may help in cardiovascular function! This great news doesn’t give us permission to eat lots of chocolate, so if you do indulge, choose dark chocolate and enjoy in moderation.

COORDINATORS' CORNER

Ellen Sathe, Volunteer Coordinator

VOLUNTEER CORNER- It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself. --*Ralph Waldo Emerson*

Harvey's Treasure Chest Donations Needed Spring Cleaning? Reduce clutter and drop off new or gently used household items, jewelry or giftware at Harvey's Treasure Chest! Proceeds benefit the Friends of the Aging and donations are tax deductible (receipts are available upon request.) We welcome: jewelry, collectibles, pottery and fine china, candles, candlesticks, silver, etc. We do not accept clothes, shoes, books, electronics, household appliances, furniture or children's games or toys. Call the COA at 978-318-3020 for additional information.

Art Space Presents... From April 6 through May 4, Art Space is pleased to present the stunning photography of Fletcher Boland and Gene Moroz. This visual treat contains images shot from New England to the American West, and other extensive travels. Put down the gardening gloves, and take a break, and come to the COA to enjoy this exciting exhibition.

Spring Dream Teams Are Here! We have a limited number of community based volunteers ready and willing to help you out with your outdoor spring clean up chores! Teams will be assigned based on order of sign ups, location and the size of the job. Please call the COA to get on the list; teams will be available in late April and the first half of May.

Community Outreach

Paula Bright, Outreach Coordinator

"Old age is no place for sissies".... Bette Davis

ATTENTION SIGHT IMPAIRED SENIORS – The Council on Aging owns two video magnification systems that enlarge written material to a monitor screen. We have set one up in the library on the lower level of HWCC so you can take it for a "test drive". If you find it will help you, speak to Mary Anne about borrowing the second one we have in storage.

DISCOUNTS FOR SENIORS – Did you know that seniors may be eligible for a discount on Comcast cable service? If you subscribe to basic cable you can apply for a 20% discount. Call 1-800-COMCAST (266-2278) and they will mail an application form to you.

SHINE COUNSELORS NEEDED: SHINE health benefits counselors learn to master insurance material. A 10 day SHINE training program begins in April at MMSS in Burlington. For more information call Cindy Phillips, Regional SHINE Director at 1-888-222-6171 or 781-221-7070.

LOW VISION GROUP - This group will meet on Weds. April 24th at 1:00 pm at HWCC. Call Joe Syiek at (978) 369-5322 for more information and call the COA if you need a van ride. NEW MEMBERS ARE ALWAYS WELCOME.

The COA office will be closed on Monday, April 16 for Patriots Day. There will be no programs, activities, or van transportation for the day.

APRIL EVENTS

YOU MUST CALL THE COA AT 978-318-3020 TO REGISTER FOR THE FOLLOWING EVENTS, UNLESS OTHERWISE NOTED.

MEMOIR GROUP – Tuesday, April 10 and April 24 at 9:00-10:30

This on-going group welcomes new members. Drop in and see if this is something you would like to do. Writing and discussion of individual past times is our focus.

SENIOR DRAMA GROUP – Tuesday, April 10 at 1:30 PM

The Drama Group meets twice a month to read plays. The group invites everyone to come on this afternoon to enjoy an excerpt from "Arsenic and Old Lace" directed by Don Williams and "The Little Foundling" directed by Marge Stetson. Refreshments will be served.

LUNCH BUNCH – Thursday, April 12 at 11:30

Our destination will be the TEA POT TEA ROOM in Boxboro, an old favorite for some and a new experience for others. Lunch will be around \$9.00 with a pot of tea or coffee for \$2.50. There will be time to visit "The Quilted Crow", a shop for quilters, as well as "The Tea Cozy Gift Shop" adjoining the restaurant. We will be leaving from the HWCC. Cost of the van will be \$6.00. Be sure to let us know if you need the van to pick you up at home.



DENISE DOUCETTE – Friday April 13 at 1:30PM



This very popular entertainer with her "Songs of Magic" will once again come to HWCC, courtesy of the *Concord Cultural Council*. Those who have heard her know that her musical ability and sparkling personality guarantee a good time. Of course, we will have some delicious food to top off the afternoon.

THE "O" GROUP – Tuesday, April 17, at 1:30 pm.

"O" stands for Octogenarian and if you are in this special category, please come for sharing your special concerns with others. Mildred Roberts leads the discussion in the group which welcomes you.

BOSTON SYMPHONY – Friday, April 20, at 11:00

A reminder to ticket holders. Who would have thought that snow would have been in our spring series, lets hope for a sunny day.

"SPRING SOCIAL FOR SENIORS" – Sunday April 24, at 2:00 p.m. at CCHS Cafeteria



The freshman class of CCHS is hosting this fun afternoon. Last year this was a big hit. There will be drinks, appetizers and desserts to enjoy as well as music of the 40's & 50's. A line dance instructor will teach simple routines that everyone can master. Come and meet some new people. **Call COA to sign up for the van.**

SOUNDS OF CONCORD BARBERSHOP CHORUS – Sat. April 21 – 2 & 7:30 pm at Lexington H.S.

Great Expectations will be presented. You'll hear great music with a humorous storyline. Concord seniors can get a discounted ticket (\$10) at the door by signing up through the COA by Friday, April 20 at noon. Call (978) 318-3020.

CONCORD TRAVELING SENIORS - Currently accepting reservations for trips: Boothbay Harbor in July and Tanglewood in August. For further information call Bob or Berni at (978) 369-2876.

ADDITIONAL APRIL EVENTS & OTHER INFORMATION

You must call the COA at 978-318-3020 to register for the following events, unless otherwise noted.



OPERA CLASS – Monday, April 23 - 1:00 to 3:00

Martin Segal will offer another set of classes on Mondays, April 23, 30, May 7 and 14th featuring “Der Rosenkavalier”, a sampling of Wagner and that wonderfully scary and funny “Hansel and Gretel”. He will again use color film, comments and analysis at each session which will include a “break” due to extended time. Pick up written support material at the COA office before the first class. The cost will be \$25.00 payable to Martin Segal at the first session.

CONCORD TOWN MEETING - April 23 and if needed 24, 25, 30 and May 1. COA will provide van transportation for seniors. Call the COA to sign up for the van, if you need transportation.

“TOWN MEETING AND YOU” - Town Moderator, Ned Perry will show the new DVD “Town Meeting and You” on Wednesday, April 11 from 10:30 – 12Noon (before Wednesday Lunch – if you plan on staying for lunch you must make a reservation for lunch). After the video, Ned will answer questions about Town Meeting in Concord and he will discuss the articles that will be presented to our Town Meeting.

May Events

EMERSON HOSPITAL OFFERS AARP DRIVER SAFETY PROGRAM –May 1 & 2

This is a course designed specifically to help the older driver compensate for normal age-related physiological problems such as slower reaction time, vision and hearing deficiencies. The two-part, eight hour course will take place from 10:00 – 3:00pm with a noon lunch provided both days. Cost of the course is \$10 to cover supplies. The program is limited to 30 people and you must register with Jan Quinty at Emerson Hospital at (978) 287-3085.



TRIP TO JOHNSON & WALES INN – Friday, May 11, 10:00 a.m. return at 5:30

Join the group for a delectable luncheon prepared by the students of one of the country's leading culinary institutes Johnson and Wales. Choose between an Herb Encrusted Salmon or Grilled Sirloin Beef for your entrée. After lunch, there will be a guided tour of the Culinary Archives devoted to the history of the hospitality industries. Was there really a Fanny Farmer or a Betty Crocker? What did they serve at the original McDonalds? The \$55.00 fee includes all expenses and the check should be made out to ROYAL TOUR.

We must have 35 people registered and paid by FRIDAY, APRIL 20

DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHARE?

There are two glass cases in the “living room” at HWCC that would love to display your small treasures. Take a look at the varied interpretations of Noah's Ark that Jini McCoubrey has collected over time. We would like to feature a different collection each month or two. Call COA and tell us your name and what you would like to share.

WEDNESDAY LUNCH and BINGO SCHEDULE

Lunch is prepared by local churches, service organizations or Town Departments and served at 12:00 noon at the **Harvey Wheeler Community Center** unless otherwise noted. Stay for **Bingo**, which begins at 12:45 PM. There is a \$2 donation for lunch. Please call the COA, 978-318-3020 at least **three days (Friday)** in advance to make your reservations.

April 4 - Carlson GMAC Real Estate Co.

April 11 - West Concord Union Church **APRIL BIRTHDAY CELEBRATION**
10:30 - Presentation by Town of Concord Town Moderator, Ned Perry (see page 5 for details)



April 18- Friends of the Council on Aging

April 25 - Thoreau School

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st Thursday of the Month Limit 13 Pick-ups at HWCC @ **9:00 AM** and PBT @ **9:15AM** (**Note The New Pick Up Time For The Burlington Mall**)

You may sign up before the first of the month. Please specify if you need a van ride to the pick-up locations.

April 5 - Burlington Mall - \$4.00 round trip

GROCERY AND OTHER SHOPPING TRIPS

* Each shopper is limited to five (5) grocery bags. The van driver will help carry your groceries, but please carry what you are able. PLEASE, no more than one gallon jug of liquid (water, detergent, etc.) or packages over 10 lbs. (kitty litter, potatoes, etc.)

Monday through Friday: Crosby's Marketplace and other Concord stores – By appointment as usual

Monday and Thursday: Pickups start 1:00PM, Door to Door, Limit 8. \$2.00 - Market Basket \$3.

Mondays: 1st Monday of the month - Donelan's or Trader Joe's (and other shops), \$2
Remaining Mondays – Roche Brothers (and other shops) or Kmart , \$2

Thursdays: 1st Thursday – AM, Burlington Mall, \$4
2nd & 4th (& 5th) Thursday, - Stop & Shop plaza, \$2
3rd Thursday, - Market Basket, Westford - (Pickups will start at 12:45PM), \$3

THE SUGGESTED DONATION FOR ROUTINE VAN PICKUPS IS \$2.00 ROUNDTRIP

YOU DO NOT NEED TO WAIT UNTIL THE FIRST BUSINESS DAY OF THE MONTH TO BOOK A VAN RIDE – PLEASE CALL AS SOON AS YOU KNOW YOU NEED A RIDE (the sooner the better chance to get the time you need)!!

THE NEXT COUNCIL ON AGING BOARD will meet on **Tuesday, April 10, 2006** at **6:00 PM** at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet **Tuesday, April 3, 2006** at 4:00 PM, at HWCC

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION club will meet on Tuesday, April 17 at 9:15AM at HWCC. We will discuss "The Year of Magical Thinking" by Joan Didion. On May 15 we will discuss "Digging to America" by Anne Tyler.

COFFEE & CONVERSATION meets every Tuesday, 10:30AM-11:30AM at HWCC. Join us for a cup of coffee or tea, enjoy a snack and meet a new friend. Call the COA for more information, or just come.

S.H.I.N.E. Counselor, Virginia Lemire may be able to answer your health insurance questions directly over the phone. Call the COA office, 978-318-3020, and we will contact her to give you a call. She will arrange a time to meet with you if it is necessary.

SENIOR DRAMA CLUB: Rehearsals on April 3 at HWCC and April 17 at Morrison Theater at Newbury Court. Both will be at 1:00 PM. See page 4 for more information.

SENIOR "SHAKERS": will meet on Mondays at 2:00PM at HWCC to rehearse. Call Marge Stetson 978-369-9084 for info.

MUSIC MAKERS: Do you enjoy singing around the piano? Please join us at 1PM on Mondays @ HWCC. No special talents or auditions required. We sing all your favorites from the past. Call Nancy @978-369-4216 for info.



FITNESS CLASSES at HWCC on Mondays & Thursdays. Aerobics class at 9:30AM & Strength & Flex at 10:45AM
Classes with Julie are \$3 – classes with video are 50 cents.

BRIDGE GROUP meets every Tuesday at 1:00PM at HWCC. We are a social group (not competitive) playing Contract Bridge. Come join the group, no reservation needed.

BOWLING: Join us for bowling at Acton Bowling lanes on Tuesdays at 9:00AM.



"NIP & TUCK" SEAMSTRESS AVAILABLE:
On Tues. April 10 & 24 from 10:30AM - 12:30PM (note the new times) Please call the COA to confirm the dates before coming to HWCC.

POOL, PUZZLES, PC'S and BOOKS – Be sure to stop by Harvey Wheeler and check out our lower level attractions. Open for senior use Mon.-Fri. 8:30-4:30PM. Come browse our Library and/or use our computers.

CENTER CLUB: The Center Club will meet on April 13, 2007 at 1:00pm at the Everett Gardens clubhouse. Refreshments will be served. Plans for our final June meeting will be discussed. Jo Delfino will conduct our favorite "car race". For further information call Helen Wilayto at 978-369-2696.

RETIRED MEN'S GROUP: The Retired Men's Group meets for lunch (\$8) on Wednesday, April 11 at 12 noon in the Trinitarian Congregational Church lower dining room. Reservations are required. The speaker will be Anita Tekle, Concord Town Clerk, who will talk about the operation of town government. If you would like to attend please call Ellis Walker at (978) 369-5757.

"TWICE TOLD TALES" (OPEN MIKE) AT HWCC ON THE THIRD TUESDAY (unplugged acoustic music and refreshments) Come share your music or enjoy the talents of others. Performers must sign in before 7:30 PM. Admission is free for seniors.

CONCORD PLAYERS "She Loves Me" Thurs. April 26 at 8PM free dress rehearsal. Call 978-369-2990 or www.concordplayers.org

CONCORD BAND Spring Concert: Fri & Sat Apr 13 and 14th at 8PM. Call Joan Hale at 978-369-1500 for Fri. night tickets and 978-287-3019 for Sat. tickets.

TAI CHI AT HWCC: Weekly one-hour lessons on Thursday. Call Paul at 978-369-9939 for information.

"ASK A LAWYER": Thursday, April 26 Atty. Lynne Smithwood will be at HWCC to answer your questions. Appointments will be from 9:00 AM to 12Noon. **You must make an appointment, call the COA 978-318-3020.** Bring any information/documents that you will need to address your questions. If your question cannot be answered fully during the brief appointment, you will be given a list of lawyers participating in the program.

SPONSORS

(This Newsletter is made possible because of the generosity of the following Sponsors)

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