

SENIOR SPIRIT

A SENIOR NEWSLETTER BROUGHT TO YOU BY THE COUNCIL ON AGING WITH THE SUPPORT OF THE CONCORD FRIENDS OF THE AGING

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APRIL 2009



Hello All!

Well, winter just didn't want to let go this year! After the way it dragged on through March, we'll be glad to breakout our umbrellas, like the little fellows pictured above, and tolerate the April showers because we know they bring May flowers!

Speaking of showers, there is an old saying, "Into each life a little rain must fall". With the faltering economy, there are rain clouds hovering over most of us, including the many people who provide services for elders throughout the state, including COAs! The State Legislature voted to give COAs \$7 for each person over 60 years of age in their town during FY '09. Just a few weeks ago all COAs were notified that the state was taking back \$.50 per senior, reducing the grant amount to \$6.50 per person. It's not a million dollars but my fellow directors and I depend on every cent we receive!

Why am I telling you this? There are a few reasons. First, we need you to keep in touch with State Senator Susan Fargo and Representative Corey Atkins and let them know how important COA programs and services are to you (call me if you want their phone numbers, addresses, or emails) and ask them to support the grants to COAs. You can also show your support by being part of the decision-making process in the Town by attending town meeting (remember the COA offers van transportation to the meetings). Finally, in this issue of the Senior Spirit you will find the Concord Friends of the Aging Annual Appeal. As I mentioned above, I know the shaky economy has touched everyone but please give what you can. Everything you give to the Friends comes back to seniors through the COA.

Keep a smile on your face ☺ as you watch for the first crocus to peek through the ground and keep your spirit up by participating in the many great programs available this month!

Hugs,
 Mary Anne

Y.E.S. CLUB EVENING PROGRAMS

ARE YOU A YOUNG ENERGETIC CONCORD SENIOR? (55 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. We are now presenting evening & weekend programs geared towards the "younger" crowd. For more information call 978-318-3111 or email lkalinowski@concordma.gov

Every Thursday Night at 7:00 P.M. Yoga: This class is a great way to get ready for spring. Loosen the muscles you tightened shoveling! So you can work in the garden! This class is open to **ALL CONCORD RESIDENTS ANY AGE**. See page 2 for price.

Saturday April 18th at 5:00 P.M. Dinner Club: Summer Shack in Cambridge. Let's taste what all the great reviews are talking about! Chef Jasper White is all about seafood. Call to save your spot. \$5.00 van fee.

Saturday April 25th at 5:30 P.M. Pot Luck Dinner: Join us at Concord Green for good food, great company and a lot of fun. Bring your favorite dish, to share with the group. Call to let us know you are coming.

Thursday April 30 at 7:30 P.M: Concord Free Public Library Author and Concordian Jay Vogt will speak on his book Recharge Your Team: The Ground Visioning Approach.

Healthy Eating Active Living

H.E.A.L

Call to register or for more information 318-3111
Harvey Wheeler Community Center

We have had a great response to this new program!

This is a Town-Wide Program for Concord Citizens of all ages.

The COA and the Board of Health have joined forces!
The town of Concord is on the road to good health!
Everyone is welcome. All of the programs are free, with the exception of exercise classes.

- There will be monthly day and night educational programs.
- Full, monthly health screening: BP, blood sugar, cholesterol,
- Aerobics, Strength & Flex, Yoga classes, Tai Chi and Tone with Weights
- Weekly walking group.

Wednesday, April 22, 6:30 P.M.- Guest Speaker, Deb Powers

Come and join us for a wonderful opportunity to begin anew!
Happy Spring! Come to an evening with Deb Powers, a formally trained teacher of meditation with a myriad of experience. She will lead us in meditation: "All Rivers Flow to the Ocean".

Monday

Aerobics 9:30 A.M. - \$4.00
Strength & Flex 10:45 A.M. - \$4.00
Tai chi 3:00 P.M. - \$5.00

Friday

Tone with Weights 9:00 A.M.-\$3.00
Yoga - Noon - \$6.00

Thursday

Aerobics 9:30 A.M. - \$4.00
Strength & Flex 10:45 A.M. - \$4.00
Yoga 7:00 P.M. \$6.00 for senior discount (60 yrs)
\$12.00 drop in / \$55.00 prepay for 5 class / \$100 prepay for 10.

WELLNESS EVENTS

Sign up for all programs

Thursday, April 9 at 10:00 A.M.

Pamela Katz Ressler, president and founder of Stress Resources, will be our guest presenter. Do you want to learn some (research validated) strategies of stress management and resiliency that can help you during a challenging time? This will be a participatory workshop for seniors and caregivers. Pam is a Holistic Nurse, with a specialty in mindfulness-based stress reduction. She is a frequent speaker to local, national and international audiences.



Monday, April 13 at 10:00 A.M.

“All Rivers Flow to the Ocean”. Come to Meditation led by Deb Powers, who has 35+years of formal experience in teaching both yoga and meditation. Deb feels that meditation helps us blossom and enriches our life. Some benefits of daily meditation include enhanced immune function, soothed emotions, reduced inflammation, managed pain, and improved brain function.

Harvey Wheeler Community Center
Podiatry Clinic; April 22, Sign up now Blood Pressure Screening: Every Wed. 10 A.M. -12 P.M. Diabetes Screening: No screening this month Call Susan at 978-318-3020 if you want to set up appt.

Peter Bulkeley Terrace, Everett Garden
Blood Pressure Screening, 9:30-11:30 AM Every Thursday in April

WE CAN SEND A STUDENT NURSE OUT TO YOUR HOME - JUST CALL THE COA

Coordinator's Corner

Ellen Sathe, Volunteer Coordinator

"Power is the ability to do good for others." – Brooke Astor, 1998 Presidential Medal of Freedom Recipient, having distributed entire 175+ million dollar fortune to charity

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.

Time for A/C Installation! It may seem early to think about this, but remember the COA if you have a window A/C unit that needs to be put in for the season. We will again be offering this service to Concord Seniors. Keep your eyes open for the May Newsletter, which will contain specific information as to the specific date and time of installation, and then be sure to call right away to sign up. Sign ups will begin on May 1 and will fill quickly, as we have limited availability for this very important service. You'll be glad you did come July!

Save the Date – May 14th, 2009 If you volunteered at the Council on Aging in 2008, clear your calendar for the Annual Volunteers Luncheon! By invitation only, this luncheon is our way of thanking our volunteers for all they have done to improve the lives of Concord Seniors. If you volunteered, look for your invitation in the mail! For information about volunteering in the future, call Ellen at 978-318-3020.

Many thanks to our Brides and Grooms! With your help, we had such a fun time with our Valentine's Day Art Show *"Romance at the COA!"* There were fabulous comments as people studied the photos on the walls and in the books, and remembered way back when. It was a real pleasure to host *"Romance at the COA!"*, which became something of an historical record when taken as a whole. If you missed the Concord Journal on Thursday, Feb 12, you missed our front page story on the show...stop by and ask Ellen for a copy! Also, if you put a photo into the show and it was wall-mounted (not displayed in the exhibition book), please stop by to get your copy. These are all 11x14, and would make a lovely holiday gift...

Good News! We now have e-mail capability on the computers in the Library! Do you have no experience with computers? Would you like to learn web browsing and/or e-mail? Call the COA to sign up for a Computer Tutor – we have two tutors that are ready to help you no matter what your experience is.

OUTREACH CORNER

The Collaborative English Dictionary defines *Outreach* as:
 “the act of reaching out to build connections from one person to another.”

The Outreach Team at the Concord Council on Aging is very often asked: “What does your Outreach Team do?” There is no simple answer to that question. The Outreach Team wears many different hats depending on the needs of the day!

We try to support Concord seniors and their families in whatever problems or requests they have, within reason, of course. This means acting on emergencies such as someone taking a fall or something less pressing like arranging a ride to a doctor’s appointment. We set up Friendly Visitors, make phone calls to check up on people and arrange grocery pick up. We provide short term geriatric case management, help with housing issues, supply options for home services, set seniors in need up in our Safe Meds Program, help seniors to access life line type services and we provide encouragement to folks after an illness or the loss of a loved one. Sometimes our team even has to address elder abuse or neglect. We work closely with the police and firemen, who are interested in and dedicated to helping us help seniors.

However, Outreach has to work both ways. We need you to reach out to us! Talk to us about your concerns for yourself, your family or a neighbor. If things don’t seem quite right with a friend or your neighbor, play it safe! Call us and we will check it out. We keep *everything* confidential. If anyone has a concern about a senior, call the COA at 978-318-3020. We will follow up on every call.

Remember that you only pass this way once. Be kind and respond to the needs of others. You reap what you sew. Perhaps someday someone will be there for you when you need it!

INCOME TAX HELP AVAILABLE

It's time to think about Income Taxes. We will again have volunteers to figure your taxes for you and E-file them so you can receive refunds as soon as possible. Please take note of anything you receive in the mail that has a number 1099 on it (1099-INT, 1099-DIV, 1099-SSA, etc.) and put them all together in a safe place to bring with you to the tax preparers. Also, don't throw out any old check registers that list checks you wrote since January 2008. More information will be sent to you when you call the COA to make an appointment.

ASK YOUR TAX PREPARER ABOUT THE “CIRCUIT BREAKER”

If you are a senior home owner or renter, you may qualify for a tax rebate from the state. You **must** file a state income tax form in order to qualify. Call the COA for more information.

If it's about seniors ask us!

EVENTS

Please call (978) 318-3020 to register for all events



BRIDGE LESSONS: Fridays, April 3, 10,17,24

Sally Sack will continue the 12 week series of Bridge Lessons, 9:30 A.M. to 11:30 A.M. Cost of \$30.00 for the entire series will be pro-rated if you wish to begin this month. Some experience with the game will be helpful if you begin at this point. Please call and let us know if you are coming.

RIVERBOAT STOMPERS: SUNDAY, APRIL 5

This group is described as "...a no-holds-barred crew of foot-stomping devil-take-the-hindmost Katy-bar-the-door leasebreakers." In other words, a good-time Dixieland band. They are performing at the Amazing Things Arts Center in Framingham at 2:00 P.M.. Tickets are \$14.00 payable when you sign up which should be IMMEDIATELY! The van will leave HWCC at 1:00 P.M. sharp with 13 seats. CALL NOW.



MEMOIR WRITING GROUP: Monday, April 6, 13, 27, 1:30-3:00 P.M.

Here is another opportunity for writing your Memoir. This group will be under the direction of Polly Peterson, a free-lance writer with training from "Amherst Writers and Artists". Participants will write together every week using writing prompts that open doors to memory. This will be an introductory group with no fee. Call to sign up.

CALIFORNIA RAILS DISCOVERY: Tuesday, April 7, 1:30 P.M.

This trip which will be November 4-11, 2009, will be detailed in a slide show. Highlights are two Rail journeys and two cruises. Included will be San Francisco, Napa Valley, Lake Tahoe and more. Come and hear the details and decide if this trip is for you or just come to travel vicariously. Please sign up.



BACH'S LUNCH: Thursday, April 16

Bring your brown bag lunch and come along to hear Mary Crowe, soprano, in concert. Van will leave HWCC at 11:15 A.M.. Call to sign up. This was great fun last month.

LUNCH BUNCH: Friday, April 17

A visit to "Applebee's Restaurant" in Westford was very pleasant several months ago so we will repeat the experience. The menu is varied and the prices agreeable. Van will leave HWCC at 11:30 A.M.

Sign up and indicate if you need a ride from home.



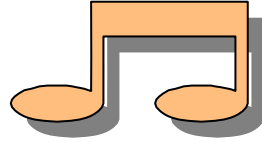
WHAT EXACTLY IS ORGANIC FOOD?: Wednesday, April 22, 10:30 A.M.

The food we put in our mouths has become of increasing interest in recent years. Enid Boasberg will talk about the good, the bad and the ugly as these terms apply to our daily diet. What is a CSA, GMD corn, a CAFO, a LOCOVORE or Equal Exchange????? Sign up, find out and then have the Wednesday lunch.

Please sign up for the lunch.

COA CINEMA: Thursday, April 23, 1:00 P.M.

THE SECRET LIFE OF BEES tells the story of Lily, haunted by the death of her mother, who escapes from her father's farm with her caregiver. The setting is the South during the racial tensions of the '60's. Sign up.



BOSTON SYMPHONY: Friday, April 24

This is our last performance of the season. The program features Ravel, Stravinsky, Debussy and Shostakovich. Tickets are available at 1/2 price. Call now for information. Bus will leave HWCC at 11:00 A.M..

CARLETON-WILLARD AT HOME: Wednesday, April 29, 10:00 A.M.

This groundbreaking new program offers the benefits of a retirement community, right at home. It is now being offered to residents of Carlisle, Concord, Lincoln and Bedford to help them stay comfortably at home as they age. This is a new not-for-profit membership-based service that is modeled after the innovative Beacon Hill Village.

Come hear more about the services and learn how you can become a charter member. Call to register.

JOHN F. KENNEDY MUSEUM: Thursday, May 7

The current feature exhibition at the Museum features the JFK Presidential Campaign entitled "The Making of a President". How does it compare to the recent Obama campaign? Another feature is entitled "Poetry and Power", the creation of his Inaugural Address. Admission fee is \$10.00 for seniors. Following our visit, we will adjourn to Amrheims's Restaurant in South Boston on our driver Walter's recommendation. Van will leave HWCC at 9:30 A.M. Call to sign up. No van fee. Pay admission on arrival.

YOU MAY SIGN UP NOW.

INFORMATION ON THE UPCOMING "GETAWAY TRIPS" PLANNED BY JOANNE WILLENS OF CARLISLE IS AVAILABLE AT HWCC.

COLLECTIONS: THE MONTH OF APRIL FEATURED A WONDERFUL COLLECTION OF DOLLS COLLECTED AROUND THE WORLD BY FRAN NEVILLE'S MOTHER. PLEASE LET US KNOW IF YOU WOULD LIKE TO SHARE YOUR COLLECTION WITH THE COA

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 1 - Emerson Hospital
- April 8 - Police Department
(APRIL BIRTHDAY CELEBRATION)
- April 15 - Concord Health Care
- April 22 - Life Care of Acton
- April 29 - Concord Municipal Light Plant

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st Thursday of the Month - Limit 13. Pick-ups at HWCC @ **9:00 A.M.** and PBT @ **9:15A.M.**
You may sign up before the first of the month. Please specify if you need a van ride to the pick-up locations.

April 2, 2009 - 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 1:00P.M., 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 – A.M., Burlington Mall, \$4.
2nd, 4th and 5th Thursday, - Stop & Shop plaza, \$2
3rd Thursday, - Market Basket, Westford - (Pickups will start at 12:45P.M.), \$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 7, 2009 at 6:00 P.M. at HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet Tuesday, April 7, 2009 at 4:00 P.M. at HWCC.

ONGOING MEETINGS & EVENTS

BOOK DISCUSSION: On April 21 we will discuss "The Guernsey Literary & Potato Peel Pie Society" by Mary Ann Shaffer. For more info contact Phyllis Di Marzio (978) 369-1558.

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. Counselors: Virginia Lemire or Pat Lanchester may be able to answer your health insurance questions directly over the phone. Call the COA office, 978-318-3020. If necessary, one of them will set up an appointment to meet with you.

SENIOR DRAMA CLUB: Meets every first and fourth Tuesday of the month at 1:00PM. If you are interested in joining please call Tillie Sweet at 978-369-7018.

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

MUSIC MAKERS: We have two piano players this year- so we are back in full force!!! We will meet every Monday from 1:00-2:00PM. Come and join in the singing!!!

***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.*



EXERCISE CLASS: This program is designed to tone and strengthen muscle. If you need to tone or lose a few pounds this class is for you. Sean Denmark has been an instructor for 30 yrs .



BILL IS HERE TO TEACH TAI CHI !!! Class will be on Fridays at 9:00am (new time). Classes will be \$3. Bill teaches at other COA's. The Tai Chi form he teaches is simplified and tailored to seniors. All students are invited. No need to sign up. \$5/class – Mondays 3-4PM.

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

"NIP & TUCK" SEAMSTRESS AVAILABLE: On Tuesday April 7 & 21 from 10:30 am - 12:30 pm. **ANY ITEMS BROUGHT IN TO BE MENDED, MUST BE CLEAN OR THEY WILL NOT BE MENDED.** Please call the COA to confirm the dates before coming to HWCC.

RETIRED MEN'S GROUP: Call Ellis Walker at 978- 369-5757 for a reservation or more information.

"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.

OCTOGENARIAN GROUP: For those interested in chatting with folks your own age and discussing life experiences and dilemmas, this group meets the 3rd Tues. of the month (21st) at 1:30 pm- Note the time change.

BRIDGE GROUP: Meets every Tuesday at 1:00PM at HWCC. We play Contract Bridge. Come join the group, no reservation needed.

"ASK A LAWYER": - Thursday, April 30 Annette Lissauer will be at HWCC to answer your questions. Appointments will be from 9:00 AM to Noon. **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.

Spring House Tour in Concord – Wednesday, April 15, 2009

The League of Women Voters of Concord-Carlisle invites you to attend its Spring House Tour on Wednesday, April 15, "Room for us: Adapting Spaces to Your Needs". Registration/continental breakfast will be at 9:00 A.M. at the Trinitarian Congregational church. The introductory talk will be at 9:30 A.M. Tour of homes will be from 10:30 A.M. to 1:30 P.M. Tickets are \$30 in advance or \$35 at the door. For more information, visit www.1wvcc.com or call 978-369-3842 or 978-369-7172.

If you, or someone you know, needs a stair lift chair, please call 978-369-4253

TOWN MEETING BEGINS MONDAY, APRIL 27, 2009 AT 7:00 P.M. @ C.C.H.S.

Adjourned sessions, if necessary, on Tuesday, April 28, Wednesday, April 29, Monday, May 4 and Tuesday, May 5. The COA van will be available for transportation. Call our office at 978-318-3020 if you would like a ride.

Concord Band Spring Pops – Friday, April 3 & Saturday, April 4 at 8:00 P.M.

Call Joan Hale at 978-369-1500 for tickets for Friday Concert

Call Emerson Hospital Auxiliary Sponsor at 978-287-3019 for tickets for Saturday Concert

Concord Players – April 24-May 9 – Friday and Saturday at 8:00P.M., Sunday at 2:00 P.M.

Present To Kill a Mockingbird. Tickets are \$18. Call 978-369-2990 or www.concordplayers.org

**The Majesty of Your Loving
Spiritual Perspectives on Caregiving
A Talk by Olivia Ames Hoblitzell
Author of
The Majesty of your Loving
A couple's Journey Through Alzheimers
Sponsored by Liberty Alzheimer's Partnership
Date: Wednesday, April 29, 2009
Time: 5:00 – 8:00 P.M.
Location: Harvey Wheeler Community Center
1276 Main St.
Concord, MA
978-318-3020
Suggested Donation: \$10, to be paid at door
(to benefit the Alzheimer's Association)**