



SENIOR SPIRIT



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

Mary Anne Mortenson, Administrator
Shirley Conradt, Administrative Assistant
Pat Boudrot, Office Assistant
Susan Hoole, Wellness Coordinator
Jim Gentile & Neil Cadogan, Custodians

Lori Kalinoski, Program Supervisor
Virginia McCoubrey, Program Coordinator
Muffie FitzPatrick, Outreach Coordinator
Donna Carey, Outreach Counselor
Carol Dromgoole, Volunteer Coordinator

1276 Main Street, Concord MA 01742

Telephone (978) 318-3020



APRIL 2010



April showers bring May flowers!

Spring is here! This is the time of year to spring into action. According to the staff at the Council on Aging and based on many studies, there are two important ways to enhance your well-being and general good health. One is to learn new skills. The COA offers many educational classes: for example, Lunch and Learn Programs are health related topics offered twice a month with a great free lunch. See page 5 for more information. We have a book discussion group that meets once a month. Or, maybe you would like to study world events, if so, join us every Wednesday afternoon. Have you written your memoir? Did your children give you a cell phone and do you know how to use it? Our cell phone class and Skype class are very popular programs that we regularly offer. We have two students from the Concord Carlisle High School who come every Monday and Tuesday for one-on-one computer classes: see page 4. The other way to improve your health is to stay social and connect to people or groups. If you love food, we have a weekly Wednesday lunch that you should not miss. Also, we sponsor a wide variety of numerous day trips: trips to the BSO, museums, shows and cruises. Please be sure to look at page 11, for the wide variety of exercise programs we offer. Study your newsletter and SPRING into action! All of our programs are either free or for a small fee.

The Council on Aging Staff looks forward to seeing you!

Be sure to attend the 2009 - 2010 Annual Town Meeting

Monday April 26, Tuesday April 27, Wednesday April 28, Monday May 3, Tuesday May 4, at 7:00 p.m. at Concord Carlisle Regional High School. The Council on Aging will be running a van for any senior wishing to attend the meeting.

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. Throughout the year we will be presenting evening & weekend programs geared towards the "younger" crowd. For more information call 978-318-3111 or email lkalinoski@concordma.gov

Masa Southwestern Bar and Grill in Woburn, Saturday April 17. "This kitchen will be second to none, just wait til you see what we do with southwestern food" states Chef Aviles. My understanding is this place is awesome and the drink menu is very creative. We will leave HWCC at 4:30 p.m. Van ride cost will be \$5.00 call to save your spot.

OUTREACH TEAM

LOCKBOXES

The lockboxes have arrived! The donation for the lockbox is \$50.00. If you are unable to make a donation, you may still receive a box. In case of an emergency, the lockbox will allow ONLY the Police, Fire and Emergency Services to access your lockbox---thus your door or windows will not be damaged. Please call to sign up for a lockbox. Mark from MLP Construction will be installing the lock boxes. Big thank you to the Concord Friends for purchasing the boxes.

SCAMS

Remember that the Town of Concord has a NO SOLICITATION policy. However Spring is here and you may find that there are “scammers” soliciting in your neighborhood. Do not be taken in by them and alert the Concord Police if warranted.

NAPS

Do you enjoy an afternoon nap—perhaps after a poor night’s sleep? If so you may be disrupting your next night’s sleep. A recent study done by the American Academy of Sleep Medicine suggests that those experiencing poor sleep quality should avoid napping during the day –especially after 3 p.m. and if before that – limit the nap to less than one hour. This should help you have a better night’s sleep.

The study also points out that those who have poor night-time sleep are much more likely to have excessive day-time sleepiness, more night-time falls and use more over-the-counter sleep aids. Seniors who have trouble sleeping are advised to consult their doctor for more information.

Cell Phones

We hear a lot about the use of cell phones while driving but did you know that cell phones are also dangerous to use when you are walking and talking? Pedestrians who use cell phones while crossing the street are more likely to be involved in a traffic accident. We are advised to pull over while driving if we are using a cell phone. It also is wise to look for a place to sit or stand if someone calls you when you are taking a walk. It could be the difference between being safe and being involved in a traffic accident. Distractions, unlevel ground and an animated phone conversation may be enough to cause a fall so please concentrate on one thing at a time.

******Looking For A Good Book?** Try **The Leisure Seeker** by Michael Zadoorian—it is like all of life—joyful, painful, funny, tragic and moving- and about Seniors! *****

*The Mental Health Coordinator position is funded by the
Concord Carlisle Community Chest*

Volunteer Coordinator

Carol Dromgoole

Harvey's Treasure Chest:

Donations of new and gently used items are always welcomed. If you are spring cleaning, remember this would be a great place to donate. We just love jewelry, collectibles, pottery, and fine china, candles, candlesticks, silver, pewter, brass, etc. All donations benefit the Concord Friends of the Aging and donations are tax deductible. (Receipts available on request.) Watch for Thelma and Lil on your CCTV cable station. They are sure to be the highlight of your local viewing. In April there will be a Spring sale of linens. Come and find your summer tablecloth.

Cell Phone class: Wednesday, April 7, 3:00p.m. - 4:00p.m.

Are you comfortable using the cell phone? We have a CCHS student who would be willing to teach you the necessary skills. Call the COA to sign up. March class was well attended and our friends learned a lot of new skills. Call for a sign up.

Skype Class: Wednesday, April 14, 3:00p.m.- 4:00p.m.

Again by popular demand. We are going to offer this Skype class again in April .Last month it was a huge hit with our seniors. Skype will teach you how to communicate with your loved one's far away. Call the office to sign up for this session.

Thank You, Maryann and Anna for providing us with their expertise in learning these necessary skills for the 21st century.

ART Space: April 2-May 7

The month of April Art Space will feature three local artists: Lydia Lauderdale, Priscilla Parrott, Helen Ford. This should be a wonderful exhibit with many diverse themes: water colors, acrylics, oils. Be sure to add us to your list, when making the rounds to see area exhibits.

Computer Tutors:

David Rayson - on Mondays from 4:00p.m.- 5:00p.m. Our computer genius is available to help you. Call ahead to schedule a class.

Jimmy Kim - on Tuesdays from 3:00p.m.- 4:00p.m. Our new computer guru, has been added to our helpful list of tutors. Jimmy will be available to help you. Call for an appointment. Because of huge demand for these young men, we will offer an extra hour on Tuesdays from 4p.m.-5p.m. in April.

SAVE THE DATE: Thursday May 20 for Volunteer Luncheon More information to follow in May newsletter.

*The Volunteer Coordinator position is funded in part by the
Concord Carlisle Community Chest*

**Alzheimer’s Disease & Related Disorder
Navigating the Journey**

Wednesday, April 7th, 2010

Registration & Light Supper: 5:30 p.m.

Presentation: 6:00 p.m.

Keynote Speaker: Robert Larkin
Followed by a Panel Presentation

Location:
Concord Council on Aging
1276 Main Street
Concord, MA 01742

RSVP by March 31 to:
Sally Lopez
978-287-3173

Suggested Donation \$10.00 per person or family

WHAT THE COA CAN DO FOR YOU FOR LITTLE OR NO COST

We offer short term Geriatric management. We can help you figure out what services you may need to stay safely in your home. We have a list of local Home Care providers.

We offer a list of contractors, handymen, plumbers, electricians and other services, most of whom offer a Senior discount. They are very reliable and have local references.

We also provide transportation within Concord. Van reservations are necessary and should be made as soon as you have a date and time. We have a medical van that goes to Acton on Tuesdays.

****EDUCATIONAL PROGRAMS;** Please sign up at the office for all classes, Lunch and Learn always begins at 12:00**

Thursday, April 15 at 12:00 p.m. "Laugh, Lunch and Learn". We are fortunate to have a Community Educator, Stephanie Isabel, coming to our COA to give a fun presentation about the connection between laughter and healing. She is also an expert on issues involving care of family and will talk about the importance of placing family members at the center of the care-planning process.

Thursday, April 22 at 12:00 p.m. MENS LUNCH AND LEARN Calling all of the Men! Detective Scott Camilleri from the Concord Police Department will be here for lunch. Come talk about the ways to ride off into the sunset. Do men have different concerns as they age? Get a break from home life, come vent with the guys.

Thursday, April 29 at 10:00 a.m. "Too Pooped to Pump". This program will be jointly led by Susan Rushfirth, Parmenter's Rehab Supervisor and Sandy Favre, Parmenter's Nursing Team Leader. Susan and Sandy will share information on dyspnea and COPD. They will bring along their telehealth consoles, explain their benefits and allow participants to try out the equipment. Come prepared to have fun and try out some state of the art equipment.

Clinics at Harvey Wheeler Community Center

Podiatry Clinic: No Podiatry Clinic this month.

Diabetes Screening: April 21, 10 a.m.-12:00 p.m.

Blood Pressure Screening: Every Wednesday, 10 a.m.-12:00 p.m.

Please bring your list of medications with you. We also have many new wallet-size blood pressure cards to keep records on.

Upcoming Events to Watch for:

Thursday, May 13 at 10 a.m. Make an appointment for a free hearing screening .

Thursday, May 20 at 10 a.m. We have a wonderful author and seminar leader coming to speak about "Decluttering". More details in the May newsletter.

Here are some tips on Coping with Stress according to Robert Elliot and Dennis L. Breo:

1. Clarify your values It's important to run not on the 'fast track', but on your track.
2. Improve your 'self-talks' We all talk to ourselves, and many of these conversations are needlessly negative.
3. Learn How to Relax In a quiet room; get comfortable. Close your eyes and breathe rhythmically, for 15min.
4. Exercise regularly
5. Get the Leisure that you need
6. Adopt Dietary Goals Maintain normal weight. Limit fat to no more than 30% of your calories.
7. Avoid " chemical haze" The need to acquire control through artificial means accounts for the popularity of nicotine, alcohol, caffeine and drugs.

The authors' advice:

Don't Smoke.

Drink only in moderation . Drugs are to be taken only when prescribed.

Too much coffee can make you jittery, irritable, and prone to headaches.

Events

Please call (978) 318-3020

AMERICAN TEXTILE MUSEUM Thursday, April 8, 9:30 a.m.

This Lowell museum explores the world of textiles from elegant gowns to space-age fibers. It has recently re-opened after extensive improvements in order to take the visitor from the 18th century weaver's cabin to present day innovations. The current special exhibit features APRONS. We will have lunch in the Gazebo Café in the Museum. Admission is \$6.00 payable on arrival. Van fee is \$3.00. Call now to reserve your place as April 8 comes up soon. We will leave HWCC at 9:30 a.m. returning around 2:00 p.m.

PAINTING WITH CYNTHIA Thursday, April 8,15,22,29 1:00 – 3:00 p.m.

Cynthia Durost will return to the COA with her Watercolor Studio open to all. Cost is \$10.00 a class, \$40.00 for all four sessions, payable to Cynthia. Beginners are welcome, you need to bring supplies, if you do not have supplies, call and we will give you a list.

MASTERS OF ENTERPRISE

This two-part lecture series is designed to provide a perspective on two of the business tycoons of the past: John D. Rockefeller and Henry Ford. Presenting will be Dr. Gary Hylander, Professor of History at Stonehill College and a dynamic speaker. He has the ability to create the past so that it enriches today.

PART ONE Friday, April 9 at 2:00 p.m. The first talk will be on JOHN D. ROCKEFELLER known as the "Prince of Oil". His Standard Oil Company controlled 90% of the nation's petroleum production.

PART TWO Friday, April 23 at 2:00 p.m. will feature HENRY FORD who said "I will build a car for the multitude" and he did. By 1920, every other motor vehicle in the world was a Ford. A stimulating afternoon is promised for each of these subjects. There will be a \$5.00 admission fee for each. Refreshments will be served. Reserve your place for one or both by calling the COA.

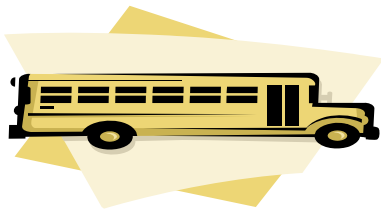


BLUE HORIZON JAZZ BAND Wednesday, April 14, 11:00 a.m.

Here is an opportunity to hear some wonderful Dixieland music played by the Blue Horizon Jazz Band led by Stanley McDonald while enjoying lunch at the charming Sherborn Inn in Sherborn, MA. The menu is: choice of salad or soup, choice of Chicken Asiago or Stuffed Sole, Apple Crisp, Tea or Coffee. No need to choose in advance. Cost for music and meal, including tax and gratuity, is \$20.00. Van fee is \$5.00. Join us for a special spring day out. Call now.

COA CINEMA Thursday, April 15, 1:00 p.m.

UP IN THE AIR, our film of the month is characterized as a romantic comedy for our Age of Corporate Downsizing. George Clooney has one aim in life: accumulate as many frequent flier miles possible for one individual. Call to sign up.



BOSTON SYMPHONY ORCHESTRA Friday, April 16, 11:00 a.m.

Ticket holders for this concert should be at HWCC for an 11: 00 a.m. departure on the COA VAN for Symphony Hall.

LUNCH BUNCH Thursday, April 22, 11:30 a.m.

Next to The Old Country Store in Marlborough is " Stephen Anthony's Restaurant", a comfortable, welcoming place with lots of windows overlooking a pond. On previous visits, the food has been delicious, varied and reasonably priced. Van fee is \$3.00. Call to reserve your place, and, as always, let us know if you need a ride from home. Van leaves HWCC at 11:30 a.m.

CONCORD PLAYERS Thursday, April 22, 8:00 p.m.

The play is THE SCARLET PIMPERNEL and Seniors are welcome to attend the dress rehearsal for a \$5.00 fee.

MASTERS OF ENTERPRISE: PART TWO Friday, April 23, 2:00 p.m.

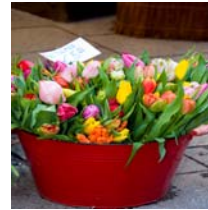
This is the second lecture in this two part series. Dr. Hylander will present the life of HENRY FORD, a controversial genius. Come and share a stimulating afternoon. Refreshments will be served. Admission: \$5.00. Call to sign up.

**ANTIQUES ROAD SHOW—COA STYLE Thursday, April 29, 1:00 p.m.**

Is that sugar bowl of Great-Aunt Clara's really worth anything? Is there really hidden treasure in your home? Mr. Kevin Tuttle will attempt to answer your questions. His very reasonable charges are \$3.00 for one piece; \$10.00 for five pieces. In addition, he will give some valuable tips on downsizing your possessions. Mr. Lee Horowitz will also be here to appraise gold and silver coins and jewelry at no charge. Refreshments will be served. Call to sign up.

BOSTON SYMPHONY ORCHESTRA Friday, April 30, 11:00 a.m.

Ticket holders for this concert should be at HWCC for an 11:00 a.m. departure on the COA VAN for Symphony Hall.

**SAVE THE DATE!!!**

ON SATURDAY NIGHT AT 7:30 P.M. MAY 15, THE INDIAN HILL BIG BAND WILL PERFORM AT HWCC. LAST YEAR, THIS CONCERT WAS A SELL-OUT. SINCE THERE IS NO CULTURAL COUNCIL GRANT TO HELP FUND THE EVENT, THERE WILL BE A \$5.00 ADMISSION CHARGE. REFRESHMENTS WILL BE SERVED. YOU MAY RESERVE NOW.

Senior trip to Quebec Spectacular June 7-10 2010

Price includes Motor Coach , Hotel, 3 breakfasts, 3 dinners and sightseeing.

We will stay at the Luxury Fairmont LeManoir Richelieu & Delta Quebec Hotel. We will visit old Quebec, Ste. Anne de Beaupre, and a casino. Price is \$469.00 for a double occupancy room.

For more information call Joanne Willens at 978-371-8023 or e-mail at joannewillens@comcast.net

Full payment is due by April 20,2010. A passport is required for all passengers on this tour.

COLLECTIONS

Once again, a thank you to Jim Gentile for a wonderful display. This time, a portion of his Beanie Baby Collection fills the shelves.

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 p.m. There is a \$2 donation for lunch. **Please call the COA, 978-318-3020, by the prior Friday to make your reservations.**

April 7 – Caring Companions

April 14 -- West Concord Union Church – April Birthday Celebration

April 21 – Concord Police

April 28 – Bag Lunch

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st Thursday of the Month - Limit 13. Pick-ups at HWCC @ **9:00 a.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 1 - **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.

Monday and Thursday: Pickups start 1:00 p.m., Door to Door, Limit 8.

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 – 8:40 a.m., **Burlington Mall**, \$4.
2nd, 4th and 5th Thursday, – **Stop & Shop plaza**, \$2
3rd Thursday, – **Market Basket**, Westford – (Pickups will start at 12:45 p.m.), \$3.

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 COUNCIL ON AGING BOARD will meet on **Tuesday, April 6** at 6:00 p.m. at the HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet **Tuesday, April 6** at 4:00 p.m. at the HWCC.

REMEMBER OUR WINTER CANCELLATION POLICY: IF THE CONCORD CARLISLE SCHOOL SYSTEM IS CANCELLED DUE TO WEATHER, THE COA WILL HAVE NO PROGRAMS, ACTIVITIES, OR VAN TRANSPORTATION FOR THE DAY.

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION On April 20th, at 9:00 a.m., we will discuss **Handle With Care** by Jodi Picoult at this meeting. For more info, contact Phyllis Di Marzio (978) 369-1558.

COFFEE & CONVERSATION Meets every Tuesday, 10:30 a.m.-11:30 a.m. 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 They will meet on the 2nd and 4th Tuesdays at 1:00 p.m. If you are interested please call Tillie Sweet at 978-369-7018.

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

MUSIC MAKERS We will meet Mondays from 1:00-2:00 p.m. at HWCC.

FITNESS CLASSES

AEROBICS CLASS Mondays & Thursdays. at 9:30 a.m. & **STRENGTH & FLEX** at 10:45 a.m. Classes with Julie are \$4 classes with video are 50 cents.

TAI CHI CLASS The Tai Chi form Judy Stokey teaches is simplified and tailored to seniors. All students are invited. No need to sign up. \$5/class – Mondays 3:00-4:00 p.m.

YOGA CLASSES Taught by Cathy Mandrioli on Fridays at 11:00 a.m. \$5.00 a class. Everyone is welcome.

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

LOW VISION GROUP Meets the last Wednesday of the month at 1:00 p.m. Everyone is welcome.

INTERNATIONAL CURRENT EVENTS We will meet on Wednesdays from 1:00-3:00 p.m., facilitated by Barbara Howell. Come and share your thoughts and experiences while we try to solve the problems of the world.

"NIP & TUCK" On April 13 & 27 our seamstress will be here from 10:30 a.m. - 12:30 p.m. **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.

"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 p.m. Admission is free for seniors.

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

OCTOGENARIAN GROUP Anyone interested in chatting with folks their own age and discussing life experiences and dilemmas. This group meets the 3rd Tuesday of the month at 1:30 p.m.

RETIRED MEN'S LUNCH Call Bob Nelson at 978-369-3105 for information/reservations.

"ASK A LAWYER" On Thurs. April 29 an attorney will be at HWCC to answer your questions. Half-hour appts. will be from 9:00 a.m. to noon. Call the COA to make an appt. Bring any information & documents that you will need to address your questions. If your question cannot be answered fully during the brief appt., you will be given a list of lawyers participating in the program.