



# 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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February 2010

Hello All!

Happy Valentine's Day! Some of you may have heard a different voice on the phone recently or seen a new face at the "volunteer desk" in our office. This is Lisa Kelly. She is with us learning the ropes so she will be able to step in when Shirley, our Administrative Assistant, is out on medical leave starting late in February. Please make her feel welcome!

**Be sure to call the COA if you need assistance with your Income Tax preparation. One of our AARP trained volunteers will call you to set up an appointment to work on your tax returns.**

**Our State Senator Susan Fargo and Brian Lynch** from the Department of Revenue will be here at 11 AM on Wednesday February 24 in the Clock Tower Room. They will give a presentation on the Circuit Breaker Benefit for seniors. Through the Circuit Breaker you may get a substantial return from your State income taxes. If you do not normally file a State Tax Return, you can and should file so you can take advantage of this benefit. **Come and hear the details!** Susan will also be glad to answer other questions or to hear your concerns.

This is the time of year when Community Education starts a new season of Arm Chair Travel. Information on all of the programs is posted on the bulletin board at the COA. Village University will also be offering some excellent classes this spring (starting in March). Copies of the Community Ed Bulletins will be mailed and a supply of the bulletin and flyers on Village U. will be dropped off at HWCC for your convenience.

There's always something going on at the COA! Make sure you read your Senior Spirit cover to cover!

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. 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 [lkalinoski@concordma.gov](mailto:lkalinoski@concordma.gov)

**February 20, at 5:30 Dinner Club** at IL Capriccio, located in Waltham. The menu is Northern Italian, featuring local products. This restaurant has been number #1 in the reviews. "Perfect for wowing important clients or a first date" said the Boston Globe Let's see what the YES Club thinks. Van will leave at 4:45. The van fee is \$5.00. Call the COA to sign up.

**The Man Who Came For Dinner February 11, at 8:00 P.M.** The Concord Players invite all of you to attend Open Dress rehearsal for \$5.00.

## NEWS FROM OUTREACH TEAM

“ Even when it’s cold outside  
Our memories keep us warm “  
.....Author Unknown

### **SMOC**

It is not too late to apply for Fuel Assistance. Call to see if you are eligible for help. If so, we can help with the application.

### **ARE YOU OKAY?**

This is a new program so it’s not too late to join--- either as a volunteer who makes the calls or as someone who would welcome getting a friendly call or both.

Call Lori or Muffie at the COA (978-318-3020).

### **LOCKBOXES**

The response for lockboxes has been very positive. The Friends have purchased 50 boxes. We are asking for a \$50.00 donation for the lockbox. If you are unable to make a donation, you will still receive a box. We have a contractor who will install the box on your home for free. If you have not signed up for a box just give us a call.

### **ABOUT FALLS**

Falls in the home are the most frequently occurring accidents.

There are TWO major causes of falls:

Health and age-related changes, such as:

- use of certain medications
- slow reflexes
- poor eyesight
- problems with balance

Dangerous situations in the home:

- slippery floors
- poor lighting
- loose rugs—especially “scatter rugs”
- raised thresholds
- clutter

### **What if you do fall???**

Prevention is the aim, but if you do fall, having a lifeline type device that you wear will help to minimize your injury and even save your life. Call either Lori or Muffie at the COA (978-318-3020) to get information on these products.

**If it’s about Seniors ask us!**

## Volunteer Coordinator News



I begin this new chapter with The Council On Aging with excitement and enthusiasm. Concord has been home to my family for the last 35 years. My husband John and two grown daughters, Jennifer and Sarah, are still very involved in our tremendous community. In the last couple of weeks, I have been so happy to see so many old friends whom I have not seen for quite some time, as well as meet some new friends. I feel so blessed to re-connect with so many of you.

If you have not volunteered for a while, please stop by and say hello. There is so much going on here, I am sure you will find something that will be a perfect match for you to enjoy.

Sincerely,  
Carol Dromgoole

### **The Jewelry Sale**

Thanks go out to the wonderful folks in the Gift shop. There will be a Valentine sale starting on **January 26<sup>th</sup>** and will go until **February 14<sup>th</sup>**. Stop by and find that wonderful piece of vintage jewelry, a piece you cannot find elsewhere.

Hours are 11-2 p.m. Tuesdays, Wednesdays, and Thursdays.

**The Art Show** *Thank You to Mary Raucher and Barbara Wheeler for organizing these wonderful monthly exhibits.*

February's exhibitors will be Susan Maxfield, Pam Baldwin and Fred MacNeill. Come and enjoy these wonderful multi-talented artists.

### **The Birthday Card Schedule**

Elaine Hardie is lending a helping hand to get our birthday card schedule back on track. Happy Birthday and apologies go out to anyone whom we may have missed in the recent transition process.

### **Computers**

David Rayson, our computer genius, is available on Mondays from 4-5 p.m. Call ahead to schedule a class.

### **Interesting Fact**

According to a recent article on loneliness, if loneliness is contagious, one way to inoculate ourselves is to become part of a community. What better place to combat this problem than at our Senior Center. Give us a call. We are looking forward to hearing from you.

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

**VIGILANCE:**

He is most free from danger, who even when safe,  
is on his guard.

by Publilus Syrus (1<sup>st</sup> century Latin writer)

Consumers lose billions of dollars a year to telemarketing fraud. Elderly people are especially vulnerable and account for a large percentage of all victims. Scam artists often target older people, knowing they tend to be polite toward strangers and are more likely to be at home and have time to talk.

**Following are several tip-offs to phone fraud. Contact the COA if anyone insists on the following:**

- You must act “now” or the offer will expire.
- You’ve won a “free” gift, vacation or prize – but you must pay for “postage or handling” or some other charge.
- You must send money, give a credit card or bank account number.
- It’s not necessary to check out the company with anyone – including your family, lawyer, accountant, local Better Business Bureau or consumer protection agency.
- You can’t afford to miss this “high-profit, no-risk” offer.

**It’s the law.**

It’s illegal for a telemarketer to call you if you have asked not to be called.

Telemarketers must tell you it’s a sales call, the name of the seller and what they are selling, before making their sales pitch.

Before you pay, telemarketers must tell you the total cost of the goods and any restrictions on getting or using them, or that a sale is final or non-refundable.

**For more information:**

Consumer Response Center  
Federal Trade Commission  
202-382-4357

## WELLNESS CORNER

**EDUCATIONAL PROGRAMS, Please sign up for all classes. Lunch and Learn always begins at 12:00 P.M.**

**Thursday, February 11 at 12:00 P.M.**

Please come to our terrific luncheon to hear fantastic speakers from Newbury Court, Concord Park, Home Instead, and Emerson Home Care. They will discuss some of the various options that you may choose when a change is needed in your current situation. This will make the different options more clear so that we may make informed decisions. All are welcome. Registration necessary at 978- 318-3020. If you need van transportation, please let the COA know when you sign up.

**Friday, February 12 at 12:00 P.M.**

Please join us for a "Lunch and Learn" program. We will hear all about "The Importance of Pelvic Health" and other issues pertaining to this topic. Questions and answers are what will make this program so interesting!!!

**Friday, February 19 at 10:00 A.M.**

Are you currently a caregiver or do you know someone who is? Plan on attending this informative yet understanding presentation from Affinity Hospice called "Exploring Compassion and Fatigue: A Reality for Caregivers".

### **Clinics at Harvey Wheeler Community Center**

Blood Pressure Screening: Every Wed. 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 for you to keep records.

Diabetes Screening: February 17

### **Staying Healthy during the Winter Months**

Recommendations from Emerson Homecare:

- Wash hands frequently using plenty of soap and water.
- When you cough or sneeze, raise your arm and cough into your elbow. This will prevent your hands from catching the germs and prevent the spread of the cough in the environment. (A sneeze can carry up to 6 feet!!!)
- Eat Correctly: Eat plenty of foods containing good nutritional ingredients including vitamins, proteins and healthy grains.
- Try to drink more water and other liquids since the winter's heat and cold weather can dry you out. If you have a cold or the flu, drink plenty of warm liquid including soups.
- If you are using hand sanitizer in a bottle, let your fingertips get wet in the solution and make sure that you rub your hands together until they are dry. It is the friction that helps the solution clean your hands.
- Get rid of tissues since the germs stay alive for awhile.

### **March Highlights – You may call to sign up now!**

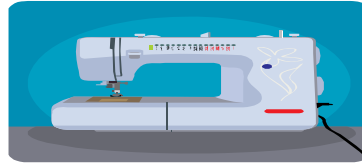
March 4th at 1:00 P.M., Mass Audiology. Come for a hearing test

March 11th at 12:00 P.M., Lunch and Learn about *The Five Wishes*

March 25th at 12:00 P.M., Lunch and Learn about Diabetes with Karen Breehey

## EVENTS

*Please call (978) 318-3020 to register  
for Programs*



### **NEW PROGRAM: SEWING TOGETHER**

Starting Tuesday, February 2, 9:00 A.M. – 12:00 P.M.

Are you in the middle of creating a sewing project and need motivation in finishing? Do you have a pile of mending you have been “meaning to get to”? Whatever your sewing agenda might be, this group is open to you. Join in for the whole morning or for whatever period of time that is convenient for you. No need to sign up, just come. This will be an on-going group.

### **BSO TICKET HOLDERS: FEB. 5 AND MARCH 12**

As previously announced, we will be taking the BSO coach which leaves from First Parish Church on Lexington Road at 10:30 A.M. The COA van WILL LEAVE FROM HWCC AT 10:15 A.M. SHARP TO TAKE US TO THIS LOCATION. The van will meet the coach when we return. No charge for this service. The coach will stop at Copley Place, Boylston, Prudential and Museum of Fine Arts, if you wish to get off at these points and then make your own way to Symphony Hall. Coach will depart Boston immediately following concerts. If you have not been able to purchase a ticket to any concert, call COA and put your name on the waiting list of your concert(s) of choice as there are frequently cancellations.

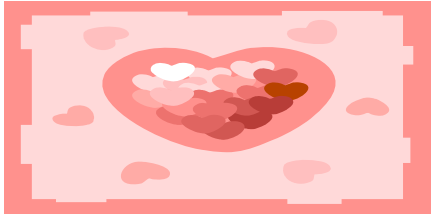
**PROPERTY TAX INFORMATION on Wednesday February 10, at 11:00 P.M.**

The Town of Concord offers many tax breaks to seniors. Come meet Carolyn Dee and learn about all the discounts for which seniors may qualify.

**The Man Who Came For Dinner February 11, at 8:00 P.M.** The Concord Players invite all of you to attend Open Dress rehearsal for \$5.00.

**ROCKY MOUNTAIN SLIDE SHOW Thursday, February 11, 1:00 P.M.**

This program will have the details of the trip planned by Joanne Willens of Carlisle for July 16 – 24, 2010. Come and meet Joanne and view some spectacular scenery among the mountains and Glacier National Park. Call to sign up.

**COA CINEMA Friday, February 12, 1:00 P.M.**

Just released on DVD is the film BRIGHT STAR. Critic Turan terms it "...an exquisitely done emotional love story". It is based on the attachment between John Keats, the 19<sup>th</sup> century romantic poet, and Fanny Brawne, literally the girl next door. Sign up.

**HARVARD MUSEUM OF NATURAL HISTORY Thursday, February 18, 12:30**

A highlight of this visit will be viewing the remarkable collection of the 'Glass Flowers', 847 plant species painstakingly and accurately crafted in glass by Leopold and Rudolph Blaschka. These German artists/craftsmen signed an exclusive contract with Harvard for the creation of this botanical exhibit. There will also be time to view the Great Mammal Hall which has just had a complete renovation celebrating the 150 years of its founding. Admission fee is \$6.00 payable on arrival plus a \$4.00 van fee. Van will leave HWCC at 12:30 P.M.

**LUNCH BUNCH Friday, February 19, 11:30 P.M.**

The destination today is just around the corner—The Colonial Inn. The Innkeeper has arranged a lunch special which includes the choice of: Turkey BLT Wrap; 8 oz. Hamburger; Grilled Chicken Sandwich. French fries included with all plus coffee or tea. The price is \$12.50 including tax and gratuity. MAKE YOUR CHOICE KNOWN WHEN YOU CALL TO SIGN UP. Van will leave HWCC at 11:30 with fee of \$1.00 or you may drive yourself.

**LIONS CLUB ANNUAL SPAGHETTI DINNER FOR SENIORS – Sat., Feb. 20**

The Harvey Wheeler Doors will open at 11:30 A.M. and dinner will be served at 12 noon. Call the COA to sign up and let us know if you need van transportation.



**THE OLDER WISER DRIVER Thursday, February 25, 1:30 P.M.**

This presentation by John Paul of Southern New England AAA will focus on tips for night driving, defensive driving, driver distraction and strategy for reaching your destination safely. We can't be reminded of these points too often as the news daily reminds us. Bring your questions and sign up.

**COMING IN MARCH**

**THE SPECTACULAR BOSTON FLOWER SHOW Friday, March 26, 9:00 A.M.**

The Flower Show is back under new management and a new venue. The special attraction is a "Feast for the Senses" featuring displays by award winning gardeners. After absorbing the fragrance and color of the spring treat, we will have lunch at MAGGIANO'S which features five courses of appetizers, salads, entrees, pasta and dessert served family style. Back on the coach for a brief tour of Boston and home by 5:00 P.M. **Sign up now** with a check for \$69.00 made out to FOX TOURS. Leave HWCC at 9:00 A.M.

**COLLECTIONS:** Gerry Boyle, the talented weaver of baskets, has had a variety of his work on display during January. February will see even more samples of the diversity of his work. Be sure to take a look at this special exhibit in the lounge. Let us know if you have a collection you would like to share with the COA community.

THANK YOU TO ACTON BLOCKBUSTER FOR THE FREE USE OF DVD, "JULIE AND JULIA" IN January.

## 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.

February 3 - Thoreau School – (Students will be here to sing before lunch)!

February 10 – Mildames – February Birthday month

February 17 – Concord Health Care Center

February 24 – TriCon Church – Meet Senator Susan Fargo before lunch (11 A.M. in the Clock Tower Room)

## VAN SHOPPING TRIPS

### CALL FOR RESERVATIONS

**Burlington Mall**, 1<sup>st</sup> 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.

February 4 - **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 1:00 P.M., Door to Door, Limit 8. \$2.00 - **Market Basket** \$3.

**Mondays:** 1<sup>st</sup> 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:** 1<sup>st</sup> Thursday – 8:40 A.M., **Burlington Mall**, \$4.  
2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursday, – **Stop & Shop plaza**, \$2  
3<sup>rd</sup> Thursday, – **Market Basket**, Westford – (Pickups will start at 12:45P.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, February 2** at 6:00 P.M. at the HWCC. As always the public is welcome.

**THE CONCORD FRIENDS OF THE AGING BOARD** will meet **Tuesday, February 2** at 4:00 P.M. at the HWCC.

**The COA will be closed on Monday, February 15 for the Holiday. There will be no COA activities or van transportation on that day.**

**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 Feb 16th we will discuss *Dark Tide* by Stephen Puleo 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. 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.

**FITNESS CLASSES:** At HWCC on Mondays & Thursdays. Aerobics class 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: New Teacher**

The Tai Chi form she 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.

**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 3<sup>rd</sup> 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.

**YOGA CLASSES** are taught by Cathy Mandrioli on Fridays at 11:00 A.M. \$5.00 a class. Everyone is welcome.

**"NIP & TUCK":** On Feb. 9 & 23 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 3<sup>rd</sup> Tues. 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., February 25 an attorney will be at HWCC to answer your questions. Half-hr. 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.