



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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JULY and AUGUST 2011

Please note that this is a double newsletter edition covering the months of July and August. Please save your copy for future reference.

From the Director:

At a recent ceremony at the Town House, the COA was honored to again be a recipient of a grant from the Concord Carlisle Community Chest along with many other worthy agencies, departments and programs that the Community Chest supports. The COA funding from the Community Chest helps to support 3 different important staff positions. Without their financial support for our Mental Health Clinician, Outreach Worker and Volunteer Coordinator, our ability to respond to the needs of Seniors in our community would be very compromised. Please join me in thanking all of those members of the community who work very hard throughout the year to help the Community Chest raise the funds to make these grants possible.

Jini McCoubrey Leaving COA

We are sorry to say that Jini McCoubrey, our wonderful Program Coordinator for the past 7 years, will be leaving the COA to enjoy a "true" retirement. She has provided Concord Seniors with many amazing and creative events and outings over the years and will truly be missed.

HWCC IS "REALLY COOL"

Summer is upon us and we can certainly expect some sweltering hot days. Remember that HWCC is air conditioned and you can come by to cool off anytime. When there is a real "heat wave" HWCC becomes a "cooling center" and the COA has worked with the Red Cross in the past to give folks a place to "escape" from homes that are not air conditioned. If you need a ride to HWCC on a HOT day call us. During a designated "heat wave" you can stay until 10PM and we will provide you with a ride home.

Help Us Go Green

Please consider helping us "go green" and save money on printing and postage by agreeing to have your newsletter sent to you by email each month. If you would be willing to consider this option, please email our administrative assistant, Lynne Sookikian at: lsookikian@concordma.gov.

Please Remember: Monday, July 4th we are closed for Independence Day! There will be no programs or van service. Have a wonderful holiday!!!

Volunteer Coordinator News

By Carol Dromgoole

The COA thanks the Concord Carlisle Community Chest for the funding that makes the Volunteer Coordinator position possible

Harvey's Treasure Chest

Harvey's Treasure Chest continues to be a source of considerable entrepreneurial spirit here at the Council on Aging. These wonderful ladies are so dedicated to the cause of turning your gently used treasures into cash for the Friends of the Aging. Harvey's will be closed in July and August, but when you are cleaning this summer, make sure you think of us. We love gently used or new household items, jewelry, giftware, collectibles, pottery, china, candlesticks, frames, silver, and brass. Regrettably, we do not accept clothing, shoes, books, electronics, household appliances, furniture, children's games, or toys. Items can still be brought to HWCC during the summer.

Art Space in June

Thank you to Janice Alcaarez for her beautiful Art exhibit in June. We are filming each exhibit this season for CCTV, so be sure to look at our local programming to view some of these exciting exhibits again.

During July and August, Jim Coutre, a Concord resident, will be exhibiting his photography. Jim is a full time professional photographer. He specializes in family life portraiture and events. Jim is an active member of the Professional Photographers of America, Wedding and Portrait Photographers International, Digital Wedding Photographers, National Association of Photoshop Professionals, and a member of Now I Lay Me Down to Sleep charitable bereavement photographers. He competes in Nashoba Valley Photo Club, and the First Parish Fine Art Photo Club. We welcome Jim to our distinguished list of valuable exhibitors in 2011.

Computer Tutor, Cell Phone Classes, Skype Classes & Facebook Classes

We are grateful to high school students Jimmy, David and Maryanne for their expertise in teaching us technology! The classes on the use of the Cell phone, Skype and Facebook will continue in the Fall of 2011.

Call and get your name on the summertime computer tutor list here at the office. If someone comes forward to volunteer, you will be among the first to get a call to sign up for the class. Have a happy summer and never stop learning new things.

Lockboxes

This is an ongoing, important part of living in your home safely. Please call the office and get on the list of Fall installations. We have many seniors living comfortably with lock boxes near their doorways. Our seniors live more confidently in their homes, knowing that when an emergency arises, local Fire and Police Departments will be able to access their homes without any serious damage to doors or windows.

**WE COULD NOT BE AS SUCCESSFUL WITHOUT OUR VOLUNTEERS.
YOU ARE ALWAYS NEEDED!**

Octogenarians Plus?

On February 2007, the Octogenarian Group was formed under the guidance of Mildred Roberts (who turned 90 in July). It has been a stimulating four years, with much to open discuss and learn among friends.

It has been said that those 80 years old and up have new experiences, express themselves differently and are not always understood. It is something we need not fear, but rather something we can examine and integrate into our lives.

The question is: shall the Octogenarian group continue? Having taken a poll, we have decided to enlarge the group to include the remaining years (plus) and carry on:

Octogenarian Plus.

We will meet again on Tuesday, August 16, 1:30PM.

All those aged 80 and over are most welcome and encouraged to come and share.

Activity and Trip Scholarships

We work hard to keep our programs, trips and events free or at a low cost, but if there is ever an activity that you wish to participate in and you find that you cannot afford it, please speak to the director to see if a scholarship might be available.

How about Billiards?

The COA has a beautiful pool table located on the lower level of the Harvey Wheeler Community Center and it has not been getting much use! We would like to collect names of folks who would like to play periodically and then we will try to come up with a mutually convenient time for everyone to get together for an entertaining game.

Neither THE COUNCIL ON AGING BOARD nor THE CONCORD FRIENDS OF THE AGING BOARD will meet again until the Fall.

CLINICS & EDUCATIONAL PROGRAMS

Please **sign up** for all classes and the Podiatry Clinic by calling or stopping by the office.

Please bring your list of medications to all Blood Pressure Clinics and Diabetic Screenings

July 6, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

July 13, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

July 20, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.
Diabetic Screening 10a.m. - 12 noon.

July 27, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

August 3, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

August 10, Wednesday: Podiatry, 8:30a.m. - 12 noon.
Blood Pressure Clinic, 10a.m. - 12 noon.

August 17, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.
Diabetic Screening 10a.m. - 12 noon.

August 24, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

August 25, Thursday: Lunch and Learn: 12 noon: Minuteman Senior Services will present a program on the HUGE importance of monitoring sodium (salt) in our diets. We will learn about the “hidden” sources of sodium in different foods as well as the most common sources. We will also discuss medications and their side effects. It promises to be a great educational program!

August 31, Wednesday: Blood Pressure Clinic, 10a.m. - 12 noon.

Some interesting facts have just been published by the CDC:

By the year 2030, the number of adults aged 65 or older will more than double to about 71 million. The rapidly increasing number of older Americans has far-reaching implications for our nation’s health system, and will place unprecedented demands on the provision of health care and age-related services. Older adults who practice healthy behaviors, take advantage of clinical preventive services, and continue to engage with family and friends are more likely to remain healthy, live independently, and incur fewer health-related costs.

Public Forum: Stop Lyme Disease!: Tuesday, July 19th, 12:30p.m. – 2:00 p.m. The Acton Council on Aging would like to invite all of our Concord Seniors to attend this talk regarding Lyme disease identification, treatment, controversy, etc. For more information, please email the Acton COA at seniorcenter@acton-ma.gov or call 978-929-6652.

OUTREACH TEAM

The COA Outreach program is funded in part by the Concord Carlisle Community Chest.

Concord Emergency Services and the COA need your help WITH A NEW SAFETY PROGRAM!

Are you the caregiver for a loved one? Would you need assistance in an emergency situation? Do you use a wheel chair or walker? Do you use oxygen? Are you the caregiver for someone with Dementia? PLEASE let your local COA, Fire and Police Departments know your special needs so they can better help you in an emergency!

It will be a great help for them to:

- Know about you and what your needs are;
- Have up-to-date information about you;
- Have a recent picture ID.

If you do not have the form, we have a supply in the office. You may just come in and fill one out.

File of Life

We have a new supply of forms for the File of Life in the office. Please come by and take one home. Emergency personnel know to look for them in your home. We also have smaller ones for your pocket or purse, for when you are out. We request that anyone using COA transportation, or taking a trip with us, have one with you in order to provide for your safety in an emergency.

A Caregivers' Support Group

A group for those caring for loved ones with Alzheimers or related dementia will meet the third Tuesday of each month from 10:30 AM – 12:00 noon at the Concord Council on Aging. Please call Sally (978-318-3020) with any questions. **The next meeting is Tuesday, July 19th at 10:30 AM. Please note: there will be no meeting in August.**

Bereavement Support Group

A group for those who have experienced the recent death (within the past two years) of a spouse or partner will meet at the COA on the first Wednesday of each month. Please call Sally (978-318-3020) to voice interest or ask questions. **We will meet on Wednesday, July 6th and August 3rd at 10:30 AM. This is an ongoing group.**

LOOKING FOR SOMETHING NEW AND CHALLENGING?

The senior tambourine players invite physically fit men and women to join their new training program on Mondays, beginning September 12th at 2:00 p.m. in the Clocktower room at the COA. Please come and join us for an hour of fun and friendship! The Shakers' routines require the ability to move in a way that involves coordinating knees, heads, elbows and wrists, toes and legs. If you are not sure that this is something you want to do, we invite you to come and observe first and then decide. For further information, or to sign up, please call Marge Stetson at 978-369-9084. We will furnish the tambourines.

ARE YOU IN THE “DONUT HOLE”?

There are new changes to your Medicare prescription drug coverage (Part D). These changes start to happen if you reach the coverage gap (Donut Hole). This year, you will no longer have to pay full price in the Donut Hole. You will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail.

If you have already reached the Donut Hole, you should already be receiving these discounts. In the Donut Hole, you should not be paying full price for your drugs! If you are, you need a SHINE appointment.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the COA and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say “3”. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

Reminder: New Dates for Medicare Open Enrollment: October 15 – December 7, 2011

TRIPS AND OUTINGS

PLEASE CALL NOW TO SIGN UP FOR ALL EVENTS

The Bedford Council on Aging:

Invites interested Concord Seniors to Cirque du Soleil's "ZARKANA" on Friday, September 2, 2011. This new production with 71 performers, tells the story of Zark, a failing magician seeking his lost love in a world of unusual creatures. For more information, please call the Bedford COA (781) 275-6825.

Happenings Around Town This Summer:

On July 7th – 10th, the Thoreau Society will hold its 70th Annual Gathering in Concord, titled Henry D. Thoreau's Environmental Ethos: Then and Now. The program represents a community-wide celebration of this world-renowned author. Workshops and presentations address all manner of topics relating to Concord, Thoreau, and the environment. The gathering will offer a wide variety of indoor and outdoor events. Registration for all 4 days is \$125, if received before July 1, and \$140 at the door. All are invited. For additional information visit www.thoreausociety.org or call 978-369-5310.

A REMINDER:

SUMMER CONCERTS ON THE LIBRARY LAWN will be held on Wednesdays: JULY 6th and July 20th as well as AUGUST 3rd AND 17th. ALL CONCERTS begin at 7:00 P.M. BRING A PICNIC AND A CHAIR AND ENJOY!

JULY/AUGUST
EVENTS & TRIPS & OUTINGS
PLEASE CALL NOW TO SIGN UP

COA CINEMA: Friday, July 8, 1:00 p.m.

The film, ANOTHER YEAR, delivers an emotionally honest portrait of ordinary people trying to make sense of their lives. This comedy/drama features Jim Broadbent and Ruth Sheen as Tom and Gerri and is directed by British filmmaker Mike Leigh. Sign up.

GREAT PAINTINGS: This is a series of DVD lectures by Professor William Kloss, an independent art historian, on his selection of some of the great paintings of the world. Under his direction, it will be possible to penetrate their mysteries and to appreciate their riches. The series will run for six weeks. Each session will be comprised of two half-hour lectures. Sign up and come for all or pick and choose:

1. Monday, July 11, 9:30 a.m.

Hals, Rembrandt, La Tour and Poussin, Claude and Watteau.

2. Monday, July 18, 9:30 a.m.

Chardin, Tiepolo and Gainsborough, David, Goya and Friedich.

3. Monday, July 25, 9:30 a.m.

Constable, Turner, Delacroix, Courbet, Church and Monet.

4. Monday, August 1, 9:30 a.m.

Whistler, Degas, Renoir, Sargent, Manet and Seurat.

5. Monday, August 8, 9:30 a.m.

Cezanne, Van Gogh, Homer, Munch, Matisse and Schiele.

6. Monday, August 15, 9:30 a.m.

Monet, Picasso, Magritte, Hopper and Gorky.

MEMOIR WORKSHOP: Tuesday, July 12 and August 23, 10:00 a.m. to

1:00 p.m. This workshop will be led by Sally Montgomery who has been trained in leading Memoir groups and has volunteered her time at the COA during the past several years with this activity. This workshop is a broad approach to Memoir writing

and will provide suggestions on organizing your photos and mementos. Be sure to bring the materials you wish to work with. First time writers and those who have had some experience are welcome. Time will be spent writing and reading back (optional) your work. There will be a pause for refreshments. On August 23rd we will have a second session. Please sign up for one or both.

PATIO ICE CREAM SOCIAL: Thursday, July 14, 2:30 p.m.

What could be better than dipping into a cold, sweet dish of ice cream with your favorite topping sitting in the shade on a summer's day! Join your friends for this pleasant afternoon. Sign up.

OKLAHOMA!: Saturday, July 16, 1:00 p.m.

Those who expressed interest in seeing this musical at the Reagle Theater in Waltham have their tickets. There are several still available and there is always the possibility of a cancellation. Each ticket is \$32.00 (check made payable to Friends of the COA). Also, please be prepared to pay a \$3.00 van fee (in cash) on the day of this trip. Leave HWCC at 1:00 p.m. with 2:00 curtain time. Home between 4:30 and 5:00 p.m. Call NOW if interested.

CAPE ANN MUSEUM: Tuesday, July 19, 9:45 a.m.

This is a charming, small museum tucked away on a side street in Gloucester. In addition to a fine selection of paintings by local artist Fitz Henry Lane, there is a special exhibition of works by Margaret Fitzhugh Browne (1884-1972) who lived and studied in Annisquam and Boston. Senior admission is \$6.00 payable on arrival and a \$3.00 van fee. After the Museum visit, we will go to "Gloucester House" on the harbor for lunch. The menu is moderately priced and the view priceless! Leave HWCC at 9:45 a.m.

COA CINEMA: Friday, July 22, 1:00 p.m.

Again, the filmmaker Mike Leigh. And again, Jim Broadbent. This time he plays W.S. Gilbert with Allan Corduner as Arthur Sullivan in the 1999 musical drama TOPSY-TURVY. It is about the creation of THE MIKADO in 1884-1885 and bringing this light opera to the stage was not an easy task for these two talented men. Sign up.

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LUNCH BUNCH: Thursday, July 28, 11:30 a.m.

When traveling, a familiar sight along the Interstates is the sign leading to THE CRACKER BARREL restaurant. Why wait for an extended trip to enjoy their 'down-home' menu and the packed-full gift shop! This can all be enjoyed in nearby Tewksbury, so please come along. \$3.00 van fee.

MUSEUM OF FINE ARTS: Friday, August 5, 10:00 a.m.

This trip to the MFA will be just in time to see the special exhibition of Dale Chihuly's spectacular work in glass entitled "Through the Looking Glass". This is in a special gallery on the bottom floor of the New Wing so it will be possible to enjoy the treasures on view there also. Museum fee is \$16.00 cash payable when you board the van and a \$3.00 van fee. To make life easy for everyone, please try to have correct cash for the separate transactions. Leave HWCC at 10:00 a.m. Leave Museum at 2:00 p.m. Call to reserve your place.

COA CINEMA: Friday, August 12, 1:00 p.m.

According to Tom Russo, GLOBE critic, "The greatest pleasure in watching the...remake of TRUE GRIT is seeing Jeff Bridges and Hailee Steinfeld give such equally matched, entertainingly prickly performances." If you recall the original John Wayne (or even if you don't) you will want to see this 2010 production.

LUNCH BUNCH: Friday, August 19, 11:30 a.m.

At ALCOTT'S RESTAURANT AND TEA ROOM at Fruitlands Museum in Harvard, MA., you can not only enjoy your salad, soup or sandwich but also take pleasure in the lovely view from this restaurant. Cross your fingers for a clear day! Sign up.

SUMMER BARBEQUE: Thursday, August 25, 5:00 p.m.

This annual event is always fun so be sure that you reserve your place now. The menu will include Chicken Kabab, Pulled Pork on a dinner roll plus various side dishes with a Brownie Sundae for dessert. Following supper, there will be entertainment by Mr. David Shikes who has provoked lots of laughter with his comedy routines for COA groups all over Massachusetts. When not performing, Mr. Shikes enjoys his day job as a book salesman. This stellar evening is \$5.00 with our wonderful Friends of the COA picking up the remainder of the bill. We need your reservations by the end of the day on Friday, August 19th.

COA CINEMA: Friday, August 26, 1:00 p.m.

After a grand night out, come relax with the 1960 classic film INHERIT THE WIND. Spencer Tracy and Frederic March star in a blistering court room drama about the 1925 "Scopes Monkey Trial" in which a Tennessee teacher was put on trial for teaching Darwinism in the classroom. Sign up.

WEDNESDAY LUNCH SCHEDULE

Lunch is prepared by local churches, service organizations, businesses or Town Departments and served at 12:00 noon at the **Harvey Wheeler Community Center** unless otherwise noted. There is a \$2 donation for lunch. **Please call the COA, (978) 318-3020, by the prior Friday to make your reservations. If you fail to sign up, you will be asked to wait, while those who did sign up, are served first.**

July 6th – Minuteman Senior Services

Menu: *Shredded Beef w/BBQ Sauce, Soup, etc.*

August 3rd - Minuteman Senior Services

Menu: *Roast Chicken, rice, etc.*

JULY BIRTHDAY CELEBRATION!!!

AUGUST BIRTHDAY CELEBRATION!!!

July 13th – Home Instead

August 10th – Musketaquid Sportsman's Club

July 20th – New England Deaconess

August 17th – Bullock's Nursing Service

July 27th – Redeemer Church

August 24th – Brightview Concord River

August 31st – Brown Bag (please bring your own Lunch & the COA will provide dessert and coffee).

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up before the first of the month. Please specify if you need a van ride to HWCC for pickup.



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.)

Mondays: 1st Monday of the month – **Donelan's or Trader Joe's** (and other shops), **\$2. Limit 8; pickups start at 1:00 p.m.**

Remaining Mondays – **Roche Brothers** (and other stores within shopping plaza) **or Kmart, \$2. Limit 8, pickups start at 1:00 p.m.**

Thursdays: 1st Thursday – **Burlington Mall, \$4. Limit 13 people, pickups start at 8:40 a.m.**

2nd, 4th and 5th Thursday, – **Stop & Shop plaza, \$2. Limit 8 people, pickups start at 1:00 p.m.**

3rd Thursday, – **Market Basket, Westford – \$3. Limit 8, pickups start at 12:45 p.m.**

Friday: Every Friday – **Crosby's Marketplace and CVS, \$2. Limit 8 people, pickups start at 12:40 p.m.**

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)!

DISCUSSION GROUPS

COA BOOK DISCUSSION: The COA Book Discussion Group is taking a summer break. The next meeting will be in September. For more info, contact Phyllis Di Marzio at (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!!

INTERNATIONAL CURRENT EVENTS will take the summer off.

OCTOGENARIAN GROUP – The group will not be meeting in July. The next meeting will take place on Tuesday, August 16th at 1:30 p.m.

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

ACTIVITIES & MUSIC

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

BINGO - We play Bingo every Wednesday at 12:45 p.m. Come join the FREE fun!

CRIBBAGE - Join us Thursdays at 1:00 p.m. at HWCC for a relaxing afternoon playing cribbage with friends.

MUSIC MAKERS will plan on meeting again on Mondays at 1:00 p.m. starting after Labor day.

COA QUILTERS meets Tuesdays at 9:00 a.m. Stop by, bring your sewing, have some fun!

SENIOR "SHAKERS"- The Shakers will start rehearsals again in September. Anyone interested in learning to play the tambourine and becoming a member of the Shakers, please call Marge Stetson 978-369-9084 for more information.

SENIOR DRAMA CLUB – *Will not meet this summer!!!*
See you in September!!!

MEMOIR GROUP Write your story for you family! This group will be taking the summer off.

FITNESS CLASSES

AEROBICS CLASS - Mondays & Thursdays at 9:30 a.m.
STRENGTH & FLEX at 10:45 a.m. Classes with the instructor are \$4; classes with video if the instructor is absent are only 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 9:30 a.m. for \$5.00 a class. Everyone is welcome.

ADDITIONAL SERVICES

"NIP & TUCK" - BETTY FARFARAS HAS TAKEN THE SUMMER OFF, BUT WILL BE AVAILABLE TO US AGAIN IN SEPTEMBER!!!!!! In the Fall, please call the COA to confirm the dates before coming to HWCC.

SUPPORT SERVICES

"ASK A LAWYER". Last Thursday of the month from 9:00 a.m. to 12:00 p.m. Please call for an appointment.

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

S.H.I.N.E. COUNSELORS Virginia Lemire, Pat Lanchester and Jim Eastman may be able to answer your health insurance questions directly over the phone. Please call the COA office at 978-318-3020. If necessary, one of them will set up an appointment to meet with you.