



# 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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**JUNE 2011**

## **From the Director:**

Thank you to all the wonderful seniors I have met during my first 3 weeks on the job. Everyone has been very welcoming and I so appreciate your patience as I try to learn all the many new names of your smiling faces. I would also like to take a minute to thank the rest of the COA staff that have all bent over backwards to help me to find my way around the office and to help me "get up to speed" as fast as possible. I am very happy to be here with you and look forward to many years together.

## **Fond Farewell to Lori**

Many of you have heard by now that Lori Kalinoski has resigned her position at the COA in order to take a job at Traditions of Wayland. We are very grateful to Lori for her many years of service to the town, her energy and exuberance, her many creative program ideas, and most importantly her passion for working with seniors. We wish her every success in her new career.

## **CARE PACKAGES for the TROOPS**

The Military Family Support Group is sponsoring a drive to collect items for care packages for the Troops. New items such as snacks (no chocolate), AA/AAA batteries, shampoo, razors, lip balm, hand lotion, foot powder, sun screen, zip lock bags, etc. are being collected. Drop off locations are the Town House, Middlesex Savings Bank in Concord Center and the Harvey Wheeler Community Center. Items will be collected from now through June 10<sup>th</sup> only. All donations go directly to the Troops and are greatly appreciated.

## **HELP WANTED: VAN DRIVERS**

The COA has an opening for a part time van driver. We are looking for an individual who has an exemplary driving record and enjoys interacting with seniors as they are transported around Concord and nearby communities for medical appointments, shopping excursions, trips to the COA for activities and various other personal errands. Drivers typically work an 8 hour day once or twice a week. A commercial driver's license is not required to drive the COA vans, but you must be comfortable driving and parking a large vehicle. The pay rate is \$12.00 per hour. If interested in applying, please contact the Human Resource Department for the Town of Concord at 978-318-3025.



## 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

"Thank you" again to all the wonderful ladies who work in our gift shop. They are so loyal throughout the entire year! Don't miss your chance to pick up great bargains during the June **BLOW OUT SALE!** The ladies will keep the shop open until the end of June, so if you are clearing out "stuff" (such as household items, jewelry, giftware, etc.) be sure to remember us. Your donations benefit the Friends of the Aging and donations are tax deductible.

### Art Space in June

Janice Alcaez, a local resident, will be exhibiting her works in June. Janice, a graduate of the Mass College of Art, has taught in the Middle School and the High School in both Acton and Bedford. Since retiring from teaching, she has enjoyed decorating furniture for family members. She utilizes several different mediums and we know you will enjoy viewing all of them when you stop by the HWCC.

### ART on TV

Special thanks to Peter Boeing and Charlie Simpson, our videographers, who have been filming our ART exhibits on CCTV. Please be sure to watch Channel 8 this summer, where you can revisit some of the wonderful creative people among us.

### 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 our technology classes this past school year. They will be taking a well-deserved break this summer, but be sure to practice what you have already learned!

### Lockboxes

This is an ongoing, important part of living in your home safely. Please call the office and get on the next list of 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.

### Volunteer Luncheon

We hope you enjoyed our luncheon on May 19<sup>th</sup>! We now have over 180 volunteers! I find it helps me to realize how many people help us get our jobs done here at the COA. You are all so special and I only hope you realize how important you are to our organization.

Volunteers are always needed especially during the summer months ahead. Please consider calling to talk to Carol about all the volunteer opportunities

**COA ACCEPTING LEFT-OVER PAPER GOODS:**

Spring and summer clean-up often leads to re-evaluating some of our possessions. While you are in that frame of mind, please remember that your COA would truly appreciate a donation of those mismatched paper plates, cups, napkins and flatware!

**COA CALENDAR AT YOUR FINGERTIPS:**

We are finding that more and more of you are Super Seniors when it comes to your computers! Therefore, we now have a way for you to access our COA CALENDAR of Activities online. Just go to our website at [concordma.gov](http://concordma.gov), double-click on "Town Departments" from the green listing on the left and then click on "Council on Aging" when it appears on your screen to the right. When you reach our page, you will see the Calendar to the left! There is a listing of that day's activities, but you can also click on the month and see everything scheduled for the month ahead.

**Any Interest in Qi Gong?**

The Wellness Program wishes to explore the idea of presenting the art of Qi Gong. We had a fantastic turnout at our program in April. If you would be interested in attending a Qi Gong class, we would love to hear from you! If we have enough interest, we will look into hiring an instructor. Please call the COA office and leave a message for Susan if she is not in.

**Y.E.S CLUB**

For the month of June the Young Energetic Seniors (Y.E.S club) will plan to participate in the Dinner & Learn program at 6:00 p.m. on June 9<sup>th</sup>. Please see page 4 for more details.

**\*\*EDUCATIONAL PROGRAMS** Please sign up for all classes by calling or stopping by the office.

**June 1, Wednesday: Blood Pressure Clinic, 10am-12 noon.** Please bring your list of medications with you.

**June 8, Wednesday: Blood Pressure Clinic, 10am-12 noon.** Please bring your list of medications with you.

**June 8, Wednesday: Podiatry with Dr. Hamilton, 8:30am-12 noon.** Call for an appointment.

**June 9, Thursday: 11am-12 noon \*\* Lunch and Learn** The Driving Dilemma with Dr. Elizabeth Dugan PhD., an associate professor of Gerontology at UMass in Boston. Dr. Dugan provides clear, useful information about the effects of age, medical conditions, and medications on driving and is a comprehensive resource for families facing questions about driving safety. Come and listen to our learned speaker while enjoying lunch with others. Right at Home will be providing lunch.

**June 9, Thursday: 6pm \*\* Dinner and Learn** Come enjoy a nice meal while listening to a leading physician, Dr. Alan Marks, talk about Rheumatoid and other types of Arthritis. He has some very important information to share that will help you, or someone you care about, manage this challenging condition.

**June 15, Wednesday: 10am-12 noon - Blood Pressure Clinic, Diabetes Clinic**  
Please bring your list of medications with you.

**June 16, Thursday: 12 noon-1pm \*\* Lunch and Learn** Allison Nowak, Community Relations Associate from Sunrise in Weston, will enlighten us with some options to provide safety and security for your loved one, in your own home or elsewhere. Enjoy this delightful lunch provided by Sunrise of Weston.

**June 22, Wednesday: 10am-12 noon- Blood Pressure Clinic** Please bring your list of medications with you.

**June 23, Thursday: 12 noon-1pm \*\*Lunch and Learn** The *Cause and Effect* of Hearing Loss with Joe Sarofeen from the Apex Hearing Company. Joe will be giving a wonderful talk about a very common, but sometimes challenging subject.

**June 24, Friday: 10am-11pm \*\*Hearing Screening** This is a follow up to our Thursday, June 23<sup>rd</sup> program. A hearing screening, as well as the cleaning and checking of existing hearing aids, will be provided. Please call to register!

**June 29, Wednesday: 10am-12 noon- Blood Pressure Clinic** Please bring your list of medications with you.

**June 30, Thursday: 10am-12 noon \*\* Organization** Spring is often the time to refresh and renew your home. It is the time when you want to gain control over your space, de-clutter, store winter things, deep clean, and decide what you want to keep, toss or donate. Sound overwhelming? We are having two extremely organized women come here to help us with our "spring cleaning". Come to hear professional organizers, Michele Hamblin and Sally Chvany give tips on how to get started. Please remember to sign up.



## 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 from last month's newsletter, 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, June 21<sup>st</sup> at 10:30 AM.**

#### **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. **The next meeting is Wednesday, June 1<sup>st</sup> at 10:30 AM.**

### **Scheduling of VAN RIDES:**

Our senior population is now over 4000 in the Town of Concord and many seniors who no longer drive depend on us for transportation. With so many folks to serve we find we need to spread transportation availability out to as many people as possible. Therefore, its necessary to set some limitations on van scheduling so that we ensure as much equal access as possible.

We feel we can no longer provide unlimited van reservations for non- medical, non-COA or non- shopping events and ask that you schedule no more than two van rides of a less essential nature per person per week. If you would like to call the COA between 2-2:30pm and ask if we have any openings for the next day for these other types of trips, we will be happy to add you to the schedule if there is any room left. While we understand that this may be difficult for some, we feel that this is the only way to provide fair and equal access to transportation for as many seniors as possible.

In addition, we ask that you please confine you shopping trips to those already provided for in the current schedule. Please see page 10 for a detailed list of shopping trips.

### **Medical Equipment Loan:**

The COA would like to remind you that we have a large and diverse quantity of medical equipment to loan free of charge. We have walkers, raised toilet seats, shower chairs, commodes, wheelchairs, and tub transfer benches. If you have need of any of these items on a temporary basis, it is not necessary to go out and purchase these things, we would be happy to loan them to you, just call the COA office to make the necessary arrangements. We only ask that items be returned properly cleaned so that they are ready for the next person to use.

### **Need Air Conditioner Installation this season?**

The Council on Aging has identified an individual who will be willing to install window air conditioners for \$10 each. If you are interested in this assistance, please call the office and have your name added to the list, and we will be in touch.

## TRIPS AND OUTINGS

PLEASE CALL NOW TO SIGN UP FOR ALL EVENTS

**SHERBORN INN:** Wednesday, June 8, 10:30 a.m.

For several seasons, the Sherborn Inn (in Sherborn!) has been producing these Wednesday events for seniors featuring lunch and music. On this date, the Bo Winker Swing Band will play. Lunch will consist of salad, a choice of Stuffed Sole or Chicken Parmesan, dessert and a beverage will be served. The cost is \$22.00 (which includes music, lunch, tax and gratuity). This will be payable in cash, when you board the van, which will LEAVE HWCC AT 10:30 A.M. (Lunch is served at 11:30, music starts at 12:00.) We **must** have **TEN** people to make this trip.

**LUNCH BUNCH:** Friday, June 17, 11:30 a.m.

During this month of flowers, we will make our annual visit to the Wayside Inn in Sudbury. A favorite is always the Yankee Pot Roast at \$12.95 or maybe a generous Cobb Salad at \$10.95. The menu has something for everyone. Please plan to leave HWCC at 11:30 a.m.

**TOWER HILL:** Tuesday, June 21, 10:30 a.m.

If you have visited this spot before, you know that the eight distinctive gardens on the hill are quite wonderful. In June, each is bursting with growth. At this time, there is a special exhibition of silk embroideries, by Son Pho, which are frequently mistaken for paintings. There is an extensive gift shop and the TWIGS Café where we will have lunch. Admission is \$5.00 payable when you board the van. We **must** have **TEN** people to make the trip. Please sign up NOW. We will leave HWCC at 10:30 a.m. TRIP will be RE-SCHEDULED IN CASE OF RAIN.

## **TRIPS AND OUTINGS**

PLEASE CALL NOW TO SIGN UP FOR ALL EVENTS

**COA CINEMA:** Friday, June 24, 1:00 p.m.

Are you on Facebook??? Yes or no, either way, the film THE SOCIAL NETWORK creates an interesting two hours. It chronicles the meteoric rise of Facebook CEO Mark Zuckerberg from Harvard sophomore to Internet superstar. Please sign up. No charge!

**PRAGMATISM AND TRUTH:** Tuesday, June 28, 1:30 p.m.

Philosophers and philosophy sometimes seem like intimidating subjects. In February, Dr. Richard Cobb-Stevens, retired BC professor, laid that idea to rest with his discussion of "Aristotle and Friendship". Those who attended his talk, and the conversation that followed, shared an enjoyable hour. Now he is back to speak on the great teacher, William James, the very interesting James family (Cambridge residents) and to ask the question "How much truth are we capable of?" Treat yourself to a stimulating session of ideas and fellowship. Please sign up now.

### **VAN TRANSPORTATION**

Beginning July 1, we will be adding a small fee for each trip or outing to help cover the cost of the van and driver. This \$3.00 fee will be a token payment, as it will not cover the true cost of transportation, but it will help the COA to defray some of the cost.

## COA PROGRAM NOTES

### **Mah Jong Anyone?**

Is there anyone in the community who would like to play Mah Jong? Please call COA, 978-318-3020, and tell us if you have a Mah Jong set, would like to teach the game and/or play.

### **APOLOGIES to all who signed up for the FOXWOODS TRIP:**

With the current economy, Fox Tours had to have forty people to make the trip possible. In the fall, we will combine with another COA to make the trip a success!

**THE MEMOIR GROUP** is taking the summer off and will return in the fall. Membership in this activity is very flexible. Members leave and come back. There is the possibility that Sally Montgomery will present a three-hour Memoir Workshop once in July and once in August. Look for more details in the July Senior Spirit.

### **ARE YOU INTERESTED?**

The Reagle Music Theater in Waltham is presenting OKLAHOMA! in July and the SOUND OF MUSIC in August. Please call now if you are interested in either or both. We will order tickets for Saturday, July 16<sup>th</sup> and Saturday, August 13<sup>th</sup>, 2:00 p.m. if there is enough interest.

*Don't forget that the Carlisle COA sponsors many trips both short and long. Concord Seniors are more than welcome to join any of them! Information is on the publications table in the lounge.*

## WEDNESDAY LUNCH and BINGO 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. 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. If you fail to sign up, you will be asked to wait, while those who did sign up, are served first.**

June 1<sup>st</sup> – Thoreau School (including performance by Kindergarten & 4<sup>th</sup> grade students)

June 8<sup>th</sup> – Pizza Party!  
JUNE BIRTHDAY CELEBRATION!!!

June 15<sup>th</sup> – Concord Healthcare Center

June 22<sup>nd</sup> – Traditions of Wayland

June 29<sup>th</sup> – New England Deaconess

## 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.

**June 2<sup>nd</sup> - 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:** 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 12:45 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, June 7<sup>th</sup>** at 6:00 p.m. at the HWCC. As always, the public is welcome.

**THE CONCORD FRIENDS OF THE AGING BOARD** will meet **Tuesday, June 7<sup>th</sup>** at 4:00 p.m. at the HWCC.

**Please Remember: It is important for us to have a count of those who plan to attend our Wednesday Lunches! You must sign up in advance or we run the risk of not being able to accommodate everyone!!!**

## ONGOING MEETINGS & EVENTS

### 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** meets every Wednesday at 1:00 p.m. Come and join a lively discussion group. Join old friends and meet new friends. Share your opinions with interesting and talented people on various world events. Moderated by Barbara Howell.

**OCTOGENARIAN GROUP** – The group will not be meeting in June. Please look for updated information in your July issue of the Senior Spirit.

**RETIRED MEN'S LUNCH** - 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.

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

**MUSIC MAKERS** meets on Mondays at 1:00 p.m. For further information, please call Nancy Manson 978-369-4216.

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

**SENIOR "SHAKERS"**- The last rehearsal of this season will be on Monday, June 6<sup>th</sup> at 2:00 p.m. 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.

**YOGA NITE** Wednesday nights from 5:30p.m. - 6:30p.m. \$5 (seniors), \$10 (community).

### ADDITIONAL SERVICES

**"NIP & TUCK"**. On **June 14<sup>th</sup> & June 28<sup>th</sup>** our seamstress will be here from 10:30 a.m. - 12:30 p.m. **THIS IS THE LAST TIME SHE WILL BE AVAILABLE TO US UNTIL SEPTEMBER!!!!!!** REMEMBER: ANY ITEMS BROUGHT IN TO HER **MUST BE CLEAN OR THEY WILL NOT BE MENDED.** Please call the COA to confirm the dates before coming to HWCC.

### SUPPORT SERVICES

**"ASK A LAWYER"**. Last Thursday of the month from 9:00a.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 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.

