



# Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

January 2012



COA Official Town website: <http://www.carlislema.gov>

Friends of COA: <http://www.carlisle.org/foccoa>

## From the Director's Desk...

Oh my goodness, it's time to take a BREATH! Anybody else feel like tornado just hit their house? January is a great time to just slow down, enjoy the view out the window, and read a good book. Carlisle's Community Read "The Immortal Life of Henrietta Lacks" is definitely on my list. Our Book Club is reading "The Gift of Rain" by Tan Twan Eng. Hope I get time to cuddle up with that one. Once you are ready to get out of the house, we have plenty of ways to get you around, so check out this month's calendar, and give us a call. We hope to see you soon!

Keep warm, Debi

## COA Monthly Luncheon – Thursday, January 19 at 11:45am

Run by our wonderful team of COA volunteers at FRS. Enjoy a wonderful meal of lasagna, salad, and dessert. Call the COA at (978) 371-2895 by noon on Monday, January 16 to register. For a ride, call the Van Line at (978) 371-6690.



## *Following the Luncheon:* Annual Prize BINGO Game at 12:45 pm

Join the COA for several exciting games of BINGO! Enjoy your friends and neighbors and see how Liz Bishop, COA Chair, turned your generous donations into a wonderful combination of prizes. Donations will be accepted until January 12. If you have an item that you would like to donate as a prize for our January Bingo, please contact the COA at (978) 371-2895 or drop off at the COA office Monday-Friday 9 to 3. Items that make good prizes for gift baskets are: books, frames, gift cards, dried fruit, coffee/teas, soups, canned ham/pineapple, wine nuts, festive napkins/plates, candles, jam, or maybe that holiday gift that just isn't you!

## Coming February 1<sup>st</sup> - Learn about the Senior Circuit Breaker Tax Law

From 1pm to 1:45pm at the Carlisle Congregational Church, Senator Susan Fargo and Brian Lynch from the Massachusetts Department of Revenue will discuss the details of the **Senior Circuit Breaker Tax Law**. Seniors (age 65+) who qualify can receive up to \$980.00 tax credit for 2011, and also be paid retroactively for past years! Coffee and donuts will be served.

|  |   |   |  |
|--|---|---|--|
| <p><b><u>CARLISLE COA OFFICE HOURS</u></b></p> <p><b>Monday - Friday</b><br/><b>9:00am - 3:00pm</b></p> <p><b>(978) 371-2895</b> Office<br/><b>(978) 371-6690</b> Van line</p> | <p><b><u>COA Staff</u></b></p> <p>Debi Siriani Director<br/>dsiriani@carlisle.mec.edu (978)371-6693</p> <p>Angela Smith Outreach Coordinator<br/>asmith@carlisle.mec.edu (978)371-2895</p> <p>TBD Transportation Coord.<br/>(978)371-6690</p> <p>Bonnie Hansen Administration<br/>Peter Cullinane LICSW</p> | <p><b><u>COA Board Officers</u></b></p> <p>Liz Bishop Board Chairman</p> <p>Verna Gilbert Vice-Chair</p> <p>Abha Singhal Treasurer</p> <p>Elizabeth Secretary<br/>Acquaviva</p> | <p><b><u>Board Members</u></b></p> <p>Tom Dunkers Joanne Willens<br/>Jim Elgin Jean Sain<br/>Phyllis Goff Helen Taylor<br/>Lillian DeBenedictis</p> <p><b><u>Associate Members</u></b></p> <p>Mary Daigle Nadine Bishop<br/>Natalie Ives Marje Stickler<br/>Sandy McIlhenny Ted Read</p> |
|--|---|---|--|



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## JANUARY 2012

| SUN | MON   | TUE  | WED   | THU   | FRI  | SAT |
|-----|---|--|---|---|--|-----|
| 1   | 2<br><b>HOLIDAY</b><br>Town Hall<br>Closed<br><br>No Inside Walking   | 3<br>Walk - 6:45a T-F<br>Podiatry Clinic<br>CCC - 11a<br>Ballroom - 2p | 4<br>Robbins Brook<br>Lunch - noon - FRS<br>w/Clutter Control                           | 5<br>Coffee -9, BP 9:15a<br>Fitness - 9:45a<br>Cardio - 10:45a<br>Tap - 3p  | 6<br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>Line Dance - 9:30a<br>Martial Arts - 10:45a  | 7   |
| 8   | 9<br>Walk-6:45a M-F<br>Yoga - 9a & 10:15a<br>Senior Moments -<br>9:30a - 11a<br>Poetry - 10a<br>Restaurant Review -<br>Glenview-10:50/11a | 10<br>Nashoba Valley Tech<br>Lunch - 11:45a<br>Ballroom - 2p           | 11<br>Book Club - 10a<br>Immortal Life book<br>discussion - 130p<br>Hollis Room-Library | 12<br>Men's Breakfast - 8a<br>BP - 8a<br>Fitness - 9:45a<br>Cardio - 10:45a<br>Tap - 3p                                     | 13<br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>Line Dance - 9:30a<br>Martial Arts - 10:45a | 14  |
| 15  | 16<br><b>HOLIDAY</b><br>Town Hall<br>Closed<br><br>No Inside Walking  | 17<br>Walk - 6:45a T-F<br>CCC - 11a<br>Ballroom - 2p<br>(snow date)    | 18  | 19<br>Fitness - 9:45a<br>Cardio - 10:45a<br>BP - 11a - 11:45a<br>COA Lunch -<br>11:45a at FRS<br>Bingo - 12:45p<br>Tap - 3p | 20<br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>Line Dance - 9:30a<br>Martial Arts - 10:45a | 21  |
| 22  | 23<br>Inside Walking Grp-<br>6:45a M-F<br>Yoga - 9a & 10:15a<br>Sr. Moments -9:30a<br>BP 9:30-10:30                                       | 24   | 25<br>Nashoba Valley Tech<br>Breakfast - 9a   | 26<br>Fitness - 9:45a<br>Cardio - 10:45a<br>Tap - 3p  | 27<br>Van Errands /<br>Local Grocery<br>Shopping - 9a<br>Line Dance - 9:30a<br>Martial Arts - 10:45a | 28  |
| 29  | 30<br>Inside Walking Grp-<br>6:45a Weekdays<br>Yoga - 9a & 10:15a   | 31   |   |   |  |     |



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## TRANSPORTATION / TRIPS

The COA transportation services are available to all senior residents and disabled residents. Transportation is available for all COA events.

**Van Line Reservations: (978)-371-6690;  
Weather Info/Cancellations: (978)-371-2895**



Our FEES are as follows:

In-town rides or Friday grocery trips- no fee

Rides within 15 miles- \$2.

Van Trips over 15 miles away- \$5.

\*Parking fees are the responsibility of the rider.

**Medical appointments:** Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

**Local grocery /Shopping trips:** We go to Market Basket in Westford on Friday mornings at 9am. Please call the van line in advance to make reservations.

### Winter Weather Programs and Classes Policy

*If the Carlisle Schools are closed:* All classes and programs will be canceled. All the COA for updates.

*If the Carlisle Schools are delayed:* ALL classes beginning before 10am will be canceled. Please call the office for classes beginning 10am or later to see if they will be held.

**If in doubt, please call the COA at (978) 371-2895 with questions about classes.**

### Van Snow Policy

If Carlisle schools are cancelled or delayed due to weather, the COA van will not run until at least 10am.

*This will give staff, van drivers, passengers and family members time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. If we are able to transport passengers later in the day, we will, weather and road conditions permitting. If you are unsure about a scheduled ride on a wintery day please call the COA VAN LINE at (978) 371-6690 after 8am.*



### Restaurant Review – Monday, January 9

**Glenview Pub & Grill** in Chelmsford. Pick up at Village Court, 10:50am, 11am at the Congregational Church. \$2 van fee should be paid in advance to the COA. Call Joanne at (978) 371-8023 by January 4 to register.

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## **FOR YOUR HEALTH!**



**Free Blood Pressure Clinics:** **Thursday, Jan. 5, 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, Jan. 12, 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, Jan. 19, 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, Jan. 23, 9:30am at Ferns**, *sponsored by Right at Home*.

**Podiatry Clinic - Tuesday, January 3** in the Sleeper Room at Village Court. Please call the COA at (978)371-2895 to register. **Cost:** \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic.

**Inside Walking Group - Monday thru Friday from 6:45-7:30am** at the school gym. If school is open, we are walking! A great chance to exercise, this group is very casual, and people walk at their own pace. **Note:** No walking January 2 or 16.

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*NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895. **Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! Make check payable to Carlisle COA unless otherwise noted.***

### **FITNESS CLASS - Thursdays (Clark Room at Town Hall) at 9:45am**

Instructor: Katrina Rotondi. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights.

**Fee:** \$40 (Dec thru Feb).

### **CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am**

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Dec thru Feb).

### **LINE DANCING - Fridays at 9:30am**

Instructor: Katrina Rotondi. Held at the FRS Union Hall. Get your exercise while learning dance steps. Wear comfortable clothing. **Fee:** \$40 (Dec thru Feb).

### **BALLROOM DANCING - Tuesdays from 2-3pm-** Jan. 3, 10, 17 (snow date) at St. Irene Church.

For anyone interested in learning ballroom dances such as the waltz, foxtrot, rumba, cha cha, mambo and meringue. Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Call the COA at (978) 371-2895 to register.

**YOGA - Mondays at 9am and 10:15am** - Session III: (Jan 2 – Feb 27) **Fee:** \$105 (for 7 weeks), \$89 for Carlisle seniors after a 15% discount from the COA. Call Rec. Dept. @ (978) 369-9815 to register.

**INTERGENERATIONAL TAP - Thursdays at 3pm** - January 5, 12, 19 and 26, February 2, 9, 16 and 23. This exciting class is a fun way to exercise and enjoy yourself. For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40.

**MARTIAL ARTS – Fridays at 10:45am** - January 6, 13, 20, 27 and February 3, 10, 17 at Town Hall. Class is just for seniors. If you are interested in finding out more, see link below or stop by the class.

[http://articles.boston.com/2011-04-24/lifestyle/29469526\\_1\\_martial-arts-cinder-blocks-hand](http://articles.boston.com/2011-04-24/lifestyle/29469526_1_martial-arts-cinder-blocks-hand)

Contact the COA at (978) 371-2895 for current and future class info. Stop in and see a class!

**Fee:** \$100 for 10 classes.

## Carlisle Community Conversations

All sessions Tuesdays at 11am

Hollis Room at the Gleason Public Library

### January 3 - Carlisle Community Read with Martha Patten, Librarian

Carlisle librarians and volunteers will lead a discussion of this year's community-wide read "*The Immortal Life of Henrietta Lacks* by Rebecca Skloot." Stay tuned for the schedule of book discussions and programs. Henrietta Lacks, known to scientists as HeLa, was a poor black tobacco farmer whose cells - taken without her knowledge in 1951 - became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. This bestseller depicts a collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew. Gather those thoughts and bring questions, as we share reactions to the book. More community read events, sponsored by the Friends of the Gleason Public Library, will be held throughout January. Visit [www.gleasonlibrary.org](http://www.gleasonlibrary.org) for more information. Copies of "*The Immortal Life of Henrietta Lacks*" are on sale at the library now, or request your copy through the Library's catalog. Downloadable audio and ebooks can be found at <http://mvlc.lib.overdrive.com/>.

### January 17 - Winemaking with Dan Dillon

After retiring from Welch's (the grape juice company) and watching the grapes grow for 26 years, Dan Dillon decided to try his own hand at growing grapes. During Dan's presentation, he will show how grapes can be made into wine, by harvesting, crushing, and pressing them, then racking the juice in carboys to settle out the solids, and finally, fermenting the juice with just the right yeast, at just the right temperature for just the right amount of time. The result, hopefully, is a drinkable wine! The process can be significantly simplified with the wine kits now on the market.

### February 7 - WIQH and CCTV with Ned Roos and Lindsay Alaimo

Did you know that Carlisle has its own TV station and its own radio station? They both are based at CCHS but are part of the Carlisle Community. What do these local media outlets do? What kinds of programs do they air? How can you become a producer of your own TV show? Lindsay Alaimo, Executive Director of CCTV, Carlisle and Concord's local TV public access studio, and Ned Roos, Station Manager of Concord CCHS' student-run radio station, WIQH, will fill you in on what's happening with your very local media.

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## The History and Ethics of "*The Immortal Life*"

Wednesday, January 11, 1:30-3:00pm (snow date January 18)

Hollis Room, Gleason Library

The Friends of the COA and the Gleason Library are sponsoring a lecture in association with the town-wide reading of "*The Immortal Life of Henrietta Lacks*" by Rebecca Skloot in Carlisle's 4th annual "Cover to Cover" read for January 2012. DAVID JONES, M.D, PHD, Harvard Medical School, Harvard University and A. Bernard Ackerman Professor of the Culture of Medicine in the Department of Global Health & Social Medicine will be the guest speaker. Space is limited.

Please register at the library (978) 369-4898.

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### COA Book Club - Wednesday, January 11 at 10am

This month's book choice is *The Gift of Rain*, by Tan Twan Eng.  
Please call Mary Zoll at (978) 369-5236 for location.



## **FOOD COURT**

### **Robbins Brook/Minuteman Senior Services Luncheon – Wednesday, January 4 at noon**

Hosted by volunteers at the First Religious Society, cooked by Robbins Brook, and supported by Minuteman Senior Services, this is truly a community event each month. This month's menu is a ham dinner with salad, sides and dessert. **Suggested donation \$3.**

#### **Immediately following the Robbins Brook Luncheon:**

Dave Downs will discuss Clutter Control – Dave Downs will explore ten common reasons that our drawers, closets and garages get filled with clutter, and helpful solutions to alleviate the problem.

Please call the COA at (978) 371-2895 by Thursday Dec. 29<sup>th</sup> to register.



### **Monthly Coffee - Thursday, January 5 at 9am**

Carolyn Shohet, Board Member of the Friends of the COA and Ted Read, Associate Board Member of the COA will be hosting at the Sleeper Room at Village Court. Don't miss it! FREE.

### **Nashoba Valley Technical High School Luncheon - January 10 at 11:45am**

This month's scrumptious meal choices are stuffed pork chop or baked scallops. Enjoy either a double cut of pork filled with an apple sage stuffing, roasted to perfection, or fresh sea scallops served en casserole with a light crumb stuffing and lemon sauce. Please call the COA to register by Thursday, January 5<sup>th</sup> at noon to register. Call the Van Line at (978) 371-6690 if you need a ride.

### **Men's Breakfast - Thursday, January 12 at 8am**

Held at the Sleeper Room at Village Court each month, this is a full, hearty breakfast.

Cooked by our wonderful volunteer, Andy Cutter and helpers. **Suggested donation: \$3**



### **“SENIOR MOMENTS” at Ferns Country Store – January 9 & 23 from 9:30-11am**

A casual drop-in for Carlisle seniors 60+ to greet, meet, eat & talk! **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% Discount to "Senior Moments" attendees for coffee and other eats. First come, first served!

### **Nashoba Valley Technical High School Breakfast - Wednesday, January 25<sup>th</sup> at 9am.**

It's time for another quarterly scrumptious breakfast! Cost: \$5.50 plus tip, payable at the Elegant Chef Restaurant. Please call the COA at (978) 371-2895 no later than Thursday, January 19<sup>th</sup> at noon to register. Call the Van Line at (978) 371-6690 at least two days in advance if you need a ride.

**\*\*NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

**A NOTE OF THANKS FROM THE FRIENDS OF CARLISLE COA**

Did you know that **all** the donations that the Friends of the Carlisle COA, organized in 1994, receive each year go **directly** and **totally** to support COA programs that benefit our seniors? (nearly 21% of the population & growing). For the past 17 years, the Friends have supplemented town funds and state grants in order to make growing older in Carlisle a viable option. The Friends want to thank you for your past generosity and hope that you will continue to support them when the needs are even greater this year.

Your donations are used to provide fuel assistance, food certificates, podiatry and blood pressure clinics, large-print books and tapes for the library and medical equipment. In addition, the Friends contribute to the Town Elderly and Disabled Fund for property tax reduction, sponsor the well-attended Cultural and Health Lecture Series with the Gleason Library, and subsidize many fitness classes, monthly breakfasts, luncheons and trips.

Many thanks again to all who have already donated this year. Donations small and large are always very much appreciated. We promise to keep doing our best to ensure that your gift is used wisely.

Your tax-deductible check can be sent to: Friends of Carlisle COA, PO Box 38, Carlisle, MA 01741

**If you can't get to the Met, then come to Carlisle for Opera**

**Wednesdays, February 8, 15 and 22 from 1:30 to 3pm - snow date: 2/29**

The Friends of the Carlisle Council on Aging Rose Pullara Fund and Friends of the Gleason Public Library are happy to present this 3-week series on Opera. The series is free and open to the public. Registration is required as seating is limited to 50 people. If you are interested or have questions, please call the Gleason Public Library Reference desk at (978) 369-4898 after January 3<sup>rd</sup>.



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**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs  
and formatted by a grant from the Concord-Carlisle Community Chest.**

**Fuel Assistance**

Are you having trouble paying your fuel bills during these cold winter months? You may be eligible for assistance from one of several programs. For more information, call the COA at (978) 371-2895 for a confidential consultation.

**Struggling with your Real Estate taxes?**

Contact the Assessor's Office (978) 369-9815 to find out if you may be eligible to apply for a tax credit. Also, if you are 65 or older, or disabled, you may also be eligible for Aid to the Elderly and Disabled (contact the COA at (978) 371-2895 for more info). Applications for both programs must be received between January 1, 2012 through March 30, 2012.

**Weather/Disaster Check**

Do you live alone, or have compromised health, and would like a wellness check or call in the event of a weather related emergency or disaster? Call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Please mail completed form with signature to the Carlisle Fire Dept, Box 575, Carlisle, MA 01741-0575 or drop off at the Fire Dept mailbox at Town Hall. All information is kept in strictest confidence and not shared with any outside agencies. Also, if you would like an RUOK call, or a File of Life, please call the COA for more information.



**Tall Ships & OpSail - July 2, 2012** - Travel to Boston to view the Tall Ships and the U.S. Naval Ships, docked in Boston Harbor as part of OpSail 2012, commemorating the U.S. Navy's actions in the War of 1812. Board the Provincetown II for a tour. After the cruise, visit Quincy Market and the beautiful Rose Kennedy Greenway and have lunch on your own. You'll return home at 5:00pm. **Cost:** \$62 payable to Fox Tours. ***For flyers or additional info., call Joanne Willens at (978) 371-8023 or pick up flyers at the COA Office.***