



Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

April 2013



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director

Stress Management: Words of wisdom coming to you from my friend Sonja Latizeau in Holland via an anonymous Facebook post: A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes." She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything." It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!

Best Wishes, David



COA Monthly Luncheon Thursday, April 18, 11:45am at FRS



Join us at the FRS for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of pizza, salad and dessert. Please call the COA at (978) 371-2895 by noon Friday, April 12th. If you need a ride, call (978) 371-6690 at least two days in advance. **Suggested donation: \$3.**

Following Lunch: We are very proud to invite you to join the COA for an informative lecture by renowned naturalist and author Peter Alden, titled: **"Changes in our bird & mammal life since Thoreau's day."** Peter is a Concord native who co-organized the world's first Biodiversity Days. His 15 books, including the National Audubon Society Field Guide to New England, have sold over two million copies. A selection of Peter's books will be available on the 18th. Please join us for this exciting lecture and discussion.



Student Council Tea– Tuesday April 30th 1:00 to 2:00pm

The Carlisle Middle School Student Council invites all Carlisle Seniors to an afternoon tea in the School Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. The students are looking forward to seeing the seniors again this year! Please call the COA at (978) 371-2895 to let us know if you can attend by April 23 at noon.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues. - Th. 9am - 3pm
Friday 9am - 1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

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APRIL 2013

S	MON	TUE	WED	THU	FRI	SA
	1 Yoga- 9:30am	2 Zumba 10:45am St. Irene Tai Chi-3:00pm St Irene Community Conversation Aging in Place 11am Hollis Room, Library Ballroom Dance-2pm St Irene	3 COA Coffee & BP 9am Sleeper Room Inter-Tap-FRS Union Hall-2:45 - 3:45pm	4 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing Lunch St Irene-noon, BP 11:30am, AARP lecture	5 Van errands / local grocery shopping 9am SAMA-10:45am 9:38am-Poetry group	6
7	8 Yoga – 9:30am Sr. Moments-at Ferns 9:30am Book Club- 10:15am Hollis Rm Library Caregiver Support Group-3-4:30pm Hollis Room, library	9 Zumba 10:45am St. Irene Tai Chi-3:00pm St Irene Community Septic Loan Pgm 11:00am-Hollis Room Minuteman Reg Tech HS lunch- 11:45am Wrentham Outlets-CC 9:00am, VC 9:15am Ballroom Dance-2pm St Irene	10 Inter-Tap - FRS Union Hall 2:45 - 3:45pm Staying Sharp-7pm Hollis Room, Library	11 Men's breakfast & BP 8am Sleeper Room Fitness - 9:45am, Cardio - 10:45am	12 Van errands / local grocery shopping - 9am SAMA - 10:45am 9:38am-Poetry group	13
14	15 COA CLOSED PATRIOT'S DAY!  Schools closed for break 4/15-4/19	16 Zumba - 10:45am - St. Irene Restaurant Review-Bamboo VC11am, CC11:10am Community Conversation - Healthy Eating-11am Hollis Room, Library Ballroom Dance-2pm St Irene	17 1:30pm-Dr Marks Rheumatology and More, Library, Hollis Room, Inter-Tap-FRS Union Hall-2:45 - 3:45pm	18 Fitness - 9:45am Cardio - 10:45am COA Lunch -11:45am FRS,BP 11-11:45 am 12:45pm-Ups and Downs of our Birds lecture KISS knit– 7:30pm	19 Van errands / local grocery shopping - 9am	20
21	22 Yoga - 9:30am Sr. Moments-at Ferns 9:30am , BP	23 Zumba - 10:45am - St. Irene Tai Chi-3:00pm St Irene Ballroom Dance-2pm St Irene	24 Inter-Tap-FRS Union Hall-2:45 - 3:45pm Lyme Disease-7pm FRS Union Hall	25 Fitness - 9:45am Cardio - 10:45am Protecting your financial assets-2pm Town Hall	26 Van errands / local grocery shopping - 9am 9:38am-Poetry group	27
28	29 Yoga- 9:30am Town Mtg-7pm	30 Zumba - 10:45am - St. Irene Tai Chi-3:00pm St Irene Student Council Tea-1pm Carlisle School Community Rm Ballroom Dance-2pm St Irene	<i>Inside walking Mon- Fri 6:45—7:30am when schools are open</i> <i>Outside walking Thursday 9:30am, weather permitting</i>	<u>Note:</u> In case of bad weather please call 978-371-2895 to check on COA events	Save the Date: - May 31 Spring Fling -May 19th Annual Mtg for the Friends of the Council on Aging	



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TRANSPORTATION / TRIPS



The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

DONATIONS/FEES* are as follows:

Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Van Pick-up for COA Lunch at FRS - For the winter COA lunches, van pickup at Village Court at 11:15, Congregational Church at 11:30. **As of April 1st there will NO longer be a van pick up for the COA Lunch.**

Outside walking group Thursday April 4th

We meet at 9:30 on Thursday mornings through mid-May at Center Park for about a two hour walk at a moderate pace. We will continue walking on the trails needed for you to earn the Carlisle Trekker Award. If you wish to keep a log for the award, it is available from the latest [Carlisle Trails Committee Trail Guide](#). This is available from Ferns and the Town Clerk's office, on line from the Carlisle Trails Committee, <http://carlisletrails.pbwiki.com/> Any questions please contact Jane Anderson (978-369-9672 or jane.anders@comcast.net) **You don't need to sign up, just show up!**

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.

Bamboo Restaurant Review

Tuesday, April 16

Join us for a great meal!

We will be going back to the **Bamboo Restaurant in Westford!** This is such a popular restaurant we have requests to go again. Join us for a wonderful Asian lunch. Call Joanne at (978) 371-8023 to register: deadline is April 9th. \$2 van fee. Leaves VC at 11:00 and CC at 11:10.



Monday, April 8, 2013 Carlisle Community Book Club - 10:15am Hollis Room

We will read **The Path:** a one-mile walk through the universe by Chet Raymo, non-fiction, natural history, columnist for the Boston Globe
For more information contact Mary Zoll, (978) 369-5236.

Local grocery /Shopping trips

Join us every Friday morning at 9:00am for the weekly Grocery Shopping Trips! We are going to the new Market Basket in Westford. Call the van line in advance to make reservations (978) 371-6690. Van leaves at 9:00am. **No COST!**



Wrentham Outlets April 9th

Join us for a day at the Wrentham Outlets. We will leave VC at 9:00am, CC at 9:15am, return by 3:15pm. Van fee \$5. Call Joanne, (978) 371-8023 to register for this trip. Deadline is April 2nd.

Come one and all to Beautiful Southern Italy & Sicily

October 17-28, 2013. Price start at \$3,799.00 dbl. Includes air fare, hotels, 17 meals, sightseeing which includes Palermo, Monreale, Agrigento, Valley of the Temples, Catania, Mt Etna Volcano, Taormina, Sorrento, Amalfi Coast and much more. For flyer or information call: Joanne Willens at (978) 371-8023 or pick up flyers at Carlisle Town Hall COA office & Bedford COA Office. **Deposit deadline - end of April.**

Protecting your Financial Assets-April 25, 2pm Clark Room, Carlisle Town Hall.

Come learn how to protect your assets from the cost of long term care before it is too late. Eric Prichard of Brown and Brown PC will provide an informative lecture on what you need to know regarding Medicaid's dreaded "Five-Year Look Back." Mr. Prichard concentrates his practice in estate planning, probate, elder law and special needs planning. He is the author of numerous articles on elder law and special needs planning and is an active member of the National Academy of Elder Law Attorneys (NAELA) and the Massachusetts Bar Association. Refreshments will be provided. Please call (978) 371-2895 by April 18 to register for this event.



FOR YOUR HEALTH!



Free Blood Pressure Clinics

Wednesday, April 3, 9:00 am - Village Court at the COA Coffee, sponsored by *Life Care Center of Nashoba Valley*.

Thursday, April 4, 11:30 am St. Irene Church at the lunch sponsored by *Chelmsford Crossing*.

Thursday, April 11, 8:00 am Sleeper Room during the Men's Breakfast, sponsor: *Home Instead*.

Thursday, April 18, 11 to 11:45 am FRS at the COA Lunch, sponsored by *FCOA & Emerson Hospital Home Care*.

Monday, April 22, 9:45 am Ferns during Senior Moments Coffee - sponsored by *Right at Home*.

Podiatry Clinic

Tuesday, May 7th, Sleeper Room at Village Court. Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents".



EXERCISE CLASSES - Mind & Body

NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for new sessions of all programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

Remember, in case of bad weather, if there is no school there will be no exercise class.



CARDIO-BOOST CLASS - Thursdays April 4, 11, 18, 25 (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (Mar - May)

FITNESS CLASS - Thursdays April 4, 11, 18, 25 (Clark Rm at Town Hall) at 9:45am (Mar-May)

Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes, bring hand weights. **Fee:** \$40

INTERGENERATIONAL TAP - Wednesdays April 3, 10, 17, 24 (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (Mar - May)

BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm April 2, 9, 16, 23, 30 and May 7, 14, 21 and 28. Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

TAI CHI- Tuesday April 2, 9, 23 and 30 at 3:00pm St Irene

No registration, just show up!
A local senior is leading an informal group of **any age** in Tai Chi to give folks a chance to try it out and determine if they would like to continue. Wear loose fitting clothing and soft soled shoes.

YOGA - Mondays (St. Irene) from 9:30 - 10:30am

Session II: March 18 - May 13. **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. **Checks payable to Carlisle Recreation Dept. No class 4/15.**

SAMA EXERCISE CLASS - Fridays April 5, 12 at 10:45am Clark Room

SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks.

ZUMBA® - Tuesdays April 2, 9, 16, 23, 30 (St. Irene) 10:45 - 11:30am Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40 (Mar - May)

Inside Walking at Carlisle Public School Gym 6:45 - 7:30 am. Bring a friend, get healthy, and enjoy walking around the school gym. The gym is not available on days when there are storms & no school. No walking week of 4/15 (school vacation).

Outside Walking at Center Park 9:30am for about a two hour walk at a moderate pace. Starts 4/4 You don't need to sign up, just show up! Runs through mid-May weather permitting. We will continue walking on the trails needed for you to earn the Carlisle Trekker Award.



Carlisle Community Conversation

Aging in Place-Accessibility in Your Home

Tuesday April 2nd, 11:00 Hollis Room, Carlisle Library

Speaker: Christina Cutting, Director, Southern Middlesex Economic Opportunity (SMOC) Home Modification Program. Either Fernanda or Bob Presti, Boston Walk-in Bath and Stairlift company. Moderator: Elizabeth DeMille Barnett, Carlisle Housing Coordinator. This program will highlight the wide range of home modification and/or accessibility opportunities for frail seniors and disabled residents who wish "to age in place." This conversation will include information on resources for walk-in tubs, stair lifts and wheelchair lifts. Christina Cutting will give a presentation on examples of the home accessibility work funded by the Massachusetts Rehabilitation Commission Home Modification construction loan program. Examples will include modified bathrooms, kitchens, ramps, hallways, bedrooms and modifications for residents with cognitive disabilities, etc. Modification loans are for up to \$30,000, with zero or 3%-interest dependent upon income guidelines.

Healthy Eating

Tuesday April 16, Hollis Room, Gleason Library 11am



Jaclyn Wasmer, Director of Marketing and Admissions at Life Care Center of Acton, will be working with Mary Plesac, Dietician, to offer a "lunch and learn" on healthy eating. We will include a light bagged lunch for participants to enjoy while we discuss ideas for simple ways to improve the nutritional value of the mid-day meal. In order for us to bring the appropriate number of lunches, we ask you to please call (978) 371-2895 by noon on Tuesday, April 9, to let us know how many plan to attend.

Caregiver Support Group

Anne Marie Rowse, principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care. She presented a Community Conversation on "Support for Caregivers" for the Carlisle Council on Aging on Feb 26. Those who attended expressed a need for more regular meetings, so Ann Marie volunteered to facilitate a Caregiver Support Group for those caring for aging loved ones experiencing medical challenges, including dementia or related conditions, as well as for elders themselves looking for health care information. This group will meet on April 8th 3:00-4:30pm; May 13th 3:00 – 5:00pm, and June 10th 3:00-5:00pm". There is no registration required; just show up at the Hollis Room of the Gleason Public Library, 22 Bedford Road, Carlisle, Ma. The support group is free of charge and offered as an important service for the greater Carlisle community. If you want more information before you arrive, please contact Anne Marie at amarowse@charter.net.

Healthy Community: Learn about Staying Sharp, Tick-Borne Illness, Rheumatology, and More

Please call the Library at (978) 369-4898 to register for the following FREE programs.

Sponsors: Friends of the Carlisle Council on Aging and the Friends of the Gleason Public Library.

Staying Sharp with Rebecca, Wednesday, April 10, at 7 pm Hollis Rm.

Rebecca Shafir, an author, speech pathologist and neurotherapist, will discuss topics on ways to prevent Alzheimer's and dementias, your brain on exercise, boost working memory, how stress affects thinking and how to manage it, and drug-free ways to improve concentration.

Rheumatology and More, Wednesday, April 17, 1:30pm at the Gleason Public Library Hollis Room.

Understand the signs and symptoms of Rheumatoid Arthritis, Osteoarthritis, Gout. Attend an informational session with Dr. Alan Marks who practices rheumatology and internal medicine and is a board-certified physician with over thirty years of experience. Program sponsored by Abbvie.

Lyme Disease and Other Tick-Borne Illnesses, Wednesday, April 24, 7 pm, FRS Union Hall

The Board of Health, Council on Aging, and Gleason Public Library will co-sponsor a presentation featuring Dr. Sam Telford, who is a leading researcher on tick-borne diseases. This project is funded through the Northwest Suburban health Alliance/CHNA 15 DON funds from Lahey Clinic.

FOOD COURT & Miscellaneous Activities



Monthly Coffee - Wednesday, April 3 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by School Administrative Staff-Joyce Mehaffey, Claire Wilcox, David Flannery, Karen Slack, Susan Pray, Dennet Sidell.

Men's Breakfast - Thursday, April 11 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. **Suggested donation: \$3.**



Restaurant Review - Mangia, Mangia

The Lunch bunch went to Mangia Mangia in Billerica in March. The ambience of this homey Italian restaurant was warm and inviting and the salads and main courses were delicious and affordable. The eggplant & veal parmigiana were favorites. Desserts were also wonderful and some of us ordered take out. All in all it was yummy and we all want to go back. *By Joanne Willens*

"SENIOR MOMENTS" at Ferns – April 8 & 22, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first serve! Stop in to say hi to Emily Tamilio of Right at Home & get BP check on the 22nd.

Chelmsford Crossing/Minuteman Sr Lunch - Thursday, April 4 at Noon

Come to St. Irene Church for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Chicken stir fry, fried rice, egg roll, and dessert. Register at (978) 371-2895 by noon on Thursday, March 28. **Suggested donation: \$3.**

Speaker: James Cummings Jr, Senior Advisor for Government Affairs at AARP. AARP fights on issues that matter to you and your family. Join AARP for a conversation about the future of Medicare and Social Security. Get the facts about current options on the table to change the programs for current retirees, veterans, and future generations-like the Chained CPI. Also, discuss other key legislative issues at the state and federal level, and share your thoughts about how to get involved.

Minuteman Regional High School Luncheon - Tuesday, April 9 at 11:45am

Call the COA by Thursday, April 4 at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Baked Haddock– Fresh haddock filet baked with lemon juice and a seasoned bread crumb topping.
- Broiled New York Strip Steak– broiled to perfection and served with potato and vegetables.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Chelmsford Crossing Wednesday May 1st FRS at noon

Join us at the FRS for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of stuffed peppers. Following the lunch, Two Old Friends, Jim Prendergast and Emery Hutchins performance represents the American experience in a real and vibrant way. There are American blues pieces juxtaposed with Irish jigs and reels. There are "shout tunes" and plaintive ballads. Come and enjoy an afternoon with "Two Old Friends"!

****NOTE:** *COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by 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. Please call the COA at (978) 371-2895 to register as noted.*

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APRIL CHUCKLE

"We could certainly slow the aging process down if it had to work its way through Congress."

- Will Rogers

Experience is something you don't get until just after you need it.

- Steven Wright

Fuel Assistance - Having trouble paying your fuel bills during these cold winter months? You may be eligible for assistance from one of several programs. Benefits depend on family income and heating costs. Some programs run to April 30 each year. Income guidelines also depend on family size. Please contact the Council on Aging for more information. **IMPORTANT NOTE:** The LIHEAP Fuel Assistance programs are for all families; there is **no age restriction**.

Free Tax Preparation Assistance at the Bedford Council on Aging

An AARP-certified volunteer tax consultant is available. Bring last year's returns, estimated taxes paid in 2012, totals of itemized deductions, property tax bill for possible use for the Circuit Breaker tax credit, and any other documents related to income. Call the Bedford COA (781) 275-6825. Appointments through 4/5.

3rd Annual Poetry Contest Hosted by Gleason Public Library-Theme: Dreams



Join the library in celebration of National Poetry Month this April. Poems may take any form: sonnets, free verse, blank verse, haiku, villanelles, limericks, etc., and should focus on your interpretation of the theme. All are invited to celebrate at our Poetry Reception on Saturday, April 27th, 1:30 p.m. Winners will be invited to read their poems and receive prizes and certificates at this event. Winning poems will be highlighted on the Gleason Public Library website and in the *Carlisle Mosquito*.

Poetry entries may be sent via email to Katie at khuffman@mvlc.org, or dropped off at the library. All entries should include the poet's name, age group, and contact information. Limit one per person. The deadline for submission is Friday, April 12th, 5 p.m. Winners will be selected by a panel of judges in the following four categories: ages 8 and younger; ages 9-13, ages 14-18, and ages 19+. First place winners will receive a \$100 cash prize, provided by the Friends of the Library.