

# SENIOR SPIRIT

BROUGHT TO YOU BY THE CONCORD COUNCIL ON AGING WITH THE FINANCIAL SUPPORT OF THE CONCORD FRIENDS OF THE AGING

## October 2016

### **Welcome to Our New Program Supervisor**

We are pleased to welcome Lauren Barretta to the COA staff as our Program Supervisor. Lauren is educated as a nurse and has been the Social Service Coordinator for a non-profit organization that provided support to British senior citizens in Brazil for the past several years. She is passionate about working with seniors and is very excited about coming to work for us. She is truly looking forward to meeting and working with all of the wonderful seniors in Concord and hopes you will stop by to introduce yourselves!

### **COA Special Presentation - "CHALLENGER: Soaring with Christa" by Judith Kaoloro Friday, October 14<sup>th</sup> 1:30 PM to 3:00 PM**

Who is America's favorite teacher? Ask anyone about Christa McAuliffe and they will tell you exactly where they were when the Challenger shuttle launched. However, few people understand who Mrs. McAuliffe really was. America's "Teacher in Space" was a teacher from Framingham, MA, an educational pioneer. Her goals and accomplishments are explored in this multi-media experience that honors the 30<sup>th</sup> anniversary of the Challenger launch. This presentation by Judith Kaoloro, a repeat performer at the COA, is sure to be one of the best shows presented at the Concord COA this year!! The performance includes original music, never before heard audio, rarely seen photos and archived video footage of Christa from NASA files. This program is supported in part by a grant from the Concord Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Also, thanks to additional funding by the Concord Friends of the Aging, this show is brought to you free of charge! It is sure to fill up quickly. Please call the COA to reserve your seat!

### **"Dream Team" Yard Clean-Up Saturday, October 29<sup>th</sup> from 9:00 AM to 4:00 PM**

The Holy Family Youth Group "Dream Team" Concord Clean-Up Day will be held on Saturday, October 29<sup>th</sup> from 9:00 AM to 4:00 PM. Seniors may sign up for 90 minute sessions. Dream Team members are eager to help, but they will not be able to dispose of the leaves for you. Please have bags available for leaves if that is among the chores you have planned. This clean-up day will be cancelled in case of inclement weather and cannot be rescheduled. This is always a popular event. We set the schedule on a first come, first served basis. Please call to sign up!

### **Veterans Day Breakfast Friday, November 4<sup>th</sup> at 9:00 AM**

The Council on Aging cordially invites all Concord veterans and their spouses to attend our annual Veterans Day Breakfast on Friday, November 4<sup>th</sup> at 9:00 AM at the Harvey Wheeler Community Center. The breakfast is a special event to honor and thank veterans for their dedicated and loyal service to our country. It is a time of fellowship, sharing, and remembering those who served and those who continue to defend our freedom. This is a tradition we look forward to all year long. As in past years, Ray Snay will emcee the program, there will be a delicious and abundant catered buffet breakfast, and entertainment provided by the children of the Carousel Preschool. The breakfast is free of charge thanks to the funds generated by the Harvey Wheeler Gift Shop. Please call 978-318-3020 by Friday, October 28<sup>th</sup> to sign up for this memorable event.

### **Rides Available for Election**

The COA will provide transportation to the polls on Tuesday, November 8<sup>th</sup> for Concord seniors who would like to vote. Rides are arranged on a first come first served basis. Please call the COA office to arrange a ride by October 31<sup>st</sup>. (Please see related article on Early Voting on Page 3.)

*The Council on Aging will be closed on Monday, October 10<sup>th</sup> to observe the Columbus Day holiday. There will be no programs or van service that day.*

**Volunteer News & Opportunities**  
*The COA Volunteer Coordinator position is funded in part by the  
Concord Carlisle Community Chest.*

**Harvey Wheeler Gift Shop**

The Harvey Wheeler Gift Shop is pleased to announce that they have two new managers of their shop, Jan Kenneally and Julie Melly. The loyal workers who are returning for another year include: Yvette Boyle, Val Bruning, Fran Gardella, Mariann Goslovich, Jane Haynes, Barbara Laughlin, Isabel Rush, Mary Jane Schmidt, Thelma Soberg and Marge Stetson.

October's theme will be Halloween and cats. The Gift Shop is open Monday through Thursday 10:30 AM to 2:00 PM. Please continue to drop off your gently used items and we will gladly put them in our shop. The ladies are also still accepting holiday items for our bazaar which will run December 4<sup>th</sup> thru the 9<sup>th</sup> this year.

**Art Space**

Susan Murphy from Sudbury will continue to exhibit her art work until October 14<sup>th</sup>. Stop by and view this amazing display of watercolors. Susan is a very accomplished watercolorist and her work is receiving rave reviews.

October 14<sup>th</sup> thru December 2<sup>nd</sup> we will feature Marty Lehman from Marlborough. Marty had a 50 year professional career as a corporate architect working in Stockholm, Boston, and Cambridge. He recently discovered the joy of watercolor painting. It may come as no surprise that his favorite themes are buildings, cityscapes, landscapes, and all things Swedish. Be sure to come by to view his work!

**Microsoft Excel**  
**Wednesday, October 12<sup>th</sup>**  
**9:30 AM to 11:30 AM**

Volunteer Melody Orfei will be offering hands-on instruction to use Microsoft Excel 2013 on Wednesday, October 12<sup>th</sup> from 9:30 AM to 11:30 AM. If you are dealing with numbers, learning how to use spreadsheets can make the task easier. A spreadsheet is an excellent tool for managing your financial calculations of stock shares, events, budgets, sport scores and so much more. Excel will calculate numbers, totals and counts all automatically! You will learn how to create a spreadsheet, perform calculations, use built-in formulas, and how to format, sort, and summarize data. If you would like to attend this class call the COA to sign up.

**Genealogy Workshop and Research Methods**

For the month of October two classes led by Bob Bratzler are scheduled for October 12<sup>th</sup>, Genealogy 101, and October 26<sup>th</sup>, Research Methods. Both classes run from 9:30 AM to 11:00 AM. You may attend one or both classes. Please be sure to call to sign up and bring your laptop if possible.

**Individual Technical Tutoring**

Our very reliable technical tutors are back for another year. If you have any computer, cell phone, i-Pad or Kindle questions that need answering, just call the COA and set up a one on one tutoring session with one of our great CCHS student volunteers. Thank you Lukas, Emily, Jeffrey, Kasey, and Eleanor!

### **Early Voting**

For the first time, Massachusetts registered voters will have the option of voting early for the November 8<sup>th</sup> Presidential election. From October 24<sup>th</sup> through November 4<sup>th</sup> all registered voters may cast their Presidential ballots at the Town House, 22 Monument Square, during normal business hours (8:30 AM to 4:30 PM). Early Voting allows residents who are unable to get to the polls on Election Day or have difficulty standing in line to vote at a time convenient for their schedules. The experience will be similar to regular Election Day voting; voters will check in with an election officer and voting booths will be set up for privacy. Unlike Absentee Voting, no application is required. For more information contact the Town Clerk's office at 978-318-3080. Please note: the deadline for voter registration, including changes of address, for the Presidential election is Wednesday, October 19<sup>th</sup> at 8:00 PM.

### **Art Space at Harvey Wheeler**

The art exhibit space in our main hallway is available for local artists to display their creative art work at the Harvey Wheeler Community Center where the Concord COA is located. We rotate art exhibits about every six weeks. This creates a warm, inviting, and interesting climate for the seniors who use the facility, as well as members of the public who attend a variety of meetings and events held here. An art committee makes all of the selections for display. If interested in being considered for exhibit as an artist or being a member of the committee, please contact Volunteer Coordinator, Carol Dromgoole at 978-318-3020.

### **Fall Drop Off/Swap Off**

The date for the fall Drop Off & Swap Off will be Saturday, October 15<sup>th</sup>. Drop off will be from 9:30 AM to 3:00 PM, and Swap Off items accepted only from 9:30 AM to 1:00 PM at 133 Keyes Road. Open to Concord residents only. Questions? Call Concord Public Works at 978-318-3240.

# HEALTH & WELLNESS

## Listen & Learn

**Thursday, October 13<sup>th</sup> 1:00 PM to 2:00 PM**  
**“Diabetes Prevention and Management”**

Do you have questions about diabetes, but are reluctant to ask? Please plan to join us on Thursday, October 13<sup>th</sup> at 1:00 PM to learn more. This program will be an informal hour to meet with a local Diabetes Educator, Cheryl Laundry of Emerson Hospital and ask questions about Diabetes Management. If you drop off or email your questions to Marcia at mzaniboni@concordma.gov in advance, Cheryl can gear her conversation to address your concerns. Topics piquing patient interest frequently include: complications (neuropathy, sexual dysfunction, diabetic wounds), preventing or managing diabetes through healthy lifestyle, medication management and clinical advances. Call the COA to sign up.

## “Ask the Pharmacist”

**Tuesday, October 4<sup>th</sup> from 1:30 PM to 3:30 PM**  
**By Appointment**

Diane Briner, RPh, from West Concord Pharmacy will offer individual (regardless of your pharmacy affiliation) private, twenty-minute medication counseling appointments at no charge. Diane is happy to answer all of your medication-related questions. This is a great opportunity to review all of your medications with a professional to be sure you know what each medication is for and confirm that there are no medications that should not be taken together. Call now to sign up, no need to wait until the first of the month.

## COA Wellness Clinics

### **Blood Pressure Screening**

Wednesdays, 10:00 AM to 11:45 AM  
October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>

### **Diabetic Clinic**

Wednesday, October 19<sup>th</sup>  
10:00 AM to 11:45 AM  
No appointment necessary.

### Podiatry Clinics

#### **Dr. Ayleen Gregorian**

Monday, October 17<sup>th</sup>  
8:30 AM to 2:30 PM

#### **Dr. Russell Hamilton**

Wednesday, November 9<sup>th</sup>  
8:30 AM - 12:00 PM

Please be sure to bring your insurance cards with you. If you have HMO insurance, be aware that you will need to bring a referral from your PCP in order for insurance to cover the visit. If Medicare does not cover your visit, the fee is \$30. Please call the office to sign up for the podiatry clinics. Sign-ups are being taken for both of these times.

## **Flu Clinic**

**Thursday, October 20<sup>th</sup> from 1:00 PM to 3:00 PM**

The annual Flu Clinic will be conducted at the Harvey Wheeler Community Center by Emerson Home Care nurses on Thursday, October 20<sup>th</sup> from 1:00 PM to 3:00 PM. As in previous years, we will be administering the quadrivalent flu vaccine which is designed to protect against four different and most prevalent strains of flu. In addition, this quadrivalent vaccine is the most commonly administered vaccine and meets the needs for influenza virus coverage for the general population. If you have questions regarding the so called "high dose" flu vaccine, please contact your doctor as there are specific recommendations for use. Any Concord resident aged 65 and older is eligible. **People who are allergic to eggs, have a fever, or have a history of Guillain-Barré Syndrome, should not be vaccinated.** Pneumonia shots will be available on a limited basis. Please wear a short-sleeved shirt, if possible. There is no need to pre-register; no sign-up is necessary. For more information, call the COA at 978-318-3020.

## **OUTREACH/SOCIAL SERVICES**

*A portion of the COA Outreach staffing is funded by the Concord Carlisle Community Chest.*

### **Caregivers' Support Group**

**Tuesday, October 18<sup>th</sup> from 10:30 AM to Noon**

Our Caregivers' Support Group is for those caring for loved ones with Alzheimer's or related dementias. The group is facilitated by COA Social Services Coordinator, Sally Lopez, and Courtney Koumjian, Service Coordinator for Cooperative Elder Services. The group will be meeting on Tuesday, October 18<sup>th</sup> at 10:30 AM. Please call Sally at 978-318-3012 for more information and to register for the group.

### **Support Group for Bereavement and Coping with Loss**

**Wednesday, October 19<sup>th</sup>, November 16<sup>th</sup> and December 21<sup>st</sup>**

**1:00 PM to 2:30 PM**

The COA will be offering a free, time-limited support group for seniors who have lost a spouse or partner. The group will offer support for those experiencing challenges with grief and loss, as well as focused discussion on various topics such as "coping with loss over the holidays." The group will be facilitated by Anne Marie Rowse, Chaplain, Geriatric Care Manager and Principal of Senior Care Advisors, LLC. Anne Marie has over 30 years of experience in the health care field and is chaplain at her local hospital. The group will be held on Wednesdays, October 19<sup>th</sup>, November 16<sup>th</sup>, and December 21<sup>st</sup> from 1:00 PM to 2:30 PM at HWCC. Although the group began in September, you may sign up now, but we are requesting a commitment to all of the remaining meetings. For additional information, please contact Sally Lopez at 978-318-3012.

### **Concord Emergency Services and the COA need your help!**

Concord Emergency Services and the COA have designed a one-page questionnaire that can provide vital information in an emergency. We are asking all Concord seniors to place one of these on file. Answers to these questions will help us understand your unique and special needs during an emergency. All information is kept confidential and is only used in an emergency situation.

We have a supply of forms in the office. Please feel free to stop by and pick one up. If this is not convenient for you, you may request to have the form sent to you via email by contacting our receptionist, Laurie Austin at [laustin@concordma.gov](mailto:laustin@concordma.gov).

### **Senior Legal Helpline**

The Massachusetts Senior Legal Helpline is a service funded by the US Administration on Aging to provide free legal advice, information, and referrals. Please feel free to contact the intake staff at 866-778-0939 for any questions you may have.

### **File of Life**

The File of Life is a small card with vital information that is kept in a bright red, easily identifiable case. It is placed on your refrigerator using a magnetic strip, and emergency personnel know to look for it in your home. We have a supply of forms and cases for the File of Life in the office. Please come by and take one 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, has one with you in order to provide for your safety in an emergency.

## COA CINEMA

### Friday Afternoons at 1:00 PM in the Lecture Hall - No need to sign up. (FREE)

Join us for a movie on Friday afternoons at 1:00 PM. Limited van service will be available to transport seniors to the movies and home afterwards. There's no need to make a reservation for the movie, but if you need a ride, please call the COA office well in advance. If any movie draws a bigger audience than we can seat, we will offer a second showing of the movie the following Monday at 10:00 AM.

**October 7<sup>th</sup> - *Tumbledown*** – Hoping to move past the death of her musician husband, Hunter Miles, Hannah begins penning an account of his life. But before long, she meets an author also writing a biography of Hunter, one with a distinctly different view of him. Cast: Rebecca Hall, Jason Sudeikis, Dianna Agron. (Comedy; 1 hr, 43 min; 2015; Rated R for some sexual content)

**October 14<sup>th</sup> – *The Age of Adaline*** – After 29 year old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself – until she meets a man who changes her life. Cast: Ellen Burstyn, Harrison Ford, Michiel Huisman. (Romantic Drama; 1 hr, 52 min; 2015; Rated PG-13)

**October 21<sup>st</sup> – *When Harry Met Sally*** – This touching, funny film set a new standard for romantic comedies in the 80's, and raised the question "Can men and women ever just be friends?" Womanizing neurotic Harry, and ambitious equally neurotic Sally, are chums who resist sexual attraction to maintain their friendship, a relationship that always is teetering on the brink of love. Cast: Billy Crystal, Meg Ryan, Carrie Fisher. (Romantic Comedy; 1 hr, 36 min; 1989; Rated R for sexual innuendo)

**October 28<sup>th</sup> – *Suffragette*** – Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement. But when the peaceful protests of the suffragettes accomplish nothing, they are driven to more radical methods of effecting change. Cast: Carey Mulligan, Helena Bonham Carter, Brendan Gleeson. (Drama; 1 hr, 46 min; 2015; Rated PG-13)

### Senior Drama Group

The Senior Drama Group is looking to recruit new members. We would like to invite you to come on down to the Council on Aging on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 1:00 PM to read plays. This is a relaxed and fun environment to meet new people or reacquaint yourself with people you have not seen in a while. The only requirements are the ability to read and laugh! No need to sign up, just come and join in on the fun.

### Smoke Detectors and Carbon Monoxide Alarms Installation Available for Your Home

Please remember that the Concord Fire Department is available to install smoke and carbon monoxide alarms in your home, free of charge. Smoke detectors and carbon monoxide alarms are available for purchase at local hardware stores. Please call Lt. Sean Murphy with the Concord Fire Department at 978-318-3471 for assistance. This is a joint effort by the Concord Fire Department and the Concord Council on Aging to insure that all seniors in town have working fire and carbon monoxide alarms in their homes. A smoke and carbon monoxide alarm could save your life!

**Y.E.S. Group to Lexx Restaurant, Lexington  
Sunday, October 16<sup>th</sup> at 6:00 PM**

Join the Y.E.S. Group for dinner at the Lexx Restaurant, located at 1666 Massachusetts Ave. in Lexington on Sunday, October 16<sup>th</sup> at 6:00 PM. The Boston Globe said of Lexx: "Wholesome food is the concept of this resolutely American menu. Lexx does classics right. It's what you want in a neighborhood place – a friendly greeting, good food and a sense of belonging." The Y.E.S. group is open to all Youthful Energetic Seniors. Transportation and the cost of dinner are on your own. Please be aware that the COA does not send staff to Y.E.S. group events. This reservation at Lexx is limited to 16 people, so please call the COA to sign up!

**Peabody Essex Museum – *American Impressionist: Isles of Shoals Exhibit*  
Friday, October 28<sup>th</sup>, Leaving Harvey Wheeler Community Center at 9:30 AM; Returning by 3:30 PM**

We are pleased to have the opportunity to visit the Peabody Essex Museum to view *American Impressionist: Childe Hassam and the Isles of Shoal*. This is the first exhibition in more than 25 years to focus on Hassam's paintings of the Isles of Shoals, a group of small, rocky islands lying six miles off the coast of Portsmouth, New Hampshire. The exhibit, featuring more than 40 paintings dating from 1887 to 1912, is the result of a collaboration of research between geologists, marine scientists and curators that led to new discoveries about Hassam's paintings and artistic practice. We will depart from the COA on Friday, October 28<sup>th</sup> at 9:30 AM. The cost of this trip is \$25, which covers museum entry, a guided tour of the exhibit, and van transportation. A non-refundable check for \$25 payable to the Town of Concord within one week of your reservation will guarantee your spot on this trip. Lunch is on your own at the museum's cafe. The museum is handicapped accessible and the tour is slow paced, so this trip is appropriate for all seniors. Space is limited to 13 people, so please call to reserve!

**DVD Series – Series II - Dutch Masters: The Age of Rembrandt  
Tuesdays, October 25<sup>th</sup>, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at 2:00 PM**

The lectures of Professor William Kloss on the Dutch Masters will continue with the work of the Delft artists, including Vermeer, whose art was essentially rediscovered in the mid-19<sup>th</sup> century. Lectures will be devoted to still life painting, which enjoyed great popularity in Holland at the time. Jini McCoubrey will again facilitate the series. This art course is very popular, and space is limited, so please call the COA office to sign up even if you attended the first series of lectures. Free of charge.

**Lunch Bunch to the Longfellow's Wayside Inn, Sudbury  
Monday, October 17<sup>th</sup>; Leaving the Harvey Wheeler Community Center at 11:30 AM**

Join us on Monday, October 17<sup>th</sup> for our annual autumn luncheon at the Wayside Inn in Sudbury. The Wayside Inn is the oldest operating inn in the country, offering comfort and hospitality to travelers along the Boston Post Road since 1716. We will choose our meals from the menu, which includes traditional favorites as well as some new choices. After lunch, weather permitting, enjoy a quiet walk at the lovely Grist Mill. The COA van will leave the Harvey Wheeler Community Center at 11:30 AM - our lunch reservation is for 12:00 noon. The charge for the van is \$5, and the cost of the meal is on your own. For those who choose to drive themselves, there are four additional spots available. Call early to reserve your place!

**Quabbin Reservoir Foliage Tour with Lunch at the Salem Cross Inn**

**Thursday, October 13<sup>th</sup>, Leaving CareOne at Concord at 9:30 AM**

**Reservations for this trip are closed, but we are taking names for the Wait List.**

This day trip, which combines a full-course luncheon at West Brookfield's historic Salem Cross Inn with a tour of the Quabbin Reservoir at the peak of fall foliage, will leave CareOne of Concord on October 13<sup>th</sup> at 9:30 AM. After a lunch of chicken pot pie or maple salmon, a native tour guide will join our group and take us throughout the Quabbin Reservoir. The tour will explain how local villages and towns were flooded so that the reservoir, which supplies water to much of Greater Boston, could be constructed. The total cost of this trip is \$74 per person, check (non-refundable) payable to the "Town of Concord". There will be little walking so this trip is appropriate for all seniors. Please call the COA office if you are interested in being placed on the wait list.

**Retirements Series - Planning Your New Life**

**Monday, October 17<sup>th</sup> at 6:30 PM**

When you think of retirement, you may be wondering what to do next. The last presentation of our fall retirement series is designed to reduce your fear and will open your eyes to the unlimited possibilities of life after retirement. Join us on Monday, October 17<sup>th</sup> at 6:30 PM and hear from some of our own seniors on what they have done to create their new life and do a little investigating into what will work for you. Please call the COA to sign up.

**Back by Popular Demand: Paint Night!**

**Monday, October 24<sup>th</sup> from 6:00 PM to 8:00 PM**

Painting instructor, Linda Malone will bring a fall landscape painted in the impressionistic style, for you to interpret and paint on Monday, October 24<sup>th</sup> at 6:00 PM. The class cost of \$25 includes all art supplies needed. Refreshments will also be provided. Everyone will be successful in completing the painting in one night! Please call to sign up. Payment in the form of cash or check made out to Linda Malone will be due one week in advance.

**"The Russell Museum of Medical History and Innovation" at Massachusetts General Hospital**

**Guest Presentation by Sarah Alger**

**Friday, October 21<sup>st</sup> from 1:00 PM to 2:00 PM**

Sarah Alger, the director of the Paul S. Russell, MD Museum of Medical History and Innovation at Massachusetts General Hospital (MGH), comes to the Concord COA to introduce the Russell Museum and to share stories from the hospital's past and present on Friday, October 21<sup>st</sup> at 1:00 PM. Ms. Alger will discuss the founding of the hospital, the story of the first successful demonstration of surgical anesthesia, which took place at MGH in 1846, and MGH's work today as the largest hospital-based research center in the country. The talk shares some of the highlights of the museum, provides a look at some real artifacts from the collection, and includes a multimedia presentation. Whether you have a background in medicine or not you will enjoy learning about the museum and the hospital's stories. The presentation is given free of charge. Please call the COA to sign up.

**Presentation by John Gardella – The History of the Two-Party System in the United States**

**Tuesday, October 18<sup>th</sup> from 1:30 PM to 3:30 PM**

John Gardella will be back at the Council on Aging on October 18<sup>th</sup> at 1:30 PM to discuss the development of the two-party system and to give an overview of the political history of the United States from 1789 to present. This topic is particularly relevant to the election this year. John's classes fill up fast and space is limited, so please call the COA to reserve your seat. There is no charge for this program.



### **Insurance Assistance**

Drug and medical insurance plans change nearly every year. Is your plan still serving you appropriately? Is there a better plan for your particular drug and medical needs? Please consider making an appointment with one of our SHINE (Serving Health Information Needs of Everyone) counselors and explore what is available. Call the COA and ask for a SHINE counselor to call you and arrange an appointment for your personalized plan review. You have received, or will soon receive, information from your current plan(s) regarding any changes in coverage for 2017. Bring this information, your Medicare card, Medicare supplement card, Part D plan card, and all prescription drug bottles to your appointment with the SHINE counselor. All these things will help the SHINE counselor explain your options and estimate your yearly cost, so that you can make an informed decision. Our SHINE counselors are volunteers and there is no charge for this service.

### **COA Handcraft Group Tuesdays from 1:30 PM to 3:30 PM**

We are happy to say that we have enough interest to start a handcraft group here at the COA! The time will be Tuesdays from 1:30 PM to 3:30 PM starting October 18<sup>th</sup>. Participants bring their own projects to work on while enjoying the company of others. There is no need to sign up in advance, just come join the fun!

### **Concord Ghosts, Legends and Lore Thursday, October 27<sup>th</sup> at 2:00 PM**

Hawthorne stated that, "Houses of antiquity in New England are invariably possessed with spirits." That being said, we have invited a few local "experts" on the subject to tell you some of the best Concord ghost stories and more on Thursday, October 27<sup>th</sup> at 2:00 PM. This special program will be hosted by Alida Orzechowski of Gatepost Tours with help from The Colonial Inn. Call the COA to sign up.

### **Trick or Treat Monday, October 31<sup>st</sup> at 9:30 AM**

Join us on Monday, October 31<sup>st</sup> at 9:30 AM in the lounge at the Harvey Wheeler Community Center for a continental breakfast, and then be entertained by the preschoolers as they come in costume for a treat and to dazzle you with a quick song. We will provide the treats; you just have to have fun and hand them out! Feel free to come in costume; the children will love it! Funding for this event is made possible thanks to proceeds from the Gift Shop. Space is limited to 20, so please call to sign up.

### **Do We Have Your Contact Information?**

The Council on Aging works very hard to ensure that we have emergency contact information for each and every person. No one can predict when a medical emergency or injury will occur, so we'd like to be prepared with emergency contact information on everyone who is active here. In addition, we are hoping to get photos of each of our seniors. The photos are never shared with anyone beyond the office staff. We are all working hard to know more of you by name, and having a photo of you can be very helpful, especially when we add a new staff member! Please drop by the COA office to provide or update your emergency contact information. At the same time, we will take your picture while you are standing at the reception desk, it doesn't take even a minute!

### **HAPPENING AROUND THE AREA**

The Concord Retired Men's Group invites all interested residents to a presentation by Malik Khan, President of the Islamic Center of Boston who will discuss the origins, beliefs and rituals of Islam on Thursday, October 13<sup>th</sup> at 12:45 PM at the Trinitarian Church Parish Hall.

## WEDNESDAY LUNCH SCHEDULE

Lunch is served at 12:00 noon at the Harvey Wheeler Community Center in the auditorium. There is a \$2.00 fee for lunch. Please call the COA at (978) 318-3020 to make your reservation. If you have a reservation and find you are unable to attend, please call to let us know you cannot make it. If you fail to make a reservation, you will be asked to wait in the lounge to determine if there is enough room.

October 5<sup>th</sup> Minuteman Senior Services  
**October Birthday Celebration**

October 19<sup>th</sup> Life Care of Acton

October 12<sup>th</sup> Concord Fire Department

October 26<sup>th</sup> Milldames/Minuteman Senior Services

### THE COA VAN

The COA provides transportation on a first come, first served basis to Concord seniors around town for doctor's appointments, trips to the bank, haircuts, visits to a friend, events at the COA, and so on. We ask for a \$2.00 donation and require an advance reservation to ride the van. Additionally, we offer shopping trips at the designated times listed below. 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)! Please be aware of the following requirements for your safety:

- Our van is considered to be "curb to curb" service. You should be able to get on and off independently or bring along a family member or aide.
- All riders must have emergency contact information listed with the COA office.
- We ask that all van riders carry a copy of the File of Life with them. Please stop at the office and pick one up if you do not have one.
- All of our van riders must use their seatbelts when riding our vans.
- Due to high demand for rides, we ask that you limit non-medical appointments to twice a week.

### VAN SHOPPING TRIPS

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 at any time. To save room, each shopper is limited to five (5) shopping bags. The van driver will help carry your bags if you are unable to do so. Limit seven (7) people on each shopping trip. There is a suggested donation of \$2.00 on all shopping trips.

**Mondays:** 2<sup>nd</sup> and 4<sup>th</sup> Monday - **Roche Brothers Plaza** or **Kmart** – Pickups start at **1:00 PM**.

**Thursdays:** 1<sup>st</sup> Thursday – **Stop & Shop/Powder Mill Plaza** – Pickups start at **10:00 AM**

3<sup>rd</sup> Thursday – **Market Basket**, Littleton – Pickups start at **12:00 PM**.

4<sup>th</sup> Thursday – **Trader Joe's Plaza** – Pickups start at **1:00 PM**.

**Fridays:** **Crosby's Marketplace Plaza** and **CVS** – Pickups start at **12:40 PM**.

### MEDICAL EQUIPMENT LOAN

The COA would like to remind you that we have a diverse quantity of medical equipment to loan free of charge on a first come first served basis. We usually 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. Please call the COA office to make the necessary arrangements before coming in. We ask only that items be returned properly cleaned, so that they are ready for the next person to use.

# ONGOING MEETINGS AND EVENTS AT THE COA

## ACTIVITIES & MUSIC

**BINGO** – Wednesdays at 1:00 PM.

**BRIDGE GROUP** – Tuesdays at 1:00 PM.

**CHICAGO BRIDGE** – Meets every 1<sup>st</sup> and 3<sup>rd</sup> Friday from 9:45 AM to Noon.

**CRIBBAGE** – Thursdays at 1:00 PM.

**HAND & FOOT CARD GAME** – Mondays at 1:00 PM.

**MAHJONG** – Wednesdays from 1:15 PM to 3:30 PM.

**MEMOIR WRITING GROUP** – Mondays 2:00 PM to 3:30 PM.

**MEN'S MEETING** – Meets on Mondays at 10:30 AM. A donation of \$1.00 is requested.

**MUSIC MAKERS** – Meets on Mondays at 1:00 PM. For more information, call Nancy Manson at (978) 369-4216.

**PING PONG** – Meets Fridays at 3:00 PM.

**POKER** – Meets Fridays at 1:00 PM.

**SENIOR DRAMA CLUB** – Meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 1:00 PM. If you are interested in more information, please call Tillie Sweet at (978) 369-7018.

## DISCUSSION GROUPS

**COA BOOK DISCUSSION** – This month the group will be discussing The Lowland by Jhumpa Lahiri on Tuesday, October 18<sup>th</sup> at 9:15 AM. To learn more, call Phyllis Di Marzio at 978-369-1558.

**COFFEE & CONVERSATION** – Meets on Tuesday mornings at 10:30 AM at HWCC. Join us for a cup of coffee or tea, and a snack. Call the COA for more information or just drop in.

**INTERNATIONAL CURRENT EVENTS** – The group meets on Wednesdays at 1:00 PM. Come weekly for lively discussion moderated by Barbara Howell.

## WEDNESDAY LUNCH

Every Wednesday starting at noon. Please call to make a reservation. \$2 fee.

## FITNESS CLASSES

All fitness class fees are payable to the instructor.

**AEROBICS CLASS** – Mondays & Thursdays at 9:30 AM \$5/class.

**SENIOR TAI CHI** – Mondays from 3:00 PM to 4:00 PM, \$5/class.

**STRENGTH & FLEX** – Mondays & Thursdays at 10:45 AM \$5/class.

**YOGA** – Mondays at 9:00-10:30 AM (mat) \$10/class  
Tuesdays at 9:15 AM (chair) \$5/class  
Wednesdays at 8:00 AM (mat & chair) \$5/class  
Fridays at 9:30 AM (mat) \$5/class

## SUPPORT SERVICES

**“ASK A LAWYER”** – Thursday, October 27<sup>th</sup> from 9:00 AM to 12:00 PM. Please call for an appointment.

**“ASK THE PHARMACIST”** – Tuesday, October 4<sup>th</sup> from 1:30 PM to 3:30 PM (the first Tuesday of each month). Please call for an appointment.

**EYEGLASS CLEANING & ADJUSTMENT** – Optician Alex Thayer will be here on Wednesday, October 26<sup>th</sup> at 11:00 AM. Free of charge.

**LOW VISION GROUP** – Meets Wednesday, October 26<sup>th</sup>, the last Wednesday of the month, from 10:00 AM to Noon.

**S.H.I.N.E. COUNSELORS** – Pat Lanchester, Clare Gordon, and Charles Atkinson are available to answer your health insurance questions. Please call the COA at 978-318-3020 to arrange a phone or in-person appointment.

## MEETINGS

The **COUNCIL ON AGING BOARD** will meet on Monday, October 17<sup>th</sup> at 5:30 PM at the HWCC. The public is always welcome!

Concord Council on Aging Staff  
1276 Main Street, Concord MA 01742  
Telephone (978) 318-3020

Ginger Quarles, Director  
Lauren Barretta, Program Supervisor  
Claudia Curran, Administrative Assistant  
Laurie Austin Santry, Receptionist  
Chris Choate, Custodian  
Carol Dromgoole, Volunteer Coordinator  
Dick LaBossiere, Van Driver  
David Siskind, Van Driver

Joyce McSweeney, Outreach Coordinator  
Sally Lopez, Social Services Coordinator  
Laurel Kuipers, Outreach Coordinator  
Tina Close, Activity Coordinator  
Marcia Zaniboni, Activity Coordinator  
John Zonfrelli, Van Driver  
Stephen Grimes, Van