



SENIOR SPIRIT



A SENIOR NEWSLETTER BROUGHT TO YOU BY THE COUNCIL ON AGING WITH THE SUPPORT OF THE CONCORD FRIENDS OF THE AGING

Mary Anne Mortenson, Administrator
Shirley Conradt, Administrative Assistant
Pat Boudrot, Office Assistant
Susan Hoole, Wellness Coordinator
Jim Gentile & Neil Cadogan, Custodians

Lori Kalinoski, Program Supervisor
Virginia McCoubrey, Program Coordinator
Muffie FitzPatrick, Outreach Coordinator

Donna Carey, Outreach Counselor

1276 Main Street, Concord MA 01742

Telephone (978) 318-3020



Hello All,

With Thanksgiving close at hand, we all start thinking of shopping for the December Holidays. I'd like to point out **two terrific shopping opportunities** that are coming up right here at HWCC.

On Saturday, November 7th, Our dedicated volunteers who run Harvey's Treasure Chest will be having their Holiday Sale. It will be from 9 AM to 2PM and you will have a huge inventory of holiday gifts that will please everyone on your gift list! And, as always, the moderate prices will astound you! All proceeds go the Concord Friends of the Aging. In turn they do many generous things for the COA!

A week later, on Saturday, November 14th, the United Woman's Club of Concord will have its Annual Scholarship Fair from 9:30 AM to 3 PM at HWCC. As always, a myriad of wonderful things will be offered. They will have jewelry, books, plants, ornaments, knit items, sweets & treats and much, much more! They will also serve lunch at their "café" from 11 AM to 1:00 PM. All proceeds go to scholarships for deserving Concord/Carlisle high school graduates.

I hope everyone will take advantage of these great shopping opportunities!

Happy Thanksgiving! I hope you all have many things for which to be thankful. I know I do! I'm thankful for Concord's fantastic seniors, my wonderful staff and having a job I love!

Hugs!

Mary Anne

Y.E.S. CLUB EVENING PROGRAMS

ARE YOU A YOUNG ENERGETIC CONCORD SENIOR? (55 YRS. OLD & OLDER) Then join the **Y.E.S. Club!** Do you think you are too young for the COA's activities? The Y.E.S. Club is for you. Throughout the coming year we will be presenting evening & weekend programs geared towards the "younger" crowd. For more information call 978-318-3111 or email lkalinoski@concordma.gov

THURSDAY, NOVEMBER 5, 8:00pm The Concord Players presents Cat on a Hot Tin Roof \$5.00 for a senior. 51 Walden St.

FRIDAY, NOVEMBER 20 from 5:30 – 7:30 - If you bring a hors d'oeuvre, Shirley Conradt will bring the wine! Please join us for an informal "Happy Hour" at Concord Greene's Community room! Call the COA to let us know you will be coming!

A Word From the Board of Health

Brent Reagor, Public Health Director

With fall, we get beautiful colors in the trees, cooler temperatures, apples, pumpkins, and unfortunately, flu. This year, in addition to the normally circulating seasonal influenza viruses, the widely talked about H1N1 virus is making an encore appearance after last spring's debut. H1N1 shares a lot of similar traits with the normal seasonal flu. The symptoms are quite similar (fever over 100° F, combined with cough, sore throat, aches, nausea, vomiting, and/or diarrhea); the method of transmission is the same; and the severity of illness is not unlike seasonal flu. The biggest difference between the two "types" of flu is the target population. H1N1 influenza has shown a strong affinity for younger age groups, especially those under the age of 24. During last spring's outbreak, the average case age in Massachusetts was 14 years old. Why is this? The disease trackers at the State and Federal level have a number of theories why this virus has a preference for the younger generation. First, analysis of blood and fluid samples (serology) from patients over the age of 60 demonstrates some level of latent immunity to the H1N1 family of viruses. This is most likely due to two routes of exposure to H1N1-type influenza viruses – the viruses have circulated as seasonal flu viruses in previous years, and the viruses were included in seasonal influenza vaccine formulations. Second, those in the younger generations have not had the "opportunity" to be exposed to H1N1-type viruses through vaccination or infection and have not been able to develop the immune response that some individuals over the age of 60 have.

Even with all of that information, the Concord Health Division has some simple recommendations for you this flu season to help you stay healthy:

- 1) Wash your hands with soap and water, often. If soap and water is not available, use an alcohol-based hand sanitizer (like Purell)
- 2) Cover your coughs and sneezes with a tissue, or cough/sneeze into the inside of your elbow
- 3) If you get sick with flu-like symptoms (fever over 100° F, combined with cough, sore throat, aches, nausea, vomiting, and/or diarrhea), stay home until you are free of fever for 24 hours without the use of fever-reducing medications like Tylenol or Advil
- 4) Get your flu vaccines (both of them) this year. Many of you were able to receive your seasonal vaccine at the clinic on October 2nd. For those who still need your seasonal flu vaccine, you can visit the State's online listing of flu clinics at <http://flu.masspro.org> or you should contact your Primary Care Physician. For the H1N1 vaccine, most folks over the age of 60 will be in a later priority group to receive the vaccine, as the limited early supplies will be directed to those most at risk from the virus:
 - Pregnant women
 - Children aged <6 months to 24 years
 - Caregivers of children less than 6 months of age
 - Healthcare workers and first responders involved in patient care
 - Those normally at risk for complications from seasonal influenza (respiratory disease, diabetics, immuno-compromised, etc...)
- 5) Stay up-to-date on all of the latest influenza-related information by visiting The town website: www.concordma.gov

Coordinator's Corner
I get by with a little help from my friends.

THE BEATLES, *With a Little Help from My Friends*



This is it! Pray for no rain this year!

Dream Teams

Holy Family Parish will be doing their day of service on November 14. We'll have lots of kids this year – don't hesitate to sign up now!

Middlesex School will be doing their day of service on November 8. Sign-up now!

Bucket Brigade Did you benefit from the Bucket Brigade last winter? We're putting one together with First Parish Church, so call the COA to sign up for the delivery of your bucket of sand. Don't let Winter's ice and snow keep you from coming to the COA to warm up...use the Bucket Brigade! Tentative date for delivery is Nov. 15.



The Art Space Gallery BARNs and FARMS

Local Barns and Farms of all descriptions will be displayed starting November 6th, at the COA gallery. Several local artists will share their versions of Barns, from the snow covered to the wildly colorful, in watercolors, oil, or sketches. Many of them are originals, which were selected for a special calendar that was printed last year for the Concord Art Association and will be recognized as familiar landmarks.



Call for Artists for 2010.

The competition is open to all Concord area visual artists, and selected works will be scheduled for monthly group exhibits starting in January, 2010. The Council on Aging is located at the Harvey Wheeler Community Center, 1276 Main Street, Concord. Drop off for the competition will be Friday, November 6 from 8:30 AM-4 PM and pick up will be Monday, November 9, 8:30 AM-4 PM.

Interested artists should contact Lori Kalinoski, at 318-3020 or e-mail lkalinowski@concordma.gov for a detailed application.

WELLNESS EVENTS

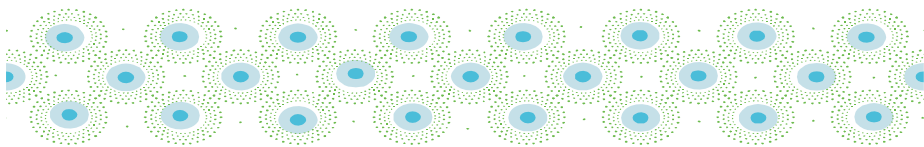
Sign up for all programs

Thursday, November 12, 10 A.M.-11 A.M. A nurse from Emerson Home Care will speak about **TECHNIQUES TO USE** in order to stay healthy (and avoid the spread of infection). Please Plan on attending. **Keep Yourself Healthy this Winter!**

Thursday, November 19, 12:30-2:30 P.M. BINGO We plan on a *luncheon* followed by a speaker from Concord Health Care who will be leading an enjoyable game of Diabetes Bingo! Come to reinforce your knowledge about this chronic disease while being an active participant in the game!!

☺ Tuesday, December 1, 10 A.M.11 A.M. Laughter is important in our everyday lives to assist us in leading a more enjoyable life. Let's hear more about this interesting topic by attending a presentation given by the Community Hospice. Remember the old saying "Laughter is the Best Medicine"?

Podiatry Clinic: Dr. Hamilton has a Podiatry Clinic here @HWCC on November 18 from 8:30 AM – noon. Call ahead to register. As a reminder of his insurance policy: He will not accept Medicaid, and the following companies need a primary doctor's referral: Tufts, Fallon, Medicare Preferred. If you come for a self pay visit plan on spending \$20.00 payable by cash or check only; no credit cards accepted. Some funds are available for this service. Please consult with Lori.



Clinics at Harvey Wheeler Community Center

Blood Pressure Screening: Every Wed. 10 A.M. -12:00 P.M.
Please bring your list of medications with you.

Diabetes Screening: Wed. November 18

The Regis College Nursing Students are here and have been going around town visiting many seniors. This is a great opportunity for the students as well as for you! Get your blood pressure checked at home they will also look over your medication and make sure everything is how it should be.

OUTREACH CORNER

Tell everyone what you want to do and someone will want to help you do it
.....King Solomon

This is an important Time of Year to **WATCH YOUR MAIL**

This is the time of year your Health Insurance Company will inform you of any changes in your coverage.

You might get something from Medicare, Social Security or Mass Health or your Private Insurance
YOU MUST READ AND SAVE ALL PAPERS.

This is the time of year your insurance company will tell you about changes in your **prescription coverage**. Don't wait until Jan to find out you are now being charged full price! This has happened.

November 15 – December 31, is the Open Enrollment for Medicare. This is a great time to have a SHINE Counselor look over your options with you.

Virginia and Pat are the SHINE COUNSELORS at the Concord COA. They are trained volunteers who provide seniors with free information regarding health insurance. Sometimes it is hard to understand what the insurance company is trying to tell you. Both Counselors are recommending that you save all the letters in one folder. You can pick up your **free folder** at the COA office. You can also schedule a appointment at 318-3020. This is a great service, be sure to save all papers to bring with you.



CONCORD CARES

Calling all seniors who would like to have their homes weatherized on **November 8th**! Concord Cares has a group of students from Middlesex School and a group of citizens who have come together to address energy issues for Concord residents. These volunteers are available to install plastic for windows, weather stripping for doors and foam gaskets for outlets on exterior walls. If you are interested in this program, sign up now 978 318-3020.

The cold weather is here! Are you worried about the cost of heating your home? Remember a cold house is a sick house. Call the outreach team for help.

EVENTS

*Please call (978) 318-3020 to register
for Programs*

NOVEMBER 2009



CONCORD PLAYERS: Thursday, November 5, 8:00 p.m. The opening performance for this theater season is “Cat on a Hot Tin Roof” by Tennessee Williams. Seniors are invited to the dress rehearsal for the ticket price of \$5.00—a bargain.



VETERAN’S BREAKFAST: Monday, November 9, 9:00 a.m. All senior veterans and their spouses are invited to share breakfast and their stories. This was a popular event last year—so popular that we ran out of food! Please call and sign up so that will not happen this year. We look forward to honoring your service to our country.



Tuesday, November 10, 1:00 to 3:00 p.m.

The Monday Memoir Group will continue to meet at the usual time of 1:30. At the suggestion of our leader, Sally Montgomery, this second group will begin meeting on this date. A small group allows more time for each member to participate plus Tuesday may be more convenient for some. Please call and let us know of your interest.

NOVEMBER EVENTS

Who said there is no such thing as a free lunch? Brightview Concord River will be having a “Lunch & Learn” Session at the Concord Colonial Inn in Concord on 11/12 at 12 Noon.

It will be a luncheon for all those who are interested in learning more about Brightview Concord River, lunch on us!

Please RSVP to Brightview Concord River 978-262-1410

Or via email: jkang@bvsl.net



COA CINEMA: Friday, November 13, 1:00 p.m.

The feature for this month is the recent film *THE SOLOIST*, a true-life drama. It is the story of a Los Angeles newspaper reporter who discovers a brilliant street musician (played by Jamie Foxx) and their unique friendship. Call to sign up.



INTERNATIONAL CURRENT EVENTS: Wednesday, November 18, 1:00 p.m.

There will be a special guest speaker, Mary Burke, Librarian, who will discuss novels and mysteries and how current events crop up and are written into these stories.

Attention: There will be no meetings November 11 and 25.

WHERE DOES THE MONEY GO?! Thursday, November 19 at 10:00 a.m.

Ever wonder why you never have cash? Do you make a budget and it doesn't work?

Come to this great class and learn how to manage your money better. Sign up to save your place.



LUNCH BUNCH: Thursday, November 19, 11:30 a.m.

We have had lunch at the Minuteman Technical H.S. Now we are going to try Nashoba Valley Technical H.S. Their restaurant is the training ground for our future chefs and servers. Lunch will be soup or salad, Haddock or Roast Pork entrée, pie for dessert and coffee—all for \$10.00 (plus a \$1.00 for your student server). Our free van rides have come to an end so there will be a \$4.00 fee for this trip. Call to sign up and be sure to let us know if you need a ride from home.

NOVEMBER EVENTS



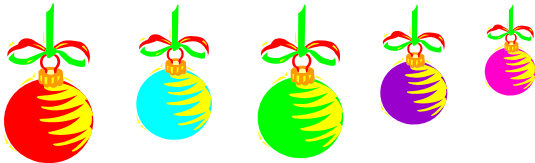
THANKSGIVING DINNER: Saturday, November 21, Noon

Once again, the Junior Class of Concord-Carlisle High School invites all senior citizens in Concord and Carlisle to a traditional turkey dinner with all the trimmings. This is also an opportunity to share a meal with friends old and new. The COA van will provide transportation if needed. You must call and sign up and indicate if you need transportation.



HOLIDAY SHOPPING: Tuesday, November 24, 9:30 a.m.

This is a van trip to Sherwood Mini-Plaza in Natick, home of a Christmas Tree Shop. It is always full of bargains and especially so at Holiday time. When your cart is full and exhaustion sets in, we will check out and go to “Joan and Ed’s Jewish Delicatessen (practically next door) and renew our energy with a hearty lunch. Van fee is \$4.00. Call to sign up as space is limited. (As noted above, we will leave HWCC at 9:30 a.m.)



THURSDAY, DECEMBER 3, SIGN UP NOW!

Once again, we will meet for a light pizza supper and then ride the van to see local Christmas light displays. Last year we had quite an extended tour! Be on hand at 5:00 p.m. for supper. Price for supper and van: \$6.00. Sign up now. **COMING**

NOVEMBER EVENTS

Please call (978) 318-3020 to register for Programs

EARLY BOSTON SYMPHONY CONCERT SERIES ANNOUNCEMENT

This year we have 13 tickets for the Friday-Spring A series. Price is \$44.00 per ticket. Transportation cost is yet to be determined. Dates and programs as listed here. Please wait for information in the December Newsletter before calling in your reservations.

The following are the dates of the Spring series.

FEBRUARY 5: MARCH 12: APRIL 16: APRIL 30, 2010

More detailed information in December or call or stop by COA.

COLLECTIONS: We are so pleased to have another wonderful collection from Sally Montgomery for the month of November. This time you will see a variety of baskets which she has collected over the years. Thank you, Sally.

THE COA/HW WILL HAVE A BOX TO COLLECT YOUR DONATED CHILDREN'S BOOKS

We invite you to bring new or new-looking children's books and leave them in the marked box by the front entrance during November. Concord Prison Outreach, Inc, is a local group of volunteers who run educational and spiritual programs with inmates at our two local prisons. They also run four Family Days during the year for visiting children and their mothers—a time when families can gather and visit over seasonal craft projects and fun. At day's end each child also chooses a book from the large assortment laid out—and your gift books will enrich this choice. Board books, chapter books, hard cover or paperbacks, for toddlers thru teens, all are welcome! Thank you so much!

ATTENTION: STARTING IN NOVEMBER, THE FREE RIDES ARE OVER!!! IT HAS BEEN NICE. NOW IT IS BACK TO CHARGING A FEE FOR SPECIAL VAN TRIPS—STILL A BARGAIN.

WEDNESDAY LUNCH and BINGO SCHEDULE

Lunch is prepared by local churches, service organizations 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 at least three days (Friday) in advance to make your reservations.

November 4 - Life Care of Acton – NOVEMBER BIRTHDAY CELEBRATION

November 11 – NO LUNCH – The COA is closed for Veteran's Day Holiday

November 18 – Concord Children's Center

November 25 – NO LUNCH – Day before Thanksgiving

VAN SHOPPING TRIPS

CALL FOR RESERVATIONS

Burlington Mall, 1st 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.

October 1 - 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 as usual.

Monday and Thursday: Pickups start 1:00 P.M., Door to Door, Limit 8. \$2.00 - Market Basket \$3.

Mondays: 1st 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: 1st Thursday – 8:40 A.M., Burlington Mall, \$4.
2nd, 4th and 5th Thursday, – Stop & Shop plaza, \$2
3rd Thursday, – Market Basket, Westford – (Pickups will start at 12:45P.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, November 3** at 6:00 P.M. at the HWCC. As always the public is welcome.

THE CONCORD FRIENDS OF THE AGING BOARD will meet **Tuesday, November 3** at 4:00 P.M. at the HWCC.

The COA will be closed on Wednesday, November 11 for Veterans' Day and Thursday, November 26 and Friday, November 27 for the Thanksgiving Holiday. There will be no COA activities or van transportation on those days.

ONGOING MEETINGS & EVENTS

COA BOOK DISCUSSION: The group will meet on Nov. 17th at 9:15 A.M. We will discuss **The Florist's Daughter** by Patricia Hampl at this meeting. For more info, contact Phyllis Di Marzio (978) 369-1558.

COFFEE & CONVERSATION: Meets every Tuesday, 10:30A.M.-11:30A.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.

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.

SENIOR DRAMA CLUB: They will meet on the 2nd and 4th Tuesdays. If you are interested please call Tillie Sweet at 978-369-7018.

SENIOR "SHAKERS": Meet Mondays at 2:00 P.M. at HWCC to rehearse. Call Marge Stetson 978-369-9084 for info.

MUSIC MAKERS: We will meet Mondays from 1:00-2:00 P.M.

FITNESS CLASSES: At HWCC on Mondays & Thursdays. Aerobics class at 9:30A.M. & Strength & Flex at 10:45A.M. Classes with Julie are \$4 – classes with video are 50 cents.

BILL IS HERE TO TEACH TAI CHI! Bill teaches at other COA's. The Tai Chi form he 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.

FREE YOGA CLASSES: Fridays at 12:15 P.M. taught By Cathy Mandrioli. Classes are **free at the present time.**

INTERNATIONAL CURRENT EVENTS: We will meet on Wednesdays from 1:00-3:00 P.M., facilitated by Barbara Howell. Come and share your thoughts and experiences, while we try to solve the problems of the world.

"NIP & TUCK": On **November 3 & 17** our seamstress will be here from 10:30 A.M. - 12:30 P.M. **ANY ITEMS BROUGHT IN TO BE MENDED, MUST BE CLEAN OR THEY WILL NOT BE MENDED.** Please call the COA to confirm the dates before coming to HWCC.

"TWICE TOLD TALES" (OPEN MIKE) AT HWCC ON THE THIRD TUESDAY: (unplugged acoustic music and refreshments) Come share your music or enjoy the talents of others. Performers must sign in before 7:30 P.M. Admission is free for seniors.

BOWLING: Join us for bowling at Acton Bowling lanes on Tuesdays at 9:00 A.M.

OCTOGENARIAN GROUP : Anyone interested in chatting with folks their own age and discussing life experiences and dilemmas. This group meets the 3rd Tues. of the month at 1:30 P.M.

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

"ASK A LAWYER" on Thurs., November 19 a lawyer will be at HWCC to answer your questions. Appts. will be from 9:00 A.M. to Noon. Call the COA to make an appt. Bring any information & documents that you will need to address your questions. If your question cannot be answered fully during the brief appt., you will be given a list of lawyers participating in the program.