



**SENIOR SPIRIT**  
**NEWSLETTER OF THE CONCORD COUNCIL ON AGING**  
**September 2020**

**Annual Flu Clinic**

**Tuesday, October 6<sup>th</sup> from 9:00 AM to 12:00 NOON**

The Annual Flu Clinic will be held as a drive-through at the HWCC parking lot this year. Due to the pandemic, a strict protocol has been established. Any Concord resident aged 60 and older is eligible to receive the vaccine. The high dose flu vaccine will be available ONLY for residents aged 65+. You MUST call the COA and sign up to receive the vaccine. NO DROP-INS will be accepted on the day of the Flu Clinic. Once you have called and signed up, you will be sent the necessary flu vaccine paperwork (by mail or link). It needs to be completed and returned to the COA by mail or in the COA drop off box at HWCC by September 30<sup>th</sup>. If we have not received your paperwork by the 30<sup>th</sup> you will not be able to vaccinate you. You will be given a set time to arrive for your vaccine, it is important that you arrive at the scheduled time. We ask that you wear a mask at all times and remain in your car for the vaccine. Please wear a loose sleeve shirt, or a short sleeve shirt. Please call the COA at 978-318-3020 with any questions. We appreciate your cooperation with the guidelines the COA has established for a successful and safe FLU CLINIC on October 6<sup>th</sup> from 9:00 AM to 12:00 Noon.



**Drive-Through COA BBQ**

**Sponsored by the Concord Police Department**

**Wednesday, September 16<sup>th</sup> between Noon and 1:00 PM**



Thanks to the generosity of the Concord Police, the COA will be hosting our annual BBQ ..... as a drive-through event! Concord seniors are invited to drive up to the tents, located in the COA parking lot, and pick up a freshly grilled BBQ lunch. Each meal will include a burger or hotdog, a pickle, chips, condiments, and dessert, packed in a take-out box. We ask that you please wear a mask and stay in your car. A police officer or COA staff will assist you. This event is sponsored by the Concord Police Association and is free of charge. A reservation is required. Please call the COA office by Friday, September 13<sup>th</sup> to sign up.

**Short Skirts Oh My! The History of Women's Rights - Via Zoom**

**Wednesday, September 30<sup>th</sup> at 1:00 PM**

August marked the 100<sup>th</sup> anniversary of the ratification of the 19<sup>th</sup> Amendment, giving women the right to vote in the United States. *Short Skirts Oh My!* presented by Anne Barrett, traces the social and historical milestones in the fight for women's rights. This lecture was originally scheduled for March, but was cancelled due to pandemic closures. Please join us on Wednesday, September 30<sup>th</sup> at 1:00 PM for a live broadcast on ZOOM. Anne will be available to answer questions afterwards. Anne Barrett is a professional performer who presented "Martha Washington" at the COA last year. This program is funded by the proceeds of the Harvey Treasure Chest Gift Shop and is offered free of charge. Please call the COA office to reserve your place so you can receive a link to join the presentation via Zoom.



**CONCORD COUNCIL ON AGING - TELEPHONE: 978-318-3020**



**THANK YOU ALL 2019 – 2020 Volunteers!** You are cordially invited to drive by the COA/Harvey Wheeler Community Center building to pick up your thank you gift, a sweet treat and praise! Allow us to treat your like royalty on Thursday, September 10<sup>th</sup>, from 11:00 AM to 11:30 AM. This is an invitation only event. If you volunteered with us this past year an invitation will be coming in the mail with how you may RSVP.

**CAN WE CONNECT WITH YOU MORE?** Connections are vital at this time. We have created a mid-month, one sheet newsy note to keep you connected to what is happening here! If you have email, you can receive it that way. (Please note we are not able to mail out hard copies.) This update will be just that: updates of COA offerings, newsy notes, pertinent information, fun. What else might you like to see or read? This is a “opt- in” offering. Let us know if you would like to start receiving more regular updates by calling the COA.

**When everything seems to be going virtual these days, the idea of getting connected to technology can be daunting: But it’s worth it!** Did you know there are LIVE daily demos on Zoom to help you get started? All you need is a smart phone OR a desktop or laptop computer with a camera. The demos are on Mondays, Tuesdays, Thursdays or Fridays at 1:00 PM and 5:00 PM. Go to **zoom.us** to register. Here are seven *suggestions* to become computer savvy no matter your age:

- 1. Conquer Your Fear** that may be holding you back! While exploring a new thing can be intimidating and scary, you know that you will get better with time. You have come this far in life by being brave!
- 2. Have a Positive, Open Attitude** towards learning about computers and the internet. Perhaps you have had a negative experience in the past, but now it a good time to try again with a different frame of mind.
- 3. Reach Out** and do not be afraid to ask for help when you make the choice to learn about technology. Most young people are really good at this and will be more than willing to help. The COA can coach you over the phone if you have some computer knowledge.
- 4. Google** is your friend. Once you are connected to the Internet, you can use Google to find out anything you need to know. If you search ‘how to use Microsoft word,’ Google will provide you with countless detailed and easy to follow results.
- 5. Write Down Your Passwords** in your journal so you can always get them in hard copy. Young and old people do this.
- 6. Take Your Time** as you explore this new topic, take short breaks when you feel exhausted. Don’t be too hard on yourself. After learning a new skill, take time to practice it repeatedly so that you really understand it.

**Do You Need a Spare Face Mask??  
Drive-By Mask Give-Away at the Concord COA**

The COA has received a large donation of handmade washable face masks. For any of you that need a spare, you may pick one up at the COA on **Monday, September 14 between 9:30 and 10:00**. Masks will be distributed from the tent in the parking lot near the entrance in the Harvey Wheeler. We ask that you wear a mask and stay in your car. Please call the COA office at 978-318-3020 to let us know you are coming.



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Nancy Allam  
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**Goodbye to Joyce**

Please join the Council on Aging staff in sending best wishes to departing Outreach Coordinator Joyce McSweeney. Joyce has taken on a new position with the Town of Weston after 8 years with the Concord COA! She will be missed by colleagues and seniors alike. We wish her well in this next phase.

**Introducing "Highway61"**

Highway61 is an audio-only chat room that can be found on-line at [Highway61.co](http://Highway61.co). Highway61 was created during the COVID pandemic for the purpose of bringing seniors together from all over the country to create one giant senior community. The core of the Highway61 community is conversation and connection. At times there is trivia or bingo hosted by a senior center. At other times, there may be a conversation led by someone who wants to talk about current events or share travels stories. There is the ability to chat with someone at any time of the day. Everything on Highway61 is in real time. It is like a radio station that never shuts off and that never has a host. Best of all, it's easy to use and you can participate! Try it!!

**SENIOR TAX EXEMPTION VOTE AT TOWN MEETING**

Concord's senior means-tested property tax exemption has been in effect since 2019. As you may know, it is available to senior homeowners with modest incomes, no more than \$60,000 for a single owner or \$90,000 for joint owners. During the past year 49 taxpayers received exemptions between \$2,000 and \$5000.

However, the Massachusetts' local option law that allows Concord's exemption contains a three year "sunset" provision. To keep it in effect, Concord Town Meeting will vote to request the state legislature to make the Concord law permanent.

**Concord's Town Meeting has been postponed until Sunday, September 13<sup>th</sup>. It will be held outdoors, with safe distancing, on the field above the high school.**

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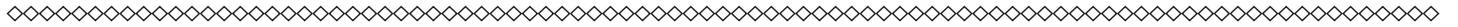
  
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**Hearing Impaired Support Group Via Zoom**  
**Tuesdays, September 8<sup>th</sup> and 22<sup>nd</sup> from 1:00 PM to 2:00 PM**

The hearing-impaired support group, facilitated by Bob Andrews, provides an opportunity for people with diminished hearing to share and discuss the impact that hearing problems have on their lives. If you have not participated in this group before please contact the COA office at 978-318-3020 to sign up.

**Caregivers' Support Group Via Zoom**  
**Tuesday, September 22<sup>nd</sup> from 9:30 AM to 11:00 AM**

This month the Caregivers' Support Group will meet Tuesday, September 22<sup>nd</sup> at 9:30 AM via Zoom. This group is designed for those caring for loved ones with Alzheimer's or related dementias. Join a group of peers to share experiences and gain support. This group is facilitated by COA Social Service Supervisor Nicole Saia. If you have not participated in this group before, please contact Nicole by emailing nsaia@concordma.gov.

**Care & Management of High Cholesterol Via Zoom**  
**Thursday, September 10<sup>th</sup> at 2:00 PM**

September is National Cholesterol Education Month, a good time to learn about: what is cholesterol, why does cholesterol matter, what factors determine whether your cholesterol is high or low, what are the risk factors and how to prevent it. Please join Geriatric Health Nurse Valerie Boggia on Thursday, September 10<sup>th</sup> at 2:00 PM for a Listen & Learn session on cholesterol. Valerie will provide you with answers to these questions and information regarding care and management of high cholesterol. Please call the COA to sign up and receive your Zoom invitation.

**Primary Care in the Age of COVID-19 Via Zoom**  
**Tuesday, September 22<sup>nd</sup> at 2:00 PM**

Please join Dr. Susanna Bedell on Tuesday, September 22<sup>nd</sup> at 2:00 PM for an information and discussion session on primary care in the age of COVID-19. Dr. Bedell will talk about prevention, self - care, and the importance of management and motivation in taking care of chronic disease. Dr. Bedell will also talk about Telemedicine and communicating with your Doctor. Please bring your concerns & questions to discuss at the Zoom session. Please call the COA to sign up and receive your Zoom invitation.

**Poison Prevention Jeopardy Via Zoom**  
**Tuesday, September 29<sup>th</sup> at 2:00 PM**

The Regional Center for Poison Control and Prevention provides assistance and expertise in the medical diagnosis, management, and prevention of poisonings throughout Massachusetts and Rhode Island. Please join us for a fun and interactive jeopardy game presentation! This presentation, hosted by the Center's Education Coordinator, Alexandria Papadimoulis, will provide you with the knowledge of who to call if and when the unthinkable happens. Remember, an ounce of prevention is worth a pound of cure. Please call the COA to sign up and receive your Zoom invitation.

**Active Hope: How to Face the Mess We're in Without Going Crazy Via Zoom**  
**First of Three Meetings: Tuesday, September 21<sup>st</sup> from 3:30 PM to 5:00 PM**

Even before the time of this pandemic Joanna Macy recognized in her book "ACTIVE HOPE", that uncertainty is a pivotal psychological reality of our time. Join transitions coach Annie Gray & master level yoga instructor Michelle Laura for a three-part series of discussions and interactive practices that examine alternate perspectives and practices of applying tools that may expand our capacity to respond to the crises of our time. This series is offered free of charge and is limited to 12 participants. (October & November dates TBD) Please call the COA to sign up and receive your Zoom invitation.

**Our Residents** *are a lot of things*

- Involved
- **Vibrant**
- Interested
- Educated

**Retired**  
*isn't one of them.*

We are a community of seniors living with vibrancy, dignity, engagement and *fun*.

Tour The Commons in Lincoln and discover our activities, volunteer opportunities and available programs.

**The Commons**  
IN LINCOLN

**Grab-And-Go Lunches in September!!**

Wednesday Lunch re-invented! Stop by the COA for a Grab-and-Go boxed lunch, now available for pick-up at the COA on Wednesdays between **11:30 AM and 12:00 PM**. Meals are provided by Minuteman Senior Services and cost \$2 each. We will have drive-through pay and pick-up areas at the tent located at the main entrance of the Harvey Wheeler Community Center. We ask that you wear a mask and stay in your car. Staff will assist you. Please call the COA at 978-318-3020 to reserve all your lunches for September.

- Wednesday, September 2<sup>nd</sup> – *Sliced turkey breast, quinoa with veggies, cucumber salad, & dessert*
- Wednesday, September 9<sup>th</sup> – *Egg salad, potato salad, & mandarin oranges*
- Wednesday, September 16<sup>th</sup> – **BBQ provided by Concord Police starting at Noon**
- Wednesday, September 23<sup>rd</sup> – *Egg salad, quinoa with veggies, & tropical fruit*
- Wednesday, September 30<sup>th</sup> – *Chicken w/ peach salsa, cous cous salad, vegetable salad, & dessert*



**Movies & More! Minuteman Media Network – Local Access Cable Television**



Tune in to Concord’s local access Cable TV, Minuteman Media Network, on Comcast Channel 8. They will be airing “Public Domain Films” on Fridays and Saturdays from 9:00 PM to 11:00 PM, with repeats on Sundays from 2:00 PM to 4:00 PM. Also, they show a “Story Hour” each Wednesday at 7:00 PM that features a reading of one or several short stories by famous authors, produced by the Barrow Bookstore – a re-run of Wednesday’s program airs the following Saturday at 7:00 PM. On Thursdays at 2:00 PM Minuteman Media Network is running videos of some of your favorite COA programs:

- Thurs Sept 3 at 2 PM: *The Rise of Ultra Nationalism in German, Italy and Japan* by John Gardella (12/16/18)
- Thurs Sept 10 at 2 PM: *The History of Korea* by John Gardella (5/3/19)
- Thurs Sept 17 at 2 PM: *The Music of the Beatles* by Fran Hart (4/26/19)
- Thurs Sept 24 at 2 PM: *Ghenkis Khan* by John Gardella (2/13/20)

For more Minuteman Media Network scheduling information go to <https://concordma.gov/2339/TV-Schedule>.

**Ongoing Programs Via ZOOM**

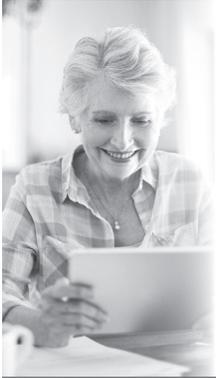
**If you are interested in joining one of our ongoing groups please call the COA for a Zoom invite!**

- Men’s Meeting - Mondays from 10:30 AM to 11:30 AM** This is an informal group of men that chat, drink coffee together and enjoy each other’s company.
- Coffee and Conversation - Tuesdays from 10:30 AM to 11:30 AM** This is a friendly group of men and women that get together weekly to have lively conversation about “anything and everything.”
- Public Policy Discussion Group – Fridays from 11:00 AM to 12:30 PM** A group to talk about everything from healthcare, the environment and nuclear power to the criminal justice system.
- Intermediate French Lessons – Tailored to your needs!** All learning materials will be provided by email. Each class is \$15 paid by check directly to the instructor at the end of the month.

**Grab-and-Go Coffee Time!!**

**Monday, September 28<sup>th</sup> between 9:00 and 9:30 AM**

Yes, it’s another COA drive-through event!! COA Staff will be serving coffee and danish from the tent in the Harvey Wheeler parking lot on Monday, September 28<sup>th</sup> starting at 9:00 AM. You will see the tent near the main entrance of the building as you drive into the lot. Please wear a mask and stay in your car. Staff will bring a bag containing coffee and a danish to you! Coffee is provided compliments of Dunkin. Reservations are required. Please call the COA by Friday, September 25<sup>th</sup> to let us know if you are coming!!



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**Friday Afternoon Trivia Via Zoom!**

**Friday, September 25<sup>th</sup> from 2:00 PM to 3:00 PM**

Are you a collector of information? Do you love playing Trivia? Then, join us for an hour of Trivia on Friday, September 25<sup>th</sup> at 2:00 PM. We are trying to gauge how much interest is out there for this activity because we would like to make it a regular event. If you are interested, even if you cannot come on September 25<sup>th</sup>, we would like to hear from you! The trivia questions will be shown on PowerPoint slides on Zoom, but you can play over the phone too – the questions will be read and then repeated. Registration is required. After you sign up you will receive the trivia rules and a Zoom invitation to the game.

**Looking for Volunteers to Lead Crafting Classes via Zoom**

Calling crafty seniors!! Do you have a hobby or craft that you would like to share with other Concord seniors? If so, you can take advantage of our Zoom platform to give virtual classes!! Other Councils on Aging in the area are using Zoom to teach art, needlework and all kinds of crafting classes. Not comfortable using Zoom? No problem, COA staff will assist you! If you are interested or want more information, please contact the COA office and ask to speak to Tina.

**Exercise via Zoom**

**Aerobics - Mondays & Thursdays, Starting September, 10<sup>th</sup> at 9:30 AM**

**Strength & Flex - Mondays & Thursdays, Starting September 10<sup>th</sup> at 11:00 AM**

Join Julie Medjanis for her Monday and Thursday exercise classes via zoom. Whether its aerobics or strength & flex, Julie will guide you through a gentle workout that will keep you energetic and on your toes. Classes are \$5 each, paid to the instructor at the end of each month.

**Yoga via Zoom**

**Mat Yoga - Mondays from 9:00 AM to 10:15 AM (\$35/month)**

**Chair Yoga - Tuesdays 9:15 AM to 10:15 AM (\$30/month)**

Slow, mindful Yoga that focuses on cultivating strength and balance while incorporating cutting-edge science-based practice that SPECIFICALLY benefits the 5 most common health challenges you may be experiencing: fatigue, depression, anxiety, chronic pain and body image/weight management. Participants who have maintained their practice say that practicing together regularly on Zoom has helped both physically and in keeping spirits up! Please call the COA to sign up!

**Take a Hike!**

**At One of Concord's Natural Resources**

Each month we highlight one of Concord's beautiful natural resources. This month it's The Old Rifle Range. The original 111-acre tract was the site of a rifle range from its opening in 1910 until 1951 when it was deemed unsuitable for use with modern weapons. In 1964 a 7.5-acre parcel purchased from the Musketaquid Sportsman's Club was added between Old Mill Road and the southwest corner of the conservation land. Target Trail, the main trail from Old Marlborough Road, goes straight through to Kennedy's Pond, offering the full experience of the Rifle Range Conservation Land, passing the four old rifle range target berms before reaching the peaceful pond waterscape. Reverse direction to walk back to the parking area. Walking time is 30 minutes each way. Access with parking for six vehicles is located on Old Marlborough Road in West Concord diagonally across from Williams Road where a large sign and information kiosk identify the start of the main trail. For trail facts and information about the Old Rifle Range, please see <https://concordma.gov/734/Trail-Maps-Guides>.



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**TEDTalk and Discussion via ZOOM**  
***Why We Should Embrace Aging as an Adventure***  
**Thursday, September 17<sup>th</sup> at 1:00 PM**

We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism. And he offers up a host of trailblazers and change-makers who came into their own later in life, from artists and musicians to physicists and business leaders. Following this TEDTalk on Zoom we will have a discussion about life after retirement. The discussion will be led by Tina Close, COA Activity Coordinator. Please call the COA office 978-318-3020 to sign up.



**“Buried in Treasures” – Changing Cluttering Behaviors**  
**Mondays, through December 14<sup>th</sup> from 3:00 PM to 5:00 PM**

For those of us that have homes filled to the brim and are having difficulty parting with treasured possessions, the COA is offering a 15-week skills training workshop and peer support group via Zoom. Registration for this series is now closed, for more information or to express interest in future workshops please call the COA and ask for Lauren Barretta.

**The Forgotten Settlement Colonies of 17<sup>th</sup> Century New England – Via Zoom**  
**History Lecture by John Gardella**  
**Wednesday, September 23<sup>rd</sup> from 1:00 to 3:00 PM**



Join teacher and historian John Gardella to examine the many lesser known colonies of New England. Most students study Jamestown, Plymouth Plantation and the Massachusetts Bay Colony in school. In this lecture, on September 23<sup>rd</sup> at 1:00 PM, we will study these forgotten colonies some that were established for religious reasons while others were founded as commercial enterprises. Special attention will be given to the individuals and joint stock companies that received the charters, grants or patents from the kings of England. The success, failure and outcome for these long forgotten enterprises will be covered. A group discussion will follow the

lecture. This lecture has been rescheduled from April. Please call the office to reserve your spot, and you will receive a Zoom link for the lecture.

**USSR/Russia - Myths, Mysteries and Spying - Via Zoom**  
**September 10<sup>th</sup> at 1:00 PM**

Join this talk about Russia by Henry Quinlan, owner and publisher of Omni Publishers, for a firsthand account of his 30 years' involvement with the former Soviet Union and Russia. Henry's experiences include living in Moscow during the demise of the USSR and the rise of the new Russia. The presentation on Zoom will entertain and educate you, and it includes information about the Hermitage and other Russian museums, palaces, the Bolshoi Theater, and the Moscow subway system. This program is funded by the proceeds of the Harvey's Treasure Chest Gift Shop and is offered free of charge. Call the COA to reserve your spot for Thursday, September 10<sup>th</sup> at 1:00 PM, and you will receive a Zoom invitation for the presentation.



**Coloring Kits Available! Get Yours Free at the COA!!**

Coloring is a gentle form of meditation, helping to manage stress and anxiety. The repetitive nature of the designs helps distract you from your worries. Coloring also engages the creative right side of the brain giving a “break” to the more analytical left side of the brain. Express your creativity with this wonderfully relaxing activity. In July the COA gave away coloring kits which included an adult coloring book and colored pencils. We still have about 15 kits available, so if you would like one please call the COA office to reserve one. The coloring kit is free of charge.

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Council on Aging  
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Tina Close, Activity Coordinator  
Claudia Curran, Administrative Assistant  
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