



SENIOR SPIRIT
NEWSLETTER OF THE CONCORD COUNCIL ON AGING
October 2020

Reminder: Annual Flu Clinic

Tuesday, October 6th from 9:00 AM to 12:00 NOON

Please note NO DROP-INS will be accepted on the day of the Flu Clinic. If we have not received your paperwork by September 30th we will not be able to vaccinate you. The Annual Flu Clinic will be held as a drive-through at the HWCC parking lot this year. We ask that you wear a mask at all times and remain in your car for the vaccine. Please wear a loose sleeve or short sleeve shirt. We appreciate your cooperation with the guidelines the COA has established for a successful and safe FLU CLINIC on October 6th. Please call the COA at 978-318-3020 with any questions.



Nature Program – “Wildlife Around Your Backyard”

Wednesday, October 21st at 2:00 PM on Zoom!

Join Joy Marzolf from The Joys of Nature for this delightful live, interactive nature program on Zoom! From dragonflies and butterflies to birds and mammals, a wide variety of animals visit our backyards. Which animals are you most likely to see in fall and winter? Which animals are seen more often in spring and summer? Come find out more about our local wildlife as well as our occasional visitors and what brings them to our neighborhoods. This program is free of charge thanks to proceeds generated by Harvey’s Treasure Chest Gift Shop. Please call the COA office at 978-318-3020 to sign up, and we will send you the Zoom link to the program.

Musical Performance by Davis Bates on Zoom

Sea Songs and Stories

Wednesday, October 28th at 1:00 PM

The Concord Council on Aging will celebrate the diverse heritage of the New England Coastal Region by presenting a virtual performance on Zoom by award winning storyteller Davis Bates. Entitled “Sea Songs & Stories: Chanteys, Ballads, Folktales & More,” the program will include ghost ballads & sea chanteys, Native American stories, folk tales and family tales. There will be plenty of sing-alongs, and even a short lesson in how to play music with spoons from a kitchen drawer. This performance is free of charge thanks to proceeds generated by Harvey’s Treasure Chest Gift Shop. Please call the COA office at 978-318-3020 to sign up, and we will send you a Zoom invitation for the performance.

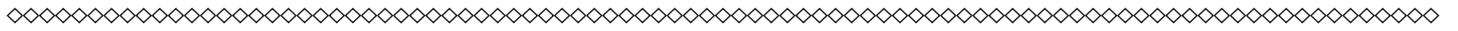
Veterans Day Grab-And-Go Breakfast

Thursday, November 12th from 9:00 AM to 9:30 AM – Reserve Now!!

The Concord Council on Aging cordially invites all Concord veterans and their partners to attend our Grab-and-Go breakfast on November 12th between 9:00 AM and 9:30 AM. The Annual Veterans Day Breakfast is a special event to honor and thank veterans for their dedicated and loyal service to our county. Due to current pandemic circumstances, we will have a delicious breakfast for you to pick up, and there will be some fun surprises too! Drive up to the tent set up near the main entrance of the Harvey Wheeler Community Center to get your meal. Please wear a mask and stay in your car. Breakfast is free of charge thanks to funds generated by the Harvey Treasure Chest Gift Shop. Please call the COA office 978-318-3020 by Wednesday, November 4th to reserve.

The Concord Council on Aging will be closed October 12, 2020 to observe Columbus Day. There will be no programs or van service that day.

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



**Hiring Home Improvement Contractors Via Zoom
Tuesday, October 20th at 2:00 PM**



Considering hiring a contractor to update or do improvement work on your home? Do you feel confident that you know your rights as a consumer? Whether you are making updates to list your home on the market, or adapting your home to make it more comfortable for your own use, there are things you should know before the project is started. Join Robin Putnam, Research & Special Projects Manager for the Office of Consumer Affairs & Business Regulation on October 20th at 2:00 PM to learn more. Please call the COA to sign up and receive your Zoom invitation by email.

**Book Group Via Zoom
Tuesday, October 20th at 9:30 AM**

Join the COA book discussion group, led by Phyllis DiMarzio, on the third Tuesday of each month at 9:30 AM. The book chosen for October is "The Lost and Found Bookshop." This is the newest novel by the New York Times bestselling author Susan Wiggs that explores the meaning of happiness, trust, and faith in oneself. This group is open to everyone, and new members are welcome. Please call the COA to sign up and receive your Zoom invitation.

**Lemon Laws
Tuesday, October 27th at 2:00 PM**

Ever been sold a "lemon?" In Massachusetts, there are recourses you can take if you have been sold a motor vehicle or customized wheelchair that doesn't meet certain standards. Join Lisa Weber, Lemon Law Program Coordinator for the Office of Consumer Affairs & Business Regulation to learn more about how you are protected and how to proceed if you are ever sold a "lemon." Lisa will be available to answer all your questions following a short presentation on Tuesday, October 27th at 2:00 PM. Please call the COA to sign up and receive your Zoom invitation by email.



**Medicare Overview Presentation Via Zoom
Wednesday, October 28th at 2:30 PM**



If you have Medicare Prescription Drug Coverage or a Medicare Advantage Plan (HMO, PPO), you should have received an "Annual Notice of Change" information letter from your plan by the end of September, regarding changes for 2021. You may change your insurance plan during Medicare Open Enrollment from October 15th through December 7th. Join us on Wednesday, October 28th at 2:30 PM for a Medicare Overview Presentation by Minuteman Senior Services to help you

understand Medicare 2021 basics and to help you evaluate your 2021 drug and medical coverage. Please call the COA to sign up and receive your Zoom invitation.

**Low Vision Support Group – By Conference Call
Wednesday, October 28th at 1:00 PM**

The low vision support group meets the last Wednesday of each month. The meeting this month will feature guest speaker Robin Putnam, Research & Special Projects Manager for the Office of Consumer Affairs & Business Regulation. Robin will talk about how we can avoid the ever increasingly sophisticated scams and identity theft protections. If you thought you knew everything about scammers, that was before 2020! Join us on Wednesday, October 28th at 1:00 PM. If you have not participated in the low vision group before, please call the COA to register.



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Welcome Valerie Bertsch

We are pleased to announce the addition of Valerie Bertsch to our social services team as an Outreach Coordinator. Valerie comes to us with experience working with older adults in an Area Service Access Point (ASAP). We feel fortunate to have Valerie on our team and know that you will join us in making her feel welcome in our community.

HIGH SPIRITS

– our novel mid-month, mini newsletter is now coming to you via email *only*. If you do not receive email, do you have a neighbor or family member who can receive the newsletter and get it to you? We're happy to oblige. Please call the COA if you would like to start receiving High Spirits!

PLEASE PILOT BY FOR A POCKETFUL OF POSIES!

The Power of Flowers Project out of Tewksbury wants to recognize Concord's seniors as we continue to isolate. Is there a nicer way to feel cheerier than from a happy bouquet of flowers? Please sign up to drive though the HWCC parking lot on **Wednesday, October 14th, from 2:00 PM – 2:30 PM** for your own fresh bouquet. The petite bouquets will come in a paper cup for your handling ease. We are limited to 30 bouquets so please call the COA at 978-318-3020 to let us know you are coming.

**Ask a Lawyer – By Phone
October 8th from 9:00 AM to Noon**

Local attorneys volunteer their time to answer your individual legal questions, during a complimentary 30 minute phone call. This month, appointments will be available on Thursday, October 8th, from 9:00 AM to 12 noon. Please call the COA to make an appointment.

DO YOU NEED SOME LIGHT HELP WITH FALL YARD CLEAN UP? We have some high school & college students who can help plant bulbs or rake leaves. With the return of school, their availability will be limited. Let us know if you need the help: 978-318-3020.

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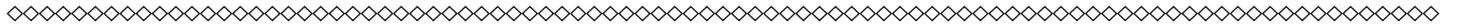

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Hearing Impaired Support Group Via Zoom
Tuesdays, October 13th and 27th from 1:00 PM to 2:30 PM

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, October 27th from 9:30 AM to 11:00 AM

This month the Caregivers' Support Group will meet Tuesday, October 27th 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.

Concord Memory Café - "Coffee Connections"
Starting in October Via Zoom

Mondays, October 19th, November 16th, December 14th from 11:30 AM to 12:30 PM

A Memory Café is a safe and welcoming place for people with forgetfulness and their caretakers to come together to support one another, promoting these goals: to help guests feel comfortable and know they are not alone; to encourage conversation with others who know what you are going through; to enjoy each other's company and to explore new things. Concord's Memory Café, "Coffee Connections," offers monthly get-togethers with conversation, activities and entertainment. We will start the meetings by sharing and getting to know each other, then we will have a live performance or activity. On Monday, October 19th from 11:30 AM to 12:30 PM, our entertainer will be Wendee Glick who will sing familiar tunes that you can sing along to. Please call the Concord COA at 978-318-3020 to let us know you plan to attend, and we will email you a Zoom invitation.

Medication Management Via Zoom
Thursday, October 22nd at 2:00 PM

The fall is a great time to do some cleaning and organizing. It is also a time to review the management, care and safety of handling your medications. Please join Geriatric Health Nurse Valerie Boggia on Thursday, October 22nd at 2:00 PM for a Listen & Learn session on Medication Management and Safety. Valerie will cover best practice for managing your medications, review concerns related to taking multiple medications concurrently, safe storage of medications, and proper disposal. Additionally we will review questions to ask your doctor regarding your medications. Please bring your concerns and questions to discuss at the ZOOM session. Please call the COA at 978-318-3020 to sign up and receive your Zoom invitation.

Incontinence Care & Management Via Zoom
Thursday, October 29th at 2:00 PM

Please join Dr. Susanna Bedell on Thursday, October 29th at 2:00 PM for an information session and discussion on incontinence. Dr. Bedell will talk about everything you want to know about incontinence, but were afraid to ask. The doctor will be address "What are the causes" and "How can it be prevented" as well as ways to manage symptoms and what effects incontinence can have if not treated. Please bring your concerns and questions to discuss at the Zoom session. Please call the COA to sign up and receive your Zoom invitation.

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**Grab-And-Go Lunches in October
Now Mondays AND Wednesdays**

Starting in October, chilled Grab-And-Go boxed lunches will be available for pick-up at the COA on **Mondays and Wednesdays between 11:30 AM and 12:00 PM**. Meals are provided by Minuteman Senior Services and cost \$2 each. Drive-through pay and pick-up areas are located at the tent by 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. Lunch reservations need to be made at least two business days in advance. Please call the COA office to reserve October lunches.



Monday, Oct. 5th – Roast Beef & Salad
Wednesday, Oct. 7th – Mixed Greens with Salmon
Monday, Oct. 12th – NO LUNCH- Columbus Day
Wednesday, Oct. 14th – Sliced Turkey & Quinoa

Monday, Oct. 19th – Roast Beef with Corn/Bean Salad
Wednesday, Oct. 21st – Mixed Greens with Salmon
Monday, Oct. 26th – Asian chicken Salad, Pasta Salad
Wednesday, Oct. 28th – Cheese Omelet, Hash Browns

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 showing video recordings of some of the COA’s favorite shows including David Shikes’ Comedy, Stephen Collins’ “Sailing Toward my Father,” Gary Hylander on the Court System, as well as “Concord Ghosts, Legends and Lore”. They are also airing “Public Domain Films” on Fridays, Saturdays and Sundays, and a “Story Hour” each Wednesday evening that features readings of short stories by famous authors, produced by the Barrow Bookstore. Watch for “Music of the 40s” and “Music of the 50s,” two short music compilations donated by

Michael Elliot of Memory Lane. For the complete Minuteman Media Network schedule please 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.

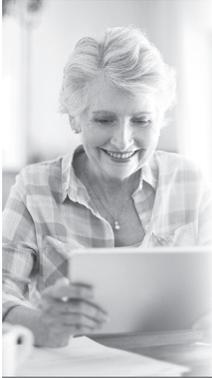
Coffee and Conversation - Tuesdays from 10:30 AM to 11:30 AM This is a friendly group of men and women that get together weekly to have lively conversation about “anything and everything.”

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 Movie-Style Popcorn at the COA!!
Thursday, October 8th between 1:00 PM and 1:30 PM**

The COA has a new commercial popcorn-making machine! We will be serving hot, delicious, movie theatre style popcorn from the tent in the Harvey Wheeler parking lot on Thursday, October 8th between 1:00 PM and 1:30 PM. 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 of popcorn to you! The popcorn popper and popcorn have been provided through funds previously generated by the Harvey Treasure Chest Gift Shop. Please call the COA office to let us know you are coming!!



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Friday Afternoon Trivia Via Zoom

Friday, October 23rd from 2:00 PM to 3:00 PM

Do you love playing Trivia? Is your head brimming with trivial and otherwise useless information? Then, join us for an hour of Trivia on Friday, October 23rd at 2:00 PM. We are trying to gauge how much interest is out there for Trivia because we want to make it a regular event. If you are interested, even if you cannot come on the 23rd, or would like to suggest a different time, 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 as questions will be read and then repeated. Registration is required. We will send you trivia rules and a Zoom invitation to the game.

Craft Class with Cheryl Stetson Via Zoom

Make an Angel Dish Towel

Thursday, October 15th from 2:00 PM to 3:30 PM

Make this adorable angel dish towel with Cheryl Stetson on Thursday, October 15th from 2:00 PM to 3:30 PM on Zoom! Cheryl will show you how to craft this adorable angel, using a dish towel, a dish cloth, a potholder and various decorations. You can use it, keep it in your kitchen, or give it away as a gift. The angel is easy and fun to make. For \$5 you will get a kit that includes everything you will need for this craft. Please call the COA office to reserve your kit by Thursday, October 8th. We will contact you with pick up and payment information, and send you a Zoom link for the class. Please let us know if you have any questions.



Exercise Via Zoom

Aerobics - Mondays & Thursdays, Starting at 9:30 AM

Strength & Flex - Mondays & Thursdays, Starting 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 The Hapgood Wright Town Forest

Each month we highlight one of Concord's beautiful nature trails. This month we suggest taking a walk in the Hapgood Wright Town Forest. It can be a peaceful experience exploring the forest's many natural features, a world apart from the busy roads just above the ridge. This month try the Fairy Pond Circuit. Park in the small lot on Walden Street across from the Concord Carlisle High School Parking lot. From there follow the left side of the fork on the yellow-blazed main Fairyland Pond Trail, passing the Hapgood Wright monument and continuing clockwise around the pond and back to the parking lot. Walking time: 20 minutes. Or, extend the walk on the Brister Freeman extended loop, turning left at the red-blazed secondary trail on the south side of the pond that climbs a hill passing Brister's Spring. Turn right at the "T" junction with Tuttle Lane then right on the red trail to the Brister Freeman Homesite and back to the parking lot. Total walking time: 30 minutes. For hiking and trail information please view <https://www.concordma.gov/734/Trail-Maps-Guides> on Concord's website.



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New!!! - Quilt Group Via Zoom

Quilting in community is certainly not a new idea. Quilting bees date back to the late 18th century as a social event and opportunity to learn new skills. What is new though is the 21st century Zoom version! Join a group of peers over a cup of tea and some quilting! Share ideas, get advice or just drop in for a chat. If this sounds like something that appeals to you, let us what days and times would work best. Please call the COA to express your interest.

**A History of the Two Party System in the United States by John Gardella – Via Zoom
Wednesday, October 14th from 1:00 PM to 3:00 PM**



In this Zoom lecture, John Gardella will discuss the history of the two-party system in the United States. Two parties have dominated American politics as well as government policies from the early days of the Republic to the present day. The talk will include the formation and rise and fall of the various parties, along with periods of realignment and important elections. The influence of third parties and the impact of media will be included. Questions and discussion will follow the talk. This program is offered free of charge, thanks to the proceeds generated from the Harvey Treasure Chest Gift Shop. Please call the COA office to reserve your spot, and you will receive a Zoom link for the lecture.

**Active Hope: How to Face the Mess We're in Without Going Crazy Via Zoom
Thursdays, October 8th and 22nd from 3:30 PM to 5:00 PM**

These are the second and third sessions of a three-part series in which transitions coach Annie Gray & master level yoga instructor Michelle Laura discuss and practice tools to examine alternate perspectives that, when applied, may expand our capacity to respond to the crises of our time. This series is limited to 12 participants and registration is full.

**TEDTalk and Discussion Via Zoom
Jane Goodall - "Every Day You Live You Impact the Planet"
Thursday, Oct 29th from 1:00 PM to 2:00 PM**

Legendary primatologist Jane Goodall says that humanity's survival depends on conservation of the natural world. In conversation with head of TED Chris Anderson, she tells the story of her formative days working with chimpanzees, how she transformed from a revered naturalist into a dedicated activist and how she's empowering communities around the world to save natural habitats. Join us as we listen to this amazing woman discuss her views on nature and the need to fight to preserve the environment. A discussion led by Tina Close, COA Activity Coordinator, will follow the TEDTalk. Please call the COA office to sign up for this meeting, and you will receive the Zoom link.



**"Buried in Treasures" – Changing Cluttering Behaviors
Mondays, through December 14th from 3:00 PM to 5:00 PM**

Workshops continue for those registered, for more information or to express interest in future workshops please call the COA and ask for Lauren Barretta.



**Trick or Treat Drive-Through
Thursday, October 29th from 11:00 AM to 11:30 AM**

Happy Halloween! Come by the COA on Thursday, October 29th between 11:00 AM and 11:30 AM and pick up your treat bag of Halloween candy. The candy bags have been generously donated to Concord seniors by the girls and their moms of the National Charity League in Concord. Please call the COA office to reserve yours.

**Secrets in Art Part II with Janice Muir – on Zoom!!
Tuesdays, October 6th through December 1st from 2:00 PM to 3:00 PM**

During the fall we will discover art trends from the 17th century through the 19th century, and discuss works of art by Veronese, El Greco, Caravaggio, Gentileschi, Rubens, Rembrandt, Jordaens, Steen and others. The exciting part of this study will be to see how one building block adds to another as art changes and progresses through the centuries. Join us as we learn some of the secrets of these great artists and their works. **Please note there will no class on Election Day, November 3rd.** Call the COA to reserve your spot and to receive a Zoom invitation.

Town of Concord
Council on Aging
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Valerie Boggia, Geriatric Health Nurse
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
Laurie Austin Santry, Administrative Assistant
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