

Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

June 2022

Volume 6 No. 3

“Shall I compare thee to a summer’s day?” yes, please. Mr. Shakespeare because summer glides in on Tuesday, June 21st! The 5th Grade Class from Willard Elementary School visited the COA to fill HWCC’s planters and decorate bulletin boards for their community service day. Graduating seniors from CCHS used their brawn to clean up yards on their Prifti Day of community service. What a great town of caring young people Concord, is! Come get relief from the heat in our cool hallways and see the Jackson Pollack inspired masks from Lexington’s SNAParts program!



Stay Safe When It's Hot



As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. Remember: to:

- * Drink extra water. Hydrate!
- * Eat a hardy breakfast. Late day heat can shrink your appetite.
- * Slather sunblock & wear loose fitting clothes.
- * Take stretch breaks when traveling for long periods of time.
- * Remember the sun & heat are strongest between 10:00 AM and 4:00 PM.



Juneteenth

On **July 24, 2020**, Governor Baker signed a bill recognizing Juneteenth, June 19th as an annual state holiday in Massachusetts.


Juneteenth is a celebration which commemorates the end of slavery in the US. Concord town offices will be closed on Monday, June 20th.



Your Top 13 2-Minute Writing Workshop Rules

13. Don't use no double negatives.
12. Use the semicolon properly, use it where it is appropriate; and never where it isn't.
11. Remember to not split your infinitives.
10. Reserve the apostrophe for it's proper use and omit it when its not needed.
9. Verbs has to agree with their subjects.
8. Proofread carefully to see if you any words out.
7. If you reread, you will find on rereading that a great deal of repetition can be avoided by rereading and editing.
6. A writer must not shift your point of view.
5. Don't use dialect, irregardless.
4. Never, ever use repetitive redundancies.
3. If I've told you once, I've told you a thousand times, resist hyperbole.
2. Don't string too many prepositional phrases together unless you are walking through the valley of the shadow of death.
1. Last but not least, avoid cliches like the plague.

Annual Ice Cream Social is Back!



It will be yummy, cool, musical and drippy! Napkins on hand...

June 30th at 2:00 PM
RSVP 978-318-3020

Tech Corner

The TrueLoo is a 'smart' toilet seat that passively gathers multiple wellness signs from your home and delivers them directly to a HIPPA complied monitoring system. Results are passed back for you to contact your doctor. Signs & symptoms of UTIs, kidney disease, dehydration, IBS, GI bleeding and a host more can be detected. The TrueLoo was developed by a Harvard and MIT grad. Continuous good health is only a flush away!




Celtics v Golden State
Tonight 9:00 PM
Game #6 on ABC

Comedy Corner



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