

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

December 2022

Volume 12 No. 3

The COA jumped into December before we washed our Thanksgiving pots & pans. The Friends of Concord Seniors hosted a delightful luncheon at Nashawtuc CC. Two Mrs. Clauses showed up (don't tell Nick!) The talented members of The Garden Club of Concord hosted a greens making session complete with cookies and holiday music. And COA volunteers completed and hung their wreath at the Concord Museum. ****Remember**, you don't need decorations or presents this time of year. You can savor moments. **Notice the moment.** What is it that you are proud of? What have you achieved today? What do you like about your life? Where is your good energy flowing? **Move out of the routine.** Stop. Go to a special place in your home, or to a beautiful location outside and give your attention to the moment of goodness or achievement. **Take some action:** Make a toast, say a prayer, take a bite of a special food, sing a song, high five, light a candle and enjoy the goodness that you have in your life.



New Year's Eve at the COA

Come Blow Your Horn!

Fri. Dec. 30 ~ 11:00 AM - 1:00 PM

Sparkling cider, noise makers, buffet from, Chang An's. Plus the Steve Rudolph Trio LIVE with music from the 40s, 50s & 60s! Doors open at 10:30 AM, music starts at 11:00 AM then comes the count down to 12:00 Noon to sing "Auld Lang Syne." Thanks to Harvey's Treasure Chest Gift Shop your ticket is just \$10 at the door. Call 978-318-3020 by noon on 12/23 to reserve your spot. Limited van service is available.

TV CORNER

Best show on YouTube: Bob Supnik on Cyber Security. Recorded by Concord's MMN-TV on Dec. 8th. Bob gives you tips, recommendations, experience and thoughts. It's an excellent presentation. Copy this link to insert in your search bar: <https://youtu.be/X956AieQbKs>

Or go to YouTube and look for MMN-TV Concord, Bob Supnik on Cyber Security.

Your Top 6 Interesting Facts About 'Boxing Day'

6. It has nothing to do with pugilism. It's a tradition in many Commonwealth countries. On the day after Christmas, people give gifts to those less fortunate (and do a lot of shopping, much like the Black Friday after-Christmas sales in the U.S.)
5. In England, Boxing Day has been a national holiday since 1871. Originally, the very wealthy rewarded their household staffs with gifts, food, time off, etc. as a thank-you for their service. Over the years, Boxing Day became more widely observed.
4. The name refers to the boxes in which gifts are delivered, and to the alms boxes in churches, where donations are collected for distribution to those in need. Churches became involved in Boxing Day to honor St. Stephen, the first Christian martyr, who's associated with charitable works.
3. There's another origin story, related to the Christmas carol "Good King Wenceslas," written in 1853 by John Mason Neale. According to the story, Wenceslas was out in a snowstorm on St. Stephen's Day (the Feast of Stephen) to give alms to a poor peasant he had seen gathering firewood. Wenceslas, Duke of Bohemia, was martyred in the 10th Century. He was given the regal title posthumously by Holy Roman Emperor Otto I.
2. The Oxford English Dictionary first included Boxing Day in 1832. A few years later, Charles Dickens referenced the day in his first novel, *The Pickwick Papers*.
1. Boxing Day is a big sports day throughout the Commonwealth. Fox hunts also were a Boxing Day tradition in many Commonwealth nations until 2004, when fox hunting was banned in the United Kingdom.

HOLIDAY SING ALONG!

With David Polansky, Hot Chocolate, Coffee/Tea, Cookies (mmmmmm!)

Carols & Hannukah songs and David's original lyrics to some fun songs. He sings, you sing as he plays a keyboard and a trumpet! David says he knows all the holiday standards because he's older than Santa! Call us to sign up: 978-318-3020.

Tech Corner

Technology is progress. Just look back at old gadgets and devices and seeing how they have changed through the years. There's a notable increase in the usage of smart gadgets and other tech amongst senior citizens, which raises even more optimism as to why use is encouraged. Despite its perceived adverse effects on society, modern technology has positively improved life. Technology makes it easier for seniors living independently to communicate with their loved ones, take care of the house, and even get medical help if they need it. Here are the top Tech Innovations for seniors that have become a part of their everyday lives in 2022:

- ◆ **Wi-Fi.** The internet is a necessity, period.
- ◆ **Cell Phones.** The world of landlines has virtually disappeared, today used mostly by commercial businesses.
- ◆ **Fitness Trackers.** With the rise in health concerns, more wearable tech devices help seniors live a healthy lifestyle.
- ◆ **Home Safety Devices.** Can send alerts to local responders.
- ◆ **Tablets.** News, shopping, telemedicine.
- ◆ **E-readers.** No clutter, read ANY book.
- ◆ **GPS Insoles.** For Alzheimer or dementia patients to slip in their insoles. They can be found if they wander off.

Comedy Corner



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