



HOMEPAGE

THE QUARTERLY NEWSLETTER OF CARLETON WILLARD AT HOME

AT HOME

Carleton-Willard At Home

is a new membership service

that gives older adults

many of the benefits of a

retirement community right

where they live in Bedford,

Carlisle, Concord, Lincoln

and Lexington.

*The life
you love
made easier*

Feeling Fancy-Free this Fall

You know you should be getting more exercise but the thought of heading to a gym makes you nervous and uncomfortable. Perhaps you have noticed that your balance is not as good as it used to be. Do you find getting out of bed more difficult?

At Carleton Willard AT HOME, we provide members with a variety of health and fitness services. All classes are included in the annual membership fee and individual services are discounted. Here are just a few of our interesting instructors and offerings.

Be In Your Best Body. Shirley Lynch LCMT, a nationally certified massage therapist, is a Carleton-Willard AT HOME provider offering movement classes and individual sessions. Utilizing Aston-Patterning®, a unique perspective in bio-mechanics, Shirley creates simple and effective exercises that are easily incorporated into your daily routines: getting in and out of chairs, going up and down stairs, household tasks, gardening, walking, working at a computer, or playing a musical instrument. How you prepare your body and initiate each of these activities can change the results from feeling sore or tired at the end of the day to feeling enlivened.

Total Body Wellness. Susanne Liebich is trained in classical dance, and has studied yoga, Pilates, expressive dance and fitness for many years. Susanne is the Director of Dancing Wellness, an organization which provides wellness workshops that integrate the arts, creative exercise, nutrition, meditation and body image to teenagers and adults.

About working with Carleton-Willard AT HOME, Susanne says “It will be most enjoyable working with students who are interested in keeping up their stamina, agility, mobility and flexibility throughout their lives. We all have the ability to keep ourselves energetic and vital and develop the mindset to exercise our bodies while at the same time, knowing our limitations and learning how to modify exercise to achieve overall health.”

Senior Sweat, Strengthen and Stretch. Pearl Pressman comes to Carleton-Willard AT HOME with over 14 years of experience in the fitness industry as both a group exercise instructor and a personal trainer. Her expertise includes aerobics, seated and standing muscle conditioning and flexibility training. Pearl specializes in geriatric fitness using warmth and humor to guarantee you are not intimidated.





Watch for Mike

Mike Rader, pictured above, is the newest member of the AT HOME team. Maybe you've seen Mike and the Scion around town? Originally from Connecticut, Mike has lived in Bedford for the last five years after living in Boston for over 15 years. Mike has extensive experience driving and is very pleased to be driving the members of AT HOME. Mike states, "I am proud of my innate sense of direction but am always happy to hear of a new shortcut from a local." Mike has had the opportunity to drive several of our members to and from various places. Bedford Member Myrtle Joy states emphatically, "I like the car and I like Mike! He's very polite and courteous." So, if you need transportation give us a call. Mike is ready and waiting!

Thank You!

Carleton-Willard AT HOME would like to express our sincere gratitude to Mt. Auburn Hospital who has graciously provided a donation to provide transportation at no cost for AT HOME members to the hospital as needed. Members requiring transportation to Mt. Auburn should contact us at 781-276-1910.

Up and Running

We have had over 30 calls for service since our kick off on September 14th. Here are just a few examples of the way we have helped our members: Provided a physical therapist to work on balance and strength issues · Arranged for fall clean up work · Lined up snow plow and shoveling services for the upcoming winter season · Sent out a handyman to replace a broken wall switch · Fixed a broken doorbell · Sent out a plumber for an emergency toilet repair and replacement · Provided transportation to Lahey Clinic and Mt. Auburn Hospital · Provided ongoing assistance with home organization.

Commenting on recent services, one member's son said, "I live in Pennsylvania and can't really help out my dad in Bedford as much as I would like. So both he & I were thrilled when you responded so quickly and effectively in these past couple of weeks, with the referral of Tony for some minor repairs around the house, with other referrals for help with organization and daunting paperwork, and with Mike for some rides to my dad's doctor appointments."

Another member was thrilled that the plumber arrived so quickly, but even more delighted when he was able to find a matching avocado-colored toilet to replace the broken one.

A third member who recently found himself unable to drive said "Mike and Carleton-Willard AT HOME have been key to my transportation needs for doctors and dentists this past month."

For more information on the services we offer, call 781-276-1910



Member Spotlight



Sy Levine, Bedford



Betty Levine, Bedford

Sy and Betty Levine joined Carleton-Willard AT HOME in late May, several months before the official September 14th kick off. As they put it "we think the concept is great and we want to be part of making it work". The Levines have lived in Bedford for the past seven years, moving just across the town line from their previous home in Lexington.

J O I N U S

For those who want to remain in the homes they love, AT HOME is a way to easily take care of the tasks of day-to-day living, while staying connected with others and involved in the community.

Your AT HOME membership gives you all this and more:

- Trusted service providers to assist with practical, day-to-day tasks
- Discounts on local services and providers
- Health & wellness programs
- Social, cultural, and educational activities
- Volunteer opportunities

Contact us today and see how AT HOME can make a difference in your life or the life of someone you love.

Call 978-276-1910 or send an e-mail to athome@cwathome.org

Unlike many empty nesters, they actually moved into a larger condominium to make space for their hobbies. Betty has a specially designed room in the basement for growing orchids and a quilting room on the second floor. Sy has a well equipped woodworking studio and the basement is also the offseason home for their kayak. "We love living here and having the space to pursue our passions" says Sy. But even living in a condominium, they like the insurance AT HOME offers for unexpected problems. "There is so much you don't know about until you need it and it is reassuring to have AT HOME as a resource."

The Levine's are looking forward to interacting with other AT HOME members and sharing in activities. They recently attended the lunch and wine tasting at Dalya's Restaurant and took part in a walk at the Cranberry Bog in Carlisle, a place they had never been to even though it is in the town next door.



Living Wills and Health Care Proxies

By Henry W. Vaillant, M.D.
Chair, Department of Medicine
Emerson Hospital; AT HOME Member

A wonderful high school teacher of mine used to say, "If you don't know what you want, you sure as hell are going to get what you don't want. These wise words apply to some simple decisions about end of life care that we should all consider carefully.

There are three basic documents that I believe each of us should have in place: A Power of Attorney, A Health Care Proxy, and a Medical Care Directive also often known as a Living Will. They should, as originals, be kept in a safe place like a safe deposit box. Copies should be in the hands of your lawyer, the person you have designated as your health care proxy, and your personal physician.

The Power of Attorney designates who should act in your stead, if you are disabled, on matters of money or property. The Health Care Proxy designates who you wish to act in your stead, if you are disabled, with respect to health care or health care decisions. The Medical Care Directive should outline, in simple terms, those things that you wish to be done (or not done) if you are seriously ill and unlikely to recover.

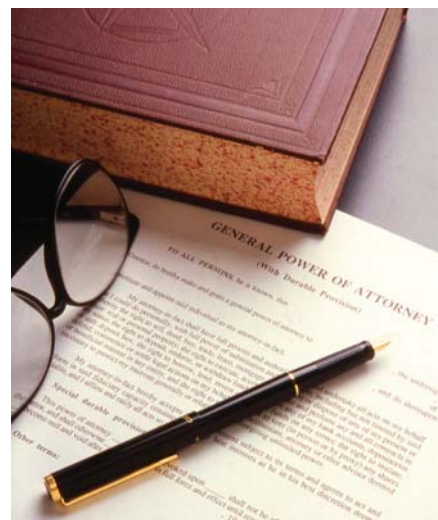
Some of the matters you may wish to consider in your Living Will include artificial respiration, kidney dialysis, radical surgery, and artificial feeding. It is always wise to discuss your wishes with your Health Care Proxy and have them sign the original document and also your Living Will. It also may be prudent to choose someone younger than your-

self to be your Power of Attorney or your Health Care Proxy.

It is all too easy to postpone or procrastinate in making these decisions. These are never pleasant subjects to think about or discuss. But putting these documents in place will bring you significant peace of mind. They will also be a comfort to your loved ones.

I must say that, as a physician and a member of our hospital Ethics Committee, some of the thorniest issues that we encounter are when there are no Medical Directives in place. In such a case the invariable choices are often to "do everything possible," often an agonizing choice for professional and loved ones alike.

Your attorney, physician, and local medical society can provide sample forms and documents. Carleton-Willard AT HOME is also a useful resource. Don't hesitate to ask us for help.



U P C O M I N G E V E N T S

PREPARING FOR THE UNEXPECTED
Wednesday, November 4, 10AM
Red Cross

SENIOR DENTAL CARE
Tuesday, November 10, 10AM
Diane Bridgeman, DDS

MEDICARE CHANGES
Thursday, November 12, 10AM
SHINE

PIRATES OF PENZANCE
Sunday, November 15, 2PM
Savoyard Opera

LIVING TO 100: HOW, WHY, & WHETHER
Tuesday, November 17, 2:30PM
Dr. Henry Vaillant

COOKING FOR ONE OR TWO
Wednesday, November 18, 1:30PM
Minuteman Senior Services

OPEN INFO SESSION
Sunday, December 2, 10AM
St. Brigid's Church, Lexington

For more information on the above events, please call 978-276-1910

Every Monday

GROCERY SHOPPING
Bedford/Carlisle

Every Tuesday

EXERCISE
1PM with Shirley

Every Wednesday

GROCERY SHOPPING
Concord/Lincoln

EXERCISE
11AM Chair Pilates

Every Friday

GROCERY SHOPPING
Lexington

Thanksgiving

OFFICE CLOSED

Friday, November 27

LIMITED HOURS 9AM - 3PM

Don't Miss . . .



Sunday, November 15

**AT HOME**
CARLETON-WILLARD HOMES, INC.
P.O.Box 936 BEDFORD, MA 01730

The life you love made easier