



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*

Handymen and Home Repairs

What do you do about all those annoying household problems - leaky faucets, doors that don't close properly, a small painting or rewiring job? Perhaps you realize life would be easier with handrails in a bathroom and extra lighting at night. What if, as the Eubie Blake blues song says "my handyman ain't handy no more" and you need to find someone new?

Our Preferred Service Providers are ready to help with all your household needs. Many come recommended by your friends and neighbors; others are well known local businesses who want to specifically work with our members. All of them have been screened and are reliable and trustworthy. And, they offer Carleton Willard AT HOME members a discount off their regular rates.

Fielding and Associates - Chris Fielding and his team have been building and maintaining fine homes for over eighteen years. He is dedicated to guiding homeowners through general maintenance and unexpected emergencies 24 hours a day, seven days a week. Chris says "We are excited about our partnership with Carleton Willard AT HOME, and will

strive to help every customer enjoy a trouble free home."

Mr. Handyman - You have all seen their signs all around town. Now Mr. Handyman has teamed up with CWAH to help meet all your needs. (waiting on a quote from Mike)

Reid Blair Home Services - Reid Blair takes on jobs large and small (even cleaning out and organizing storage space). He has a strong commitment to high quality service provided in a professional and timely manner. In addition, Reid is offering all Carleton Willard AT HOME members who use his service a complimentary safety analysis of their home.

JG Painting - Providing residential and commercial painting for more than 20 years, Joe Garvin will take care of all your painting needs. But he offers more than just painting. JG services include all types of power washing, window and gutter cleaning and general house repair work as well.

These providers are just a few of the many local businesses working with Carleton Willard AT HOME. Join today and take advantage of all they have to offer.





Watch for Us Around Town

For some AT HOME members, access to reliable transportation is one of the most important benefits of the program. AT HOME has just purchased a brand new Scion and hired a driver to begin to meet some of those transportation needs. Mike is our newest staff member. He lives here in Bedford and is looking forward to the scheduled trips to the grocery store, medical appointments, and whatever else you might need. Look for the At Home car as you are around town this summer. You just might see Mike – please say hello.

We're Growing!

AT HOME Expands to Lexington

During the past few months, as we have been signing up new members and preparing to start operations, we have received calls and e-mails from quite a few interested residents of Lexington. After some consideration, we have decided to expand our service area to include that town as well as Concord, Carlisle, Bedford and Lincoln. If you are aware of someone in Lexington who might benefit from, or enjoy a membership to AT HOME, please let them know about us.

New Program Director

AT HOME is pleased to announce that it has hired a fulltime Program Director to manage the growing AT HOME organization. Rebecca Hogan has 17 years of experience working with seniors, most recently in Southern California. She is delighted to be moving back to New England, the area where she grew up. Her experience as Director of Operations at the continuing-care retirement community, Air Force Village West, has given her a strong foundation for the operational and management responsibilities of running Carleton-Willard AT HOME. "Rebecca knows what it takes to build a strong and vibrant community. Add to that her New England roots, her warm personality, enthusiasm and energy, and we knew we had a winning combination," said Barbara A. Doyle, president and CEO of Carleton-Willard. "I am excited and thrilled to begin working with Carleton-Willard AT HOME," said Ms. Hogan. "I look forward to meeting the members and implementing the vision of AT HOME -- a beneficial and successful service for seniors in the local community." Rebecca Hogan begins working at Carleton-Willard AT HOME on August 2nd. She can be reached at 781-276-1910 or by e-mail at rhogan@cwathome.org.

Member Spotlight



Janet Lovejoy, Carlisle

The very first person to become a member of Carleton-Willard AT HOME was Janet Lovejoy, longtime resident of Carlisle. Even before the membership materials were finalized, she insisted on sending in her check. Janet had been thinking for some time about the best way to prepare for the future for herself and her golden retriever, Carli. Her roots in Carlisle are deep,

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 781-275-8700 or send an e-mail to ssmith@cwathome.org

her connections in the community broad, and she couldn't imagine leaving the home she had loved for so many years – the house was the historic Red Lion Tavern and dates back to 1723. When she heard about AT HOME, it seemed exactly the right thing, a way to insure that trustworthy resources would be there “in case I fall down the stairs,” says Janet. Janet spends time with her extended family at their summer home in Annisquam, volunteering in the kitchen at the Open Table in Concord, serving with the Friends of the Carlisle Council on Aging, and playing with her dog. And, by the way, Carlisle's name is short for Carlisle, just in case there is any doubt about Janet's love for her town.



Late summer gardening tips

Want to see more results from your gardening efforts? Going away for a late-summer vacation?

These tips for a flower garden come from AT HOME member Paul Newberne, Paul is a retired MIT and Boston University professor whose Bedford garden is the pride of the neighborhood.

- **Put all garden tools and instruments away carefully**, and particularly, the gasoline supply for lawn mowers and other power equipment since this is a potential source of fire.

- **Our majestic rhododendrons and beautiful azaleas** suffered from the rather harsh winter just past but even so, they gave us the most magnificent array of brilliant blossoms that we have had in years. Now is the time to remove dead leaves and limbs and give these acid-loving plants a handful each of superphosphate and growth fertilizer. The extra growth fertilizer will hasten the repair of any damage done last winter and both feedings will help set flowers for next spring.

- **To protect rhodies and azaleas** from the severe dehydrating effect of winter winds they should be sprayed with Wiltproof, before the temperature drops below 45 degrees F. Wiltproof can be obtained from your local garden center, diluted 1:5 with tap water and applied with a pressure sprayer.

- **Consider adding some bulbs** (daffodils, tulips, crocuses, etc) for spring bloom. You will need to get them in the ground before it freezes. Still seems too early? I like to buy them as soon as they start to appear at the garden centers -- the best ones disappear quickly.

- **Hydrangeas**, just now producing their blossoms, can be coaxed to produce even more by a couple of simple actions. First,

give the plants two applications at a two-week interval of a water-soluble fertilizer. Next, give each plant a liberal application of an acid product (such as sulfur) if you prefer a deeper blue colored blossom, or an alkaline product (lime) if you prefer more pink in the blossom.

- **For a splash of brilliant color** at any time in the growing season, add impatiens. Astilbes, now blooming, can be left to mature and be harvested later for beautiful dried flower arrangements.

- **Don't forget** to care for your patio or window boxed flowers: dead-head them, give them a modest application of a water-soluble fertilizer and, if you are to be away as long as 2 - 4 weeks, ask a kindly neighbor, or fellow At Home member, to look in on your flowers and shrubs and give them a drink of water after a couple of weeks.

Now, get outside and, as the song suggests, enjoy the summer skies, the humming birds and butterflies. Happy Times, Paul Newberne.



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

Get the scoop. Haven't joined yet? Hear more about the many benefits of membership in Carleton-Willard At Home. Give us a call and we'll invite you to an upcoming coffee frequently held by our members in their homes. Or attend one of the September information sessions being offered in each of the four towns we serve.

September 16, 3PM
Flint Room
Town Center Building
Bedford, MA

September 24, 2:30PM
Bemis Hall
15 Bedford Road
Lincoln, MA.

September 17, 10AM
Harvey Wheeler Community Center
Concord, MA.
Registration required.
Please call 978-318-3020.

September 14, 2PM
Clark Room, Town Hall
Carlisle, MA.



Celebrate with us

Enjoy wine and hors d'oeuvres with
our Trustees, new Program Director and Staff
as we celebrate the Grand Opening of
our exciting new AT HOME program

Friday, September 11th

4:00pm to 6:00pm

If you would like to join us or have not yet received your invitation in the mail,
please give us a call at 781-276-1910 or send an email to info@cwathome.org
and we will give you all the details!



The life you love made easier