



The mission of the Carlisle Council on Aging and Human Services (COAHS) is to promote active aging by providing services, connection, and enrichment to residents 60 and older and to provide information, referral, social services, and support to residents of any age and families.



The COAHS supports the health and wellness of Carlisle's seniors through programs, services, and activities that address unmet needs, create social connection, and provide ongoing learning opportunities. We celebrate the diversity of our senior community and strive to promote inclusion, dignity, and respect in all that we do.



Council on Aging and Human Services
66 Westford St.
Carlisle, MA 01741
978-371-2895
www.carlislecoahs.org

SOCIAL CONNECTION

The COAHS provides many opportunities to meet new people and develop meaningful connections. Book clubs, French conversation, Mah Jongg, and group meal events are just a few of the ways you can engage your mind while connecting with others.



EDUCATION AND ENRICHMENT

Monthly trips are offered to cultural attractions and historic sites in and around New England. Throughout the year we sponsor concerts, poetry readings, historical lectures, and presentations on a range of thought-provoking topics.



SUPPORT GROUPS

Facilitated by the COAHS Social Services Manager, these groups provide peer support, discussion, and resources for those navigating the grief process, caring for a family member, or dealing with loneliness.

TRANSPORTATION

The COAHS provides weekday transportation to residents 60 and over and residents with disabilities. COAHS vehicles are wheelchair accessible and our drivers receive training and certification through the Lowell Regional Transit Authority.

Rides are provided for medical and other appointments, exercise classes, errands, shopping, car repairs, COAHS events, and more. Rides within Carlisle are free, and rides within a 10-mile radius have a suggested donation of \$5 round trip.

We also provide medical rides to Boston and other locations within a 30-mile radius. There is a \$20 suggested round trip donation for destinations between 10 and 30 miles, and a \$30 suggested round trip donation plus parking fees for Boston medical rides.

Local rides require 48 hours notice, medical rides to Boston and other non-local destinations should be made at least 1 week in advance.

For more information call 978-371-6690



NUTRITION, HEALTH AND WELLNESS

Information and Referral - Assistance with housing, services, and benefits

Case Management - Ongoing assistance and monitoring, crisis intervention

Meals on Wheels - Home delivered meals through Minuteman Senior Services for seniors who are homebound and unable to prepare meals

Senior Meals - Monthly group lunches, men's and women's breakfasts, coffee and conversation, and intergenerational meals with local high schools

Medical Equipment - We maintain an inventory of medical equipment that may be borrowed at no cost, including wheelchairs, rollators, crutches, canes, shower chairs, transfer benches and more

Blood Pressure Clinics - Provided several times per month at no charge to seniors

Podiatry Clinics - Every other month, subsidized by the Friends of the COA

Flu Vaccine Clinic - Held annually in the fall

File of Life - Essential information for emergency medical personnel

Friendly Visitor Program - Home-based or telephone outreach to check in and provide connection and socialization

Fitness Classes - We offer variety of classes to improve strength, balance, flexibility and fitness. Join us for Zumba, Cardio, Fitness, Balance, and Pilates. We also partner with the Carlisle Recreation Department to provide discounts for seniors on a selection of adult classes each session.

ASSISTANCE PROGRAMS

Fuel Assistance - Assistance with heating costs and energy discounts for eligible households

SNAP/Food Pantry - Assistance applying for SNAP benefits and accessing food pantries

Farmer's Market Coupons - Distributed in the summer to eligible residents

SHINE (Serving Health Information Needs of Everyone) - Individual counseling regarding Medicare, medical bills, and long term care

Emergency Assistance - Funds to assist with essential needs such as food, housing, and medical expenses. Provided through support from the Friends of the COA and the Concord-Carlisle Community Chest

Circuit Breaker Tax Credit - Residents ages 65 and over can claim a refundable credit on their personal state income tax return. For tax year 2022 income limits are \$80,000 for an individual head of household and \$96,000 for a couple filing jointly. Maximum credit is \$1,200

Senior Tax Worker Program - Provide work assistance to town departments to offset up to \$1,500 of your property taxes

Senior Tax Deferral Program - Residents 65 and older who meet eligibility requirements may defer property taxes up to 50% of the property's fair market value. The taxes are repaid with interest when the property is sold or the taxpayer dies. To be eligible for this program the taxpayer must reside at the property, have owned and occupied property in MA for at least 5 years, and have been a resident of MA for at least 10 consecutive years. The annual income limit for this program is \$62,000.

CPA Exemption - Residents 60 and older may be eligible for an exemption to the CPA property tax surcharge. Income limits are \$98,140 for an individual and \$112,160 for a couple.

VOLUNTEERS

The COAHS is very grateful to the many dedicated volunteers who support our programs, events, and activities. We have many opportunities for all who are interested in participating.



COAHS Volunteer Opportunities

Friendly Visitors
Activity Support
Trip Assistants
Class Instructors
Friends of COA

Friendly Drivers
Luncheon Committees
Meals on Wheels Drivers
Program Presenters
Computer Assistance

The COAHS is funded and supported by the Town of Carlisle, the Friends of the COA, the Massachusetts Executive Office of Elder Affairs, the Concord-Carlisle Community Chest, the Lowell Regional Transit Authority, local grants, and individual donations. The COAHS is overseen by a volunteer Board of Directors appointed by the Carlisle Select Board.

COAHS Staff

Joan Ingersoll, Director

Carol Grueneich, Social Services Manager

Linda Cavallo-Murphy, Program Manager

Myriam Fleurimond, Transportation and Office Manager

