



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2017

The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778
Ph: 508-358-2990 Fax: 508-358-7175 www.wayland.ma.us
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

Program Registration:
Mon 9-6; Tues-Thurs
9-3:30; Fri 9-Noon

MARCH HIGHLIGHTS		Pg.
⊗ MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 3/1, 11:30am-Noon. Dispose of unwanted or expired medications.		4
⊗ COA PIZZA CAFÉ Wed., March 1, Noon, \$3, Reservations required.		4
⊗ MARCH VIDEO LECTURE SERIES: THE ART OF THE HEIST Every Monday at 1pm, No Charge. The most daring, notorious art thefts in recent history— including the Gardner Museum . Starts Mar. 6		5
⊗ SENIOR CIRCUIT BREAKER TAX CREDIT SEMINAR with Sen. Ross and Rep. Gentile with featured speaker BRIAN LYNCH from the Mass. Dept. of Revenue, Monday, Mar. 6, 11:30am		5
⊗ WEARIN' O' THE GREEN LUNCHEON Thurs. Mar 16, Noon. Reservations required. Entertainment with Kevin Farley "The Irish Music Guy" - historian, story teller, musician, children from InishFree School of Irish Dancing and more!		3
⊗ AAA's "Car Doctor" Tuesday, March 21 - No charge but reservations requested. John Paul, syndicated columnist and host of "The Car Doctor" radio program, will present two programs: <i>*The Older and Wiser Driver at 1pm</i> and <i>*Getting Your Car Ready For Spring at 2:15pm.</i>		4
⊗ Wayland 'SHOP AROUND SHUTTLE' In-town errands to do? Consider this free Monday shuttle with home pick ups. Mondays , Mar. 13 & 27. No charge but Reservations are required. Call COA: 508-358-2990		10
⊗ AARP TAX PREPARATION Call COA to schedule an appointment. N/C		3
⊗ "SWING INTO SPRING" March 26 Afternoon Tea Dance with 18-piece Big Band at the Wayland Middle School. Public invited. No charge.		3
⊗ HABITS FOR CREATING AN ANTI-INFLAMMATORY LIFE-STYLE, Tuesday Mar. 28, at 1:30pm Learn about top anti-inflammatory foods and lifestyle changes for health and longevity.		5
⊗ Gardener? Golfer?...Time to get ready for the upcoming season! Check out RISE and SHINE PILATES , Tuesdays and or Thursdays, 7-8am. Open to seniors and non-seniors, easily adaptable for individual needs		2

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

Director: Julie Secord, M-F

Office Coordinator:
Nancy Greenwood, M-F

Outreach Coordinator :
Sue Hatton, M-F

Project Coordinator :
Shawna Levine, M-W

Volunteer Coordinator:
Ann Gordon, T-Th

BayPath Home Delivered Meals: 508-573-7200

S.H.I.N.E. Counselors
Kathleen Woehrling
Penny Wilson

Property Tax Work-Off
Becky Patterson
Wednesday 9-11am

COA WayCam Liaison:
Joanne Kwart

West Suburban Veterans Services District

Sarada Kalpee, Director
Tuesday 9am-4pm
Selectmen's Office
781-850-5504
Regional VA Office
781-489-7509

Find us on 

The Wayland COA is on Facebook! Follow us for updates, photos, and more. Tell your family members!

Coming in April:

FAVORITE SPACES ~ MEMORABLE PLACES Photo Gallery and Presentation—Rescheduled to SUNDAY, APRIL 30, 2pm, Town Building, see pg. 4

Health & Wellness Programs

*Please bring a
water bottle to
all classes*



NEW EZ PAY with “FIT BUCKS” starts Mar 1

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE*	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every Tue & Th	10-11 am	Large Hearing Room
ZUMBA*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
THERA-TUBE*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	(No class 3/29) \$28.00	Every Wed.	1-2 pm	Large Hearing Room
PILATES—Pay by the month (open to non-seniors)	Tu/Th	\$40 for Tues Class \$40 for Thurs Class	Every Tue/Th	7-8am	Large Hearing Room



“TRY IT” POLICY: *When trying any of our on-going exercise programs, your first class is FREE!*

***STARTING MARCH 1, No cash accepted in Drop In classes. FIT BUCKS ONLY.**

Please stop by the COA to purchase FIT BUCKS.

Lois’ FIT FOR THE FUTURE Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend. Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights. Mar 16 class in COA

ZUMBA Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend. Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music.

TAI CHI for STRESS REDUCTION Wednesdays, 11am-Noon, pay by the month (see chart) or pay only when you attend at a cost of \$8/class. Learn modified Tai Chi to build strength and balance, reduce blood pressure and reduce pain. Develop sense of peace through a focused mind and body awareness. Instructor: Robin Natanel is a Certified Instructor of White Crane Taoists at Harmonious Dragon Tai Chi/Qui Gong School, Berne, Switzerland

THERA-TUBE Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go.

BETTER BALANCE Wednesdays, 1 pm. Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners looking for a change from their usual routine. Pay by the month (see chart above).

RISE AND SHINE PILATES A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am. Pay by the month. Pre-register—Restricted class size. Non-Seniors welcome. Instructor: Lisa Carusone, NASM-CPT. Total body conditioning for core strength and flexibility; builds strength and flexibility.

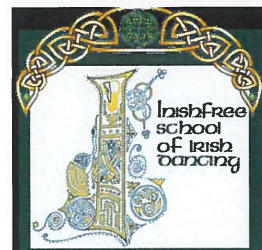
Fitness opportunities available to people over 60 (no membership required) at The LONGFELLOW CLUB

- ⇒ Water Exercise Classes at both Longfellow Natick and Wayland. Certified instructors. \$60/ 6 week session.
For pool classes at either location, please call Longfellow at 508-397-4069.
- ⇒ PICKLEBALL at Wayland Longfellow Mon, Thurs, Fri, Noon-1:30pm, Non Members \$10
For Pickleball information, please call Wayland Longfellow at 508-358-7355.

New happenings at the COA



WEARIN' O' THE GREEN Luncheon Thursday, March 16, Noon, Lg. Hearing Room Reservations . \$8pp



Young step dancers in full costume from the Inish-Free School of Irish Dancing, and Kevin Farley, Maine's IRISH MUSIC GUY (popular storyteller, historian and musician) will add to the celebration. Join us for a special luncheon of Irish beef stew, corned beef sandwiches (plus other sandwich choices), crème de menthe parfaits with chocolate brownies and more! Don't miss this. Make your reservations early. \$8

"SWING INTO SPRING"

With the
SOFT TOUCH DANCE BAND
A well known Boston area Big Band
Sunday March 26
2:00 – 4:00 pm

Wayland Middle School Cafeteria
No Charge, Reservations appreciated

Join us for our first community-wide tea dance for all ages. Dance the afternoon away or sit back and enjoy a lively program of instrumental and vocal selections. The Soft Touch Dance Band is an eighteen-piece 'big band' directed by Kurt Thaller, with vocalists Caroline Griep and Gordon Russell. Refreshments will be served. All are welcome at this intergenerational event.

This program is supported in part by a grant from the MA Cultural Council, Wayland Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



WAYLAND PEN PALS:

Across Town and Generations

When was the last time you got a handwritten letter?

To rekindle the lost art of letter writing, the COA and the Wayland Children and Parents Association present Wayland Pen Pals, a program pairing older Waylanders with a child in town and his or her family. Beginning in late March, you'll correspond regularly with your pen pal, and in June, everyone will be invited to meet for a celebration.

We'll send you regular ideas and suggested topics to help you correspond with your pen pal.

Share your experience with a child, and help him or her learn the joys of letter writing.



To sign up, call Ann Gordon at the COA, 508-358-2990.

AARP TAX PREPARATION



Tax Season is fast approaching. In February, IRS-trained AARP tax preparers are available without charge to help low and moderate income seniors. Call the COA to schedule an appointment to — complete your tax return with AARP Tax Preparers.

Additional Health Programs

BLOOD PRESSURE CHECK



Arrange for a free Blood Pressure Check by calling the Wayland Health Department: 508-358-3617

PODIATRY CLINIC

The next Podiatry Clinic is Monday, March 20, 2017

- For an appointment, call the COA at 508-358-2990.
- Cost is **\$30.00**. Checks payable to Dr. Cooper.
- Please make out your check **before** your appointment.



Note: Many health insurance plans reimburse for fitness classes held at the COA. Contact your plan's Membership Services Dept. to check their policy. The COA will provide you with payment histories if needed.

Education/Social Programs

Sample the varieties at the

1st WEDNESDAY

COA PIZZA BUFFET CAFÉ

Noon, \$3



Reservations required by noon on the Monday preceding the Café

MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option will also be available.

Wednesday, March 1, Noon

And Next Month on...

Wednesday, April 5, Noon

This on-going program is made possible by a generous grant from the Friends of Wayland Council on Aging

And before the Pizza Cafécome to

MEDICATION TAKE-BACK

Wednesday, March 1, 11:30am-Noon

Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps.

Help with Heating Bills

The LIHEAP Fuel assistance program provides one-time assistance with heating bills for income-eligible households. Please call the COA with any questions.

'DROP IN' PROGRAMS

No reservations are needed for these activities.

Stop by and join in. New participants welcome.

◇ **COA CONNECTIONS:**

Mondays, 2:30pm

Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.

◇ **GENEALOGY:**

2nd and 4th Tuesdays, 1:00pm

Share in great conversations, research techniques and fascinating stories from the past.

◇ **BRIDGE:**

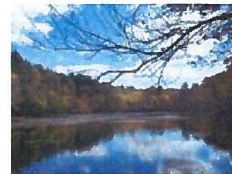
Thursdays, 12:00pm

Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or HIGH intermediate players.

FAVORITE SPACES ~ MEMORABLE PLACES NEW DATE & NEW LOCATION

Rescheduled due to snow

A photo exhibit of stunning local scenes and a presentation on noted Wayland photographers.



Sunday, April 30, 2017

2:00—4:00 pm

At 2pm the photo gallery will open for viewing. We will highlight photographs from some very talented Wayland photographers showcasing the beauty of Wayland. Included will be select photos from the Historical Society's collection. At 2:30pm Jane Sciacca will present a program on noted Wayland photographers. No charge. Refreshments will be served.

This event is sponsored by the Wayland Historical Society and the Wayland Council on Aging.

THE OLDER AND WISER DRIVER

Plus..... SPRING CAR CARE

with AAA's John Paul

Columnist and Radio Host of "The Car Doctor"

Tuesday, March 21st 1:00 - 3:15pm N/C

Come for one or both programs. Registration required.

1:00 pm: ***The Older and Wiser Driver:*** Practical information on how seniors can compensate for the physical changes that affect their ability to drive. Focus is on vision, cognition, physical fitness, and the side-effects of common medications on driving.

2:15: ***Tips on Getting Your Car Ready for Spring***
John F. Paul, is host of the "Car Doctor" radio show and the Senior Manager of Traffic Safety and Public Affairs for AAA Northeast.

GRANDPARENTS NETWORKING GROUP

Tuesday March 14, 2017

10am-11:30am



*2nd floor Small Conference Room,
Town Building. No cost, No reservations.*

Group meets on the 2nd Tuesday of each month.

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas.

Bring a friend. This is a casual gathering.

Discussion Facilitator: Dr. Dossie Kahn, Y&F Service

More March Programs

SENIOR CIRCUIT BREAKER TAX CREDIT Seminar

Monday, Mar. 6 at 11:30am with Brian Lynch of the DOR

"With tax season approaching, the Senior Circuit Breaker Tax Credit can offer a substantial amount of relief and assistance to seniors in need" comments Sen. Ross who represents Wayland. It's also important to remember that Wayland will MATCH the State amount awarded to eligible seniors. A maximum credit of \$1070 is available from the state ...and with a Wayland match that would make \$2,140.00. For more info, attend this seminar with Q&A.

Senator Ross and State Rep Carmine Gentile host this event at the COA with State Rep. Alice Peisch. For more info, see "From the Outreach Desk" p. 7

MARCH VIDEO LECTURE SERIES: "THE ART OF THE HEIST"

Every Monday, 1-2pm, Starts Mar. 6, COA n/c, Reservations not needed.



This highly rated television series was seldom seen in the United States and features some of the most daring, notorious art thefts of recent history. **The famous St. Patrick's Day Gardner Museum Robbery will be featured on Mar. 14.** Every week will fascinate you. Each program uses detailed dramatic reconstructions, reenactments, interviews with thieves, museum personnel, police, experts as well as archival pictures and live footage. No reservations needed.

**This dvd series ties in with Wayland Reads" spring book selections focusing on the value of art & science of forgery. For more info on Wayland Reads, contact the Wayland Library or refer to their website.*

HABITS FOR CREATING AN ANTI-INFLAMMATORY LIFESTYLE

Tuesday, Mar. 28

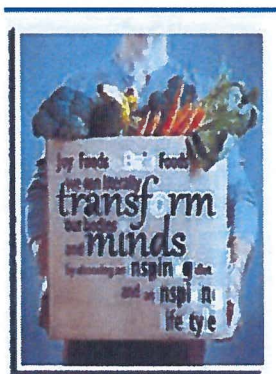
1:30pm, n/c but reservations appreciated

How might you prevent or reduce unwanted inflammation. Chronic inflammation may be part of many health issues. Learn about top anti-inflammatory foods and lifestyle changes that you can make for brain health, body health and longevity.

Speakers:

Jane Polley, MS, Registered Dietitian

Laila Vehvilainen, MS-Gerontology, MPH, Senior Fitness Specialist



OUR SNOW POLICY: If Wayland Public Schools are closed due to the weather, then all COA programs (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral.



WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all members of our community.

BOARD MEMBERS:

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky; Carol Glick.

Meetings are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

Next Meeting:

Tuesday, March 7, 2017 at 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 dedicated to the support of COA programs, services, and equipment that cannot be financed through the COA's town budget due to limited line item allocation.

FRIENDS BOARD:

Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Wade Larson; Nancy Leifer; Patty MacNeil, Sue Pope.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets bi-monthly on the second Wednesday at 7pm.

MEMBERS: Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford.

Next Meeting: Wed., March 8, 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>MARCH</div>		9:15 Thera-Tube 1 10:30 Zumba 11:00 Tai Chi 11:30 Medication Take Back 12:00 Pizza Café 1:00 Better Balance	7:00 AM Pilates 2 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	3 Watercolor at WAC
6 11:30 Circuit Breaker Tax Credit Info 1:00 Video Lecture "The Art Heist" 2:30: Connections <i>Trip to Market Basket</i>	7 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F <i>Trip to Peabody Essex Museum</i>	8 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance	9 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	10 Watercolor at WAC <i>12:30 Movie: The Eagle Huntress</i>
13 1:00 Video Lecture "The Art Heist" 2:30: Connections <i>Shop-Around-Shuttle</i>	14 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Grandparents 10:00 Lois' F4F 1:00 Genealogy	15 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance	16 7:00 AM Pilates 10:00 Lois' F4F-COA 12:00 Bridge (Advanced Players) <i>12:00 St. Patrick's Day Luncheon</i>	17 Watercolor at WAC
20 1:00 Video Lecture "The Art Heist" 2:30 Connections <i>Podiatry- by appointment</i>	21 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 The Car Doctor 2:15 The Car Doctor	22 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance	23 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players) <i>Trip to Boston Symphony</i>	24 Watercolor <i>12:30 Movie: Jackie Trip to the Flower Show</i> SWING INTO SPRING... SUNDAY
27 1:00 Video Lecture "The Art Heist" 2:30 Connections <i>Shop-Around-Shuttle</i>	28 7:00 AM Pilates <i>NO GT Rehearsal Today -See Mar. 31</i> 10:00 Lois' F4F 1:00 Genealogy 1:30 How Diet Re- duces Inflammation <i>Local Town Election</i>	29 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 NO Better Balance this week	30 7am Pilates 10am Lois F4F 12:00 Bridge (Advanced Players)	31 GTs REHEARSE At COA LEGEND: <i>GT: Golden Tones F4F: Fit for the Future WAC: Wayl. Art Ctr. L@NSC: Longfellow</i>



SWING INTO SPRING

Community Tea Dance

With the Soft Touch Dance Band

Sunday, March 26, 2:00 – 4:00 pm

Wayland Middle School Cafeteria



Dance the afternoon away or sit back and enjoy a lively program of instrumental and vocal selections. The Soft Touch Dance Band is an eighteen-piece 'big band' that specializes in music from the swing era, 1940—1960 and is directed by Kurt Thaller with vocalists Caroline Griep and Gordon Russell.

**For years, you have enjoyed the Council on Aging's
Summer Outdoor Community Concert series
Now join us for our first community wide Tea Dance for all ages.**

Refreshments will be served. Pops style seating
All are welcome at this free, inter-generational event.

Reservations appreciated
COA Office: 508- 358- 2990

This program is supported in part by a grant from the Wayland Cultural Council, a local Agency which is supported by the Massachusetts Cultural Council, a state agency.



WAYLAND COA NEWS SUPPLEMENT: MARCH 2017

Opportunities, Information and Outreach for Wayland Residents



An update on COA's Drive-Thru ELECTRONCS RECYCLING EVENT

For several years the Council on Aging has sponsored a "mostly free" Drive-Thru Electronics Recycling event. In the process of planning for the event this year, we discovered that companies have added so many new surcharges that Wayland senior residents are best served by accessing our electronics recycling options available at the WAYLAND TRANSFER STATION AND RECYCLING CENTER.

Please see the chart below for information on how to use this recycling resource.

For a complete list of all items accepted at the Transfer Station, please see their "Items Disposal List"

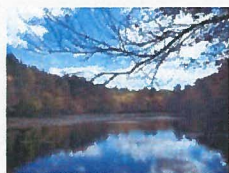
At the Transfer Station on the FIRST SATURDAY OF EACH MONTH, it's "Electronics Day"
Wayland Residents Only:

No Transfer Station Sticker Is Required for these items only

<u>SOME APPLIANCES:</u> Refrigerators ~Freezers ~Air Conditioners ~Dehumidifiers	\$15 per item
<u>LARGE ELECTRONICS:</u> TV's ~ Computers ~ Monitors	

A FULL PERMIT is required for all of the following

<u>APPLIANCES:</u> Dishwashers, Stoves, Microwaves, Dryers, Small Appliances	FULL PERMIT REQUIRED
<u>SMALL ELECTRONICS:</u> such as keyboards, printers, radios, VCR's	



Favorite Spaces ~ Memorable Places: Sunday, April 30, 2:00- 4: 00pm **Wayland Council on Aging, Town Building, No Charge**

Join us as we celebrate the beauty of Wayland and our amazing local photographers. We will be exhibiting over 75 photographs that have been submitted by Wayland residents.

We will also feature a selection of photos from the Wayland Historical Society's Collection. Historian Jane Sciacca and Curator Lois Davis will present a program featuring noted Wayland photographers. Refreshments provided. This program is co-sponsored by the Wayland Historical Society and the Wayland Council on Aging.

2:00 *Photo Gallery opens for viewing*

2:30 *"Noted Wayland Photographers" with Jane Sciacca and Lois Davis*
Refreshments and Gallery viewing will follow the program

***Snow forced the cancellation of this program in February so we have rescheduled for April 30. Don't miss it!**

UPCOMING COA EVENTS :

For more info refer to the COA newsletter or contact the COA Office

- **"LEGAL CHECK UP"** with Elder Law Attorney, Denise Yurkofsky. **Wed., Apr. 19**
- **THINKING ABOUT RETIREMENT?** Facilitated by Dana Aaron of the highly acclaimed "Barn Raising.org, a 501(c)3. Pre-register for the April evening program to experience this innovative and interactive approach to retirement planning. Benefit by peer support, research partners, a seminar and the signature "Barn Raising" closing event. No charge. Enrollment limited to 24 who are 50yr+
- **COA's SUMMER OUTDOOR CONCERT SERIES** starts Thurs., June 15, 7pm, Town Bldg.

From the Outreach Desk

Wayland “Town Match” to the Circuit Breaker Tax Credit

If you qualified for the Circuit Breaker Tax Credit on your 2016 Massachusetts Tax return, there is an excellent chance that you will also qualify for the Wayland CB Town Match.

Wayland is one of the few towns in Massachusetts offering a ‘match’ to the Massachusetts Circuit Breaker Credit (a credit available on your Massachusetts Income Tax return). Simply stated, the town match is an easy to access, dollar for dollar match to the CB credit you may receive through your state tax return. In order to request the Town Match, you must submit an application to Wayland Assessor’s Department. The application must include a copy of your Massachusetts Income Tax Return attached. Qualifications and deadlines apply.

It’s important to note:

Most professional tax preparers will automatically check to see if you qualify for Circuit Breaker and then complete the necessary state form/schedule when they complete your state tax return. The **Wayland Town Match** however, is not part of your state tax return and it is up to you to submit a separate application to the town.

What is the Circuit Breaker (CB) Property Tax Credit?

This Tax Credit is a very useful form of property tax relief for both homeowners and renters. Eligible residents claim a refundable credit on their state income taxes for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. With income limits much higher than most other tax relief programs, Circuit Breaker has no asset limitations and is a resource for many seniors. For tax year 2016, the maximum credit allowed is \$1,070 for eligible taxpayers 65 and older who either own or rent their home.

For any questions regarding the Wayland “CB Town Match” please contact the Wayland Assessing Department or the COA. Questions regarding your MA Income Tax Return, please speak with your tax preparer.

Volunteer Corner

America, Let’s Do Lunch! That’s the slogan of Meals on Wheels America as they celebrate March for Meals this month, a campaign to raise awareness about the vital importance of this wonderful program.

Did you know that one in six seniors nationwide struggles with hunger? Meals on Wheels serves more than two million Americans, providing relief from hunger and, often, isolation. More than 80 percent of clients say this improves their health and more than 90 percent say it enables them to remain at home. Keeping people healthier also keeps costs down: A year’s worth of meals is about the same cost as one day in the hospital.

In Wayland, we deliver meals to about 25 wonderful clients, Monday through Friday. We welcome new members to our intrepid team of kind and caring Meals on Wheels volunteers. *Wayland, Let’s Do Lunch!*

Warmly,
Ann Gordon

SERVICES AVAILABLE AT THE SENIOR CENTER

In addition to our many programs, we offer a variety of services to provide assistance to older adults in their homes and at the COA. For information about any of the services described below, call the Wayland COA at 508-358-2990 (unless otherwise indicated).

⇒ Information and Assistance

Information and Referral—Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources and services available for older adults and their families. Please call with any questions or concerns: 508-358-2990.

Fuel Assistance—Wayland Council On Aging is the Fuel Assistance agent for the Town. Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program) administered through SMOC. Contact Outreach Coordinator Sue Hatton for further information. Program runs from November - April.

Free Legal Clinic—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. See our calendar for the next Legal Clinic dates.

SHINE-Serving Health Insurance Needs of Everyone on Medicare. Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

State Senator Richard Ross:

Constituents interested in discussing a concern should contact his office at 617-722-1555.

⇒ Health Services

Free BLOOD PRESSURE check by Wayland Health Department. By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

⇒ Meals on Wheels

For information on the **Meals On Wheels** program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to program participants M-F.

⇒ Town Elections/Meetings Services

Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation with at least 48-hour notice.

⇒ In-Home Services

Friendly Caller Program—Volunteers provide a friendly phone call to homebound residents who may benefit from a caring conversation.

In-Home Fix-It Program—Our volunteer handy-people will assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The service is free—you pay only for needed supplies.

File of Life—Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This information can be invaluable to emergency personnel. Call the COA office today to get one—it could save your life! Folders are provided courtesy of *The Friends of the Wayland Council on Aging*.

Medical Equipment Loan Closet—On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, transfer benches, commodes, walkers, canes, wheel-chairs, transport chairs). To borrow equipment, call the COA office 508-358-2990.

Lock boxes—Allow access to your home in the event you call Emergency for help and cannot get to the door. A house key is stored in a small locked box that is secured to your house in an inconspicuous place; only Wayland rescue personnel have access. Free installation with a one-time fee to purchase the box. Call the Wayland Fire Dept. at **508-358-7951**.

Elders At Risk in Weather Emergencies—Seniors with specialized medical equipment or physical limitations that may put them at risk during severe storms or power outages can be included on this list. As resources allow, emergency personnel will call to make sure everything is OK. Call the COA to register and we will forward to Public Safety.

Smoke and CO Detectors—As time and supplies are available, Wayland Firefighters will come install free smoke and CO detectors and provide fire safety training to Wayland Seniors. Call the COA to place your name on this 'wait list only' program. 508-358-2990.

Concerned about abusive behaviors: elder abuse, bullying, abusive dating relationships, family violence? Help is available in the MetroWest area. Call 877-785-2020 or Visit www.domesticviolenceroundtable.org

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

JFK Medical Taxi Vouchers are now ORANGE.

Expired Blue JFK Medical Taxi Vouchers may no longer be used.

MWRTA "DIAL-A-RIDE"

WHO: All Wayland residents 65 years of age or older, and disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

WHAT: Handicapped accessible, shared ride van providing curb-to-curb transportation, on an "as available" basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments

WHEN: Mon.-Fri., 7am – last pickup at 6:30pm.

WHERE: Travel anywhere within the MWRTA communities Ashland, Framingham, Holliston, Hopkinton, Marlboro, Natick, Sherborn, Southborough, Sudbury, Wayland, and Weston. **\$2 each way. ALSO, to Woodland MBTA station. \$3**

EXTENDED SERVICES FOR MEDICAL RIDES ONLY: Berlin, Dover, Hudson, Lincoln, Maynard, Medfield, Medway, Milford, Millis, Needham, Newton, Northborough, Shrewsbury, Stow, Upton, Waltham, Wellesley, Westborough, and Emerson Hospital in Concord. **\$3 each way.** Boston, Worcester, Brookline, Jamaica Plain (VA Hospital only). **\$5 each way.**

TO SCHEDULE A RIDE: Call MWRTA "Dial-A-Ride" 508-820-4650, Mon.-Fri., 8am-4pm, no more than two weeks – and no less than 48 hours - **prior to your ride.**

PAYMENT: Upon registration you will establish a fare account with the MWRTA; accounts are automatically debited on the day of your ride

VAN DESCRIPTION: A white, handicapped-accessible van signed: **MWRTA-Kiessling.**

MEDICAL TAXI VOUCHERS

WHO: All Wayland seniors (60+ years of age) and/or disabled of any age.

Call JFK 508-653-4500.

WHAT: A discounted taxi ride for **medical appointments only and medically related activities at the COA** including exercise classes, SHINE, legal appointments and medical seminars.

WHEN: Taxis avail. 7 days/week, 6:30am to 10pm.

WHERE: Wherever you need to go for your medical appointment. Multiple vouchers may be used.

Taxi rides to Boston hospitals are fixed rate—\$60 in meter time each way—using medical taxi voucher tickets brings your cost down to \$36.

COST: A book of tickets worth \$25 of meter time can be purchased for \$15.00 (each book has 5 tickets and each ticket is worth \$5.00 of meter time.) Taxi voucher books are available at the COA or by mailing a check to the COA. (A single voucher worth \$5 of meter time may be purchased for \$3).

NOTE: A taxi driver gratuity IS expected and must be paid in cash, not with a voucher.

F.I.S.H. (Friends In Service Helping) For medical rides only

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have exhausted all options for transportation to local *medical appointments*. (Some drivers are available to travel to Boston.)

Riders pay tolls and parking fees. Donations are not expected, but those who wish to donate should make checks out to the *Town of Wayland*.

To request a ride: Call 508-358-3474 at least ONE WEEK AHEAD of your appointment date. You will reach the FISH ANSWERING MACHINE. Please leave your NAME, ADDRESS, PHONE NUMBER, DATE, TIME, and LOCATION of appointment. A telephone volunteer will call to confirm your request and make every effort to find an available driver.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

For additional information, please contact the COA or stop by the office and pick up flyers.

MARCH

Monday, 3/6: Market Basket & Marshall's: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

Tuesday, 3/7: Shoes: Pleasure and Pain; at the Peabody Essex Museum. Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$15 for transportation only. Senior admission is \$18, payable at the museum. Explore the creativity of footwear from around the globe through more than 300 pairs of shoes, ranging from elaborate vintage designs to those by contemporary makers. This exhibition considers the cultural significance and transformative capacity of shoes and examines the latest developments in footwear technology.

Thursday, 3/23: Boston Symphony Rehearsal: Depart COA at 9:00 am. Return by 1:30 pm. \$15 for transportation for each concert. Riders must purchase their own Boston Symphony tickets: **Box office : 888-266-1200** WWW.BSO.ORG.

Friday, 3/24: Boston Flower & Garden Show: Depart COA at 9:00. Return at 2:00. Cost: \$25 for admission and transportation. Once again spring blooms early with breathtaking garden displays. The 2017 show celebrates the most powerful forces of the Garden in *Superheroes of the Garden!* The Garden marketplace offers fun shopping.

SHOP-AROUND SHUTTLE

⇒ **Mondays, March 13 & 27**

⇒ **Mondays, April 10 & 24**

FREE but Reservations are Required

Home pick-ups begin at 10 and the return trip will begin at noon. Stops include the library, Stop & Shop, Panera and CVS. Reservations are required

COA TRIP POLICY

Registration for Wayland residents will open as soon as the trip is advertised. Those from other communities may register on the 15th of the month. Payment is required at the time of registration. Register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. Due to financial commitments, refunds will only be given if the vacancy is filled.

APRIL

Monday, 4/3: Market Basket & Marshall's: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

Tuesday, 4/4: Metamorphosis: The Art of Nancy Schon at Regis College. Depart COA at 10:00 am. Return at 1:30 pm. Cost: \$3 for transportation. Visit this student-curated exhibit featuring never-before seen artwork of renowned artist, Nancy Schon, Sculptor of *Make Way for Ducklings*. Following the exhibit, we will have lunch (on your own) at the Villa restaurant.

Tuesday, 4/18: JFK Library and lunch: Depart COA at 9:30 am. Return by 3:30 pm. Cost: \$22 for transportation and admission. The John F. Kennedy Presidential Library and Museum is having a year-long celebration to honor the 100th anniversary of the birth of President John F. Kennedy. You will have the opportunity to visit both the permanent and special exhibits. After visiting the museum, we will have lunch (on your own) at a nearby restaurant.

Thursday, 4/20: Boston Symphony Rehearsal: Depart COA at 9:00 am. Return by 1:30 pm. \$15 for transportation for each concert. Remaining date: May 4. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200** WWW.BSO.ORG.

Saturday, 4/29: Art in Bloom at the MFA: Depart COA at 9:15 am. Return by 4:00 pm. Cost: \$30 for admission and transportation. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and professional designers from across New England create floral arrangements inspired by the MFA's works of art.

SUMMER

Wednesday, 6/21: Tall Ships 2017: In June Boston will welcome crews and cadets from across the world as an official port of the Rendez-Vous 2017 Tall Ships Regatta. Join Best of Times Travel in experiencing the wonder and excitement as you sail through Boston Harbor to view the ships from the best vantage point – the water! Cost: \$95 for transportation, luncheon, entertainment & cruise. Choice of chicken or fish for lunch. Checks payable to Best of Times. **Please note: We have only a few spaces left. If you are interested, please sign up ASAP.**



FRIDAY "After Hours" MOVIE MATINEE

Showtime: 12:30 pm, Wayland C.O.A. Bring a friend, and/or bring your lunch.

ENJOY self-serve popcorn and cold drinks from our "Hospitality Cart" — it's all complimentary!

Friday, Mar. 10: THE EAGLE HUNTRESS (2016), Documentary, 87min, THE EAGLE HUNTRESS follows Aisholpan, a 13-year-old girl, as she trains to become the first female in twelve generations of her Kazakh family to become an eagle hunter, and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. Set against the breath-taking expanse of the Mongolian steppe, THE EAGLE HUNTRESS features some of the most awe-inspiring cinematography ever captured in a documentary.

Friday, Mar. 24: JACKIE (2016), Drama, 95min, Natalie Portman, Rated R for brief violence and some language. JACKIE is a searing and intimate portrait of one of the most important and tragic moments in American history, seen through the eyes of the iconic First Lady, then Jacqueline Bouvier Kennedy (Natalie Portman). JACKIE places us in her world during the days immediately following her husband's assassination. Known for her extraordinary dignity and poise, here we see a psychological portrait of the First Lady as she struggles to maintain her husband's legacy and the world of "Camelot" that they created and loved so well

Do 1 Thing: Your Goal for March

"Know how to respond safely when instructions are given to evacuate or take shelter. "

~~Learn how to safely shelter in place~~ ~~Make a Go Bag for emergency sheltering~~

'Do 1 Thing' is a web-based twelve-month preparedness program that focuses on a different area of emergency preparedness each month, and provides a range of preparedness options for each topic. Every month has a low or no-cost option to become better prepared. They suggest a choice of three things you can do, then you choose one. You can jump in at anytime. For more information visit www.do1thing.com. If you would like a print copy of the monthly tip sheets, please stop by the COA or give us a call.

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