



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## SEPTEMBER 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**



### HAIL TO THE CHIEF!



**Celebrate the career of retiring Police Chief Robert Irving**

Please join us for a presentation and light buffet on:

**Wed., September 6 at Noon**

All are welcome ~ No charge ~ Reservations appreciated. More info on p.3

### SEPTEMBER HIGHLIGHTS

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<ul style="list-style-type: none"> <li>◆ <b>Great Courses DVD Lecture Series. Every Monday, 1pm</b>  <b>SEPTEMBER: THE GUIDE TO ESSENTIAL ITALY</b> </li> </ul>	5
<ul style="list-style-type: none"> <li>◆ <b>MEDICATION TAKE BACK with WAYLAND POLICE at COA</b>  Wed., 9/6, 11:30am-Noon. Dispose of unwanted or expired medications.</li> </ul>	4
<ul style="list-style-type: none"> <li>◆ <b>HOW COULD TECHNIQUES USED IN TV NEWS AND COMMERCIALS MAKE YOU MORE COMFORTABLE AND CONFIDENT?</b>  Day Session starts Wed., Sept 6, 10am; Evening Session Thurs, Sept 7 at 7pm</li> </ul>	5
<ul style="list-style-type: none"> <li>◆ <b>THE SHOP-AROUND SHUTTLE IS BACK FOR THE FALL!</b>  <b>Advanced reservations req'd.</b> September 11th &amp; 25th. October 16 &amp; 30.</li> </ul>	10
<ul style="list-style-type: none"> <li>◆ <b>JEWELRY STUDIO WORKSHOP</b> with Wayland jeweler Norma Radoff  Tues, Sep. 19, 1:30pm. No charge, By Reservation, Wayland residents only</li> </ul>	
<ul style="list-style-type: none"> <li>◆ Friends of Wayland Council On Aging host fundraiser:  <b>JAZZ and COMEDY CLUB with nationally known social and political humorist JIMMY TINGLE, Saturday, Sept 23,</b> Doors open: 7:30pm  Sandy Burr Country Club. For more info, see p. 3</li> </ul>	3
<ul style="list-style-type: none"> <li>◆ <b>ART MATTERS GALLERY PRESENTATION:</b>  <b>AMERICAN ART Part I (1776 -1900)</b>  <b>Thursday, September 28, 1:30pm</b>  <b>Large Hearing Room, Reservations, No Charge, p. 3</b>  <i>*American Art Part II, Thursday, October 26, 1:30pm</i> </li> </ul>	3

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**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 Kwarta

**West Suburban Veterans Services District**

**Sarada Kalpee, Director**  
Tuesday 9am-4pm

Selectmen's Office  
781-850-5504

Regional VA Office  
781-489-7509

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Find us on 

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

### DID YOU KNOW?

- ⇒ **Property Tax Work-Off** applications are still being accepted. See p. 4
- ⇒ **Taxi Tickets and Fit Bucks** are now LIME GREEN. September 30th is the deadline for return or exchange of older "orange" tickets. Details on pp. 4 & 9.
- ⇒ **Volunteers needed:** Senior Property Tax Relief Committee. Details page 5.

### MARK YOUR CALENDARS

**Oct. 15—Dec 7, 2017 Open Enrollment for MEDICARE**  
To schedule Open Enrollment SHINE appointments, call the COA after Sept 15th .  
**30th Annual Children's Holiday Shoppe Mon, Dec. 4, 2017, Town Bldg Gym.**

## Health & Wellness Programs

### Fitness Classes at a Glance

Please bring a water bottle to all classes



	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every Tue &Th	10-11 am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed. Starting 9/13	10:30-11:30 am	Town Bldg. Gym
<b>THERA-TUBE*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
<b>TAI CHI</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$21	Every Wed (3)	1-2 pm	Lg Hearing Rm COA: 9/13, 9/20/ 9/27

**\*NOTE: FIT BUCKS are required to pay for all Drop In classes. Purchase in COA.**

*Un-used FITBUCKS are refundable. Orange Fit Bucks need to be changed for lime green--or request refund.*



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

**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.

**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.

**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.

**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. Modified Tai Chi to build strength and balance, reduce blood pressure and reduce pain. Develop sense of peace through focused mind and body awareness. Instructor: Robin Natanel, Certified Instructor of White Crane Taoists at Harmonious Dragon Tai Chi/Qui Gong School.

**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** is currently on hiatus. Lisa Carusone is a highly regarded personal trainer and we are fortunate to have Lisa on the COA team of instructors. Due to limited space options, the class has been offered at 7am. Those who rise early have loved it but a later start time will allow us to grow the class. Stay tuned .

## *New happenings at the COA*



### WAY-SECURE

The COA continues to offer registration assistance by appointment for anyone interested in this exciting new program offered by the Wayland Fire Department.

WAY-SECURE is a voluntary program that allows residents with special considerations to register and provide critical information to be available for first responders if they were to respond to an emergency call from your address. You choose how much information to share. Registration is either done directly with the Fire Chief, Assistant Fire Chief or Council On Aging, by appt.

**Questions?** Come to the COA for an encore video presentation of Fire Chief Dave Houghton's introduction of this great new program.

**Wed. Sept 13th 11 AM**

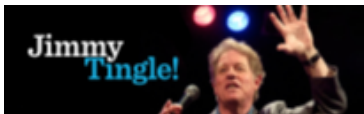
While you're here, pick up brochures and info for personal Emergency Preparedness planning.

*It's almost here!*

### JAZZ AND COMEDY CLUB

Performance by nationally known social and political humorist

### JIMMY TINGLE



*A fundraiser for the Friends of Wayland COA*

**Saturday, Sept., 23, 7:30pm, Sandy Burr CC**

Also featuring the Shane Wood Jazz Trio, Live Auction, Hors d'Oeuvres, Desserts, Coffee and more. *(Cash bar available).*

Tickets (\$75pp) - available on-line:

www.friendsofwaylandcoa.org or in person at the Village Bank and the COA office.

### HAIL TO THE CHIEF !

Celebrate the career of retiring  
Wayland Police Chief Robert Irving

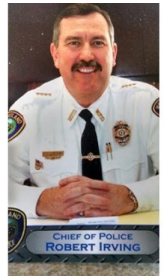
Wed, Sept. 6, Noon

Presentation, Light Buffet

*We will thank him for his service ...and also  
provide some retirement ideas  
for the Chief's consideration!*

No Charge but reservations appreciated

*Medication Take Back will be held as usual 11:30-Noon  
COA Pizza Caf e will resume on the 1st Wed in Oct.*



### AMERICAN ART Part I (1776 -1900)

**Thursday, September 28, 1:30pm**

#### **Large Hearing Room Gallery Presentation**

The United States was not founded by schooled artists, but by people seeking freedom and adventure. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation.

Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. This is an "Art Matters" gallery presentation and has been made possible by a grant from the Friends of the Wayland COA. No charge, but reservations, please.

*American Art Part II will be Thurs., Oct. 26, 1:30pm*

### "PRE and PRO-BIOTICS"

Registered Dietitian and Nutritionist Traci Robidoux. Traci last discussed "The Mind Diet". Now learn what nutrition research reveals about specific functional food components that may improve health such as pre and probiotics.

Thursday, Oct. 5th at 11 am , Selectmen's Meeting Room

## **Additional Health Programs**

### FLU CLINICS

It's that time of year again. For September Flu Clinic appointments and information, please contact the **Wayland Health Department: 508-358-3617**

### PODIATRY CLINIC: The next Podiatry Clinic is Monday, Sept. 11, 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 are required by noon on the Monday preceding the Café.

MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option is always available.

**Wednesday, October 4th**

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

**A special notice for Wednesday, September 6th:**  
**HAIL TO THE CHIEF!**

\*There will not be an official COA Pizza Café in September. Rather, we invite everyone to come for a light buffet of pizza, salad and other tastes to celebrate the career of retiring Police Chief Robert Irving. No charge for the September event but reservations are appreciated. (See p. 3 for more info).



It's almost FALL and our COLORS have changed!



- ❖ Please remember that all "orange" FIT BUCKS and TAXI TICKETS expired on June 30, 2017 and are no longer accepted for use.
- ❖ **All requests for refunds or exchanges of expired tickets must be completed by Sept. 30, 2017.**

### **TAX WORK-OFF PROGRAM for FY18**

(July 2017 – March 2018)

Seniors may earn money to offset property taxes. Applications are still available at the COA office and will be processed in the order received.

\*The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions.

*\*For VETERANS VALOR ACT info, contact the Wayland Assessors Office, 508-358-3788.*

### **MEDICATION TAKE-BACK**

**Wednesday, 9/6, 11:30am-Noon**

Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps. No pre-registration needed to drop off medications.

### **'DROP IN' PROGRAMS**

*No reservations are needed for these activities. Stop by and join in. New participants welcome.*

◇ **COA CONNECTIONS:**

**Mondays, 2:15pm**

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.

### **WHAT'S TRENDING?**

#### **PETRALEX—Hear It Clear !**

Use your smartphone with a headset and a Petralex app (some are free) instead of a regular hearing aid.

Curious? Explore this new concept or ask your computer savvy friends and family to check it out. If it's difficult for you to watch TV with others ...or if peripheral noise in a crowded restaurant makes it difficult to hear, this might be a consideration.

**WEBSITE: <http://petralex.pro/>**

### **GRANDPARENTS NETWORKING GROUP**

Tuesday, Sept. 12

**10am-11:30am**

*2nd floor Small Conference Room, Town Building.*

*No charge, 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 facilitated by Dr. Dossie Kahn, Youth & Family Services.



## Great Courses-DVD Lecture Series

### SEPTEMBER: THE GUIDE TO ESSENTIAL ITALY

\*Every Monday: Sept. 11, 18, 25 \*1pm-2pm \*Closed Captioning  
(Town Bldg is closed Labor Day 9/4)

Working with experts from Smithsonian and their renowned cultural travel program, Smithsonian Journeys, The Great Courses has created this “Grand Tour”. Explore Rome, Florence, Venice, and other culturally rich locations, such as Pompeii and Perugia. It highlights countless masterworks of artistic genius; and examines the impact of Italian history on the rest of the world. Your video tour guide is Professor Kenneth R. Bartlett, University of Toronto, who has devoted much of his career to bringing Italian culture and history into classrooms. He has also led tours of Italy for more than 30 years. *No charge. Reservations are not needed.*



## 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; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. 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: Tues, Sept. 5, 8am**

### HOW COULD TECHNIQUES USED IN TV NEWS AND COMMERCIALS MAKE YOU MORE COMFORTABLE AND CONFIDENT?

Want to do something “NEW” and different this Fall and be able to use what you learn? You will watch TV in a whole new way.

Learn to deliver On Camera Commercial copy from a professional casting director. Your new skills will make you more relaxed and effective in group settings or in front of a camera – like local cable.

This is a fun class. There is no memorization involved. Join other residents who are equally curious about this unique opportunity.

“Techniques For On Camera Commercials” is a 4-week course starting in September. Classes are 90 minutes each. Both day time and evening sessions will be offered at the Town Building.

Pre-registration required. \$40/session (4 classes). Evening session starts Sept. 7 at 7pm. Morning session starts Wednesday, Sept. 6 at 10:00am.

### GOLDEN TONES CHORUS IS 29 YEARS YOUNG!



If you enjoy singing and dancing to pop classics and show tunes, come to our first open rehearsal on Tuesday, September 5 from 10am to noon in the COA. There are no auditions and no attendance requirements; only a friendly group of music lovers. On Tuesday, September 12, join us at 9:30am for pre-rehearsal refreshments as a welcome back to the Golden Tones Chorus. To learn more, visit [goldentones.org](http://goldentones.org) or call 508-318-6318.

### SENIOR PROPERTY TAX RELIEF COMMITTEE-Opening

This Selectmen appointed committee has an opening for a resident interested in exploring Tax Relief options for older adults in Wayland. This is an interesting committee. Learn what other communities are doing as well as the many initiatives of the MA Council On Aging. Contact the Selectmen’s Office if interested in applying. Call COA for add’l info.

## 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:** Joan and Linwood Bradford, Interim Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; and Steve Colella;  
Next Meeting: Wed., Oct. 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>SEPTEMBER</h1> <p>For September Flu Clinic appointments and information, please contact the <b>Wayland Health Department: 508-358-3617</b></p>			<p><b>LEGEND:</b>  <i>GT: Golden Tones</i>  <i>F4F: Fit for the Future</i>  <i>WAC: Wayl. Art Ctr.</i>  <i>L@NSC: Longfellow</i></p>	<p>11am <span style="float: right;">1</span>  Great Courses  Sampler: The  Everyday Gourmet:  <b>COOKING with</b>  <b>VEGETABLES</b></p>
<p style="text-align: right;">4</p> <p style="text-align: center;"><i>HOLIDAY</i></p> <p style="text-align: center;"><i>Town Building</i> <i>Closed</i></p>	<p style="text-align: right;">5</p> <p>9:15 GT Nuggets  10:15 Golden Tones  10:00 Lois' F4F</p>	<p style="text-align: right;">6</p> <p>9:15 Thera-Tube  10:00 TV Techniques  11:00 Tai Chi  11:30 Med Takeback  12:00 Hail to the  Chief!-Presentation  and light lunch buffet  1:00 NO Better Bal.</p>	<p style="text-align: right;">7</p> <p>10:00 Lois' F4F  12:00 Bridge  (Advanced Players)  6:00 pm  TV Techniques</p>	<p style="text-align: right;">8</p> <p>12:30 Movie  <b>GIFTED</b></p>
<p>1:00 Video Lecture/  Great Courses: <span style="float: right;">11</span>  "Essential Italy"  2:15: Connections  <i>Podiatry-</i>  <i>by appointment only</i>  <i>Shop Around Shuttle</i></p>	<p style="text-align: right;">12</p> <p>9:15 GT Nuggets  10:15 Golden Tones  10:00 Lois' F4F  10:00 Grandparents  1:00 Genealogy</p>	<p style="text-align: right;">13</p> <p>9:15 Thera-Tube  10:30 Zumba  11:00 WaySecure:  <i>Encore presentation</i>  <i>from WayCam video</i>  11:00 Tai Chi  1:00 Better Balance</p>	<p style="text-align: right;">14</p> <p>10:00 Lois' F4F  12:00 Bridge  (Advanced Players)  <i>Trip to Eustis Estate</i></p>	<p style="text-align: right;">15</p> <p>12:30 Movie  <b>LOST CITY of Z</b></p>
<p style="text-align: right;">18</p> <p>1:00 Video Lecture/  Great Courses:  "Essential Italy"  2:15: Connections  <i>Market Basket</i></p>	<p style="text-align: right;">19</p> <p>9:15 GT Nuggets  10:15 Golden Tones  10:00 Lois' F4F  1:30 Jewelry Studio  "Make It-Take It"</p>	<p style="text-align: right;">20</p> <p>9:15Thera-Tube  10:30 Zumba  11:00 Tai Chi  1:00 Better Balance</p>	<p style="text-align: right;">21</p> <p>10:00 Lois' F4F  12:00 Bridge  (Advanced Players)</p>	<p style="text-align: right;">22</p> <div style="text-align: center;">  <p>Saturday, 23rd   Jazz and Comedy Club  at Sandy Burr 7:30</p> </div>
<p style="text-align: right;">25</p> <p>1:00 Video Lecture/  Great Courses:  "Essential Italy"  2:15: Connections  <i>Shop Around Shuttle</i></p>	<p style="text-align: right;">26</p> <p>9:15 GT Nuggets  10:15 Golden Tones  10:00 Lois' F4F  1:00 Genealogy    <i>Trip to the N.E.</i>  <i>Aquarium</i></p>	<p style="text-align: right;">27</p> <p>9:15 Thera-Tube  10:30 Zumba  10:30 –Noon-  Children's Holiday  Shophe Workshop  11:00 Tai Chi  1:00 Better Balance</p>	<p style="text-align: right;">28</p> <p>10:00 Lois' F4F  12:00 Bridge  (Advanced Players)  1:30 American Art-  Part I Large Hearing  Room  <i>Legal Clinic-</i>  <i>by appointment</i></p>	<p style="text-align: right;">29</p> <p>11am  Great Courses  Sampler: The  Everyday Gourmet:  <b>COOKING with</b>  <b>VEGETABLES</b></p>

## From the Outreach Desk

### Emergency planning: *What will you do in an emergency?*

Over the winter we all hope that the power doesn't go out, our phone lines won't come down, and that the comforts we rely on each day will be functioning in our homes. If an outage does occur, we hope that the utility and other response companies will make quick repairs as needed.

Although we can't control the weather or other emergency situations, one thing we can do is some advanced thinking and planning regarding what to do in a variety of emergency situations. Every household needs to consider their individual needs and create a plan to 'shelter in place', or plans to stay elsewhere if the need arises.

September is National Preparedness Month (NPM) and it is a perfect month to start thinking about how your household would handle these situations and begin updating your plans and emergency kits.



**This year's NPM focus is on planning, with an overarching theme:  
"Disasters Don't Plan Ahead. You Can."**

*Do you have enough supplies on hand and are they easy to access?*

If not, start a kit today: Informational emergency preparation booklets designed specifically for seniors have been published by the American Red Cross and are available free of charge at the senior center. Please pick one up next time you are in or if you need us to mail it, give us a call.

*Question: Do I have the means to call for help if your phone service is out?*

Partner with a neighbor, close friend or family member who will be checking in on you. Consider a cell phone and keep it charged.

If you are homebound or a lack of transportation or some other challenge stands in the way of your personal preparations please give us a call at the COA. This is the time to plan and prepare.

## Volunteer Corner

September 11 is our nation's National Day of Service and Remembrance. Established in 2002, this day is intended to inspire us to engage in charitable service as a tribute to the 9/11 victims, survivors, and those who rose up in service in response to the attacks.

I'm sure you recall, as I do, that in the days and weeks following that horrible event, there was a groundswell of outreach among neighbors, friends and communities. We were reminded that despite our differences, we are all "on the same team" and needed one another. On a personal note, it was after 9/11 that I was inspired to try out delivering Meals on Wheels, which I still do every Friday. That decision literally changed my life.

Volunteering is good for the soul, and good for our community. Here at the COA, we have a book full of volunteer opportunities throughout the MetroWest area. So if volunteering for the COA isn't the right fit for you, stop by and look through our book. You might just be inspired to try something that will change your life.

Warmly,  
Ann Gordon

## SERVICES AVAILABLE AT THE SENIOR CENTER

*In addition to our many programs, we offer a variety of ongoing services to provide assistance to older adults. For information about any of the services described below, call the COA at 508-358-2990.*

⇒ **Information and Referral** Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources, benefits programs and services available for older adults and their families. Please call 508-358-2990.

⇒ **Fuel Assistance** Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program), administered through SMOC. COA is a local intake site. Contact Outreach Coordinator Sue Hatton for further information. Program runs from Nov-April.

⇒ **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 assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The volunteer service is free—you pay only for needed supplies.

⇒ **Medical Equipment Loan Closet** On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, commodes, walkers, canes, wheelchairs, transport chairs). To borrow equipment, for short term loans, call the COA office 508-358-2990.

⇒ **File of Life** Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This data 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*.

⇒ **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.

⇒ **Meals On Wheels** are provided through the *Elder Nutrition Program* at BayPath Elder Services. For more information please call BayPath at **508-573-7200**. Meals are delivered to participants M-F.

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

⇒ **Free Legal Consult** Elder law attorney Denise Yurkofsky is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment.

⇒ **SHINE (Serving Health Insurance Needs of Everyone on Medicare)** Trained volunteers provide free counseling about health insurance. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

⇒ **Lock boxes** Allow access to your home in the event you call 911 Emergency and cannot get to the door. Store a house key in a small locked box that is secured to your house in an inconspicuous place. Only Wayland rescue personnel have access. Call the Wayland Fire Dept. at 508-358-7951.

⇒ **Way-Secure** A voluntary program of the Wayland Fire Department invites residents with special medical needs and/or considerations to provide critical information for first responders through a secure registry. Free, confidential and secure. For more information contact WFD at 508-358-6910 or COA 508-358-2990.

⇒ **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.

### Other Helpful Resources:

☎ **BayPath Elder Services:** 508-573-7200

☎ **Domestic Violence Hotline:** 877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

☎ **Elder Abuse Hotline:** 1-800-922-2275

☎ **Springwell Protective Services:** 617-926-4100

☎ **MA Exec. Office of Elder Affairs:** 1-800-243-4636

☎ **Medicare:** 1-800-633-4227

☎ **MetroWest Legal Services:** 508-620-1830

☎ **MWRTA General:** 508-935-2222

☎ **MWRTA: Dial A Ride:** 508-820-4650

☎ **Social Security--Waltham:** 1-800-772-1213

☎ **State Senator Richard Ross:** 617-722-1555

☎ **Representative Carmine Gentile:** 617-722-2014

☎ **Representative Alice Peisch:** 617-722-2070

☎ **Wayland Community Fund:** 508-358-3624

☎ **Wayland Council on Aging (COA)** 508-358-2990

☎ **Wayland Housing Authority:** 508-655-6310



## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ Taxi Vouchers for the new fiscal year are now lime green.
- ⇒ Orange vouchers expired on June 30, 2017 and will not be accepted by JFK after July 31, 2017.
- ⇒ If you have unused orange vouchers, be sure to exchange them for the new lime green vouchers or return for a refund before September 30, 2017.

#### 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 MWR-TA 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 either: **MWRTA-Kiessling** **MWRTA- DIAL A RIDE.**

#### 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 -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. (Single vouchers worth \$5 of meter time may be purchased for \$3 each).

**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) Medical rides only**

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have no other way to get to local *medical appointments*. (Some drivers may 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.

**MWRTA: FIXED ROUTE BUSES:** Available to all ages. A network of buses operating 6 days/week and connecting to locations throughout the MetroWest area. Two routes run through south Wayland. Convenient travel to the Natick Mall, Sherwood Plaza, or other stops. Call 1-888-996-9782 or [www.mwrta.com](http://www.mwrta.com) for details.

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

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

### SEPTEMBER

**Thursday, 9/14: Eustis Estate Museum.** Depart COA at 9:30. Return at 2:00 pm. Cost: \$20 for admission and transportation. Explore a rare surviving example of late nineteenth-century architecture and design. Designed by renowned Boston architect William Ralph Emerson and built in 1878, the Eustis Estate sits on eighty acres of picturesque landscape at the base of the Blue Hills in Milton. Take a self-guided tour of the house and grounds. The stone mansion includes richly carved woodwork and dramatic stained glass windows. A great hall soars three stories to a decorative trussed ceiling. We will stop for lunch on the way home.

**Monday, 9/18: Market Basket & Marshall's:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request

**Tuesday, 9/26: The New England Aquarium in Boston:** Depart at 9:00 am. Return by 2:00 pm. Cost: \$28 for admission and transportation. Home to thousands of aquatic animals—from striped pyjama sharks to giant Pacific octopus to little blue penguins, the Aquarium offers a wide range of exhibits, including the largest shark and ray touch tank on the East Coast and the Giant Ocean Tank, a four-story coral reef featuring hundreds of Caribbean animals. Have lunch at the Harborview Café or one of many nearby restaurants.

### SHOP-AROUND SHUTTLE

The Shop-Around Shuttle is back for the fall! **September dates are 9/11 & 9/25. October dates are 10/16 & 10/30.** Home pick ups begin at 10 am and the return trip will begin at noon. Stops include Stop & Shop, the library, Panera and CVS. Free, but reservations required.

### COA Trip Policy

Registration for Wayland residents is open when the trip is advertised. 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. Non-residents may register on the 15th of the month. For non-residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup>. Due to advance financial commitments, refunds will only be given if the vacancy is filled.

### OCTOBER

**Monday, 10/2 : Topsfield Fair.** Depart COA at 9:00. Return at 2:00. Cost: \$15 for transportation. Senior day admission is \$8 and can be paid upon arrival at the fair. Enjoy this quintessential country fair which features traditional agriculture, demonstrations (ranging from beekeeping to miniature trains), a Grange Museum, the 4-H Agricultural/Arts and Crafts exhibits, entertainment, shopping, and great food... something for everyone!

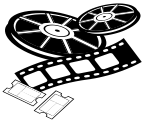
**Thursday, 10/5: Boston Symphony Open Rehearsal** Depart COA at 9:00 am. Return by 1:30 pm. We will provide transportation on our van for the Thursday morning open rehearsals. The cost is \$50.00 for transportation to all four concerts or \$15 for each individual concert. Riders must purchase their own Boston Symphony subscription: **Box office 888-266-1200 [WWW.BSO.ORG](http://WWW.BSO.ORG).** Additional dates are: November 30, February 8 and March 29.

**Tuesday, 10/17: Vermont Foliage Trip** Join us as we head to Vermont and enjoy the fabulous fall foliage along the way. The first stop will be Quechee Gorge for amazing views. Next we will arrive at the headquarters of Simon Pearce Glass where a fantastic meal will be served at the Mill restaurant. Following lunch we will be treated to a guided tour of the factory and watch glassblowing in progress. Our last stop is at the King Arthur Factory which is a baker's delight. Cost: \$119 includes motor coach transportation, tour and choice of lunch entrees.

**Tuesday, 10/24: Dana Schutz at the ICA, Boston.** Depart COA at 9:15. Return at 2:00 pm. Cost: \$22 for transportation, admission and docent led tour. One of the most prominent painters of her generation, the New York-based Schutz is known for her distinctive visual style characterized by vibrant color and tactile brushwork. Her large-scale paintings capture imaginary stories, hypothetical situations, and physical feats. There will be time for lunch at the café or at Seaport area restaurants.

### COMING SOON

**Friday, 12/8: Holiday Pops at Symphony Hall in Boston:** Take part in one of Boston's most beloved traditions. \$139 includes motor coach transportation, choice of two lunch entrees at the Venezia restaurant and matinee show. We have a limited number of tickets. Sign up deadline is 10/20. Checks payable to Best of Times.



## 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, September 8: GIFTED (2017) PG-13, 101 min., Drama

Frank Adler (Chris Evans) is a single man raising a child prodigy, his spirited young niece, Mary. Frank's plans for a normal school life for Mary are foiled when her mathematical abilities come to the attention of Frank's formidable mother whose plans for her granddaughter threaten to separate Frank and Mary. Octavia Spencer plays Roberta, Frank and Mary's landlady and best friend. Jenny Slate is Mary's teacher, Bonnie, a young woman whose concern for her student develops into a connection with her uncle as well.

### Friday, September 15: LOST CITY OF Z (2017) PG-13, 140 min., Action & Adventure, Drama

Based on David Grann's bestseller, "The Lost City of Z" tells the incredible true story of British explorer Percy Fawcett who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region. Despite being ridiculed by the scientific establishment who regard indigenous populations as "savages," the determined Fawcett— supported by his devoted wife, son, and aide-de-camp returns time and again to his beloved jungle to prove his case.

### FALL SPACE CHALLENGES FOR COA

Each season the Town Building faces unique space challenges. The Fall season means that approximately 20 exercise classes offered by the COA will need to be relocated or canceled. COA loses access to the Large Hearing Room due to Fall Flu clinics, the Friends of the Library semi-annual book sale and other events. Be sure to look for updates posted in your Wednesday classes to determine if your class has been affected. Please also note that the COA Computer Lab will be closing Sept. 6 as the Town reallocates space.

With the support of the Friends of the Wayland Council On Aging, we are also exploring rental options off-site in addition to seeing if a re-configuration of October programs could free up space.

Thank you for your understanding.

### The Wayland COA News

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Wayland Council on Aging  
41 Cochituate Road  
Wayland MA 01778  
[www.wayland.ma.us](http://www.wayland.ma.us)

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