

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

July SUMMER ISSUE 2018 August



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




SUMMER OUTDOOR CONCERT SERIES

Thursdays, July 5 & 12, 7pm-8pm.

All ages are welcome. Bring chairs if outside.

JULY and AUGUST HIGHLIGHTS

	Pg
⚙ The Great Courses DVD Lecture Series Sampler. Every Monday, 1pm JULY Topic: UNDERSTANDING JAPAN: A CULTURAL HISTORY AUGUST Topic: DECODING THE SECRETS OF EGYPTIAN HEIROGLYPHS All lectures Closed Captioning (CC)	3
⚙ TAI CHI PARADIGM, Mondays 2pm	5
⚙ New! COA WALKING CLUB For more info see p. 2	2
⚙ MEDICATION TAKE BACK with WAYLAND POLICE at COA *Wed, *July 11 11:30am-Noon *Wed, Aug 1. 11:30am-Noon.  Safely dispose of unwanted or expired medications	4
⚙ COA PIZZA CAFÉ/July: Wed., July 11, Noon, \$3, Reservations req. ⚙ COA PIZZA CAFÉ/Aug: Wed., Aug 1, Noon, \$3, Reservations req.	4
⚙ HOW TO SELF-PUBLISH YOUR BOOK FOR UNDER \$10.00 AND PLACE IT ON AMAZON FOR SALE with Publisher Henry Quinlan, Tuesday, July 17, 1:30pm By reservation. No Charge	3
⚙ SHOP-AROUND SHUTTLE: July 9 and Aug 13. Reservations req.	10
⚙ GALLERY ART HISTORY LECTURES with Cathy Lipson Thursday, July 12, 1:30pm and Thursday, August 16, 1:30pm Large Hearing Room, Reservations Please. No Charge.	5
⚙ VETERANS BENEFITS: Coffee & Conversation, July 24, 10:30am	3
⚙ Great Coursed DVD Lecture Series Encore presentations-see calendar	3

IMPORTANT NOTICES:

- ⇒ **The FY'19 Property Tax Work Off** begins placements this month based on lottery results. Anyone still interested in the program may still submit an application and will be placed on the waitlist in the order received.
- ⇒ **Medical Taxi Vouchers and Fit Bucks for exercise classes need to be updated for the new fiscal year.** Beginning July 1st, all tickets/vouchers are now LAVENDER in color. Lime green vouchers and taxi tickets from last year expired on June 30, 2018 and will not be accepted after July 31, 2018. Please call the COA for refund or trade-in options and deadlines.

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR- see special insert

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 Kwarta

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!

Health & Wellness Programs

Please bring a
water bottle to
all classes



Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE*	Tues/ Thurs	\$3/class-FIT BUCKS* ONLY	Tue & Th No class July 3, 5, and August 28	10-11am	Large Hearing Room
ZUMBA* <i>On summer hiatus</i>	Wed	\$3/class-FIT BUCKS* ONLY	Resumes in the fall	10:30-11:30 am	Town Bldg. Gym
THERA-TUBE*	Wed	\$3/class-FIT BUCKS*ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
TAI CHI PARADIGM	Mon.	July: \$21 Aug: \$28	Every Monday	2pm	Large Hearing Room
BETTER BALANCE	Wed	July: \$14 Aug: \$21	Wed: 7/11, 7/15 8/1, 8/8, 8/15,	1-2 pm	Large Hearing Room
New! WALKING CLUB	Newcomers Welcome! At the time of this printing, regular meeting times and dates are still being determined. Please call the COA with and questions and current schedule.				

**FIT BUCKS are required
to pay for all Drop-In classes.*
Stop by the COA to purchase FIT BUCKS—
\$3 per ticket or bundle of 5 tickets for \$15.



“TRY IT” POLICY:
When trying any of our on-going exercise
programs, your first class is **FREE**.
Go ahead—try something new!

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 Currently on summer hiatus: Returning in the fall on 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 PARADIGM: Gentle exercise designed to reinforce posture, balance and fundamental movement. Instructor: Lucien Zoll, Sr. Instructor. See p. 3

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).



WALKING CLUB: Walking is a wonder drug. In fact, walking just two days a week can greatly improve a person’s overall health. Join our new walking group which will be led by a group leader. The group will walk two days a week working up to an hour. The routes will vary.
Please check the summer calendar insert or call the COA for days and times.

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



New happenings at the COA

The Great Courses DVD Lecture Series EVERY MONDAY at 1pm Closed Captioning ((CC))

⇒ JULY: UNDERSTANDING JAPAN: A Cultural History

Japan's extraordinary culture is like no other in the world. The 2,000-year-old civilization grew through periods of seclusion and assimilation to cultivate a society responsible for immeasurable influences on the rest of the world.



What makes Japan so distinctive? The answer is more than just spiritual beliefs or culinary tastes. It's the ongoing clash between tradition and modernity; a conflict shaped by Japan's long history of engagement and isolation. This series was created in partnership with the Smithsonian.

⇒ AUGUST: DECODING THE SECRETS OF EGYPTIAN HIEROGLYPHS ...learning to read, write and translate

Ancient Egyptian civilization is undoubtedly one of the most fascinating chapters in human history. While remnants of the culture like temples, obelisks, and sarcophagi continue to mystify us, you can unlock their true meaning if you know how to read hieroglyphs.



The Monday DVD lecture series topics change monthly. Enjoy a sampling of lectures by highly recognized presenters.



Great Courses DVD Lecture Series Encore Presentations:

Join us for a showing of continued chapters on topics previously studied. Episodes will be shown as space permits this summer. Refer to the summer calendar insert for dates and lecture description. DVDs are also available for 2 wk loan. Call or stop by the COA for more info.

SELF PUBLISHING YOUR STORY

And doing it for under \$10!

Have a passion to write a novel, an autobiography,
a memoir, a company history?

Tuesday, July 17, 1:30pm, COA
No charge; by reservation

Henry Quinlan, a publisher with more than 40 years of publishing experience, will demonstrate how to self-publish your story for under \$10.00 when you, as an author, use available technology to self-publish and to place it on Amazon for sale. Mr. Quinlan offers writing tips for authors that will help them avoid the most common mistakes amateur writers make.

If a writer wants to spend money on his/her book, he will tell you where it is most productive and how to EARN it back plus more. Remember you are not alone. More than 700,000 books were self-published last year. Mr. Quinlan will present a case study of a one first-time author who sold more than 750,000 copies of her self-published book.



Reservations requested. No charge.

COFFEE HOUR with VETERANS AGENT, SARADA KALPEE Tuesday, July 24, 10:30am, COA Are you interested in learning about....

- ◆ No deductible healthcare for Veterans at the VA Hospitals
- ◆ Information on Aid and Attendance pension for Veteran/Spouse
- ◆ Obtaining a Veteran ID card for discounts at retail stores like Lowes and Home Depot

Join us for coffee and conversation For additional information or assistance, consider scheduling an appointment with Sarada while at the coffee hour.

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, July 2 and Monday, August 6.

- 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.



Education/Social Programs



Sample the varieties at the **1st WEDNESDAY** **COA PIZZA BUFFET CAFÉ**

Please note :

The July café will be second Wed in July due to Holiday

⇒ **JULY: Wed., 7/11, Noon, \$3**

And

⇒ **AUGUST: Wed., 8/1, Noon \$3**

Reservations are required by noon on the Monday preceding the Café.

MENU: PIZZA BUFFET, Salad, Dessert, Beverage
Cheese-free and gluten-free pizza are always available.

(with Medication Take Back 11:30am-Noon)

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

MEDICATION TAKE-BACK

⇒ **JULY: Wed., 7/11, 11:30 to Noon**

⇒ **AUGUST: Wed., 8/1, 11:30 to Noon**

On the FIRST WEDNESDAY of every month, in conjunction with the PIZZA CAFÉ, The Wayland Police Department will be at the COA to collect unwanted or expired medications. 11:30am-Noon.

Advanced WATERCOLORS w/ Cecilia Sharma

Fridays, 9:00-11:30am at Town Building COA,
On summer break. Classes resume in the fall,
Pre-registration and pre-payment required.



GRANDPARENTS NETWORKING GROUP

Tuesday, July 9, Aug. 14

10:30 am-noon

*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.



ONGOING 'DROP IN' PROGRAMS

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

⇒ **COA CONNECTIONS**

Summer schedule: Mondays, 2:30pm

July 9, July 23, Aug. 6, Aug 20

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, 12:30pm

Players need to arrive by **12:30** to be included in table rotation. This group is for advanced or HIGH intermediate players.

'Thank you, Farewell, and Good Luck' **Coffee Hour for long time Van Driver,** **Debbie Fumicello**

Wed, August 15, 9-10am



This drop in coffee hour is open to all who would like a chance to stop by and wish Debbie well in retirement.

As a driver of the COA van for many years, Debbie is highly regarded and well known to many who have traveled on the COA local trips.

Following coffee, Debbie will conclude her COA driving career with a trip to the Pawtucket Red Sox. (See page 10 for Pawtucket trip details).



Stay up to date on all the exciting COA happenings! The **COA NEWSLETTER** is mailed free of charge to Wayland residents age 60 and older. If you would like to be added to our list, call the COA at 508-358-2990. If you live outside of Wayland, there is a \$10 annual mailing fee. View the newsletter any time on our website: www.wayland.ma.us (Select Council on Aging)

Education/Social Programs, *continued*

ART GALLERY Lecture Series
THE ITALIAN RENAISSANCE (July)
and LEONARDO da VINCI, (August)
Presenter: Cathy Lipson, Art Matters 4 Art
Dates: THURSDAY, July 12 at 1:30pm
THURSDAY, Aug. 16 at 1:30pm
Location: Large Hearing Room
Reservations requested, No Charge



THE ITALIAN RENAISSANCE - Thursday, July 12
 After almost 1000 years of "dark ages", the genius of Leonardo Da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and an overview of the Italian Renaissance.

LEONARDO DA VINCI – Thursday, August 16
 He was one of the greatest painters in the world, but painting was not what he did the best. Da Vinci was a scientist, a chemist, a mathematician, an engineer, a designer of military equipment and strategist, a sculptor, a concert level musician, and an inventor. He was The Renaissance Man. Join us for a look into all the works of Leonardo Da Vinci and the vision that was his genius.



This series has been made possible by a generous grant from the Friends of the Wayland Council On Aging. Both presentations will be held in the Large Hearing Room.

THE TAI CHI PARADIGM

Master Calvin Chin Academy
 "A modern approach to an antiquated way"
 Mindful meditation in motion.
 Mondays, 2-3pm, Large Hearing Room

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.
Tuesday, July 17, 2018, 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; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; John Shaw.

PROPERTY TAX RELIEF COMMITTEE

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

MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Rob Weiland

NEXT MEETING:

Wed., Aug. 8, 2018 at 7pm.

Education/Social Programs (cont.)



Looking for the COA calendar?

For this edition, the COA calendar is included as a removable insert to allow space for both our July and August Calendars.

Please give us a call with any questions or to check if there are any changes to the schedule. COA: 508-358-2990

Early Fall Highlights

- ⇒ **COA Café: September 5 at 12:00**, Reservations
- ⇒ **Medication Take Back with WPD. 9/5 11:30**,
- ⇒ **Shop Around Shuttle, September 10**, Reservations
- ⇒ **Medicare Informational sessions—Date TBD**
- ⇒ **Golden Tones rehearsals resume Aug 28**
- ⇒ **Zumba resumes in September**

Happy Summer

Along with the much welcomed warmer weather and longer days, summer can bring about challenges with heatwaves or a change in regular routines/services for some. Please remember that the COA is here with most of our regular programs continuing throughout the summer. In addition, we have several special events and presentations scheduled.

The coffee is hot and the building is cool.

Come join us!

REAL ID: INFORMATION FROM THE REGISTRY OF MOTOR VEHICLES:

WHAT IS A “REAL ID”?

- A new type of credential that the RMV will begin to issue on March 26, 2018.
- REAL ID comes from the REAL ID Act of 2005, which sets security standards for state-issued driver’s licenses and ID cards.

WHY DO I NEED A “REAL ID”?

- By October of 2020, you will need it to:
 - ⇒ board a plane in the US, or
 - ⇒ enter a federal building
 - ⇒ If you have a valid passport, you could use that and never need a REAL ID.

SHOULD I GET A “REAL ID”?


You don’t need a REAL ID until October of 2020 so for many, just wait and apply for it when your license/ID is due for renewal.

The REAL ID Act establishes minimum security standards for license issuance and production and prohibits Federal agencies from accepting for certain purposes driver’s licenses and identification cards from states not meeting the Act’s minimum standards. The purposes covered by the Act are: accessing Federal facilities, entering nuclear power plants, and, boarding federally regulated commercial aircraft.



WAYLAND COA NEWS SUMMER CALENDAR 2018 JULY

(see our August calendar on the reverse side)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Video Lecture 2 Series: <i>UNDERSTANDING JAPAN</i> 2:00 NO Tai Chi 2:30 Connections <i>Podiatry-by appt.</i>	3 10:00 Lois Fit4Future	4 HOLIDAY Town Building Closed 	5 10:00 Lois' F4F 12:30 Advanced Bridge 9:30 Walking Club 7:00 Summer Concert  <i>Sudbury Valley</i> <i>New Horizons Band</i>	6 <i>Check out our new Walking Club! Every Weds. & Thurs. 9:30am at the COA. New members welcome.</i>
1:00 Video Lecture 9 Series: <i>UNDERSTANDING JAPAN</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	10 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy: Guest speaker, Dick Eastman <i>Trip to Newburyport</i>	11 9:15 Thera-Tube 9:30 Walking Club 11:45 Med Take-back 12:00 COA Café 1:00 Better Balance	12 9:30 Walking Club 10:00 Lois' F4F 10:00 Legal Clinic 12:30 Advanced Bridge 1:30 Art Lecture 7:00 Summer Concert  <i>"Local Freight"</i> <i>Blue Grass</i>	13 12:30 MOVIE: <i>The Leisure Seeker (2017)</i>
1:00 Video Lecture 16 Series: <i>UNDERSTANDING JAPAN</i> 2:00 Tai Chi Paradigm 2:30 NO Connections	17 10:00 Lois' F4F 1:30 Self-Publishing Your Story	18 9:15 Thera-Tube 9:30 Walking Club 1:00 NO Better Balance <i>Trip to Castle Island</i>	19 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	20 <i>Did you know? The COA is open regular hours all summer long. Come in for your regular programs or stop by to say hello and cool off. We are here!</i>
1:00 Video Lecture 23 Series: <i>UNDERSTANDING JAPAN</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	24 10:30 Coffee Hour w/ Veteran's Agent Sarada Kalpee 10:00 Lois' F4F 1:00 Genealogy	25 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance	26 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge <i>Gloucester Harbor Cruise</i>	27 12:30 MOVIE: <i>Murder on the Orient Express (2017)</i>
1:00 Video Lecture 30 Series: <i>UNDERSTANDING JAPAN</i> 2:00 Tai Chi Paradigm 2:30 NO Connections	31 10:00 Lois' F4F	<div>JULY</div>		LEGEND: <i>GT: Golden Tones F4F: Fit for the Future AC: Wayland Art Ctr. AP: Advanced Players</i>



BBQ at the Town Building! Wed., Sept 12, Noon

GRILL OUT...EAT IN (Large Hearing Room)

Menu: BBQ Chicken, hot dogs, hamburgers, assorted salads, watermelon and more!

RESERVATIONS REQUIRED by Sept. 5: Call COA at 508-358-2990

Ticket Price: Donation appreciated at event. Sponsored by BayPath Elder Services



WAYLAND COA NEWS SUMMER CALENDAR 2018 AUGUST

(see our July calendar on the reverse side)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="text-align: center; font-size: 48pt; color: blue; background-color: lightblue; padding: 20px;">AUGUST</div> <div style="background-color: #f0f0f0; padding: 5px;"> LEGEND: <i>GT: Golden Tones F4F: Fit for the Future</i> </div>		9:15 Thera-Tube 1 9:30 Walking Club 11:45 Med Take-back 12:00 COA Café 1:00 Better Balance	9:30 Walking Club 2 10am Lois's F4F 12:30 Advanced Bridge	Summer Checklist: 3 ✓ Sunblock ✓ Hat ✓ Drink lots of water ✓ Stay cool. Remember there is air conditioning at the COA. Join us!
11:00 Video Lecture 6 Series: <i>DECODING EGYPTIAN HIEROGLYPHS</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry-by appt.</i>	10:00 Lois' F4F 7 1:00 Great Courses: <i>Life in the World's Oceans: Marine Mammals</i> <i>Trip to Rockport</i>	9:15 Thera-Tube 8 9:30 Walking Club 1:00 Better Balance	9:30 Walking Club 9 10:00 Lois' F4F 12:30 Advanced Bridge	10 12:30 MOVIE: Chappaquiddick (2017)
1:00 Video Lecture 13 Series: <i>DECODING EGYPTIAN HIEROGLYPHS</i> 2:00 Tai Chi Paradigm <i>Shop Around Shuttle</i>	10:00 Lois' F4F 14 10:30 Grandparents 1:00 Genealogy	9:00 Farewell Coffee 15 for Debbie Fumicello 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance <i>Trip to Paw Sox</i>	9:30 Walking Club 16 10:00 Lois' F4F 12:30 Advanced Bridge 1:30 Art Lecture	17
11:00 Video Lecture 20 Series: <i>DECODING EGYPTIAN HIEROGLYPHS</i> 2:00 Tai Chi Paradigm 2:30 Connections	10:00 Lois' F4F 21 1:00 Great Courses: <i>Life in the World's Oceans: Intelligence in Marine Animals</i>	9:15 Thera-Tube 22 9:30 Walking Club 1:00 NO Better Balance <i>Trip to Newport Play-house</i>	9:30 Walking Club 23 10:00 Lois' F4F 10:00 Legal Clinic 12:30 Advanced Bridge	24 12:30 MOVIE: Overboard (2018)
1:00 Video Lecture Series 27 <i>DECODING EGYPTIAN HIEROGLYPHS</i> 2:00 Tai Chi Paradigm <i>Trip to Market Basket</i>	9:15 GT Nuggets 28 10:15 Golden Tones 10:00 NO Lois' F4F 1:00 Genealogy	9:15 Thera-Tube 29 9:30 Walking Club 1:00 NO Better Balance	9:30 Walking Club 30 10:00 Lois' F4F 12:30 Advanced Bridge	Looking ahead: 31 COA Pizza café is next week on Wed, Sept. 5 at noon. Reservations req.



BBQ at the Town Building! Wed., Sept 12, Noon

GRILL OUT...EAT IN (Large Hearing Room)

Menu: BBQ Chicken, hot dogs, hamburgers, assorted salads, watermelon and more!

RESERVATIONS REQUIRED by Sept. 5: Call COA at 508-358-2990

Ticket Price: Donation appreciated at event. Sponsored by BayPath Elder Services

From the Outreach Desk

~Sue Hatton

Wayland COA News Online

What time is the Tai Chi exercise class? What is the date of that museum trip I was thinking about? What movies are showing at COA this month? Where did I put my COA newsletter?

No doubt, one of these questions has popped up a time or two in your household and you are always invited to give us a call. We love to hear from you and are pleased to answer all of your inquiries.

As an added convenience to our monthly mailing, the COA newsletter is posted online every month where you can access it any time of day. For a variety of reasons, many people enjoy the convenience of one-click access to this information. To make the on-line version even more accessible, a new feature on the Town of Wayland website offers the option to receive an email alert and direct link each month when the newsletter is posted. As more and more people use computers, tablets and smart phones, this on-line access is becoming increasingly popular. You may want to give it a try! Check out:

<https://www.wayland.ma.us/council-aging-coa> Or go to www.wayland.ma.us, click on the Departments tab and then click on Council on Aging (COA).

For email alerts, click on the Town Seal at the top left of our page and return to the Town of Wayland homepage. On the lower right, click on 'subscribe and Choose 'COA news'.



Volunteer Corner



In the summer, many of our busy volunteers take time away with family and friends to relax and re-charge their batteries. While they are away, the needs of our community do not diminish.

I want to give a special shout-out to all the volunteers who step up and fill in during the summer when the calendar shows many open volunteer spots. When I send an email to our volunteer teams with a list of needs, the response is always positive and heartwarming. Throughout the summer, meals are delivered, rides are given, and newsletters are labeled, just as they are all year long.

It takes a large team of volunteers to cover all the needs, and to support one another as availability waxes and wanes. If you have time to give during the summer months, give me a call. We can put your time to good use!

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 at least 48 hours in advance for a ride reservation.

⇒ **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:** 1-877-785-2020 or visit 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 UPDATE on TAXI VOUCHERS

- ⇒ Taxi Vouchers for the upcoming fiscal year will be lavender.
- ⇒ Current lime green vouchers expire on June 30 and will only be accepted by JFK until 7/30/18.
- ⇒ If you have unused lime green vouchers, be sure to exchange them for the new lavender vouchers or return for a refund before September 30, 2018. Please call the COA office with any questions 508-358-2990.

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*.

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 for details.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

JULY

Tuesday, 7/10: Newburyport. Depart COA at 9:30am. Return by 4:00pm. Cost: \$15 for transportation only. Spend the day in the Market Square Historic District, home to the Custom House Maritime Museum, and many of Newburyport's shops and restaurants. Pop into one of the many cafes, grab a coffee to go and take a stroll on the boardwalk to enjoy the natural beauty of the water.

Wednesday, 7/18: Castle Island, Fort Independence and Sullivan's. Depart COA at 10:00. Return by 4:00. Cost: \$10 for transportation. Spend the day enjoying the views of Boston and have lunch at Sullivan's for fresh seafood and sandwiches. You can also tour Fort Independence, which is the dominating feature of Castle Island.

Monday, 7/23: Market Basket & Marshalls: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pick-ups available by request.

Thursday, 7/26: Gloucester Harbor Cruise with Lobster bake. Take in views of the city skyline, waterfront, Fisherman statue, Rocky Neck art colony. Listen and dance to the music on board the Beauport \$109 per person includes transportation, cruise, lobster bake buffet luncheon, entertainment and dancing. Checks payable to Best of Times. Currently on Wait list.

AUGUST

Tuesday, 8/7: Rockport. Depart COA at 9:30. Return by 4:00. \$15 for transportation only. Enjoy a day by the sea. You will have time to shop, have lunch (on your own) and enjoy the salt air

Wednesday, 8/15: Paw Sox Senior Silver Day in Pawtucket. Depart COA at 10:00. Return by 5:00 pm. \$30 includes transportation, reserved seats, and \$7 of ballpark credit. Enjoy a fun day at the ballpark!

Wednesday, 8/22: No Tell Motel at the Newport Playhouse. Depart COA at 8:45. Return approx. 6 pm. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret restaurant. Here you will enjoy a great buffet, a wonderful play and a fun cabaret performance. Cost: \$90 includes sightseeing, admission to the Playhouse, buffet luncheon, motor coach transportation and driver gratuity. Checks payable to Fox Tours.

FALL TRIPS

Please check our website and at the COA later in the summer for additional September trips.

Thursday, 9/6: Casanova's Europe: Art, Pleasure, and Power in the 18th Century ,at the MFA: Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$10 for transportation only. MFA admission can be paid at museum. The exhibition combines more than 250 paintings, sculptures, works on paper, decorative arts, furniture, costumes, and musical instruments in a lavish display of the visual riches of Casanova's world.

9/21-9/23: Lake George Balloon Festival: Watch hundreds of balloons fill the sky with their fun shapes and brilliant colors. Trip includes luxury motor coach transportation, three meals including Lake George dinner cruise, access to the balloon festival, touring and professional tour director. Price: \$429 pp double occupancy. Checks payable to Best of Times.

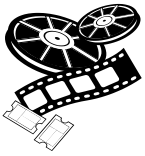
10/3: Norman Rockwell Museum with lunch at the Red Lion Inn in Stockbridge. Depart COA at 8:15. Return approx. 6 pm. Explore the quaint town of Stockbridge followed by lunch at the famous Red Lion Inn with a choice of Yankee pot roast or salmon. Then head to the Rockwell museum. Cost \$90 per person.

12/6: Holiday Pops at Symphony Hall

SHOP-AROUND SHUTTLE NEWS

The Shop Around Shuttle is a great way to get your errands done. It runs monthly on the 2nd Monday of the month: summer dates: July 9, August 13 and September 10. Stops include Stop & Shop, the library, Panera and CVS. Home pick-ups begin at 10am. 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 15th of the month will be processed on the 15th. Due to financial commitments, refunds will only be given if the vacancy is filled.



FRIDAY “After Hours” MOVIE MATINEE

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

ENJOY self-serve popcorn and cold drinks from our “Hospitality Cart” — it’s all complimentary!

Friday, July 13 THE LEISURE SEEKER (2017), R, 112 Minutes , Adventure / Comedy / Drama

Helen Mirren, Donald Sutherland. A runaway couple go on an unforgettable journey in the faithful old RV they call “The Leisure Seeker”

Friday, July 27 MURDER ON THE ORIENT EXPRESS (2017), PG-13, 1 hr 54 Min. Crime / Drama/Myst

Kenneth Branagh, Penelope Cruz, Willem Dafoe, Johnny Depp. When a murder occurs on the train he’s travelling on, celebrated detective Hercule Poirot is recruited to solve the case. Based on an Agatha Christie novel.

Friday, Aug 10 CHAPPAQUIDDICK (2017) , PG-13, 1hr 46 Minutes, Drama / History / Thriller

Depicting Ted Kennedy’s involvement in the fatal 1969 car accident that claimed the life of a young campaign strategist, Mary Jo Kopechne

Friday, Aug 24 OVERBOARD (2018), PG-13, 1hr 52 Minutes, Comedy / Romance

Eva Longoria, Anna Farris, A spoiled wealthy yacht owner is thrown overboard and becomes the target of revenge from his mistreated employee

A Tight Squeeze:

There are many requests to use municipal space. COA programs occasionally need to be canceled or relocated when other groups need large meeting areas. With the Wayland Art Center closing in August, COA September art classes will be moved to the COA at the Town Building as space permits. Thank you for your understanding.!

The Wayland COA News

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Wayland Council on Aging
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Wayland MA 01778

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