

# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JUNE 2018

**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**

JUNE HIGHLIGHTS		Pg.	
☼ <b>FY'19 PROPERTY TAX WORK-OFF</b> applications are now available. Completed applications need to be turned in to the COA by June 29 at noon in order to be entered into the July lottery.	3		<b>HEALTH/ WELLNESS</b> p 2
☼ <b>INFORMATIONAL COFFEE</b> about the program on <b>June 4, 10:30am</b> , Selectmen's Meeting Room. For more information, see p. 3	3		<b>EDUCATION/ARTS</b> p 3
☼ <b>The Great Courses DVD Lecture Series Sampler. Every Monday, 1pm</b> <b>JUNE Topic: THE AGE OF BEN FRANKLIN</b> (Closed Captioning-CC)	3		<b>CALENDAR</b> p 6
☼ <b>TAI CHI PARADIGM, Mondays 2pm</b>	5		<b>TRANSPORTATION AND SERVICES</b> pp 8-9
☼ <b>A New WALKING CLUB is forming. Informational meeting on Tuesday, June 5. For more info see p. 3</b>	3		<b>TRAVEL &amp; COA VAN</b> p10
☼ <b>MEDICATION TAKE BACK with WAYLAND POLICE</b> at COA <b>Wed, June 6, 11:30am-Noon.</b> Dispose of unwanted or expired medications.	4		<b>MOVIES</b> p12
☼ <b>COA PIZZA CAFÉ Wed., June 6, Noon, \$3, Reservations required.</b>	4		*****
☼ <b>SOUTHBOUND TRAIN</b> country band kicks off the COA's <b>Summer Outdoor Concert Series on Thursday June 14, 7pm-8pm.</b> This is a 5-week series from June 14-July 12 featuring a variety of bands. All ages welcome. Bring chairs. Held on Town Building Courtyard lawn. If rain, concerts will be held in Large Hearing Room.	3		<b>Director:</b> Julie Secord, M-F
☼ <b>SHOP-AROUND SHUTTLE: June 11, Advance Reservation required.</b>	10		<b>Office Coordinator:</b> Nancy Greenwood, M-F
☼ <b>SUMMER LUNCHEON, Wednesday, June 20, Noon</b> Menu includes baked chicken tenders, potato salad, watermelon and more. Enjoy the music and vocals of guitarist Zack Danziger	5		<b>Outreach Coordinator :</b> Sue Hatton, M-F
☼ <b>THE LIFE AND TIMES OF FRANK SINATRA, Wed. June 27</b> Presented by Bruce Hambro, music and motion picture historian.	5		<b>Project Coordinator :</b> Shawna Levine, M-W
<b><u>JULY/AUGUST HIGHLIGHTS:</u></b>  <b>SUMMER OUTDOOR CONCERT SERIES</b> continues Thursdays, July 5 & 12, 7pm-8pm. All ages are welcome. Bring chairs if outside.			<b>Volunteer Coordinator:</b> Ann Gordon, T-Th
☼ <b>SHANGHAI RUMMY:</b> Rummy players will enjoy this social game on summer afternoons at the COA. More info in summer newsletter.			<b>BayPath Home Delivered Meals:</b> 508-573-7200
☼ <b>JULY</b> starts the new fiscal year. All medical Taxi Vouchers and Fit Bucks, are now LAVENDER in color. Lime green vouchers and taxi tickets must be used or traded in for new ones during June and July. Please stop by the COA with any questions.			<b>S.H.I.N.E. Counselors</b> Kathleen Woehrling Penny Wilson
			<b>Property Tax Work-Off</b> Becky Patterson Wednesday 9-11am
			<b>COA WayCam Liaison:</b> Joanne Kwart
			<b>West Suburban Veterans Services District</b> <b>Sarada Kalpee, Director</b> Tuesday 9am-4pm Selectmen's Office 781-850-5504 Regional VA Office 781-489-7509 *****
			<b>Find us on</b> 
			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
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS* ONLY	Tue & Th	10-11am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS* ONLY	Every Wed. June 6, 13, 20	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 PARADIGM</b>	Mon.	June: \$28	Every Monday	2pm	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$21 June 6, 13, 20	Every Wed.	1-2 pm	Large Hearing Room

*\*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** 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. June 20 is last class. Zumba class will resume in the Fall.

**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).



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

### TAX WORK-OFF PROGRAM for FY19

(July 2018 –March 2019)

#### INFORMATIONAL COFFEE

Monday, June 4, 10:30am

Would you like to earn money to offset your property taxes by working in a Town Department? Come join us for coffee on Monday, June 4 at 10:30am to learn about the program and the opportunities available. Please join us even if you have participated in the past, as we will review the updated application.

Tax work-off applications will be available starting June 1, 2018 at the COA office. Turn applications in to COA on or before June 29 at noon to be entered into the July lottery. Applications received after that date will be processed in order received.

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

### The Great Courses DVD Lecture Series EVERY MONDAY at 1pm, June 4, 11, 18, 25 JUNE TOPIC: THE AGE OF BEN FRANKLIN

We all have certain images of Ben Franklin: the witty Founding Father who promoted independence; the Philadelphia printer who created *Poor Richard's Almanack*; the scientist who conducted experiments with kites in electrical storms; the author of what is arguably America's best-known autobiography. These images reveal an intellectually curious and successful man of the 18th century, but they don't fully capture the rich and multi-faceted genius of one of the most extraordinary Americans—perhaps the quintessential American—in history. Closed Captioning ((CC))



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



*Spread the word ...Everyone's invited to  
COA's FREE*

#### 7th Annual Community Concert Series

June 14—July 12

Thursdays 7-8 PM

Wayland Town Building Courtyard

(Large Hearing Room if raining)

June 14: Southbound Train: Country 🎵

June 21: Club Soda: Top '40s 🎵

June 28: The Tom Nutile Big Band 🎵

July 5 : Sudbury Valley New Horizons Band 🎵

July 12: Local Freight: Bluegrass 🎵

*Special thanks to our sponsors*

Alkon & Levine, P.C, Royal Wayland,  
The Village Bank, Traditions of Wayland,  
Brett Leifer, Professional Numismatist

Middlesex Savings Bank,

Joanne Berry: Coldwell Banker

### Join our new WALKING CLUB Information Session

Tuesday, June 5, 9:30am



Walking is a wonder drug! Everyone can do it – all you need is a good pair of shoes and a safe walking area. In fact, walking just two days a week can greatly improve a person's overall

health. Walking with a group is a great motivator and a fun social activity.

Wayland COA has received a grant to start a walking group from the Massachusetts Councils on Aging. The group will be led by a walking group leader. The goal is for participants to walk two days a week working up to an hour. Join us for an informational coffee on Tuesday, June 5 at 9:30am. We welcome your input as we explore days, times and walking routes.



## 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, June 4, 2018

- 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**  
**Wed., June 6, 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)*

**Join us next month on June 6**

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

**MEDICATION TAKE-BACK**  
**Wednesday, June 6, 11:30am-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 and sharps 11:30am-Noon.

*No pre-registration needed to drop off medications.*

**Advanced WATERCOLORS w/ Cecilia Sharma**  
at the WAYLAND ART CENTER



Fridays, 10am-12:30pm

**Call for current session dates and cost.**  
*Pre-registration and pre-payment required.*

**GRANDPARENTS NETWORKING GROUP**

Tuesday, June 12

**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:

**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, 12:30pm**

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

### OUR SHINE COUNSELOR LIVES UP TO THE NAME



Our sincerest thanks and hearty congratulations go out to SHINE counselor Kathleen Woehrling who counseled the highest number of clients in the MetroWest SHINE program during a contest period earlier this year. Kathleen screened 249 clients and completed 23 Prescription Advantage applications, topping more than 60 other SHINE counselors in the area.

We are so grateful to Kathleen, and also to Penny Wilson, our other SHINE counselor, for their expertise and ongoing dedication.

### DPA ICE CREAM SOCIAL:

**Saturday, June 16**

**2-4pm, Rain or Shine**

In celebration of the 50th anniversary of Dudley Pond Association (DPA), there will be a free ice cream social at Mansion Beach. Enjoy hand-scooped ice cream with all the toppings and a celebratory cake. DPA is a non-profit 501(c)(3) organization founded in 1968.



**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](http://www.wayland.ma.us) *(Select Council on Aging)*



## Education/Social Programs, *continued*



### SUMMER LUNCHEON

Wednesday, June 20,  
Noon

COA, Reservations \$7pp

Come relax at our summer luncheon with a casual menu of baked chicken fingers, potato salad, watermelon and more while enjoying the music and vocals of guitarist Zack Danziger.

For those who attended the Volunteer Luncheon, you will remember the great time had by all enjoying summer tunes with Zack ...including Sweet Caroline, Jimmy Buffet, and more! Join us!



## 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, June 12, 2018, 8am**



### 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

Appropriate for all abilities. Pay by the month (\$7/class).

June Schedule: 4 Mondays in June = \$28

COA's 'Try It' policy: first class free.

Tai Chi Instructor: Lucien Zoll

*Belmont COA has successfully offered Tai Chi Paradigm classes for 16 years!*

## 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:

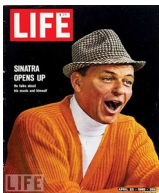
Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; John Shaw.

## 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., June 13, 2018 at 7pm.



### The Life and Times of FRANK SINATRA

Presented by Bruce Hambro

Wednesday, June 27, 1:00 PM

This is a fast-paced, one-hour lecture that includes a treasure-trove of music and images from the vast catalogue of the career of Ol' Blue Eyes. Beginning with the start of Frank Sinatra's singing career in the 1930s, this presentation follows his meteoric rise to fame in the 1940s, his fall from grace later that decade and his historic comeback in the 1950s. The program concludes with how *the Chairman of the Board* solidified his hold on the world of musical entertainment for the next three decades. Enjoy many classic Sinatra recordings while learning about Sinatra's personal life.

Reservations requested. Program will be held in the COA.

**ABOUT THE PRESENTER:** *Bruce Hambro considers himself a music and motion picture historian. He brings his passion for show business to all of his presentations. This program has become the cornerstone of a comprehensive series that Mr. Hambro has developed about the lives and careers of "Legends of the Great American Songbook."*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE</b>		<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>AC: Wayland Art Ctr.</i>	COA's Summer Concert Series begins on June 14th and continues for 5 consecutive Thursdays	<b>1</b>  10:00 Watercolor  12:30 MOVIE: Please Stand By
10:30 Tax Work-off info. <b>4</b> 1:00 Video Lecture Series: <i>THE AGE OF BEN FRANKLIN</i> 2:00 Tai Chi Paradigm 2:30 Connections ⇒ <i>Podiatry-by appt.</i>	<b>5</b>  9:30 Walking Club Mtg. 10:00 Lois' F4F	9:15 Thera-Tube <b>6</b> 10:30 Zumba 11:45 Med Take-back 12:00 COA Café 1:00 Better Balance	10:00 Lois' F4F <b>7</b> 12:30 Bridge (Advanced Players)	<b>8</b>  10:00 Watercolor
1:00 Video <b>11</b> Lecture Series: <i>THE AGE OF BEN FRANKLIN</i> 2:00 Tai Chi Paradigm 2:30 Connections ⇒ <i>Shop Around Shuttle</i>	10:00 Lois' F4F <b>12</b> 10:30 Grandparents 1:00 Genealogy <i>Trip to Eataty</i>	9:15 Thera-Tube <b>13</b> 10:30 Zumba 1:00 Better Balance	10:00 Lois' F4F <b>14</b> 12:30 Bridge (Advanced Players)  7:00 Summer Concert 🎵 <i>Southbound Train</i>	<b>15</b>  10:00 Watercolor  12:30 MOVIE: Bombshell: The Hedy Lemar Story
1:00 Video <b>18</b> Lecture Series: <i>THE AGE OF BEN FRANKLIN</i> 2:00 Tai Chi Paradigm 2:30 Connections	<b>19</b>  10:00 Lois' F4F	9:15 Thera-Tube <b>20</b> 10:30 Zumba 12:00 Summer luncheon 1:00 Better Balance	10:00 Lois' F4F <b>21</b> 12:30 Bridge (Advanced Players) 7:00 Summer Concert 🎵 <i>Club Soda : Top 40's</i>	<b>22</b>  10:00 Watercolor
<b>25</b> 1:00 Video Lecture Series THE AGE OF BEN FRANKLIN 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	<b>26</b> 10:00 Lois' F4F 1:00 Genealogy <i>Trip to Castle Hill &amp; Woodman's</i>	9:15 Thera-Tube <b>27</b> 10:30 Zumba 1:00 NO Better Balance this week 1:00 Bruce Hambro presents Frank Sinatra	10:00 Lois' F4F <b>28</b> 12:30 Bridge (Advanced Players) 7:00 Summer Concert 🎵 <i>Tom Nutile Big Band</i>	<b>29</b>  <i>6/30—7/1: Trip to NYC</i>

## From the Outreach Desk

~Sue Hatton

### A Breath of Fresh Air

If the warm weather has you opening windows, shedding sweaters and taking a step outside then you might consider taking advantage of a few local opportunities available during this season.

- ⇒ **Senior Parking Pass for Massachusetts State Parks:** People age 62 and older are eligible for a discounted lifetime parking pass that covers the cost of parking at most state parks for a one time cost of \$10. Locally, this includes many options including Cochituate State Park and Walden Pond. Purchase right at the park where parking fees are being collected. Bring proof of age and residency, such as a driver's license. To order by mail, send a request for a Senior Parks Pass to: Central Regional Office, Attention: Senior Pass, 355 West Boylston Street, Route 110, Clinton, MA 01510. Include a copy of your Massachusetts driver's license or other official proof of state residency and age and a \$10 check made out to the Commonwealth of Massachusetts.
- ⇒ **COA Summer Concerts:** Begin on Thursday June 14<sup>th</sup> at 7 PM. No charge. Enjoy the music and catch up with friends, old and new at the Wayland Town Building Courtyard. (more details page 3).
- ⇒ **Shop at a Farmers' Market:** According to the US Department of Agriculture, it's more than just for healthy vegetables. Here is their list of the Top 10 Reasons to Shop at a Farmers Market:
  1. Freshly picked, in-season produce is at its peak in flavor and nutrition.
  2. Supports local farmers.
  3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
  4. It's a great way to get your kids (and grandchildren) involved.
  5. Supporting your local farmers market strengthens your community.
  6. Farmers markets offer foods that align with MyPlate guidelines.
  7. Farmers often have recipes for preparing their products.
  8. You can try a new fruit or vegetable!
  9. SNAP benefits are accepted at many farmers markets.
  10. Farmers markets are available in most communities. Check out the Wednesday afternoon market at Russell's or visit markets available in most of our neighboring towns.
- ⇒ The **Senior Farmers' Market Nutrition Program** typically offers a limited quantity of **Farmers' Market Coupons** to local COA's. These are made available by lottery system to senior residents who are income eligible. For more information and to place your name on the lottery list, please call the COA by June 30th.

## Volunteer Corner



Every May we have the distinct pleasure of celebrating COA volunteers at our annual Volunteer Appreciation Luncheon. We have 140 volunteers, and we appreciate them every single day, but this event is our opportunity to really show it with food, music and small gifts.

The luncheon is funded by a grant from the Mass. Executive Office of Elder Affairs, which stipulates that we may spend the grant money on volunteers who have donated at least 15 hours of their time in the past year. Most of our volunteers give considerably more, for which we are so grateful. Thank you to all who help us meet our mission to serve

Wayland's older residents. We could not do it without you!

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](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 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.
- ⇒ Please stop by the COA office to update old tickets and/or get refunds for expiring tickets. Call with questions.

#### 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](http://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.

### JUNE

**Tuesday, 6/12: Eataly Boston.** Depart COA at 9:30, return at 2:00 pm. Cost: \$10 for transportation only. Eataly is the largest Italian marketplace in the world, committed to promoting high-quality yet affordable regional Italian food with a local twist. There are restaurants, caf  s, a bakery and every essential grocery department including sweets, spreads and jams; more than 100 olive oils, dry pastas and condiments; a housewares section; a book store and much more! It has been described as a Foodie's Disneyland.

**Monday, 6/25: Market Basket & Marshalls in Waltham:** Depart COA at 9:15 am, return by 1:30 pm. Home pick ups available by request. N/C.

**Tuesday, 6/26: Castle Hill, the Crane Estate and Woodman's.** Depart COA at 9:30am. Return by 4:00pm. Cost: \$25 for transportation and tour. The Crane Estate Great House offers an opulent glimpse of the family's life in the roaring '20's. We will then head to Woodman's in Essex for lunch (on your own).

**6/30-7/1: The Boston Red Sox vs. the New York Yankees in NYC plus Ellis and Liberty Islands.** Price: \$389 Double Occupancy, includes roundtrip motor coach transportation, 1 night hotel, breakfast, terrace level reserved seating at Yankee Stadium including all you can eat and drink package at the game, ferry ride to Liberty and Ellis Island, tour director and driver gratuities. Checks payable to Best of Times.

### 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: June 11, July 9, & August 13. 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 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup>. Due to financial commitments, refunds will only be given if the vacancy is filled.

### JULY & AUGUST

**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.

**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 Princess which has open air top deck and indoor seating for a great time no matter the weather. \$109 per person includes transportation, cruise, lobster bake buffet luncheon, entertainment and dancing. Checks payable to Best of Times.

**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

**Thursday, 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!

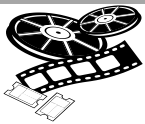
**8/22: No Tell Motel at the Newport Playhouse**

### 2018 Motor Coach Trips

**9/21-9/23: Lake George Balloon Festival**

**10/3: Norman Rockwell Museum with lunch at the Red Lion Inn in Stockbridge**

**12/6: Holiday Pops at Symphony Hall**



## 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, June 1 , PLEASE STAND BY (2018) PG-13, 93 Minutes, Comedy**

A young autistic woman runs away from her caregiver in order to boldly go and deliver her 500-page Star Trek script to a writing competition in Hollywood. On an adventure full of laughter and tears, Wendy, played with exquisite delicacy by Dakota Fanning, follows the guiding spirit of Mr. Spock on her journey into the unknown. Also starring Academy Award Nominee Toni Collette.

### **Friday, June 15 , BOMBSHELL: THE HEDY LEMAR STORY (2017) , 90 Minutes, Documentary**

When Nazi U-Boats torpedo a ship carrying children during World War II, Hollywood movie star, Hedy Lamarr works on a secret radio system that will allow the Allies to torpedo Nazi U-Boats with deadly accuracy. The secret communication system revolutionized mobile communications all over the world, a feat that would directly lead to the creation of secure communications for wireless phones, GPS and WiFi technology itself.

### **A Tight Squeeze**

There are many demands for space in the Town Building, which means the location of some COA programs may be affected. COA programs occasionally need to be canceled or moved. Call the COA if you have questions.

Thank you for your flexibility!

#### **The Wayland COA News**

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