








# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

**MARCH 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**

MARCH HIGHLIGHTS		Pg.	
✧	<b>Great Courses DVD Lecture Series Sampler. Every Monday, 1pm</b> <b>MARCH TOPIC: THE IRISH IDENTITY, Independence, History and Literature;</b> Discover the arts of the Irish Renaissance and the struggles of the Irish fight for independence. Closed Captioning (CC) Starts 3/5	5	<b>HEALTH/ WELLNESS</b> p 2
✧	<b>MEDICATION TAKE BACK with WAYLAND POLICE</b> at COA Wed, 3/7, 11:30am-Noon. Dispose of unwanted or expired medications.	4	<b>EDUCATION/ARTS</b> p 3
✧	<b>COA PIZZA CAFÉ Wed., March 7, Noon, \$3, Reservations req'd.</b>	4	<b>CALENDAR</b> p 6
✧	<b>SHOP-AROUND SHUTTLE: Mar. 12 and 26 Advance Reservation req.</b>	10	<b>TRANSPORTATION AND SERVICES</b> pp 8-9
✧	<b>UNDERSTANDING CIRCUIT BREAKER</b> , Monday, Mar. 12, 10:30am Speakers: Brian Lynch, Dept. of Revenue and Senator Richard Ross. Don't miss this opportunity to learn about a valuable form of tax relief for which many are eligible. In addition, Wayland also matches the state CB award received if application is filed by Apr 2. Q&A following.	5	<b>TRAVEL &amp; COA VAN</b> p10
✧	 <b>THE ANNUAL WEARIN' OF THE GREEN LUNCHEON Wed., March 14, Noon, Large Hearing Room</b> Bring your St. Patrick's Day spirit and enjoy the festivities with <b>THE JUG O' PUNCH BAND!</b>	5	<b>MOVIES</b> p12
✧	<b>NEW PROGRAM: The TAI CHI PARADIGM</b> , Monday, Mar. 19, 2pm, Hearing Room. "A modern approach to an antiquated way." Mondays Mar. 19 and 26 will be free, introductory sessions. Master Calvin Chin.	3	*****
✧	<b>JEWELRY "Make it-Take It"</b> , Mar.20, 1pm, Norma Radoff, Jeweler.	3	<b>Director:</b> Julie Secord, M-F
✧	<b>CHILDREN's HOLIDAY SHOPPE:</b> Gift making workshop with spirited elf, Kathy Hodge, Wed., March 21, 10:30am. Project: Framed Art Work created with sea glass. Artistic elves needed to assist with gift creation..		<b>Office Coordinator:</b> Nancy Greenwood, M-F
✧	<b>Speaker: "ARCHAEOLOGY FOR GENEALOGISTS"</b> <b>Presenter: Archaeologist Tonya Largy, Tuesday, Mar. 28 at 1pm, N/C</b>	3	<b>Outreach Coordinator :</b> Sue Hatton, M-F
✧	<b>ZENTANGLE: A Meditative Art Form</b> Wed., Mar 28, Apr 4, 1:30-3:30 ZENTANGLE promotes satisfaction, relaxation and an increased sense of personal well-being through drawing of repetitive patterns that create beautiful images. Perfect for all artistic levels.. More info, p. 3	3	<b>Project Coordinator :</b> Shawna Levine, M-W
 <b>COA's 2nd Annual Family-Friendly</b> <b>SWING INTO SPRING</b> with the <b>18pc SOFT TOUCH BIG BAND</b> <b>Sunday, March 25, 2-4pm, Hearing Rm</b>		5	<b>Volunteer Coordinator:</b> Ann Gordon, T-Th
 			<b>BayPath Home Delivered Meals:</b> 508-573-7200
Whether you are listening, dancing or enjoying the refreshments, you will love this community-wide special event. No charge. See page 5 for more info.			<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.	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>	Wed	Mar. 19 & 26 <u>Free Try it</u> April : \$28 4/2, 4/9/ 4/23, 4/30	Every Monday	2pm	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$28	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.

**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: Intro session Monday, Mar. 19, 2pm, and first class Mar. 26, 2pm, both no charge. It’s a free try it. Gentle exercise designed to reinforce posture, balance and fundamental movement. See p. 3 for more details. Instructors: Master Calvin Chin and Lucien Zoll, Sr. Instr**

**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

### New offering! Free "Try-Its" on Mar. 19 & 26 THE TAI CHI PARADIGM

Master Calvin Chin Academy

"A modern approach to an antiquated way"

FREE TRY IT CLASSES:

Monday, March 19 and Monday, Mar. 26  
2-3pm Large Hearing Rm

Attend the free introductory, informational sessions taught by both Master Calvin Chin and Lucien Zoll. Experience exercises designed to reinforce posture and fundamental movement of the Tai Chi Paradigm, a form of mindfulness meditation in motion. This unique and highly regarded program is appropriate for all levels.

Register for the April classes anytime. Each session runs for one month, Number of Monday classes X \$7/class (April: 4 classes=\$28) No class 4/16 Hol.

### ARCHAEOLOGY FOR GENEALOGISTS

**Presenter: Tonya Largy, Archaeologist**

Tuesday, March 27, 1:00pm, COA

No charge but reservations requested

Historical archaeologists work from existing documents but their excavations are subjecting the written information to "ground truth". In Archaeology, this means that the data recovered either supports or challenges what was written about past persons and events. Ceramics and other types of artifacts, as well as archaeobotany, archaeofaunal analysis, radiocarbon dating, ground penetrating radar and other scientific techniques are used to make conclusions about cultural life at a particular place during a particular time. Sometimes that recovered data raises new questions! Reserve now for this interesting presentation with Wayland resident, Tonya Largy

*ABOUT THE PRESENTER: Tonya Largy is an archaeologist with extensive experience analyzing both botanical and man-made materials from archaeological sites throughout New England and the U.S. Currently an independent consultant, Tonya previously worked at Harvard University's Peabody Museum and is a past president of the Massachusetts Archaeological Society.*

### ZENTANGLE

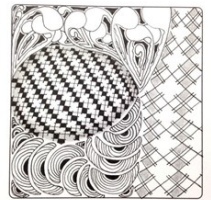
#### A Meditative Art Form

Two session class: Weds, March 28, and April 4,  
1:30-3:30pm, COA.

2 week course: \$15, all materials included, Pre-register

ZENTANGLE is an easy-to-learn method of creating beautiful images from repetitive patterns that anyone can learn and enjoy! People of all ages with varying artistic skills all find it equally captivating. It is a fascinating new art form that is fun and relaxing. It increases focus, creativity and an increased sense of personal well-being. Taught by a Certified Zentangle Teacher, CZT.

*ABOUT THE INSTRUCTOR Karen Keefe: PhD in Naturology (psychology and healing). Certified Holistic Educator, Certified Transformational Breath facilitator and Master trainer; a Usui Shiki Ryoho and raku Ki Reiki Master; Certified practitioner in music and imagery therapy, nutritional herbology, attitudinal healing and health consulting, Certified Zentangle Teacher (CZT).*



### JEWELRY STUDIO WORKSHOP

with Wayland Jeweler, Norma Radoff

Make It ...Take It ...

Tuesday, Mar. 20, 1pm

Wayland residents are invited to participate in a *Make It—Take It* Workshop. Learn jewelers techniques to create a personal piece. All supplies provided. Reservations needed as class size is limited. No charge



### TAX SEASON IS HERE

IRS-trained AARP volunteer tax preparers are available without charge to help low- and moderate-income seniors. Call the COA at 508-358-2990 to schedule your appointment for completion of your tax return. Appointments will be held in Hearing Rm. 3. From main parking lot, enter gym door on left.

## Additional Health Programs



### BLOOD PRESSURE CHECK

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

### PODIATRY CLINIC: The next Podiatry Clinic is Monday, March 5, 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., March 7, 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.

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

**Join us next month on April 4**

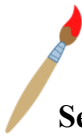
*This ongoing program is made possible by a generous grant from the Friends of Wayland Council on Aging.*

**MEDICATION TAKE-BACK**  
**Wednesday, March 7, 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;

**Session begins on March 2, 6 weeks, \$125**  
*Pre-registration and pre-payment required.*

**GRANDPARENTS NETWORKING GROUP**

Tuesday, ~~March 13~~ **March 20**

**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.

### REMINDERS:

- \* The Stress Management course concludes Wed, March 7. Class is 1:30pm-2:45pm in the COA.
- \* Transportation is available to the polls and all sessions of Town Meeting but a 48 hour notice is required. Call the COA for reservations:
- \* **Town of Wayland ELECTION: Tuesday, March 27** (Included on this ballot will be questions regarding your funding preference for major projects like proposed library, fields, athletic complex, Station 2 and Town Building renovations.)
- \* **Annual Town Meeting (ATM) starts Monday, April 2, 7pm** and if additional days are needed the schedule will be 4/3, 4/5, 4/9
- \* **HEALTHCARE PROXY & POWER OF ATTY**  
MetroWest Legal Services will execute Health Care Proxy and Power of Attorney documents at the COA free of charge.  
Complete details about the Monday, May 14 event in the April newsletter.



**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*

### A DVD Lecture Series

*Mondays, 1pm-2pm: March 5, 12, 19, 26*

Topics change each month. Enjoy a sampling of lectures by highly recognized presenters.

### **MARCH: THE IRISH IDENTITY** Independence, History and Literature Closed Captioning (cc)

Experience some of the monumental occurrences and artistic events that rocked the world in the late 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule. Alongside a long and painful political process arose one of the greatest flourishings of literature in modern times—a spirited discourse among those who sought to shape their nation's future.

Lecturer: Professor Marc C. Conner. Washington and Lee University



### **SWING INTO SPRING**

**SUNDAY, March 25, 2:00—4:00pm**

**Large Hearing Room  
Wayland Town Building**

Join us as we celebrate the beginning of spring with music, dancing, and refreshments. No charge.

Dance the afternoon away or sit back and enjoy a lively program of instrumental and vocal selections with the renowned *Soft Touch 18-Piece Swing Band*. The band plays a variety of genres that appeal to all ages, so bring the kids and grandchildren! There is no charge.



*This program is funded in part by the  
Friends of the Wayland Council on Aging  
and a grant from the Wayland Cultural Council.*



## **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, Mar 6, 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; Wade Larson; Nancy Leifer; Patty MacNeil; Sue Pope; John Shaw.



### **ST PATRICK'S DAY GALA** **Wed., March 14, Noon, \$9** **Large Hearing Rm, By Reservation**

Featuring the JUG O' PUNCH Band,  
and Step Dancers from Inisfree School of Irish Dancing.

Luncheon includes Irish Beef Stew, Corned Beef and other assorted sandwiches, desserts and more.

By reservation only.



### **SENIOR CIRCUIT BREAKER TAX CREDIT Seminar in COA** **Monday, Mar. 12 at 10:30am with Brian Lynch of the DOR**


Brian Lynch from the Dept of Revenue will join Senator Richard Ross to discuss Circuit Breaker, a valued tax relief option for which many are eligible. Did you know that Wayland is one of the few communities in the state that will MATCH the State amount awarded to eligible seniors. The maximum state Circuit Breaker credit is \$1080 and with a Wayland match, the combined award could be up to \$2160. Join us 3/12.

## **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

**\* The Feb. meeting was canceled due to weather. Next meeting TBA**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>MARCH</h1>		<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i>	10:00 Lois' F4F 1 12:30 Bridge (Advanced Players)	2 10:00 Watercolor New session starts at WAC
		9:15 Thera-Tube 7 10:30 Zumba 11:30 Med take-back 12:00 COA Café 1:00 Better Balance 1:30 Stress Mgt. Through Self-Care	10:00 Lois' F4F 8 12:30 Bridge (Advanced Players) <i>Legal Clinic-by appt.</i>	9 10:00 Watercolor 12:30 MOVIE: GOOD BYE CHRISTOPHER ROBIN
		9:15 Thera-Tube 14 10:30 Zumba Noon: St. Patrick's Day Gala Lg Hearing Rm 1:00 Better Balance	10:00 Lois' F4F 15 12:30 Bridge (Advanced Players) <i>Trip to Flower Show</i>	16 10:00 Watercolor
		9:15 Thera-Tube 21 10:30 Zumba 10:30 Children's Holiday Shoppe-Gift Making Workshop 1:00 Better Balance	10:00 Lois' Fit 4 Future 22 12:30 Bridge (Advanced Players)	10:00 Watercolor 23 12:30:MOVIE: WONDER * <i>Sunday March 25 Swing into Spring 2-4 pm Lg Hrg Rm</i> 
		9:15 Thera-Tube 28 10:30 Zumba 1:00 Better Balance 1:30 Zentangle Class 1 of 2	10:00 Lois' Fit 4 Future 29 12:30 Bridge (Advanced Players) <i>Trip: Boston Symphony</i>	30 10:00 Watercolor

## From the Outreach Desk

### Deadlines Approaching, Don't Miss Out On Property Tax Relief Options

With so many choices and significant saving to be had, this list is worth reviewing.

If you have any questions, please be sure to call. Wayland Assessor's office: 508-358-3788

#### Applications for items 1-4 below must be submitted by April 2, 2018:

1. Property tax deferral: 65 years old, annual income under 40,000. No asset limits. MA residency.
2. Community Preservation Act (CPA) Exemption: Removes the CPA surcharge from your bill.
3. Wayland Town Match of the Senior Circuit Breaker Tax credit: If you file schedule CB when doing your Massachusetts State income tax return, you are most likely eligible for the "CB Town Match". *This year there are some changes in filing deadlines. If you received CB on your 2016 MA Income Tax Return, make sure that your Town Match application is in by April, 2, 2018. If you receive CB on your 2017 MA Income Tax Return, applications will be available this fall with a submission deadline on or near March 2019.*
4. Statutory exemptions: This includes clauses for *Elderly Exemption* (over 65, income under \$20,000 for single, \$30,000 for married; assets under \$40,000 if single, \$50,000 if married). Proof of income and assets is required. *Surviving spouse* (you must have assets \$40,000 or less), *Military Veteran-disabled* (must provide certificate disability-10% or more- from the VA), *Blind* (certificate from the MA Commission for the Blind)

#### Other options, deadlines vary:

##### ⇒ Massachusetts CB Tax Credit

is a schedule completed as part of a MA State income tax return. If you are not required to file a tax return due to the type of income received, speak with a tax preparer to see if you should file a return just to get the CB. Remember that AARP free tax preparation is available at COA.

##### ⇒ Property Tax Work Off: applications available in June. More details to come in our June newsletter.

##### ⇒ Valor Act-Veteran's Tax Work Off: Reduces local property tax liability of property owned and occupied by Veteran in exchange for volunteer service to Municipality. Contact Assessor's for details.

Learn more about CB on Monday, March 12, 10:30 AM. See page 5 for info.

## Volunteer Corner

Volunteering yields benefits of all kinds, not just for the community, but for volunteers as well.

There are the obvious personal benefits: You get out and about, and away from your work and chores for a while. But there are hidden benefits as well. Research shows that volunteering keeps you more physically and mentally active, decreases your risk of depression, increases your sense of purpose, and provides important social connections.

Many of our wonderful volunteers are recent retirees who are finding new ways to use their time and talent. I think they are also finding out about all the ways that volunteering benefits the volunteer. If you'd like to find out what volunteering could bring to your life, please get in touch!

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:** 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 current fiscal year are now lime green.
- ⇒ Orange vouchers have expired and are no longer accepted by JFK.
- ⇒ If you have any questions, please call COA 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](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.

### MARCH

**Monday, 3/5: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

**Thursday, 3/15: Boston Flower & Garden Show.** Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$26 for transportation and admission. This year's theme is **Savor Spring!** As another winter wanes, designers will whet your appetite for the sumptuous joys of the season ahead. Colorful gardens and floral designs will incorporate elements of the food gardening trend including organics, small space gardens, edibles as ornamentals and spaces for outdoor dining and entertaining. In addition there will be local chef's doing cooking demonstrations and lectures and book signings. There is food available for purchase and several restaurants within a short walk.

**Tuesday, 3/20: Fenway Park Tour.** Depart COA at 9:30am. Return by 2:00 pm. Cost: \$30 for tour and transportation. Come tour the home of the Boston Red Sox! "America's Most Beloved Ballpark" is uniquely nestled in the city of Boston. Fenway Park is a place where dreams are made, traditions are celebrated and baseball is forever. See the home of Red Sox Legends, visit Pesky's Pole and sit atop the world famous Green Monster. Experienced tour guides will provide a thrilling, one hour, walking tour of Fenway Park. We will stop for lunch on the way home.

**Thursday, 3/29: Boston Symphony Open Rehearsal.** Depart COA at 9:00 am. Return by 1:30 pm. The cost is \$15 for transportation.

### SHOP-AROUND SHUTTLE NEWS

The Shop-Around Shuttle is a great way to get your around-town errands done. Stops include Stop & Shop, the library, Panera and CVS. Home pick-ups begin at 10am. Free, but reservations required.

- ♦ **March dates are 3/12 & 3/26**
- ♦ **April date is 4/9**

**Beginning in April, the Shop Around Shuttle will run monthly instead of twice a month. Unless specified otherwise, it will be on the 2nd Monday of the month. We will continue to offer a shopping trip to Market Basket once a month, normally on the 4th Monday of the month. Dates may change due to Monday holidays.**

### APRIL

**Thursday, 4/19: *Fra Angelico: Heaven on Earth* at the Isabella Stewart Gardner Museum.** Depart COA at 10:00 am. Return by 3:30 PM. Cost: \$27 for admission, guided tour, and transportation. This exhibition invites you to explore Fra Angelico's ground-breaking narrative art and immerse yourself in the material splendor of his craftsmanship. Lunch is available at the café.

**Monday, 4/23: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C.

**Saturday, 4/28: Art in Bloom at the Museum of Fine Arts.** Depart COA at 9:15 am. Return by 4:00 pm. Cost: \$30 for admission and transportation. MFA members pay \$12 for transportation only. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and designers from across New England create floral arrangements inspired by the MFA's works of art.

### Coming Soon

We have many exciting motor coach trips planned for 2018. Sign-up is ongoing, but space is limited. Flyers are available at the COA or on our website.

**5/2: *Exit Laughing* at the Newport Playhouse**

**7/26: Gloucester Harbor Cruise with lobster bake**

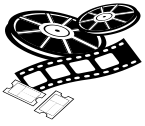
**8/22: *No Tell Motel* at the Newport Playhouse**

**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**

**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.



## 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, March 9 GOODBYE CHRISTOPHER ROBIN (2017) PG Drama

This is a rare glimpse into the relationship between beloved children's author A. A. Milne and his son, whose toys inspired the magical world of Winnie the Pooh. The enchanting tales bring comfort to England after the First World War. But with the eyes of the world on Christopher Robin, what will the cost be to the family?

### Friday, March 23 WONDER (2017) PG , 113 minutes, Drama

The inspiring and heartwarming story of August Pullman who was born with facial differences. Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

### A Tight Squeeze: Thank You For Understanding Our SPACE CHALLENGES

Our COA Conference-Classroom, also known as Hearing Room 3 continues to be heavily used this month by AARP tax prep counselors and by our SHINE counselors. If you are visiting Hearing Room 3, use the main parking lot in the back and enter the glass doors by the gym. Space challenges at the Town Building require creativity and flexibility, especially as the building undergoes frozen pipe/flood remediation. Some departments with furnishings have been relocated. Thank you for your flexibility.

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



### The Wayland COA News

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