



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2017

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

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

NOVEMBER HIGHLIGHTS	Pg.
♦ Great Courses DVD Lecture Series. Every Monday, 1pm NOVEMBER: THE SURVEILLANCE STATE: Big Data, Freedom & You	5
♦ MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 11/1, 11:30am-Noon. Dispose of unwanted or expired medications.	4
♦ COA PIZZA CAFÉ Wed., November 1, Noon, \$3, Reservations.	4
♦ SAGES & SEEKERS Intergenerational Program with Rivers School Monday, Nov. 13, 10:30am, COA, Learn about this extraordinary program	4
♦ THANKSGIVING LUNCHEON: Wed, Nov. 15, Noon, Join us for good food, good friends and acoustical guitarist Chris Carter. Reservations required. \$9	4
♦ FALL FLORAL ARRANGEMENT WORKSHOP offered by the Wayland Garden Club, Thursday, Nov. 16, 10am, Reservations required.	5
♦ HOLIDAY FRAUD PROTECTION INFORMATION SESSION: Fri., Nov. 17, 10:30am, No cost.	3
♦ FAMILY & FRIENDS CPR Class, Monday, Nov. 27, 10:30-11:30am	12
♦ PREPARATIONS FOR CHILDREN'S HOLIDAY SHOPPE Tuesdays and Wednesdays, see page 5	5
♦ THE SHOP-AROUND SHUTTLE IS BACK FOR THE FALL! Advanced reservations required. November 13 & 27	10
♦ OVERVIEW OF WAYLAND'S PROPERTY TAX RELIEF OPTIONS Wednesday, Nov. 29, 10:30am. Discuss Circuit Breaker, Tax Deferral, Statutory Exemptions, Valor Act, Senior Property Tax Relief & More. COA	3
♦ RIDES TO TOWN MEETING: Fall Town Meeting begins Nov. 14 at 7pm, Wayland High School. Call the COA if you need a ride. 48-hour notice.	8

HEALTH/ WELLNESS p 2
EDUCATION/ARTS p 3
CALENDAR p6

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10
MOVIES p12

Director: Julie Secord, M-F

Office Coordinator:
Nancy Greenwood, M-F

Outreach Coordinator :
Sue Hatton, M-F

Project Coordinator :
Shawna Levine, M-W

Volunteer Coordinator:
Ann Gordon, T-Th

BayPath Home Delivered Meals: 508-573-7200

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

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

COA WayCam Liaison:
Joanne Kwart

West Suburban Veterans Services District

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

Find us on 

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

COMING NEXT MONTH

- ⇒ **30th Annual Children's Holiday Shoppe:**
Mon, Dec. 4, 2017, 3:30-5:30pm, Town Bldg. Gym.
This well-loved and well-attended annual event enables children to shop for family and friends in a safe and supported environment. Many volunteers make it all possible. If you'd like to help, please call the COA.
- ⇒ **Holiday Luncheon with Saxophonist, Brian Kane, Wednesday, Dec. 13**
\$9, Reservations required
- ⇒ **Holiday Coffee Hour with the Lincoln Bell Ringers, Wednesday, Dec. 20**

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	Every Tue & Th (Nov 2 in COA)	10-11am	Large Hearing Room
ZUMBA*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
THERA-TUBE*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed. (Nov1 in COA)	9:15-10:15 am	Large Hearing Room
TAI CHI	Wed	Pay by month: \$25 Pay by class: \$8	Every Wed. (Nov. 1 in Se- lectmen Mtg Rm	11-12 noon	Large Hearing Room
BETTER BALANCE	Wed	\$28	Every Wed. Nov. 1 in gym No class Nov 22	1-2 pm	Large Hearing Room



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

***FIT BUCKS are required to pay for all Drop-In classes.**

**Please stop by the COA to purchase FIT BUCKS—\$3 per ticket or
bundle of 5 tickets for \$15.**

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

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

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

New happenings at the COA

HOLIDAY FRAUD PROTECTION

Information Session: Fri, Nov. 17 at 10:30am



With the holidays right around the corner, are you armed with vital information to keep yourself safe from scammers? Join us for a presentation on this timely topic by Robin Putnam, Office of Consumer Affairs and Business Regulation, and Amy Schram from the Better Business Bureau. Conversation will include Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices, identity theft and fraud protection. No charge. Reservations.

Join us for

THANKSGIVING at the COA

Wednesday, Nov. 15, Noon, \$9.00



Renowned guitarist Chris Carter will provide the perfect ambience as we gather together for a traditional turkey dinner with all the trimmings.

Holidays are about sharing good food and friendship. Join us for both! \$9. Please call for reservations.



Newsletter

NEWSLETTER UPDATE

We are updating our mailing list. If your name or address have changed, or if you would rather read the newsletter online and no longer need a mailed copy, please call the COA. Wayland residents 60 or over who would like to join our mailing list, please call. The monthly COA newsletter is online at www.wayland.ma.us.

For our out-of-town friends, we are happy to send you our newsletter for a yearly subscription fee of \$10. Please send your check for 2018 to the COA by December 15, made payable to the Town of Wayland, and note that it is for the newsletter.

OVERVIEW OF WAYLAND'S PROPERTY TAX RELIEF OPTIONS

Wednesday, November 29, 10:30am

Presented by the Assessors Department

Join us for coffee and an overview of the various property tax exemptions (including Veterans, Legally Blind, Elderly, etc.). Learn more about Property Tax Deferral, Circuit Breaker match, the Valor Act for Veterans and additional sources of relief.

This presentation will be led by Ellen Brideau, Director of Assessing for Wayland. The COA will also discuss the structure of the Senior Property Tax Work-Off program. Ample time for Q&A. Information brochures also available.

2017 THANKSGIVING TURKEY HILL WALK

Join others on the Annual Thanksgiving Day hike to the top of Turkey Hill at 10:00am, November 23. Come experience the fresh smells of newly fallen leaves and the climb to one of Wayland's highest points. Bring the whole family for this one-hour (or less) hike. Meet in the parking lot of the St. Philopater Mercurius & St. Mina Coptic Church (formerly Church of the Holy Spirit) on Rice Road. If questions, contact Conservation Dept.

Additional Health Programs

FLU CLINICS

It's that time of year again. For information, please contact the **Wayland Health Department: 508-358-6805**

PODIATRY CLINIC: The next Podiatry Clinic is

Monday, Nov. 6, 2017

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



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

Education/Social Programs

Sample the varieties at the
1st WEDNESDAY
COA PIZZA BUFFET CAFÉ
Wed., November 1st, Noon, \$3



Reservations required by noon on the Monday preceding the Café.

MENU

PIZZA BUFFET, Salad, Dessert, Beverage
A no-cheese pizza option is always available.

1st Wednesday Pizza Café in DECEMBER
will be Wednesday, Dec 6, Noon
(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

Wednesday, Nov 1, 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
the WAYLAND ART CENTER



Fridays, Nov. 3, 17 and Dec. 1, 8, 15
10am-12:30pm; \$125 for 6-week session

Pre-registration and pre-payment required.

'DROP IN' PROGRAMS

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

- ◇ **COA CONNECTIONS:**
Mondays, 2:15pm
 Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.
- ◇ **GENEALOGY:**
2nd and 4th Tuesdays, 1:00pm
 Share in great conversations, research techniques and fascinating stories from the past.
- ◇ **BRIDGE: NEW START TIME**
Thursdays, 12:30pm
 Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or

Home Delivered THANKSGIVING MEALS

Volunteers from the Parish of the Good Shepherd will deliver a home-cooked Thanksgiving Dinner to Wayland residents who will be home alone or otherwise unable to participate in a holiday meal. There is no charge.



- ✧ Meals are delivered warm and ready to eat around noon on the holiday (November 23rd).
- ✧ If you would like to have a meal delivered to you please call the COA at 508-358-2990 and we will forward your name to the program.

SAGES AND SEEKERS:

Fostering Intergenerational Collaboration **Information Session**

Monday, Nov. 13, 10:30 am, COA

Join us to learn about Sages & Seekers, a highly acclaimed program that pairs seniors with 10th graders for a seven-week program that explores life experiences through the power of conversation. Come for coffee and snacks, a presentation and short video, and to ask questions about this non-profit organization's program at The Rivers School in Weston.

The program runs from April 3—May, 18, 2018. Classes meet on Tuesdays, Wednesdays or Fridays during the school day for 90 minutes, with several class time options. The video is also available online at www.sagesandseekers.org; click on Members.

Past participants rave about the program. Come find out why! For more information, contact Susan Blumenfeld at sages@rivers.org, or 508-277-0669.

GRANDPARENTS NETWORKING GROUP

Tuesday, Nov 14

10:30 am-noon—NEW TIME

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.



Education/Social Programs, *continued*

DVD Great Courses November Lecture Series:

THE SURVEILLANCE STATE: BIG DATA, FREEDOM and YOU

Every Monday: Nov. 6, 13, 20, 27

- Where is the line between promoting national security and defending personal liberty?
- What information may the government collect about you from your Internet service provider?
- When it comes to search and seizure, is a cell phone any different from a diary?
- How will we respond to future technologies such as quantum computers and artificial intelligence?

Explore these questions and more in **The Surveillance State: Big Data, Freedom, and You**. Taught by Paul Rosenzweig, J.D., legal expert and lecturer at The George Washington University School of Law.

FLORAL ARRANGEMENT WORKSHOP

Thursday, Nov 16, 10:00AM

Just in time for Thanksgiving! The Wayland Garden Club welcomes Wayland residents to their Fall floral workshop at the COA. Reservations are required.

Priority given to first-time participants. Call early, limited space. Please bring clippers if possible, and a box to transport your arrangement home.



Help us prepare for the 30th Annual CHILDREN'S HOLIDAY SHOPPE

Join us on Tuesdays and Wednesdays to create hand-made treasures to sell at the Holiday Shoppe. On **Tuesdays, Nov. 7 and 14, from 1:00 pm—3:00 pm**, Wayland jeweler Norma Radoff will help volunteers create beautiful jewelry pieces. On **Wednesdays, Nov. 8 and 29, from 10:30 am—Noon**, crafters will stitch and stuff pillows featuring a variety of themes, decorate wreaths and prepare other gifts. No reservations needed.

This year's Holiday Shoppe will be on **Monday, December 4 from 3:30 – 5:30 in the Town Building gym**. We need lots of helping hands for set-up, selling and wrapping gifts, and cleanup. If you can join our merry crew to volunteer at this beloved event, please call us at 508-358-2990 to sign up for a shift. Thank you!

An Invitation from VETERANS AGENT: Sarada Kalpee

Join us as we show MOVIES that recognize the hard work, grit and devotion that our veterans sustain while serving the good ol' US of A!

- ⇒ Tuesday, Nov 7th at 10am "*The Guardian*" *Selectmen's Mtg. Rm*
- ⇒ Tuesday, Nov 14th at 12pm "*USS Indianapolis*" *Lg. Hearing Rm*
- ⇒ Tuesday, Nov 21st at 2pm "*Unbroken*" *Lg. Hearing Rm*
- ⇒ Tuesday, Nov 28th at 4pm "*Hacksaw Ridge*" *Lg. Hearing Rm*



WAYLAND COUNCIL ON AGING

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

BOARD MEMBERS:

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Meetings are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

Next Meeting: Tues. Nov. 7, 8am

FRIENDS OF THE WAYLAND COA, INC.

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

FRIENDS BOARD:

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

PROPERTY TAX RELIEF COMMITTEE

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

MEMBERS: Joan and Linwood Bradford, Interim Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; and Steve Colella; Next Meeting: Wed., Dec. 13, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>NOVEMBER</div>		9:15 Thera-Tube 1 10:30 Zumba 11:00 Tai Chi <i>(Selectmen's Mtg Rm)</i> 11:30 Med Takeback 12:00 COA Cafe 1:00 Better Balance- <i>Class held in gym today</i>	10:00 2 Lois' F4F-in COA 12:30 Bridge (Advanced Players) <i>Legal Clinic-</i> <i>by appointment only</i>	3 10:00 Watercolor- WAC 12:30pm Movie: THE BIG SICK
1:00 Video 6 Lecture Great Courses: Big Data, Freedom & You 2:30: Connections <i>Market Basket Trip</i> <i>Podiatry-by appointment</i> <i>only</i>	7 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy 1:00 CHS Jewelry	8 9:15 Thera-Tube 10:30 Zumba 10:30 CH Workshop Selectmens Mtg Rm 11:00 Tai Chi 1:00 Better Balance	9 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	10 VETERANS DAY OBSERVED Town Building Closed
13 10:30 SagesSeekers 1:00 Video Lecture: Big Data, Freedom & You 2:30: Connections <i>Shop Around Shuttle</i>	14 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 10:30 Grandparents 1:00 CHS Jewelry	15 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 12:00 Thanksgiving Luncheon 1:00 Better Balance	16 10:00 Lois' F4F 10:00 Floral Arr. 12:30 Bridge (Advanced Players) <i>Willard House &</i> <i>Clock Museum trip</i>	17 10:00 Watercolor- WAC 10:30 Holiday Fraud Protection 12:30pm Movie: THE BEAUTIFUL FANTASTIC
20 1:00 Video Lecture Great Courses: Big Data, Freedom & You 2:30 Connections	21 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy <i>Concord Museum</i> <i>trip</i>	22 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 NO Better Balance	23 HAPPY THANKSGIVING <i>Town Building</i> <i>Closed</i>	24 <i>Town Building</i> <i>Closed</i> <i>Reopens Mon.,</i> <i>Nov. 27</i>
10:30 CPR Class 27 1:00 Video Lecture Great Courses: Big Data, Freedom & You 2:30: Connections <i>Shop Around Shuttle</i>	28 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	29 9:15 Thera-Tube 10:30 Zumba 10:30 CH Workshop 10:30 Property Tax Relief Presentation 11:00 Tai Chi 1:00 Better Balance	30 10:00 Lois' F4F 12:30 Bridge (Advanced Players) <i>Boston Symphony</i> <i>trip</i>	LEGEND: <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i> <i>CHS: Children's</i> <i>Holiday Workshop</i>

From the Outreach Desk



This is your chance to change plans ~ Visit SHINE for help comparing options. Call now for an appointment.

***Don't Wait Until It's Too Late!
Medicare Open Enrollment ends December 7th***

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. Wayland COA is fortunate to have two dedicated SHINE volunteers who have scheduled extra consultation hours during the open enrollment period. Appointments are filling up already so if you would like to review your options, please call the COA soon and ask for a SHINE appointment: 508-358-2990.

When coming for an appointment, be sure to bring along your Medicare card, any other drug/health insurance cards and benefit information, along with a detailed list of your prescription drugs.

About SHINE (Serving the Health Information Needs for Everyone with Medicare):

SHINE counselors are dedicated volunteers who are trained and certified by the Massachusetts Executive Office of Elder Affairs to explain, in simple language, the following programs: Medicare, Medigap Insurance, Medicare Advantage Plans, Prescription Drug Plans, and Mass Health. SHINE counselors help beneficiaries and their caregivers understand Medicare options and select the appropriate healthcare coverage. Counselors will review your current coverage, provide benefits comparisons, assist with enrollments, review eligibility for financial assistance programs and assist with applications and appeals. For SHINE appointments, call the COA. For other SHINE related matters, call the SHINE program at the Executive office of Elder Affairs at 1-800-AGE-INFO

Volunteer Corner

It's our anniversary! This is the 30th year for our annual Children's Holiday Shoppe, where boys and girls can shop for low-cost gifts, many of which are handmade by our volunteer "elves." At this highly popular event, older children help younger children shop, and adult volunteers wrap each gift so children leave with holiday surprises for their family members.

This year's Holiday Shoppe is **Monday, Dec. 4 from 3:30—5:30 pm in the Town Building Gym**. We need lots of helping hands! Please join us during November to make gifts (see p. 5), or at the event itself to help set up, sell or wrap gifts, or clean up. One- and two-hour shifts are available in all categories. Sign up at the Council on Aging, or call us at 508-358-2990. When the gym is full of beautiful holiday gifts and beautiful children, the holiday spirit is palpable. Join us and see for yourself!

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

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

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

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

☎ **Medicare:** 1-800-633-4227

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

☎ **MWRTA General:** 508-935-2222

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

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

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

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

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

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

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

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

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

- ⇒ Taxi Vouchers for the new fiscal year are now lime green.
- ⇒ Orange vouchers 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 for details.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

NOVEMBER

Monday, 11/6: Market Basket & Marshalls: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Wayland Residents only. Home pickups available by request.

Thursday, 11/16: Willard House & Clock Museum in Grafton. Depart COA at 9:00am. Return at 2:00pm. Cost: \$15 for admission, tour, and transportation. Willard House was constructed in the early 1700's and the family's grandsons became America's preeminent 19th century clockmakers. In 1802, Simon Willard obtained a patent for his "banjo" clock, which today is considered one of the most significant styles of early 19th century American timepieces. The museum features the world's largest collection of Willard clocks and includes Willard family portraits and furnishings, 19th century women's costumes, 8th century American and English pewter, Victorian dolls, Nipmuc Indian artifacts and original documents signed by Thomas Jefferson and James Madison. We will stop for lunch on the way home.

Tuesday, 11/21: *This Ever New Self: Thoreau and His Journal* at the Concord Museum. Depart COA at 9:30. Return at 2:00 pm. Cost: \$15 for admission, tour, and transportation. We will have a guided tour of this most comprehensive exhibition ever devoted to the life of one of America's most influential authors and thinkers. Following the tour you may visit other museum exhibits and take a sneak peek at the Family Trees exhibit. We will then head to Concord Center for lunch.

Thursday, 11/30: Boston Symphony Open Rehearsal. Depart COA at 9:00 am. Return by 1:30 pm. We will provide transportation on our van for the Thursday morning open rehearsals. The cost is \$15 for each individual concert. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200**

WWW.BSO.ORG. Additional dates are: February 8 and March 29 .

SHOP-AROUND SHUTTLE

The Shop-Around Shuttle is a great way to get your around-town errands done. Think about trying it as winter approaches. **November dates are 11/13 & 11/27. Due to the holidays, 12/11 will be the only date in December . January dates will be 1/8 & 1/22.** Home pick-ups begin at 10am. Free, but reservations required.

DECEMBER

Monday, 12/4: Market Basket & Marshalls: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Wayland Residents only. Home pickups available by request.

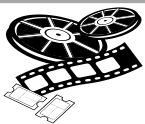
Friday, 12/8: Holiday Pops at Symphony Hall in Boston: Take part in one of Boston's most beloved traditions. \$139 includes motor coach transportation, choice of two lunch entrees at the Venezia Restaurant and the matinee show. Check payable to Best of Times.

Tuesday, 12/19: MIT Museum. Depart COA at 9:00am. Return by 2:00 pm. Cost: \$15 for transportation and admission. Explore exhibitions on science, technology, and current research from architecture to underwater robots. Discover high-tech objects, research prototypes, intriguing scientific instruments, historic photographs, amazing holograms, and ingenious kinetic sculptures. *The Robots and Beyond* exhibit shares the results of decades of Artificial Intelligence innovation at MIT. The gallery displays several new robots including Mabou, a 'robot-coach' designed to help patients with challenges related to chronic disease management by conversing with them daily and communicating information directly to their health care providers. Lunch at an area restaurant will follow the visit.

Wednesday, 12/27: Rhode Island School of Design Museum: Depart COA at 9:00 am. Return by 4:00 pm. Cost: \$27 for transportation and admission (self-guided tour). The RISD Museum houses about 100,000 objects ranging from ancient art to work by contemporary artists and designers from across the globe. Special exhibits include: *Lines of Thought: Drawing from Michelangelo to Now from the British Museum* and *Designing Traditions: Student Explorations in the Asian Textile Collection*. We will stop for lunch on the way home. There is a café on site for snacks and beverages.

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, November 3: The Big Sick (2017) R, 120 min., Drama/Comedy

Based on the real-life courtship between Kumail (Nanjani) a Pakistani comic and an American graduate student named Emily (Zoe Kazan) who meet at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father (Holly Hunter and Ray Romano).

Friday, November 17: This Beautiful Fantastic (2017) PG, 100 min., Fantasy/Romance

Set against the backdrop of a beautiful garden in the heart of London, this is a contemporary fairy tale revolving around the unlikely friendship between a reclusive young woman, Bella Brown (Jessica Brown Findlay) who is forced by her landlord to deal with her neglected garden or face eviction, and a cantankerous widower, a grumpy, loveless, rich old man who lives next door and happens to be an amazing horticulturalist.

FAMILY & FRIENDS CPR CLASS

Monday, November 27, 10:30am-11:30am, COA

Instructor: Assistant Fire Chief Neil McPherson

If someone around you experienced abnormal breathing or loss of consciousness, would you know what to do? The “Family & Friends CPR” class will equip you with skills that could help you to be effective if someone needed your help.

Whether you come alone or bring a friend of any age, register for this 60 minute class to learn CPR (Cardiopulmonary Resuscitation). This class does not meet the requirements for a CPR course completion card if required for a job. However, this class is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. The skills are taught in a small group environment using the American Heart Association’s research-proven “practice-while-watching technique.”

Class size is limited. Pre-registration is required. There is no fee. Call the COA to register.

The Wayland COA News

A monthly publication from

Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778

Bulk Rate

U.S. Postage

PAID

Permit #16

Wayland, MA 01778

Find us on 

