





# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## OCTOBER 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**

OCTOBER HIGHLIGHTS		Pg.	
♦ Great Courses DVD Lecture Series. Every Monday, 1pm <b>OCTOBER: THE GUIDE TO ESSENTIAL ITALY—CONTINUES</b>		5	<b>HEALTH/ WELLNESS</b> p 2
♦ <b>MEDICATION TAKE BACK</b> with <b>WAYLAND POLICE</b> at COA Wed., 10/4, 11:30am-Noon. Dispose of unwanted or expired medications.		4	<b>EDUCATION/ARTS</b> p 3
♦ <b>COA PIZZA CAFÉ</b> Wed., October 4th, Noon, \$3, Reservations.		4	<b>CALENDAR</b> p6
♦  <b>“PRE and PRO-BIOTICS”</b> with Traci Robidoux Thurs., Oct. 5th at 11am, Selectmen’s Meeting Room		3	<b>TRANSPORTATION AND SERVICES</b> pp 8-9
♦ <b>Wayland Health Department Offering Flu Clinics:</b> To be held at the Town Building, Large Hearing Room. See page 5 and/or call 508-358-6805.		5	<b>TRAVEL &amp; COA VAN</b> p10
♦ <b>Preparations for 30th Annual Children’s Holiday Workshop</b> Wednesdays, October 4, 11, 18, 25 and November 8 & 29 10:30 am—Noon		5	<b>MOVIES</b> p12
♦ <b>THE SHOP-AROUND SHUTTLE IS BACK FOR THE FALL!</b> <b>Advanced reservations required.</b> October 16 & 30. November 13 & 27		10	*****
♦ <b>Oct. 15—Dec 7, 2017 Open Enrollment for MEDICARE.</b> Free counseling with trained SHINE volunteers to explain plan options. By appointment <b>only</b> . Call the COA to schedule.		7	<b>Director:</b> Julie Secord, M-F
♦ <b>ART MATTERS GALLERY PRESENTATION:</b> <b>AMERICAN ART Part II (1900-1950)</b> <b>Thursday, October 26, 1:30pm</b> <b>Large Hearing Room, Reservations, No Charge</b>		3	<b>Office Coordinator:</b> Nancy Greenwood, M-F

**Outreach Coordinator :**  
Sue Hatton, M-F

**Project Coordinator :**  
Shawna Levine, M-W

**Volunteer Coordinator:**  
Ann Gordon, T-Th

**BayPath Home Delivered Meals:** 508-573-7200

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

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

**COA WayCam Liaison:**  
Joanne Kwarta

### MARK YOUR CALENDARS

- ⇒ **Thanksgiving Luncheon: Wed, Nov. 15, noon, p. 4**  
Join us for good food and good friends! Call for reservations. \$9
- ⇒ **Holiday Fraud Protection Information Session: Fri., Nov. 17, 10:30am, p. 3**  
Protect yourself and your identity as you do your holiday shopping. No cost.
- ⇒ **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.

**West Suburban Veterans Services District**  
**Sarada Kalpee, Director**  
 Tuesday 9am-4pm  
 Selectmen’s Office  
 781-850-5504  
 Regional VA Office  
 781-489-7509  
 \*\*\*\*\*

Find us on 

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

## Health & Wellness Programs

Please bring a  
water bottle to  
all classes



### Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every 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</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed.	11-12 noon	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$28	Every Wed.	1-2 pm	<i>Lg. Hearing Rm on Oct 4th, and in COA area Oct. 11, 18, 25</i>



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

**\*NOTE:** *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 Friday, November 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. They will discuss topics such as 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 appreciated.

### **“PRE- and PRO-BIOTICS”**

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

Registered Dietitian and Nutritionist Traci Robidoux last joined us to discuss “The Mind Diet.” Now learn what nutrition research reveals about specific functional food components that may improve your health, such as pre- and probiotics. Probiotics are “good” bacteria that help keep the digestive system healthy by controlling growth of harmful bacteria. Prebiotics are carbohydrates that cannot be digested by the human body. They are food for probiotics. Together, these components can help you maintain a healthy digestive system. No charge, but reservations appreciated.



### **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](http://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. Thank you!

### **AMERICAN ART Part II (1900 – 1950)**

**Thursday, October 26, 1:30pm  
Large Hearing Room Gallery Presentation**

The center of the art world has always been Europe, and American artists have mostly followed those evolutions. In the early part of the 20th century, Americans begin to develop their own unique voice. Join us for a look at how American Art grew and began gaining its own attention and respect.



This “Art Matters” gallery presentation has been made possible by a grant from the Friends of the Wayland COA. No charge, but reservations, please.

### **Exploring Space: Maximizing Our Tight Quarters**

The COA computer lab has closed; we apologize for the inconvenience. We are looking at options for continuing to meet your computer use needs. Meanwhile, we have been given access to Hearing Room Three for much needed conference and program space. Stay tuned for updates in the November newsletter.

## **Additional Health Programs**

### **FLU CLINICS**

It’s that time of year again. For October Flu Clinic appointments and information, please contact the **Wayland Health Department: 508-358-6805**

### **PODIATRY CLINIC: The next Podiatry Clinic is**

**Monday, Oct. 2 2017**

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



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

## Education/Social Programs

*Sample the varieties at the*

### **1st WEDNESDAY** **COA PIZZA BUFFET CAFÉ**



**Noon, \$3**

Reservations required by noon on the Monday preceding the Café.

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

**Wednesday, Oct. 4, Noon**

*And Next Month ...*

**Wednesday, Nov 1, Noon**

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

### **MEDICATION TAKE-BACK**

**Wednesday, 10/4, 11:30am-Noon**



The Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps.

No pre-registration needed to drop off medications.

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

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

#### ◇ **COA CONNECTIONS:**

**Mondays, 2:15pm**

Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.

#### ◇ **GENEALOGY:**

**2nd and 4th Tuesdays, 1:00pm**

Share in great conversations, research techniques and fascinating stories from the past.

#### ◇ **BRIDGE:**

**Thursdays, 12:00pm**

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

**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.

### **Register for WAY-SECURE for Added Safety**

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



WAY-SECURE is a voluntary program that allows residents with special considerations to register and provide critical information useful to first responders when they respond to emergency calls. You choose how much information to share.

If you would like to register your information, please call the COA 508-358-2990 to make an appointment, or you may also complete a registration at the Public Safety building 508-358-4747.

### **GRANDPARENTS NETWORKING GROUP**

**Tuesday, Oct. 10**

**10am-11:30am**

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

*No charge, No reservations.*

*Group meets on the 2nd Tuesday of each month.*

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas. Bring a friend. This is a casual gathering facilitated by Dr. Dossie Kahn, Youth & Family Services.



## Education/Social Programs, *continued*

### **OCTOBER: THE GUIDE TO ESSENTIAL ITALY**

Every Monday: October 2, 16, 23, 30 ~ 1pm-2pm

Closed Captioning (*Town Bldg is closed Columbus Day, Oct. 9*)

Working with experts from the Smithsonian and its renowned cultural travel program, Smithsonian Journeys, The Great Courses has created this "Grand Tour." Explore Rome, Florence, Venice, and other culturally rich locations, such as Pompeii and Perugia. It highlights countless masterworks of artistic genius; and examines the impact of Italian history on the rest of the world. Your video tour guide is Professor Kenneth R. Bartlett, University of Toronto, who has devoted much of his career to bringing Italian culture and history into classrooms.

*No charge. Reservations are not needed.*



### **Don't Forget Your Flu Shot: Flu Clinics in October**

The Wayland Health Department will provide free Flu Clinics throughout October at the Town Building, Large Hearing Room, from **2-7pm on Wednesdays, October 11, 18, & 25.**

No appointment needed; please bring your insurance card. Contact the Wayland Health Department with questions at 508-358-6805.

**Do you have challenges getting to the clinic?**

**If so, please call the Health Department to arrange a home visit, they are happy to accommodate you.**

### **It's time for THE RETURN OF THE ELVES!**

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

Workshops are scheduled from **10:30 am—Noon** on the four WEDNESDAYS in October and on November 8th and 29th. Please note the new *morning* workshop time. Come to one or all workshops. No reservations needed.



"Elves" are needed to help prepare for this annual tradition. Each year Wayland jeweler Norma Radoff helps the elves create beautiful jewelry pieces. Volunteer crafters also stitch and stuff pillows featuring a variety of themes, decorate wreaths and prepare gifts.

This year's shoppe will be on **Monday, December 4 from 3:30 – 5:30 in the Town Building gym.** Please help us get ready for the 200+ children who shop for holiday gifts. All gifts are wrapped and tagged before the children leave. It takes a lot of volunteers to do this...and it's a lot of fun! Call the COA for more information.

### **SENIOR PROPERTY TAX RELIEF COMMITTEE-Opening**

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

## **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, Oct. 3, 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., Oct. 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Video <sup>2</sup> Lecture Great Courses: "Essential Italy" 2:15: Connections <i>Podiatry-by appointment only</i> <i>Topsfield Fair trip</i>	9:15 GT Nuggets <sup>3</sup> 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube <sup>4</sup> 10:30 Zumba 10:30 Elves wkshop 11:00 Tai Chi 11:30 Med Takeback 12:00 COA Cafe 1:00 Better Balance	10:00 Lois' F4F <sup>5</sup> 11:00 Probiotics 12:00 Bridge (Advanced Players) <i>Trip to Boston</i> <i>Symphony</i>	6 
9 <b>HOLIDAY</b>  <i>Town Building Closed</i>	10 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 10:00 Grandparents 1:00 Genealogy	11 9:15 Thera-Tube 10:30 Zumba 10:30 Elves wkshop 11:00 Tai Chi 1:00 Better Balance <i>(in COA)</i>	12 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	13 12:30 Movie: THE ZOOKEEPER'S WIFE
1:00 Video <sup>16</sup> Lecture Great Courses: "Essential Italy" 2:15: Connections <i>Shop Around Shuttle</i>	17 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F <i>Trip to Vermont</i>	18 9:15 Thera-Tube 10:30 Zumba 10:30 Elves wkshop 11:00 Tai Chi 1:00 Better Balance <i>(in COA)</i>	19 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	20 
1:00 Video <sup>23</sup> Lecture Great Courses: "Essential Italy" 2:15 Connections	24 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy <i>Trip to ICA Boston</i>	25 9:15 Thera-Tube 10:30 Zumba 10:30 Elves wkshop 11:00 Tai Chi 1:00 Better Balance <i>(in COA)</i>	26 10:00 Lois' F4F 12:00 Bridge (Advanced Players) 1:30: American Art-Part II - Large Hearing Room	27 12:30 Movie: GOING IN STYLE
1:00 Video <sup>30</sup> Lecture Great Courses: "Essential Italy" 2:15: Connections  <i>Shop Around Shuttle</i>	31 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i> <i>L@NSC: Longfellow at Natick Sports Club</i>	<div>OCTOBER</div>	

## 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 7<sup>th</sup>***

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 matter, call the SHINE program at the Executive office of Elder Affairs at 1-800-AGE-INFO (800-243-4636).

## Volunteer Corner

If you enjoy helping people from the comfort of your own home, you might make a perfect FISH volunteer. FISH – Friends in Service Helping – is an invaluable volunteer organization that provides rides to Wayland residents who have no other way to get to local medical appointments.

FISH telephone volunteers coordinate the program by matching residents who request rides with volunteer drivers. Most telephone volunteers are “on duty” two or three days a month, at their convenience. Their job is to check the FISH answering machine for ride requests and call volunteer drivers from a curated list. When a driver accepts an assignment, he or she contacts the resident directly to make arrangements.

If you'd like more information about FISH, or are interested in volunteering, please call me at 508-358-2990. We'd love to welcome you aboard!

Warmly,  
*Ann Gordon*

## SERVICES AVAILABLE AT THE SENIOR CENTER

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

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

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

⇒ **Friendly Caller Program** Volunteers provide a friendly phone call to homebound residents who may benefit from a caring conversation.

⇒ **In-Home Fix-It Program** Our volunteer handy-people assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The volunteer service is free—you pay only for needed supplies.

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

⇒ **File of Life** Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This data can be invaluable to emergency personnel. Call the COA office today to get one—it could save your life! Folders are provided courtesy of *The Friends of the Wayland Council on Aging*.

⇒ **Town Elections/Meetings Services** Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation with at least 48-hour notice.

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

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

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

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

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

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

⇒ **Smoke and CO Detectors** As time and supplies are available, Wayland Firefighters will come install free smoke and CO detectors and provide fire safety training to Wayland Seniors. Call the COA to place your name on this 'wait list only' program.

### Other Helpful Resources:

- ☎ **BayPath Elder Services:** 508-573-7200
- ☎ **Domestic Violence Hotline:** 877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)
- ☎ **Elder Abuse Hotline:** 1-800-922-2275
- ☎ **Springwell Protective Services:** 617-926-4100
- ☎ **MA Exec. Office of Elder Affairs:** 1-800-243-4636
- ☎ **Medicare:** 1-800-633-4227
- ☎ **MetroWest Legal Services:** 508-620-1830
- ☎ **MWRTA General:** 508-935-2222
- ☎ **MWRTA: Dial A Ride:** 508-820-4650
- ☎ **Social Security--Waltham:** 1-800-772-1213
- ☎ **State Senator Richard Ross:** 617-722-1555
- ☎ **Representative Carmine Gentile:** 617-722-2014
- ☎ **Representative Alice Peisch:** 617-722-2070
- ☎ **Wayland Community Fund:** 508-358-3624
- ☎ **Wayland Council on Aging (COA):** 508-358-2990
- ☎ **Wayland Housing Authority:** 508-655-6310

## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ Taxi Vouchers for the new fiscal year are now lime green.
- ⇒ Orange vouchers 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 or stop by the office and pick up flyers.

### OCTOBER

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

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

#### **Tuesday, 10/17: Vermont Foliage Trip**

Join us as we head to Vermont and view the fabulous fall foliage along the way. Visit Quechee Gorge, Simon Pearce Glass and the King Arthur Factory. Enjoy a fantastic meal at the Mill restaurant. Cost: \$119 includes motor coach transportation, tour and choice of lunch entrees.

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

#### **COA Trip Policy**

Registration for Wayland residents is open when the trip is advertised. Payment is required at the time of registration. Register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. Non-residents may register on the 15th of the month. For non-residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup>. Due to advance financial commitments, refunds will only be given if the vacancy is filled.

### 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 time-pieces. The museum features the world's largest collection of Willard clocks and includes Willard family portraits and furnishings; 19th century women's costumes; 18th century American and English pewter; Victorian dolls; military and hunting weapons; 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**— see October 5th for details.

### DECEMBER

**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. We have a limited number of tickets. Sign-up deadline is 10/20. Checks payable to Best of Times.

#### **SHOP-AROUND SHUTTLE**

The Shop-Around Shuttle is back for the fall! **October dates are 10/16 & 10/30 and November dates are 11/13 & 11/27.** Home pick-ups begin at 10am. Free, but reservations required.



## 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, October 13: The Zookeeper’s Wife (2017) PG-13, 126 min., Drama**

The real-life story of Antonina Żabińska (portrayed by Academy Award nominee Jessica Chastain) and her husband, Dr. Jan Żabiński (Johan Heldenbergh), who in 1939 had the Warsaw Zoo flourishing. When their country is invaded by the Germans, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist. To fight back on their own terms, they covertly begin working with the Resistance - and put into action plans to save lives in the Warsaw Ghetto with Antonina putting herself and even her children at great risk.

### **Friday, October 27: Going in Style (2017) PG-13, 97 min., Comedy**

Oscar winners Morgan Freeman, Michael Caine, and Alan Arkin team up as lifelong buddies Willie, Joe and Al, who decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

### **FALL SPACE CHALLENGES FOR COA**

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

*With the support of the Friends of the Wayland Council On Aging, we are also exploring off-site rental options and seeing if a re-configuration of our programs could free up space. Thank you for your understanding.*

### **The Wayland COA News**

A monthly publication from

Wayland Council on Aging

41 Cochituate Road

Wayland MA 01778

**[www.wayland.ma.us](http://www.wayland.ma.us)**

Bulk Rate

U.S. Postage

PAID

Permit #16

Wayland, MA 01778

Find us on 

