



Join our Walking Club! p. 4

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

OCTOBER 2019



The ABC's of CBD and THC

Dr. Uma Dhanabalan, MD, MPH, FAAPH

Wed., Oct 16, 7pm, in the COA

Please call to reserve a seat: 508-358-2990

Medical marijuana and related products are becoming mainstream. Marijuana use is legal in Massachusetts, and CBD, a product of hemp plants, is legal at the federal level. CBD is increasingly used for pain and a range of other physical and behavioral conditions.

Learn more about the cannabis plant and its products; benefits and risks; control and regulations; and the buying process. What is the difference between CBD and THC? What should you look for if you are purchasing
continued on p. 2



PUBLIC SAFETY DAY at the COA

With the Wayland Fire and Police Departments

Thursday, October 10

11:00am — Wayland Fire Department staff

Topics include safety and fire prevention including generators, CO and smoke detectors, extinguishing fires, tracking systems, etc.

Don't miss Firehouse Trivia . . . with prizes!

Noon — Free "Soup's On" Luncheon

12:15pm — Wayland Police Department staff



Scams are becoming alarmingly sophisticated. Learn about new scams that have caught people off guard and cost them thousands. Also, hear details on upcoming Wayland Police Citizens Academy. Please call the COA for reservations.

HIGHLIGHTS

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• HAWTHORNE WORKSHOP Th, Oct 31, Nov 7, 14, 21 Reservations \$10	6

COMING NEXT MONTH

- COA Café, Nov 6, noon
- Thanksgiving luncheon, Wednesday, November 20 at noon. Join us for music by *Swing Fever Trio* and a traditional Thanksgiving meal with turkey, stuffing and all the fixings. Reservations please. \$10.00 per person.



FLU CLINICS

are being offered by the Wayland Health Department. See details on p. 12

The Wayland Council on Aging 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.

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

What's Happening at the COA?

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a CBD product? What are the sources of CBD vs. synthetic CBD? How does one get a medical marijuana card?



Join us for this informative evening, and bring your questions for the Q&A period following the presentation. Please call us at 508-358-2990 to reserve a spot. (Need a ride? Let us know.)

Dr. Dhanabalan is a licensed physician and globally-recognized advocate and educator on cannabis as a plant medicine. She supports traditional and alternative care options. The Wayland COA does not have a position on the medical use of cannabis. This presentation is strictly for educational purposes and part of our ongoing "Aging in Wayland" speaker series.



Thursday, October 24 VETERANS PROGRAM

9:30am: Continental Breakfast

**9:45am: Panel Discussion on
VETERANS and SPOUSAL BENEFITS**

Join us for breakfast and a presentation on veterans and spousal benefits, followed by time for questions and answers.



Panel Participants: David Hencke, Outreach Coordinator for VA Boston Healthcare System, Dept. of Veterans Affairs; Wayland Veterans Agent Sarada Kalpee; and a Social Worker from the VA in Boston.

Anyone interested in Veterans Benefits is welcome to attend. Please call the COA for reservations.

CREATING A PHOTOBOOK WITH SHUTTERFLY



**Thursday, Oct. 17
1:30pm, in the COA**

Presenter: MJ Wright, Wayland Library

You've got precious photos languishing in a box, or on your phone or computer that no one ever sees. Don't let them just sit there! Create a professional looking photo-book to share with friends or give as a gift.

There are many online options for making photobooks and other customized photo products. Shutterfly is one popular choice. Learn how to set up a Shutterfly account, download the Shutterfly app to your phone or computer, and design pages using tools available on the site. This is a group tutorial and not a hands-on workshop, but you can set up a separate, one-on-one 30-minute appointment with MJ at the Library. Please call the COA to reserve your spot.

FRIDAY NIGHT MOVIE: OKLAHOMA

Starring Shirley Jones & Gordon MacRae
Friday, Oct. 18, 7pm, COA

Join us for this Rodgers and Hammerstein favorite! Also joining us will be members of the Sudbury Valley New Horizons Band who are preparing to learn the memorable songs from this production.



CPR

FAMILY & FRIENDS CPR CLASS Tuesday, October 22, 6-8 pm, COA

Instructor: Firefighter Mitchell Mabardy Class size limited, no fee.

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. This class does not meet the requirements for a CPR course completion card if required for a job. However, it is ideal for community groups, grandparents, babysitters, and others of any age 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." Please register by Thurs., Oct. 17. Call the COA (508-358-2990) or Fire Department (508-358-6912).

What's Happening at the COA?



1st WEDNESDAY COA PIZZA BUFFET CAFÉ Wed., Oct 2, Noon ~ \$3

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

MENU: Pizza buffet, salad, dessert, beverage. Cheese-free and gluten-free available with advanced request.

Made possible by a generous grant from the Friends of Wayland COA, Inc.

Next Month's Café: Wed, Nov. 6

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 new friends and enjoy good conversation. This informal group, led by Wayland resident Irma Bloom, is for everyone. Come when you can.

Genealogy

2nd and 4th Tuesdays, 1:00pm

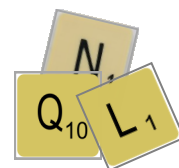


Share in great conversations, research tips and fascinating stories from the past.

Scrabble

Thursdays, 10:00am

Build words and friendships over the Scrabble board.



Reservations, please:

Some of our programs and exercise classes are "drop-in," and we encourage people to come when they wish. But because our space is limited, other programs require us to carefully plan according to how many people will attend.

We've marked our "Drop-In" programs with a new symbol.



If you don't see this symbol on a program description, please call us to reserve a spot. Thanks for your help!

CRAFT WORKSHOPS WITH VOLUNTEER KATHY HODGE

**Wednesdays:
October 2, 16, & 30
10:00 – 11:30am**



Join in preparations for the CHILDREN'S HOLIDAY SHOPPE by coming in to create handcrafted sale items. Supplies and instruction will be provided. Come when you can and bring your holiday spirit. No specialized skills required.



JEWELRY WORKSHOPS WITH VOLUNTEER NORMA RADOFF

**Tuesdays:
October 1, 8, & 22
1:00-2:00pm**



Prepare items for the jewelry sales table at the CHILDREN'S HOLIDAY SHOPPE by helping to inventory, box or create jewelry items. Supplies and instruction will be provided. Come when you can and bring your holiday spirit. No specialized skills required.



FRIDAY MORNING OPEN STUDIO ARTS & CRAFTS WORKSHOP Fridays, 9:30—11:30am

Bring your art or craft to the COA on Friday mornings for a time of creativity and camaraderie. Are you a knitter, painter, jewelry maker, quilter, scrapbooker, or simply a creative soul? Join together for inspiration and conversation with others who love to create. We'll supply the coffee, you bring the inspiration.



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.



Tues., Oct. 15, 10:30am-noon

2nd floor School Committee Room, Town Building.

No charge, No reservations.

Join us to talk about these uniquely rewarding and sometimes challenging relationships. Share ideas and resources. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.



Fitness Programs

Our selection of fitness classes is listed below. Please check each listing for this month's schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Walking Club 2pm Tai Chi Paradigm	10am Fit for the Future	9:00am Thera-Tube 9:30am Walking Club 10:15am Zumba 1:00pm Better Balance	10am Fit for the Future	Get active in your own favorite way!

Tai Chi Paradigm

Mondays, 2 pm, Large Hearing Room

PAYMENT OPTIONS:

Oct. Pre-Pay: \$21, Oct 7, 21, 28

Single class: \$10 (Drop-in)

Gentle exercise designed to reinforce posture, balance and fundamental movement.

New Payment Options

Zumba DROP IN

Wednesdays, 10:15 am

Town Building Gym

\$3 per class, FITBUCKS only*

Join this fun cardio class and dance your way to fitness with Latin music.



Lois' Fit for the Future DROP IN

Tues. and Thurs., 10 am, Large Hearing Room

\$3 per class, FITBUCKS only*

Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Bring your water bottle!



Thera-Tube DROP IN

Wednesdays 9:00 am

Lg Hearing Room; \$3 per class, FITBUCKS only*

Work with resistance bands with handles to increase range of motion and strength. Bands are easy to use for people of all abilities. Learn to use them safely in class and at home, Ellen Cohen-Kaplan, Certified Personal Trainer, OTR, Instructor.

Walking Club DROP IN

Mondays & Wednesdays at 9:30 am

Walking is great exercise! Join this group to walk with others for up to an hour.

- Meet at Rail Trail by the Library on Mondays and Wednesdays by 9:30.
- In inclement weather, meet at the Natick Mall by Dunkin Donuts.
- New walkers always welcome. Call the COA with questions.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room

Pay by the month. Oct. fee: \$ 28

Class meets on Oct. 2, in the hearing room and Oct 16, 23, 30 in the Gym

Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners!

***FITBUCKS** are required for all drop-in classes. Buy your FITBUCKS at the COA: \$3 each or \$15 for a book of five.

TRY-IT! Not sure? Take advantage of our TRY-IT policy: Your first class is free. Go ahead, try it!

INSURANCE COVERAGE: Call your insurer to see if your plan reimburses for fitness classes. Many do. We can provide your payment history.

For Your Convenience

SHOPPING TRIPS



Monday, October 7: SHOP-AROUND SHUTTLE:

Run your Wayland errands with us normally on the 2nd Monday of each month. Home pick-ups begin at 10am. Stops include Stop & Shop, Wayland Public Library, Panera and CVS. No charge.

Monday, October 21: MARKET BASKET & MARSHALLS:

Join our monthly shopping trip. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm. No charge.

Call the COA at 508-358-2990 in advance to reserve your spot.

PODIATRY CLINIC: Mon., Oct. 7



Call the COA at 508-358-2990 for an appointment. Please make out your check for \$30.00 to Dr. Cooper **before** your visit.

BLOOD PRESSURE CHECK, by appointment



Arrange for a free blood pressure check by calling the Wayland Health Dept. at 508-358-3617.

MEDICATION TAKE-BACK

Wed., Oct. 2, 11:30am to Noon



Each month before our PIZZA CAFÉ, the Wayland Police Dept. collects unwanted or expired medications at the COA.

NOTE: You may also deposit unwanted or expired medications at the Wayland Police Dept. 24 hours a day, 7 days a week.



THE VOLUNTEER SPIRIT

When the air turns crisp and winter is not far off, some of our volunteers head south to warmer climes. But the needs of those we serve do not diminish with the temperature. During the winter, we meet the same needs, often with fewer volunteers. If you've thought about volunteering, now is the perfect time to take action!

Our FISH program needs drivers and telephone volunteers, who arrange rides to medical appointments from the comfort of home. Our Meals on Wheels program can always use more back-up volunteers to step in when our regular weekly volunteers are unavailable. Please call me at 508-358-2990 if you are interested. The joy of giving will keep you warm all winter!

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-W

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

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

WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Board meetings are held on the 1st Tues. of each month at 8am in the Town Building. See Town calendar to confirm, as dates may change.

Next Meeting: Wed., October 2, 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

FRIENDS BOARD: Janie Belive, President, Marie Winter, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; Betsy Willard.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month on the third Wednesday at 9am.

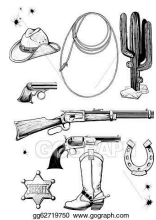
MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella, Markey Burke

Next Meeting: Wed., Nov., 13, 9:30am

West Suburban Veterans Services District

781-489-7509
Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)



The Great Courses DVD Lecture Series **MONDAYS at 1pm** **THE AMERICAN WEST**

The History, Myth and Legacy

Oct. 7, 21, 28

No Lecture Oct. 14 (Columbus Day)

Lecturer: Professor Patrick Allitt, Emory Univ.

The American West: History, Myth, and Legacy is a way for you to experience the grit and grandeur of an epic period in American history. From the era of the American Revolution to the beginning of the 20th century, you will uncover new historical angles and perspectives about events and themes ranging from the Lewis and Clark expedition to the Indian Removal Act to the creation of America's first national parks.

(CC) Closed Captioning



The Monday DVD lecture series topics typically change monthly. Enjoy a sampling of lectures by prominent professors.

Four-week Short Story Workshop

NATHANIEL HAWTHORNE

Selectmen's Meeting Room

Instructor/Lecturer/Actor:

Stephen Collins

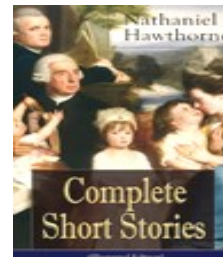
Thursdays, 10:30-11:45am

Oct. 31, Nov 7, 14, 21

\$10/class or \$25 for the

4-week series.

This series begins on HALLOWEEN with "Young Goodman Brown," one of the scariest stories in American literature. No homework, just a fascinating class experience.



Please call for reservations.



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 11: **YESTERDAY (2019) Rated PG-13, Comedy, Romance, 112 minutes**

Jack Malik is a struggling singer-songwriter in a tiny English town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. Then, after a freak bus accident during a mysterious global blackout, Jake wakes up to discover that the Beatles have never existed...And he finds himself with a very complicated problem, indeed.

Friday, October 25: **ALL IS TRUE (2019) Rated PG-13, 101 minutes**

Starring Judi Dench, Kenneth Branagh, and Ian McKellen.

The year is 1613, Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground, and devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Haunted by the death of his only son Hamnet, he struggles to mend the broken relationships with his wife and daughters. In so doing, he is ruthlessly forced to examine his own failings as husband and father. His very personal search for the truth uncovers secrets and lies within a family at war.

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
GT: Golden Tones F4F: Fit For the Future	1 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Jewelry Workshop for Holiday Shoppe	2 9:00 Thera-Tube: 9:30 Walking Club 10:00 Crafter Workshop 10:15 Zumba 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Balance	3 10:00 Scrabble 10:00 Lois' F4F <i>Trip to Symphony</i>	4 9:30-11:30 Open Studio Art & Craft
7 9:30 Walking Club 1:00 Video Lecture: <i>The American West</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i> <i>Shop Around Shuttle</i>	8 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Jewelry workshop 1:00 Genealogy <i>Trip to Topsfield Fair</i>	9 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 Better Balance	10 Wayland Public Safety Day at COA Fire Dept: 11am "Soups On" Noon Police: Scams 12:15 10:00 Scrabble 10:00 Lois' F4F	11 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: YESTERDAY
14 HOLIDAY Town Building Closed	15 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents	16 9:00 Thera-Tube 9:30 Walking Club 10:00 Crafter Workshop 10:15 Zumba 1:00 Better Balance Gym 7:00pm The ABCs of CBD & THC	17 10:00 Scrabble 10:00 Lois' F4F 1:30 Shutterfly Group Tutorial <i>Trip to Encore Boston</i>	18 9:30-11:30 Open Studio Art & Craft 7pm MOVIE NIGHT: OKLAHOMA
21 9:30 Walking Club 1:00 Video Lecture: <i>The American West</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	22 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Jewelry workshop 1:00 Genealogy 6pm Friends and Family CPR	23 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 Better Balance Gym	24 9:30 am Veteran's Panel presentation & breakfast 10:00 Scrabble 10:00 Lois' F4F	25 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: ALL IS TRUE
28 9:30 Walking Club 1:00 Video Lecture: <i>The American West</i> 2:00 Tai Chi Paradigm 2:30 Connections	29 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F29	30 9:00 Thera-Tube 9:30 Walking Club 10:00 Crafter Workshop 10:15 Zumba 1:00 Better Balance Gym	31 10:00 Scrabble 10:00 Lois' F4F 10:30 Hawthorne Short Story Workshop (1/4) <i>Legal Clinic, by appt.</i>	Looking Ahead: <ul style="list-style-type: none"> COA Café, Nov 6, noon Thanksgiving luncheon Wed., 11/20 Noon

Ongoing Services Available at the COA

FOR INFORMATION ABOUT ANY OF THESE SERVICES, CALL THE COA AT 508-358-2990.

Information and Referral Outreach Coordinator Sue Hatton provides free information on a wide range of resources, benefits and services for older adults and families.

Fuel Assistance (LIHEAP), The Low Income Home Energy Assistance Program, administered by SMOC, runs Nov-April. COA is a local intake site. Call us for details.

In-Home Fix-It Program Our volunteers help seniors at home with small jobs such as changing a light bulb. It's free—pay only for supplies.

Medical Equipment Loan Closet The COA accepts donations of new or gently used medical equipment (e.g., shower chairs, walkers, canes, wheelchairs—no com-modes). See page 9 for updated information.

File of Life Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information for emergency personnel. Call us to get yours, thanks to The Friends of the Wayland COA.

Town Elections/Meetings Services Transportation to every Town Election and to all sessions of Spring and Fall Town Meeting is provided by the COA. Call us at 508-358-2990 at least 48 business hours in advance.

Meals On Wheels are provided M—F through BayPath Elder Services, 508-573-7200.

Free Blood Pressure Check by Wayland Health Department. By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

Free Legal Consult Call the COA for a free, 20-minute appointment with elder law attorney Denise Yurkofsky.

SHINE (Serving Health Insurance Needs of Everyone on Medicare) Skilled volunteers provide free counseling about health insurance. Call COA for appointment.

Property Tax Work-Off: Wayland residents age 60+ provide valuable service to town departments while earning a limited sum to help offset their property tax. Applications are available beginning June 1 of each year. Work must be completed by the end of the following March.

Lock Boxes Allow Emergency Personnel access to your home in the event you call 911 but cannot get to the door to let them in. Store a key in a small locked box that is secured to your house in an inconspicuous place. For details, 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 This 'wait list only' program promotes fire safety for Wayland Seniors. Firefighters come to your home and provide education on proper location and maintenance of your smoke and CO detectors. As needed, they replace old units with newer 10 year-battery style. Call the COA to place your name on the wait list. Not compatible with hard wired units.

OTHER HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Parmenter Foundation Food Pantry: 508-358-3001

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 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: 508-358-2990

Wayland Housing Authority: 508-655-6310

News You Can Use

COULD YOU USE SOME HELP PAYING WINTER HEATING BILLS?

The **SMOC FUEL ASSISTANCE** program may be able to help.



Households with limited income may be eligible for help with home heating bills this winter. Known commonly as 'Fuel Assistance,' the *Low Income Home Energy Assistance Program (LIHEAP)* provides qualified applicants with assistance in paying a portion of their winter heating bills.

Eligibility for this assistance is based on the total gross annual income for an entire household, which must fall below \$37,360 for a household of one or \$48,485 for a household of two.

The application process requires an in-person interview for all first-time participants. Supporting documents must be submitted and will include items such as lease or mortgage information, proof of all gross income, and copies of utility bills. Wayland residents may complete this process at the Council on Aging, or at SMOC in Framingham. An appointment is required. This is a very helpful program for all who qualify. Please call the COA with any questions.

MEDICAL EQUIPMENT 'LOAN CLOSET' UPDATE: Please call ahead for all loans and donations

While our medical equipment loan program continues in popularity, the lack of an adequate storage location severely limits the quantity and variety of items we are able to store and loan. **If you have a donation to offer, please call the COA to see whether or not we can accept it before coming in.** Common requests include gently used items such as walkers, rollators, shower chairs, transport chairs and wheelchairs. We can no longer accept or loan out commodes for health and sanitation reasons.



If you need an alternative location to borrow or donate, check out M.A.S.O.N. (Medical Apparatus Serving our Neighbors) a program that accepts equipment donations on Tuesday evenings from 4:30 – 7:30 pm. They are located at 404 Concord St. in Framingham, 508-782-4301, www.mason-metrowest.org.

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or disabled of any age. \$2, \$3 or \$5 each way depending on destination. Pre-register with MWRTA and get details by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or disabled of any age. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance at the COA. Schedule rides directly through JFK 508-653-4500.

FISH: Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One week notice needed. Call FISH: 508-358-FISH (3474) to make ride requests.

SHOPPING TRIPS: See p. 5 for details about free monthly trips for grocery shopping and errands.



Stay up to date on all the exciting COA happenings! The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. Subscriptions for those outside Wayland are \$10. View the newsletter any time on our website: www.wayland.ma.us (select Council on Aging). To cancel your mailed subscription, please call us.



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

OCTOBER

Thursday, 10/3: Boston Symphony Open Rehearsal. Depart COA at 9:15 am. Return approx. 1:30 pm. The cost is \$50.00 for transportation to all four concerts: October 3, November 14, March 5, and April 2. Transportation for individual rehearsals will be available for \$15 as space allows. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200: WWW.BSO.ORG.**

Tuesday, 10/8: Topsfield Fair

 Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$20 for transportation. Senior admission is \$8 and can be paid at the fair. Enjoy this quintessential country fair with traditional demonstrations ranging from beekeeping to miniature trains, a Grange Museum, 4-H exhibits, entertainment, shopping, and great food... something for everyone!

Thursday, 10/17: Encore Boston Harbor Casino
 Depart COA at 9:30 am. Return at 2:00 pm. Cost: \$15 for transportation only. Curious about the new casino? Join us as we head to Everett to take in the architecture and artwork including the \$28 million sculpture of Popeye! Enjoy five-star dining, gaming, shopping and more, including views of Boston on the outdoor Harbor Walk. Dine at one of the many restaurants or just spend time exploring. Due to popular demand, we now have a bigger bus, so we can accommodate more travelers.

Travel to Europe in 2020! Tours are presented by American Music Abroad and led by Wayland residents Chris and Susan Memoli. Susan is the director of Fine Arts at Wayland High School and Chris is the director of music in the Weston schools. They have been leading student group tours to Europe for more than 15 years. They will lead two adult tours in 2020: *Austrian Ski Holiday* in February and *Tour of Italy* in July. For more information or to pick up a brochure, contact Shawna Levine at the COA.

COA Trip Policy: Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.

NOVEMBER

Thursday, 11/7: The American Heritage Museum
 Depart COA at 9:15. Return by 2:00 pm. Cost: \$30 for transportation and admission. At the American Heritage Museum you will explore America's conflicts from the Revolutionary War to today. This new museum is housed in a 65,000 + square foot building located at the Collings Foundation's headquarters in Stow, MA. The concept of the Museum began when the Foundation was selected to receive the massive collection of tanks, armored vehicles and military artifacts from the Littlefield family in 2013. You'll discover our heritage through the history, the national effort developing new technologies of warfare, and the human impact of America's fight to preserve freedom.

Thursday, 11/14: Boston Symphony Open Rehearsal. Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation for individual rehearsals is available for \$15 each as space allows. The last two concerts are on March 5 and April 2. See October listing for details.

Thursday, 11/21: Worcester Art Museum.
 Depart COA at 9:15. Return by 2:00. Cost: \$30 for admission, tour and transportation. Since its founding in 1896, the Worcester Art Museum has assembled a collection of 38,000 objects: from the ancient Near East and Asia, to European and American paintings and sculptures. We will begin our visit with an hour-long tour of highlights and selections from the Medieval galleries and special exhibit: *Photo Revolution: Andy Warhol to Cindy Sherman*. Following the tour there will be time to view exhibits on your own. There is also a café on site for lunch.

COMING SOON

More details on these trips in the November newsletter.

Tuesday, 12/10: Winter Wonderland at Tower Hill Botanical Garden. Depart COA at 9:15. Return by 2:00. Cost: \$20 for transportation and admission.

Monday, 12/16: Russo's in Watertown

Thursday, 1/2: Peabody Essex Museum. Depart COA at 9:15. Return by 3:30. Cost: \$30. See the newly opened expansion project including the Special exhibit: *The Creative Legacy of Nathaniel Hawthorne*.



MEDICARE OPEN ENROLLMENT IS OCT. 15—DEC. 7

Medicare plans change every year and Open Enrollment is the time period to decide on your coverage for 2020. For many people, this is the only time each year to make any changes to your current selections.

Not sure what you want to do? SHINE can help! Schedule an appointment soon so you can make an informed choice.

SHINE counselors are trained volunteers who provide free Medicare counseling to help you compare options.

Wayland COA is fortunate to have two outstanding SHINE volunteers who generously donate extra hours this time of year. SHINE meetings are by appointment only. **Call the COA soon to schedule; appointments book quickly.**

For SHINE-related inquiries (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You will get the SHINE answering machine, and a volunteer will return your call within 2 days.

2019 FLU CLINIC INFORMATION

The Wayland Health Department is offering appointment-based seasonal flu vaccination clinics for seniors age 65 and over.



High-Dose Flu Vaccine is geared to those aged 65+.

Seasonal Quadrivalent Flu Vaccine, Prevnar 13 Pneumococcal and Pneumovax 23 Vaccine (Pneumonia) will also be available for those who have not yet received it and have requested this particular vaccine when making their appointment. You must have an appointment.

For questions and scheduling, contact Wayland Health Department: 508-358-6805 or health@wayland.ma.us

Community clinics, available to all with no appointment necessary, will be held from 2-7pm in the Large Hearing room on Wednesdays, Oct 16, 23 and 30.

There is no out-of-pocket expense for flu vaccines. Please bring your insurance cards so the Health Dept. can submit for reimbursement.

The Wayland COA News

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