



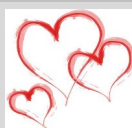
# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## FEBRUARY 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**

FEBRUARY HIGHLIGHTS		Pg.
♥ <b>MEDICATION TAKE BACK with WAYLAND POLICE at COA</b> Wed., Feb 1, 11:30am-Noon. Dispose of unwanted or expired medications.		4
♥ <b>COA PIZZA CAFÉ</b> Wed., Feb 1, Noon, \$3, Reservations required.		4
♥ <b>“FAVORITE SPACES ~ MEMORABLE PLACES”</b> in Wayland Sunday, Feb. 12, 2pm, Large Hearing Room, N/C Exhibit and presentation features images by local amateur photographers (younger and older) as well as professional photographers.		4
♥ <b>GREAT COURSES Video Lecture Series</b> , Every Monday at 1pm, No Charge. <b>FEBRUARY TOPIC: UNDERSTANDING GENETICS: DNA, Genes and their Real World Application</b> with Dr. David Savada, professor of Cancer Cell Biology at the City Of Hope Medical Center.		3
♥ <b>VALENTINE LUNCHEON</b> Wed., February 15, Noon with jazz musician Bryan Kane Menu: Appetizers, Chicken Cacciatore, Salad, Strawberry Shortcake, \$8 Reservations req'd.		3
♥ <b>Wayland ‘SHOP AROUND SHUTTLE’</b> In-town errands to do? Consider this free Monday shuttle with home pick ups. Mondays Feb 13 & 27. No charge but Reservations are required. Call COA: 508-358-2990		10
♥ <b>AARP TAX PREPARATION</b> Call COA to schedule an appointment. N/C		3
♥ <b>TOWN GOVERNMENT</b> -What Works; What doesn't? Wed., 2/22, 1pm		5
♥ Gardener? Golfer?...Check out <b>RISE and SHINE PILATES:</b> Pilates builds overall core strength while improving fitness, balance and posture. The result? You look and feel great! This class is open to seniors and non-seniors and can be adapted for each individual. Instructor Lisa Carusone is a certified Pilates instructor, certified personal trainer and Duke Integrative Medicine Health Coach.		2
<p align="center"><b>COMING IN MARCH:</b></p> <p>☼ <b>Wearin' o' the green Luncheon.</b> Thurs. Mar 16, Noon Reservations. With Kevin Farley “The Irish Music Guy” - historian, story teller, musician.</p> <p>☼ <b>AAA's “Car Doctor”</b> Tuesday, March 21 - No charge but reservations required. John Paul, syndicated columnist and host of “The Car Doctor” radio program, will present two programs: <i>*The older and Wiser Driver at 1pm</i> and <i>*Getting Your Car Ready For Spring at 2:15pm.</i></p> <p>☼ <b>“Swing Into Spring” March 26</b> Afternoon Tea Dance with 18-piece Big Band</p> <p align="center"><b>COMING IN APRIL:</b></p> <p>☼ Annual Drive-Thru Electronics Recycling Event, Thurs., Apr. 20, 3:30-5:30pm</p>		

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**CALENDAR** pp 6/7

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**Director:** Julie Secord  
(M-F)

**Office Coordinator:**  
Nancy Greenwood (M-F)

**Outreach Coordinator :**  
Sue Hatton (M-F)

**Project Coordinator :**  
Shawna Levine (M, T, W)

**Volunteer Coordinator:**  
Ann Gordon (T-Th)

**BayPath Home Delivered Meals** (Requests & Changes 508-573-7200 )

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

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

**COA WayCam Liaison:**  
Joanne Kwarta

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

## Health & Wellness Programs

*Please bring a  
water bottle to  
all classes*



### NEW EZ PAY with “FIT BUCKS” starts Mar 1

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE</b>	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Room
<b>ZUMBA</b>	Wed	\$3/class	Every Wed.	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
<b>THERA-TUBE</b>	Wed	\$3/class	Every Wed.	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	Feb 1, 22 \$14.00	Every Wed.	1-2 pm	Large Hearing Room
<b>PILATES—Pay by the month (open to non-seniors)</b>	Tu/Th	\$40 for Tues Class \$40 for Thurs Class	Every Tue/Th	7-8am	Large Hearing Room



**“TRY IT” POLICY:** When trying any of our **on-going** exercise programs, your first class is **FREE!**  
**STARTING MARCH 1, use your pre-paid FIT BUCKS at all \$3, drop in exercise classes.**  
*Un-used FITBUCKS are refundable*

**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.

**TAI CHI for STRESS REDUCTION** 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.

**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.

**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** A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am. Pay by the month. Pre-register—Restricted class size. Non-Seniors welcome. Instructor: Lisa Carusone, NASM-CPT. Total body conditioning for core strength and flexibility; builds strength and flexibility.

#### **Fitness opportunities available to people over 60 (no membership required) at The LONGFELLOW CLUB**

- ⇒ Water Exercise Classes at both Longfellow Natick and Wayland. Certified instructors. \$60/ 6 week session.  
*For pool classes at either location, please call Longfellow at 508-397-4069.*
- ⇒ PICKLEBALL at Wayland Longfellow Mon, Thurs, Fri, Noon-1:30pm, Non Members \$10  
*For Pickleball information, please call Wayland Longfellow at 508-358-7355.*

## New happenings at the COA

### VALENTINE LUNCHEON

Wednesday, Feb. 15, Noon, COA

Featuring vocalist and jazz saxophone player Brian Kane showcasing swing and the Great American Songbook!

Appetizer buffet followed by Chicken Cacciatore, Garden Salad, Strawberry Shortcake plus great music will make this a heart warming toe tapping celebration you won't want to miss.

Reservations required.  
\$8 per person



### WAYLAND PEN PALS:

#### Across Town and Generations

When was the last time you got a handwritten letter? To rekindle the lost art of letter writing, the COA and the Wayland Children and Parents Association present Wayland Pen Pals, a program pairing older Waylanders with a child in town and his or her family. Beginning in late February, you'll correspond regularly with your pen pal, and in June, everyone will be invited to meet for a celebration.

We'll send you regular ideas and suggested topics to help you correspond with your pen pal. Share your experience with a child, and help him or her learn the joys of letter writing.

To sign up, call Ann Gordon at the COA, 508-358-2990.



### SWING INTO SPRING

With the  
Soft Touch Dance Band

Sunday March 26  
2:00 – 4:00 pm

Wayland Middle School Cafeteria  
**No Charge, Reservations appreciated.**

Join us for our first community wide tea dance for all ages. Dance the afternoon away or sit back and enjoy a lively program of instrumental and vocal selections. The Soft Touch Dance Band is an eighteen-piece 'big band' and is directed by Kurt Thaller, with vocalists Caroline Griep and Gordon Russell. Refreshments will be served. All are welcome at this intergenerational event.



### THE GREAT COURSES DVD SERIES

Every Monday, 1-2pm (No lecture 2/20),

February Topic:

#### **UNDERSTANDING GENETICS:**

#### ***DNA, Genes and Their Real-World Applications***

We use DNA routinely to cure diseases, solve crimes and reunite families. Yet we've known about this self replicating material present in nearly all living organisms for only ~60 years. Award winning teacher, author and scientist Dr. David Sadava will unlock DNA's mysteries. He will explain the science of genetics, guiding you through decades of cutting edge research, scientific discovery and genetics' weighty implications for us as individuals and as a society. No reservations needed.

### AARP TAX PREPARATION



Tax Season is fast approaching. In February, IRS-trained AARP tax preparers are available without charge to help low and moderate income seniors. Call the COA to schedule an appointment to — complete your tax return with AARP Tax Preparers.

## Additional Health Programs

### BLOOD PRESSURE CHECK



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

### PODIATRY CLINIC

**The next Podiatry Clinic is Monday, February 27, 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

### 1st WEDNESDAY COA PIZZA CAFÉ

Noon, \$3

Reservations required by noon on the Monday preceding the Café



MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option will also be available.

**Wednesday, February 1, Noon**

*And Next Month on...*

**Wednesday, March 1, Noon**

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

### MEDICATION TAKE-BACK

**Wednesday, Feb 1, 11:30am-Noon**

Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps. No pre-registration needed to drop off medications.

### Help with Heating Bills

The LIHEAP Fuel assistance program provides one-time assistance with heating bills for income-eligible households. Please call the COA with any questions.

### 'DROP IN' PROGRAMS

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

#### ◇ **COA CONNECTIONS:**

**Mondays, 2:30pm (note new time in COA)**

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.

### **FAVORITE SPACES ~ MEMORABLE PLACES**

**A photo exhibit of stunning local scenes and a presentation on noted Wayland photographers.**

**Sunday, February 12, 2017**

**2:00—4:00 pm,**

**Large Hearing Room  
Wayland Town Building**



At 2pm the photo gallery will open for viewing. We will highlight photographs from some very talented Wayland photographers showcasing the beauty of Wayland. Including will be select photos from the historical Society's collection. At 2:30pm Jane Sciacca will present a program on noted Wayland photographers. No charge.

Refreshments will be served.

This event is sponsored by the Wayland Historical Society and the Wayland Council on Aging.

### **The Older and Wiser Driver and Spring Car Care With AAA's John Paul**

**Tuesday, March 21st 1:00 - 3:15**

Come for one or both programs. Registration required.

1:00 pm: ***The Older and Wiser Driver:*** Practical information on how seniors can compensate for the physical changes that affect their ability to drive. Focus is on vision, cognition, physical fitness, and the side-effects of common medications on driving.

2:15: ***Getting Your Car Ready for Spring***

John F. Paul hosts the "Car Doctor" radio program, he is AAA's Car Doctor and the Senior Manager of Traffic Safety and Public Affairs for AAA Northeast.

### GRANDPARENTS NETWORKING GROUP

**Tuesday February 14, 2016**

**10am-11:30am**



*2nd floor Small Conference Room,  
Town Building. No cost, No reservations.  
Group meets monthly on 2nd Tuesdays.*

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.

Discussion Facilitator: Dr. Dossie Kahn,  
Wayland Youth & Family Services.



## Community Information

### Wayland Community Fund

The Wayland Community Fund provides financial assistance to Wayland residents. Help may be available for overdue rent, utility payments, food, medical expenses, children's needs, and many other items. During the past nineteen years the WCF has provided more than \$500,000 in assistance to people in Wayland.

The WCF receives no public funding. One hundred percent of every dollar goes directly to helping Wayland people in need. Any Wayland resident in financial need, may leave a confidential message on the WCF help line at 508-358-3624

### Open Board Position for Golden Tones Chorus

The Golden Tones Board meets at the Wayland Town Building one morning per month. You need not be a singing member; just someone interested in helping us with our mission. Contact Deborah Marion, Director (508 318 6318) or email: [office@goldentones.org](mailto:office@goldentones.org)

### "CERT"-Wayland's Community Emergency Response Team

Residents needed to assist the town in the event of any emergency that requires back-up resources. No special skills required. All volunteers participate in a standard FEMA training program covering topics like disaster preparedness, fire safety, first aid, search & rescue, etc. Classes start Mon, Mar 6, 7-9pm at Public Safety Building. Volunteer hours served after training predicated on your schedule. Contact Joe Gordon, CERT Coordinator, [Gordon@waylandcert.org](mailto:Gordon@waylandcert.org) or (617) 835 3266

### **TOWN GOVERNMENT -*What works....What doesn't?***

Wednesday, Feb. 22, 1pm, COA

The Board of Selectmen invite you to participate in a facilitated discussion. A standard set of questions will be discussed and will include your experience with Town Departments, what works well, what could be improved. How might Town Government best communicate with you? Your input will help guide future actions the Board of Selectmen might take. Reservations appreciated.

A complete listing of all facilitated "Town Listening Sessions" is on the Town Website: ([www.wayland.ma.us](http://www.wayland.ma.us))

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



## 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; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky; Carol Glick.

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:**

Tuesday, Feb. 7, 2017 at 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:** Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford.

Next Meeting: Wed., Feb. 8, 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>FEBRUARY</div>		9:15 Thera-Tube 1 10:30 Zumba 11:00 Tai Chi 11:30 Medication Take Back 12:00 Pizza Café 1:00 Better Balance	7:00 AM Pilates 2 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	3
6 1:00 Great Courses 2:30: Connections  <i>Trip to Market Basket</i>	7:00 AM Pilates 7 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	8 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi	9 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge  <i>Trip to Da Vinci at the Museum of Science</i>	10 Watercolor at WAC (new session begins)  <b>12:30 Movie:</b> <i>THE LIGHT BETWEEN OCEANS</i>
13 <i>Shop Around Shuttle</i>  1:00 Great Courses	7:00 AM Pilates 14 9:15 GT Nuggets 10:15 Golden Tones 10:00 Grandparents 10:00 Lois' F4F 1:00 Genealogy <i>Trip to Davis Museum</i>	15 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 12:00 Valentine's Luncheon	16 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	17 Watercolor at WAC
20 <b>HOLIDAY</b>  <b>TOWN BUILDING CLOSED</b>	21 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	22 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:00 Town Gov't <i>Trip to the Worcester Art Museum</i>	23 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)  <i>Legal Clinic- by appointment</i>	24 Watercolor at WAC  <b>12:30 Movie:</b> <i>SOUTHSIDE WITH YOU</i>
27 1:00 Great Courses 2:30 Connections  <i>Podiatry- by appointment</i>  <i>Shop Around Shuttle</i>	28 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	<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>	<b>"FAVORITE SPACES ~ MEMORABLE PLACES"</b> in Wayland <b>Sunday, Feb. 12, 2pm,</b> Large Hearing Room, No charge. This exhibit and presentation features images by local photographers (amateur and professional). Great for all ages.	

## From the Outreach Desk

### Medicare 2017: Can I Still Change My Plan?

The annual Medicare Open Enrollment period ended on December 7, however a few options remain for people still needing a change. If you are not happy with your current plan, there are some limited opportunities to move to a new plan. As always, our SHINE counselors are here, by appointment to answer your questions and help with changes.

**Medicare's 5-Star Special Enrollment Period:** You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Blue Cross Blue Shield Medicare HMO plans, their two Blue Medicare Rx drug plans, and the Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2017. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

**For those with a Medicare Advantage Plan (HMO or PPO):** Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

**For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:** You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Questions? Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the COA at 508-358-2990. For any other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

## Volunteer Corner

Valentine's Day is all about love, and of course love comes in many varieties. Without getting too sappy, I think it's fair to say that our volunteers demonstrate a kind of love when they serve the needs of Waylanders.

During the busy working and family-raising years, it can be hard to find time to volunteer. Many of our volunteers here at the COA are retired, with time to give back. But increasingly we are also welcoming younger volunteers who want to build connections with Wayland's older residents, and who want to model good citizenship for their children. This is a wonderful thing.

But you don't need to formally volunteer to make a difference in your community. The week of February 12 is "Random Acts of Kindness" week. We can all do this, and we don't need a special week for it. Let someone go ahead of you in traffic. Pay for someone's coffee. Give blood. Leave an extra big tip. The world and its people can use all the extra kindness we can offer.

Warmly,  
*Ann Gordon*

## SERVICES AVAILABLE AT THE SENIOR CENTER

*In addition to our many programs, we offer a variety of services to provide assistance to older adults in their homes and at the COA. For information about any of the services described below, call the Wayland COA at 508-358-2990 (unless otherwise indicated).*

### ⇒ Information and Assistance

**Information and Referral**—Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources and services available for older adults and their families. Please call with any questions or concerns: 508-358-2990.

**Fuel Assistance**—Wayland Council On Aging is the Fuel Assistance agent for the Town. Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program) administered through SMOC. Contact Outreach Coordinator Sue Hatton for further information. Program runs from November - April.

**Free Legal Clinic**—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. See our calendar for the next Legal Clinic dates.

**SHINE-Serving Health Insurance Needs of Everyone on Medicare.** Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

### **State Senator Richard Ross:**

Constituents interested in discussing a concern should contact his office at 617-722-1555.

### ⇒ Health Services

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

### ⇒ Meals on Wheels

For information on the *Meals On Wheels* program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to program participants M-F.

### ⇒ 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.

### ⇒ In-Home Services

**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 will assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The service is free—you pay only for needed supplies.

**File of Life**—Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This information 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*.

**Medical Equipment Loan Closet**—On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, transfer benches, commodes, walkers, canes, wheel-chairs, transport chairs). To borrow equipment, call the COA office 508-358-2990.

**Lock boxes**—Allow access to your home in the event you call Emergency for help and cannot get to the door. A house key is stored in a small locked box that is secured to your house in an inconspicuous place; only Wayland rescue personnel have access. Free installation with a one-time fee to purchase the box. Call the Wayland Fire Dept. at **508-358-7951**.

**Elders At Risk in Weather Emergencies**—Seniors with specialized medical equipment or physical limitations that may put them at risk during severe storms or power outages can be included on this list. As resources allow, emergency personnel will call to make sure everything is OK. Call the COA to register and we will forward to Public Safety.

**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. 508-358-2990.

**Concerned about abusive behaviors: elder abuse, bullying, abusive dating relationships, family violence?** Help is available in the MetroWest area. Call 877-785-2020 or Visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)



## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ JFK Medical Taxi Vouchers are now ORANGE.
- ⇒ Expired Blue JFK Medical Taxi Vouchers may no longer be used.

### 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 MWRTA 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: **MWRTA-Kiessling.**

### 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 to 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. (A single voucher worth \$5 of meter time may be purchased for \$3).

**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)

#### For medical rides only

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have exhausted all options for transportation to local *medical appointments*. (Some drivers are available to travel to Boston.)

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.

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

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

### FEBRUARY

**Monday, 2/6: Market Basket & Marshall's:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

**Thursday, 2/9: Da Vinci – the Genius at the Museum of Science:** Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$10 for transportation only. Senior admission to the museum is \$21 – payable at the museum. View a re-creation of *The Last Supper*, educational animation presentations of the Vitruvian Man and the Sforza horse sculpture. You will also gain access to the exclusive *Secrets of Mona Lisa* exhibition. This revelatory exhibition provides a fascinating insight into not only the mind of a genius, but also into the fundamental scientific and artistic principles that he discovered.

**Tuesday, 2/14: Tuesday, The Medici's Painter: Carlo Dolci and 17th-Century Florence at the Davis Museum in Wellesley.** Depart COA at 10:30 am. Return at 2:00 pm. Cost: \$15.00 for admission, tour, and transportation. This is the first exhibition in America devoted to the luminous and meticulously rendered paintings and drawings of Italian artist Carlo Dolci. Please note, while admission to the Davis museum is normally free, the regular admission for this special exhibit is \$25. This is an opportunity to see the exhibit at a reduced group rate.

**Wednesday, 2/22: Worcester Art Museum.** Depart COA at 10:00 am. Return by 3:30. Cost: \$10 for transportation. Admission \$12 paid at the museum. This museum is world-renowned for its 35,000-piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. The reinstalled medieval galleries combine WAM's outstanding pre-existing collection of ecclesiastical artwork with the chivalric arms and armor of the Higgins collection. In addition, Mary Cassatt's 1901 pastel *Simone in a White Bonnet* will be on view as part of a focused exhibit. Lunch is available in the museum café.

### SHOP-AROUND SHUTTLE

⇒ **Mondays, February 13 & 27**

⇒ **Mondays, March 13 & 27**

**FREE but Reservations are Required**

**Call 508-358-2990**

Home pick-ups begin at 10 and the return trip will begin at noon. Stops include the library, Stop & Shop, Panera and CVS. Reservations are required

### MARCH

**Monday, 3/6: Market Basket & Marshall's:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

**Tuesday, 3/7: Shoes: Pleasure and Pain at the Peabody Essex Museum.** Depart COA at 9:00. Return at 2:00. Cost: \$15 for transportation only. Senior admission is \$18 payable at the museum. Explore the creativity of footwear from around the globe through more than 300 pairs of shoes, ranging from elaborate vintage designs to those by contemporary makers. This exhibition considers the cultural significance and transformative capacity of shoes and examines the latest developments in footwear technology.

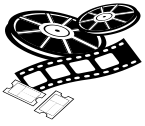
**Thursday, 3/23: Boston Symphony Rehearsal:** Depart COA at 9:00, Return by 1:30. \$15 for transportation for each concert. Remaining dates: April 20, and May 4. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200 [WWW.BSO.ORG](http://WWW.BSO.ORG).**

**Friday, 3/24: Boston Flower & Garden Show:** Depart COA at 9:00. Return at 2:00. Cost : \$25 for admission and transportation. Once again spring blooms early with breathtaking garden displays. The 2017 show celebrates the most powerful forces of the Gardening Good ever assembled in *Superheroes of the Garden!* The Garden marketplace offers fun shopping.

### SPRING/SUMMER

**Saturday, 4/29: Art in Bloom at the MFA:** Depart COA at 9:15. Return by 4:00pm. Cost: \$30 for admission and transportation. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and professional designers from across New England create floral arrangements inspired by the MFA's works of art.

**Wednesday, 6/21: Tall Ships 2017:** In June Boston will welcome crews and cadets from across the world as an official port of the Rendez-Vous 2017 Tall Ships Regatta. Join Best of Times Travel in experiencing the wonder and excitement of it as you sail through Boston harbor to view the ships from the best vantage point – the water! Cost: \$95 for transportation, luncheon, entertainment & cruise. Choice of chicken or fish for lunch. Checks payable to Best of Times. **Please note: We have 15 spaces reserved. This trip will sell out fast. If you are interested, please sign up ASAP.**



## FRIDAY “After Hours” MOVIE MATINEE

Showtime: 12:30 pm, Wayland C.O.A. Bring a friend, and/or bring your lunch.

ENJOY self-serve popcorn and cold drinks from our “Hospitality Cart” — it’s all complimentary!

**Friday, February 10: THE LIGHT BETWEEN OCEANS (2016) PG-13. 2hr. 13 min. Drama/Romance**

Starring Academy award and Golden Globe nominee Michael Fassbender, Oscar winner Alicia Vikander.

A lighthouse keeper and his wife living off the coast of Western Australia raises a baby they rescue from a drifting row boat. A drama about fate, love, moral dilemmas and the lengths to which one couple will go to see their dreams realized.

**Friday, February 24: SOUTHSIDE WITH YOU (2016) pg-13, 1 hr 24 min, Drama/Romance**

Inspired by Barack and Michelle Obama’s first date, SOUTHSIDE WITH YOU recounts the eventful summer day in 1989 when a young law firm associate named Barack Obama (Parker Sawyers) tried to woo lawyer Michelle Robinson (Tika Sumpter) during a daylong date that took them from the Art Institute of Chicago to a screening of Spike Lee’s Do the Right Thing to the site of their first kiss outside of an ice cream parlor.

### ***Do 1 Thing: Your Goal for February***

**Have enough water on-hand for your family to last 3 days (72 hours).**

**This should be about 3 gallons per person.**

‘Do 1 Thing’ is a web-based twelve-month preparedness program that focuses on a different area of emergency preparedness each month, and provides a range of preparedness options for each topic. Every month has a low or no-cost option to become better prepared. They suggest a choice of three things you can do, then you choose one. You can jump in at anytime. For more information visit [www.do1thing.com](http://www.do1thing.com). If you would like a print copy of the monthly tip sheets, please stop by the COA or give us a call.

### **The Wayland COA News**

*A monthly publication from*

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Bulk Rate  
U.S. Postage  
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