



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JULY/AUGUST 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

6th Annual SUMMER OUTDOOR CONCERT SERIES



CONTINUES at the Town Building: Thursdays, 7-8 pm,

July 6: Sudbury Valley New Horizons Band

July 13: Southbound Train (country)

If rainy, concerts will be held in the Large Hearing Room



JULY Highlights

- ✧ **Great Courses DVD Lecture Series. Every Monday, 1pm**
July: **UNDERSTANDING THE WORLD'S GREATEST STRUCTURES:** Science and Innovation from Antiquity to Modernity
- ✧ **MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 7/5,**
11:30am-Noon. Dispose of unwanted or expired medications. p.4
- ✧ **COA PIZZA CAFÉ Wed., July 5th, Noon, \$3, Reservations. p.4**
- ✧ **INTRODUCTION TO GENEALOGY CLASS-** Starts July 5th,
4-Week Course, Wednesdays, 1:30pm-3pm. N/C - Reservations. p.3
- ✧ **THE GENIUS OF GEORGE GERSHWIN Wed., July 19, Luncheon served at**
12:30 with program following. \$7, Reservations please. . p. 3
- ✧ **WAY-SECURE:** Drop by the morning coffee to learn more about this unique
program with the Fire Dept. Private 1:1 assistance available to help you complete
the registration form. Tues July 25th 10AM-Noon. p. 3

AUGUST Highlights

- ✧ **Great Courses DVD Lecture Series. Every Monday, 1pm**
August: **MUSIC AS A MIRROR OF HISTORY:**
Explore how music reflects and reacts to historical events.
- ✧ **MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 8/2,**
11:30am-Noon. Dispose of unwanted or expired medications. p.4
- ✧ **COA PIZZA CAFÉ Wed., August 2nd, Noon, \$3, Reservations. p.4**
- ✧ **LUNCH & LEARN: PRESCRIPTION ADVANTAGE**
How could it benefit you? Join our SHINE counselors for Soup's On
Tues, August 8th. Noon. No Charge but reservations requested, p.3
- ✧ **WHAT'S TRENDING? THE MIND DIET with Traci Robidoux,**
Reg. Dietitian, Wed., Aug. 9, 11am. No charge but reservations please. p.5
- ✧ **Gallery Presentation by Art Matters: AMERICAN ART 1776-1900**
Thurs., Aug 24, 1:30pm, Lg Hearing Rm, No Charge, Reserve please p.3

DID YOU KNOW?

- ✧ **Property Tax Work-Off** applications are still being accepted. See p. 4
- ✧ **Taxi Ticket and Fit Bucks** have changed color with the fiscal year in July. p.4, 9

Coming in the fall...

- ✧ **COULD TECHNIQUES USED IN TELEVISION PRODUCTION**
REALLY BUILD YOUR CONFIDENCE? Day and Evening sessions. p. 5

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

Director: Julie Secord, M-F

Office Coordinator:
Nancy Greenwood, M-F

Outreach Coordinator :
Sue Hatton, M-F

Project Coordinator :
Shawna Levine, M-W

Volunteer Coordinator:
Ann Gordon, T-Th

BayPath Home Delivered Meals: 508-573-7200

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

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

COA WayCam Liaison:
Joanne Kwart

West Suburban Veterans Services District

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

Find us on 

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

Health & Wellness Programs

SUMMER FITNESS CLASSES: Please note that some classes have adjusted schedules or are on hiatus for the summer.

Please bring a water bottle to all classes



Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE*	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every Tue & Th	10-11am	Large Hearing Room
ZUMBA* <u>No summer classes.</u> <u>Resumes in Fall</u>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed. <i>No summer classes</i>	10:30-11:30 am	Town Bldg. Gym
THERA-TUBE* No class July 5, 19	Wed	\$3/class-FIT BUCKS ONLY	July 12, 26	9:15-10:15 am	Large Hearing Room
TAI CHI	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
BETTER BALANCE	Wed	\$21-July \$14-August	July 12, 19, 26 August 2 & 16	1-2 pm	Large Hearing Room
PILATES—Pay by the month (open to non-seniors)	Tues	July \$20 Aug \$25	Every Tue.	7-8am	Large Hearing Room



“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. **Purchase in COA.** Un-used FITBUCKS are refundable. Turn orange Fit Bucks in for lime green—or request refund.

From the Outreach Desk

Do 1 Thing — Your Summer Goal: *Have the ability to communicate with family members during a disaster.* It's a good idea to have a phone with a cord in your house. In the event of a power outage, a cordless phone will not work. With many phone services now tied to cable or other bundled services, there is a greater chance of losing phone service than in years past. Consider having a cell phone on hand and making the habit of keeping it charged. How else might you stay in touch with others? Do you have a neighbor with whom you might share family phone numbers? Perhaps the inviting summer weather will have you chatting more with neighbors. This is a good time to begin a discussion on how to help one another should the need arise.

‘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.

Volunteer Corner

Summer is the slow season, when we typically take time off work or other routines and obligations. Here at the COA, we serve the needs of our community year-round, and we are grateful to our volunteers who continue throughout the summer delivering meals, driving clients to medical appointments, making small home repairs, and helping us mail this newsletter. But volunteering to help others doesn't have to involve a formal role. We can all check on our neighbors' wellbeing when it is very hot or after a storm. We can all take care of each other, in summer when we have more time, or any time of year. Enjoy your summer!

Warmly,
Ann Gordon

New happenings at the COA

WAY-SECURE

Open Registration and Coffee Hour at the COA

Are you curious about WAY-SECURE?
Considering registration but have a few questions?

Join us at the COA on

Tuesday, July 25th from 10AM–Noon



COA invites you to an 'open registration' coffee hour where staff will be available to answer questions and provide private 1:1 registration assistance for anyone interested in this exciting new option.

The new WAY-SECURE program allows residents with special considerations to provide first responders with your critical information so it is available in the event of an emergency. Participation in this program is optional. You choose how much information to share. Access is available only to emergency personnel when they respond to an emergency call originating from your address.

AMERICAN ART Part I (1776 -1900)

Thursday, Sept 28, 1:30pm

Large Hearing Room Gallery Presentation

The United States was not founded by schooled artists, but by people seeking freedom and adventure. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation.

Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. This is an "Art Matters" gallery presentation and has been made possible by a grant from the Friends of the Wayland COA. No charge, but reservations, please.

American Art Part II will be Oct. 26, 1:30pm.

LUNCH AND LEARN:

PRESCRIPTION ADVANTAGE INFO SESSION

with hands-on workshop option

Tuesday, August 8, NOON, No Charge

Join us for Soup's On with our SHINE Counselors for a discussion of Prescription Advantage, a state-sponsored pharmacy assistance plan that can lower your prescription drug costs. It also allows you to change your Medicare plan. What do you do when you reach the "donut hole" or your Medicare drug plan isn't working for you? Reservations appreciated; No Charge.

SAVE THE DATE

JAZZ AND COMEDY CLUB FUNDRAISER

Saturday, Sept., 23, 7:30pm, Sandy Burr CC

Nationally known social and political humorist

JIMMY TINGLE Coming to Wayland!

Also featuring the Shane Wood Jazz Trio, Live Auction, Hors d'Oeuvres, Desserts and more. *(cash bar available).* A benefit for Friends of Wayland COA Inc., a 501c(3) organization. Visit the Friends FACEBOOK page for on-line ticket purchase info. Tickets (\$75pp) also available at the Village Bank and the COA office.



INTRODUCTION TO GENEALOGY

Starts July 5

4-Week Course, Wednesdays, 1:30pm-3pm

- ◇ No charge but pre-registration is requested.
- ◇ Bring a notebook and laptop if possible.

Instructor: Suzanne Richardson, w/ Elaine Shabeck

Interested in knowing more about your ancestors? We will help you start to trace your genealogy. Learn where your ancestors lived, their occupations, their military service, and learn about free and fee-based websites for research.

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 summer Podiatry Clinics are Monday, July 10th and Monday, August 7th, 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

It's not FALL ...but our COLORS are changing!

- ⦿ Please remember that all "orange" FIT BUCKS and TAXI TICKETS expired June 30th and will not be accepted for use after July 31, 2017.
- ⦿ All requests for refunds or exchanges of expired tickets must be completed by Sept. 30, 2017.

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, July 5th Noon

Wednesday, August 2nd, Noon

This on-going program is made possible by a generous



And before the Pizza Cafécome to

MEDICATION TAKE-BACK

Wednesday, 7/5 & 8/2, 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.

'DROP IN' PROGRAMS

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

- ◇ **COA CONNECTIONS—Summer schedule:**
Every other Mon. 2:15pm, starting July 10
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.



THE GENIUS OF GEORGE GERSHWIN

Presented by Bruce Hambro

Wednesday, July 19

Indoor Picnic Lunch served at 12:30.

Program following. \$7pp

Reservations required

George Gershwin has been called the most influential popular music composer of the 20th century. He wrote countless scores for hit Broadway and Hollywood musicals. He also scored the classical/jazz symphony *Rhapsody in Blue*. This one-hour presentation includes recordings of such great Gershwin standards as *I Got Rhythm*, *Summertime*, *The Man I Love* and *Embraceable You* sung by renowned vocalists such as Judy Garland, Ella Fitzgerald and Tony Bennett. Bruce Hambro is a former history teacher and is a student of the American entertainment industry.

TAX WORK-OFF PROGRAM for FY18

(July 2017 – March 2018)

Seniors may earn money to offset property taxes. Applications are still available at the COA office and will be processed in the order received.

*The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions.

***For VETERANS VALOR ACT info, contact the Wayland Assessors Office, 508-358-3788.**

SUMMER SPECIAL:

A Great Courses/DVD Lecture SAMPLER will be shown on Fridays, twice monthly this summer.

July 14, 28, and Aug 4, 18

11am-Noon.

View calendar for the varied topics.

GRANDPARENTS NETWORKING GROUP

Tuesday, July 11 and Aug 8

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.



More SUMMER Programs

WHAT'S TRENDING: "THE MIND DIET"

Can what you eat really reduce your risk of Alzheimer's disease and dementia?

Presenter: Traci Robidoux, Registered Dietitian

Wednesday, August 9, 11am.

Research suggests that what you put on your plate can help or hinder cognitive abilities. The MIND diet, which refers to the Mediterranean-DASH Intervention for Neuro-degenerative Delay, is a research-backed diet based on years of cumulative research that is proven to reduce the risk of Alzheimer's disease and dementia. Join us to learn more about this diet for "Brain Health."

No Charge but reservations appreciated.

Coming in September:

HOW COULD TECHNIQUES USED IN TV NEWS AND COMMERCIALS MAKE YOU MORE COMFORTABLE AND CONFIDENT?

Want to do something "NEW" and different this Fall and be able to use what you learn? You will watch TV in a whole new way.

Learn to deliver On Camera Commercial copy from a professional casting director. Your new skills learned will make you more relaxed and effective in group settings or in front of a camera – like local cable.

This is a fun class. There is no memorization involved. Join other residents who are equally curious about this unique opportunity.

"Techniques For On Camera Commercials" is a 4 week course starting in September. Classes are 90 minutes each. Both day time and evening sessions will be offered at the Town Building.

Pre-registration required. \$40/session (4 classes). Evening session starts Sept. 7 at 7pm. Afternoon session starts Wednesday, Sept. 6 at 10:00am. Instructor: Ann Baker

COA's Free Annual Summer **OUTDOOR CONCERT SERIES**

Thursdays: July 6 & 13, 7pm-8pm
Town Building Courtyard

♫ **Thursday, July 6**
SVNH BAND

Sudbury Valley New Horizons Band

♫ **Thursday, July 13**

SOUTHBOUND TRAIN Country Band



Special thanks to our sponsors:

~Alkon & Levine, P.C. ~ Royal Wayland Skilled Nursing & Rehabilitation ~Traditions of Wayland ~The Village Bank ~ Bret Leifer, Professional Numismatist ~Middlesex Savings Bank

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: July 18 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., Aug. 9, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				LEGEND: GT: Golden Tones F4F: Fit for the Future WAC: Wayl. Art Ctr. L@NSC: Longfellow
3 1:00 Video Lecture/ Great Courses <u>For July:</u> <u>Understanding the</u> <u>World's Greatest</u> <u>Structures</u>	4 <i>HOLIDAY</i> <i>Town Building</i> <i>Closed</i>	5 9:15 NO Thera- Tube 11:00 Tai Chi 11:30 Med Takeback 12:00 Pizza Café 1:00 NO Better Balance 1:30 Intro to Geneal.	6 10:00 Lois' F4F 12:00 Bridge (Advanced Players)  <i>Concert: 7-8pm</i> <i>Sudbury Valley</i> <i>New Horizons Band</i>	7 12:30 Movie A UNITED KINGDOM
10 1:00 Video Lecture/ Great Courses 2:15: Connections <i>Podiatry, by appoint-</i> <i>ment only</i> <i>Market Basket Trip</i>	11 7:00 AM Pilates 10:00 Lois' F4F 10:00 Grandparents 1:00 Genealogy <i>Trip; Essex River</i> <i>Cruise</i>	12 9:15 Thera-Tube 11:00 Tai Chi 1:00 Better Balance 1:30 Intro to Genealogy	13 10:00 Lois' F4F 12:00 Bridge (Advanced Players)  <i>Concert: 7-8pm</i> <i>Southbound Train</i>	14 11am Great Courses Sampler: ART OF THE HEIST (Athena) Art World's Biggest Thefts
17 1:00 Video Lecture / Great Courses World's Greatest Structures	18 7:00 AM Pilates 10:00 Lois' F4F <i>Trip to Rockport</i>	19 9:15 NO Thera- Tube 11:00 Tai Chi 12:30 The Genius of George Gershwin. 1:00 Better Balance 1:30 Intro to Geneal.	20 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	21 12:30 Movie ARRIVAL
24 1:00 Video Lecture/ Great Courses World's Greatest Structures 2:15: Connections	25 7:00 AM Pilates 10:00 Lois' F4F 10:00 WAY-SECURE Open registration and coffee hour 1:00 Genealogy	26 9:15 Thera-Tube 11:00 Tai Chi 1:00 Better Balance 1:30 Intro to Genealogy <i>Trip: Isabella Stew-</i> <i>art Gardner Museum</i>	27 10:00 Lois' F4F 12:00 Bridge (Advanced Players) <i>Legal Clinic-</i> <i>by appointment</i>	28 11am Great Courses Sampler: WONDERS OF THE NATIONAL PARKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>July 31</u> 1:00 Great Courses Video Lecture: World's Greatest Structures	<div> AUGUST </div> <div> 1 </div> 7:00 AM Pilates 10:00 Lois' F4F	9:15 Thera-Tube 2 11 Tai Chi 11:30 Medication Take Back 12:00 Pizza Café 1:00 Better Balance	10:00 Lois' F4F 3 12:00 Bridge (Adv) <i>Trip to Pawtucket Red Sox</i>	<div> 4 </div> 11am Great Courses Sampler: HOW FORENSIC SCIENCE WORKS
1:00 Video Lec 7 Great Courses AUG Music as a Mirror of History 2:15: Connections <i>Podiatry-</i> <i>by appointment only</i> <i>Market Basket Trip</i>	<div> 8 </div> 7:00 AM Pilates 10:00 Lois' F4F 10:00 Grandparents 12:00 Lunch & Learn 1:00 Genealogy	9:15 Thera-Tube 9 11:00 Tai Chi 11:-00 Mind Diet 1:00 NO Better Balance	10:00 Lois' F4F 10 12:00 Bridge (Advanced Players) <i>Legal Clinic-</i> <i>by appointment</i>	<div> 11 </div> 12:30 Movie A STREET CAT NAMED BOB
<div> 14 </div> 1:00 Video Lecture / Great Courses Music as a Mirror Of History	<div> 15 </div> 7:00 AM Pilates 10:00 Lois' F4F <i>Trip to Peabody Essex Museum</i>	<div> 16 </div> 9:15 Thera-Tube 11:00 Tai Chi 1:00 Better Balance 1:00 Disney's Remake of Beauty and the Beast	<div> 17 </div> 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	<div> 18 </div> 11am Great Courses Sampler: The Everyday Gourmet: COOKING with VEGETABLES
<div> 21 </div> 1:00 Video Lecture/ Great Courses Music as a Mirror of History 2:15: Connections	<div> 22 </div> 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	<div> 23 </div> 9:15 Thera-Tube 11:00 Tai Chi 1:00 NO Better Balance <i>Trip to Castle Island</i>	<div> 24 </div> 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	<div> 25 </div> 12:30 Movie GROWING UP "SMITH"
<div> 28 </div> 1:00 Video Lecture / Great Courses Music as Mirror of History	<div> 29 </div> 7:00 AM Pilates 10:00 Lois' F4F	<div> 30 </div> 9:15 Thera-Tube 11:00 Tai Chi 1:00 NO Better Balance	<div> 31 </div> 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	<u>September 1st</u>

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, 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

☎ **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:** 617-7-722-1555

☎ **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 expired on June 30, 2017 and will not be accepted by JFK after July 31, 2017.
- ⇒ If you have unused orange vouchers, be sure to exchange them for the new lime green vouchers or return for a refund before September 30, 2017.

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 exhausted all options for transportation to local *medical appointments*. (Some drivers may 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.

MWRTA: FIXED ROUTE BUSES: Available to all ages. A network of buses operating 6 days/week and connecting to locations throughout the MetroWest area. Two routes run through south Wayland. Convenient travel to the Natick Mall, Sherwood Plaza, or other stops. Call 1-888-996-9782 or www.mwrta.com for details.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

JULY

Monday, 7/10 : Market Basket & Marshall's:

Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

Tuesday, 7/11: Essex River Cruise with lunch at

Woodman's. Depart COA at 9:00. Return by 3:30.

Cost: \$38 for tour and transportation, lunch on your own. Share the opportunity to escape to the unspoiled natural beauty of the Essex River onboard the Essex River Queen. You'll cruise through spectacular views of scenic salt marshes rich with unique wildlife. Learn about the history and lore of the Essex area. The trip runs rain or shine. Following the cruise we will head to the famous Woodman's for lunch. Currently on Wait list..

Tuesday, 7/18: Rockport. Depart COA at 9:30. Return

by 4:00. \$15 for transportation only. Enjoy a day by the sea. You will have time to shop, have lunch (on your own) and enjoy the salt air.

Wednesday, 7/26: Isabella Stewart Gardner

Museum. Depart COA at 10:15. Return by 3:30. Cost: \$27 for admission, tour and transportation. Isabella Stewart Gardner collected and displayed a collection comprised of more than 2,500 objects—paintings, sculpture, furniture, textiles, drawings, silver, ceramics, illuminated manuscripts, rare books, photographs and letters. Gardens and Horticulture flourish at the Gardner and the interior Courtyard is itself an astonishing work of art. We will have a guided tour and lunch at the café.

SHOP-AROUND SHUTTLE

The Shop-Around Shuttle is on hiatus for the summer. It will return in September on 9/11 & 9/25. Home pick ups begin at 10 am and the return trip will begin at noon. Stops include Stop & Shop, the library, Panera and CVS. Free, but reservations required. Call the COA.

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

AUGUST

Thursday, 8/3: Paw Sox Senior Silver Day in

Pawtucket. Depart COA at 10:00. Return by 5:00 pm. \$30 includes transportation, reserved seats, and \$7 of ballpark credit. Enjoy a fun day at the ballpark!

Monday, 8/7: Market Basket & Marshall's:

Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

Tuesday, 8/15: Ocean Liners: Glamour, Speed, and Style at the Peabody Essex Museum in Salem.

Depart COA at 9:30. Return by 4:00. Cost: \$15 for transportation only. Admission is \$18 for seniors paid at the museum. From the mid-19th century through the mid-20th century, ocean liners were floating showcases of technology, opulence and social sophistication. Drawing from international institutions and private collections, the exhibition brings together nearly 200 works including paintings, sculpture, models, furniture, lighting, wall panels, textiles, fashion, photographs, posters and film. You may also view other museum exhibits, have lunch in the café or walk to one of many area restaurants.

Wednesday, 8/23: Castle Island, Fort Independence and Sullivan's.

Depart COA at 10:00. Return by 4:00. Cost: \$10 for transportation. Spend the day enjoying the views of Boston and have lunch at Sullivan's for fresh seafood and sandwiches. You can also tour Fort Independence, a pentagonal five-bastioned, granite fort built between 1834 and 1851, which is the dominating feature of Castle Island.

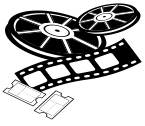
COMING SOON

Tuesday, 10/17: Simon Pearce Glassblowing, King Arthur Fall Foliage Trip with Queechee Gorge.

Cost: \$119 includes motor coach transportation, choice of two entrees for lunch at the famous Mill restaurant.

BOSTON SYMPHONY ORCHESTRA REHEARSALS

We will provide transportation on our van for the Thursday morning open rehearsals. The cost is \$50.00 for transportation to all four concerts: October 5, November 30, February 8 and March 29. Concerts begin at 10:30 AM. Van will depart COA lot at 9:00AM. Riders must purchase their own Boston Symphony subscription: **Box office 888-266-1200** **WWW.BSO.ORG**. Transportation for individual rehearsals will be available for \$15 beginning September.



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, July 7: A UNITED KINGDOM (2016), PG-13, 1hr 51min, Biography/Drama/Romance

The story of King Khama of Botswana (David Oyelowo) and how his loving but controversial marriage to a British white woman, Ruth Williams (Rosamund Pike), put his kingdom into political and diplomatic turmoil.

Friday, July 21: ARRIVAL (2016), PG-13, 1hr 56min, Drama/Mystery/Sci Fi

When twelve mysterious spacecraft appear around the world, linguistics professor Louise Banks (Amy Adams) is tasked with interpreting the language of the apparent alien visitors. With Jeremy Renner and Forest Whitaker.

Friday, August 11: A STREET CAT NAMED BOB (2016), unrated, 1hr 43 min, Biog/Comedy/Drama

Based on the international best selling book, the true feel good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat. With Luke Treadaway and Bob the Cat.

Friday, August 25: GROWING UP SMITH (2015), PG-13, 1 hr. 52 min, Comedy/Drama/Family

An Indian family moves to the US with hopes of living the American Dream. When their 10-year-old boy Smith falls for the girl next door, his desire to become a "good old boy" propels him away from his family's ideals.

Wednesday, August 16, 1pm

SUMMER AFTERNOON SPECIAL ~ DISNEY’s remake of BEAUTY AND THE BEAST, PG, 2hr, 9min

Our Friday movies are for adults only, but at this special event grandparents may bring school-age grandchildren to this PG-rated movie. Some scary scenes may be frightening to young children. Please read movie reviews to determine if this new version of Beauty and the Beast is appropriate for your young guests.

The Wayland COA News

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