




WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JUNE 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

JUNE HIGHLIGHTS		Pg.	
♦ Great Courses DVD Lecture Series. Every Monday, 1pm JUNE: ARCHAEOLOGY-An Introduction to the World's Greatest Sites including Pompeii, Herculaneum, Uluburun Shipwreck and more	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 *****
♦ MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 6/7, 11:30am-Noon. Dispose of unwanted or expired medications.	4		
♦ COA PIZZA CAFÉ Wed., June 7th, Noon, \$3, Reservations.	4		
♦ JEWELRY STUDIO WORKSHOP, Tues, 6/13 1pm Reservations ‘Make it...Take it class’ with Wayland Jeweler, Norma Radoff.	4		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 Kwarta West Suburban Veterans Services District Sarada Kalpee, Director Tuesday 9am-4pm Selectmen's Office 781-850-5504 Regional VA Office 781-489-7509 *****
♦ WAY-SECURE Info session: Tues. 6/13 at 10:30am or Wed. 6/21 at 7pm Come learn how this new program helps First Responders assist you or a family member should there be an emergency. Information Sessions presented by Fire Chief David Houghton at the Council on Aging.	3		
♦ INTRODUCTION TO GENEALOGY CLASS- Starts July 5th, 4-Week Course, Wednesdays, 1:30pm-3pm. N/C - Reservations requested. Learn where your ancestors lived, their occupations, their military service plus learn about free and fee-based websites for research. Details on p 3.	3		
♦ 6th SUMMER OUTDOOR CONCERT SERIES at Town Building Starts Thursday June 15, 7pm-8pm, for 5 weeks. All ages are welcome. No Charge ~ No Reservations Please bring chairs or blanket. <i>(If rainy, concert will be in the Large Hearing Room with chairs provided.) Details on p. 5</i>	5		
♦ HEALTH CARE PROXY and POWER OF ATTORNEY DAY Mon 6/19 Complete these important documents of legal well-being with Attorney Vera Ochea of MetroWest Legal Service. By appointment only. Details on p. 3.	3		

SUMMER PREVIEW

- ♦ **Property Tax Work-Off** applications available June 1.Return by 6/30. See p. 5
- ♦ **Taxi Ticket and Fit Bucks** will change color with the fiscal year in July. Either trade in your old tickets for new ones or request reimbursement.
- ♦ **En Plein-Air** watercolor class at Garden in the Woods, Wed. June 28 10:30am-1pm. See p. 5
- ♦ **Summer Concert Series Continues**, June 15, 22, 29, July 6, 13
- ♦ **Introduction to Genealogy Course** starts Wed., July 5

Find us on 

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

Health & Wellness Programs

Please bring a
water bottle to
all classes



Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE*	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every Tue & Th	10-11am	Large Hearing Room
ZUMBA*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
THERA-TUBE*	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	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	June 14, 21, 28 No class June 7	1-2 pm	Large Hearing Room
PILATES—Pay by the month (open to non-seniors)	Tues	\$40	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.

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

Lois’ FIT FOR THE FUTURE Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend. Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights.

ZUMBA Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend. Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music.

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. Learn modified Tai Chi to build strength and balance, reduce blood pressure and reduce pain. Develop sense of peace through a focused mind and body awareness. Instructor: Robin Natanel is a Certified Instructor of White Crane Taoists at Harmonious Dragon Tai Chi/Qui Gong School, Berne, Switzerland

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 Tuesday only for June, July and August. 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



PLAN AHEAD FOR EMERGENCIES WITH NEW PROGRAM

The Wayland Fire Department, in collaboration with the Wayland Council on Aging, is pleased to introduce WAY-SECURE, a program that provides public safety responders with your critical information in the event of an emergency. Way-Secure is available to everyone, but is particularly designed for those with medical and cognitive conditions. Residents who register for Way-Secure provide information about their home and medical conditions that is kept in a secure database. The information is available only to emergency personnel when they respond to an emergency call originating from your address.

Way-Secure has four components, and residents can choose to register for some or all.

1-The Structure File, which is the secure database used by the WFD, includes information about the home, medical information and emergency contacts.
2-The File of Life, which residents keep at home, includes detailed medical information including allergy alerts, prescriptions, insurance, and doctor and hospital preferences.

3-The Home Safety Evaluation is completed by a firefighter who will make suggestions on how to eliminate unnecessary hazards.

4-Safety Net Tracking System is available to aid in locating a resident at risk for wandering.

Wayland residents who wish to participate complete a registration form, providing information for any or all program components.

To learn more, please join us for an info. session on Tues. 6/13, at 10:30am or on Wed. 6/21 at 7pm

HEALTHCARE PROXY DAY POWER OF ATTORNEY DAY

Monday, June 19, By appointment only

Attorney Vera Ochea from MetroWest Legal Services will execute Health Care Proxy and Power of Attorney documents on site at the COA on June 19, by appointment. The service is free of charge for people 60 years and older.

Call or stop by the COA to make an appointment and get intake forms. Complete and return the forms by June 8, and the attorney will prepare your legal documents. At your 15-minute appointment, the attorney will review your documents and clarify any concerns before notarizing your signatures. Participants will leave with a packet containing the original document plus an additional copy.

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.

Suzanne Richardson has been an active genealogist for 40 years. She has taught genealogy classes and is a member of several genealogy organizations including the New England Historic Genealogical Society. Suzanne also facilitates WAY-GEN, a genealogy interest group that meets at the Wayland COA. Suzanne will be assisted by Elaine Shabeck, a volunteer at the Church of the Latter Day Saints' Family History Center in Weston and a member of several genealogy organizations.

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, June 12, 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

EN PLEIN AIR WATERCOLOR CLASS

At Garden In The Woods
with Award Winning Artist Cecilia Sharma
Wed., June 28, 10:30am –1pm
\$35 (includes admission fee to NE Wildflower Society)
Instruction and demonstration. Call COA to register.

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, June 7, Noon

And Next Month ...

Wednesday, July 5, Noon

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



And before the Pizza Cafécome to

MEDICATION TAKE-BACK

Wednesday, June 7, 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:**

Mondays, 2:30pm

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.

JEWELRY STUDIO WORKSHOP

with Wayland Jeweler, Norma Radoff

Make It ...Take It ...Tuesday, June 13, 1pm

Wayland residents are invited to participate in a Make It—Take It Workshop. Learn jewelers techniques to create earrings, bracelet or necklace. All supplies provided.. Reservations needed as class size is limited.

For those who really enjoy creating jewelry, be sure to watch for our Fall jewelry workshops where we ask for volunteers to help us create gifts for the 30th Children's Holiday Shoppe in December.

TAX WORK-OFF PROGRAM for FY18

(July 2017 –March 2018)

INFORMATIONAL COFFEE

Monday, June 5, 10:30am

Would you like to earn money to offset your property taxes by helping a Town Department on various projects? Come join us for coffee on Monday, June 5 at 10:30am to learn about the program and the opportunities available.

Tax work-off applications will be available starting June 1, 2017 at the COA office. Applications need to be turned in to COA on or before 6/30 at noon to be entered into the July lottery. Applications received after that date will be processed in 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.

GRANDPARENTS NETWORKING GROUP

Tuesday, June 13, 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.

**Reminder: Picnic Fri, 6/23; Rain Date Thurs 6/22*



More JUNE Programs

GREAT COURSES Video Lecture Series for JUNE

ARCHAEOLOGY

AN INTRODUCTION TO THE WORLD'S GREATEST SITES

Every Monday: June 5, 12, 19, 26 at 1pm

No Charge / No Reservations

LECTURER: Dr. Eric Cline, Professor of Classics and Anthropology and Director of George Washington University Archaeological Institute. He is also a Fulbright Scholar and an award winning teacher and author.

The work of archaeologists has commanded worldwide attention and captivated the human imagination since the earliest days of exploration, with groundbreaking discoveries such as the treasures of ancient Egypt, the lost kingdoms of the Maya, and the fabled city of Troy. Archaeology brings us face-to-face with our ancestors, with treasures of the past, and with life long ago.



WAYLAND COUNCIL ON AGING

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

BOARD MEMBERS:

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

Next Meeting: Tues., June 6, 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., June 21, 7pm

COA's Free Annual Summer OUTDOOR CONCERT SERIES

**JUNE 15—JULY 13, 7pm-8pm
EVERY Thursday for 5 Weeks
Town Building Courtyard**



♫ **Thurs, June 15**
THE INFRACTIONS
Motown, Pop and Swing

♫ **Thurs, June 22**
STUDIO TWO
A Beatles Tribute- early years

♫ **Thurs, June 29**
TOM NUTILE BIG BAND

♫ **Thurs, July 6**
SVNH BAND
Sudbury Valley New Horizons Band

♫ **Thurs, 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

**Please bring your own lawn chair
or blanket**

*Rain Location: Large Hearing
Room (chairs provided)*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>JUNE</div>		LEGEND: <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i> <i>L@NSC: Longfellow</i>	10:00 Lois' F4F 1 12:00 Bridge (Adv)	2 Watercolor at WAC
5 10:30 Tax Work-Off Informational Coffee 1:00 Video Lecture Archaeology 2:30: Connections Trip: Market Basket	7:00 AM Pilates 6 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube 7 10:30 Zumba 11:00 Tai Chi 11:30 Medication Take Back 12:00 Pizza Café 1:00 No Better Balance	10:00 Lois' F4F 8 12:00 Bridge (Advanced Players) Trip: Addison Gallery *Last day to submit intake forms for POA and Healthcare Proxy Day	9 Watercolor at WAC 12:30 Movie La La Land
12 1:00 Video Lecture Archaeology 2:30: Connections Podiatry- by appointment only	7:00 AM Pilates 13 10:00 Lois' F4F 10:30 WAY-SECURE 10:00 Grandparents 1:00 Genealogy 1:00 Jewelry Studio Trip: Kimball Farms	14 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance	15 10:00 Lois' F4F 12:00 Bridge (Advanced Players) 🎵Concert: 7pm-8pm	16 Watercolor at WAC
Healthcare Proxy 19 And Power of Attorney Day: By Appointment only 1:00 Video Lecture 2:30: Connections	20 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube 21 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 7pm Way Secure Info Session Trip: Tall Ships	22 10:00 Lois' F4F 12:00 Bridge (Advanced Players) 🎵Concert: 7pm-8pm	23 12:30 Movie Deepwater Horizon
26 1:00 Video Lecture 2:30: Connections	27 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	28 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance En Plein Air Water Color Class	10:00 Lois' F4F 29 12:00 Bridge (Advanced Players) Legal Clinic- by appointment 🎵Concert: 7pm-8pm	30

From the Outreach Desk

What is a MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice.” This newly required notice must be given to some patients who have been admitted to a hospital for “observation.” Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient.” If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow-up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers are available by appointment and offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the COA at 508-358-2990. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

Volunteer Corner



Volunteers enjoy lunch and laughs at our annual event.

At our annual Volunteer Appreciation Luncheon, held this year on May 3, we get to formally celebrate and thank the many people who make our work possible. In keeping with the event's baseball theme, we celebrated the All-Stars and MVPs who regularly step up to the plate to serve our community. Wayland Police Chief Robert Irving commended and thanked the volunteers for their contributions to community life. “You help us keep Wayland safe,” he said. The Chief said he plans to volunteer in his community after he retires in September.

Volunteering benefits those who give and those who receive. There are many ways to get involved. If you would like to learn more about our volunteer opportunities, just call. We'd love to include you in next year's luncheon!

Warmly,
Ann Gordon

SERVICES AVAILABLE AT THE SENIOR CENTER

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

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

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

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

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

⇒ **Medical Equipment Loan Closet**—On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, commodes, walkers, canes, wheelchairs, transport chairs). To borrow equipment, 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 Clinic**—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, confidential 20-minute appointment. Call COA for appointment.

⇒ **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.

⇒ **Lock boxes**—Allow access to your home in the event you call 911 Emergency for help 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 Roundtable:** 877-785-2020
- ☎ **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

⇒ Current orange Taxi Vouchers have an expiration date of June 30, 2017. Orange vouchers will not be accepted by JFK after July 31, Orange vouchers may be exchanged for the new lime green vouchers or returned for a refund by August 31, 2017. Any questions, please call COA 508 358 2990 .

MWRTA: "DIAL-A-RIDE"

WHO: All Wayland residents 65 years of age or older, and disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

WHAT: Handicapped accessible, shared ride van providing curb-to-curb transportation, on an "as available" basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments

WHEN: Mon.-Fri., 7am – last pickup at 6:30pm.

WHERE: Travel anywhere within the 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.**

MWRTA: FIXED ROUTE BUSES-Available to all ages. A network of buses connecting throughout the MetroWest area. Two routes run through south Wayland. Go to the Natick Mall, Sherwood Plaza, or other stops. Call 1-888-996-9782 or visit www.mwrta.com

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. (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 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.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

JUNE

Monday, 6/5 : Market Basket and Marshall's:

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

Thursday, 6/8: Addison Gallery in Andover with lunch at the Andover Inn. Depart COA at 9:15.

Return at 2:00 pm. Cost : \$10 (does not include lunch). The gallery's collection of American art is one of the most comprehensive in the world. Following the gallery visit, we will have lunch at the Andover Inn. **On Wait List.**

Tuesday, 6/13: Kimball Farms in Westford:

Depart COA at 10:00 am. Return at 2:00 pm. Cost: \$10 for transportation only. In addition to serving over 50 rich and creamy ice cream flavors, Kimballs offers a variety of activities to enjoy. The Country Store is filled with unique gifts. The Cafe serves delicious treats. The Outdoor Grill & Seafood Shack is famous for its lobster rolls and sumptuous seafood. Visitors can also play Mini-Golf, visit the batting cages as well as other activities.

Wednesday, 6/21: Tall Ships: On Wait List.

Tuesday, 6/27: Museum of Fine Arts, Boston.

Depart COA at 9:30. Return by 4:00. Cost: \$10 for transportation only. Senior admission paid at the museum is \$23. Featured Exhibit: *Botticelli and the Search for the Divine*. The exhibition, the largest and most important display of Botticelli's works in the United States, features 24 paintings from international lenders and the MFA's own *Virgin and Child with Saint John the Baptist* (about 1500) as well as important loans from Harvard and the Isabella Stewart Gardner Museum. Other special exhibits include *Matisse in the Studio* and *Memory Unearthed: The Lodz Ghetto Photographs of Henryk Ross*. There are several options for lunch.

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.

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 I and the Essex River Queen II. Surrounded by fine restaurants, antique shops, working museums and cultural attractions, 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 boats allow you to fully enjoy the unspoiled charm of the area rain or shine. Following the cruise we will head to the famous Woodman's for lunch.

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. There is a gift shop and a café for lunch.

COMING SOON

Thursday, 8/3: Paw Sox Senior Silver Day in Pawtucket. \$30 includes transportation, reserved seats, and \$7 of ballpark credit.

Tuesday, 10/17: Simon Pearce Glassblowing, King Arthur Fall Foliage Trip with Queechee Gorge. Cost: \$119 includes lunch at the famous Mill restaurant.

SHOP-AROUND SHUTTLE

The Shop-Around Shuttle is on hiatus for the summer. It will return in the fall. In the meantime we would love to hear your suggestions regarding future shopping trips.



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, June 9

LA LA LAND (2016), PG-13, 2hr 8min, Comedy/Drama/Musical & Performing Arts

Written and directed by Academy Award (R) nominee Damien Chazelle, LA LA LAND tells the story of Mia [Emma Stone], an aspiring actress, and Sebastian [Ryan Gosling], a dedicated jazz musician, who are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams.

Friday, June 23

DEEPWATER HORIZON (2016), PG-13, 99 minutes, Action/Adventure/Drama with Mark Wahlberg, Kurt Russell, John Malkovich and Kate Hudson

On April 20th, 2010, one of the world's largest man-made disasters occurred on the Deepwater Horizon in the Gulf of Mexico. Directed by Peter Berg (Lone Survivor), this story honors the brave men and women whose heroism would save many on board, and change everyone's lives forever.

Do 1 Thing: Your Goal for June

BE AWARE OF AND PREPARE FOR YOUR FAMILY’S UNIQUE NEEDS;

Make plans for medical needs, pets and other special needs of household members.

‘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. If you would like a print copy of the monthly tip sheets, please stop by the COA or give us a call.

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