



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

OCTOBER 2016

The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778
Ph: 508-358-2990 Fax: 508-358-7175 www.wayland.ma.us
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

Program Registration:
Mon 9-6; Tues-Thurs
9-3:30; Fri 9-Noon

OCTOBER HIGHLIGHTS		Pg.
♦ FIRST WEDNESDAY COA CAFÉ , Wednesday, October 5 at noon <i>Wayland Police always arrive at 11:30am for MEDICATION TAKE-BACK—Bring your discontinued or expired prescriptions for disposal</i>	4	
♦ Preparations for 29th Children's Holiday Workshop Wednesdays, October 5, 12 and 19 at 1:30 PM	5	
♦ New 3-week fitness opportunity: "CORE & POSTURAL STRENGTH" \$3 per day Join this class on Thursdays, October 6, 13 and 20th at 12:30 PM	3	
♦ GREAT COURSES Video Lecture Series - Every Monday at 1pm in the COA, No Charge. This month a new topic every week. Join us weekly for two, 30 minutes lectures by a prominent professor.	4	
♦ COA CONNECTIONS New Meeting Time: Mondays, 2:30pm, COA Connect with others at this informal gathering. Enjoy good conversation and meet new friends.	4	
♦ GRANDPARENTS NETWORKING GROUP, Coffee and Discussion Meets on the 2nd Tuesday of the month. Next meeting, October 11, 10am 2nd floor Small Conference Room, Town Building	4	
♦ "SOUP'S ON" Wednesday, Oct. 19, Noon Reservations <i>GET READY, GET SET...for winter!</i> Information on personal preparedness plus giveaway's to help you prepare for the unexpected.	3	
♦ Wayland 'SHOP AROUND SHUTTLE' Pilot program In-town errands to do? Consider this free Monday shuttle with home pick ups and help us determine if this will be a regular winter offering.	10	
COMING IN NOVEMBER:		
♦ "A revolution of her own! Deborah Samson Gannett" AFTERNOON TEA & THEATER "History At Play," a Kalaora Production Wed., Nov. 9, 1:30pm \$3.00 History comes to life! Revolutionary War Heroine Deborah Samson Gannett disguised herself as a man to serve in the Continental Army. She was later recognized as the first woman to enlist, fight and be honorably discharged from the American military. Period Refreshments with tea. Judith Kalaora is a character actress and historical interpreter. She chronicles the lives of influential but often forgotten women. Reservations		
♦ THANKSGIVING at the COA Wed., Nov. 16, Noon, \$9.00 Renowned guitarist Chris Carter will provide the perfect ambience to gather together for a traditional turkey dinner. Please call for reservations.		
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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, 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 <u>Tuesday</u> 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



COA FITNESS CLASSES AT-A-GLANCE



	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Room
ZUMBA	Wed	\$3/class	Every Wed	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
THERA-TUBE	Wed	\$3/class	Every Wed	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	\$21.00	Oct 5, 19, 26	1-2 pm	Large Hearing Room
PILATES—Pay by the month	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!**
FITNESS COUPONS: Buy a card, perfect for our ‘pay as you go’ classes. See page 3 for details.

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; the music alone makes you want to exercise!

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. Bands available for purchase at class if needed \$15.

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. 5/class if you are unable to attend with regularity. Pre-register—Restricted class size.

Breaking News! *New happenings at the COA*

New 3-week fitness opportunity:

CORE & POSTURAL STRENGTH

Ellen Cohen-Kaplan, 12:30pm-1:15pm, \$3/class
Large Hearing Room, Thursdays, Oct 6, 13, 20

Many people find that their posture slumps and back and abdominal muscles get weaker as they age. This class will focus on building muscles that support your back and abdomen to improve posture and prevent injury. You will build a more stable, powerful core to improve fitness, straighten posture and provide a foundation for an active daily life.

⇒ Please register for this class.

⇒ Pay only when you attend.

RISE & SHINE PILATES, 7am-8am

Tuesday or Thursday or both

Pay by the month. Register separately for each class (Monthly Fee: \$10 x Number of Tuesdays or Thursdays in the month)

Pilates is the original core strength workout! Done on a mat, lying down, sitting and standing, Pilates builds overall strength, while it improves fitness, balance and posture. The result? You look good and feel great! This class is suitable for newcomers, and exercise adaptations are available to make the class accessible - and challenging - to all. Bring a mat. All other small props are provided.

About the instructor: Lisa Carusone NASM-CPT, is a certified Pilates instructor with almost 20 years experience as both Pilates student and instructor. She is also a certified personal trainer, and a Duke Integrative Medicine-trained Health Coach.

THE GREAT COURSES continue!

Mondays, 1-2pm

October will be a sampler month featuring a variety of topics. Each Monday will be two, thirty minute lectures by prominent professors.



Oct. 3 How The Earth Works

Oct. 10 HOLIDAY Town Building Closed

Oct. 17 Foundations of Western Civilization

Oct. 24 How to Listen to and Understand Opera

Oct. 31 Trails of Evidence: How Forensic Science Works

GET READY, GET SETfor winter!

Wednesday, Oct. 19, Noon Reservations

Join us for "SOUP's ON" plus exhibits and giveaways to help you prepare for the unexpected.

Weather patterns in New England can quickly change. Would you have to search in the dark for a flashlight if the power went out? How would you keep your cell phone charged so you could communicate with family or neighbors? Do you have sufficient supplies on hand for you, your pets if you needed to remain in your home a few days? If you had to leave your home, where would you go? What about your pets? Preparing now minimizes stress during difficult times.

FITNESS COUPON BOOKS: Always looking for exact change before fitness, thera-tube or zumba? Try our new tear-off COUPON BOOKS: **\$15/book provides 5 coupons usable at any \$3 class.** Available at the COA.

Vouchers may be used for the **"pay only when you attend"** classes. Place voucher in basket at class.

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, October 24th.

- 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 CAFÉ*

Noon. \$3

Luncheon Reservations required by noon
on the Monday preceding the Café

MENU: PIZZA BUFFET, Salad, Dessert, Beverage

We will now be serving pizza at every COA café.
A no-cheese pizza option will be available.

Wednesday, October 5th, Noon



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

Also on CAFÉ days:

MEDICATION TAKE-BACK

11:30am-12:30pm

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

The public is welcome to take advantage of this collection point. No pre-registration is needed to drop off medications.

GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.
Next meeting:

⇒ Tues October 11th 10am-11:30am

*2nd floor, Small Conference Room, Town Building.
No cost, no reservations, just come.*

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging when grandparents must address behavior and expectations. Share resource ideas like books, articles, locations, your experiences.

Refreshments served.
Bring a friend.
This is a casual gathering.

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



**"A Revolution of her own!
Deborah Samson Gannett"**

AFTERNOON TEA and THEATER

Wed., Nov. 9, 1:30pm, \$3.00

"Join us for a theatrical presentation of the first woman to enlist, fight and be honorably discharged from the American Military. Deborah Samson of Middleboro, MA, disguised herself as a man and took the name Robert Shurtlieff to enlist in the 4th MA Regiment of the Continental Army. Enjoy period refreshments!"

This is a Judith Kalaora –HP (History at Play) production. Judith Kalaora is a character actress and historical interpreter. She chronicles the lives of influential but often forgotten women.

Reservations appreciated.



MEDICARE OPEN ENROLLMENT

October 15—Dec. 7

Call the COA to schedule your SHINE appt.

'DROP IN' PROGRAMS

New participants are always welcome!

- ◇ **THE GREAT COURSES Video Series**
Mondays, 1-2pm (two 30-min lectures)
- ◇ **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 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 high/intermediate players.

Education/Social Programs

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

Workshops scheduled for **FIRST THREE WEDNESDAYS** in October and November at 1:30pm. Come to one or all workshops

It's time to prepare for

29th CHILDREN'S HOLIDAY SHOPPE

To be held Monday, Dec. 5, 3:30:-5:30pm
Town Building Gym



Workshop "elves" are needed to assist with preparation for this annual tradition. Each year beautiful jewelry pieces are created and gift boxed under the direction of Wayland jeweler, Norma Radoff. Fleece pillows featuring a variety of themes: sports teams, cartoon characters or just beautiful colors are stitched and stuffed. Wreaths are decorated and gifts prepared.

PLEASE HELP US to prepare for the 200 plus children who shop for holiday gifts while their families wait in the adjoining café. All gifts are wrapped and tagged before the children leave. It takes a lot of volunteers to do this ...but it's a lot of fun! Call COA for more info.



Sudbury Valley New Horizons Band and Wayland COA Present: Classic Movie Night

Thursday October 20th, 7:00 PM in the COA

Feature Film: "BRASSED-OFF"

No Charge, Refreshments served

MAKE MUSIC (& FRIENDS). NO AUDITIONS

Join Golden Tones chorus!

Tuesdays 10am-12, usually at the COA

goldentones.org

508-318-6318.



Book and Bake Sale – A Great Community Event!

The Friends of the Wayland Public Library will sponsor their **Fall Book and Bake Sale** on Saturday, November 5, from 10:00 a.m.-4:00 p.m. and Sunday, November 6, from 12:00-4:00 p.m. There will also be a preview for members of the Friends on Friday, November 4, from 5:00-8:00 p.m. Memberships will be available at the sale starting at 4:30 p.m.

Sale items include delicious baked goods and thousands of quality books in good condition for children and adults. All proceeds go to support Library programs and services. The sale will be held in the Large Hearing Room in the Wayland Town Building, 41 Cochituate Road.

Donations of books will be accepted during set-up in the Large Hearing Room on Wednesday, November 2, and Thursday, November 3. Donations of baked goods accepted from Friday until the end of the sale on Sunday.

For more information, contact Anne Heller at (508) 358-4515.

MEET THE WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to seniors and their advocates to enhance quality of life and promote independent living.

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:
Tues., Oct. 4. 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.

MEMBERS: Atty Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1:00 Great Courses³ 2:30 COA Connections</p>	<p>7:00AM Pilates⁴ 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' Fit for the Future (F4F)</p>	<p>9:15 Thera -Tube⁵ 10:30 Zumba 11:00 Tai Chi 11:30 Med. take back 12:00 COA Café 1:00 Better Balance 1:30 Hol. Workshop</p>	<p>7:00 AM Pilates⁶ 10:00 Lois' F4F 12:00 Bridge 12:30 Core & Postural class Legal Clinic-by appt. only.</p>	<p>⁷ Watercolor Class WAC 10am—12:30pm Movie: Love and Friendship</p>
<p>¹⁰ COLUMBUS DAY HOLIDAY Town Building Closed</p>	<p>7:00 AM Pilates 9:15 GT Nuggets¹¹ 10:15 Golden Tones 10:00 Lois' F4F 10:00 Grandparents 1:00 Genealogy <i>Trip to Sturbridge Village</i></p>	<p>9:15 Thera-Tube¹² 10:30 Tai Chi 1:00 Better Balance 1:30 Elf Workshop For Children's Holiday Shoppe</p>	<p>7:00 AM Pilates¹³ 10:00 Lois' F4F 12:00 Bridge 12:30 Core & Postural class</p>	<p>¹⁴ Watercolor Class WAC 10am—12:30pm</p>
<p>¹⁷ 1:00 Great Courses 2:30 COA Connections <i>Shop Around Shuttle</i></p>	<p>7:00 AM Pilates¹⁸ 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F <i>Trip to N.H</i></p>	<p>9:15 Thera -Tube¹⁹ 11:00 Tai Chi 12:00 Soup's On 1:00 Better Balance 1:30 Elf Workshop For Children's Holiday Shoppe</p>	<p>7:00 AM Pilates 10:00 Lois' F4F²⁰ 12:00 Bridge 12:30 Core & Postural class 7:00 PM SVNHB Movie Night: "Brassed Off"</p>	<p>²¹ Watercolor Class WAC 10am-12:30pm Movie: The Meddler</p>
<p>1:00 Great Courses²⁴ 2:30 COA Connections Podiatry Clinic by appt. only</p>	<p>7:00 AM Pilates²⁵ 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy <i>Trip to McMullen Museum</i></p>	<p>9:15 Thera-Tube²⁶ 10:30 Zumba starts! 11:00 Tai Chi 1:00 Better Balance</p>	<p>7:00 AM Pilates²⁷ 10:00 Lois' F4F 12:00 Bridge</p>	<p>²⁸ Watercolor Class WAC 10am-12:30pm</p>
<p>1:-00 Great Courses³¹ 2:30 <i>Shop Around Shuttle</i></p>	<p>OCTOBER</p>			<p>LEGEND: GT: Golden Tones F4F: Fit for the Future WAC: Wayland Art Ctr. L@NSC: Longfellow at Natick Sports Club</p>

From the Outreach Desk

Taking a look at Medicare Open Enrollment:

For many people, open enrollment is the perfect (and sometimes the only) time to make changes to your Part D (prescription drug plan) and/or Medicare Advantage plans. As with most health insurance plans, Medicare plans can change each year. It is wise to review your current health and prescription drug coverage each fall, and make sure that your plan is still right for you.

Here are a few dates to keep in mind as you consider your coverage:

Sept. and Oct.: Review and compare	Your plan may make changes in coverage, co-pays, etc. Review any notices from your plan about changes planned for the next year. Save notices to bring to a SHINE counselor if you want some help understanding your choices.
Oct 15	Open Enrollment Begins: This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.
December 7	Open Enrollment ends. In most cases, December 7 is the last day you can change your Medicare coverage for the next year. The plan has to get your enrollment request (application) by Dec. 7 th .
January 1, 2017	Coverage begins. Your new coverage begins if you switched to a new plan. If you stay with the same plan, any changes to coverage, benefits, or costs for the new year will begin on January 1.
Changes after January 1	Between January 1-February 14, if you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.

If it all sounds confusing, the good news is that SHINE counselors are here to help you understand your plan changes, as well as other options you may have. It's best to call in advance of Open Enrollment to schedule a SHINE appointment for anytime between **October 15 through December 7th**! Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the COA, 508-358-2990. For any other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

Volunteer Corner

My job involves encouraging people to volunteer, but today that's not my focus. Today, I'm looking for people who may NEED a volunteer. Maybe it's you, or maybe it's someone you know.

Could you use a high schooler to shovel your walk this winter? Would you like a friendly volunteer to visit you at home, maybe for a cup of tea and a nice chat? What about a teenager to teach you how to use your cell-phone or computer or whatever new piece of technology you are struggling with? Call me to talk about what kind of support you — or someone you care about — might like.

Here at the Council on Aging we have "big" volunteer programs involving dozens of volunteers — like Meals on Wheels and FISH — but we also have quieter initiatives that pair volunteers one-on-one with someone who can use their help. These relationships can be short-term and task-oriented, or can blossom into something more. When that happens, it is impossible to say exactly who is helping whom.

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, i.e., changing a light bulb. 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—The COA accepts donations of—and loans out—gently used medical equipment (including shower chairs, transfer benches, commodes, walkers, canes, wheelchairs, transport chairs and more). To borrow or to donate, 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

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 also 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.

OCTOBER

Tuesday, 10/11: Old Sturbridge Village. Depart COA at 9:00. Return by 3:30. Cost \$15 for transportation only. Senior admission is \$26. OSV is an outdoor living history museum and re-created New England town of the 1830's. It has more than 40 historic and reconstructed buildings. Throughout the Village historically costumed interpreters demonstrate and discuss the daily life, work, and community celebrations of earlier generations. There are several restaurants and a museum shop

Tuesday, 10/18: New England Goes Country with the Jimmy Lehoux Band. Trip includes transportation on motor coach, luncheon and show. Cost: \$85.

NEW DATE: Tuesday, 10/25: Mc Mullen Museum of Art at Boston College. Cost: \$10. Depart COA at 9:15. Return at 2:00. Visit this amazing museum at the new location. The inaugural exhibition, *Beyond Words: Illuminated Manuscripts in Boston Collections*, provides a sweeping overview of the history of the book in the Middle Ages and Renaissance. On the way home, we will stop at the Street in Chestnut Hill for lunch (on your own).

NEW PILOT PROGRAM "Shop-Around Shuttle"

Mondays October 17 & 31

Mondays November 14 & 28

In response to frequent requests, we are piloting a weekly shopping/errand trip. It is designed as a shared ride and will offer home pick-ups with a limited choice of shopping destinations. Riders will be picked up at home and choose where they would like to disembark, shop, and then catch the bus on the next loop. Reservations are required. The shuttle will begin home pick ups at 9:30 am and the return trip will begin at 12:30. Please join in and help us explore this option. We look forward to your opinions and feedback.

NOVEMBER

Monday, 11/7: Market Basket & Marshall's
Depart COA at 9:15 am. Return by 1:00 pm. N/C
Home pickups available by request.

Tuesday: 11/15: Museum of Fine Arts Depart COA at 9:15am. Return at 2:00 pm. Cost: \$10 for transportation only. View two special exhibits: Della Robbia and William Merritt Chase "Della Robbia: Sculpting with Color in Renaissance Florence" features 50 objects, including six important loans from Italy, never seen in the US before. William Merritt Chase was dubbed "ruler of the art world in 1900" by Life magazine in 1949. Eighty oil paintings and pastels are included in the show which features landscapes, interiors and portraits. Senior Admission is \$23, payable at the museum. There are several lunch options.

Tuesday: 11/29: Wrentham Premium Outlets.
Depart COA at 9:15. Return at 2:00 pm. Cost: \$10 for transportation only. Do some early holiday shopping at more than 170 stores. Have lunch at the food court or one of many restaurants.

Coming Soon

Wednesday, 12/7-Friday, 12/8: The White Mountain Hotel Christmas Vacation. Enjoy great shows, food and accommodations. Transportation, 2 nights accommodations, 5 meals, 3 shows, sightseeing and shopping for \$399 double occupancy. A \$50 deposit and \$50 optional trip insurance is due at time of reservation.

BOSTON SYMPHONY ORCHESTRA REHEARSALS

We will provide transportation on our van: \$50.00 for four concerts: January 12, March 23, April 20, and May 4. 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 each at a later date.

COA TRIP POLICY

Registration for Wayland residents will be open as soon as the trip is advertised. Those from other communities may register on the 15th of the month or the first day the COA is open if the 15th is on a weekend or holiday. We require payment at the time of registration. You may register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. For non-residents, checks received before the 15th of the month will be processed on the 15th using a lottery system. Due to advance financial commitments, refunds will only be given if the vacancy is filled.



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, October 7: LOVE & FRIENDSHIP (2016) PG Drama: 1hr. 34 min.

Beautiful young widow Lady Susan Vernon visits her in-laws to wait out the rumors about her dalliances circulating through polite society. While there, she decides to secure a husband for herself and a future for her daughter, Frederica. In doing so she attracts the simultaneous attentions of the young, handsome Reginald DeCourcy, the rich and silly Sir James Martin and the divinely handsome, but married, Lord Manwaring, complicating matters severely. Based on a Jane Austen novel.

Friday, October 21: THE MEDDLER (2016) PG-13 Comedy, Drama: 1hr. 40 min. Stars Susan Sarandon

With a comfortable bank account left to her by her late husband, Marnie Minervini has relocated to Los Angeles to be near her daughter, Lori. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity.

Do 1 Thing: Your Goal for October

Be able to safely meet your basic needs during an electrical outage.

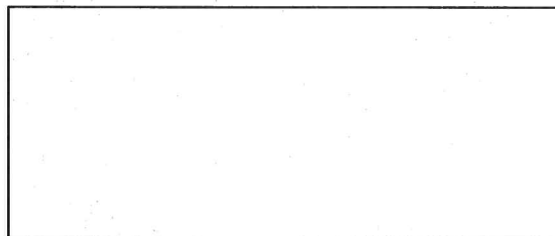
Have flashlights ready in an easily accessible place and check batteries in flashlights and radios.

'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.

The Wayland COA News
A monthly publication from

Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778
www.wayland.ma.us

Bulk Rate
U.S. Postage
PAID
Permit #16
Wayland, MA 01778



GET READY, GET SET...for winter!

**At the COA's "Prepare Fair" & "Soup's On" Luncheon
Wednesday, October 19th at noon**

- ★ Warm up with a delicious soup luncheon
- ★ Check out a variety of emergency preparedness ideas at information stations
- ★ Take Home a few 'kit' starter supplies
- ★ Q & A with our very own Wayland Fire Department staff
- ★ Giveaways & Raffles
- ★ Event is free, but reservations are requested – call the COA at 508-358-2990




Personal preparedness starts with you!


Being 'ready' can save lives. Taking a few small steps at a time can make preparing a less daunting task.


**Join us for this
free event and get
yourself started.**

Learn what you should have on hand for power outage and 'shelter in place' orders as well as what you should have ready to 'go' in the event of emergency evacuation.

Get things started with:

 'Do 1 Thing' calendars for 2017

 Whistles

 Batteries

 ...And more!



**Massachusetts Emergency
Management Agency**



SUGGESTED EMERGENCY KIT CHECKLIST

At a minimum your kit should include:

- ❑ Bottled water (one gallon per person/per day for at least three days)
- ❑ Food: at least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- ❑ Manual can opener
- ❑ Radio (battery-powered or hand crank), NOAA Weather Radio, and extra batteries
- ❑ Flashlight or lantern, with extra batteries
- ❑ Cellphone and charger (also an auto, solar, or crank charger in case power is out)
- ❑ Wrench or pliers to turn off utilities and other basic tools
- ❑ Prescription medications (two-week supply)
- ❑ Garbage bags, soap, sanitizer, and other personal hygiene items
- ❑ Extra eyeglasses, contact lenses, and dentures
- ❑ Extra batteries for hearing aids, wheelchairs, or other medical equipment
- ❑ Change of clothes and sturdy shoes
- ❑ Pet collar, leash, harness, crate, food, bowls, current photo, license and medical info
- ❑ Copies of insurance policies, bank account records, identification cards (IDs), medical information, and other important documents
- ❑ Extra cash and traveler's checks (ATMs may not work during a power outage)
- ❑ First-aid kit
- ❑ Whistle to signal for help
- ❑ Waterproof matches or lighter
- ❑ Local area maps
- ❑ Diapers, wipes, formula, baby food and supplies, if needed
- ❑ Water purification tablets

Also consider adding:

- ❑ Watch or battery-operated clock
- ❑ Household chlorine bleach, which can disinfect drinking water
- ❑ Camp stove or grill with fuel or canned heat, neither of which should be used indoors
- ❑ Disposable plates, cups, and utensils
- ❑ Duct tape, plastic sheeting, or tarp
- ❑ Seasonal items such as warm clothes for winter and sunscreen for summer
- ❑ Sleeping bags or blankets
- ❑ Books, games, puzzles, and other comfort items



“Shop-Around Shuttle”

A new COA program for grocery shopping and local errands.



October 17

October 31

Reserve a seat for
any or all dates.

NO CHARGE

November 14

November 28

The *Shop-Around Shuttle* is a shared ride that comes right to your door, then takes you to local destinations (see below).

- 🚌 The shuttle is free for Wayland residents 60 and older.
- 🚌 Reservations are required. **Call the COA at 508-358-2990.**
- 🚌 Riders must be able to do their own shopping or bring an aide/helper if one is needed.
- 🚌 The driver will help secure shopping bags in the van and will carry them to your front door

Here's how it works:

- Starting at 10:00, the shuttle begins home pickups.
- Once all participants are on-board, the shuttle heads to Wayland center (see stops 1-4).
- You may choose to be dropped off at one of the following destinations.
- The route will be determined based on ridership requests.
- The shuttle begins rides back home no later than noon.

**New Times &
Route
Check it out!**

STOP # 1	STOP # 2	STOP # 3	STOP # 4
Bent Park MWRTA Bus Stop. This stop is DROP OFF ONLY for those wanting to take the fixed route bus. The COA shuttle will not pick up at this stop. Riders must make their own arrangements to get home.	Wayland Library	Wayland Town Center At Stop and Shop, left entrance	Wayland Town Center: At Panera parking lot
Comments:	Comments:	Comments:	Comments:
From here you may get on the MWRTA bus #10 that travels throughout Natick and Framingham. <i>See MWRTA fixed route schedule for fare info, destination options and bus travel times.</i>		Near to: BSC, Joint Ventures, Verizon, Anton cleaners, GNC, Great Cuts, Ace Hardware	Near to: Middlesex Bank, Jos. A. Bank, The Local, Bertucci's

This will be a great convenience in winter. Give it a try now so you are familiar with it for future use.