




# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## SEPTEMBER 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**

SEPTEMBER HIGHLIGHTS		Pg.	HEALTH/ WELLNESS p 2
♦ <b>FIRST WEDNESDAY COA CAFÉ</b> , Wednesday, September 7 at noon		4	EDUCATION/ARTS p 3
♦ <i>Wayland Police always arrive at 11:30am for MEDICATION TAKE BACK—Bring your discontinued or expired prescriptions for disposal</i>			CALENDAR pp 6/7
♦ <b>GREAT COURSES Video Lecture Series</b> - Every Monday at 1pm Starts September 12 in the COA, No Charge September Topic: “Understanding the World’s Greatest Structures”		4	TRANSPORTATION AND SERVICES pp 8-9
♦ <b>COA CONNECTIONS New Meeting Time: Mondays, 2:30pm, COA</b> Connect with others at this informal gathering. Enjoy good conversation and meet new friends.		4	TRAVEL & COA VAN p10
♦ <b>GRANDPARENTS NETWORKING GROUP, Coffee and Discussion</b> Meets on the 2nd Tuesday of the month. Next meeting, Sept 13, 10am 2nd floor Small Conference Room, Town Building		4	MOVIES p12
♦ <b>Wayland ‘SHOP AROUND SHUTTLE’ Pilot program</b> In-town errands to do? Consider this free Monday shuttle with home pick ups		10	*****
♦ <b>TAKE CHARGE OF YOUR WELLNESS WITH AGING MASTERY</b> A ten week Empowerment Series starts Wednesday, Sept. 14 at the Weston COA. This program is a collaborative with Wayland-Weston-Lincoln Councils on Aging. Registration is required. Limited openings, 1:30-3pm, No Charge		4	<b>Director:</b> Julie Secord (M-F)
♦ <b>APPOINTMENT BASED FLU CLINICS FOR SENIORS starts Thursday, September 15, Noon to 3:45pm in the Selectmen’s Mtg Rm</b> Call 508 358 6805 for an appointment. More info, see p. 3		3	<b>Office Coordinator:</b> Nancy Greenwood (M-F)
♦ <b>GREAT SCOT—IT’S ANDREW CARNEGIE! “The King of Steel is a Richard Clark performance. Wednesday, September 21</b> Show Time: 12:35 in the COA Request a WHITE ticket for performance Only (N/C) Request a RED ticket (\$6) if you would like to enjoy a box Luncheon at NOON before the performance begins. This event is supported in part by a grant from the Wayland Cultural Council. Info: p.3		3	<b>Outreach Coordinator :</b> Sue Hatton (M-F)
<b>COME CRACK UP WITH US at LOBSTER FEST! Sun, Sept 25, 5pm</b>  <b>SANDY BURR COUNTRY CLUB</b> A fundraiser for the Friends of the Wayland Council on Aging. Something for everyone on the Massive buffet plus make your own ice cream sundaes. Also enjoy music, live auction, Beer Bottle Ring Toss and More! Ticket: \$65		5	<b>Project Coordinator :</b> Shawna Levine (M, T, W)
<b>COMING IN OCTOBER: New fitness class “CORE &amp; POSTURAL STRENGTH” 12:30pm, Thursdays (Oct. 6, 13, 20)</b>		3	<b>Volunteer Coordinator</b> Ann Gordon (T-Th)
			<b>BayPath Home Delivered Meals</b> (Requests & Changes 508-573-7200 )
			<b>S.H.I.N.E. Counselors</b> Kathleen Woehrling Penny Wilson ..Welcome!
			<b>Property Tax Work-Off</b> Becky Patterson Wednesday 9—11 am
			<b>COA WayCam Liaison:</b> Joanne Kwart
			<b>West Suburban Veterans Services District</b> 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
<b>FIT FOR THE FUTURE</b>	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Rm.
<b>ZUMBA—starts Sept. 21</b>	<b>Wed</b>	\$3/class	Every Wed	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Rm.
<b>THERA-TUBE</b>	Wed	\$3/class	Every Wed	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$21.00	Sept 14, 21, 28	1-2 pm	Large Hearing Rm.
<b>PILATES</b> <b>SAVE and pay by month or</b> <b>\$15/class</b>	Tu/Th	\$30 for Tues Class \$40 for Thurs Class	Every Tue/Th No class 9/6, 9/8	7-8am	Large Hearing Rm.



**“TRY IT” POLICY:** When trying any of our **on-going** exercise programs,  
your first class is **FREE!**



**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. Save and pay by the month or \$15/class if you are unable to attend with regularity. Pre-register—Restricted class

## Breaking News! *New happenings at the COA*

### *New offering this Fall:*

#### **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.

### **Fall 2016 SENIOR FLU CLINIC SCHEDULE**

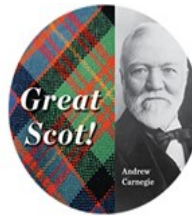
The Wayland Health Department will again offer Appointment-based Flu Vaccination Clinics. High-Dose Flu Vaccine geared for those aged 65 and older and Seasonal Quadrivalent Flu Vaccine will be available.

Also being offered is PREVNAR 13 Pneumococcal Vaccine (Pneumonia) only for those 65 yr or older who have not yet received this vaccine

There is NO OUT OF POCKET expense but insurance cards are necessary.



The first Senior Flu Clinic will be Thursday, September 15, Noon-3:45pm. There will also be a "9:15am-3:45pm" clinic Tuesday -Sept 20, Tuesday -Sept 27 and Thursday- Sept. 29. Clinics will be held in the Selectmen's Meeting Room. Please contact the Health Department at 508 358 6805 to schedule an appointment.



### **Great Scot – It's ANDREW CARNEGIE!**

Wednesday, Sept. 21, COA  
Luncheon: Noon  
Show Time: 12:35pm

He rose from humble beginnings to become the "King of Steel" and the richest man in the world.

He was a violent young revolutionary who later graced the drawing rooms of New York high society.

He counted Mark Twain, Helen Keller and Booker T. Washington among his closest friends.

His wealth and power shaped the zeitgeist of his age, yet his inhuman labor practices made him an enemy of millions.

He was called the "greediest little devil that ever lived" yet he gave away billions to build thousands of public libraries.

A man of contradictions, a living embodiment of Darwin's "survival of the fittest" ...meet the incredible Andrew Carnegie! .....a Richard Clark Performance.

This program is supported in part by a grant from the Wayland Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

**CALL THE COA for RESERVATIONS:**

WHITE Ticket: NO CHARGE (show only, Table seating available at 12:30pm)

RED Ticket: \$6 BOX LUNCH (includes choice of seafood, chicken salad or vegetarian roll-up with chips, pickle, dessert)

**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, September 19**

- 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, September 7, 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 needed to drop off medications.

### **GRANDPARENTS NETWORKING GROUP** **COFFEE and DISCUSSION**

Meets the second Tuesday of the month.

Summer meetings:

⇒ Tues September 13th 10am-11:30 am

*2nd floor, Small Conference Room, Town Building.*

*No Charge, 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.

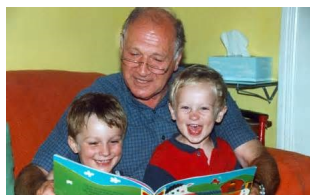
Bring a friend.

This is a casual gathering.

Discussion Facilitator:

Dr. Dossie Kahn,

Wayland Youth & Family Services.



*Lincoln COA-Wayland COA-Weston COA  
present*

### **TAKE CHARGE OF YOUR WELLNESS WITH AGING MASTERY**

**10 Week Empowerment Series**

**Starts Wed, Sept. 14, 1:30—3pm**

**Weston Council On Aging**

This fall, forge your own path to better physical and emotional health, financial well-being, and life enrichment through actionable goals, small but impactful life changes, and peer support! Wayland seniors are invited to join Lincoln and Weston residents at the Weston COA for this free 10-week program. Workshops are Wednesday afternoons from **1:30 to 3:00 pm beginning Sept 14**. Sessions will cover fitness, nutrition, sleep, financial well being, relationships, advance planning, fall prevention, medication management, and civic engagement and will include refreshments, a presentation by an expert and lots of opportunities for interaction and discussion. Please sign up now as space is limited. Supported by the National Council on Aging, the Massachusetts Councils on Aging, and the Massachusetts Executive Office of Elder Affairs. To register, call Wayland COA at 508 358 2990. Limited spaces remaining.

### **'DROP IN' PROGRAMS**

*New participants are always welcome!*

◇ **THE GREAT COURSES Video Series**

◇ **Mondays, 1-2pm (2-30 min lectures)**

**September:** Understanding the World's Greatest Structures

◇ **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/





*Come crack up with us!*

### **LOBSTER FEST**

Sunday, September 25

5:00-7:30pm

Sandy Burr Country Club

*IT WAS A SELL-OUT LAST YEAR!*

Something for everyone on the massive buffet plus music, a live auction, Beer Bottle Ring Toss, Wine Pull and so much more!

Buffet dinner includes chowder, lobster, steak tips, chicken, watermelon, make your own ice cream sundaes and more!

Ticket Price \$65.00. Consider reserving a full Table of 8 or more.

Proceeds benefit Friends of Wayland COA, Inc. - a 501(c)3 organization

### **LOVE MUSIC?**

If you enjoy singing or dancing to pop classics and show tunes and if you like “schmoozing” with a friendly bunch of music-lovers, come to any GOLDEN TONES CHORUS rehearsal! There are no auditions and no attendance requirements. We meet every Tuesday morning starting September 6, 10am to Noon at the Wayland COA (unless posted otherwise). On Sept. 13, we’ll meet at 9:30am for a Welcome Coffee Hour hosted by the Council On Aging and Golden Tone bakers! To learn more, visit [goldentones.org](http://goldentones.org)



### **CONSIDER JOINING WAYLAND’S CERT (Community Emergency Response Team)**

Are you 18? Help us assist the Town in the event of any emergency requiring back-up resources. CERT’s main responsibility is to operate the Town’s emergency shelter located at the Wayland Middle School should there be an extreme situation – blizzard, hurricane, tornado, flood or other situation forcing people to leave their homes. No special skills required to join CERT. Each member undergoes FEMA training on disaster preparedness, fire safety, first aid, disaster medical operations, psychology and more. Classes are on Mondays, 7pm-9pm, Public Safety Bldg starting Monday, Sept. 19 To learn more, contact Joseph Gordon, Wayland CERT Coordinator, [Gordon@waylandcert.org](mailto:Gordon@waylandcert.org) or call 617 835 3266



### **Collette Tours Presents ICELAND’S MAGICAL NORTHERN LIGHTS**

**Tuesday, Sept. 6, 4pm at the COA**

Wayland Travel Group is considering another trip. This time the destination is Iceland. Join Collette Tours for an overview of this adventure scheduled for Mar. 6-12, 2017. The Wayland Travel Group is an independent interest group facilitated by the COA to promote opportunities for Wayland residents to enjoy the camaraderie of travelers from their own community. Those traveling with Wayland Travel Group make their own arrangements and Reservations.



### **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. Comments and suggestions welcomed.

Next Meeting: Tues., Sept 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.

**MEMBERS:** Atty Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford. Next Meeting: Wed., Oct 12 at 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER</b>  <b>2016</b>		<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>WAC: Wayland Art Ctr.</i> <i>L@NSC: Longfellow at Natick Sports Club</i>	1	2
5  <b>LABOR DAY HOLIDAY</b> <b>Town Building Closed</b>	6 7:00am NO Pilates 10:00 Lois' Fit for the Future 4pm Iceland's Magical Northern Lights Collette Tours	7 9:15 Thera-Tube 10:30 Tai Chi 11:30 Med. take back 12:00 COA Café 1:00 Better Balance	8 7:00am NO Pilates 10:00 Lois' Fit for the Future 12:00 Bridge <i>Vote: State Primary</i>	9 Watercolor Class AC See flyer 10am—12:30pm Movie: FREDDIE AND THE EAGLE 12:30pmCOA
12 1:00 Great Courses 2:30 COA Connections Shop Around Shuttle	13 7:00am Pilates 10:00 Lois' Fit for the Future 10:00Grandparents 1:00 Genealogy <i>Trip to de Cordova museum</i>	14 9:15 Thera –Tube 11:00 Tai Chi 1:00 Better Balance 1:30 AMP-Weston Begins	15 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge <i>First day of appointment based FLU CLINIC for seniors</i>	16 Watercolor Class WAC 10am-12:30pm
19 1:00 Great Courses 2:30 COA Connections Podiatry Clinic by appt. only Shop Around Shuttle	20 7:00am Pilates 10:00 Lois' Fit for the Future 1:30 Jewelry Workshop/Repair or Create. Reservations See flyer.	21 9:15 Thera-Tube 10:30 Zumba starts! 11:00 Tai Chi Noon Box Luncheon 12:35 Great Scot It's Andrew Carnegie! 1:00 Better Balance 1:30 AMP-Weston	22 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge <i>Trip to Tougas Farms -Special Teas</i> <i>Vote: Minuteman Referendum</i>	23 Watercolor Class 10am-12:30pm WAC Movie: HELLO, MY NAME IS DORIS 12:30pm COA
26 1:30 Great Courses 2:00 COA Connections Shop Around Shuttle	27 7:00am Pilates 10:00 Lois' Fit for the Future 1:00 Genealogy	28 9:15 Thera –Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:30 AMP—Weston Trip to Market Baskt	29 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge	30

## 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:

<b>Sept. and Oct.: Review and compare</b>	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.
<b>Oct 15</b>	<b>Open Enrollment Begins:</b> 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.
<b>December 7</b>	<b>Open Enrollment ends.</b> 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 <sup>th</sup> .
<b>January 1, 2017</b>	<b>Coverage begins.</b> 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.
<b>Changes after January 1</b>	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 7<sup>th</sup>**! 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

Do we ever stop feeling like September is a new beginning? First as students, then as parents, and especially for those of you with careers as teachers or in other aspects of academia, September brings that "fresh start feeling" after a — hopefully — relaxing summer.

If you have that September feeling and feel ready to begin something new, please consider volunteering with our FISH program. Friends In Service Helping arranges and provides rides to medical appointments for Wayland residents who have no other way to get there. It is an invaluable and critically important service: During FY2016, FISH provided more than 160 rides to Wayland citizens in need.

FISH telephone volunteers check the FISH answering machine on their assigned day and find a volunteer driver from the FISH list who can meet the caller's need. Volunteer drivers can specify their availability and preferences (some prefer not to drive into Boston, for example) and serve on an as-needed-as-available basis. Whether you have lots of time to give or just a little, we welcome your contribution to this vital program. Please call me at 508-358-2990 if you are interested.

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 Counselor is Kathleen Woehrling. 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](http://www.domesticviolenceroundtable.org)



## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ JFK Medical Taxi Vouchers are now ORANGE.
  - ⇒ Expired Blue JFK Medical Taxi Vouchers may no longer be used.
  - ⇒ For refunds or trade-in's, your blue vouchers must be exchanged or turned in and the value refunded by September 30, 2016.
- For voucher transactions, contact the COA office.

### 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.

### SEPTMEBER

**Tuesday, 9/13: de Cordova Sculpture Park and Museum:** Cost: \$16 for museum admission, tour and transportation. Depart COA at 9:30am, return by 1:30pm. Wayland's Louise Brown will be our docent. The tour will focus on the current special exhibit: *Overgrowth*. This exhibition explores how artists represent prolific growth and transformation in the natural world and the built environment. Following the tour you will have time to explore the sculpture park and stop by the cafe and gift shop.

**Thursday, 9/22: Tougas Farms & Special Teas**  
Cost: \$10 for transportation only. Depart COA at 9:15. Return at 2:00. We will head to Northborough where our first stop will be at *Tougas Farms*. You can visit the farm store, purchase or pick apples. We will then head to *Special Teas* restaurant. Choose from an extensive tea menu, tea sandwiches or traditional luncheon items (on your own). Please advise of any food allergies or dietary restrictions at time of reservation. Out of town may sign up beginning 9/1/2016.

**Wednesday, 9/28: Market Basket & Marshall's**  
Depart COA at 9:15 am. Return by 1:00 pm. N/C  
Home pickups available by request.

#### NEW PILOT PROGRAM "Shop-Around Shuttle"

##### **Mondays September 12, 19, and 26**

In response to frequent requests, we are piloting a weekly shopping/errand trip that continues in September. It is designed as a group/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.

### OCTOBER

**Thursday, 10/6: 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).

**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. Several restaurants.

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

### Coming Soon

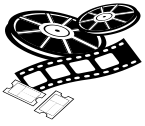
**Wednesday, 12/7-Friday, 12/8: The White Mountain Hotel Christmas Vacation.** Enjoy great shows, food and accommodations. Transportation, 2 nights accommodations, 5 meals, 3 shows, sightseeing and shopping for \$399 double occupancy. A \$50 deposit and \$50 optional trip insurance is due at time of 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](http://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 15<sup>th</sup> of the month or the first day the COA is open if the 15<sup>th</sup> 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 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup> 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, September 9: EDDIE THE EAGLE (2016) PG-13 Drama: 1hr. 45 min.

Inspired by true events, Eddie the Eagle is a feel-good story about Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself. With the help of a rebellious and charismatic coach (played by Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

### Friday, September 23: HELLO MY NAME IS DORIS (2016) R (language) Drama: 1hr. 35 minutes

Sally Field stars as Doris in a remarkable performance. Eager for all the experiences she has missed out on, Doris throws caution to the wind and follows her heart for the very first time. Her new life brings Doris a thrilling perspective, but also creates a rift between her and her longtime friends and family. Drama with comedic moments.

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

***Make sure everyone in your household can receive, understand, and act on information received in an emergency***

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

### **The Wayland COA News**

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