



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## FEBRUARY 2023

### Town Departments Join Our Newsletter Team

With this issue we welcome a new regular feature on page 5 of the COA News: *Talk of the Town*, which will feature news and views from a different Town department each month. We have been so fortunate to have had Todd Winner from the Wayland Fire Dept. Senior Safe program contribute a monthly column in that spot for several years. We are grateful to Todd for his dedication to communicating with Wayland's senior residents. We will still hear from Todd from time to time, along with other Town staff from the Library, DPW, and other departments. This month Wayland's public health nurse, Michele Schuckel, offers some helpful tips on sticking to your healthy eating goals.

During 2023, we are also planning a series of programs focused on housing, a topic that occupies the thoughts of many older residents. Watch for programs on housing options, downsizing, in-home services, and other topics of interest to people thinking about their living options as they age. See page 2 for our first program and some details on upcoming topics, and feel free to send us your suggestions.

#### Your COA Staff:

**Julie Secord, Lillian DePasquale, Ann Gordon,  
Shawna Levine, and Maura Snyder**

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### Chase the Winter Blues Away

#### MARDI GRAS PARTY

with the **Riverboat Stompers Jazz Band!**

**Tuesday, February 21. 1:30 – 3:00 pm**

**\$8 per person, Large Hearing Room**



Join us on Fat Tuesday for beads, masks and all that jazz as we celebrate Mardi Gras. Wear your favorite mask and we will provide the beads, Cajun-inspired hors d'oeuvres, beverages and desserts. You will be entertained by the fabulous **Riverboat Stompers Jazz Band**. The Stompers specialize in traditional Dixieland jazz. Much of the band's repertoire was written in the period from 1900 to 1935 by the early New Orleans jazz legends. The band can count on an enthusiastic audience response as their song selection usually includes up-tempo instrumentals and vocals with amusing lyrics.



Don't miss this event! Registration required, \$8.00 per person. Let the good times roll!

### The Wayland Council on Aging

We provide 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 community members.



**Keep Up With COA News:** Visit our website and sign up for our weekly eblast with breaking news and highlights of programs and services in the coming week.

[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

The Wayland Council on Aging  
41 Cochituate Road, Wayland, MA 01778  
508-358-2990; [coa@wayland.ma.us](mailto:coa@wayland.ma.us)

Office Hours: Mon., 8am-7pm;  
Tues-Thurs, 8am-4pm;  
Fri, 8am-12:30pm

**Valentine's Day  
Tea & Cookies  
& Cookie Recipe Exchange  
Tuesday, Feb. 14**

**1:30 - 3:00pm, In the COA**

Celebrate Valentine's Day with your friends at the Council on Aging. Bring a friend or meet some new ones. Enjoy tea and Valentine cookies. Drop by anytime between 1:30 – 3:00, and bring your favorite cookie recipe to share. We'll copy the recipes and have a recipe exchange. Reservations requested. No charge.



**MEET YOUR NEW STATE SENATOR  
JAMIE ELDRIDGE**

**Wednesday, Feb. 8, 10:00 am in the COA**

Redistricting across the Commonwealth in 2022 means that Wayland has new representatives in the State House. Wayland is now represented in the State Senate by Sen. Jamie Eldridge, who has represented Sudbury, Acton, Marlborough and a number of other neighboring towns in the Worcester and Middlesex District since 2009.



Senator Eldridge will join us for an informal morning of coffee and conversation. What questions do you have about the region or about Wayland specifically? What would you like Sen. Eldridge to know about Wayland? Sen. Eldridge chairs the Joint Committee on the Judiciary, and is passionate about increasing investments in public education and transportation, combating climate change, and making healthcare a right. Bring your questions, and please come say hello!

**THE CROWN: Season 2 finale & Season 3  
Thursdays, Feb. 2, 9, 16, 23  
1–3pm at the COA**

We will show the final two episodes of Season 2 and then begin Season 3, which covers the years from 1964 to 1977, including the election of Prime Minister Harold Wilson, the Aberfan disaster, the Apollo 11 moon landing, the Investiture of Prince Charles as Prince of Wales, the death of the Duke of Windsor and the death of Winston Churchill. We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.



**ROADMAP TO MEDICARE:**

**What's It All About?**

With SHINE Counselor Penny Wilson

**Tuesday, Feb. 28, 4:00 pm  
on Zoom**



Turning 65 soon or retiring? Have questions about signing up for Medicare? Join us for a presentation on who needs to enroll in Medicare as well as information about the parts of Medicare and the process. The meeting will include time for Q&A. Contact the COA to register for the Zoom link.



**Make It and Take It Jewelry Studio Class  
With Jeweler Norma Radoff  
Thurs., Feb. 9, 10 am, In the COA**

Make a special Valentine bracelet for yourself or a loved one. The class size is limited. Instructions, tools, and all supplies are provided. **Registration is required**, and restricted to Wayland residents. No charge.



**AGING IN PLACE: A PANEL PRESENTATION**

**Thursday, March 2, 10:30 am in the COA**

Would you like to stay in your own home? Would you like to know what services are available and how to access them? Join us for this informative session on in-home services. Panelists will include a representative from Springwell; Geriatric Care Manager and elder care expert Joan Harris, LSW, MBA, CMC; and COA Outreach Coordinator Maura Snyder, MSW, LCSW. They will give an overview of programs and services that help seniors remain safely and comfortable in their own homes. There will be ample time for Q & A. Refreshments will be served. **Reservations required.**

This is the first in a series of COA workshops on Housing Options for seniors. Look for the following workshops in coming months:

- > **Downsizing: Should I Stay or Go?** How to decide if it is time to move or renovate
- > **Housing in Wayland:** What are the options? Affordable senior housing, 40B, Section 8, and other Wayland options
- > **Housing Options II:** Exploring Independent and Assisted Living, Continuing Care Retirement Communities, Memory Care
- > **Alternative Housing Options:** Co-housing, accessory apartments, and other non-traditional resources

COA speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.

## REGULAR ONGOING PROGRAMS

Join us for one or all of these regular programs.  
You must pre-register for Zoom programs.



### VIDEO LECTURE SERIES

**Mondays, 1 pm in person**

Join together to learn from some of the nation's top scholars on a wide range of topics, or visit some of the world's most iconic locations. See details, right.



### CONNECTIONS

**Mondays, 2:00 pm on Zoom**

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



### KNIT TOGETHER

**Tuesdays, 10:30 am on Zoom**

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need using our supplies, or work on your own projects.



### GENEALOGY

**1pm, 2nd and 4th Tuesday, in person and on Zoom**

Share in great conversations, research tips and fascinating stories from the past. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom.



### SOCIAL GROUP

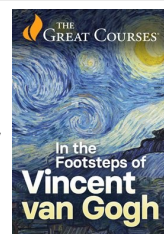
**Thursdays, 10:30 am on Zoom**

Join this informal group for friendly, relaxed conversation from the convenience of home. Newcomers are always welcome!

## GREAT COURSES:

**In the Footsteps of Vincent Van Gogh**  
Mondays at 1:00 pm, Feb. 6, 13

**How Things are Made: Monday, Feb. 27**  
Closed Captioning on both programs



**In the Footsteps of Vincent Van Gogh,**

an immersive journey through the world of Van Gogh, will continue on February's first two Mondays. This series features not only Vincent's own words, based on his letters, but also those of fellow Impressionists and friends, brought to life by a cast of 11 voice actors.

**How Things Are Made** takes you into the factories and manufacturers of everyday items to reveal the fascinating processes that create the things we rely on every day.

**MONTHLY  
MOVIE  
MATINEE**



**"The Glass Onion: A Knives-Out Mystery"**  
Wed., February 22, 1:30 pm in the COA  
Reservations required

Benoit Blanc (Daniel Craig) returns to peel back the layers in a new Rian Johnson whodunit. This fresh adventure finds the intrepid detective at a lavish private estate on a Greek island, but how and why he comes to be there is only the first of many puzzles. Blanc soon meets a distinctly disparate group of friends gathering at the invitation of billionaire Miles Bron for their yearly reunion. As in all the best murder mysteries, each character harbors their own secrets, lies and motivations. When someone turns up dead, everyone is a suspect. (2022; PG-13; Mystery & Thriller, Comedy, Drama; 2hr., 20 min)

## MEDICATION TAKE-BACK

**Wed., February 1, 11:30 am—Noon**

It is important to dispose of medications properly when you no longer need them. That's why we invite members of the Wayland Police Dept. to the COA once a month to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit medications at the Wayland Police Dept. 24/7.



## PIZZA CAFÉ

**Wed. February 1, at noon,  
in the COA**

**Reservations required, \$5**



Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends.  
**Please reserve your seat by noon on Tuesday, January 31.**

*Thanks to the Friends of the COA for their support.*

**COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>T'AI CHI</b> with John Woodward <b>9:30 am</b> <b>Large Hearing Room or outdoors, weather permitting</b></p> <p>Enhance the flow of internal energy in the body using slow, graceful movements that help promote relaxation, healing and well-being. May not be suited for those using a cane or walker.</p> <p><i>John Woodward is a Certified T'ai Chi Instructor</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b></p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p><b>THERATUBE</b> with Ellen Cohen-Kaplan <b>9 am on Zoom</b></p> <p>Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.</p> <p><b>ZOOMBA</b> with Ellen Cohen-Kaplan <b>10:15am on Zoom</b></p> <p>Join this fun cardio class and dance your way to fitness with Latin music.</p> <p><i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b></p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p><b>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE</b> with Joe Fish <b>9:30 am on Zoom</b></p> <p>This interactive, evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; Joe Fish will tailor the class to other individual needs.</p> <p><i>Joe Fish is a Certified Instructor and Falls Prevention Specialist</i></p>

**And don't miss...THE WALKING CLUB**  
**MONDAYS at 10:00 a.m.**

In winter, meet at the Natick Mall in front of Dunkin Donuts. To join the Walking Club, please contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfortable walking shoes and bring a water bottle. No fee.



**Two Ways to Access Our Fitness Programs**

**JOIN THE COA FIT CLUB:** \$20/month gives you unlimited access to all classes, both in-person and on Zoom. Pay for multiple months, get a refund if your plans change

**PAY BY THE CLASS:** This option is only available for in-person classes, which are \$4 each. Cash is not accepted in class. Buy Fit Bucks in the COA or by mail, and present them at class. No reservations necessary.

**Nutrition Nuggets**



**KEEP YOUR HEART HEALTHY!**

February is Heart Healthy Month! Heart disease is the leading cause of death among people 65 years old and over. Following a heart-healthy diet can reap big benefits to your health. The American Heart Association recommends eating:



- > A wide variety of fruits and vegetables
- > Whole grains or products that are a majority of whole grains
- > Healthy sources of protein such as legumes, nuts, fish, seafood, low-fat dairy, and lean, unprocessed poultry and meat
- > Non-tropical vegetable oils, like olive oil or canola oil
- > Minimally processed foods
- > Minimize added sugars, salt, and alcohol

Eating this way does not prevent you from eating your favorite foods. With small modifications, your favorite meals can be made healthier. Check out some great heart-healthy recipes at <https://recipes.heart.org/>.

## Keeping Your Healthy Resolutions On Track

By Michele Fronk Schuckel, Wayland's Public Health Nurse



Talk of the Town

Featuring news from a different  
Town department each month

Did you resolve to eat better or lose weight in the New Year? Here we are a month into 2023 – when many of us have lapsed back to the choices and patterns we practiced in 2022. If you need a re-focus on your dietary wellness, here are some suggestions:

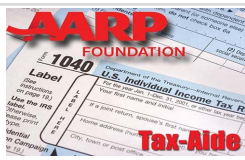
**1. Eat more vegetables** – If you make one food-related change this year, consider this one. Start with veggies at each meal. The benefits of this can be better heart health through lower cholesterol, better mental health, firmer skin (veggies are full of vitamins A and E), and a healthier gut (fiber!) Filling your plate with ½ vegetables and eating those first is ideal. Shopping? Pick up a veggie that's new to you or remember something from your childhood that you loved. Need a guide? Learn about the veggie-forward Mediterranean Diet. The Wayland Public Library has lots of great cookbooks on display this month, have a look!



**2. Look at your portion sizes** – You can eat carbs (pasta, bread, rice), and vegetable or meat protein, but if you match them one-to-one with veggies you will be satiated (feel full) sooner. Try ½ cup of pasta or rice and ½ cup of your veggie. Going back for seconds? OK, but stick with equal veggies to carbs. Meat or fish portions should total about the size of your palm.

**3. Consider why you are eating** – If you are snacking but not really hungry, be mindful of *why*, and care for your whole self with connections, or activities that will truly meet your hunger...for being with others and getting active. The COA offers a great slate of programs – try something new, connect with others and feel the benefits of friendship and community! Best wishes for wellness in 2023!

Health and nutrition questions? Call me at 508-358-3215 or email [MSchuckel@wayland.ma.us](mailto:MSchuckel@wayland.ma.us)



### Tax Time is Here. Help is Here, Too!

Beginning in February, low- to moderate-income taxpayers can get help preparing their basic tax return through the AARP Foundation Tax-Aide Program, in partnership with the IRS. An IRS-trained volunteer tax preparer can help you complete basic Federal and/or state income tax returns. "Basic" returns do not involve rental property or trust and partnerships producing a Schedule K-1 (forms that report income other than interest).

**You must have an appointment.** Contact the COA at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990 to book an appointment. Appointments will be held on Fridays February - April at the Town Building in the Large Hearing Room. The COA will adhere to the Health Department's Covid and safety guidelines in place at that time.

### Medicare Advantage Members Can Change Plans through March 31

#### Plus Expanded Eligibility for MassHealth Buy-In

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment...Now's your second chance! From January 1 to March 31, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare.



Also, the MassHealth Buy-In Program has expanded its income eligibility from 165% FPL to 225% FPL. So, if you weren't eligible last year, you may qualify this year. With a Buy-In program, beneficiaries can save \$164 a month on their part B premium, get help paying for prescription drug costs, and, in some cases, get coverage for Medicare A and B copays and deductibles. To schedule a SHINE appointment, call the Wayland COA at 508-358-2990.

### Seeking Sages: Learn and Share with a Wayland High School Senior

The non-profit organization Sages & Seekers is recruiting Seniors (62+ and older) to participate in an 8-week intergenerational program REMOTELY via Zoom or facetime with Wayland High School seniors (SEEKERS). Seniors (SAGES), come share your life experience and invaluable knowledge. You will be paired with one 12th grade student (the same student each week) with whom you will meet once a week for 8 weeks to share your life experiences. Past participants are welcome and rave about the program! Meetings start in late February. Curious? Have questions or want more information? Contact Janet Carmichael at Wayland High School, 508-397-3446 or [sagesandseekerswhs@gmail.com](mailto:sagesandseekerswhs@gmail.com).



**Springwell (formerly BayPath):** 508-573-7200

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

**Elder Abuse Hotline:** 1-800-922-2275

**MA Exec. Office of Elder Affairs:** 1-800-243-4636

**Meals on Wheels (Springwell):** 508-573-7246

**Medicare:** 1-800-633-4227

**MetroWest Legal Services:** 508-620-1830

**MWRTA Fixed Route Buses:** 508-935-2222

**MWRTA Dial A Ride:** 508-820-4650

**Social Security:** 1-800-772-1213

**State Senator Jamie Eldridge:** 617-722-1120

**Rep. Carmine Gentile (Pct. 1, 4):** 617-722-2014

**Rep. David Linsky (Pct. 2, 3):** (617) 722-2810

**Suicide Prevention:** 988

**Wayland Community Fund:** 508-358-3624

**Wayland Council on Aging:** 508-358-2990

**Wayland Housing Authority:** 508-655-6310

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. Visit [www.Mass.gov/isol8](http://www.Mass.gov/isol8) for up-to-date, all-ages guidance following exposure or a positive home test. Visit <https://www.wayland.ma.us/health-department> for local COVID-19 and flu vaccine and booster clinic information and resources. Questions? Email [health@wayland.ma.us](mailto:health@wayland.ma.us) or call (508) 358-3617.

**For emotional support,** contact Wayland Youth and Family Services (for all ages) at 508-358-4293

**Local Food Pantries:** My Brother's Table at Good Shepherd Parish: 617-694-6137; Celebration Church: 508-318-4769



## TRANSPORTATION OPTIONS

Call us when you have transportation needs and we can discuss the best options.



**COA TAXI PROGRAM:** A grant from MassDevelopment pays the taxi fare for trips to medical appointments when there is no other reasonable option. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least two full business days in advance (note that our offices close at 12:30pm on Fridays). A grant from BayPath Elder Services may also help with special needs including a medical escort in some circumstances.

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently there is no cost. (Typically, rides cost is \$2, \$3 or \$5 each way based on destination.) Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours before travel date.

**MEDICAL TAXI VOUCHERS:** For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

## WAYLAND COA STAFF

Director: Julie Secord, M-F  
[jsecord@wayland.ma.us](mailto:jsecord@wayland.ma.us)

Outreach Coordinator: Maura Snyder, M-F  
[msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us)

Project Coordinator: Shawna Levine, M-Th  
[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

Community Relations Coordinator: Ann Gordon, T-Th  
[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

Program Assistant: Lillian DePasquale, W-F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

SHINE Counselors: Irene Cramer, Barbara Michaelsen, Penny Wilson, Kathleen Woehrling

## WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Frank Kennedy; Becky Patterson; Ellen Scult; Denise Yurkofsky.

**Next Meeting:** Monday, Feb. 6, 4pm on Zoom

## SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. MEMBERS: Markey Burke, Chair; Joel Rosenhaus, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Susan Rufo

**Next Meeting:** Tues. Feb. 7, 10am in COA

## WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

A Veterans Agent is not currently available to meet with Wayland residents on Tuesdays. Please call the District Office on Wednesdays to speak with David Farrell (extension 2839).

## FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 28% of Wayland's population. This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**FRIENDS BOARD:** Marie Winter, Sue Pope, Co-Presidents; Mary Antes, Clerk; John Shaw, Treasurer and Webmaster; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Bill Sterling

### SNAP Benefits Update



The extra federal SNAP Covid benefits will end on March 2, 2023. Starting in April, beneficiaries will receive only the normal monthly SNAP payment. Remember that your monthly payments roll over for up to a year. Through the Healthy Incentives Program (HIP) you can use your SNAP dollars for farm-fresh fruits and vegetables and have the amount of your purchase instantly added back to your EBT card. HIP providers in Wayland include:

> **Winter Farmer's Market at Russell's Garden Center** Saturdays, 10:30 am—2 pm through March 11

> **Neighborhood Farm**, 98 Old Connecticut Path  
Order online two days ahead by 6am for pickup Thursdays. Check out using "Cash/Check" option and add a "note to seller" that says SNAP/HIP. Your card will be processed at pickup.

Visit [www.theneighborhoodfarm.com](http://www.theneighborhoodfarm.com)

### Help with the High Cost of Heating



Households with limited income may be eligible for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility limits are \$42,411 total gross annual income for households of one, and \$55,461 for households of two.

Other programs may also be available, including the Massachusetts Good Neighbor Energy Fund, which is available to any resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal assistance. Income limits apply.

To learn more about these programs or other sources of support, contact COA's Outreach Coordinator Maura Snyder at [msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us) or 508-358-2990.

### Help is Available for Homeowners and Renters Who are Behind on Costs

The Massachusetts Homeowner Assistance Fund – [Mass HAF](#) – is now available to homeowners who are at least three months behind on their mortgage payments because of the COVID-19 pandemic. Mass HAF is a state program that provides mortgage and property tax relief. It is a grant not a loan; homeowners do not have to pay it back. If your application is approved, funds are provided to your mortgage servicer (the company that collects your mortgage payments).

For renters, the RAFT program — Residential Assistance for Families in Transition — may provide up to \$4,000 in a 12-month period for those who qualify. The household income must be below 80 percent of the area median income (AMI). The South Middlesex Opportunity Council (SMOC) oversees the RAFT program for Wayland. An online tool is available to help see if you may be eligible: <https://www.mass.gov/how-to/how-to-apply-for-raft>

Wayland COA's Outreach Coordinator Maura Snyder is available to help Wayland residents with these issues as well as other challenges. You can reach her at 508-358-2990 or [msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us).

### Circuit Breaker Match and Other Property Tax Relief

*Applications Are Now Available at Wayland Assessors Office*

*Application Deadline: **April 1, 2023***

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program. For application forms and details, call the Assessor's Office at 508-358-3788, or visit the [Town of Wayland website](#).

**Other Programs of Interest:** Property Tax Work-Off (call the COA for info 508-358-2990) and Valor Act-Veteran's Tax Work Off (call Human Resources Kate Ryan at 508-358-6721).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café	<b>2</b> 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	<b>3</b> 9:30am SAIL Fitness
<b>5</b> 8:00am Fish Fitness 4:00pm Chair Yoga	<b>6</b> 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	<b>7</b> 8:00am Toys in the Attic 10:00 Fit 4 Future 10:30am Knit Together 4:00pm Grandparenting Child w Autism	<b>8</b> 9:00am Theratube 10:00am Sen. Jamie Eldridge 10:15am ZoomBa	<b>9</b> 10:00am Jewelry Workshop 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown  <i>Trip to Keefe Tech.</i>	<b>10</b> 9:30am SAIL Fitness
<b>12</b> 8:00am Fish Fitness 4:00pm Chair Yoga	<b>13</b> 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections  <i>Trip to Market Basket</i>	<b>14</b> 8:00am 7 Steps to Manage Memory 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 1:30pm Valentine Tea 4:00pm Line Dancing	<b>15</b> 9:00am Theratube 10:15am ZoomBa	<b>16</b> 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown  <i>Trip to Symphony</i>	<b>17</b> 9:30am SAIL Fitness
<b>19</b> 8:00am Fish Fitness 4:00pm Chair Yoga	<b>20</b>  <b>Presidents Day Holiday</b>  <b>Town Offices Closed</b>	<b>21</b> 8:00am Grandparenting Child w Autism 10:00am Fit 4 Future 10:30am Knit Together 1:30pm: Mardi Gras! 4:00pm Toys in the Attic	<b>22</b> 9:00am Theratube 10:15am ZoomBa 1:30pm Movie: Glass Onion  <i>Legal Clinic by appt.</i>	<b>23</b> 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	<b>24</b> 9:30am SAIL Fitness
<b>26</b> 8:00am Fish Fitness 4:00pm Chair Yoga	<b>27</b> 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	<b>28</b> 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm: Roadmap to Medicare 4:00pm Memory Mgt.	<b>KEY:</b> WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		Watch WayCamTV on Verizon Channel 37 or Comcast Channel 8. Go to <a href="http://www.waycam.tv/live">www.waycam.tv/live</a> to watch WayCam programs live-streamed on TV or on your computer.



## TRIPS AND VIRTUAL TRIPS

We are happy to offer day trips and shopping trips. Masks are required on the van; capacity may be limited.

**Monday, February 13 and Monday, March 13: Market Basket, Marshall's and Home Goods in Waltham.** The van leaves the COA at 9:30 am to start home pick-ups. Return by 1:30 pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

**Thursday, February 9: Lunch at the East Side Room Restaurant at Keefe Technical High School.** Depart 11:00 am. Return by 1:30 pm. Cost: \$28 for lunch, gratuity and transportation. Enjoy a three-course lunch prepared for you by the students in the Keefe Tech Culinary Arts program, in their lovely dining room. The meal includes soup of the day, choice of baked haddock or baked stuffed chicken, potato, vegetable, beverage, and dessert. The students and instructors look forward to seeing and serving you soon!



### Thursday, February 16: Boston Symphony Open Rehearsals

Depart at 9:00 am for 10:30 concerts; return around 1:30 pm. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20 for each concert. The final rehearsal is April 13. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200, [www.bso.org](http://www.bso.org)**

**Thursday, March 9: Taza Chocolate Factory, in Somerville, Mass.** Depart 10:00 am; return by 2:00 pm. Cost: \$20 for tour and transportation. Come learn about the Taza Chocolate story. The presentation covers the entire process, from bean to bar! During your visit, you'll be able to view the grinding and depositing rooms from the factory store. You'll learn about the growth and harvesting of cacao, Taza's Direct Trade sourcing methods and their unique stone ground chocolate-making process. You'll also sample lots of chocolate along the way with their awesome team of Chocolate Guides! After the tour, you can enjoy 10% off purchases made during your visit. Please note we do not enter active production areas during the visit. The entire tour is accessible to anyone who may have a wheelchair or walker. Following our visit to Taza, we will stop at Assembly Row in Somerville where you may have lunch (or shop) on your own. There are many restaurants to choose from including Mike's pastries, The Smokeshop, Shake Shack and Tatte Bakery and Café.

**Thursday, April 27: The Old Manse in Concord.** Depart at 9:15 am; return by 2:00 pm. Cost: \$20 for admission, tour and transportation. The Old Manse has a strong connection to both the American Revolutionary War as one of the first inhabitants was staunchly in favor of independence, and the battle of Concord happened in their backyard. Years later, the house became a home to several famous writers including Nathaniel Hawthorne and Ralph Waldo Emerson. The tour, titled "Home to Two Revolutions," covers both the Revolutionary War and the Literary Revolution of the 19<sup>th</sup> century in Concord. There is a short walk from the parking lot to the house, mostly on even and flat ground and there are two steps up to enter the house. Following the tour, the van will drop you off in Concord Center, where you will have free time for lunch or shopping.

**COA Trip Policy:** Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15<sup>th</sup> of the month; checks received earlier will be held until the 15<sup>th</sup>. Refunds given only if your spot is filled.



## ARMCHAIR TRAVEL

**CHINA with Guest Host Nick DePasquale**  
**Tuesday, March 21, 1:00 pm**  
**In person at the COA and on Zoom**



Take a trip to the mountains of the Yunnan Province of China with photographer Nick DePasquale. Nick will share his photographs and experiences while traveling from the bustling city of Kunming, south to the mountains near the Vietnam border and the rice terraces that are farmed by the Hani People. Nick DePasquale is a travel photographer and photography instructor and has been making photographs for over 50 years. We are delighted to have Nick join us via Zoom for this special program and will show this program on our big screen here at the COA in addition to showing it on Zoom. **Registration required.**

### Coming Soon

**Tuesday, April 18:** Guest Host Pauline DiCesare will entertain us with her travels to Boise, Idaho; Helena, Montana; and Rapid City, South Dakota

**Tuesday, May 16:** Guest Host Judy Bennett will show photographs and share her experiences in Portugal.

## Coming in March

### MEDICARE 101

Tuesday, March 21, 6:30 pm  
In Person at the COA

Whether you have been on Medicare for years or are a relatively new beneficiary, this seminar is for you. Kathleen Woehrling and Barbara Michaelson, two of our extraordinary SHINE counselors, will present an informative overview that will cover the basics, but also discuss the open enrollment period, costs of plans, Medicare Parts A & B, Medicare Advantage Plans and prescription drug plans.

Medicare and its rules can seem complex, so let these experts simplify it for you. Bring your questions and join us. Refreshments will be served.

### DRAWING & WATERCOLOR PAINTING CLASS with Rahul Ray

Tuesdays, 1:00 - 2:30 pm  
March 7, 14, 21, 28  
In the COA, \$40

Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors.



Instructor and Wayland resident Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor, doing sketches, portraits, still-lives, landscapes, and abstracts. Rahul is a retired professor of medicine at Boston University. **Registration required. Materials are available in class, or bring your own from a provided list.** *Classes are small and fill quickly.*

### St. Patrick's Day Music!

**IRISH MUSIC IN AMERICA,  
1900—1970**

*Music Historian John Clark*  
**Wednesday, March 8  
1:00 pm in the COA**

John Clark and his Great American Music experience returns with a brand new program right in time for St. Patrick's Day! Through lecture and video clips we will be entertained and learn about Irish Music in America from 1900 - 1970.

Of course a tribute to St. Patrick's Day wouldn't be complete without Irish coffee (mock), Irish soda bread and other appropriate treats. Don't forget to wear your green. Cost: \$3.00 per person. Registration required.

### The Wayland COA News

A monthly publication from  
Wayland Council on Aging  
41 Cochituate Road  
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508-358-2990

[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

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