



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2020

Giving Thanks

In honor of Veterans Day, we present two programs looking back at World War II: One reviews some of the most popular music associated with the war effort and era; the other tells a personal war story through letters to and from a young soldier. Both will be informative and engaging. Sign-up information is on page 3.

In lieu of our traditional Thanksgiving luncheon, we offer a chance to pick up a Thanksgiving-themed lunch from the safety of your car. We hope you'll swing by! See details below.

Thanksgiving may be different this year than in years past. Perhaps you will be gathering with a smaller than normal group of family or friends, or maybe you'll choose to spend the day more quietly. In the midst of change, we remain thankful for the opportunity to know and serve you.

We are also thankful that Lillian DePasquale has joined our staff as Program Assistant to help us respond to the growing number of emails, voicemails and registration requests we are receiving, and assist with our increasing programming. You may know Lillian from her years in the Treasurer's office. We are so delighted to welcome her!

Your COA Staff:

**Julie Secord, Nancy Greenwood, Sue Hatton,
Shawna Levine, Ann Gordon, Lillian DePasquale**

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A THANKSGIVING "JIVE-BY" LUNCH PICK-UP

**Wednesday, November 18
noon - 1pm, \$7**



It's a drive-by, but more fun! We'll have live music by Jumpin' Juba as you roll through the line in your car to pick up a Thanksgiving-themed boxed lunch. Choose from:

1. Turkey pot pie
2. Thanksgiving sandwich (turkey, stuffing, cranberry sauce); or
3. Butternut squash soup and crusty bread

Each choice comes with a green salad with cranberries, and apple pie. The cost for each option is \$7. To reserve your meal, call us at 508-358-2990 or email coa@wayland.ma.us by **Friday, Nov. 13**. Tell us your menu choice; we'll give you a 15-minute window of time for pick-up between noon and 1pm. Please pay by check or exact change; we cannot make change. We look forward to seeing you "jive by!"

The Wayland Council on Aging

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

The Wayland Council on Aging
41 Cochituate Road, Wayland, MA 01778
508-358-2990
www.wayland.ma.us ~ coa@wayland.ma.us

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

News You Can Use

**Zoom With Whom?
LET'S TALK TRASH!
With DPW's Tom Holder
and Mariann Maloney**



Thursday, November 19, 1:30pm

This fun monthly event features informal conversation with a different guest each month. This month we're "talking trash" with DPW staff. Participate by Zoom or by calling in on your phone.



Who is not fascinated with the Wayland Transfer Station? Do you have questions about how it works and where disposed items actually go? Did you know that the user fee drops by 50 percent for the balance of the fiscal year in January? Are you interested in the possibility of a shredding day? What about "Take It or Leave It" – is it open? Will the Transfer Station accept old car batteries or tires? To sign up, email us at coa@wayland.ma.us or call 508-358-2990. If you have specific questions, submit them before Nov. 17; we'll take as many questions as we have time that day.

**COA SOCIAL GROUP
Thursdays at 10:30am on Zoom or phone**

Catch up with your friends and make new ones. Our social group is moving indoors for the winter, so join us on Zoom or by phone for friendly, informal conversation. Check in weekly or join when you can. Social connections are more important now than ever! Call 508-358-2990 or email us at coa@wayland.ma.us to sign up and receive the Zoom link or phone number.



**JIGSAW PUZZLE DROP AND SWAP
Drop: Nov. 2 & 3 ~ Swap: Nov. 9, 1-2pm**

Jigsaw puzzles are a great "staying at home" activity. You can spend a few minutes or a few hours lost in the pleasant task of puzzling. If you would like to give or take puzzles, join in our puzzle Drop and Swap.

Drop Puzzle Donations:
8:30am—6:30pm, Mon. Nov. 2 and Tues. Nov. 3
Place donated puzzles on carts located behind the Town Building near the sidewalk. No children's puzzles, please.

Puzzle Pick-Up: 1-2pm, Mon. Nov. 9
(rain date: Nov. 12, 11-noon)
Puzzles will be outdoors between the Town Building and the soccer field, sorted by size. We will help "customers" maintain social distance. All puzzles will be COVID-safe.

ARE YOU A WORD PUZZLE FAN?

Crosswords, anagrams, word searches—word games and puzzles engage and challenge the brain. We have a supply of great word game books to give away. If you would like one, just let us know at 508-358-2990 or coa@wayland.ma.us.



**CONNECTIONS DISCUSSION GROUP
Mondays, 2:30pm on Zoom and phone**



This informal conversation group is led by Wayland resident Irma Bloom. Formerly a COA program held at the Town Building, the group now meets independently on Zoom (you can also dial in by phone). If you'd like to join the conversation, contact us at 508-358-2990 or coa@wayland.ma.us and we'll forward your information.



**A Home-Delivered Meal on Thanksgiving Day
Thursday, November 26**

Would you like a warm Thanksgiving meal delivered to you by a friendly volunteer on Thanksgiving Day? A Thanksgiving meal program is offered through the Good Shepherd Parish. Wayland residents prepare and deliver hundreds of holiday meals to all who would like a warm meal and a friendly face. Meals arrive around noon, warm and ready to eat. There is no charge. To sign up call us at 508-358-2990 or Judy Kokinda at 508-655-9141.

The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.

Engaging and Connecting

zoom November Programs on Zoom

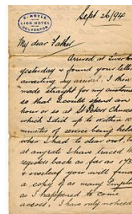
(See p. 8 for instructions on signing up for Zoom programs.)

THE MUSIC OF WORLD WAR II*John Clark's Great American Music Experience***Thursday, November 5, 1pm**

The political and romantic songs of World War II were among the most popular music of the war. You'll hear songs of heroism like *Comin' in on a Wing and a Prayer* and humorous songs like *G.I. Jive* and *Der Fuehrer's Face*. You'll also hear songs about relationships interrupted—*Lili Marlene*, *As Time Goes By*, *I'll Be Seeing You*—and songs of longing for the war to end like *The White Cliffs of Dover*. A Q&A will follow the presentation.

**WORLD WAR II: LETTERS TO AND FROM A YOUNG SOLDIER****Thursday, November 12, 1:30pm**

In honor of Veteran's Day, Seema Kenney returns to present this special program. More than 300 letters found in her uncle's attic tell a fascinating tale of WWII both at home and in Italy. Learn about or re-live the years 1943-45 through these wonderful letters. There will be time for questions following the presentation. Seema Kenney is the owner of Ancestral Books, Legacy & Education. She completed the Genealogical Research Certificate Program at Boston University's Center for Professional Education in 2010, and is a member of several genealogy societies.

**GREAT COURSES: The Architecture of Power: Great Palaces of the Ancient World**
Mondays, 1pm (Nov. 2, 9, 16, 23 and 30)

Steven L. Tuck, Professor of Classics at Miami University, explores palaces as the seat of power, symbols of authority and prosperity, centers of social and cultural forces, mirrors of societies and their rulers. Closed Caption.

ARMCHAIR TRAVEL GROUP**Tuesdays, 1pm**

Join fellow travelers to explore new destinations and reminisce about favorite places. Details, p. 10.

GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293) facilitates discussions about the uniquely rewarding and sometimes challenging relationships between grandparents and grandchildren.

November IN-Sight Programs on WayCam.TV

Verizon Channel 37 or Comcast 8

**A TRIBUTE TO WAYCAM'S KEN ISAACSON**

Ken Isaacson, host of WayCAM's Weekly Buzz and a long-time volunteer, passed away in September. He was instrumental in creating WayCAM's Community Media Center, and active in other areas of Wayland life. This tribute celebrates his life and contributions.

VETERAN'S PENSION WITH AID AND ATTENDANCE

Wartime veterans and their surviving spouses may qualify — either now or in the future — for monetary aid to help pay the cost of necessary senior care. Elder Resource Benefits Consulting will explain how and when to explore this program.

THE QUABBIN RESERVOIR*With Folklorist and Historian John Horrigan*

The Quabbin Reservoir, built in the 1930s, is the primary water supply for Boston and 40 other communities. Learn about the controversial creation of this man-made lake and the subsequent removal of residents from four former Massachusetts towns in the Swift River Valley.

UNDERSTANDING SOCIAL SECURITY

In this video, Kevin Reino, Regional Public Affairs Specialist for the Social Security Administration provides a basic overview of Social Security.

MASSACHUSETTS IN THE WOMEN'S SUFFRAGE MOVEMENT

Historian and author Barbara Berenson gives local suffragists the attention they deserve and discusses the battle over historical memory that long obscured the Commonwealth's leading role.

SUDBURY VALLEY NEW HORIZONS BAND

Enjoy this virtual performance of Mozart thanks to Linda Murdock and led by Diane Muffitt.

NEW ENGLAND GENERAL STORES. A Wayland Public Library encore presentation with historian Ken Reinstein.

EXERCISE with FISH FITNESS—see page 4

See page 8 for instructions on how to access programs on Zoom and WayCamTV.

Health & Fitness

FREE COA FITNESS CLASSES AVAILABLE ONLINE

TAI CHI

Wednesdays, 1:15pm, on Zoom (note new time)

Calvin Chin's Martial Arts Academy

Lucien Zoll, Senior Instructor for Wayland

Now more than ever we know that movement is critically important to both physical and mental health. [Click here](#) to sign up for an invitation to our free, weekly Zoom Tai Chi class, or visit www.waylandcoa.org and find the link on our home page. Provide your name and contact information and receive a weekly invite. This unique class is interactive with your instructor Lucien Zoll. Email us at coa@wayland.ma.us if you have questions.

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

Work safely with your resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZoomBa

Wednesdays, 10:15-11:15am, on Zoom

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

Join this fun cardio class and dance your way to fitness with Latin music.



*New participants are welcome! If you'd like to receive an invitation to these free classes offered via Zoom, call the COA at 508-358-2990 or email us at coa@wayland.ma.us. Provide your contact information (name, email address, best telephone number and mailing address) to receive your invitation. **Please contact us no later than Monday before the fitness classes you wish to take.***

EXERCISE with FISH FITNESS on WayCamTV

Joe Fish is an enthusiastic and creative personal trainer who knows exactly what type of fitness training both active and frail older adults need to build and enhance strength, range of motion, balance, stretching and cognitive training. As always, ask your physician if this class is right for you. **For dates and times, see the calendar on p. 9.**

LOIS' FIT FOR THE FUTURE

This fitness class, previously held outdoors, is now on hiatus due to the weather. We will update the newsletter and our website if we are able to identify appropriate indoor space for this class. If you have questions, please contact us at coa@wayland.ma.us or 508-358-2990.



JOIN THE WALKING CLUB! Mondays & Wednesdays at 9:30am

Get some fresh air, some exercise and social interaction – while following social distancing guidelines. Join our Walking Club to walk with Wayland seniors for up to an hour. Meet the group at the Rail Trail near the Library at 9:30am. We will not meet in inclement weather.

New walkers are welcome. Call the COA at 508-358-2990 or email Shawna Levine at slevine@wayland.ma.us to register so you'll receive email updates. No fee. Please wear masks, comfortable shoes and bring a water bottle.

News and Updates

MEDICARE OPEN ENROLLMENT: OCT. 15 - DEC. 7 Experienced SHINE Counselors are Available to Help by Phone



A number of changes to Medicare Advantage and Medicare drug plans for 2021 make it more important than ever that you review your options during Open Enrollment to make sure you have the plan that will work best for you. For the best comparison, you should have a MyMedicare.gov account. If you don't have one already, go to MyMedicare.gov to create one, or SHINE can help you do it. To make a SHINE appointment, call us at 508-358-2990 or email us at coa@wayland.ma.us. Plan to bring to your appointment your MyMedicare.gov account Username and Password (if you have an account); your Medicare card # and other drug/health insurance cards and benefit information; and your prescription drug list (dosage, quantity, frequency).

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Don't miss the opportunity to take advantage of their wealth of knowledge!

CIRCUIT BREAKER MATCH AND OTHER PROPERTY TAX RELIEF Applications Are Now Available at Wayland Assessors Office Application Deadline April 1, 2021

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 and some highlights are listed below. For further details, interested individuals are encouraged to call the Assessors Office at 508-358-3788.

EXEMPTIONS: Proof of income and assets required.

- Elderly Exemption: age 65+, income < \$20,000 single, \$30,000 married; assets < \$40,000 single, < \$50,000/ married.
- Surviving spouse: no income restrictions, assets must be less than \$40,000
- Military Veteran-disabled: must provide certificate of disability-10% or more- from the VA.
- Blind: must have a current certificate from the MA Commission for the Blind.
- ⇒ **Property Tax Deferral:** age 65+, income under 40,000. No asset limits. MA residency requirements.
- ⇒ **Community Preservation Act (CPA) Exemption:** Removes the CPA surcharge based on income.
- ⇒ **Wayland Circuit Breaker Program (CB):** This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

OTHER PROGRAMS OF INTEREST:

- Property Tax Work Off (COA-sponsored): Start date delayed due to COVID. Call 508-358-2990.
- Valor Act-Veteran's Tax Work Off (Assessors-sponsored). Start date delayed due to COVID. Call 508-358-7701.

SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT



Households with limited income may be eligible for help with home heating bills this winter through the *Low Income Home Energy Assistance Program (LIHEAP)*. Eligibility is based on the total gross annual income for an entire household: \$39,105 for households of one, and \$51,137 for households of two. All applications are processed remotely during COVID. To apply or learn more, call the South Middlesex Opportunity Council (SMOC) at 508-872-4853 or [email fueldocs@smoc.org](mailto:email_fueldocs@smoc.org).

FREE LEGAL CLINIC Thursday, Nov. 12

Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. You can schedule a free, 20-minute appointment on Nov. 12, conducted by phone or over Zoom or FaceTime. Call us at 508-358-2990 or email us at coa@wayland.ma.us to make an appointment.



About Us

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

Office Coordinator: Nancy Greenwood, M-W

ngreenwood@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Volunteer Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, M, Th, F

ldepasquale@wayland.ma.us

S.H.I.N.E. Counselors:

Penny Wilson, Kathleen Woehrling

West Suburban Veterans Svcs. District
781-489-7509

Nancy Blanchard, Director
In Wayland Tues. 9am—4pm, 781-850-5504

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting:

Tuesday, Nov. 10, 1:00 pm

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

FRIENDS BOARD: Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella, Markey Burke

Next Meeting: To Be Announced

Transportation

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: SUBJECT TO CURRENT RESTRICTIONS, Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$2, \$3 or \$5 each way based on destination. Pre-register with MWRTA and by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.



NEW! COA Taxi Program: Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a COVID-19 grant-funded program. Call the COA at 508-358-2990 or email coa@wayland.ma.us. Requests must be made one full business day in advance.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate of \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance by calling the COA at 508-358-2990. Schedule rides directly through JFK 508-653-4500.

FISH: Currently unavailable. Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One-week notice needed. Call 508-358-3474.

SHOPPING TRIPS: We are hoping to resume our monthly trip to **Market Basket on December 2**. Please call the COA for details.

Are You Voting on Election Day, Nov. 3?

On Nov. 3 you can vote in person at your polling station, or you can mail your mail-in ballot, which must be postmarked by Nov. 3 and received by Nov. 6. You can also drop your mail-in ballot in the secure box in the Town Building entry or at the Public Safety Building on Nov. 3 by 8pm.

Questions? Contact the Wayland Town Clerk's office at 508-358-3630 or visit wayland.ma.us/town-clerk.



NEED A RIDE TO THE POLLS ON NOV. 3? If you need a ride to the polls on Nov. 3, contact the COA at coa@wayland.ma.us or call us at 508-358-2990 by 4pm on Thursday, October 29.

How To Access COA Programs

How to Access Events on Zoom

To protect privacy, Zoom events are by invitation only. If you'd like to join a Zoom event, email us at coa@wayland.ma.us or call us at 508-358-2990 and tell us what event you are signing up for. Give us your email address and telephone number, and prior to the event, we'll send you an invitation with instructions about how to join. You'll need an invitation to join by video on your computer, or by phone.

[Click here](#) to watch a video on how Zoom works.



How to Access Events on WayCamTV



You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full programming schedule and details for streaming live and on demand are on the WayCam.TV website, (www.waycam.tv/home). There is also a link on the our website at waylandcoa.org.

How to Join In-Person Events

Social Distance



We are offering few in-person activities. Currently, the Walking Club meets on Mondays and Wednesdays at 9:30am on the Rail Trail (see p. 4.)

HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA General: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Parmenter Foundation Food Pantry: 508-358-3001

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

November COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
1 8:00am Chair Yoga / Fish Fitness 4:00pm Zoom Tutorials / SV New Horizons Band Performs Mozart	2 8:30am - 6:30pm: Puzzle Donations 9:30am Walking Club 1:00pm Great Courses	3 ELECTION DAY 8:00am Mass. & Women's Suffrage 8:30am - 6:30pm: Puzzle Donations 1pm Armchair Travel 4pm SocS / GenI Stores	4 9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	5 10:30am Social Group 1:00pm Music of WWII
8 8:00am Zoom Tutorials / Hoopla & Libby Apps 4:00pm Chair Yoga / Fish Fitness	9 9:30am Walking Club 1:00pm Great Courses 1:00pm Puzzle Pickup	10 8:00am Fish Fitness 1pm Armchair Travel 4:00pm Tribute to Ken Isaacson	11 VETERANS DAY HOLIDAY	12 10:30am Social Group 11am Puzzle Pickup Raindate 1:30pm Letters To & From a Young Soldier
15 8:00am: Basic Tutorials 4:00pm Quabbin Reservoir	16 9:30am Walking Club 1:00pm Great Courses	17 8:00am Fish Fitness 1pm Armchair Travel 4:00pm Veteran's Pension / Chair Yoga	18 9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 12-1pm Tgiving Jive-By 1:15pm Tai Chi	19 10:30am Social Group 1:30 Talking Trash
22 8:00am: Dealing with Diabetes / Chair Yoga 4:00pm: Soc. Sec. / Mass in Women's Suffrage	23 9:30am Walking Club 1:00pm Great Courses	24 8:00am Fish Fitness 1pm Armchair Travel 4:00pm Food & Mood / Chair Yoga	25 9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	26 THANKSGIVING DAY
29 8:00am: Quabbin Reservoir 4:00pm: Veteran's Pension	30 9:30am Walking Club 1:00pm Great Courses		KEY: WayCam TV—Red Zoom—Blue In person—Green	

Trips and Travel

Wayland on the Move and at Home

Zoom Armchair Travel Group

Every Tuesday at 1:00 pm



Join fellow travelers as we explore new destinations and reminisce about our favorite places. Reconnect with friends and meet new ones. To join, email us at coa@wayland.ma.us or call the COA at 508-358-2990. We will send you a link to join the fun by computer or on a call-in phone line.

November 3: Chemin St. Jacques in France. Follow a Medieval pilgrimage route deep through the heart of France. Guest Host Susie Klein takes us through some of France's most dramatic countryside and charming villages as she recounts her 2019 solo mountain bike trek along a major medieval pilgrimage route, the Chemin de Saint Jacques.

November 10: A Boston Staycation—Viewing the Sights of an Ever-Changing City Through the Eyes of a Resident. Guest host Chris Betschart showcases his breathtaking photographs and insights of Boston.

November 17: Amazing Adventures in Architecture with Susan Wagner. This month Susan will feature Sagra Familia in Barcelona and The Taj Mahal.

November 24: Barcelona: Following up on Susan's presentation on The Sagra Familia in Barcelona, Shawna will share her photos and experiences in this amazing city including other Gaudi-designed sites.

Calling all Travelers: Would you like to share pictures and stories of a special trip? We are looking for guest hosts for our Arm Chair Travel program. We meet on Zoom every Tuesday at 1pm. If you would like to be a guest host, let us know and we will add you to our schedule. Technical assistance is available. Contact Shawna at slevine@wayland.ma.us or 508-358-2990.



LET YOUR (FLASH)LIGHT SHINE: GIVE THE GIFT OF LIGHT!

Winter storms can bring power outages, and we want everyone to be prepared! So during the month of November we are collecting new flashlights and batteries to distribute to seniors during the winter months.



To donate, leave new flashlights and batteries in the collection bin in the Town Building entry.

Or, order on Amazon and have your order delivered directly to the COA, 41 Cochituate Rd., Wayland, MA 01778. If you use Smile.Amazon to benefit non-profit organizations, you can choose to benefit the Friends of the Wayland Council on Aging. Thank you!

WINTER SAFETY TIPS: PLAN AHEAD, SPACE HEATER SAFETY



Hello everyone, Firefighter Todd here from the WFD Senior SAFE Program. With fall here and cooler days approaching, it's a good time to think about prepping for the upcoming winter months. As hardy New Englanders, we all know what winter can bring, so it's always helpful to keep some basic supplies on hand. Stock up on non-perishable items like canned foods (don't forget the hand-crank can opener), and dry food items like cereals and crackers. Make sure you always keep some bottled water on hand, especially if you have a well. Well pumps won't work without electricity unless you have a generator.

Are you someone who tends to supplement your heating system with a strategically placed space heater? Some people may place a space heater next to their favorite chair, under a desk or next to a bed. If this describes you, please use a space heater that has an automatic shut-off when tipped over, and has a thermostat that won't reach temperatures that could cause a fire. Older space heaters are filled with oil and can get so hot they can burn someone or even worse. No matter what, a good rule of thumb is to keep space heaters away from any combustibles, out of reach of children and turned off when you leave the house.

Todd Winner, Wayland Fire Dept.
Senior SAFE Team



Visit Our Website!

At www.waylandcoa.org, you'll find lots of information, including resources that can be helpful during this period of unexpected restrictions. If you are not a computer user, share the website address with a family member or friend who is! You can always call us at 508-358-2990.

The Wayland COA News

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www.waylandcoa.org

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