

# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## MARCH 2020



### ST. PATRICK'S DAY LUNCHEON MONDAY, MARCH 16, NOON FEATURING THE BLACK VELVET BAND & INISHFREE STEPDANCERS

Enjoy a hearty St. Patrick's meal while listening to your favorite Irish tunes and American standards performed by The Black Velvet Band. Sing along, tap your toes and dance if you'd like. Irish Stepdancers from the Inishfree School of Irish Dancing will perform. Enjoy a traditional lunch of corned beef and

*continued on p. 2*

### VA PENSION WITH AID AND ATTENDANCE

Presentation by Elder Resource Benefits Counseling

**Wednesday, March 18, 7pm, COA**

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 be here to explain how and when to explore this program. VA Aid and Attendance or

*continued on p. 2*



History At Play Presents:

### I NOW PRONOUNCE YOU LUCY STONE Thurs., March 26 at 1:30 pm, Lg. Hearing Room

Join us as we commemorate Women's History Month and the 100th anniversary of the ratification of the 19th amendment giving women the right to vote. Judith Kalaora from History At Play™ portrays Lucy Stone in a passionate and educational theatrical

Sponsored by:  **THE Village Bank**

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**PRESIDENTIAL PRIMARY:** All COA programs canceled at the Town Building due to limited parking. Tue., March 3, p. 12

### Coming in April

COA Pizza Café: Wednesday, April 1 at noon. P. 3

\* *Early New England Roads and Trails* with historian John Horrigan: Wednesday, April 15 at 1:30 pm. P. 3

### HIGHLIGHTS

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• GREAT COURSES: Liberty on Trial in America: Cases That Defined Freedom Mondays at 1:00pm (Closed Captioning)	6
• Circuit Breaker Presentation Wed, March 4, 10am	2
• Medication Take-Back Wed., March 4, 11:30am-Noon	5
• COA Café, Wed, March 4, noon	3
• Habitat Home Repair Presentation Wed, March 4, 1:30pm	2
• St. Patrick's Day Luncheon Mon, March. 16, 1:00pm	2
• Evening Presentation on VA Pension w/ Aid and Attendance; Wed, Mar. 18, 7pm	2
• I Now Pronounce You Lucy Stone History at Play; Thurs. Mar. 26, 1:30pm	2
• Tech Tutoring Appointments Thursdays, March 5 and 19	2
• Friday Morning Open Studio for Arts and Handcrafts Fridays 9:30am-11:30am	3
• Fuel Assistance Program See details, p. 9	9
• AARP Tax Preparation, wait list only	



**The 2020 FEDERAL CENSUS results will determine Wayland COA's annual grant from the Commonwealth of Massachusetts for the next 10 years! (This is separate from the Town of Wayland census.) PLEASE BE COUNTED!**

**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](http://www.wayland.ma.us)  
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

## What's Happening at the COA?

*continued from p. 1*

cabbage **or** pasta Capri (vegetarian). Sip on mock Irish Coffee from our hot and cold beverage bar and enjoy St. Pat's themed dessert. Remember, everyone's Irish on St. Patrick's Day!

**ST. PATRICK'S DAY  
LUNCHEON  
MONDAY, MARCH 16, NOON  
Large Hearing Room  
Reservations, please**



**Call the COA for reservations and to select your entrée. \$10 per person.**

*continued from p. 1*

Housebound benefits provide monthly payments added to the amount of a VA pension for qualified Veterans and survivors. Elder Resource Benefits Consulting has over a decade of experience helping residents receive VA Pension with Aid and Attendance as quickly as possible and without any financial product sales. Come hear VA accredited agent Patty Servaes speak, to help you understand if and when your loved ones qualify for this monthly benefit of up to \$2,266/month.

### **VA Pension with AID AND ATTENDANCE**

Presentation by Elder Resource  
Benefits Counseling

**Wednesday, Mar. 18, 7pm**

Reservations, please



### **SENIOR CIRCUIT BREAKER Presentation A 2019 Massachusetts Income Tax Credit**

**Wed, March 4, 10am**



Brian Lynch from the Mass. Department of Revenue will discuss Circuit Breaker (CB), a valuable, and sometimes overlooked tax credit providing up to \$1,130. The CB tax credit is part of your Mass. Income Tax return. Many people who wouldn't otherwise need to file do so just to receive the credit. Wayland's Director of Assessing Bruce Morgan will also describe the Circuit Breaker Wayland Match, a property tax break valued at up to \$1,100.

*continued from p. 1* production. As an ardent supporter of human rights, Lucy Stone inspired thousands to join the suffrage movement; even Susan B. Anthony credits Lucy's impassioned speeches for her involvement. Lucy and her comrades evolved from successful abolitionists to struggling suffragists. Their fight was ferocious, so come along for the ride!



*History At Play™* was founded in 2010 to chronicle the lives of influential and often forgotten women. Judith Kalaora is a professional actress, educator, and living historian. Judith Kalora was last here in her fiery role as Revolutionary War hero Deborah Sampson.

*History at Play presents:*

### **I NOW PRONOUNCE YOU LUCY STONE**

**Thurs., March 26 at 1:30 pm, Lg. Hearing Room**

Reservations, please

### **Habitat for Humanity Presentation:**

#### **HOME REPAIR PROGRAM**

**Wed, March 4, 1:30pm**

Reservations, please.



Habitat for Humanity's Home Repair Program provides a range of opportunities for low-to moderate-income homeowners, including veterans, who are struggling to maintain their homes due to age, disability or family circumstances. Through this program, Habitat partners with families to help them with repairs that address health, life and safety/code issues. This can include help with roof repairs, renovations and upgrades to improve accessibility, and/or deck repair. Tanya Clark from Habitat for Humanity MetroWest Greater Worcester will explain the program and answer your questions.

### **One-on-One Tech Appointments:**

**Bring Your Device**

**Thursdays, March 5 and March 19**

**By Appointment Only**



How can I send someone a photo? Can I get email on my phone? Which browser should I use on my laptop? What even IS a browser??

If you have questions like these, make a 30-minute appointment with our Tech Tutor, a former member of Best Buy's Geek Squad. Call for an appt. on Thurs. March 5 or 19 (no drop-ins). Bring your device (no flip-phones) and your questions.

*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.*

# What's Happening at the COA?



**1st WEDNESDAY  
COA PIZZA BUFFET CAFÉ  
Wed, March 4, 2020 ~ \$3**

Reservations are due by noon on the preceding Monday.  
**Menu:** Pizza buffet, salad, dessert, beverage. Cheese-free and gluten-free available with advanced request.

**Next Month: Wed, April 1, 2020**  
*Made possible by a generous grant from the Friends of Wayland COA, Inc.*

**EARLY NEW ENGLAND ROADS AND TRAILS**

**With Historian John Horrigan**

**Wednesday, April 15 at 1:30 PM**

Reservations please.

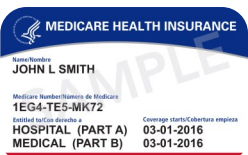


Five-time Emmy Award-Winning historian John Horrigan presents a survey of old New England roads, trails and Native American paths. He'll review Boston Post Road, King's Highway, Old Connecticut Path, the Mohawk Trail, the Bay Road, Pequot Path and Coast Path.

John will also look at some of the early cattle trails, turnpikes and roads in early America.

**Medicare News from SHINE**

**As of January 2020, there are new income and asset limits for the Medicare Savings Program**



This program, also known as the MA Health Buy-In, is administered by MA

Health and may provide assistance with paying your Part B premium and certain deductibles.

If your income and assets fall within the limits below, and you would like to learn more about this program, please call the COA and schedule a SHINE appointment.

SHINE volunteers offer free, confidential counseling on Medicare options.

	Income/month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

**ONGOING 'DROP-IN' PROGRAMS**

*No reservations are needed for these activities. Stop by and join in. New participants welcome.*



**COA Connections  
Mondays, 2:30pm**



Connect with new friends and enjoy good conversation. This informal group, led by Wayland resident Irma Bloom, is for everyone. Come when you can.

**Genealogy**

**2nd and 4th Tuesdays, 1:00pm**

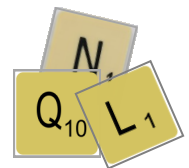


Share in great conversations, research tips and fascinating stories from the past.

**Scrabble**

**Thursdays, 10:00am**

Build words and friendships over the Scrabble board.



**FRIDAY MORNING**

**OPEN STUDIO**

**ARTS & CRAFTS WORKSHOP**

**Fridays, 9:30—11:30am**

Bring your art or craft to the COA on Friday mornings for a time of creativity and camaraderie. Are you a knitter, painter, jewelry maker, quilter, scrapbooker, or simply a creative soul? Join together for inspiration and conversation with others who love to create. We'll supply the coffee, you bring the inspiration.



**GRANDPARENTS GROUP**

*Meets on the 2nd Tuesday of each month.*



**Tues, March 10, 10:30am-noon**

*2nd floor School Committee Room, Town Building.*

*No charge, No reservations.*

Join us to talk about these uniquely rewarding and sometimes challenging relationships. Share ideas and resources. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.



## Health & Fitness Programs

**TRY-IT!** Not sure? Take advantage of our TRY-IT policy: Your first class is free. Go ahead, try it!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Walking Club 2pm Tai Chi Paradigm	10am Fit for the Future	9:00am Thera-Tube 9:30am Walking Club 10:15am Zumba 1:00pm Better Balance	10am Fit for the Future	Get active in your own favorite way!

### DROP-IN CLASSES

**No pre-registration needed, pay using FITBUCKS, available in the COA for \$3 each.**

**Zumba:** Wednesdays, 10:15am, Town Building Gym  
Join this fun cardio class and dance your way to fitness with Latin music. Ellen Cohen-Kaplan, instructor.

**Lois' Fit for the Future:** Tues. & Thurs., 10am, Large Hearing Room. Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

**Thera-Tube:** Wed., 9am, Large Hearing Room  
Work with resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities. Learn to use them safely in class and at home, Ellen Cohen-Kaplan, Certified Personal Trainer, OTR, Instructor.

### MONTHLY CLASSES

**Pre-registration is required, pay for full monthly sessions**

**Tai Chi Paradigm:** Mondays, 2pm, Lg. Hg. Rm.  
March Pre-Pay: \$35, or single class: \$10 ea.

Note: March 16 class will be held in the COA area.  
Gentle exercise designed to reinforce posture, balance and fundamental movement.

**Better Balance:** Wednesdays, 1pm, Lg. Hg. Rm.  
Pay by the month. NO BETTER BALANCE classes in March.

Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques.  
Instructor: Leslie Worris of the Wellness Alliance.

**INSURANCE COVERAGE:** Call your insurer to see if your plan reimburses for fitness classes. Many do.  
We can provide your payment history.

### Walking Club:

Mondays & Wednesdays at 9:30am  
Winter: meet at Natick Mall

**No fee or Fitbucks needed.**

Walking is great exercise! Join this group to walk with others for up to an hour. The Walking Club has moved inside for the winter. Meet at the Natick Mall by Dunkin Donuts. New walkers always welcome. Call the COA with questions or to register.



**NOTE:** Appropriate, supportive footwear is required for all fitness classes and activities. And don't forget your water bottle.



### Additional Health Programs

#### PODIATRY CLINIC: Mon., March 2

Call the COA at 508-358-2990 for an appointment. Please make out your check for \$35.00 to Dr. Cooper **before** your visit.

NOTE: Cost has increased to \$35



#### BLOOD PRESSURE CHECK, by appointment

Arrange for a free blood pressure check by calling the Wayland Health Dept. at 508-358-3617.



## For Your Convenience

### SHOPPING TRIPS



Shop Around Shuttle has a  
New stop at Whole Foods in Sudbury!



#### Monday, March 9: SHOP-AROUND SHUTTLE

Run your errands with us, normally on the 2nd Monday of each month. Home pick-ups begin at 10 am. Stops include Stop & Shop, Wayland Public Library, CVS, Post Office and Whole Foods in Sudbury. The route will be determined based on riders' requests.

#### Monday, March 23: MARKET BASKET & MARSHALLS

Join our monthly shopping trip to Waltham. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm.

**Shopping trips are free of charge and for Wayland residents only. Space is limited, please call the COA by 4 pm the previous Thursday to reserve your spot.**

### MEDICATION TAKE-BACK

Wed., March 4, 11:30am to Noon



Each month before our PIZZA CAFÉ, the Wayland Police Dept. collects unwanted or expired medications at the COA.

Can't make it? You may also deposit unwanted or expired medications in the collection box at the Public Safety Building 24 hours/day, 7 days/week.



### THE VOLUNTEER SPIRIT

Every year in March, the national Meals on Wheels America organization leads a recognition called March for Meals. It's an annual opportunity to highlight the critical importance of this program in the lives of seniors across the nation.

Our nation's senior population is growing exponentially, and so is Wayland's. Here, 28 percent of the population is 60 or over — approximately 3,800 residents. Many of these folks are able to stay in their own homes as they age thanks to home-delivered meals. Monday through Friday, COA volunteers bring a hot meal and a warm smile, helping to address two common challenges of aging: poor nutrition and loneliness. Both the meal and the friendly personal contact are important. If you'd like to volunteer for this vital and rewarding role, please call me at 508-358-2990.

Warmly,  
*Ann Gordon*

### WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-W

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

S.H.I.N.E. Counselors: Penny Wilson,  
Kathleen Woehrling

### 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. Board meetings are held on the 1st Tues. of each month at 8am in the Town Building. See Town calendar to confirm, as dates may change.

**Next Meeting:** Tues., March 10, 8am

### 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: Janie Belive, President, Marie Winter, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; Betsy Willard.

### PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month on the third Wednesday at 9am.

MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella, Markey Burke

**Next Meeting:** Wed., Mar. 25, 9:30am

### West Suburban Veterans Services District

781-489-7509

Sarada Kalpee, Director  
@ Wayland on Tues. 9am—4pm  
781-850-5504

## Education/Social Programs (cont.)

The Great Courses DVD Lecture Series:  
**MONDAYS at 1pm** Closed Captioned  
 No lecture on Mon, March 16

DROP  
IN

### Liberty on Trial in America: Cases That Defined Freedom



Professor Douglas O. Linder of the University of Missouri-Kansas City School of Law explores trials that brought us many of the freedoms we enjoy today. U.S. history has not always moved in a straight line

from less freedom to more freedom. In **Liberty on Trial in America: Cases That Defined Freedom**, you'll learn not only about cases in which liberty claims were vindicated, but also those in which they were denied.

*"In life, we encounter a wide range of crucial issues—freedom of speech, the death penalty, and the meaning of equality. And the trials that grappled with, or failed to grapple with, these issues are often trials of enduring consequence."*

*Douglas O. Linder*



## FRIDAY MOVIE MATINEE

Showtime: 12:30 pm, Wayland COA.

Enjoy self-serve popcorn and cold drinks from our "Hospitality Cart" — it's all complimentary!

### Friday, March 6: **A Beautiful Day in The Neighborhood (2019) PG, Drama, 108 minutes**




Tom Hanks portrays Mister Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a friendship between Fred Rogers and journalist Tom Junod.

### Friday, March 20: **Knives Out (2019) PG-13; Drama, Mystery; 130 minutes.**

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the debonair Detective Benoit Blanc is enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of self-serving lies to uncover the truth behind Harlan's death. With an all-star ensemble cast including Christopher Plummer, Daniel Craig, Chris Evans, Jamie Lee Curtis, Toni Collette and Don Johnson, *Knives Out* is a witty and stylish whodunit guaranteed to keep audiences guessing until the very end.

DROP  
IN

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections</p> <p><i>Podiatry, by appt.</i></p>	<p><b>3</b></p> <p>9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 NO Lois' F4F</p>  <p>COA programs are canceled at the Town Building due to limited parking.</p>	<p><b>4</b></p> <p>9:00 Thera-Tube 9:30 Walking Club 10:00 CB Presentation 10:15 Zumba 11:30 Medication T/B 12:00 COA Pizza café 1:00 NO Better Balance 1:30 Habitat Home Repair Program</p>	<p><b>5</b></p> <p>10:00 Scrabble 10:00 Lois' F4F</p> <p><i>Tech help, by appt.</i> <i>Legal Clinic, by appt.</i></p> <p><i>Trip to Symphony</i></p>	<p><b>6</b></p> <p>9:30-11:30 Open Studio Art &amp; Handcraft</p> <p>12:30 MOVIE: A BEAUTIFUL DAY IN THE NEIGHBORHOOD</p>
<p><b>9</b></p> <p>9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections</p> <p><i>Shop Around Shuttle</i></p>	<p><b>10</b></p> <p>9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy</p>	<p><b>11</b></p> <p>9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 NO Better Balance</p>	<p><b>12</b></p> <p>10:00 Scrabble 10:00 Lois' F4F</p> <p><i>Trip to Flower Show</i></p>	<p><b>13</b></p> <p>9:30-11:30 Open Studio Art &amp; Handcraft</p>
<p><b>16</b></p> <p>9:30 Walking Club  12:00 St. Pat's luncheon 1:00 NO Video Lecture 2:00 Tai Chi (in COA) 2:30 Connections (in Selectmen's Mtg. Room)</p>	<p><b>17</b></p> <p>9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F</p> 	<p><b>18</b></p> <p>9:00 Thera-Tube 9:30 Walking Club 10:15 NO Zumba 1:00 NO Better Balance <b>7:00 PM-</b> Presentation on VA Pension w/ Aid and Attendance</p>	<p><b>19</b></p> <p>10:00 Scrabble 10:00 Lois' F4F</p> <p><i>Tech help, by appt.</i></p>	<p><b>20</b></p> <p>9:30-11:30 Open Studio Art &amp; Handcraft</p> <p>12:30 MOVIE: KNIVES OUT</p>
<p><b>23</b></p> <p>9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections</p> <p><i>Trip to Market Basket</i></p>	<p><b>24</b></p> <p>9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy</p> <p><i>Trip to MIT Museum</i></p>	<p><b>25</b></p> <p>9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 NO Better Balance</p>	<p><b>26</b></p> <p>10:00 Scrabble 10:00 Lois' F4F 1:30 History at Play presents: Lucy Stone</p> <p><i>Sponsored by:</i></p> 	<p><b>27</b></p> <p>9:30-11:30 Open Studio Art &amp; Handcraft</p>
<p><b>30</b></p> <p>9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections</p>	<p><b>31</b></p> <p>9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F</p>	<p><b>GT:</b> Golden Tones <b>F4F:</b> Fit For the Future</p>		<p><b>Coming in April</b></p> <p>COA Café: April 1, noon "Early New England Roads and Trails" with historian John Horrigan, April 15, 1:30 pm</p>

## Ongoing Services Available at the COA

**FOR INFORMATION ABOUT ANY OF THESE SERVICES, CALL THE COA AT 508-358-2990.**

**Information and Referral** Outreach Coordinator Sue Hatton provides free information on a wide range of resources, benefits and services for older adults and families.

**Fuel Assistance** (LIHEAP), The Low Income Home Energy Assistance Program, administered by SMOC, runs Nov-April. COA is a local intake site. Call us for details.

**In-Home Fix-It Program** Our volunteers help seniors at home with small jobs such as changing a light bulb. It's free—pay only for supplies.

**Medical Equipment Loan Closet** The COA accepts donations of new or gently used medical equipment (shower chairs, walkers, canes, wheelchairs—no com-modes). Call ahead for all donations and requests. See p9.

**File of Life** Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information for emergency personnel. Call us to get yours, thanks to The Friends of the Wayland COA.

**Transportation to Town Meeting and the Polls** Rides to every Town Election and to all sessions of Spring and Fall Town Meeting are provided by the COA. Call us at 508-358-2990 at least 48 business hours in advance.

**Meals On Wheels** are provided M—F through BayPath Elder Services, 508-573-7200.

**Free Blood Pressure Check by Wayland Health Department.** By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

**Free Legal Consult** Call the COA for a free, 20-minute appointment with elder law attorney Denise Yurkofsky.

**SHINE** (Serving Health Insurance Needs of Everyone on Medicare) Skilled volunteers provide free counseling about health insurance. Call COA for appointment.

**Property Tax Work-Off:** Wayland residents age 60+ provide valuable service to town departments while earning a limited sum to help offset their property tax. Applications are available beginning June 1 of each year. Work must be completed by the end of the following March.

**Lock Boxes** Allow Emergency Personnel access to your home in the event you call 911 but cannot get to the door to let them in. Store a key in a small locked box that is secured to your house in an inconspicuous place. For details, call the Wayland Fire Dept. at 508-358-7951.

**Way-Secure** A voluntary program of the Wayland Fire Department invites residents with special medical needs and/or considerations to provide critical information for first responders through a secure registry. Free, confidential and secure. For more information contact WFD at 508-358-6910 or COA 508-358-2990.

**Smoke and CO Detectors** This 'wait list only' program promotes fire safety for Wayland Seniors. Firefighters come to your home and provide education on proper location and maintenance of your smoke and CO detectors. As needed, they replace old units with newer 10 year-battery style. Call the COA to place your name on the wait list. Not compatible with hard wired units.

## OTHER HELPFUL RESOURCES

**BayPath Elder Services:** 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

**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



## News You Can Use

**IMPORTANT  
REMINDER**

### DEADLINES ARE APPROACHING-DON'T MISS OUT ON THESE HELPFUL PROGRAMS

- ✓ Most assistance programs require submission of a new application each year. See below for details.
- ✓ Eligibility varies for different programs, please check each criteria individually.
- ✓ Your call is confidential. If you think you might be eligible but have questions, let us know, 508-358-2990.

**Deadline is  
April 1, 2020**

### FOR THE FOLLOWING PROPERTY TAX RELIEF PROGRAMS

Application is through the Wayland Assessor's office. Reach them at 508-358-3788

- ⇒ **Circuit Breaker Wayland Match:** This unique Town of Wayland program provides qualified applicants with a credit on this year's 3rd or 4th quarter tax bill. Apply directly with the Wayland Assessors office. You must submit documentation that you received the CB credit last year on your MA 2018 income tax return (see line 44 from 2018 MA form 1). *\*Your 2019 tax return will be used in the next Fiscal Year (FY '21). Those forms will be available starting in October of 2020.*
- ⇒ **Statutory Exemptions:** Only one exemption is allowed per household; eligibility varies. Choose from: **Elderly** (assets <\$40,000 married/\$55,000 single, income <\$20,000 single/30,000 married); **Surviving Spouse** (no income limit, assets <\$40,000); **Veteran** (proof of service-related disability); or **Blind** (certificate from MA Commission for the Blind).
- ⇒ **CPA surcharge exemption:** <\$90,640 household of two, \$79,310 household of one

**Deadline is  
April 30, 2020**

### SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT

The SMOC FUEL ASSISTANCE program continues to accept applications until the end of April. This resource helps those with low-moderate household income pay a portion of their winter heating bills. Eligibility is based on the total gross annual income for all residents, which must fall below \$37,360 for a household of one or \$48,855 for two. Although the heating season is winding down, those eligible are still encouraged to apply. If you would like to know more about this program, please call us at 508-358-2990 and speak with Sue. Your inquiry is confidential.



### TRANSPORTATION OPTIONS WITH THE COA

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

**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 cost: \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance at the COA. Schedule rides directly through JFK 508-653-4500.

**FISH:** 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 FISH: 508-358-FISH (3474) to make ride requests.

**SHOPPING TRIPS:** See p. 5 for details about free monthly trips for grocery shopping and errands.



**Stay up to date on all the exciting COA happenings!** The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. Subscriptions for those outside Wayland are \$10. View the newsletter any time on our website: [www.wayland.ma.us](http://www.wayland.ma.us) (select Council on Aging). To cancel your mailed subscription, please call us.



# Wayland on the Move



## CALENDAR OF UPCOMING OUTINGS

### MARCH

**Thursday, 3/5: Boston Symphony Open Rehearsal.** Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation cost is \$15. The last concert is on April 2. Riders must purchase their own Boston Symphony tickets: Box office 888-266-1200: [www.bso.org](http://www.bso.org)

**Thursday, 3/12: Boston Flower and Garden Show.** Depart COA at 9:15 am. Return at 2:00 pm. Cost: \$28 for admission and transportation. A sure sign of spring, this year's theme is "**Garden Party: Celebrating Friends & Family.**" There's nothing more important than time spent connecting with the people and places in our lives! This year's show celebrates outdoor living and interior plantscapes that inspire us. Explore plant families as a way of connecting through the love of nature and gardening. There is food available on site and many restaurants within walking distance.

**Tuesday, 3/24: The Polaroid Project At the Intersection of Art and Technology at the MIT Museum: Part II:** Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$15 for transportation and admission. After traveling around the world, this critically acclaimed exhibition stops at MIT, approximately a block from where instant film was first invented.

The exhibition showcases more than 75 artifacts--including cameras, prototypes, experimental films and other technical materials--from the MIT Museum's own historic Polaroid collection. We will stop for lunch at a nearby restaurant following the exhibit.

### APRIL

**Thursday, 4/2: Boston Symphony Open Rehearsal.** Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation is \$15. See 3/5 listing.

**Tuesday, 4/14: Jacob Lawrence, the American Struggle at the Peabody Essex Museum.** Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$15 for transportation. Admission to the museum is provided by a special program with the Wayland Public Library. Created during the modern civil rights era, Lawrence's thirty intimate panels interpret pivotal moments in the American Revolution and the early decades of the republic between 1770 and 1817 and, as he wrote, "depict the struggles of a people to create a nation and their attempt to build a democracy."

### APRIL (cont.)

**Thursday, 4/23: Edward M. Kennedy Institute for the Senate.** Depart COA at 9:00 am. Return by 3:00 pm. Cost: \$25 for admission and transportation. Join us for a Senator-in-Training Tour. Experience democracy firsthand through interactive exhibits, live votes, and a full-scale replica of the Senate Chamber. We will have a guided tour of the exhibits and participate in the new program: *The Citizen's Senate: Women's Fight for Suffrage*. We have lunch space reserved for us at the Institute following the tour. You may reserve a box lunch or bring your own. Box lunches are an additional \$12. Menus are available at the COA.

### MAY

**Monday, 5/4: NEW DATE: Art in Bloom at the MFA.** Depart at 9:00 am. Return at 2:00 pm. Cost: \$35 for admission and transportation. MFA members pay \$12 for transportation only. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and designers from across New England create floral arrangements inspired by the MFA's works of art. There is food available on site as well as nearby restaurants.

**Saturday, 5/9: Waltham Steampunk Festival.** Depart COA at 10:30 am. Return by 3:30 pm. Cost: \$15 for transportation only. Learn about Steampunk in our 5/7 program, then attend America's largest outdoor Steampunk Festival! The Watch City Steampunk Festival brings together people of all ages and interests for a day of artisan and craft vendors, spectacular entertainment, food, fun and more!

**Tuesday, 5/19: Encore Boston Harbor Casino** Depart COA at 9:30 am. Return at 2:00 pm. Cost: \$15 for transportation only. Back by popular demand. Enjoy five-star dining, gaming, shopping and more, including views of Boston on the outdoor Harbor Walk. Dine at one of the many restaurants or just spend time exploring. This trip will be on our 16-passenger van so sign up early!

**Motor Coach Trips 2020 with Best of Times Travel Flyers with complete details available at the COA or click on the links.**

**Martha's Vineyard Day Trip: August 13**

**Spectacular Saratoga : August 25 - 27**

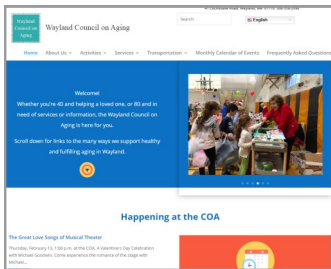
**Nashville Country Christmas: December 4 - 7**

**Featuring the Oak Ridge Boys. Space is very limited for this trip—please sign up early!**



## Have You Seen Our New and Expanded Website?

What time is that COA program you signed up for? Where can you find out more about tax relief? What sort of exercise classes do we offer?



All this information, and much more, is on our new and expanded website, at [www.waylandcoa.org](http://www.waylandcoa.org). You can also get to our website through our page on the Town of Wayland site. Check it out, and let us know what you think!



**PRESIDENTIAL PRIMARY: TUES., MARCH 3**

**TOWN ELECTION: TUES., MARCH 31**

**WAYLAND TOWN MEETING  
BEGINS 1PM, SUNDAY, APRIL 5**

Continues as needed on

Mon., April 6 and Tues., April 7, 7pm



Transportation is available for Wayland residents age 60+ for all elections and for each session of Town Meeting.



Reservations are required and must be made at least 48 business-hours in advance of the election and Town Meeting. To make a reservation for a ride, call the COA at 508-358-2990.

## OUR SNOW POLICY



- \* If Wayland Public Schools are closed due to the weather, then all COA programs are canceled for the day.
- \* If the Wayland Town Building is open, the COA office will be open for telephone inquiries.
- \* Baypath Elder Services (508-573-7200) makes decisions about canceling home-delivered meals.

### The Wayland COA News

A monthly publication from  
Wayland Council on Aging  
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