

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

OCTOBER 2011

from the
DIRECTOR'S DESK



October is a beautiful month. The leaves are changing, apples are in season and nothing is better than the fragrance of an apple pie cooking in the oven. While you are enjoying the fall, I respectfully suggest that you make a list of things to do. It is time to call Jean Stahl, COA Outreach Worker, for a Fuel Assistance appointment, get the furnace cleaned, check to make sure that all personal paperwork is out to do and, as winter approaches, everyone needs to make sure that they receive their Flu shot. The Board of Health will hold their Annual Flu Shot Clinic at the High School on Saturday October 15th. They graciously offer transportation service between the hours of 9:00am and 12:00 noon. Please call the Senior Center by October 7th to make your transportation reservation. Do not miss this opportunity to get your shot. All Westwood seniors are eligible for a free Flu shot. Enjoy this beautiful month.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA



BEREAVEMENT GROUP

St. Margaret Mary Parish will again offer a bereavement support group entitled the NEW DAY. The group will meet for a series of Wednesday mornings from 10:00 -11:00am, beginning Wednesday October 26th. It is hoped that the participants may experience a journey from grief to healing. If you are interested or have questions, please contact: Ms. Dorothy Ruggiero at 781 326 1071 ext. 110.

The NEW DAY is based on the premise that sharing one's thoughts, feelings, and experiences with others in a similar situation is one of the most helpful ways to move beyond the pain that is caused by the death of a loved one. If you are recently, or not so recently, bereaved because of the loss of a loved one, you are very welcome to join this support group.

HESSCO HOT LUNCH

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. Transportation is available, but please call Rita at least 48 hours in advance to place your reservation. You can reach Rita at (781) 329-6514.

A donation of \$2.50 per person is suggested.

REGISTRATION REQUIRED FOR ALL EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



CLASSES & REGULARLY SCHEDULED ACTIVITIES

Blood Pressure Clinic **Free**

Wednesday October 19 9:00am
Westwood's Board of Health nurse is available to check your blood pressure the 3rd Wednesday of every month.

Book Club **Free**

Wednesday October 26 2:00pm
The Buffalo Soldier Chris Bohjalian
Share your thoughts and meet new friends.

Bowling League

Mondays Oct. 3, 17, 24, 31 9:30am
Bowling continues at the Norwood Bowling Alleys.

Bridge

Fridays Oct. 7, 14, 21, 28 11:15am
Join us for Rubber Bridge. Bring your partner or come alone.

Computer for Beginners ..REGISTRATION REQUIRED

Westwood residents \$10.00
non-residents \$15.00
Tuesdays Oct. 4, 11, 18, 25 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Duplicate Bridge **Free**

Wednesdays Oct. 5, 12, 19, 26 11:30am
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Knit and Crochet **Free**

Tuesdays Oct. 4, 11, 18, 25 1:00pm
Our new Knitting & Crocheting class with Louise continues this month. Bring your projects and enjoy a relaxing afternoon.

Ladies Craft Group **Free**

Mondays October 3, 17 10:00am
The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only) **Free**

Tuesday October 11th 8:30-10am
Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. Appointments are scheduled at about half hour intervals, between the hours noted.

Low Impact Exercise **\$2.00/session**

Mondays Oct. 3, 17, 24, 31 1:00pm
Wednesdays Oct. 5, 12, 19, 26 1:00pm
Keep fit; stay healthy!

Exercise Class **\$2.00/session**

Fridays Oct. 7, 14, 21, 28 10:00am
This class is led by Fitness Instructor, Stephanie. Keep fit; stay healthy!

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REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



**CLASSES
 and REGULARLY
 SCHEDULED ACTIVITIES**
 (continued)

New Day Bereavement Group

Wednesday October 26 10:00am
 Under the guidance of Dorothy Ruggiero, this friendly group meets weekly, and all are most welcome.

Outdoor Walking **Free**

No Outdoor Walking this month. Indoor walking will begin later this fall.

Painting (Watercolor) **\$40.00 plus supplies**

Mondays Oct. 3, 17, 24, 31 1:00pm
 8 session watercolor painting class. Total cost, including supplies, is around \$75.00.

Quilting **\$1.00**

Tuesdays Oct. 4, 11, 18, 25 10:00am
 Join our group and enjoy quilting and friendship.

SHINE (Serving Health Insurance Needs of Elders)

Tuesday October 4 9:00am – 1:00pm
 The COA offers SHINE offers counseling assistance the first Tuesday of each month. Lori Howell, SHINE representative, will help you deal with issues or questions you may have regarding your health insurance.

CLASSES (continued from previous column)

Surf the Internet (private session) **Free**

An introduction to using the internet and searching the WEB. Call to reserve your session.

Tai Chi **\$3.00/session**

Tuesdays Oct. 4, 11, 18, 25 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Wii Games **Free**

Thursdays Oct. 6, 13, 20, 27 9:30am
 Sign up and join us Thursday mornings to play Wii Games. You'll have so much fun you won't even know you're exercising!

Writing Class **\$50.00**

Thursdays Oct. 6, 13, 20 2:00pm
 Instructor Anna Simon's Writing Class continues this month.

Yoga (Chair) **\$3.00**

Tuesdays Oct. 4, 11, 18, 25 9:30am

Whist **Free**

Mondays Oct. 3,17,24,31 1:00pm
 Please call and register for this group.

Mahjong **Free**

Thursdays Oct. 6,13,20,27 12:30pm
 Please call and register for this group.

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To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



SPECIAL PROGRAMS and EVENTS

Woman's Club Board Meeting

Wednesday October 5 9:30am

Waxing Appointments required

Friday October 7 8:30 – 10:30am

Licensed Aesthetician Lisa will offer waxing services to seniors at the center on the first Friday of each month.

Fees:

Brows	\$10.00
Lip	\$10.00
Chin	\$8.00
Any two services	\$15.00
All 3 services	\$20.00

Please call the senior center to schedule.

AAA Travel Presentation

Wednesday October 12 10:00am

Thinking about getting away??? Come to the Senior Center for a lively program hosted by AAA Travel. There will be a presentation on various modes of travel—cruises, tours, rail trips, and we'll hear about popular destinations throughout the US and the world. There will be information about passports and how and what to pack. There will also be time for Questions and Answers. Please register by calling the Senior Center.

DOWNSIZING?

Thursday October 13 10:00am

Fran Witham is a professional home staging consultant who can help answer any questions you may have about beginning the process of downsizing and preparing your home for sale. By learning simple, cost-effective tips and

(continued next column)

SPECIAL PROGRAMS and EVENTS (cont.)

DOWNSIZING? (continued)

techniques, you can stage your home yourself and save money. She will help you prioritize which projects are most important and which are less important. Bring pictures of your home's interior or exterior if you like.

Fran is the owner of Creative Design Options, a professional home staging and interior decorating service in Wrentham (www.creativedesignoptions.com). She is also a Seniors Real Estate Specialist® at Milestones Realty. Fran specializes in working with seniors who are downsizing. She can be reached at 508-496-0593 and fran@creativedesignoptions.com.

Senior Men's Club Executive Board Meeting

Thursday October 13 10:00am

Annual Family Flu Clinic

Saturday October 15 9:00 am - 12:00 pm

The Westwood Health Department is pleased to announce our annual Flu Clinic will be held on Saturday, October 15, 2011 from 9:00 am to 12:00 pm at the Westwood High School Gymnasium 200 Nahatan Street. The influenza vaccine is available on a first-come, first-served basis for all Westwood residents age five and older; children under 18 must be accompanied by an adult. There is no charge to Westwood residents, but we are able to bill your insurance company for the vaccine, so please bring your insurance or Medicare card with you to the clinic.

Remember, the flu vaccine is the best protection from influenza. Frequent hand washing is also very beneficial, so please wash hands often with warm water and soap and lather for at least 15 seconds. Avoid people you know are ill, stay home if you are ill yourself, and if you develop symptoms of flu which more than seven days, seek medical care. (continued next page)

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REGISTRATION REQUIRED FOR ALL EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



**SPECIAL
PROGRAMS
and
EVENTS
(continued)**

Annual Family Flu Clinic (continued)

To help fund the Westwood Food Pantry we will be accepting monetary donations for the Pantry. Many Westwood families depend on this service; thank you for your generosity.

90's Celebration

Thursday October 13 2:00pm
All Westwood residents who are 90 years of age and older are invited to join us for a 90's Celebration!!!

**Halloween Party—Friends of Westwood
COA**

Thursday October 20 1:00pm
Come and enjoy a Halloween Party with the Friends of the Westwood COA. Costumes are optional but will be well received and appreciated. Halloween snacks, bobbing for apples--maybe!!! A short business meeting will precede the festivities.

Glad Rags Annual Meeting

Monday October 17 9:00am

Garden Club Meeting

Thursday October 27 1:30pm

IMPORTANT INFORMATION**Medicare's New Open Enrollment Period**

October 15 – December 7

Medicare plans change every year!

SHINE Can Help sort them out! SHINE counselors provide Medicare counseling free of charge.

Call the senior center for a SHINE appointment now! 781-329-8799

continued next column

IMPORTANT INFORMATION (continued)**Medicare Help (continued)**

Or Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

Or For assistance from a Medicare customer service Representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).

****Senior Volunteer Tax Relief Program****

It is not too late to register for the Property Tax Work Off program at the COA. The guidelines are as follows:

- The applicant must be sixty (60) years of age or older.
- Taxpayer must own and occupy the property as their principal residence.
- The taxpayers "total gross income: cannot exceed \$49,000 for a single, \$62,000 for a head of household, or \$74,000 for taxpayers filing jointly.
- Assessed value of property as of January 2010 cannot exceed \$793,000.

Participants shall be credited with the state's minimum wage, currently \$8.00 per hour. Maximum amount of abatement is \$1,000 per fiscal year.

There will not be credit for partial hours worked with the exception of death.

Applicants are credited for actual hours worked only. Hours worked over the 126 hours will be considered volunteer hours. They will not be applied to next year's program.

Work needs to be completed by September 30th of the following calendar year.

Abatements will appear on the January and May real estate bills as an adjustment to the tax. Individuals should be aware that this tax credit may affect your Circuit Breaker benefits. If you

continued on page 6

IMPORTANT INFORMATION

(continued)

Senior Volunteer Tax Relief Program (continued)

have any questions, check with your Accountant or Tax Preparer.

If you are interested in applying for the program, please contact Pat Larkin before October 30, 2011.

Know your Blood Pressure Numbers

The Westwood Public Health Nurse holds a blood pressure clinic the third Wednesday of every month at the Westwood Council on Aging from 9:00 to 11:30 am. Your blood pressure is the force exerted on your blood vessel walls as blood flows from the heart through your body. Ideally your blood pressure should be less than 120/80. The top number the systolic number measures the pressure in your arteries when your heart is beating. The bottom number the diastolic number measures the pressure in your arteries while your heart is resting. Numbers 120-139/80-89 is considered pre-hypertension. Numbers greater than 140/90 is considered hypertension or high blood pressure. Having hypertension adds to the workload of your heart and arteries and can over time lead to stroke, heart disease, kidney damage, and loss of vision. You can feel fine and still have high blood pressure. Come to the blood pressure clinic and find out what your blood pressure numbers are. Having your blood pressure taken is a painless, easy way to protect your health.

BINGO

FREE



Thursdays Oct. 6, 13, 20, 27 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

ATTORNEY QUESTION BOX



The attorneys at the Dedham law firm of Samuel, Sayward & Baler LLC will answer a question each month related to estate planning or elder law issues such as wills, trusts, probate, estates, Medicaid, or veteran's benefits. Please submit your questions anonymously by dropping them in the Ask A Lawyer box.

This month's question:

Q: Is it true that there is a benefit available to me as a veteran even if I was not injured while in the service?

A: Yes. There is a benefit available to veterans, and to surviving spouses of veterans, called Aid and Attendance or improved pension. It is available to eligible veterans who can demonstrate a need for additional monthly income to help pay for medical expenses, including the cost of an assisted living facility.

In order to be eligible the veteran must:

Have served 90 consecutive days active duty with at least one day having been served during a period of war...

Have been honorably or medically discharged...

Be 65 years of age or older or 100% disabled.

For a single veteran the benefit can be as high as \$1,644 per month. This increases to \$1,949 for a married veteran.

Attorney Suzanne R. Sayward is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. For more information and to read more about veteran's benefits, visit www.ssbllc.com or call 781/461-1020.

This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.





REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799

MOVIES

**Tuesdays-
2:00pm**



FREE

October 4

Guarding Tess

Nicholas Cage, Shirley MacLaine
 Doug Chesnic is a serious-minded Secret Service agent assigned to protect the very demanding Tess Carlisle, a widowed First Lady living quietly in Ohio. After three years on the job, the pair clash to comic perfection -- and as Chesnic readies for a new assignment, Carlisle pulls out all the stops to keep him by her side.

October 11

The Ghost and Mrs. Muir

Gene Tierney, Rex Harrison
 This lovingly made fantasy, based on R.A. Dick's novel of the same name, centers on a lonely widow who refuses to be scared away when the ghost of a salty sea captain unexpectedly turns up in her cottage.

October 18th

Bertie & Elizabeth

In 1920, Elizabeth Bowes-Lytton accepted a dance from the Duke of York (aka "Bertie"). Soon, they fell in love, married and had children. But when Bertie's brother, Edward VIII, abdicated, Bertie improbably ascended to the throne of England -- something he'd never planned on doing -- as George VI. This is the story of the couple's life together as king and queen of England, ruling thoughtfully through eras of peace and world war.

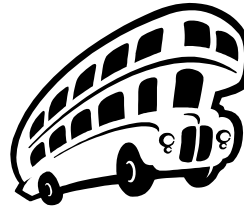
MOVIES (continued)

October 25

The Witches

Anjelica Huston

A young boy named Luke and his grandmother go on vacation only to discover their hotel is hosting an international witch convention, where the Grand High Witch is unveiling her master plan to turn all children into mice.



DAY TRIPS



LUCIANO' S

NO transportation

Wednesday October 19 \$39.95
 Join us at Luciano's on Lake Pearl in Wrentham. Be Excited ... Be Dazzled... Be Inspired!!! The show features a fabulous combination of high energy and great talent. You'll be delighted you came. Frank & Maura perform an original show of singing, comedy and celebrity impressions that the New Your Post Says: "Frank & Maura are utterly charming"
 Meal Choices:

- Baked Haddock or
- Chicken Parmesan

Twin River Casino

NEIL DIAMOND TRIBUTE SHOW

Tuesday November 8 \$59.95pp

Renowned shipboard duo Jose and Patti will entertain you with their vibrant music. Come and enjoy this performance and try your luck at the Casino. Package includes transportation, show, luncheon buffet, gaming package and a \$10.00 Bonus Play.





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CROSSWORD SOLUTION
 (puzzle on page 9)

M	A	Y		T	E	S		S	O	K
O	R	B		A	B	E		S	A	T
O	B			E	L	A		E	H	O
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**SPECIAL PROGRAMS
 FOR
 OCTOBER**

“AGING AT HOME”

Wednesday, Oct. 19th 10:00 am

Please join us for this informative discussion on how to remain safe at home. Helpful tips and recommendations for everyone who is aging at home. Refreshments will be served and there will be plenty of time for questions. Please register for this presentation.

We all know that Mother Nature gifts us in early fall with the most vibrant of colors...Not only the leaves, but the various plants that bloom at this time of the year are outstanding for their deep warm tones.

Fields and lawns are lush with healthy, strong looking grass...no more brown spots...now it is all a deep green. The leaves on the trees are a variety of colors...some not ready to turn color, some already dropping to the ground.

I made a note of all the above, but my mind kept reminding me that not only do the seasons have an autumn but our bodies do too.

Our bodies react differently to their “autumn”. When we are in our autumn years, our hair, unlike the leaves, changes color but into a more subdued shade...Wrinkles and creases seem to have softened. Even the color of our eyes has faded and our hearing skills have diminished.

The agility we once enjoyed while walking or dancing has also lessened. Even our thinking ability is not quite as keen as it once was. We know that Mother Nature will return all that is taken away during winter in the spring...but what can we hope for?

Roberta M. Dunn 2010

**“HELP TAKE CONTROL
 OF YOUR DIABETES”**

Wednesday, Oct. 19th 11:00 am

Five Secrets to Preventing and Reducing Type 2 Diabetes—How to be Healthy and Fit, practical ways you can deal with Diabetes at home. **Come and learn more about how to manage and better control your Diabetes.** Advantage Health & Wellness Inc. will present detailed information and guidance ... and your questions are most welcome!

**BLUE CROSS/BLUE SHIELD
 MEDICARE**

PRESENTATION

Wednesday, Oct. 26th 10:00 am

Health Plan Options for People with Medicare: This presentation includes an explanation of Medicare, including the Medicare drug benefit. It will also review Medigap plans and how Medicare Advantage plans with Medicare.

Come with your questions!!!

CROSSWORD PUZZLE

(Solution on page 8)

ACROSS

1. Overhead railways
4. Scorch
8. Three (prefix)
11. Tear
12. "___ Man" (1984 film)
13. Pulsation
14. "___ Man" (2 wds.)
15. Golden Rule word
16. Crude fellows
17. More supernatural
19. Firmament
21. Amount (abbr.)
22. Ocean currents
25. Lids
28. Slugger Williams
29. ___ Cruces
31. Gorilla or chimpanzee
32. Bradley et al.
34. Used a match
35. "___ Man Higgins"
36. Topeka's st.
37. FBI employees, for short
38. Footballer Bart
40. Ford midsize car
42. Gift of ___
43. Messenger's chore
47. Aspire
50. Better ___ than never
52. Halloween shout
53. Belfry residents
54. Napoleon's

isle

55. Sis's sib
56. Authorizes
57. Proofreading note
58. Candied tuber

DOWN

1. Pennsylvania port
2. Green fruit
3. Rigging support
4. Vinegar holder
5. Composer Mancini
6. Clever
7. Barnyard bird
8. Celestial Seasonings product
9. British pilots gp.
10. "___ Impossible"
13. "Cheers"

- | | |
|------------------------------|---------------------------------|
| bartender | preceder |
| Woody | 39. Has another birthday |
| 18. School records numbers | 40. Leave alone (2 wds.) |
| 20. Nanny's offspring | 41. Trick's alternative |
| 23. Noted fashion magazine | 44. Dalton of "Falcon Crest" |
| 24. Stated | 45. Writer Roberts |
| 25. Truth, in China | 46. Ruin |
| 26. Musical composition | 47. "Entourage" channel (abbr.) |
| 27. ___ Plus (shampoo brand) | 48. Country's ___ Ridge Boys |
| 28. Basker's hue | 49. Liquid measures (abbr.) |
| 30. Wall and Sesame (abbr.) | 51. Flight height (abbr.) |
| 32. Green pods for soup | |
| 33. Agates | |
| 37. HST's | |

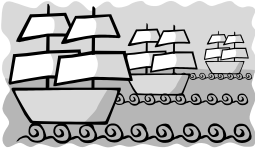


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47	48	49				50	51			52		
53						54				55		
56						57				58		

HESSCO ELDER SERVICES - OCTOBER MENU

All over 60 years of age are welcome at the meal sites for lunch and socialization.

Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514.

Envelopes for your home-delivered meals' confidential donations (\$2.50 per meal) will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
MEXICALI CHICKEN W/VEGETABLES BEANS & RICE DINNER ROLL PEACHES	SWEDISH MEATBALLS PENNE PASTA BEETS WHITE BREAD *ARCTIC ICE	CORN CHOWDER BUTTERMILK CHICKEN FALL BLEND VEG >MULTIGRAIN ROLL FRESH FRUIT	BEEF STEW W/VEG BOILED POTATOES >WHOLE WHEAT ROLL *APPLE CAKE	TUNA NOODLE CASSEROLE PEAS >FRUIT MUFFIN PINEAPPLE
CALORIES:358 SODIUM:635	CALORIES:412 SODIUM:687	CALORIES:442 SODIUM:594	CALORIES:436 SODIUM:219	CALORIES:346 SODIUM:301
10	11	12	13	14
COLUMBUS DAY  SENIOR CENTER CLOSED	CHEESE LASAGNA W/VEGETABLE SAUCE RIVIERA BLEND VEG DINNER ROLL *PUDDING	CHICKEN DIJON LYONNAIS POTATO SLICED CARROTS >WHOLE WHEAT BREAD PEACHES	ROAST TURKEY with GRAVY & CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH WHEAT BREAD FRESH FRUIT	MEATLOAF w/GRAVY PARSLEY WHIPPED POT GENOA BLEND VEG >WHOLE WHEAT ROLL *GRAHAM COOKIE
CALORIES: SODIUM:	CALORIES:234 SODIUM:632	CALORIES:397 SODIUM:284	CALORIES:234 SODIUM:549	CALORIES:477 SODIUM:323
17	18	19	20	21
<u>ALL AMERICAN DAY</u> HAMBURGER ON A ROLL/W KETCHUP HASH BROWN POT COUNTRY BLEND VEG *APPLE CRISP	<u>PORTUGUESE DAY</u> KALE SOUP SALMON BOAT PORTUGUESE CUCUMBER SAUCE WHIPPED POTATO DINNER ROLL FRESH FRUIT	<u>ITALIAN DAY</u> VEGETABLE PRIMAVERA ITALIAN PENNE >WHOLE WHEAT ROLL *ITALIAN ICE	<u>GERMAN DAY</u> SAUSAGE with ONION & PEPPERS O'BRIEN POTATO HOT GERMAN SLAW HOT DOG ROLL *CHOCOLATE PUDDING with WHIPPED TOPPING	<u>CHINESE DAY</u> CHICKEN CANTONESE W/VEGETABLES ASIAN RICE MULTIGRAIN ROLL MANDARIN ORANGES
CALORIES:436 SODIUM:328	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES:474 SODIUM:649	CALORIES: SODIUM:
24	25	26	27	28
OVEN BAKED CHICKEN A GRATIN POTATO CHOPPED BROCCOLI >WHOLE WHEAT BREAD PEACHES	AMERICAN CHOP SUEY CUT GREEN BEANS >WHOLE WHEAT ROLL APPLESAUCE	<u>HAPPY BIRTHDAY</u> ROAST PORK with APPLE GRAVY RED BLISS POTATO MIXED VEG WHITE BREAD *BIRTHDAY CAKE	SHEPHERD'S PIE CALIFORNIA BLEND VEGETABLE DINNER ROLL MIXED FRUIT	TURKEY DIVAN CONFETTI RICE >FRUIT MUFFIN FRESH FRUIT
CALORIES:356 SODIUM:176	CALORIES:214 SODIUM:293	CALORIES:392 SODIUM:181	CALORIES:489 SODIUM:342	CALORIES:350 SODIUM:497
31				
HAPPY HALLOWEEN SPAGHETTI & MEATBALLS WITCHES BREW VEGETABLES A "FINGER" ROLL *SLIMY JELL-O				CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
CALORIES:393 SODIUM:524	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar,

Sodium and calories listed above are for entrees only. Modified Desserts are available.

SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Tuesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to 4 shopping bags per person.

Oct.	DATE	DESTINATION	PICK-UP	FEE
	4	Walmart.	9:30am	\$2.00
	7	Shaw's Mkt	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Hannaford's Mkt	9:30am	\$2.00
	18	Xmas Tree-Fox.	9:30am	\$2.00
	21	Stop & Shop	9:30am	\$2.00
	28	Roche Bros	9:30am	\$2.00

The COA will make 2 trips daily for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and be picked up at noon for return home.

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will only take two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. Westwood Glen and Highland Glen residents will be picked up at their building. Local residents will be picked up at their homes. Suggested donation for this service is \$2.00.

Transportation is available for residents who would like to attend the Blood Pressure Clinic at the COA Senior Center on the 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

FISH volunteers are also available for some assistance to medical appointments. We have some volunteers available for local calls, but very limited service to Boston.

Medical Transportation for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30am and 1:30pm, Monday through Friday. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Westfare Taxi Vouchers are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

<p style="text-align: center;">Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea William Galvin Mary Gens Irene MacEachern Colleen Messing Patricia Davies Verzino</p> <p>Director Pat Carty-Larkin</p>	<p style="text-align: center;">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p style="text-align: center;">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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