

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

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

Director, Pat Larkin
Editor, Trish Tucke

APRIL 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

Welcome to beautiful April. Life begins again and we can start to look forward to longer days. We will be starting our Nutrition Workshop on April 18th. This workshop will offer several ways to learn more about healthy nutrition starting with a field trip to Hannaford's to successfully read labels and ending with a healthy luncheon at a local restaurant. Why not take them time to register for one or more of the programs. You are never too old to learn something new.

Have a wonderful month!

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Wish List!

Greeting cards are needed. We like to send a cheerful card out to our seniors to brighten their day. If you have any extra greeting cards we would love to receive them.



REMINDERS

An Evening with Frost will be presented on Thursday, April 4 at 10:00 am. Come join us for a unique, interactive performance on the life and poetry of Robert Frost.

Celebrating New England with Davis Bates will be presented on Thursday, April 11 at 10:00 am. Come hear folktales, legends and Native American history.

Camera Talk with Kim Considine will be presented on Tuesday, April 16th at 10:00 am. Learn how to get the most from your point and shoot camera.

April 15th Tax Day is fast approaching. There are only two more Mondays available to have our AARP trained volunteers provide you with free **Income Tax Preparation**. Appointments are available on Mondays from 9:00 am-2:00 pm. Call for an appointment.

Hessco Nutrition Class begins Thursday, April 18th at 10:00. Call to register for this seven week class.

HESSCO lunch served daily:
Please call Rita at: 781-329-6514

**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 EXERCISE



Computer Hour Tuesdays

10:00 AM **FREE**

Come in for help with your computer or work on one of our computers. You can learn to surf the internet, access wifi, send email or create document. Call to register.

Fun Fit Exercise **\$3.00/session**
 Mondays April 1,8,22,29 9:00 am
 Wednesdays April 3,10,17,24 9:00am
 Fridays April 5,12,19,26 9:00am

This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

Tai Chi **\$3.00/session**
 Tuesdays April 2,9,16,23 1:00pm

Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Yoga **\$3.00/session**
 Tuesdays April 2,9,16,23 9:30 am

Experience the wonderful benefits of balance and strength from yoga.
Registration required

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays April 2,9,16,23, 1:00pm

This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

Ladies Craft Group **Free**
 Mondays April 1,8 10:00am

The Ladies Craft Group usually meets the first two Mondays of each month.

Low Impact Exercise **\$3.00/session**
 Mondays April 1,8,22,29 1:00pm
 Wednesdays April 3,10,17,24 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays April 1,8,22,29 1:00pm

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays April 2,9,16,23, 10:00am

Join our group and enjoy quilting with friends.



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

ONGOING ACTIVITIES

(continued)

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Bereavement Group Free
Wednesday April 10, 24 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month.

Blood Pressure Clinic Free
Wednesday April 17 9:00am

Westwood's Board of Health nurse is available the third Wednesday of every month.

Great Decisions Free
(Woman's Club members only)
Wednesday April 10,24 10:00am
8 sessions



The **Medical Van** has extended the service hours from 8:30am-2:30pm.

Legal Advice (by appointment only)

Free
Tuesday April 2 8:30am-10:00am

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Tuesday of each month. Appointments are scheduled at about half hour intervals.



Medical Appointment Transportation to Boston \$25.00 donation

Mondays and 9:00am-11:00am
Wednesdays
HESSCO has contracted with Community Care-A-Vans in Attleboro to operate the Title III transportation grant to Boston for medical appointments. Appointments must be scheduled on Mondays and Wednesdays, between 9:00am and 11:00am. All rides are shared, so consumers go into Boston together for the earliest appointment and return home together following completion of the last appointment.

Please call Community Care-A-Vans directly at 508-223-1672.

Wheelchair transportation is available To use this program, you **MUST BE** at least 60 years of age and reside in HESSCO's service area.



SPECIAL EVENTS

**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.

TRIPS

Remembering The Fabulous Fifties with The Drifters at Danversport Yacht Club

Tuesday June 11th \$79 pp includes:
Transportation*, Luncheon and Show

The Spirit of Boston Cruise and Fanueil Hall

Tuesday, July 23rd \$79 pp includes:
Transportation*, Cruise, Luncheon,
Entertainment and Dancing

Broadway and the Feast at Foster's Downeast Clambake Restaurant in York Maine

Thursday, August 15th \$85 pp includes:
Transportation*, Lobster Luncheon, and
Show

Tom Jones Tribute Twin River Casino, Lincoln, RI

Tuesday, September 24th \$79 pp includes:
Transportation*, Buffet Luncheon, & Show

*Ten people needed to provide transportation from Westwood COA.
Payment in full for day trips.
You can sign up for these trips any time, up to two weeks before scheduled date.

An Evening with Frost will be presented on Thursday, April 4 at 10:00 am. Come join us for a unique, interactive performance on the life and poetry of Robert Frost.

Celebrating New England with Davis Bates will be presented on Thursday, April 11 at 10:00 am. This program celebrates the diversity of the New England region. The program includes Native American stories, work songs of the farm and sea, and traditional and contemporary New England folktales, legends and oral history narratives. Made possible through a grant from the Westwood Arts Council.

Book Group with Bev Lowery come join Bev for a discussion of the book *Sarah's Key* on Wednesday, April 10th at 1:00 pm.

Disability Commission—Caregivers Meeting will take place on Thursday, April 11th at 7:00 pm. A caregivers support group session will take place at the Senior Center. Several agencies will be speaking on programs available to caregivers. All are welcome!

Camera Talk with Kim Considine will be presented on Tuesday, April 16th at 10:00 am. Learn how to get the most from your point and shoot camera.

Hessco Healthy Eating for Successful Living in Older Adults starts on Thursday, April 18th at 10:00 am. This program is for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. Participants will look and feel better by making small changes to the foods they eat. This Program is a 7 *week* course which meets once per week. The last class will be a lunch out to a local restaurant.

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.

ASK A LAWYER

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. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer box.

This month's question is:

Q. How do I choose who to name as my executor, power of attorney and health care agent? I don't want to hurt any of my children's feelings.

A. It can be hard to decide who to name to these roles, especially if you think a child will be upset if not chosen. While you don't want to make a child feel slighted, the duties and obligations of your executor (now called a Personal Representative), Attorney-in-Fact under your durable Power of Attorney, and your Health Care Agent are substantial and you must appoint a person who can carry out these responsibilities. The role of Personal Representative and Attorney-in-Fact require a person who is well-organized, not a procrastinator, and will and able to move a project forward to a conclusion. He or she should be able to work well with others, such as attorneys and accountants, and also get along well with family members and keep them informed.

Your Health Care Agent should be someone you are comfortable speaking with about your health care wishes and who you can trust to carry out your instructions. Your health care agent should be able to communicate with your health care providers, not be afraid to ask questions or request explanations, and be able to advocate for you if necessary.

In complex situations or where significant discord between family members is expected, a non-family member may be the best choice. In any event, you should discuss your concerns with an experienced estate planning attorney who will help you make the right choices.

Attorney Maria C. Baler is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit www.ssbllc.com or call 781/461-1020

SPECIAL EVENTS

VNA Care Network Presents...Few Falls, Safer Seniors Program -Talks, Screenings and more. All provided free thanks to a grant from Tufts Health Plan Foundation. Attend all sessions and you will be entered into a raffle for an American Express gift card and other prizes.

Program Schedule:

- Falls & Your Risks – Thursday, April 4
- Osteoporosis Screening-Thursday, April 11
- Exercise-Thursday, April 18
- Orthostatic BP Screenings-Thursday, April 25
- Balance Screenings-Thursday, May 2
- Medication Review-Thursday, May 9
- Making Fall Prevention Work for You-Thursday, May 16

All programs begin at 10:00 am



Reserve Inc.

ReServe Greater Boston is an innovative program that matches professionals age 55+ (ReServists) with organizations that need their expertise. Nonprofits and public agencies can tap into a lifetime of experience to fill crucial staffing gaps and help organizations stay on mission. ReServists can do great things for their communities while they put their professional expertise to work on part-time service projects, in exchange for a modest hourly stipend paid by the host organization. For more information see website www.reserveinc.org or call 617-399-3191

MOVIES FREE

Tuesdays 2:00pm

April 2 Won't Back Down

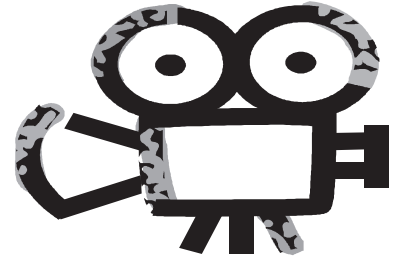
2012 PG 121 minutes

In this fact-based drama, two women from different classes and races draw on their common bond of motherhood to fight institutional inertia and an antagonistic bureaucracy to improve an inner-city school. **Cast:** Maggie Gyllenhaal, Viola Davis, Holly Hunter and Bill Nunn.

April 9 Moonrise Kingdom

2012 PG-13 94 minutes

Wes Anderson's quirky drama follows the frantic search that ensues in a small New England town when two 12-year-olds fall in love and run away together. As the townsfolk hunt for the vanished kids, a storm causes even more profound communal upheaval. **Cast:** Bruce Willis, Edward Norton, Bill Murray, Frances McDormand, and Harvey Keitel



April 16 Moonstruck

1987 PG 102 minutes

In this slice-of-life comedy about the Italian American residents of a Brooklyn neighborhood, an independent-minded widow falls in love with a one-handed misfit baker, much to the chagrin of her betrothed. **Cast:** Cher, Nicolas Cage, Vincent Gardenia, Olympia Dukakis, Danny Aiello, and Anita Gillette.

April 23 The Boy in the Striped Pajamas

2008 PG-13 93 minutes

When his family moves to Poland, young Bruno befriends Shmuel, a boy who lives on the other side of the fence, where everyone seems to be wearing striped pajamas. Unaware of Shmuel's fate as a Jewish prisoner, Bruno embarks on a dangerous journey. **Cast:** Vera Farmiga, Rupert Friend, Sheila Hancock, Jim Norton and David Thewlis.

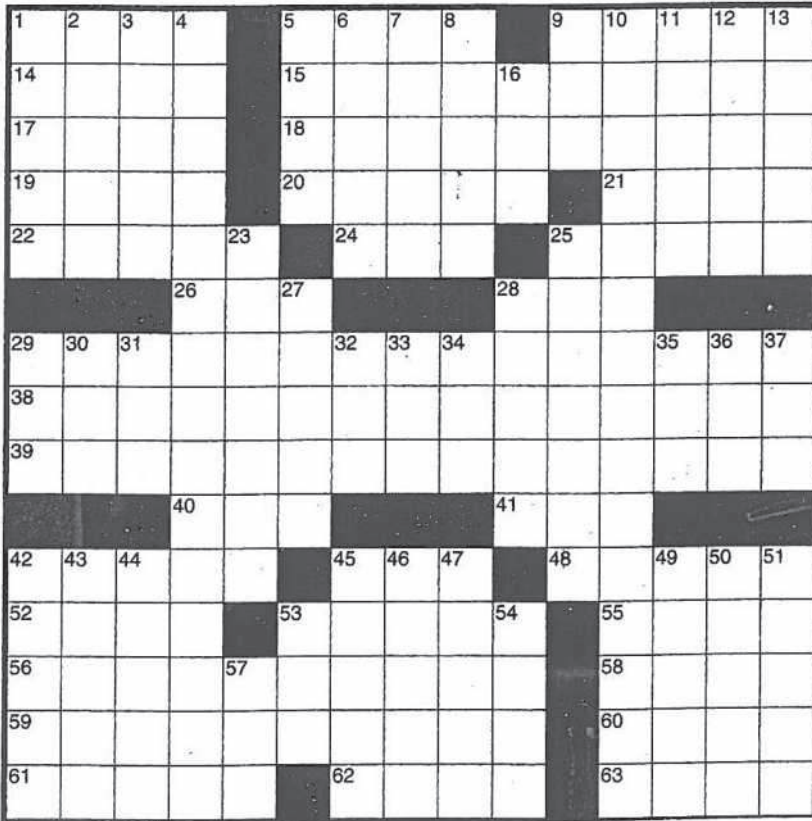
ACROSS

- 1 Banter
- 5 Boy or girl preceder
- 9 "___ of robins ..."
- 14 Entr'___
- 15 Audio engineer
- 17 Copperfield of fiction
- 18 Bisected
- 19 Actor Jannings
- 20 Powdery minerals
- 21 "... ___ saw Elba"
- 22 Profundity
- 24 Alphabet conclusion
- 25 '80s Chrysler models
- 26 Mortar carrier
- 28 "For shame, sir!"

- 29 Obi-Wan Kenobi portrayer
- 38 Unsigned missive
- 39 They may help you get ahead
- 40 Got the gold
- 41 That guy
- 42 Spread by scattering
- 45 Barents or Bering
- 48 Yielded
- 52 Expanse
- 53 Silent movie actress Bara
- 55 Exhaust
- 56 Large outdoor signs
- 58 Stage direction
- 59 Sad notices
- 60 Bridal shower?
- 61 Industrial schools, for short
- 62 Actor Bruce
- 63 Burn

DOWN

- 1 Fazed
- 2 "___ All Ye Faithful"
- 3 Denude
- 4 Oft-wished-for pair
- 5 Helper: Abbr.
- 6 Yellow quartz
- 7 Fine net used for veils
- 8 "Have ___ day!"
- 9 French chum
- 10 About three-and-a-half inches
- 11 Additional
- 12 Phantom of the Opera's hangout
- 13 Deux follower
- 16 Dangerous shakes, for short
- 23 Phil Rizzuto's shout
- 25 Type of energy
- 27 Evil spirit
- 28 Steal
- 29 Droop
- 30 She rescued Odysseus
- 31 Kanga's kid
- 32 Anti
- 33 Revolver, e.g.
- 34 Function
- 35 DDE's command
- 36 Yen fraction
- 37 Jrs.' elders
- 42 Wooden shoe
- 43 Kin group
- 44 Old keepsake
- 45 Pottery fragment
- 46 Spooky
- 47 Common viper
- 49 The ___ Chicks (music group)
- 50 Author Jong
- 51 Discourage
- 53 ___ tee (perfectly)
- 54 Part of ABA
- 57 City vehicle



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
SWEDISH MEATBALLS	BEEF STEW	CREAM OF CARROT	AMERICAN CHOP	SEAFOOD SALAD
BUTTERED NOODLES	W/VEGETABLES	SOUP	SUEY	PASTA SALAD
HARVARD BEETS	BOILED POTATO	OVEN BAKED CHICKEN	MIXED VEGETABLES	COLE SLAW
>WHOLE WHEAT BREAD	DINNER ROLL	AU GRATIN POTATO	WHEAT BREAD	PITA BREAD
MANDARIN ORANGES	MIXED FRUIT	>WHOLE WHEAT ROLL	PEACHES	#COOKIE
		FRESH FRUIT		
<i>CALORIES 498</i>	<i>CALORIES 448</i>	<i>CALORIES 440</i>	<i>CALORIES 325</i>	<i>CALORIES 375</i>
<i>SODIUM 602</i>	<i>SODIUM 384</i>	<i>SODIUM 852</i>	<i>SODIUM 226</i>	<i>SODIUM 491</i>
8	9	10	11	12
LOW SALT	HONEY MUSTARD	STUFFED SHELLS	RST. TURKEY W/ GRAVY	BEEF CHILI
HOT DOG W/ROLL	CHICKEN BREAST	W/SAUCE	#CRANBERRY SAUCE	WHITE FLUFFY RICE
*MUSTARD PKT	O'BRIEN POTATO	ITALIAN BLEND VEG	WHIPPED POTATO	RANCH STYLE VEG
BAKED BEANS	CUT GREEN BEANS	>WHOLE WHEAT ROLL	WINTER SQUASH	MULTIGRAIN ROLL
HOT GERMAN SLAW	>WHOLE WHEAT BRD	PEACHES	WHEAT BREAD	MIXED FRUIT
FRESH ORANGE	#CHOCOLATE		#BROWNIE	
	PUDDING			
<i>CALORIES 425</i>	<i>CALORIES 330</i>	<i>CALORIES 292</i>	<i>CALORIES 397</i>	<i>CALORIES 355</i>
<i>SODIUM 707</i>	<i>SODIUM 476</i>	<i>SODIUM 495</i>	<i>SODIUM 603</i>	<i>SODIUM 434</i>
15	16	17	18	19
PATRIOTS DAY	CHICKEN POT PIE	CORN CHOWDER	MEAT LOAF W/GRAVY	CRUNCHY LITE FISH
NO	W/VEGETABLES	BBQ CHICKEN	WHIPPED POTATO	*TARTER SAUCE
MEALS	WHIPPED POTATO	WINTER BLEND	CARROT COINS	SCALLOPED POTATO
SERVED	BISCUIT	VEGETABLES	WHEAT BREAD	PEAS
	PEACHES	>MUFFIN	#BUTTERSCOTCH	>MULTIGRAIN ROLL
	MIXED FRUIT		PUDDING	FRESH ORANGE
	<i>CALORIES 436</i>	<i>CALORIES 429</i>	<i>CALORIES 478</i>	<i>CALORIES 372</i>
	<i>SODIUM 258</i>	<i>SODIUM 641</i>	<i>SODIUM 455</i>	<i>SODIUM 427</i>
22	23	24	25	26
MAC & CHEESE	CHICKEN MARSALA	ITALIAN SPAGHETTI	TURKEY STEW	SLOPPY JOE
ESCALLOPED TOMATO	RICE PILAF	W/MEAT SAUCE	W/VEGETABLES	SANDWICH
WITH SPINACH	CALIFORNIA BLEND	GENOA BLEND	WHIPPED POTATO	HASH BROWN
>MUFFIN	VEGETABLES	VEGETABLES	DINNER ROLL	POTATO
PEACHES	>WHOLE WHEAT	>WHOLE WHEAT ROLL	MIXED FRUIT	HOT 3 BEAN SALAD
	BREAD	#BIRTHDAY CAKE	AMBROSIA	HAMBURGER ROLL
	#VANILLA PUDDING			FRESH FRUIT
<i>CALORIES 433</i>	<i>CALORIES 289</i>	<i>CALORIES 424</i>	<i>CALORIES 344</i>	<i>CALORIES 339</i>
<i>SODIUM 467</i>	<i>SODIUM 625</i>	<i>SODIUM 221</i>	<i>SODIUM 666</i>	<i>SODIUM 473</i>
29	30			
SWEET & SOUR	CLOSED			
CHICKEN	VOTING			
ASIAN RICE	>			
ORIENTAL VEGETABLES				
WHEAT BREAD				
PINEAPPLE CHUNKS				
<i>CALORIES 433</i>				
<i>SODIUM 467</i>				

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ACTIVITIES APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
AARP Tax Service 9:00 Fun Fit 9:00 Bowling 9:30 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	Free Legal Help 8:30 SHINE 9:00 Women's Club Board Mtg. 9:30 YOGA 9:30 Quilting 10:00 Computer Hour 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 9:00 Great Decisions 10:00 Dup. Bridge Gr./ Foxboro 11:30 Intergenerational Grp/ Deerfield 11:45 Exercise Class 1:00 Pat Johnson's Book Club 2:00	Wii Games 9:30 Safe Seniors Program/ VNA 10:00 Evening with Frost 10:00 Mah Jongg 12:30 BINGO 1:15	Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
8	9	10	11	12
AARP Tax Service 9:00 Fun Fit 9:00 Bowling 9:30 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	Braintree Mall 9:30 YOGA 9:30 Quilting 10:00 Computer Hour 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 9:00 Dup. Bridge Bereavement 10:00 Great Decisions 10:00 Gr./Foxboro 11:30 Exercise Class 1:00 A.Barkin Bereavement 1:00 Book Group 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 VNA Osteo. Screen 10:00 Celebrating NE 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
15	16	17	18	19
PATRIOT'S DAY CLOSED	YOGA 9:30 Xmas Tree Avon 9:30 Quilting 10:00 Computer Hour 10:00 Camera Talk 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Blood Pressure 9:00 Fun Fit 9:00 Dup. Bridge Gr./Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 VNA Exercise 10:00 Nutrition Class 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannaford's 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
22	23	24	25	26
Fun Fit 9:00 Bowling 9:30 Exercise Class 1:00 Painting 1:00	YOGA 9:30 Target/TJMaxx Plainville 9:30 Quilting 10:00 Computer Hour 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Bereavement 10:00 Great Decisions 10:00 Dup. Bridge Gr. At Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 VNA BP Screen 10:00 Nutrition Class 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
29	30			
Fun Fit 9:00 Bowling 9:30 Exercise Class 1:00 Painting 1:00	SENIOR CENTER CLOSED FOR VOTING			

BLOOD PRESSURE CLINIC

Senior Center

APRIL 17

9:00 AM – 11:30 AM



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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.

April	DATE	DESTINATION	PICK-UP	FEE
	5	Roche Bros.	9:30am	\$2.00
	9	Braintree Mall	9:30am	\$2.00
	12	Shaw's Mkt.	9:30am	\$2.00
	16	Xmas Tree/Avon	9:30am	\$2.00
	19	Hannaford's Mkt.	9:30am	\$2.00
	23	Target/TJMaxx Plainville	9:30am	\$2.00
	26	Stop & Shop	9:30am	\$2.00
	30	Voting	9:30am	\$2.00

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

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will take only 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.

FISH volunteers are also available for some assistance to medical appointments.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius and is available Monday to Friday between 8:30am and 2:30pm. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Medical Transportation to Boston is available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments scheduled Mondays and Wednesday, 9:00am – 11:00am. Donation request is \$25.00.

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.

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Friends of Westwood

Council on Aging

60 Nahatan Street

WESTWOOD, MA 02090

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