

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

FEBRUARY 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

February can be a cold and lonely month. The holidays are over and the days long. The COA is now offering a special service to assist with passing a lonely day. We have a new Friendly Visitor; her name is Judy McDonald. Judy is available to visit you in your home. If you would like to have a visit from Judy, simply call the COA at 781-329-8799 and leave a message for her. Judy will call you back to schedule an appointment. Please read the newsletter to see the programs available at the Senior Center. If you need a ride, the van is available between 9:00 am and 2:30 pm. Enjoy your month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Snow Days

Now that inclement weather is upon us, remember that if Westwood Schools are closed, the Senior Center will be closed. If the schools have a delayed opening, we will also have the delay. If it is a school vacation, and you are unsure if we are closed, call the Senior Center *after* 8:00 A.M. and if the recorded message is on we are closed.

REMINDERS

AARP trained volunteers will provide free **tax counseling** and help preparing and filing your Federal and State returns. Please bring: W-2 forms, copy of last year's return, pension, interest, dividend and Social Security statements. Appointments are available on Mondays from 9:00 am-2:00 pm. Call for an appointment

Fuel Assistance applications are taken by appointment with Jean Stahl or Trish Tucke. Call to set up an appointment.

Chore Program – We have volunteers that are able to do odd jobs such as: hang curtain rods, hang pictures, fix small electrical problems, set up a vcr, fix a door knob, etc. Call for information.

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



**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 Feb 4,11,25 9:00 am
 Wednesdays Feb 6,13,20,27 9:00am
 Fridays Feb 1,8,15,22 9:00am

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

Tai Chi **\$3.00/session**
 Tuesdays Feb 5,12,19,26 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 Feb 5,12,19,26 9:30 am

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

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays Feb 5,12,19,26 1:00pm

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

Ladies Craft Group **Free**
 Mondays Feb 4,11 10:00am

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

Low Impact Exercise **\$3.00/session**
 Mondays Feb 4,11,25 1:00pm
 Wednesdays Feb 6,13,20,27 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays Feb 4,11,25 1:00pm
 March 4,11,18 1:00pm
 8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays Feb 5,12,19,26 10:00am

Join our group and enjoy quilting with friends.



**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.

ONGOING ACTIVITIES

(continued)

ONGOING ACTIVITIES

Bereavement Group

Free

Wednesday Feb 6, 27 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 Feb 20 9:00am

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

**St. Margaret Mary's
Bereavement
Support Group**

Free

Wednesday Fall 2013 10:00am

**Great Decisions
(Woman's Club
members only)**

Free

Wednesday Feb 13,27 10:00am
8 sessions

Legal Advice (by appointment only)

Free

Tuesday Feb 5 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.

Book Club with Beverly Lowery

Free

Wednesday Feb 20 1:00pm
Join Beverly for a book discussion on the book Plain Truth by Jodi Picoult.



Medical Appointment Transportation to Boston

\$25.00 donation

Mondays and Wednesdays 9:00am-11:00am

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. Rides are shared, so all 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.

**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 EVENTS

Mardi Gras Day featuring Henri Smith, Debby Larkin and Made in the Shade Band

***Tuesday February 12th \$55 pp
Lantana's in Randolph***

Join Best of Times as they bring the fun and excitement of Mari Gras to New England. In fact, you'll think you're on Bourbon Street in New Orleans. Fabulous music, balloons, beads, a delicious menu of Baked Stuff Chicken Breast or Blackened Pork Loin. (transportation is **not** included)

Women of Ireland Special St. Patrick's Day Show

***Friday March 15th \$79 pp
Venus DeMilo in Swansea***

This world renowned performance showcases a wonderful blend of song, music, and dancing that is the hallmark of the greatest Irish shows of our time. Our show features both male and female dancers and singers from the magnificent show Riverdance and embodies the spirit of the hit show Celtic Women. Women of Ireland is a spectacle to be seen live on our Best of Times stage. Meal choice: Corned Beef and Cabbage or Baked Haddock. Also included Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. (Transportation **included**)

***Penn Dutch Country & Philadelphia
3 Days/2 Nights***

**May 7-9 \$389 pp Double, \$489 Single
Includes 2 nights lodging, 4 meals, ticket to
"Noah" and touring**

Monday, February 4 at 10:30 am Financial Preservation Workshop

During this workshop the following topics will be discussed: the new Part D of Medicare as well as the most up to date Medicare information and recent changes, Medicare Supplement Insurance vs. HMO's, Long term Care and Home Health Care Insurance, how to help protect your assets from nursing home costs and unexpected illness, how to earn interest linked to the stock market, how to maximize interest on your Social Security income, how to help protect your assets from probate, and answer your most important retirement concerns.

**Mondays, February – April 9:00am-2:00pm
Income Tax Preparation**

The AARP Income Tax Assistance Program will begin in February. Also, you may qualify for cash or credit from the State if you pay rent or property taxes. Appointments are required.

**Thursday, February 21st 10:00 am Rhode Island Flower Show \$16.00 person
includes transportation (seats are very limited)**

Gardeners, horticulturists and anyone with a green thumb all look forward each year to the Rhode Island Spring Flower and Garden Show. 2013 marks the show's 20th anniversary with the theme, "Celebrating 20 Years."

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 EVENTS

REASSURANCE LINE

Would you like to receive a friendly daily telephone call? Our Reassurance Line links seniors with people who call each morning at about 9:00 A.M. as a reminder to take medications or just as a “check in” to see how you are doing. Please call Outreach Worker Jean Stahl at: 781-329-8799 to join this beneficial program.

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. I recently heard someone talking about getting a reverse mortgage. What is a reverse mortgage and should I consider this?

A. A reverse mortgage is available to individuals over the age of 62 (generally) who own their own home. Just as the name implies, a reverse mortgage is the opposite of the traditional mortgage where the homeowner borrows money from the bank and begins repaying the loan immediately. With a reverse mortgage, the bank may pay the homeowner a lump sum or may make a monthly payment to the homeowner. The borrower need not repay the loan until the home is sold, the borrower fails to live in the home for a period of 12 consecutive months, or the borrower dies. Interest will accrue on the outstanding balance.

A reverse mortgage can be an excellent tool for an elder who wants to stay in his or her home but cannot afford to make necessary, expensive repairs. A reverse mortgage can also provide funds for an infirm elder who wants to remain living in his or her own home but who needs the support of home health aides or other caregivers in order to do so. If the elder does not have the resources or income to pay for those services, a reverse mortgage may be a good option. It is important for anyone

ASK A LAWYER (from previous column)

considering a reverse mortgage to understand the costs involved and the consequences of this financial product of this financial product before entering into such a transaction.

Attorney Suzanne R. Sayward is certified as an Elder Law Attorney by the National Elder Law Foundation. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit www.ssbllld.com or call 781/461-1020

Newsletter renewal for 2013 is ongoing. Please submit cash or check (made out to Friends of Westwood COA) in the amount of \$4.00.

NAME _____

ADDRESS _____

Heart Healthy Diet

As part of a healthy diet, an adult consuming 2,000 calories daily should aim for:

- **Fruits and vegetables:** At least 4.5 cups a day
- **Fish (preferably oil fish):** At least two 3.5 ounce servings a week
- **Fiber-rich whole grains:** At least three 1-ounce-equivalent servings a day
- **Sodium:** Less than 1,500 mg. a day
- **Sugar-Sweetened beverages:** no more than 450 calories (36 ounces) a week

Other Dietary Measures:

- **Nuts, legumes and seeds:** At least 4 servings a week
- **Processed Meats:** No more than 2 servings a week
- **Saturated fat:** Less than 7% of total energy intake

The American Heart Association recommends that you eat a wide variety of nutritious foods daily. Remember, even simple, small changes can make a big differences in living a better life.

**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 FREE

Tuesdays 2:00pm

Feb 5 Chocolat

2000 PG-13 121 minutes

A single mother and her young daughter move into a peaceful French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town. But the villagers soon learn to savor the sweetness.

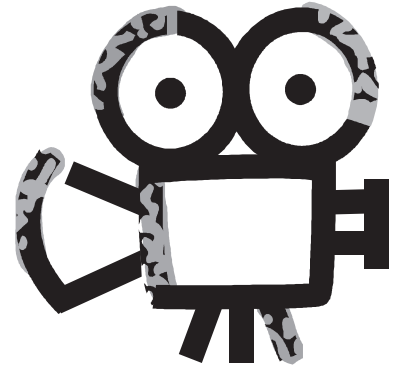
Cast: Juliette Binoche, Lena Olin, Johnny Depp, Judi Dench, Alfred Molina.

Feb 12 Flyboys

2006 PG-13 140 minutes

Farm boy Blaine Rawlings and his fellow soldiers become the world's first fighter pilots when they join the Lafayette Escadrille, a squadron of Americans who are volunteering for the French military at the dawn of World War I.

Cast: James Franco, Martin Henderson, David Ellison, Jennifer Decker.



Feb 19 You Again

2010 PG 105 Minutes

History—make that high school—may repeat itself when former geek Marni learns the mean girl from her past is set to be her sister-in-law. Before the wedding bells toll, Marni must show her brother that a tiger doesn't change its stripes.

Cast: Kristen Bell, Jamie Lee Curtis, and Sigourney Weaver.

Feb 26 Memphis Belle

1990 PG-13 108 minutes

A U.S. bomber plane's crew is ordered to hit a heavily defended German city. Capt. Dearborn (Matthew Modine) leads his men into battle while their commander and a public relations officer (John Lithgow) await the squad's return in this film based on a real World War II mission. Amid friction between the captain and his co-pilot (Tate Donovan), a scandal erupts when a medical officer's dishonesty is exposed.

Cast: Matthew Modine, Eric Stoltz, Tate Donovan, Sean Astin, Harry Connick Jr.

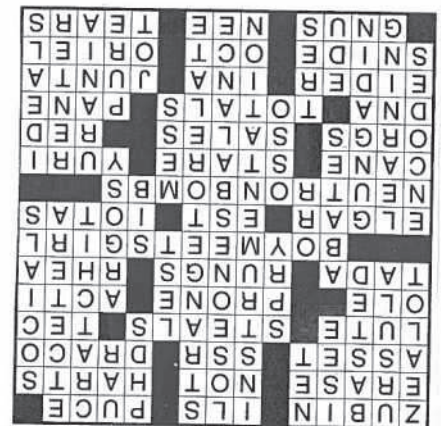
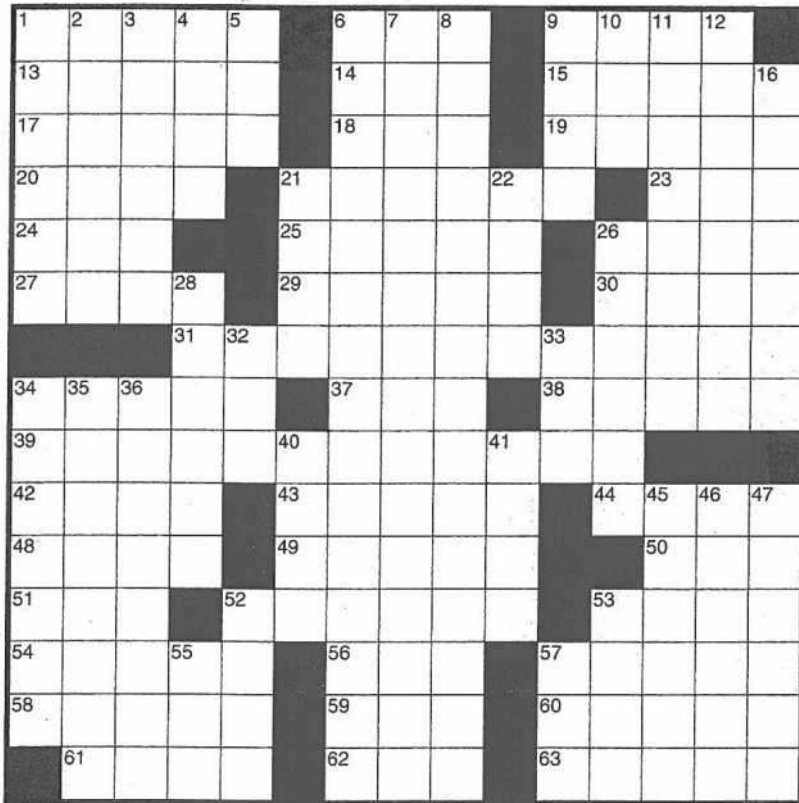
ACROSS

- 1 Conductor Mehta
- 6 They: French
- 9 Purplish shade
- 13 Clear a tape
- 14 "___ again!"
- 15 Stags
- 17 Useful quality
- 18 Latvia, once: Abbr.
- 19 Ursa Major neighbor
- 20 Pear-shaped instrument
- 21 Takes illegally
- 23 Shamus
- 24 Corrida cheer
- 25 Apt
- 26 Start of many plays
- 27 "There!"
- 29 Ladder parts

- 30 Actress Perlman of "Cheers"
- 31 Love story, essentially
- 34 "Enigma Variations" composer
- 37 Superlative suffix
- 38 Whits
- 39 Weapons of mass destruction
- 42 Sugar plant
- 43 Ogle
- 44 Cosmonaut Gagarin
- 48 Assocs.
- 49 Bargain events
- 50 Scarlet
- 51 Double helix letters
- 52 Sums
- 53 Window shopper's purchase?
- 54 Duck valued for its down
- 56 One ___ million

- 57 Cabal
 - 58 Supercilious
 - 59 Halloween mo.
 - 60 Bay window
 - 61 African antelopes
 - 62 Society page word
 - 63 Rips
- DOWN**
- 1 Fanatic
 - 2 Actress Andress
 - 3 Tended, as a turkey
 - 4 "That's logical!"
 - 5 Tennis barrier
 - 6 Dashboard display
 - 7 Fall from a tightrope
 - 8 "I know it's hard to believe ..."
 - 9 Profs, usually
 - 10 Egypt and Syria, once: Abbr.
 - 11 Scrooge's clerk

- 12 And so on
- 16 Church parties
- 21 Agile
- 22 "___ we forget"
- 26 Fleet
- 28 Lets up
- 32 Former Bruin
- 33 Kinsman
- 34 Puts into cipher
- 35 Memorizing
- 36 Kipling hero
- 40 ___ buco (meat dish)
- 41 Disorderliness
- 45 Astronomy muse
- 46 Tenant
- 47 Paragons
- 52 "___ bien!"
- 53 Undiluted
- 55 End of some web addresses
- 57 ___ down (make a note of)





2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-329-6514				1 MEATBALL STROGANOFF WHIPPED POTATO CUT GREEN BEANS >FRUIT MUFFIN MIXED FRUIT CALORIES 485 SODIUM 556
				4 STUFFED BEEF & CABBAGE CASSEROLE CONFETTI RICE WHEAT ROLL #COOKIE CALORIES 318 SODIUM 338
11 BUTTERMILK CHICKEN BREAST A GRATIN POTATO JARDINIÈRE BLEND VEGETABLES >WHOLE WHEAT BREAD PEACHES CALORIES 349 SODIUM 655	12 SHEPHERDS PIE MIXED VEGETABLES >WHOLE WHEAT ROLL FRESH FRUIT CALORIES 494 SODIUM 300	13 FISH FLORENTINE *TARTAR SAUCE RICE GLAZED CARROTS >FRUIT MUFFIN MIXED FRUIT CALORIES 328 SODIUM 541	14 <u>VALENTINES DAY</u> ROAST PORK APPLE SAUCE GRAVY GR. BEANS W/PIMENTO WHEAT BREAD #SWEETHEART CAKE CALORIES 380 SODIUM 200	15 VEGETARIAN CHILI BROWN RICE WHEAT ROLL STRAWBERRY CUP CALORIES 341 SODIUM 336
18 PRESIDENTS DAY NO MEALS SERVED CALORIES SODIUM	19 AMERICAN CHOP SUEY GREEN & WAX BEANS >MULTIGRAIN ROLL #JELLO WITH MIXED FRUIT CALORIES 293 SODIUM 210	20 CREAM OF CARROT SOUP HONEY MUSTARD CHIC LYONNAISE POTATO WHEAT ROLL GRAHAM WAFFLE CALORIES 451 SODIUM 506	21 MEATLOAF W/GRAVY WHIPPED POTATO MIXED VEG. >WHOLE WHEAT BREAD PEACHES CALORIES 526 SODIUM 397	22 FISH FILET SANDWICH *TARTAR SAUCE SPANISH RICE BEANS BONANZA HAMBURG ROLL STRAWBERRY CUP CALORIES 326 SODIUM 294
25 CHEESE TORTELLINI TOMATO BASIL SAUCE ROMAN BLEND VEG >WHOLE WHEAT ROLL PEACHES CALORIES 239 SODIUM 495	26 <u>COLD PLATE</u> CHICKEN SALAD PASTA SALAD COLD BEET SALAD PITA BREAD FRESH FRUIT CALORIES 463 SODIUM 531	27 <u>HAPPY BIRTHDAY</u> ROAST TURKEY & GRAVY #CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH WHITE BREAD #BIRTHDAY CAKE CALORIES 397 SODIUM 623	28 MEATBALLS W/SAUCE IT. STYLE SPAGHETTI TUSCANY BLEND VEG >MULTIGRAIN ROLL MIXED FRUIT CALORIES 399 SODIUM 664	

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ACTIVITIES FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30 Waxing 9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
4	5	6	7	8
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 10:00 Ladies Craft Grp. 10:00 Music w/Ms.Tina 10:30 Fin. Preservation Workshop 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	8:30 Free Legal Help 9:00 SHINE 9:30 YOGA 9:30 Women's Club Bd. Of Directors 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Bereavement w/Nina 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 10:00 Sr. Men's Club Exec. Board 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
11	12	13	14	15
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Great Decisions 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 10:00 Sr. Men's Club Board Mtg. 12:30 MAH JONGG 1:15 BINGO <i>Happy Valentine's Day!</i>	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
18	19	20	21	22
Closed President's Day	9:30 YOGA 9:30 Target/Plainville 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Book Club 1:00 Cribbage	9:30 Wii Games 9:00 RI Flower Show 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
25	26	27	28	
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Xmas Tree/Avon 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Bereavement w/Nina 10:00 Great Decisions 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO 1:30 Garden Club Mtg.	

BLOOD PRESSURE CLINIC

Senior Center

FEBRUARY 20

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.

Feb	DATE	DESTINATION	PICK-UP	FEE
	1	Roche Bros.	9:30am	\$2.00
	8	Shaw's Mkt.	9:30am	\$2.00
	12	Braintree Mall	9:30am	\$2.00
	15	Hannaford's Mkt.	9:30am	\$2.00
	19	Target/Plainville	9:30am	\$2.00
	22	Stop & Shop	9:30am	\$2.00
	26	Xmas Tree/Avon	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, is available Monday to Friday between 9:30am and 1:30pm. 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.

Council on Aging Board Members

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